



"Pulaski Life"

Our Facilities:

Pulaski Health Care Center
624 East 13th Street
Winamac, Indiana 46996
574-946-3394
www.pulaskihealthcarecenter.com
Administrator: Sharon McKinley

Parkview Haven and Village
101 Constitution Drive
Francesville, Indiana 47946
219-567-9149
www.parkviewhaven.com
Acministrator: Steve Stoller

Riverwood Commons
342 Galbreath Drive
Winamac, Indiana 46996
574-946-7773
Manager: Pam Campbell



Pulaski Health Foundation Mission:

**"TO IMPROVE OUR
COMMUNITY
THROUGH HEALTH
AND WELLNESS."**



this issue

Employee's of the Month P.2

Resident Spotlight P.3

Therapy News P.3

Activities P.4-7

Welcome to our new company newsletter "Pulaski Life"

Pulaski Health Foundation will begin publishing a new organization wide newsletter. With a new name and fresh new look, we hope you will enjoy "Pulaski Life." This newsletter will be packed with great articles, pictures and important information and will be published every other month. If you have any suggestions or ideas for the newsletter please feel free to contact our Marketing Director-Jean Fort at 574-946-3394 Ext#29.

MEET THE PULASKI HEALTH FOUNDATION BOARD OF DIRECTORS.

President and Chairman: Scott Fritz

"The future of PHF is very encouraging. With two outstanding facilities, a dedicated and skilled staff, the residents of Pulaski and surrounding counties have access to the best care close to home. I enjoy serving on the board and hope to continue. Let's just say I have been on the board for a long time."

Vice Chairman: Laura Bailey

Ms. Bailey has been a member of the board since 2009.

"I am a retired teacher of 33 years and an ordained minister. I have been on the board for 5 years now. I volunteered for a few years with Social Services and Administration, doing staff inservices and resident counseling prior to being on the board."

Director: James Pierrou

Mr. Pierrou has been a member of the board for 10 years.

"I serve on the board because I have a passion to help make our Pulaski County facilities the best in our area to serve our Seniors! My background is in Engineering, and I am the Supplier Quality Assurance Manager at The Braun Corporation."

Director: Rita Murray

Secretary: Linda Murphy, RN

Treasurer: Lin Morrison

Member at Large: John Goble

SPECIAL BIRTHDAY'S

Pulaski Health Care Center RESIDENT'S:

Catherine Hahn April 1st
 Martha Forest April 17th
 Joe Grzymalski April 20th
 Katie Fenters April 20th

Kathy McGriff May 10th
 Orvel Podell May 12th
 Herb Depoy May 18th
 Everett Knebel May 18th

Pulaski Health Care Center EMPLOYEE'S:

Freida Malia April 5th
 Teresa Thorpe April 10th
 Diana Diaz April 10th
 Lacy Bair April 19th
 Jackie Terry April 14th

Amanda Budd May 1st
 Stella Ress May 8th



Parkview Haven and Village RESIDENT'S:

Lucille Carlson April 2nd
 Carroll Messer April 10th
 Janet Weaver April 13th
 Euka Griggs April 17th
 Mary Fulmer April 19th
 Lucille Davis April 20th
 Louise Schultz April 23rd
 David Bratten April 29th

Pearl Nuest May 3rd
 Arles Kropf May 5th
 Wilma Coburn May 8th
 Curt Hughes May 9th
 Marjorie Bowers May 30th

Parkview Haven and Village EMPLOYEE'S:

Jane Schaffer April 7th
 Heather Schatte April 9th
 Kimmi Whitlow April 9th
 Barb Eckert April 26th
 Holly Black April 28th
 Janet Wolford April 28th

Amanda Jimenz May 6th
 Diane Shepperd May 7th
 Kim Mroczek May 12th
 Chris Huber May 16th
 Jodi Tunis May 21st
 Vickie Beiswanger May 25th
 Kim Manley May 27th
 Lily Pelsy May 28th

Pulaski Health Care Center's Employee of the Month



LISA ALLEN

Lisa has been employed at Pulaski Health Care Center as a Registered Nurse since June 2012.

We are proud to have her as a team member!

Parkview Haven Employee of the Month



KIMMI WHITLOW

Kimmi has been employed at Parkview Haven since 1993. She started out as a C.N.A. and later took the required course to become a Q.M.A. We are proud to have her as a team member!

From the Administrator

"My calling to work in the long term care industry occurred in 1999. At that time, at 52 years of age, I decided I wanted to work in a service-oriented industry. Until that point I had held the position of controller in several manufacturing firms in Peoria, Illinois and Elkhart, Indiana. That year I accepted the position of administrator of the faith-based facility, Parkview Haven, which was operated through my denomination, Apostolic Christian. It has been a wonderful experience to combine my work effort with the mission of providing care for elderly folks who need assistance.

I was reared in rural Peoria, Illinois, and was married in that area. In 1986 Anna Marie and I moved our family of six children to Elkhart, Indiana. There I worked and obtained a degree in management at Goshen College. We now live in North Judson, and our children reside in Illinois, Wisconsin, Michigan, and Ohio. Our weekends are often spent with them.

My wife has been a mainstay of support during my years as administrator. Parkview's success is directly attributable to a competent, caring staff, and to the blessings of God. It is so fulfilling to work with this staff and to have daily interactions with the many wonderful residents."

Steve Stoller, Parkview Haven Administrator

Pulaski Health Care Center

Resident Spotlight: Everett Knebel



Everett Knebel was born May 18, 1920 in Star City, Indiana. He grew up in Star City and eventually raised his own family there. Everett is a Veteran and served in the Navy during WWII. While in the service, he married his wife and best friend, Ethel. They were married for 66 years when she passed away. Family and church mean the world to Everett. He and Ethel had 5 children and he currently has 12 grand children. He owned 2 businesses; a grocery store and a construction business. Everett is proud of his accomplishments and his family. He has built many of the homes in Pulaski County and also help with church projects. Everett enjoys watching baseball and football on tv-especially the Cubs and Colts. He is a life long member of the Star City Methodist Church. Everett actually has a book published about his life story.

Parkview Haven

Resident Spotlight: Vivian Brooks



Vivian Brooks was born November 23, 1914 in Gerlock, Illinois and she grew up in Danvers, Illinois. Vivian attended Illinois School for the deaf where she enjoyed cooking and sewing. She said she did all kinds of sports growing up such as archery, volleyball, baseball, swimming and basketball. She was a member of a variety of clubs in school. She was the second homecoming Queen in 1934, graduating in 1935. She is a widow. She has one daughter. Vivian worked at the Medaryville Garment factory for twelve years. She enjoys music, especially if there are dancers. She has traveled all over the U.S.A. She enjoys the outside. Vivian stated that one time she made an outfit in Chicago and won \$100.00 as a prize for the outfit she made. She likes to watch sports on TV. She is most proud of being 99 years old and still having the ability to do anything that she wishes.



Good Therapy News

Gait is the medical term to describe human locomotion, or the way that we walk. Interestingly, every individual has a unique gait pattern. A person's gait can be greatly affected by injury or disease process. By evaluating the gait pattern of an individual, a therapist can determine specific weaknesses and adjust rehabilitation programs to address these issues.

The gait cycle is used to describe the complex activity of walking, or our gait pattern. This cycle describes the motions from initial placement of the supporting heel on the ground to when the same heel contacts the ground for a second time.

The gait cycle is divided into two phases:

- 1) Stance -- defined as the interval in which the foot is on the ground (60% of the gait cycle)
 - 2) Swing -- defined as the interval in which the foot is not in contact with the ground (40% of the gait cycle)
- During evaluation of the gait cycle, a physical therapist further assesses each portion of these two phases. Stance is divided into four phases:

- 1) Heel strike to foot flat
- 2) Foot flat through midstance
- 3) Midstance through Heel off
- 4) Heel off to Toe off

Swing is divided into two phases:

- 1) Acceleration to midswing
- 2) Midswing to deceleration

By evaluating each individual phase of the gait cycle, a physical therapist obtains clues into specific muscular weaknesses and shortening.

Addressing these issues in a rehabilitation program will lead to a more efficient gait pattern, resulting in decreased risk of injury, less energy expenditure, greater functional independence, and improved muscular balance.

Pulaski Health Care Center Upcoming Events

April

- 4 Entertainer Quentin Flagg
- 7 Movie & Lunch Outing
- 8 Entertainers Dukes of Denham
- 10 Entertainer Man in Black
- 11 Bingo & Popcorn with Alliance Bank Staff
- 14 Red Hat Society Lunch Out
- 15 Bingo with High School Sunshine Society Club
- 16 Bible Story Skit with "Maidservants for Jesus"
- 17 Color Easter Eggs
- 19 Public Easter Egg Hunt
- 21 Crafts with Girl Scouts
- 22 Sue N. Nutrition Program
- 24 Casino & Lunch Outing
- 28 Spa Day: Manicures/Facials
- 28 Entertainers Sally & Marilyn

May

- 1 Men's Lunch Outing
- 1 Bingo @ Riverwood Commons
- 6 Entertainers "The Tolsons"
- 7 Entertainers Man in Black
- 10 Mother's Day Program
- 11 - 17 Nursing Home Week (see calendar)
- 13 Entertainers Dukes of Denham
- 16 Cook Out
- 19 Entertainer Donna Shaw
- 19 Crafts with Girl Scouts
- 22 Entertainer Ray of Light
- 26 Entertainers Sally & Marilyn
- 27 Sue N. Nutrition Program

Pulaski Health Care Center Needs:

- Wrapped candy for Easter Eggs
- Kleenex
- Lotions, Shampoo, Soap
- Bingo Shop Prizes: knick knacks, puzzle books, jewelry, scarves etc.
- Birthday Cards

If you have any questions about upcoming events or the needs of Pulaski Health Care Center, please contact the Activity Director at 574-946-3394 Ext #29.

Your donations are greatly appreciated!

Pulaski Health Care Center "Fun With Activities"

Red Hat Kool Kats!



Bingo Fun at Pulaski Health Care Center



Fun with Pottery.....

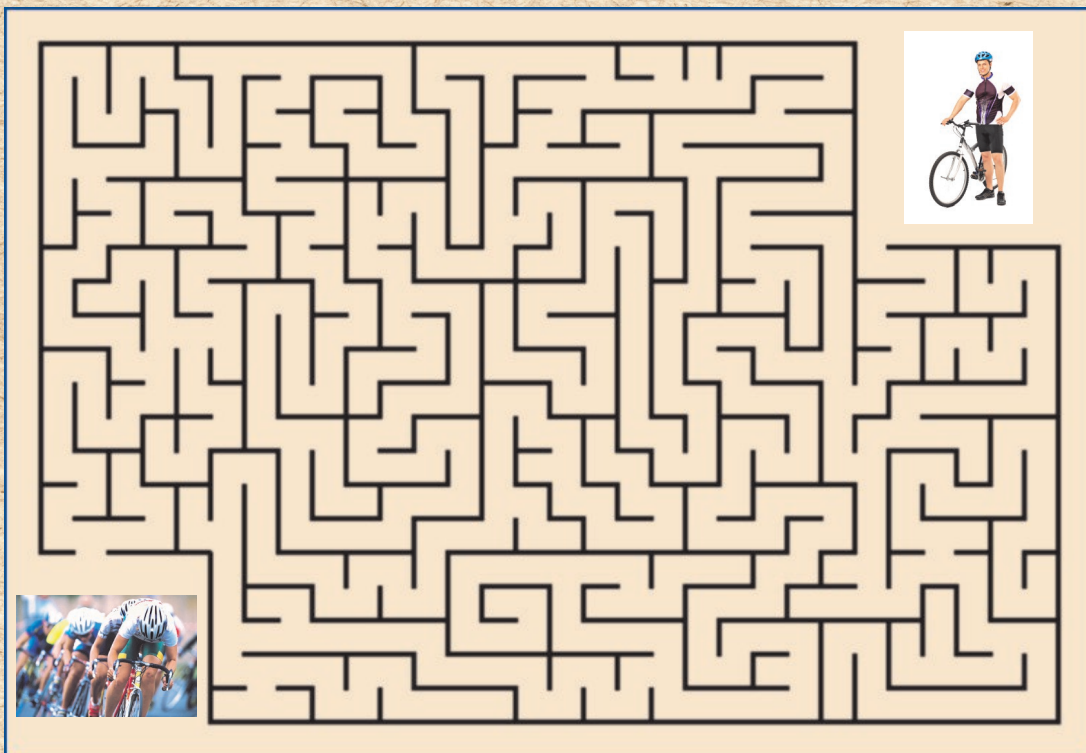


Pulaski Health Care Center "Fun With Activities"

Crafts with Kingdom Kids is always a Blast!



A-Mazing Bicycle Race



Village News:

Parkview Village currently has one condo available. This condo has 2 bedrooms, 2 baths with attached 2 car garage and private patio. Buyer will get to customize the home by choosing paint, flooring and appliances. This is a great opportunity to live worry free in a senior community located on a beautiful 20 acre country campus with a pond. All lawn care, snow removal, building and appliance maintenance included. If interested, please contact the Administrator at 219-567-9149.



Riverwood Commons News:

Residents are excited about the warmer weather. Yard work and planting flowers will begin soon!

Food for Thought

Parkview Haven

By: Marlowe Allis CDM,CFPP

We hope this news letter finds everyone doing well. Spring is right around the corner and before we know it the farmers will be in the fields. We have two employees who have birthdays this month. Kaitlin Chops on March 18th and Rodney Oliver March 25th. For the month of April we have Jane Scheffer April 7th and Holly Black April 28th. We would like to wish them a very happy birthday. We are due for our annual survey at anytime so we continue to prepare for our visitors. We celebrated Saint Patrick's with the traditional meal of corn beef and cabbage. Our resident's enjoyed it very much. As always I would like to thank our staff for all the their hard work and dedication. They all do a wonderful job. We hope everyone has a wonderful spring.

Parkview Haven "Fun With Activities"

Loving our puppy visit!!!



Fun time painting with the West Central High School Art Club.



Favorite Recipe:

Pulaski Health Care Center

By: Amy Stanley Dietary Manager

Pineapple Pie

Ingredients:

- 18 oz. crushed pineapple, drained
- 8 oz. cream cheese, softened
- 10 oz. whipped topping
- 1/4 c. chopped pecans
- 1 1/2 c. graham cracker crumbs
- 5 tbsp. melted margarine
- 2 tbsp. sugar

Procedure:

1. Combine graham cracker crumbs, melted margarine and sugar. Press into bottom of 9x9 baking pan.
2. Mix together pineapple and softened cream cheese.
3. Add whipped topping and ground nuts.
4. Pour over the graham cracker crust and chill.



Parkview Haven "Fun With Activities"

Residents enjoyed a visit from the Conservation Officer



"Searching for April"

RUGQKDXWOLSDVRP
YREVOSSAPRWNSXL
MAHXBZTWEJEOWQF
FGDFTOVWBAMMEOI
AOORSWORRADAEOA
MBUXOHSTMANITOU
ZCJRSBHAIHEDPWE
UFSHTDRSEASTERM
HTOEAHYALIRPABZ
KAOYICYXLHJYLFN
DUILFREBLCCZJBV
LRHPKJAYUUSURUM
OUQLDYLFBKVEHQV
KSCUWXULAEDFKKW
FKTUWMTPENAUVEG

FIND THE WORDS

ARIES
APRIL
ARBOR DAY
BULL
DAISY
DIAMOND
EARTH DAY
EASTER
FOURTH
PASSOVER
RAM
SHOWERS
SWEET PEA
TAURUS

Parkview Haven Upcoming Events

April

- 6 Entertainer Pat McGuire
- 8 Volunteer Banquet (by invite)
- 9 Entertainer Donna Shaw
- 10 Entertainer Tom Builta
- 12 Sounds of Loretta Lynn
- 12 Easter Egg Hunt
- 12 Humanitarian Concert Trip
- 13 United Baptist Youth Group
- 20 Sylvia Ward & Family
- 21 Entertainer Jim Chessor
- 22 Spring Luncheon with Valparaiso Apostolic Church
- 23 Conservation Officer Jeff
- 24 Pianist Deb Nedza
- 28 Medaryville Nursery School

May

- 5 Men Singers
- 7 Entertainer Kenny Holcomb
- 11 – 17 Nursing Home Week (see calendar)
- 11 New Vision Band
- 14 Entertainer Kent Lane
- 23 Entertainer J. Jay Brook
- 26 American Legion

Parkview Haven Needs:

- Regular bird seed
- Lotions (scented & unscented)
- Sugar Free Chocolate
- Soft Chocolate
- Roll deodorant (men & women)
- Pocket kleenex
- Body spray mist
- Window clings or sun catchers with suction cups for windows
- Light fabric scarves
- Bags of Puffs –corn, butter and cheese flavors

If you have any questions about upcoming events or the needs of Parkview Haven, please contact the Activity Director at 219-567-2992.

Your donations are greatly appreciated!



Pulaski Health Foundation is a local non-profit organization that has been improving our Pulaski County communities for more than 50 years. If you are interested in making a donation or just want more information about the foundation, please contact Administrator, Sharon McKinley at 574-946-3394.

“I’M FINE” By: Cardinal Cushing

There’s nothing whatever the matter with me.
I’m just as healthy as I can be.
I have arthritis in both my knees
And when I talk, I talk with a wheeze.
My pulse is weak and my blood is thin,
But I’m awfully well for the shape I am in.
I think my liver is out of whack
And a terrible pain is in my back.
My hearing is poor, my sight is dim,
Most everything seems to be out of trim,
But I’m awfully well for the shape I am in.
I have arch supports for both my feet.
Or I wouldn’t be able to go on the street.
Sleeplessness I have night after night,
And in the morning I’m just a sight,
My memory is failing, my head’s in a spin,
I’m peacefully living on aspirin.
But I’m awfully well for the shape I am in.
The moral is, as this tale we unfold,
That for you and me who are growing old,
It’s better to say, “I’m fine” with a grin
Than to let them know the shape we are in.



PULASKI
HEALTH FOUNDATION

624 East 13th Street
Winamac, Indiana 46996

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
FRANCESVILLE, IN
PERMIT # 4