



ARCH NEWS

December 2015

In this Issue:

First Page:

A Message from the Executive Director

Inside Stories:

Snoezelen Room

The Next Level by Charles Stanley

Thank You ! By Laura Rhodes

A Thought from the CFO

Planned Giving by Jeff Zaring

Community Center

Slips and Falls

Volunteer

Word Search

On the back:

Community Leadership

Construction Update

Dates to Remember

Thank You to Grand Master and Lodge

Widow Sons

A Message from Mike Spencer, Executive Director...

Merry Christmas and Happy New Year from your friends at The Indiana Masonic Home at Compass Park.

2015 has been a very busy and exciting year for The Indiana Masonic Home at Compass Park. We opened the new Community Center on campus which features banquet space for up to 300 people, a fitness area including a 3-lane lap pool and a Bistro for a quick snack or meal. The Community Center also features an outdoor patio for dining, a wedding ceremony or a refreshing cup of coffee. This patio also features the arch from the original boy's playground of the school. A new entrance was constructed on State Street to help with the traffic flow on campus; now traffic does not have to go through the neighborhood of North Village. At the Festival in September we began the celebration of the 100 years of service to the Fraternity. We converted the campus from well water to city water in November and now we are ramping up for the remodel of the Main Building (the original Indiana Masonic Home) which is 100 years old. Lastly, we held a ribbon cutting to celebrate the re-naming of the campus. Compass Park is the new name for our overall campus; our various programs will be named: Ball Brother Apartments at Compass Park, The Community Center at Compass Park, The Health Center at Compass Park, North Village at Compass Park, South Village at Compass Park, Free Mason Apartments at Compass Park, The Assisted Living at Compass Park and The Indiana Masonic Home at Compass Park.

2016 will be just as exciting. We will be underway with the remodel of the 100 year old Main Building. We will be replacing heating and air conditioning systems, electrical and plumbing upgrades, new windows, new kitchen, upgraded dining room and lounge, upgraded administrative areas, new gift shop, new salon/spa, new library, new apartments and 4 new guest rooms. We will also begin the preliminary design of the condo-style apartments to be located on the circle next to The Community Center. 2016 will see us looking at our Health Center and determining whether to remodel it or replace it. Finally as we continue to celebrate 100 years of great service and care, 2016 will be the year we begin laying the foundation for the next 100 years.

I want to thank our Board of Directors. They provide us with support, encouragement and expert governance. They have a vision for Compass Park to be the retirement community of choice for any Mason or their family member. Led by Board Chairman Rodney Mann, our Board members give their time and talents to us on a daily basis.

I also want to thank our Indiana Masonic Home Foundation staff and Board of Directors. They fund a majority of our capital projects and give us the financial support to maintain our "Fraternal" care program. Jeff Zaring, Executive Director and George Galyean, Board Chairman work tirelessly on our behalf. Your continued support of the Foundation assures our continued success.

Many thanks go to our residents, staff and volunteers. We could not be achieve our goals without them and their hard work.

Lastly, thank you. Thank you for a great 2015. Thank you for a great 100 years.

Guests living with Alzheimer's disease or dementia can find calm and peace in a new multisensory room at the Indiana Masonic Home. The Worthy Grand Matron dedicated her fund-raising efforts to give IMH a Snoezelen room. Snoezelen rooms are tailored to meet the needs of specific populations.

The room includes items that will stimulate the brain, such as long tubes filled with water and bubbles that change colors. Calming colors such as greens, blues, and amber can be projected on the walls to sooth guests. The blends of sights, sounds, textures, aromas, and motion provide stimulation of primary sensory systems and are modified to meet each guests needs. The room can be used passively or actively.

A projector can show pre-programmed scenes such as a beach, forest, and US landmarks. When using this program the bubble tubes and other equipment will project the same color lighting to sooth and calm guests. The projector can also be used to show home videos, movies and pictures on a wall.

The room affords the opportunity for guests and caregivers to improve communication, enhance understanding of each other, and build trust in their relationship with each other. Our Snoezelen room is the only one of its kind in Indiana.

While we don't have the cure for Alzheimer's disease or dementia, we are striving to enhance the lives of our guests afflicted with this crippling disease.

Sandy Coram, Memory Care Coordinator

On To the Next Level!

My children play video games. So, I am shopping for video games for Christmas this year. To do this, I have actually had to learn about these games and why they are so popular. I have learned that video games are played in a series of levels. When a player completes the challenges of one level, they go on to the next level, where the challenges are greater, but so are the rewards.

It's time for us to go to a new level in the spiritual life of the Indiana Masonic Home. We are finishing a century of service, having overcome many challenges and have seen many rewards. I love the Indiana Masonic Home! My time here has been joyful, and we have seen many blessings.

But now, it's time to go to the next level, and I need some help. We are looking for volunteers to serve with others on a Spiritual Life Committee. The Spiritual Life Committee will help us define and guide the mission of spiritual life at the Indiana Masonic Home, and develop a plan to fulfill our mission into the future. The committee will be advisory to the chaplain and other leaders regarding the spiritual needs of the residents.

If strategic planning excites you, if you have good ideas, if you can express your opinions while respecting the opinions of others, this might be a good place for you. If you would like to volunteer, please express your interest to Mike Spencer or myself. Let's go to the next level. The challenges are great, but the rewards are far greater!

THANK YOU !!!

You have collected enough plastic caps to provide several of these benches for our facility.

For those of you who are unaware of this project – the bright green benches are made from recycled plastic lids. If you haven't seen these items, they can be found outside the Assisted Living building, the Medical Center and the small shelter house. The picnic tables are a little different from the one pictured above. They have a seat for one at one end and the rest of the table is open to permit wheelchair and electric cart access.

With your help we have been able to acquire several more of these very useful additions to our facility.

This project was started by Past Grand Matron Liz Lashley a couple years back and it is being continued this year through Worthy Grand Matron Tina Vredenburg and Worthy Grand Patron Larry Frost as part of their "Dine and Recline" Worthy Grand Matron/Worthy Grand Patron project. Thanks to your hard work, we will be able to stop collecting lids on Jan. 1st.

Until January 1st, you will find a collection container on the front porch of Laura Rhodes' house (501 Arch Way) – just drop your plastic lids in the tote box. Assisted Living residents can give the caps to Brenda Branson (Activities). There is also a basket on the front desk in the main building. There is a note on that basket which says the caps are being collected by Patsy McKee. Patsy is the Chairman of the "Indiana Masonic Home Project" for the OES.

Again, this project was a success because of your efforts. Thank You for your help.

Laura Rhoades, Resident

A Thought from the CFO:

Greetings from the office of the Chief Financial Officer. I hope everyone had a great Thanksgiving and are ready for a very merry holiday season. With a new year almost upon us, I wanted to be sure of the changes with Medicare for 2016. The open enrollment time just ended for changes in your supplemental and Part D plans. Any changes you made will be effective January 1, 2016. For most people, the monthly Medicare Part B premium will be \$121.80, but can be more depending on your income. The co-pays and deductibles went up for 2016 also. For a hospital stay, the initial deductible went up to \$1,288 and the copay for days 61 through 90 is \$322.00 per day and for days 91 through 150 is \$644.00 per day. For a skilled nursing facility stay, there is no co-pay or deductible for days 1 through 20, but goes up to \$161.00 per day for days 21 through 100. Finally, for Medicare Part B the annual deductible is \$166.00 with a co-pay of 20% after that. Please remember, your supplemental plan (if you choose to purchase one) may cover all or some of these deductibles and co-pays.

We continue to make improvements in our systems meaning your statements will continue to improve in their timeliness and accuracy.

If you have any questions, please call or stop by anytime. I hope everyone has a Merry Christmas and very joyous New Year.

Planned Giving and the Corinthian Society

Estate gifts to the Indiana Masonic Home Foundation (IMHF) greatly benefit the Indiana Masonic Home. Generous gifts from Brothers, Sisters and other friends of the Home have helped make it possible for the Foundation to provide operating support for fraternal care and gifts for capital improvements that benefit the entire community.

Estate gifts take to IMHF may take many forms – simple bequest in a will or trust; designation as beneficiary of a lifetime insurance policy or retirement account; charitable, testamentary, or living will trust; charitable gift annuity; gift of real property; tax-wise gift of securities. Some estate gifts also produce current income.

Many Freemasons and spouses already have included IMHF in their estate plans. Others are looking for ways to make a lasting contribution to Masonic charity. They should consider Corinthian Society membership.

The Corinthian Society is a special society honoring those individuals who demonstrate wisdom and strength. They understand the importance of providing for the future of the Indiana Masonic Home. The Society is named for the richest order in architecture, where the projecting parts of a building unite with Corinthian columns to form a beautiful, perfect, and complete work.

The Society recognizes individuals who have included the Indiana Masonic Home Foundation in their financial estate planning by leaving a legacy of hope for the future care of their fellow Brothers and Sisters. Membership serves as a lasting testimony to lives well spent and a tribute to one of the principal tenets of Freemasonry – Charity.

Joining the Corinthian Society is as easy as filling out a non-binding letter of intent form available from our website at <http://imhf.org/give-online/> or on request by calling 317-637-9582. Society membership benefits include an invitation to the Annual Corinthian Society Dinner with the Grand Master; updates and alerts on information about the Home; and invitations to special events.

Jeffery P. Zaring, PGM, Executive Director



The Community Center is getting busier with meetings, weddings and holiday events.

We are very excited to announce that the Baxter YMCA will be delivering the fitness equipment on Tuesday, December 8th. Aquatics and exercise will be available soon... including yoga, pilates, cycle, elliptical, weights, swimming and water therapy.

SLIPS/TRIPS/FALLS—TIS THE SEASON

As we head into the winter months, in the therapy world, we increase our education for our residents on slips, trips and falls in the elderly population. This article will give you information on general help tips for many situations. Keep in mind to be extra careful with the snow and ice outside and utilize caution and pre-planning when bad weather is arriving.

Some facts/statistics regarding falls (from National Floor Safety Institute) :

- Falls account for more than 8 million hospital emergency room visits per year
- Fractures are the most serious consequences of falls and occur in 5% of all people who fall
- 1 in 3 persons over age 65 will experience a fall; half are repeat fallers
- For people age 65-84 years old, falls are second leading cause of injury related deaths
- Falls account for 87% of fractures among people over age 65

Falling down is not just the result of getting older. Falling can be caused by a variety of circumstances, and many falling mishaps can be prevented. So here are some general tips, from the CDC (Centers for Disease Control) to help decrease your risk for falls:

If you don't have a regular exercise program, start one. Lack of exercise leads to weakness, and that increases your chances of falling.

Exercise can improve your body balance and flexibility at any age, and increasing body balance and flexibility is especially important for people over 50.

Having a regular exercise program is also one of the most important ways that people over 50 can reduce their risk of falling. Exercise also makes you stronger and helps you feel better.

Try exercises that improve balance and coordination, like Yoga and Tai Chi. Because you work at your own level, these exercises are often suitable for people of any age.

If you are over 50 and haven't exercised regularly, check with your health care provider about the best type of exercise program for you.

About half of all falls happen at home. To increase accessibility and make your home safer:

Remove items you might trip over (such as papers, books, clothes, and shoes) from stairs and places where you walk.

Remove small throw rugs or use double-sided tape to keep the rugs from slipping.

Keep items you use often within easy reach, so you can avoid using a ladder or step stool.

Have grab bars installed next to your toilet, and instantly grab bars in your tub or shower.

Use non-slip mats in the bathtub and on shower floors.

Improve the lighting in your home. As you get older, you'll need brighter lights to see well. Use lamp shades or frosted bulbs to reduce glare.

Make sure all stairways have handrails and sufficient lighting.

If you are a senior or have a disability, it's best to wear shoes that give good support and have thin non-slip soles.

You might also consider avoiding lightweight slippers (especially backless styles) or athletic shoes with deep treads, which can reduce your feeling of control.

Age can affect the way some medications work in your body, so if you have been taking any over-the-counter medications for awhile, it's important to tell your health care provider. He or she will be able to tell you if the over-the-counter medications are still safe for you to take.

Look out for drugs--or combinations of drugs--that have side effects including drowsiness or disorientation. These side effects can increase your risk of falling.

This is especially important with over-the-counter cold and flu medications, which can often increase drowsiness.

And don't forget herbal remedies. Some remedies increase sleepiness and many react with other types of medication, which could increase your risk of falling down. Be sure to check with your health care provider before trying new medication, especially if you are already taking prescription drugs. And ask your doctor or pharmacist for a complete list of side effects you might expect when taking them.

Vision problems can increase your chances of falling.

You may be wearing the wrong glasses, or have a condition such as glaucoma or cataracts that causes vision problems or limits your vision.

To reduce your risk of falling, have your vision checked by an eye doctor every year for early detection and correction of vision problems. If you can't see something, it's harder to avoid it, and this increases your risk of falling.

Indiana Masonic Home therapy department offers Physical Therapy, Occupational Therapy and Speech Therapy services and we have advanced exercise and balance programs that can help our elderly prevent falls and avoid trips to the emergency room.

Volunteer Program

“No one can do everything, but everyone can do something.” (Author unknown)

The Indiana Masonic Home Volunteer program is currently looking for residents and non-residents who are willing to give of their time and talents to enhance the lives of our residents. No matter how big or small everyone has something to offer. Whether you are willing to give an hour or two a week or several hours a day a couple times a week, not only will our residents benefit from it and very much appreciate it, but you will find your life enhanced as well.

Possible Volunteer Opportunities include:

- Assisting residents to and from activities within the Health Center building
- Assisting residents and staff while on outings on and off campus
- Spending one on one time with individual residents (reading to them etc.)
- Lead an activity or assist staff with activities such as Bingo, Birthday Bashes or other special events
- Bring your pet to visit (shot record required)
- Share your musical talent or a personal hobby
- Assist with our Ladies' or Men's Group
- Sort and deliver mail or newspapers
- Create your own activity to lead

Volunteers are especially needed who are willing to dedicate their time and talents to resident activities in the Health Center. Residents who reside in the Health Center tend to need a little more encouragement and assistance participating in activities than other residents across the campus. Volunteers are not expected to provide personal care during activities just simply time, encouragement, patience, and understanding with minimal physical assistance such as possibly pushing a wheelchair, moving a bingo marker or setting up a snack for a resident.

To help with maintaining the Volunteer Program the Indiana Masonic Home is also looking for a Resident Volunteer Coordinator. The Coordinator would help enlist resident and non-resident volunteers, make sure the required application process is followed and all appropriate paperwork is completed by potential volunteers. The types of activities volunteers assist with and the amount of hours they volunteer would also need to be kept track of by the Resident Volunteer Coordinator. An office will be provided for the Resident Volunteer Coordinator to maintain the required documentation and ensure volunteers privacy.

To start your volunteer journey today please contact the Health Center Director of Activities, Stephanie Heggemeier, at 317-739-0731 with any questions regarding the Volunteer Program or to obtain your Volunteer application. I look forward to hearing from you soon!

Indiana Masonic Home At Compass Park

S	S	M	P	B	U	G	Y	W	B	F	S	R	E	H	T	O	R	B	Z
C	U	Z	M	K	V	V	E	K	F	B	V	W	E	V	L	E	W	T	U
V	W	U	E	N	H	V	L	Q	R	R	O	W	T	U	K	Q	N	P	W
D	U	T	F	G	A	T	A	M	Y	A	H	R	L	W	E	D	I	O	F
F	K	A	T	X	A	T	R	C	V	S	P	N	I	L	K	N	A	R	F
Y	O	W	R	E	A	L	C	O	M	M	U	N	I	T	Y	P	T	L	K
M	X	P	O	L	A	R	L	Q	N	X	F	N	X	X	A	W	N	B	U
J	D	C	K	S	B	S	C	I	I	S	M	K	F	R	Q	I	U	R	A
Z	K	A	I	B	Z	Q	T	H	V	Z	I	S	T	Q	X	W	O	Z	P
P	G	V	K	W	B	P	S	E	N	K	P	M	F	M	M	U	F	V	H
I	W	D	A	A	I	S	U	O	R	E	E	A	A	K	K	W	R	U	T
K	W	Z	G	E	A	L	Y	Z	Z	N	W	S	J	B	Q	H	O	Z	U
A	P	N	A	P	O	G	P	U	T	Q	O	S	P	S	I	L	X	O	O
C	B	F	M	D	N	Q	I	S	R	N	E	I	L	U	T	H	S	Z	S
Z	U	O	G	Q	O	C	L	R	I	V	Z	S	G	L	P	H	I	U	P
D	C	E	T	W	U	V	E	C	G	D	L	T	P	R	P	Y	K	G	C
E	Y	Y	B	F	N	N	O	S	A	M	E	E	R	F	G	A	Y	G	H
V	W	A	N	B	O	D	R	N	T	X	G	D	V	U	Z	F	J	J	J
O	L	Q	O	X	R	F	J	M	N	A	K	X	X	E	C	J	F	U	H
L	H	R	W	O	C	R	Z	D	M	F	R	Q	G	N	I	V	I	L	H

APARTMENTS
 BALL
 COMPASS
 FOUNTAIN
 HIGH
 MASONIC
 SOUTH
 VILLAGE

ARCHNEWS
 BROTHERS
 DEVOL
 FRANKLIN
 LIVING
 NORTH
 STAR

ASSISTED
 COMMUNITY
 EASTERN
 FREEMASON
 LODGE
 PARK
 TWELVE

**COMMUNITY
LEADERSHIP**

Mike Spencer
Executive Director

Jenna Butler
Executive
Administrative
Assistant

Todd Smith
Administrator of
Health
Center

Kat Cooper
Director of Human
Resources

Mike Hayden
CFO

Mary Receveur
Director of Nursing

Jerry Loper
Director of Facilities

Chad Davis
Director of Business
Development

Construction Update:

The start date for the Administration Building remodel is set for January 4th. Shiel Sexton our general contractor will begin constructing temporary walls to delineate the construction area. The basement, attic and west wing will be the beginning. They will relocate the stairwell next to the entrance of the Community Center which will allow them to install the double door into the Community Center. Once this is accomplished they will open up the hallway to the Community Center and will then begin working on the kitchen and dining room as well. We will shift our dining service to the lobby and create a temporary kitchen and service area for our dining department, just east of the lobby. Steve and his staff will continue to serve at the same quality as always, it will just seem to them that they have joined the Army. This is a very needed and exciting time for our staff and residents. This is like a ride on the roller coaster once the car takes off hold on to your hats and enjoy the ride!!!

Jerry Loper, Director of Facilities

Upcoming Dates:

December 24th at 1:30pm Christmas Eve Service at Ransford Chapel

December 25th from 11am-2pm Resident Christmas Buffet at the Community Center

December 31st at 4:00 pm New Years Eve Buffet at Main Building

Special Thanks!

A special thanks to Grand Master William A. Reiners, his wife Brenda and all of The Grand Lodge Officers and their ladies for the fun-filled Christmas Party they hosted for the residents on December 5th!

A special thanks to the Widow Sons for their generous donations of electric beds at the Health Center!