

Cumberland Trace
1925 Reeves Road
Plainfield, IN 46168

Postage
Information

Name: _____

Apt #: _____

Your family is our family
At Cumberland Trace, you'll see our family-first philosophy shine through in all that we do to make the living experience truly special. You'll see it in our thoughtfully designed, comfortable suites and welcoming gathering spaces – and in the variety of services, amenities, and engaging activities we offer residents and family members. You'll feel the warmth of being part of our family of residents and staff. We welcome family visits and always appreciate the family's participation, suggestions and concerns. Because we share a common goal – the well-being and happiness of each person we serve – we go the extra mile to ensure the senior living options and health care services we offer meet everything from lifestyle desires to a wide range of personal needs. It all contributes to optimal quality of life for our residents receiving assisted living support, rehabilitative care, long-term skilled nursing care or specialized memory care.

Community Amenities Include:
The Bistro Restaurant- Style Dining
The Colonnade Private Dining Room
Civic Hall Community Center
Prewitt Theater
The Fitness Connection
Clark's Creek Library
Beauty Salon/ Barber
Welcoming Lounges and Living Rooms
Inviting outdoor Courtyards
Modern, fully equipped therapy gym
Wi Fi throughout the community



Outings in May

Trip to Walmart
May 3rd at 1pm

Beef & Boards 42nd Street
May 8th at 11am

Ladies Lunch Applebee's
May 10th at 11am

Men's Breakfast
May 14th at 8am

Trip to Meijer
May 17th at 1pm

Lunch at Mayberry Café
May 24th

Dinner at Red Lobster
May 29th at 4:30pm

Shopping at Stein Mart
May 31st at 1pm

May 2019



Assisted Living

1925 Reeves Road Plainfield, Indiana 46168 (317) 838-7070 www.cumberlandtrace.us

Special Days in May

Thursday May 2nd Will & Mark 3pm (CH)
Thursday May 9th Ginny 3pm (CH)
Friday May 10th Rick Matillo 2pm (CH)
Monday May 13th Magic Show 2pm (AL Bistro)
Monday May 20th Traveling Tea Cart 2pm (CH)
Friday May 24th Tim & Jay 2pm (CH)
Tuesday May 28th Doug Debaun 2pm (CH)
Thursday May 30th Don White 2pm (CH)

**Nursing Home Week Celebration from
May 12th to May 17th Special Events
throughout the building.**

Happy Birthday to May Residents!!

Tuesday May 21st Birthday Dinner (PT)
Please invite 2 guest RSVP with Deep

May 8th Edna Smith
May 18th Raymond Harris
May 30th Ann Imburgia

Management Team



Executive Administrator
Tom Mullins



Assistant Administrator
Trei Barnett



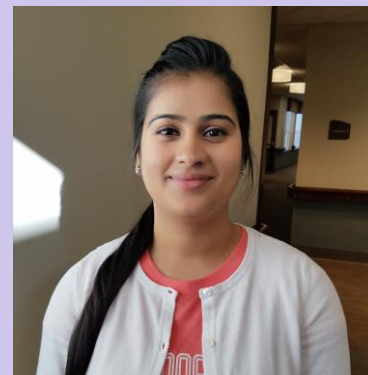
Resident Services
Director
Misty Cummings



Director of Nursing
Nikki Osborne



Environmental Service Director
Frances Hollinsworth



Activities Director
Hardeep Kaur



AL Clinical Director
Jordan Stream



Food Service Director
Jeff Whitaker



Maintenance Director
Scott Munroe

Seltzer's Derby Dream

The hard-hitting sport of roller derby will be on full display this May 5, which is celebrated as International Roller Derby Day. Roller derby wasn't always about collisions and falls. One could even argue that the idea of the roller derby was born from the all-night dance marathons of the 1920s.



Many strange pastimes emerged during the Great Depression, including dance marathons. Partners would dance for as long as they could, sometimes for up to 40 days, hoping to outlast the competition and win a cash prize.

Entrepreneur Leo Seltzer attempted to capitalize on the trend by organizing dance marathons (then called "walkathons" since contestants merely ended up shuffling across the floor) across the country. Thanks to ticket sales and entry fees, he made millions before retiring after a couple of years. But Seltzer could not remain idle. He hoped to capitalize on another popular trend—roller skating.

Combining the allure of bicycle "track" races and roller skating, Seltzer envisioned the "roller derby," an around-the-clock roller-skating race around an indoor track. In 1935, Seltzer won praise for his touring Transcontinental Roller Derby, but it was still not enough for him. Over the next many years, he slowly transformed the game from a mere race into a full-contact sport. It wasn't until November 29, 1948—when his fantastic new sport was broadcast on television—that the nation became captivated with roller derby. Today, roller derby remains a popular amateur sport with over 4,000 clubs worldwide. Most teams are all-female, although male and co-ed clubs are becoming popular. Gameplay is relatively simple, with two teams fielding five players on the track. One player, called a *jammer*, is helped to score by the four remaining *blockers*. A point is scored each time the jammer passes the opposing team's blockers. Alas, despite the game's quick pace and physical play, Seltzer's dream of roller derby becoming an Olympic sport has yet to be realized.

May Day

For many, the first rite of spring comes on May 1, May Day, with the raising of the maypole. The celebration of May Day dates back thousands of years. The Celts of the British Isles celebrated May 1 as Beltane, their most important holiday. It was believed that this holiday marked the halfway point of a year split between the dark and light. Massive fires were burned to herald the start of the return of life. The tradition of raising and dancing around a maypole came much later, during the Middle Ages. It was common for villagers to dance around the maypole bearing colorful streamers, ribbons, and baskets of flowers, symbolizing the fertility of the earth and blooming of trees and flowers. It wasn't until May 1, 1886, that May Day became associated with the labor movement. In those days, workers of all ages suffered from abhorrent working conditions. It was on that May Day that 300,000 workers marched across America to demand better working conditions and higher wages. Today, while May Day is considered a major holiday in many countries, it is not widely celebrated, least of all in the United States.

For the Love of Pugs



Pug lovers of every stripe will flock to Milwaukee on the weekend of May 18–19 for the annual Pugfest. The focus of the festivities revolves around three adorable costume

contests, where pug owners parade their dogs for all to see. The costume categories are: "Hand-Crafted," "Ready-Made," and "Strollers and Floats." When visitors aren't ooh-ing and aah-ing over the cute dogs, they will be watching pug races and allowing Father John Allen to perform the annual Blessing of the Pugs. Why do people love these tiny and, some might say, ugly dogs? They were originally bred as companion animals for Chinese royalty. When the dogs were brought back to Europe in the 16th century, European royalty adopted the practice. Today, anyone can feel like a king or queen with their own pug pup.