



# "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  
101 Constitution Drive  
Francesville, Indiana 47946  
219-567-9149  
www.parkviewhaven.com  
Administrator: Glenn Wagner

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."**



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## Pulaski Health Foundation Raffle Fundraiser



Help support Pulaski Health Foundation. Buy your raffle ticket today for a chance to win a fantastic Indianapolis Colts Ticket Package!

Pulaski Health Foundation is a not-for-profit organization that helps better our communities through supporting healthcare facilities, providing financial assistance for educational opportunities, supporting our school academic clubs and athletics and supporting many other community projects. Pulaski Health Foundation owns & operates Pulaski Health Care Center, Parkview Haven & Riverwood Commons. The foundation operates through donations and support from you...our community. We appreciate the generosity of our supporters and hope that you will have the opportunity to join in the raffle.

### RAFFLE PRIZE PACKAGE INCLUDES:

**(3) Colts Tickets  
Row 1 on 40 yard line  
directly behind players &  
(1) Garage Parking Pass**

**Tickets \$5.00 each**

**Only 500 tickets will be sold.**

**YOU MAY PURCHASE TICKETS  
AT PULASKI HEALTH CARE  
CENTER IN WINAMAC OR  
PARKVIEW HAVEN IN  
FRANCESVILLE**

**October 1st—27th**

**OR STOP BY OUR RAFFLE  
BOOTH AT THE WINAMAC  
TOWN PARK ON OCT. 17<sup>th</sup>**

**1:00pm-4:00pm**

**During the Cancer Walk Fundraiser.**

**Want more information??  
Contact: 574-946-3394 Ext 29**



### GAME DATE & TIME

**November 8th 4:25pm  
"Colts vs Broncos"**

**Drawing will take place on  
October 28<sup>th</sup> and you do not  
have to be present to win.  
Winner must use  
tickets. Tickets cannot be  
sold or donated.**

## SPECIAL BIRTHDAY'S

### Pulaski Health Care Center

#### September Birthdays

- 6 Beth Mills
- 6 Jennifer Crase
- 7 Linda Stigen
- 10 Kay McIlvain
- 15 George Basler
- 18 Irene Watkins
- 21 Jessica Brown
- 24 Monica Maddox
- 24 Liz Button
- 25 Leona Sommers
- 27 Chrissy Jenkins

#### October Birthdays

- 4 Phyllis Nawrocki
- 17 Louella Simoni
- 18 Lauren Gourley
- 20 Mary Williamson
- 20 Ed Loehmer
- 21 Diana Duffee
- 29 Janie Chalifoux
- 29 Hollie Koepkey
- 29 Linda Fletcher
- 29 Cletha Scott
- 31 Tiffany Maddox



### Parkview Haven

#### September Birthdays

- 1 Marlowe Allis
- 7 Tonya Payne
- 9 Edith Streitmatter
- 13 Sherry Nielsen
- 15 Anna Belle Burbage
- 16 Arlene Schwab
- 18 Marcella Selmer
- 19 Dean Eckholm
- 30 Kristie Beckner
- 30 Charles Matthew

#### October Birthdays

- 2 Elise Garcia
- 4 Terri Siebring
- 5 Edith Tucker
- 15 Alyson Fry
- 17 Martha Losh
- 17 Caira Salyers
- 22 Kristie Gutwein
- 22 Janis Lenz
- 23 Sherry Pierson

## Items to Donate to Pulaski Health Care Center

**Bingo Prizes:** Kleenex, lotions, shampoo, Knick knacks, jewelry, word puzzles books, soaps, paper pads, hair products, deodorants, cd's & cards.

**Halloween is right\* around the corner** and our residents and staff love to decorate our facility for the occasion. We need Halloween decorations that hang from ceiling, that we can hang on resident doors, that we can stick on windows & orange/purple strings of lights.

**Trick or Treat:** Pulaski Health Care Center will be participating in the Public Trick or Treat. Our residents love to pass out candy to the children. This is one of our favorite events each year. We are in need of bags of prewrapped candy.

PLEASE BRING ALL DONATED ITEMS TO THE ACTIVITY DEPARTMENT AT PULASKI HEALTH CARE CENTER.

Thank you for your support!!

## Items to Donate to Parkview Haven

Lotion (scented and regular), holiday door hangings, seasonal window clings, gum (they like Extra), Breath Saver or Cert type mints, sugar free chocolate (especially mint patties), little Debbie type cakes, bite size packs of cookie & snack mix, pocket Kleenex, eye glass cleaner wipes, stamps, women's perfume (no Musks), shampoo, deodorant, , body mist sprays and body wash. If you have any questions about what is needed please feel free to contact Barb Eckert at [beckert@parkviewhaven.com](mailto:beckert@parkviewhaven.com) or 219-567-2992.

Bags of puff corn both cheese and regular. This is used every day for those that are not able to eat the regular popcorn. When regular popcorn is being handed out the staff even put the puff corn in a popcorn bag.

Colorful napkins which add that extra touch for the special events. With fall approaching we are in need of fall type napkins as well as the upcoming holidays.

## Parkview Haven Welcome

Parkview Haven Retirement Community (PVH) has an interim administrator and you are invited to stop by and say hello to Glenn Wagner. Glenn comes to PVH with much experience. He started out in 1978 at Miller's Merry Manor as a maintenance helper and as a result of their education program he became an administrator in 1983. He has managed facilities 100-224 beds, has been a regional director of operations at Beverly Enterprises and worked 15 1/2 years at the Waters of Duneland in Chesterton. In the past he has served on the Indiana Health Care Association Board of Directors, Duneland Chamber of Commerce and the Chesterton Porter Rotary. He is married to Terri and they celebrated their 35<sup>th</sup> anniversary this year. He has a son that lives in Chesterton and a daughter that lives in Hong Kong. He has two grandsons. He invites you to stop in and introduce yourself while he is at PVH.

Parkview Haven Retirement Community welcomes a new Maintenance & Environmental Service Director and he is Ben Woodhouse. Ben comes to PVH from Monticello. He has worked in manufacturing. He was a former police officer, currently an E.M.T. and did Maintenance for three years in the Lafayette area. He enjoys fishing, camping, hunting and coin collecting. He has two sons that live in Virginia. He has two grandsons.

# Pulaski Health Care Center Employees of the Month



**AUGUST**  
**Rosemary Kovacs** has been a dedicated Certified Nursing Assistant at Pulaski Health Care Center for 6 years. Her love and compassion

for our resident's shows every day that she is at work. Rosemary has a positive attitude and is a delight to work with. Our residents absolutely love the care she gives. Pulaski Health Care Center is blessed to have Rosemary be a part of our team!



**SEPTEMBER**  
**Sherry Kistler** has worked in the Dietary Department at Pulaski Health Care Center for 3 years. She is a very dedicated

employee and always gives 100%. Because of her wonderful work ethic and dedication to our residents, she was selected to be one of our Service Excellence Advisors in our new Customer Service Initiative. Pulaski Health Care Center is proud to have Sherry be part of our team!

## Parkview Haven Upcoming Events

### MARK YOUR CALENDARS!

#### **Fall Festival is September 18-20.**

Parkview will have a booth uptown; in addition, volunteers are needed to help take the residents to the parade and car show.

#### **October 20 is the Fall Luncheon.**

It is sponsored by the Francesville Apostolic Church and residents will be able to bring up to two guests. This begins at 11:30 AM at the Fellowship Center. More details will follow as the date gets closer.

**Trick or Treating.** In October the residents will be handing out candy for the trick or treaters. We need individually wrapped candy. Last year we had thirty-four that actually handed out candy. The residents absolutely love seeing the kids dressed up. We will also need a volunteer or two to help restock the resident's candy buckets.



### Good Therapy News

#### WHY WELLNESS WORKS

By incorporating physical wellness into our day-to-day routine, we have the capability of reversing our physiological age by 9 years... that's right, 9 years! The way we age is 30% genetic and 70% how we treat our bodies. Treating our bodies well has the capability of lengthening and improving quality of life, reducing the effects of dementia and Alzheimer's, and so much more. If you're looking to begin or improve your physical wellness, try to find exercise classes/activities that interest you and involve a friend! Be sure to listen to your body, start out slow, and stick with it!

These are the four main components of exercise:

**Strength** is vital when improving/maintaining muscle and bone mass, balance, cardiovascular endurance, functional ability, and reducing fall risk. To improve/maintain strength, anything that causes resistance against the body can be used. This could include dumbbell weights, elastic bands, or exercise equipment. Strength should be practiced 2-3 times per week.

**Cardiovascular Endurance** is beneficial to your heart and lungs, delaying/preventing diseases associated with aging (diabetes, heart disease, stroke, etc.) and prolonging independence. Walking, swimming, biking, gardening, and climbing stairs are some types of cardiovascular endurance exercises and should be practiced 3-5 times per week.

**Balance** is a key when wanting to reduce risk of fall and improve postural stability by improving core, back, and large leg muscles. Balance can help increase stability and improve awareness of risks of falling. Balance should be practiced 3-5 times per week.

**Flexibility** is important to increase range of motion. It also improves posture, keeps muscles limber, and prevents pain, cramping, and injuries. Flexibility is beneficial to posture, all types of arthritis, fall prevention, and activities of daily living. Flexibility should be practiced 2-3 times per week.

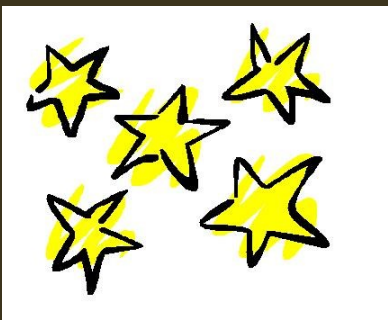
The combination of these exercises works to improve balance, prolong independence, increase postural stability, reduce pain and injuries, and delay/prevent diabetes, heart disease, stroke, and other diseases

# SERVICE EXCELLENCE

Pulaski Health Care Center is recognized as a FIVE STAR Health Care facility with a reputation for quality & excellence. Pulaski Health Care Center is now participating in a 3 year Customer Service Initiative with Pulaski Memorial Hospital to ensure that we continue and enhance our standards of excellence and continuously improve resident & employee satisfaction.

## *Pulaski Health Care Center "Fun With Activities"*

Residents from Pulaski Health Care Center enjoyed a beautiful afternoon at the Tippecanoe River State Park. This outing included a hot dog roast and making smores over the fire. The weather was absolutely perfect and both residents and staff who attended had a great time!



### **Red Hat Ladies Smile On**



The Red Hat Society Club at Pulaski Health Care Center meets monthly and also enjoy going out for lunch together each month.

This group of ladies truly know how to have fun!!



# OCTOBER 17<sup>TH</sup> WALK FOR THE CURE 2015

Please join us in our fight for a cure

Registration forms may be picked up at Pulaski Health Care Center, next to PMH hospital and at Parkview Haven in Francesville or call today and we will mail you a registration form. Everyone is welcome and there is no fee for this event. Personalized event T-shirts are available for pre-sale.

*“Every ribbon and every supporter makes a difference!”*

CALL TODAY AND HELP OUR COMMUNITY MAKE A DIFFERENCE.

Pulaski Health Care Center is sponsoring this annual Breast Cancer Awareness Fundraiser Event

Located at Winamac Town Park

1:00pm-4:00pm

Join us for a 5k Walk  
BAKE SALE

RAFFLES

Pink Products Sale

“Get Your Pink On” Booth  
Memory Ribbons

Face Painting

Entertainment

One in eight women in the U.S. will be diagnosed with breast cancer in her lifetime. An estimated 32.5 million women will be diagnosed worldwide over the next 25 years — and more than 11 million could die. Your participation will truly help save lives.

## PULASKI HEALTH CARE CENTER

624 E. 13th Street  
Winamac, IN 46996

574-946-3394 Ext 29

[www.pulaskihealthcarecenter.com](http://www.pulaskihealthcarecenter.com)



### Village News:

At this time, all of our senior living condo's are occupied. However, we do have availability in our assisted living apartments and our skilled nursing rooms within Parkview Haven. To inquire, please contact Parkview Haven at 219-567-9149.



### Riverwood Commons News:

Residents of Riverwood Commons and Pulaski Health Care Center continue to enjoy a monthly bingo activity at Riverwood Commons with donated prizes and snacks from Pulaski Health Care Center.

Pulaski Health Care Center has availability for long-term care and short-term rehabilitation services. To inquire, please call 574-946-3394 Ext #26.

# Parkview Haven Fair Week a Fabulous Success!



# Fair Week at

Parkview Haven held its very own fair week which included lots of fair food which included slushies all week, sno-cones, elephant ears and every day there was a special meal of fair type foods.



4-H PROJECT  
REVIEW



The Salem Superstars 4-H club kicked off the week by bringing in their projects for the residents to view and some of the residents said "this reminds me when I use to go to the fair to look at these".



On the same day a Quilt show was held with quilts filling the entire Oak Room. Residents were thrilled as they got to touch, hold and feel the quilts.



FUN WITH 4-H ANIMALS

We had a day for the farm animals, a day for vehicle cruise-in as well as twist and smile balloon twister. We thank you each and every one that helped with the fun and smiles.



Did you know that Parkview Haven has a website of [www.parkviewhaven.com](http://www.parkviewhaven.com) and a Facebook page? LIKE us on Facebook!

# Parkview Haven



## Flu Season Is Almost Here

The flu season is rapidly approaching. Flu vaccines will be arriving soon at Parkview Haven. We will begin giving residents vaccines the first week of October. Information from the CDC has been mailed out to family members and copies of the information are available at the facility. We are encouraging all staff to receive the vaccine as well as the residents. We want to provide and ensure a healthy environment for our residents. We would like to share with the visiting community some tips for the flu season.

**Get Vaccinated-** Getting vaccinated is the best way to prevent getting and passing on the flu virus

**Wash Your Hands Frequently-** This is a very important tip to stay healthy from many viruses and bacteria that linger on surfaces. Use soap and water and rub fingers and hands together for at least 20 seconds. Using alcohol based hand sanitizer between washing will also help.

**Use A Tissue To Cover Mouth and Nose When Coughing or Sneezing**

**Drink Plenty of Fluids-** Water flushes your system and helps get rid of germs

**Get Plenty of Sleep-** Sleep is very important to your body's immune system. Sleep gives you more strength to fight viruses

### The FACTS about Flu

- F:** fever (100 degrees or higher)
- A:** aches (headaches and muscle aches)
- C:** chills
- T:** tiredness
- S:** sudden onset

Please remember to refrain from visiting the facility if you are not feeling well. Help us maintain a healthy environment for our residents!

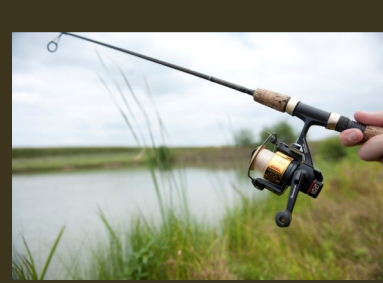


CARNIVAL  
CAPERS



C A R  
S H O  
W





*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 Executive Director, Sharon McKinley at 574-946-3394.*

You are great folks of such faith and renown.  
You all deserve a nice night on the town.  
You've been around for a very long time,  
But there are mountains for you still to climb.  
Your body is weary, your hair has turned gray,  
But there is much wisdom in all that you say.  
You've worked very hard for all of your life.  
You've been through despair, through sickness and strife.

Many of you all, have stories to tell.  
And not only that, you tell them so well.

You've done many jobs, have raised families.  
You've been through hard times, and prayed, on your knees.

When you are speaking we need to give ear.  
Your wealth of knowledge we all need to hear.

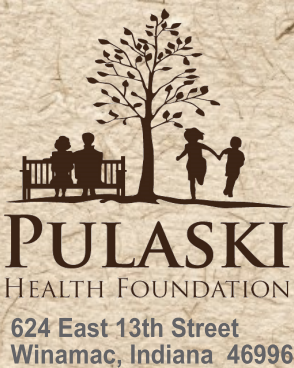
Thank you for being the people you are.  
You've been through so much and you've travelled so far.

Thank you for laughter, for hope and good cheer.  
Thanks for the things that you all hold so dear.

Thanks for the memories of good times and bad.  
Thanks for the lessons of life you've all had.

You've helped us learn how to play and have fun.  
You've helped us to think, and to walk and run.

So all you dear seniors; go and have fun.  
You've been our example; your work is done.  
BY: John Clark



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