Dwight’s typical day has changed quite a bit over the last five years. When he and his wife Dee moved to Southfield Village in September of 2009 it was a big decision. The main reason for the move was because of impending health issues for Dee. After much thought and prayer, they made the move. “We looked at a few places before we decided upon an assisted living apartment at Southfield Village,” states Dwight. Married 60 years the couple lived just 3.5 miles away from campus. “Our house was too small and we needed to live somewhere that could accommodate a wheelchair.”

An accountant by trade, Dwight especially enjoyed gardening. “After crunching numbers all day at a desk job I looked forward to coming home to work in the garden – it was my form of relaxation,” Dwight adds. With a grin he says, “Dee and I used to disagree on the alignment of the rows; I had to have them straight.” He continued gardening after he retired. When they moved to Southfield Village Dwight started out with a box in which he could plant a small amount of produce and flowers. Dee’s health started to decline so Dwight took care of her in their apartment until she needed to move to the nursing home. For a while he had to put his gardening on hold. Dee passed away in 2012. “After my wife passed away I began to think about gardening again. I talked to Keith in maintenance and asked if there were any other options for a garden besides one box. Keith was able to secure a 40’ x 50’ garden just for me. I plant sunflowers, tomatoes, cucumbers, zucchini, muskmelons and flowers (to keep the bugs away).”

“I am glad that I live here. When Dee got sicker and moved to the nursing home, I was able to visit her every day. Everything is all in one building. I have made friends and am able to help other people who are going through similar situations with a spouse’s health.” Dwight also likes the food. “Chef Jack really mixes it up,” jokes Dwight. He notes that the staff is very special – from the servers to the therapists to management. He especially appreciates the fact that Southfield Village is a faith-based organization, including the board of directors.

In the winter months, Dwight partakes in the many activities provided on campus including Art is Ageless, variety shows, euchre and Wii bowling. “I like that outside groups come in regularly for entertainment. I can be involved as much or as little as I like.” When asked what advice he would give to people thinking about moving to Southfield Village he states, “Don’t wait too long when it becomes an emergency situation. Be proactive. I am glad that we moved when we did because we were able to enjoy more time together without worrying about meals and housekeeping.”

The next time you are at Southfield Village be sure to say hi to Dwight if you can catch up with him!

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The View from My Desk: Good Things Continue at Southfield Village

Dear Residents, Families and Friends:

I thought I would take this opportunity to share with everyone the many good things that are continuing to take place at Southfield Village. This past spring our Assisted Living became licensed by the Indiana State Department of Health. This will allow us to provide more medical care to our residents if the need arises. Additionally, we have recently received approval from the Indiana Family and Social Service Administration to be a participant in the Assisted Living Medicaid Waiver program. We see this as living out our mission to serve all seniors, regardless of their income levels.

Several months ago, the Center for Medicare and Medicaid recognized Southfield Village as a 5-star rated skilled nursing provider. Congratulations to our dedicated staff.

The Indiana Family and Social Service Administration recently conducted customer satisfaction surveys at Southfield Village. I am proud to announce that our residents’ families and friends rated our health care services in the top 10% in the state of Indiana.

On October 2, most of the chefs from the local senior housing communities, gathered at the Palais Royale in downtown South Bend for the annual Taste of Care culinary challenge. Southfield’s Jack Renbarger and 16 other teams came to battle to determine whose cuisine is supreme. Jack and our team were the winners of the “People Choice Award.” This is a great accomplishment and we cannot be prouder of our culinary staff. Great job everyone!

The popularity of our Independent Living Villas continues to grow. With all of our existing villas being occupied, we found it necessary to build two new units. Groundbreaking took place several weeks ago and we anticipate the units being ready by early February, depending on the severity of the upcoming winter. One of these new villas has already been presold. We begin another busy, holiday season, please take time to reflect and be grateful for all that you have been given.

May God continue to bless you.
Joseph M. Doran
Executive Director

just one click - tips for internet safety

The internet creates excellent opportunities to plan travel, access records, stay in touch with friends and family, support hobbies and shop for goods and services. As the holiday season approaches, online retail traffic increases. Unfortunately, so do internet scams. Here are a few tips to help you stay safer online:

• Never trust a link sent to you by someone you don’t know. By clicking the link you may be taken to a site that may look like your bank or credit card company, but isn’t. One thing a criminal can’t fake is the actual website address of a company or bank.

• Never trust an email that asks for your personal or account information (called a phishing scam). These usually seem convincing (the shabby ones have spelling errors, but the high quality scams look impeccable). No bank or reputable company is going to send you an email asking you to correct your information, validate your identity, re-enter your password, and so on.

• If you never entered a lottery, you did not win the lottery. Such scams ask you to provide your information and bank account number so they can transfer your prize money. Don’t. The result is an empty bank account.

Guard your information well. It is better to be rude than to be ripped off, so demand validation, verification, and authentication before giving your information to anyone. If you still feel uneasy, say no or check further. If you have questions or want to report suspicious activity, call the Office of the Indiana Attorney General at 317-232-6201.

Southfield Village Wins Taste of Care Award

Not your ordinary bacon and eggs

Southfield Village won the people’s choice award in St. Joseph County’s third annual Taste of Care contest. Taste of Care was created by Prompt Ambulance Service as a way to showcase the outstanding culinary skills of our region’s medical communities. Approximately 16 healthcare facilities competed on October 2, 2014 at the Palais Royale Ballroom in South Bend, Ind.

The award winning Southfield Village cuisine included:

• Bacon and Eggs – deviled eggs with applewood smoked bacon, jalapeno and cilantro finished with smoked sea salt

• Pork Belly Hash – pork belly, poblano pepper, seasoned potatoes and sweet corn

• Coffee and a Doughnut – espresso chocolate truffle and churro dusted in lime sugar with raspberry coulis

Proceeds from Taste of Care benefit The Wounded Warrior Project, an organization that assists injured men and women upon their return from service.

If you would like to sample one of Chef Jack’s masterpieces, call Pete at 574-807-8301 for a tour of Southfield Village followed by a scrumptious lunch – on us!

Regular Activities at Southfield Village

Watercolor painting with Ted Vanderbeke will be back at Southfield Village starting Thu., March 5 – May 7, 10:00 a.m. -1:00 p.m.

Yoga Classes are offered Mondays, 6:30-8:15 p.m., in the multipurpose room. Cost is $8 per class. Instructor is Kim Sellers, Reiki Master. No registration is necessary.

Tai Chi is offered for those who want to discover their internal sense of balance and relaxation. Tai Chi class is held on Wednesdays at 9:30 a.m. in Grandma’s Attic. The instructor is Mary Hagen.

Zumba is taking a winter break. Class will be held Tuesdays and Thursdays at 5:00 p.m. in the servery, beginning again in March.

Bus and Other Trips Sponsored by Southfield Village

Wed., Nov. 12 – Camelot, Drury Lane

Mon. - Thu., Feb. 2-12 – Hawaii 3 Island (Oahu, Maui, Hawaii) Call for brochure 574-807-8302

If you have any questions or wish to make a reservation, please call Carole at 574-807-8302.

Village View November 2014