



ARCH NEWS

March 2017

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HAPPY SPRING!!!

The trees are blooming, the flowers are peeking through the mulch and Spring is in the air. Actually things are blossoming all over our campus.

There are two new homes under construction in the South Village. Soon there will be a new home under construction in the North Village.

We have just completed the purchase of a Home Health Care agency. It will soon be relocated to our campus. As it evolves it will serve Brothers and Sisters in all areas of the State of Indiana. Watch for more news as we expand this Home Health Care agency into telemedicine, home weatherization and much more.

The remodel to The Indiana Masonic Home will be completed in early May. Make sure you come visit us and check out this remarkable 100 year-old building that is complete with a remodeled dining room and kitchen, new lobby area, new library, new gift shop, new medical area, 5 new one bedroom apartments and 3 new hotel-style guest rooms. This is truly the focal point of our campus. We will have a ribbon cutting ceremony to celebrate the remodel on May 19th.

The large shelter is being relocated to the circle area by the Ball Brothers Apartments to make room for the new Skilled Nursing and Rehabilitation building. The ground breaking ceremony for the new Skilled Nursing and Rehabilitation building will be on Saturday, May 13th at 2:00 pm. The ceremony will be held in the front parking lot of the Assisted Living building. Please plan to attend this historical event. Watch for our Grand Opening in the late summer of 2018.

Please mark your calendars for the 17th Annual Grand Master's Compass Park golf outing. The event will be on Wednesday, July 26th at The Legends of Indiana in Franklin, Indiana. Registration will open at 10:00 am with a 11:00 am shotgun start. We need sponsors and foursomes.

September 10th is the date of this year's Annual Festival and Home Day. Watch for upcoming news on schedules, vendors, parade and more.

I have two thank-yous to deliver. First of all to our partners at the Indiana Masonic Home Foundation. They provide so much to us with capital dollars for building and remodeling projects and for operational dollars to allow us to do our charitable work. Please continue to support them which in turn supports your Indiana Masonic Home at Compass Park. Lastly, I would like to thank Rodney Mann, Deputy Grand Master. Rodney has served as our Board Chair for the last 6 years and just recently resigned as Board Chair in order to prepare for his term as Grand Master in May. Rodney's vision and love for this organization is what has made it the growing, thriving and successful campus that it is today. **THANK YOU RODNEY!**

As always, please feel free to visit our campus. Something is always budding out.

Mike Spencer, Executive Director

Meet the New Administrator at the Skilled Nursing and Rehabilitation Center

Indiana Masonic Home at Compass Park administrator Christopher Fields is a lifelong Hoosier and resides in rural Rush County with his wife Michele and their four girls and two boys, all active teenagers. His family time is spent attending any number of basketball, softball, track, tennis, swimming, and cross-country events. His favorite beach is Hilton Head Island and he enjoys hiking and exercising in his spare time. Christopher attended Indiana University to complete his undergraduate studies and Indiana Wesleyan University where he obtained his Master in Business Administration. He is an Indiana licensed Health Facility Administrator with nearly 25 years of experience operating long-term care rehabilitation, assisted living, and independent living campuses. Christopher is a past city

council member and served various appointments with area planning and economic development organizations. He is excited to be a part of the Indiana Masonic Home at Compass Park and his approach is to understand, serve, and solve. He may be reached 24 hours a day at 317 439-0727.



Meet the New Neighbors

Mr. Darwin Holle moved into 825 South Cornerstone Drive #4. He formerly lived in Wananthh, IN which is near Valparaiso. Darwin's former profession was a business manager and he received his degree in Engineering at Rose Hulman. He belongs to Lodge #438 North Judson and was twice a past master. He has a love for gardening and will share a special formula for growing tomatoes.



Mr. Jack Burgess and Donna Holmes moved into 871 Cornerstone Drive #1. They are from Greenwood Indiana. Jack was born in Fountain City Indiana and Donna was born in Indianapolis. Jack is currently a handy man with an electrician background of 30 years. Donna is a retired Indianapolis Police Officer. Donna and Jack were married later in life and have been married for 26 years. Between them they have 5 children, 9 grandchildren, and 10 great grandchildren. Jack is from the Lapel Indiana Lodge and Donna is from the Ransford Lodge.



Upcoming Dates to Remember

March 28, 2017– Movie Night in the Community Center at 6pm

April 16, 2017– Easter Buffett in the Community Center from 10:30am-1:30pm

May 13, 2017– Ground Breaking Ceremony for the Skilled Nursing & Rehabilitation Center

May 14, 2017- Mother's Day Buffett in the Community Center from 10:30am-1:30pm

May 19, 2017- Ribbon Cutting for the Indiana Masonic Home

****Please make Reservations for both Buffett's with Jennifer King 317-736-6141 Ext. 475****

We received the Business Hall of Fame Award from the Franklin Chamber of Commerce on February 9, 2017.





Meet the New Pastry Chef

Jourdan Wilhoit's culinary began in the United States Air Force. After Graduating Basic Military Training, she was stationed at Seymour Johnson Air Force Base in Goldsboro, NC. She baked and cooked for the base personnel. She deployed overseas in 2007 to a base in Kyrgyzstan then return back to the states to complete her time in the service.

After the Air Force, Jourdan went to culinary school at Robert Morris University in Illinois. She graduated with her Bachelor Degree in Advance Culinary Arts.

Jourdan's pastry background began as a hobby and bloomed from there. She has worked in various large hotels and small bakeries in Chicago.

She loves trying new recipes and flavor combinations to further her knowledge of the culinary world.

Community Leadership

Mike Spencer
Executive Director

Jenna Butler
Executive Administrative
Assistant

Chris Fields
Administrator at Skilled
Nursing & Rehabilitation Center

Marissa Meahl
DON at Skilled Nursing &
Rehabilitation Center

Mike Hayden
CFO

Chad Davis
Director of Business
Development

Kat Cooper
Director of Human
Resources

Joel Jacquette
Business Office Manager at
Skilled Nursing &
Rehabilitation Center

Steve Treadway
Director of Food Services



Rehab News



Submitted By: Therapy Department at Healthcare Therapy Services, Inc.

After a Joint Replacement – Therapy's Role in Recovery

These days, damaged joints can be safely removed and replaced with new ones via a surgical procedure known as joint replacement surgery. Joint replacements are a fairly common procedure with more than 1 million patients in the U.S. undergoing joint replacement surgery every year.

The functionality of joints can be affected by a number of factors, including injuries, arthritis, and various other chronic diseases. In more than a few cases, joint damage may be the result of extreme wear and tear. Replacing damaged joints can improve mobility, alleviate pain and discomfort and enable patients to feel and move much better.

What to expect after surgery...

After undergoing surgery, patients will experience pain, swelling and stiffness in the new joint, along with muscle weakness. After surgery, patients will either be discharged to a rehabilitation center or directly home with outpatient therapy orders. For hip and knee replacements, patients will often stand or begin walking the day of surgery. Rehabilitation is an important and critical part of the recovery process and treatment is focused on restoring range of motion and strengthening muscles to build a strong, sturdy support system for your new joint. Therapeutic programs help to reduce pain, build strength, promote healing and restore mobility.

Physical Therapy (PT)

- Therapeutic exercises to regain flexibility, strength, function and balance
- Learning to walk and climb stairs with adaptive equipment
- Pain reducing technology and thermal modalities

Occupational Therapy (OT)

- Techniques to reduce strain on your joints during daily activities
- Recommendations to modify your home and workplace environments

HTS therapists utilize best practices for treating orthopedic conditions. Our specialized **Fast Track** orthopedic recovery program is designed to accelerate healing for patients recovering from a joint replacement, fracture, or injury. Using the most successful therapy treatments with proven results, our programs are reducing healing time when possible.



Do I need to have my joint replaced?

If you are having severe pain that makes it difficult to walk, climb stairs, get up from a chair, or carry on with other normal activities, talk with your doctor about your treatment options. Your doctor can discuss the benefits of surgery and risks to determine if joint replacement is right for you.



690 State St. | Franklin, IN 46131

317-736-6141 | www.compasspark.org

Rehab News



Submitted By: Therapy Department at Healthcare Therapy Services, Inc.

Occupational Therapy's Role in Dementia Care

Dementia is a result of damage to the brain, resulting in impaired brain function and cognition. The onset of dementia is gradual and can progress over several years. Alzheimer's disease, which makes up 60% - 80% of dementia cases, primarily affects people over 65 years of age. Common signs of dementia include; decreased short-term memory, decreased problem solving skills, decreased perceptual skills, and personality changes.

Occupational Therapy is a valuable tool for those suffering from dementia. Occupational therapists evaluate persons with dementia to determine their strengths, impairments, and performance areas needing intervention. Though there is no cure, occupational therapy intervention may allow the patient to have improved function through compensation and/or adaptation. Treatment during the early stages may help to delay the progression of the disease and help the patient prolong independence. Throughout the stages of dementia, the role of the occupational therapist will change to meet the needs of the patient and their caregivers. Below are some examples.

STAGES OF DEMENTIA	HOW OCCUPATIONAL THERAPY CAN HELP
Early	Individual may have difficulty with higher-level executive skills and may be referred to occupational therapy for driving, work, and a home safety evaluation. Therapists may provide wellness programs, such as fall prevention and caregiver support.
Mid	Home safety and staying engaged in personally meaningful tasks become the main focus.
Late	Individual may have difficulty with basic activities of daily living. Focus may switch to decreasing caregiver burden and enhancing basic care such as safe transfers, avoiding contractures and providing enjoyable sensory stimulation.

At Healthcare Therapy Services, our therapists utilize a specialized dementia care program titled *Embracing the Cognitive Spectrum*. This program focuses on utilizing the Allen Cognitive Framework to recognize and reinforce use of remaining abilities to help those living with dementia reach their highest functional level. If you or a loved one live with dementia, speak with your doctor to find out how a therapy treatment plan could benefit you.



CELEBRATE NATIONAL OCCUPATIONAL THERAPY MONTH – April 2017

Occupational therapy practitioners enable people of all ages to live life to its fullest by promoting health and helping prevent—or live better with—injury, illness, or disability.

References: The American Occupational Therapy Association, Inc.

COMPASS PARK
INDIANA MASONIC HOME



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\$5,000 TITLE SPONSOR

The name and or logo of individuals and companies sponsoring at this level will be proudly displayed in all advertising and on the Tournament Banner, Dinner Programs, and on a Hole. This also includes three teams of four in the tournament itself.

\$1,500 DINNER SPONSOR

The name and or logo of individuals and companies sponsoring at this level will be proudly displayed on the Tournament Banner, Dinner Programs, and on a Hole. This also includes two teams of four in the tournament itself.

\$1,000 GOLD SPONSOR

The name and or logo of individuals and companies sponsoring at this level will be proudly displayed on the Tournament Banner, Dinner Programs, and on a Hole. This also includes a team of four in the golf tournament itself.

\$500 BEVERAGE CART SPONSOR

Your representative may drive the cart and distribute any promotional material. We will place a removable advertising sign on the beverage cart.

\$250 LONGEST DRIVE & CLOSEST TO PIN

Your name or company will be prominently displayed on signage located near the tees for an individual hole. You may have a representative at the hole interacting with the golfers if you would like.

\$100 HOLE SPONSOR

Your name or company will be prominently displayed on signage located near the tees for an individual hole.

Outing Schedule

Florida Scramble Format

10:00am REGISTRATION-during this you will receive free coffee and doughnuts.

Snack Bags will be provided

10:45am Welcome & Instruction

11:00am Shotgun Start

Prime Rib Dinner to Follow

COMPASS PARK

INDIANA MASONIC HOME



17th Annual

Grand Master's Compass Park Open

Wednesday July 26, 2017

The Legends Of Indiana/Franklin, IN

www.compasspark.org

17th Annual Grand Master's Compass Park Open Sponsorship Pledge

Company or Individual Name: _____

Contact: _____ Phone Number: _____

Address: _____

City/State/Zip: _____

Email: _____

_____ \$5,000 Title Sponsor _____ \$1,500 Dinner Sponsor

_____ \$1,000 Gold Sponsor _____ \$500 Beverage Cart

_____ \$250 Longest Drive/Closest Pin _____ \$100 Hole Sponsor

Other _____

A Compass Park Representative will contact you to verify your sponsorship and or team. If you have any questions please contact Jenna Butler at 317-736-6141 ext. 457 or jbutler@compasspark.org.

Make Checks Payable to IMH Compass Park 690 State St. Franklin, IN 46131 Attention Mike Hayden

TEAM ONLY \$400

Team Name: _____

Contact: _____

Phone: _____

Player 1: _____

Player 2: _____

Player 3: _____

Player 4: _____

