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Address Correction Requested



HAPPY BIRTHDAY TO:

Roz Bellinger	3 rd
Ralph Merriwether	4 th
Dorothy Friedman	4 th
Bren Fries	4 th
Miriam Satinsky	6 th
Lindsay Lewis (Staff)	14 th
Stella Morrow	15 th
Betty Bernstein	16 th
Frances Freed	24 th

This and That

- After many years of dedicated service to MorningSide residents College Park Baptist church is no longer able to provide ecumenical church services on Sunday. Would you please give Glenda your church contact information so she can recruit a church(es) who may be willing to donate one hour or so per month? This begins effective in January.
- The marketing department is offering a \$1,200.00 referral fee if a friend or colleague moves into MorningSide. See either Marty or Anne if you have referrals or wish them to contact someone to invite them to tour.
- MorningSide has a loaner wheelchair for occasional use. Contact the front desk for more information.
- Don't forget to join us on the Third Wednesday of each month for breakfast with our firemen and women from Pike Township Fire Department.



Respite and Companion Care Now Offered

re·spite *noun* \ 'res-pət also ri-'spīt, *British usually* 'res-,pīt\
 Definition: an interval of rest or relief

For many, the challenges of caring for a loved one are part of daily life. Caregiving is a demanding, difficult job and no one is equipped to do it alone. Getting help is essential for your health, and your resilience is critical for your loved one. Respite care provides short term breaks that relieve stress, restore energy and promote balance in your life. Even though many families take great joy in providing care to their loved ones so they can remain at home, the physical, emotional and financial consequences for the family caregiver can be overwhelming without some support, such as respite. Respite provides the much needed temporary break from the often exhausting challenges faced by the family caregiver.

MorningSide of College Park offers beautifully-furnished studio and one bedroom apartments for the safety and security of your loved one. Minimum respite stay at MorningSide is seven (7) days. If you or your family need help during the upcoming holiday season, contact either Marty or Anne to arrange a respite stay. Respite pricing includes three meals a day, housekeeping, scheduled transportation, emergency pendant, daily check-in and a fully furnished (including linens) apartment.

For those staying in our respite apartments, assisted living services are available. The daily charge is assessed based on a full evaluation by MorningSide staff and in consultation with family and the resident.

MorningSide is also offering Companion Care for our residents. Sometimes when your loved one needs a bit more attention and emotional support during the day or evenings, our staff is here to assist. Companion care can make sure they get to an activity, help them with letter writing, and maybe give them a good laugh too. Our staff provides non-medical help and company when you just cannot be here for the safety and comfort for your loved one. MorningSide companion care is available in 3 hour minimum time schedules. Contact Susan or Donna to discuss specific needs you have. They will work with you to develop a plan to provide the best services at the most reasonable price point.

A Regency Senior Living Community
 8810 Colby Boulevard
 Indianapolis, IN 46268

Volume 6, Issue 11
 November, 2011

MorningSide Staff

Susan Albers
 Executive Director

Debbie Baker
 Administrative Manager

John Barker
 Maintenance Supervisor

Donna Boyer, LPN
 Director of Assisted Living

Glenda Dearth
 Director of Activities and Volunteers

Marty Peters
 Community Consultant

M. Anne Pinnick
 Community Consultant

William Reed
 Chauffeur

James Schatz
 Executive Chef

Randy Holcombe
 Managing Partner



Monthly Table Talk

Holiday time is fast approaching and we want you rested, relaxed and treated to a Spa Night. On Tuesday, November 29 join us for our monthly Table Talk. Enjoy dinner with your friends and family at the Brass Rose Restaurant then go to the lower level for mini-mani's, massage, hand and foot rubs, facials and hand paraffin dips. Doesn't that sound like just the thing before the cold weather hits? This Table Talk will have extended hours; dinner begins at 4:00 p.m. and the spa treatment begins at 5:00 p.m. and ends at 8:00 p.m. At 6:15 p.m. join us for a discussion on how caring for your body (even pampering your body) is beneficial for your mind and spirit as well. Please note the date change for this event. Table Talk is always the fourth Thursday of the month but with the Thanksgiving holiday it is changed to the following Tuesday, November 29. There is no charge for dinner but your RSVP is appreciated. Join us!

MorningSide Residents Enjoy Our Activities!



Larry Teich, Elaine Antonopoulos, Pina Friedman, Marti and Bob Turner enjoy dinner at *Mandarin House*.



Pat Palm and Gladyce McFarland display lovely Fall wreaths they made in our Honors Program.

Recognizing MorningSide Staff

Please join us in recognizing the following staff, whose anniversaries with MorningSide total more than 39 years of service to seniors. We are very fortunate to have them. When you get time, please thank them for all they do for you.

Kevin Arnott—3 years
Rhonda Coleman—3 years
M. Anne Pinnick—5 years

Debbie Baker—2 years
Elnora Jingles—24 years!!!!
Takila Toney—2 years

Please Welcome Our Newest Residents!



Joanne DeFabis
Apartment #342



Marjorie Schmidt
Apartment #239

Occupational and Physical Therapy Bring Dramatic Results

Researchers at Thomas Jefferson University in Philadelphia announced results of a program for seniors, including occupational and physical therapy, can help people live longer. In fact, the people who received the program gained an average 3.5 years of life-span compared to those who didn't. The work was funded by the US National Institute on Aging and the results were published in the March issue of the *Journal of the American Geriatrics Society*.

The study included people with an average age of 79 who were beginning to encounter some functional challenges. Some as minor as difficulty opening jars to not being able to get in or out of the tub or buttoning clothing.

The visits with the occupational therapist helped seniors identify either fall risks in their home such as throw rugs and not having grab bars properly placed to increasing lighting throughout the home or apartment. Physical therapy helps you increase strength, flexibility and mobility—all necessary for completion of activities of daily living. If you want more information about how this can help you or your family, contact us here at MorningSide, or your family physician.

Giving Thanks . . .

A thankful heart is not only the greatest virtue, but the parent of all other virtues . . . Cicero

We often take for granted the very things that most deserve our gratitude . . . Cynthia Ozick

**We are so grateful for each of you. May God bless you this Thanksgiving season.
—Susan Albers and the Staff of MorningSide of College Park**