



5/5

# MAY 2016

ARMED FORCES DAY



5/25



5/8

## U niversity P lace BEAT



5/31

### CELEBRATING BIRDS

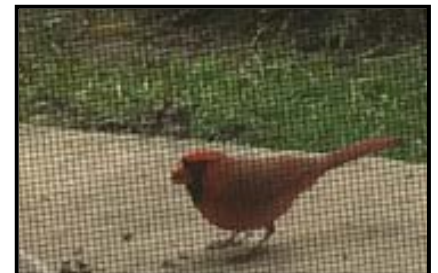
Bird Day is always May 4th. People love birds. Bird watching is a favorite pastime of millions of people. It is the most popular of hobbies, and can be enjoyed by everyone regardless of age. With this popularity, it comes as no surprise that there is more than one day established to recognize, appreciate, and enjoy birds. We suggest you celebrate all of these days.

Bird Day is the oldest of the days set aside to recognize birds. According to the U.S. Library of Congress, Bird Day was first observed on May 4, 1894. It was started by Charles Almanzo Babcock, superintendent of schools in Oil City, Pennsylvania. By 1910, Bird Day was widely celebrated, often in conjunction with Arbor Day. Bird Day and Arbor Day events are focused upon conservation training and awareness.

National Bird Day was established by bird activists. It calls upon people to recognize the plight of captive birds. It also draws attention to exploitation of birds in the U.S. pet industry. On this day, organizers suggest we reflect upon the conditions of birds held in captivity.

International Migratory Bird Day celebrates the incredible journey that migratory birds take each year. They travel thousands of miles between breeding grounds in North America, and their winter homes in Central and South America. Organizers say this is a day to both support, and to increase awareness of conservation efforts in support of migratory birds. They also suggest a field trip into a woods to look for and enjoy migrating birds.

On each of these Bird Days, we encourage you to take a few minutes to watch and observe birds, as well as to feed them.





# MAY 2016 HAPPY DAYS



## HAPPY BIRTHDAY

## HAPPY ANNIVERSARY

- 01 Russ Hart
- 02 Larry Ogborn
- 03 Barbara Becker
- 03 Mary Lou Craft
- 04 Mary Blickenstaff
- 06 Ruth DeBoer
- 11 Marilyn Lahr
- 13 Mike Shurig
- 14 Brad Blickenstaff
- 14 Melva Esch
- 16 "Fred" Fredericks
- 17 Hilda Draper
- 22 Roberto Colella (AL)
- 28 Barbara Fraser
- 28 Ellie Zook

- 01 Alice & Richard Shoemaker



Remember -  
our fallen heros.  
They are the reason  
that we are free.

Consider making a donation to the UPR Foundation in your friend's name on this special occasion.



National Bike Week - third week of May

Life is like riding a bicycle. To keep your balance, you must keep moving.

~~Albert Einstein.



Because the University Place population changes almost daily, if we did not include your happy date, we are sorry and would like to be notified of the omission. Regarding IL & GH call Beth Brumit, 463-0203; for AL & HC call Concierge, 464-5600.

## **FIRST FLOOR NEWS**

Residents on First floor have been welcoming a new resident, BARBARA PURKHISER, to University Place, moving down from Monticello, Indiana.

The first "Tea Time" for the first floor ladies took place on April 5th with JEAN CHEW and NANCY EBERHARD as Hostesses. Those attending were Lillian Cote, Jean Crouse, Anne Lommel, Marj Mannering, Audrey Roberts, Sandy Pearlman, Opal Reiff, Edie Soderberg, Betty Wade and Ginny Wood. The ladies learned a little more about each one when interesting facts were shared of one's life story up to the present day. Every one participated with a little "something" about her life's journey. Along with tea, small finger sandwiches and brownies were served. The social time together was a great way to spend part of an afternoon. The consensus of the ladies: "we need to do this more often!" -- Opal Reiff

## **SECOND FLOOR NEWS**

KAREN BOGAN and NANCY EBERHARD hosted the Second Floor Tea on April 25th in Karen's apartment. Fifteen residents attended. Refreshments of brownies and cucumber sandwiches were served with hot tea in dainty cups and plates. Guests were asked to share something of their life experiences. Many interesting and some funny stories were given. A delightful afternoon was enjoyed by all. Each person came away feeling that she knew her second floor friends better. One guest, Beth Brumit, came dressed for the occasion in a lovely summer dress, and decorated straw hat, and white gloves. It was a day to remember. -- Louise Leatherman

## **THIRD FLOOR NEWS**

When going for a walk it might be best to walk with someone and be sure to have your I.D. on your person.

-- A third floor resident

The advice above is being told because of the following incident that hit close to home to a third floor resident.

"One of my best friends (living in Bloomington) took her daughter's dog for a walk. Several blocks from home they encountered another large dog- they went after each other- it pulled her down in the street and she hit her head. She was found there with no I.D., people called 911 for help, and she still has not responded to this day in any way. Thirty-three days later, she is in a nursing home."

## **JOY**

1. Joy is much like eating prunes. You may not like them but you are joyful because of the good effect they have at the other end.
2. True joy is a positive peace about your eternal destiny.
3. Joy is the ballast that stabilizes your ship on its voyage through the sea of life.
4. Laughter lasts but a moment, but joy is eternal.
5. Joy is a bottomless well that bubbles up from within the soul.
6. To laugh is great, but to be joyful, everlasting.
7. One of life's greatest assets is the ability to turn tears of sadness into pools of joy.
8. Tears of joy soothe the soul.
9. Joy is the outward expression of the certain hope of your eternal destiny.

-- Spiritual Life Committee

**A MESSAGE FROM OUR**  
**UNIVERSITY PLACE**  
**EXECUTIVE DIRECTOR,**  
**DAVE KINDER**

Teamwork is talked about often in the senior healthcare industry. For that matter it is discussed often in all industries. How does management get the staff to buy into what management wants to accomplish? What types of incentives do we need to offer?

Most people in the senior healthcare industry are already here for the right reasons. This is not an industry that people enter because they expect to get rich or famous. I do not believe most people start in senior healthcare thinking they will be in it for very long.

Most of us need a job in the beginning. Then slowly, we get pulled into assistance machine. What is the assistance machine? It is the feeling of working at a job, a position, where you truly make a difference. It is a feeling at the end of the day that you did something that helped or assisted someone, brought comfort to someone, or brightened someone's day.

For many years, I worked in a factory. Every day a customer would call and complain about parts or want the impossible to happen. Every day, the staff would do their best to make the impossible happen and most of the time, they would come through for the customer. Very seldom did we ever hear a "thank you" from the customers.

This business is different. The University Place residents, for the most part, are very appreciative of the staff. It makes the tough days seem a little bit easier. You don't have to go looking for a pat on the back. It is readily available. All

you have to do is look at the smile on the face of one of our residents and you know you are doing the right thing.

Do we have teamwork at University Place? Yes, we do. We have a team of motivated people ready to help with whatever is necessary. Could we be better at teamwork than we are? Of course we could. Everyone can find ways to improve teamwork. The difference between University Place and a lot of other healthcare facilities is the employees really do care.

I had a chance to address the employees last week. I told a story about a resident who did not receive the type of customer service by which we want to be known at University Place. You could have heard a pin drop. There was one point in the story when I actually thought about not telling the whole story. Why? Because the looks on the faces of the staff showed such hurt and disappointment for the resident.

So, how does management get the staff to buy into what management wants to accomplish? As far as I am concerned, you ask them. The majority of the staff members are already here for all the right reasons. What types of incentives do we need to offer? We need to offer a smile, a thank you, a pat on the back and letting all of our staff know we care about them.

I was able to share with the employees at that same meeting, that the staff members are the backbone of the organization. It takes all of us pulling together to make University Place a top-notch organization. Each one of us is 1/134<sup>th</sup> of the solution to everything that happens here.

--Dave Kinder



# THE BULLETIN BOARD

## EVA GOBLE'S UPCOMING BIRTHDAY PARTY

Ellen Doppke, of Chicago, a great-niece of Eva Goble, as well as some other family members are planning to be here, are asking that residents and friends of Eva Goble who wish to celebrate Eva's 106th birthday, to please come to her party in Health Care on May 21, 2016, at 2pm. (Her actual birthday is May 28.) Happy Happy Birthday, Eva!



The May Tippecanoe Taizé will be in the Great Room here at University Place at 7 p.m., May 17, 2016. If you have never attended a Tippecanoe Taizé worship service at one of the local churches, this is your easy opportunity to see what it is like. You may look forward to a moving service of readings, prayer, silence and music by professional musicians; refreshments follow in the main lobby with guests who are members of other local congregations. Please join us.



A reminder from your Education Committee that the ongoing lecture series "Experiencing the Hubble," continues through May 23. Professor David M. Meyer, who has worked with the Hubble Space Telescope Project for the past twenty years, presents an engrossing and visually impressive image of our universe. The lectures are held on Monday at 4 PM in the Education room.

-- Ellie Zook



Have you heard the sad news that Nicole McBee will be leaving us at University Place soon? Nicole hasn't been with us a long time, but she is such an energetic and lovable person that she soon won our hearts. She seems genuinely sorry to have to move, but her husband having received a promotion he could not refuse. They will be moving to Peoria, Illinois. Farewell Nicole we will miss you.



Have you heard the buzz about Dave Kinder's 100 day plan for University Place? If not, be sure to pick up a copy at the Concierge desk.



The first University Place softball game will be on Tuesday, May 24th at 7:15 pm in the Arni Cohen South Field. BATTER UP !!!

**GREG O'HAVER PROGRAM**

The Great Room was "alive with music" when Greg O'Haver, a member of The New Christy Minstrels entertained with many of the songs made popular by the group. The songs included: Today; Saturday Night; Green, Green; This Land is Your Land; Denver; and Greenback Dollar. Greg also sang a few songs which he had written. A new one, especially for the weather Indiana was experiencing, was FLA (longing to get away to FL. where the sun shines!) A couple more he wrote in memory of his wife, Jean, and dedicated them to her: "You're Me and I am You" and closed his performance with "Gold Dust". Throughout his program Greg shared many interesting facts about the songs and in particular about The New Christy Minstrels group. The group was originally formed in 1961 by Randy Sparks, who now, at 83, is still the leader. Starting April 22, the group will begin a tour in Nebraska and then head for the east coast stopping in Cincinnati, then on to Connecticut, Baltimore, and ending in South Carolina. On Mother's Day they have a concert in Kansas, and have one scheduled for California in July. The Kingston Trio will open a few of their shows. A question from the audience was: How did he get the harmony voice when he sang? Greg answered that with digital acoustics a voice track of his own voice was picked up from his guitar. And when did he get his first guitar? Greg got his first guitar when he was in grade school and has played ever since. For the modest attendance, it proved to be a very enjoyable evening. -- Opal Reiff

**Harrison Jazz Combo**

Only a small group attended the April 2nd concert presented here by the energetic Harrison Jazz Combo. This group of 7 Harrison High School students consisted of

a gal on the trumpet, and one on the drums; there was also a sax player, a bass sax, a string bass, and a pianist. In between each selection one of the combo introduced the next piece, then him/herself, telling of the year in school and if a senior, of plans for further education in a chosen subject. Interesting and enjoyable for all.

- John Lindenlaub

**Movement D Bluegrass Gospel**

Monday evening, April 18, for a delightful hour four Purdue students shared their music with us. These students are members of St. Thomas Aquinas Church and were accompanied with two long-time members of that congregation. Dominick, the male founder, leader, and pianist introduced himself and explained the name of the group and how he got the idea to start it. He introduced the three female students to whom he referred as angels. They performed with much skill and joy. The songs they chose were lively, gospel-type that encouraged clapping and singing along. Each person in the audience had song sheets with the words of most tunes. Dominick told us how these songs helped him in his spiritual growth as he faced leaving for a semester abroad, and now graduate school at the University of Illinois. We sang "The Battle Hymn of the Republic," "What a Friend We Have in Jesus," "I've Got Peace Like a River," "Holy, Holy, Holy," "Amazing Grace," and a few other tunes. The students were quite grateful for an audience, and Dominick thanked us individually for coming and participating. Movement D is a volunteer ministry for performing music in local retirement and nursing homes. Their great talent and enthusiasm were greatly appreciated.

-- Marion Baumgardner

## **GETTING TO KNOW YOUR NEW NEIGHBOR**



Melva Pollman Esch was in the University Place Health Center following knee replacement surgery on October 29, 2015; she moved into IL #214 on December 1, 2015, from her southwest Nebraska home of the past fifty-eight years at McCook, NB. She was born in Culbertson, NB, ten miles west of McCook. Her grandparents were born in Germany and came to America as children or teens. One of them owned the first car in Hitchcock County, a Chevrolet “Baby Grande”, when gasoline was 16 or 17 cents per gallon. Some of Melva’s older relatives still communicate with relatives in Germany. By school age her family had moved to a grain and livestock farm at Stratton, NB, and Melva was busy with 4-H cooking and sewing projects and showing Hereford cattle. At a Stratton High School basketball game, Melva was sitting with classmates who were relatives of Harold Esch, a graduate of the visiting team’s school now working for a construction company and Harold’s brother who was playing on that opposing team. Shortly after this, Harold and Melva had their first date. Upon graduation from Stratton High School, Melva worked as Deputy County Assessor at the Court House at

Trenton, Nebraska, until she and Harold were married four years after they met. Harold had rented a farm near McCook, NB, where they raised corn, wheat, milo and cane, Black Angus cattle, Hampshire hogs and Holstein dairy cattle. Harold and Melva purchased a farm and later purchased his parents’ farm. In 1981 Harold was named Conservation Farmer of the Year. He owned Harold Esch Welding and operated a shop after retiring from farming. Melva helped with farm chores and the harvest, was a 4 H leader for a number of years, assisted with third grade Good Friends (a mentoring program at the local elementary school), sewed bridesmaids’ dresses, made quilts for Lutheran World Relief and local charities, taught Sunday School, School of Religion and Bible School, was president of the local Lutheran Women’s Missionary League and also of the District Lutheran Women’s Missionary League. Their four children were born in McCook. Son Kent and his wife Lisa are University of Nebraska (UNL) graduates and live near Denver in Lone Tree, CO. Formerly, an IBM computer analyst, he became a registered nurse and works with trauma disorders. Son Michael and his wife Barbara live near McCook, NB, where he manages an oil field for Citation Oil Company. Since Harold’s death six years ago, a grandson-in-law farms the Esch farm, and Michael manages it. Son Jim, a UNL graduate, and his wife Lori live in Georgetown, TX, where he and their two sons recently started James Engineering and Technology Company. Daughter Barbara, a UNL graduate and C.P.A., and her husband Ron Schummer, a UNL graduate and Robotic Engineer,

**NEW NEIGHBOR (cont'd)**

live in West Lafayette with their two sons, ages seven and eleven. Melva especially enjoys their activities since all the other grandchildren are grown. Her hobbies are sewing, reading, knitting and grandchildren. There are ten grandchildren, five great-grandchildren and another great-grand arriving in August. Melva, your new neighbors are happy that you are here and heartily say, "Welcome"!

**HEALTH MAINTENANCE**

William Li, M.D., a Lafayette Family Practitioner for the past eighteen years, spoke to about forty residents on April 5, 2016, in the Education Room. He is a 1994 graduate of the IU School of Medicine whose residency was at Community Hospital, Indianapolis. He said primary-care physicians do health maintenance to try to prevent illness but mostly "put out fires" (existing illnesses). A hundred years ago the average life span was forty seven years; two thousand years ago, if you lived beyond age ten, you usually had thirty seven more. But in the last hundred years, thanks to vaccinations, antibiotics, and sanitation, the average life expectancy is eighty years. Whereas malaria used to be the largest cause

of death, today it is 1) heart disease, 2) cancer, 3) respiratory diseases, 4) accidents, 5) stroke, 6) Alzheimer's disease, 7) diabetes, 8) flu and pneumonia, 9) kidney disease and 10) self harm. Next Dr. Li described "metabolic syndrome", a cluster of conditions which lead to diabetes which leads to heart and kidney disease, nerve damage and other problems. He said there are many pages about treatment of diabetes but only a paragraph for treatment of metabolic syndrome: exercise, lose weight, eat healthfully, stop smoking, and manage stress. Reduced caloric intake is the most effective action for weight loss. Seventy five percent of overweight people overeat; the other twenty five percent may have a genetic reason for weight gain. Dr. Li spoke for thirty five minutes and then for twenty more minutes answered questions from the audience about vaccines, differences between Type 1 and Type 2 diabetes, genetically modified food, artificial sugars, and the good news that the cancer rate is slightly decreasing.





## UP RESIDENTS' BIRD COLLECTION CASE

Thanks to the people who shared their birds in the display case: Gene Soderberg, Laura Belle Jackson, Nancy Eberhard, Ada Jones, Betty Wade, Elfa Taylor, Luise Sellke, the Roberts, the BeMillers, the Boonstras, the Weinhardts, and B. Richmond. I hope you all enjoyed the birds. It seemed a fitting display to begin spring.

Please remember when we have an all UP display as this was, be sure to put your name on or near your contribution. We all like to know who you are!!!!!!

-- Nancy Hardy



## ALL SCREAM FOR ICE CREAM



Gordan and Barbara Kingma's son-in-law, Stephen Glover, treated a Great Room full of residents to scoops of Glover's orange-pineapple ice cream, one of their earliest flavors, on April 27, 2016, before he began speaking. Glover's Ice Cream was founded in 1925 by Foster Glover, making it the fifth ice cream manufacturing business in Frankfort. Glover's is now one of only six ice cream manufacturers left in Indiana. The company started with six flavors: vanilla, strawberry, chocolate, raspberry, and strawberry ripples, and orange-pineapple. Ice cream novelties, such as molded seasonal designs and cake rolls were made by hand. Stephen showed us some of the molds (Santas, turkeys, bunnies, hearts, etc.) When Foster Glover died in 1971, his son Bob, took charge. Automation and refrigeration changed some of the techniques, and the sales territory soon included much of central Indiana, in about a seventy-five mile radius of Frankfort. During this time, Glover's Ice Cream specialized in wholesale distribution to restaurants, hotels, and also to many small "Ma and Pa" stores. Bob's wife, Virginia, handled all the bookwork by hand, and his sister, Blanche, worked for many years in production. Bob retired in 1991 and his son,

Stephen, became president; he had grown up working summers in the family business as his two sons, Keith and Brett, did but now are in other careers. Steve's wife, Kathy, has worked many years in production. The sales territory now includes schools, universities (especially helpful during the winter season when ice cream sales slow down), parks, retirement homes, grocery and convenience stores. In the basement of the Purdue Memorial Building in Pappy's Sweet Shop, Pappy's Ice Cream, is made from Frank "Pappy" Fox's original recipe; stored in a Purdue freezer owned by Glover's, it is available to students and the public. From humble beginnings, Glover's 8 employees now produce around fifty different flavors; some are seasonal such as Pumpkin, Cinnamon, and Peppermint. Steve's favorite is Almond Joy made of coconut ice cream with a chocolate swirl and toasted almonds. Some new flavors are Cake Batter, Death by Chocolate, and Caramel Cappuccino. The most popular flavor is Vanilla. Vanilla beans come from Madagascar, Mexico, and Tahiti, and currently their price is up. For a time, a flavor called "Blue Chip" was popular, because of a movie about basketball by that name, was filmed in Frankfort. When asked the difference between ice cream and sherbet, Steve explained that ice cream is all milk and cream based; more water is in sherbet, so it is better for the lactose intolerant. The difference between ice cream and frozen custard is that custard has eggs in it producing a richer, slightly different flavor. Glover's dietetic ice cream is sugar-free. They also make three flavors of frozen yogurt. The distinguishing feature of Glover's is the use, whenever possible, of fresh and natural ingredients, and it is the most popular dessert choice on the UP Dining Rooms' menus. Three cheers!



## COLUMBIAN PARK ZOO

On April 19, 2016, MacKenzie brought 4 more animal friends from the zoo that's right here in Lafayette. It's always fun to see if one can guess what's in the cages. Today she had 3 fairly small ones AND a tall black rubbish barrel. All of them were quiet, so no clues there.

First to emerge was "SMILEY", a White's Tree Frog, who really did seem to be smiling. From Australia, a very docile soul as he sat quietly in the palm of MacKenzie's hand. Being an amphibian means that he spends half his life in the water and the other half on land. His colors range from dark brown to green, influenced by temperature and humidity, and by what camouflage is needed. His skin is very fragile as the source of his both oxygen and water. FYI - the difference between toads and frogs - frogs have very smooth skins, whereas the skin of a toad is quite rough.

SALAZAR's turn was next. He is a Dumeril's Ground Boa that lives on the ground in the dry forests of Australia. He has the most beautiful markings which make for perfect camouflage among the shadowy brown leaves; there he merely waits for food to come to him. His jaw is jointed and opens to accommodate anything equal to his largest girth, but he may go as long as 6 months between meals.

The cutest source of interest was "RICKI". A lovely soft buff-colored ferret with a darker area on his tail, he seemed to be wiggle and curiosity personified! They are loners in the wild, and being deaf, their heightened sense of smell is their communicative ability. They do have an unpleasant odor which makes them less desirable as pets however.

And then, from that big black rubbish barrel, MacKenzie lifted, lid and all, "SUSIE", a BIG two-toed sloth, clinging upside-down, totally nonchalant as to what was going on. She originally came from Panama, and her favorite food is sweet potatoes. Sloths are v-e-r-y s-l-o-w, so slow in fact that vegetation grows on their long coarse fur which green thus nicely serves as their camouflage purposes up in the trees. Keepers at the zoo keep her fur brushed as a matter of hygiene for her. Lives are spent upside-down in the trees; when the need arises, they descend, do their business at the base of a neighboring tree so as not to leave a scent trail to attract a predator. Despite her weight of about 35 pounds, MacKenzie carried her around, lid and all, for us to see her.

UP is one of several community stops to which the zoo sends animals every month - four animals come here to IL, and about 2 weeks later, 3 come to AL.

--Deb Lindenlaub



**A Note from Nancy and Pastoral Car**

In an article written by Lisa M. Davila, B.S.N., M.S. called "Social Networking for Introverts," seniors are encouraged to make the effort to continue socializing to improve their quality of life. Lisa writes, "Studies show that having regular social contact can improve your physical and emotional health. She says that "researchers speculate that socially active seniors are more likely to be physically active." She also goes on to say "research shows that a lack of social engagement has been linked to anxiety and depression. Jamilah Bashir, M.S., recreation therapist at Levindale Hebrew Geriatric Center in Baltimore, MD says "Being with other people lifts your mood. If you already have an anxiety disorder or depression, social engagement can help reduce your symptoms." As I read this I thought how great it is here at University Place. We have such a friendly and social community, people here have their spirits lifted just by being with such great friends and neighbors. The care that you show to each other not only is great for you, but I know it is one of the things that we as associates like about working here also. Whenever I talk with people about University Place I let them know how the size of our community is such a great asset. When new residents move in it is always nice to see how you greet new people and reach out to them. In huge communities or large cities this would not be as easy, but here it creates a wonderful atmosphere and a true home. The research should give everyone encouragement to continue enjoying all of the great social and intellectual opportunities at University

Place. According to this way of thinking, social contact such as visiting at meal times, going to activities and being a part of committees, worship, and all of the social events here, you may actually improve your physical and emotional health! Who knew that playing cards, visiting with friends by the fireplace, seeing the zoo animals and all of the other times that people come together, could make such a difference? I always love working in my office a little before 5:00 in the afternoon when residents come down and visit before going into dinner. The laughter and visiting always lifts my spirits as I see one special piece of the evidence of the great community here. While some may only think of coming to dinner as important to physical health, the article by Lisa Davila reminds us that by being social our whole being is improved! In pastoral care we like to look at the whole person. Lisa Davila is reminding us that socializing and being with others is a great way to keep life happy and healthy! So here's to University Place! A great place where people care about each other and bring joy to life. -- Nancy Eberhard

**PUNY PUNS**

- \* A good pun is its own reword.
- \* Energizer Bunny arrested; charged with battery.
- \* A man's home is his castle, in a manor of speaking.
- \* My wife really likes to make pottery, but to me it's just kiln time.
- \* Dijon vu: The same mustard as before.
- \* I fired my masseuse today. She just rubbed me the wrong way.
- \* I used to work in a blanket factory, but it folded.



## UP VOLUNTEER BREAKFAST ON APRIL 15, 2016

At 10 a.m., on April 15th, volunteers at UP entered the Great Room to see several tables decorated with multi-colored pastel napkins shaped like flowers placed in the drinking glasses.

After they found their seats, they went through the buffet line for a hardy serving of pancakes, bacon, and asparagus. We were served coffee or tea and orange juice.

On the tables there were serving plates full of scones dipped in chocolate and big beautiful strawberries. Each place setting had a different colored acrylic tumbler with a straw as a thank you gift for the volunteers' service. The tumblers contained a message which read: "IT'S SO REFRESHING TO HAVE A GREAT VOLUNTEER LIKE YOU!" In the tumbler were; candies, Crystal Light lemonade and raspberry lemonade packets.

Nicole McBee gave a short welcome message to those in attendance, followed by Dave Kinder who talked about the importance of having volunteers and several of the ways our volunteers help residents here at UP.

Jeff Goodspeed, pianist, played beautiful, uplifting background music while the volunteers ate their delicious breakfast.

--Betty Wade



## **Food Finders' Food Bank**

Direct from her attendance at Indiana's Nonprofit Resource Network seminar on April 6, Katy Bunder came armed with her excellent power-point presentation about Lafayette's food bank, founded in a two-car garage, in 1981. As Executive Director of Lafayette's Food Finders Food Bank, Inc. for the past 8 years, she has seen several hunger relief programs envisioned, designed, implemented, and come to fruition. The 2 colorful brochures distributed to the small audience, outlined the various programs with which the Bank, a member of Feeding America, has guidance and input. One brochure entitled "From Hunger To Hope", centers on "building a better food bank for fighting hunger, giving hope". Hunger relief programs include the Agency Partner, the Mobile Pantry Program, its Backpack Program, the Summer Food Service Program, and the Senior Program. The Bank's visions are to feed more children and seniors, to feed more working families, to help families help themselves, and to give people more healthy choices. The second brochure is the bank's 2015 annual report, "Bridging the Hunger Gap". New services and programs included establishing their Food Resource Center which provides Nutrition Education, as well as Referral Services, SNAP (Supplemental Nutrition Assistance Program) Assistance Services, and Community Food Pantries. Both brochures go into much more detail about the workings of this vital part of our community. Katie spoke directly, without notes, referring to her slides only as the structure around which she shared such a wealth of information with the audience,

that very few questions arose at the close of her talk. -- Deb Lindenlaub

## **INPUT FROM A FOOD BANK**

### **VOLUNTEER**



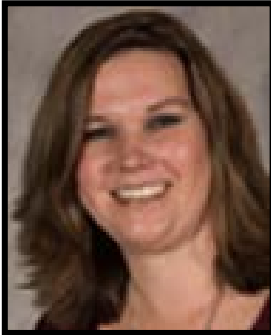
I'm Crystal Bixler and I am a Registered Nurse who works at University Place Health Center. I have worked at this wonderful facility since August of 2015 and have really enjoyed working here. My fellow associates are great to work with and the residents just brighten my day. I can truly say I love my job but when I'm not at work I volunteer at Food Finders Food Bank. I have been volunteering my time at Food Finders since 2015 and it truly is amazing and rewarding experience helping people in need. I got involved after my father starting working at Food Finders about a year or so back. My uncle has worked at Food Finders for 25 years and my father and uncle are actually named after the founders of Food Finders. As a volunteer, I do many activities including going to whistle stops where I ride with my dad to hand out food to large groups of people. I also volunteer in the sort room where I go through donations and sort out different types of products into categories like crackers, chips, cereal, etc. Overall volunteering and working at University Place are both great experiences of which I'm glad I can be a part.



## **UNIVERSITY PLACE** **CONCIERGES**

**Mandy Altman**

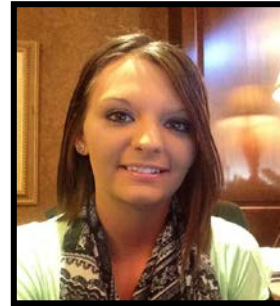
**Manager of Administrative Services**



I have been with University Place for 13 years now. I love working with the residents as well as the staff members. What does Mandy do? I usually answer with a little bit of everything over the years. I am the assistant to the executive director and try to assist the other managers with the everyday work flow. I am recently learning/assisting with some of the financial side of things. Outside of work I enjoy spending time with my husband and two children with their various activities (Archery competitions, 4-H animals, 4-H shooting sports, karate, track). They keep me busy! I am also the Notary Public for University Place and for residents at no charge. If you need my services, please let me know. I also like to bake cakes! I took some cake decorating classes and although I am not a professional, I do make cakes for special occasions. I can make just about any cake and design that is requested.

Editor's Note: As I have seen some of Mandy's cake creations, I can say that she is very creative and tries to please every customer's request for birthday cakes, anniversary cakes and other special occasions.

**LeAnna Mull**  
**Administrative Assistant**



LeAnna came to us in March of 2015 as the administrative assistant. She comes to us with an associate's degree in Business Administration and 5 years of experience as a CNA. LeAnna helps with the everyday flow of University Place and is always happy to help. She puts work orders into the system for maintenance, creates the slides for UPTV, keeps the master calendar of events, and much much more. When not at work she enjoys spending time with her husband and two small sons.

**Megan Julian – Concierge**



I am a Community Health Education, Pre-Occupational Therapy student at the University of Indianapolis. I have worked at University Place for almost four years. I enjoy reading, running, and spending time with family and friends. I also love dogs and coffee!

**Victoria (Tori) Bunch – Concierge**

Victoria Lin (Rector) Bunch born in Frankfort, In. When I was in 2<sup>nd</sup> grade my parents bought small farm outside Shadeland, Indiana. I graduated from Southwestern High School went to Sinclair College in Dayton where I studied Early Child Development, then in 1984 I moved to Minnesota where I attended the Institute of Business for Communications. I have been in the Customer Service Field for over 35 years. I truly like what I do here. I am starting a new adventure in my life my 9 year old granddaughter has come to live with me so life begins again. Praise to God!

**Dana Madrid – Concierge**

Hi my name is Dana Madrid and I have been a concierge for 1 year. I love working here at University Place. All the residents are my friends! I am not married. I have 3 grown children and 6 grandchildren with number 7 on the way! I love to spend time with them. One year ago May 19, I survived a ruptured aneurysm! I was glad to be here one year later!!! Thank you University family for being kind and asking about my health. Thank you all for our Christmas bonus!!! Bless you all for your giving.

**Heather Brooks – Concierge**

I am a Purdue University graduate from the School of Liberal Arts. I earned my Master's Degree in 2007 from Indiana Wesleyan and have earned 22 credit hours towards a Doctorate in Instructional Leadership from Argosy University, Chicago. I am an English teacher at Southwestern Middle School with 16 years, experience with the Tippecanoe School Corporation. I am also a licensed K-12 Building Administrator, awaiting the opportunity to put my knowledge and skills to work in that capacity. It has been my pleasure getting to know each of you since my arrival in December!

**Emily Richardson – Concierge**

I am the youngest of five girls and currently live in Lafayette. I am a native to the area with both parents and three sisters graduating from Purdue. I am a first year student at St. Elizabeth School of Nursing where I hope to work in Pediatrics or Women's Health. I have only worked at University Place for a few months but I love working here and getting the opportunity to meet so many interesting people. Thank you for welcoming me!



## UP Walking Club

Hello everyone! In last month's issue of the UP Beat, I mentioned how I was looking into providing more opportunities for residents regarding exercise and staying active. After receiving some much appreciated feedback and seeing the weather continue to grow warmer by the day, I believe now is a great time to start up the, "UP Walking Club"!

I want to try starting with one day per week; Tuesday's at 10:00 am. Ideally, we will aim to walk for 30-45 minutes around the University Place grounds and in inclement weather we can march the halls inside. I especially want to note that this walk is open to everyone, including those who are sight impaired, and those using wheelchairs or walkers. For now, I want to start with a group that reaches more people by walking at a comfortable pace. This will allow us to enjoy the weather and each other's company while still seeing the great benefits exercise can provide. I know that 10:00 am might sound a bit early to some, but keep in mind that summer is fast approaching and we are not going to want to be outside in the afternoon once those mid-summer months are upon us.

Starting every Tuesday in the month of May at 10:00 a.m. we will begin meeting outside the fitness center. Let me know if there is any scheduling conflict of which I am not aware, and we can discuss making adjustments if we need to do so. Keep a look out on your May calendar for the walking club and I hope to see you there!

-Andrew Airey



## Wine and Canvas! Oh My

To the totally uninitiated, the sight of blank 8x10 canvasses, (think those horrid blue college exam booklets!), paper plate 'pallets' each with inviting daubs of 5-6 different acrylic paints, and the 2-3 different sized artists' brushes at the ready for some uniquely creative creations. It was a most intimidating first impression for some of the about 10 budding artists. Stacy Bogan, a local artist, had a few basic 'ground rules': when you put paint on a wall, you're done; when doing 'artistic' painting, your strokes are your personality; paint in layers, put together shapes, start with the dark. The canvas she worked on seemed to develop almost on its own - it looked SO easy! She came around the room and found something on each canvas to compliment, be it a color, or how it was used, or the certain shape that came about. Somehow my brush didn't get the messages! We had a spot of wine encouragement while waiting for the layers of paint to dry before adding more. "Come paint your own masterpiece!" the flyer said. Artist Stacy Bogan will demonstrate all of the steps and you'll make a beautiful acrylic painting. It's easy (true), fun (a bit scary), and relaxing (for some, maybe) even if you've never painted." She had 4 oblong tables set up in a square, all equipped and ready for that masterpiece! The hour was interesting, and Stacy had infinite patience as she gave suggestions and compliments.

All pieces undoubtedly unique, were no threat to Rembrandt! --Deb Lindenlaub





The 65th annual National Day of Prayer, May 5, 2016, will have profound significance for our country. It is an unprecedented opportunity to see the Lord's healing and renewing power made manifest as citizens humbly come before His throne. The National Day of Prayer is a vital part of America's heritage and is as relevant and critical today as it was at the first call by our Continental Congress in 1775. Established in public law by a joint resolution of Congress, signed by President Truman in 1952, then amended to designate the day under the 100th Congress and President Reagan in 1988, it states that: *"The President shall issue each year a proclamation designating the first Thursday in May as a National Day of Prayer on which the people of the United States may turn to God in prayer and meditation at churches, in groups and as individuals."* The theme for 2016 is "Wake Up America", emphasizing the need for individuals to return to God. To further highlight the theme, Isaiah 58:1a has been chosen as the Scripture for this year: *"Shout it aloud, do not hold back. Raise your voice like a trumpet."*

### **IN REMEMBRANCE**

Memorial Day has become a three-day holiday of picnics and cookouts. But there is a reason for this commemoration, so please remember the servicemen and women who died serving their country. Consider visiting a veterans' hospital or military cemetery and paying your respects. At 3 p.m. local time on May 30,

### **May UP Beat 2016**

2016, the National Moment of Remembrance asks for sixty seconds of silence to remember U.S. service members who gave their lives in the line of duty. If you have a flag, it is appropriate to display it at half-staff until noon. The annual University Place Memorial Day observance will be in the Great Room at 10:30 a.m. followed by Brunch.

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### **May's National Park Honored**

Do you know where dolphins have a national park that they can call their own? It is Biscayne National Park which is made up mostly of ocean with only a small amount of its 172,971 acres being accessible by land at the Dante Fascell Visitor Center at Convoy Point. The location of this park is in Miami-Dade County in Southeast Florida. The park preserves Biscayne Bay and its offshore barrier reefs. 90% of the park is water, and the shore of the bay has an extensive mangrove forest. A portion of this park is made up of the world's third-longest living coral reef. Below some of the water's surface are the remains of many shipwrecks. This National Park was established in 1980. A Fun Fact: The Hoover vacuum played a role in the creation of Biscayne National Park. In 1960 plans called for a oil refinery and many other unwanted developments in the Keys and underwater acres now protected within the park. Herbert W. Hoover, Jr. then chairman and president of his family's business, funded a successful campaign that led to the creation of Biscayne National Monument in 1968.

--Betty Wade



WE WISH TO EXTEND  
OUR SINCERE SYMPATHY TO  
THE FAMILY AND FRIENDS OF

### **FERN HUGHES**

Fern Hughes, a University Place resident, was born August 18, 1923, in Lafayette and died March 30, 2016, at University Place. She was a graduate of Brookston High School, and her first job was as a secretary for the government post office. Fern was married to John E. "Jack" Hughes in Lafayette on June 2, 1946. She and Jack owned and operated Hughes Feed Service and the Brookston grain elevator for many years. Preceding Fern in death were her parents, Jack, a sister, her mother and father-in-law and a son-in law. She is survived by her sons Jack and Jay, daughters Jill, Jan, and Jennifer, two sisters, fourteen grandchildren and twenty great-grandchildren.



### **WILLIS L. SCHALLIOL**

Willis Lee Schalliol, a University Place resident, was born December 20, 1919, in Elkhart, IN, and died at University Place on March 31, 2016. He graduated from Elkhart High School and earned a B.S. at Purdue University in 1942. Will and Ilyff Belle Williams were married on December 20, 1942. He served for three and a half years in World War II as an artillery reconnaissance pilot in Europe and in the U.S. Army of occupation of Japan. Will received a Ph.D. in Metallurgical Engineering from Stanford University in 1950. After working twenty years in industry as a metallurgical engineer, he served Purdue University as an administrator and educator for seventeen years. Will is survived by son Gregory, six grand children and five great grandchildren. He was preceded in death by Ilyff, his wife of sixty eight years, and sons John and Dennis.



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**UNIVERSITY PLACE  
1700 LINDBERG ROAD  
WEST LAFAYETTE, IN  
47906**