

Cumberland Trace
1925 Reeves Road
Plainfield, IN 46123

Postage
Information

Assisted Living

CUMBERLAND
Family-first Senior Living
from CarDon
Trace

1925 Reeves Road Plainfield, Indiana 46168 (317) 838-7070 www.cumberlandtrace.us

Name: _____

Apt #: _____

Your family is our family

At Cumberland Trace, you will see our family-first philosophy shine through in all that we do to make the living experience truly special. You will see it in our thoughtfully designed, comfortable suites and welcoming gathering spaces – and in the variety of services, amenities, and engaging activities we offer residents and family members. You will feel the warmth of being part of our family of residents and staff. We welcome family visits and always appreciate the family’s participation, suggestions and concerns. Because we share a common goal – the well-being and happiness of each person we serve – we go the extra mile to ensure the senior living options and health care services we offer meet everything from lifestyle desires to a wide range of personal needs. It all contributes to optimal quality of life for our residents receiving assisted living support, rehabilitative care, long-term skilled nursing care or specialized memory care.

Community Amenities Include:

- The Bistro Restaurant- Style Dining
- The Colonnade Private Dining Room
- Civic Hall Community Center
- Prewitt Theater
- The Fitness Connection
- Clark’s Creek Library
- Beauty Salon/ Barber
- Welcoming Lounges and Living Rooms
- Inviting outdoor Courtyards
- Modern, fully equipped therapy gym
- Wi Fi throughout the community



January Outings

Shopping at Walmart
Friday, January 3rd at 1PM

Ladies Lunch at Cracker Barrel
Thursday, January 9th at 10:45AM

Shopping at Dollar Tree & Aldi’s
Friday, January 10th at 1PM

Men’s Breakfast
Tuesday, January 14th at 8AM

Lunch at Monical’s Pizza
Friday, January 17th at 11AM

Movie & Lunch at Library
Wednesday, January 22nd at 11:15 AM

Shopping at Meijer
Friday, January 24th at 1PM

Lunch at Iguana’s Mexican Restaurant
Friday, January 31st at 11AM

Entertainment in January

- Saturday, January 11th Sound of Hope Student Choir at 1pm Al Bistro
- Wednesday, January 15th Music with Don White at 2pm CH
- Tuesday, January 21st Music with Dave Laskey at 2pm CH
- Wednesday, January 29th Music with Doug Debaun at 2pm CH

Happy Birthday!

- Doris Korb January 3rd
- Juanita Paul January 6th
- Mildred Smith January 15th
- Doris McCormick January 20th
- Jean Davis January 21st
- Kathleen Nadin January 25th
- Karl Williams January 30th

Management Team



Executive Administrator
Tom Mullins



Resident Services Director
Misty Cummings



Assistant Administrator
Trei Barnett



Director of Nursing
Nikki Osborne



Kim Ginn
Environmental Service Director



Activities Director
Hardeep Kaur



AL Clinical Director
Jordan Stream



Food Service Director
Jeff Whitaker



Maintenance Director
Scott Munroe

Brain Games



As we age, we might misplace our keys or forget the names of people we know. These forms of memory loss might lead to worries about cognitive decline and even the onset of diseases such as Alzheimer's and dementia. Enter the industry of brain teasers and brain games, which promise to strengthen our minds and stave off cognitive decline. January is International Brain Teaser Month, but can these brain games actually fulfill the promises of mental acuity they so readily advertise?

Computerized brain-training programs are a \$1.3 billion-a-year industry. Some of the world's best neuroscientists have even designed brain games they tout as the best on the market. If you have bought into the notion that playing daily brain games can help keep your mind sharp, you are by no means alone. Sure, there is abundant evidence to suggest that living in an enriched environment with lots of stimulation can create positive changes in the brain. However, can a computer screen replicate such enriched environments? The general consensus of the scientific community is "no." There is no conclusive evidence that routinely playing brain games will improve cognitive performance in everyday life. Nor does evidence exist that brain teasers will ward off any form of cognitive slowing or brain disease associated with aging.

This does not mean that people should avoid brain teasers, especially if they enjoy them. However, other studies do show how exercise and socialization have positive effects on cognition. So perhaps the best solution is to play your brain games with a friend, rather than sitting alone in front of a computer. Better yet, take that friend and join a juggling club or play bridge, and then enjoy a lunch of brain-friendly foods such as vegetables. It seems that the healthiest modes of living for both the body and the brain are the ones we have been practicing for centuries: eating healthfully, exercising, and spending time with friends and family.

Pedestrian Crossing

During the late 19th century, pedestrianism, or competitive walking, was all the rage. The frenzy for pedestrianism reached a fever pitch on January 13, 1879, when champion British pedestrian Ada Anderson showcased her talents in America for the first time. Anderson had already become England's preeminent pedestrian, thanks to her training by another champion racewalker, William Gale. Anderson was at her physical peak and adept at sleep deprivation by the time she arrived in America. Her manager wanted to showcase his star at Gilmore's Garden (now Madison Square Garden) in New York City but was rebuffed by the venue's owner, who believed Anderson would never be able to complete the feat of walking 2,700 quarter-miles in 2,700 quarter-hours. The event moved to Brooklyn's Mozart Garden. Anderson began her trek on December 16, 1878. Thousands watched her walk for 28 straight days, during which she took just nine-minute sleeping breaks until at last, she completed her walk on January 13th. Because of heavy wagers placed on the event, police protected her during her last laps. After crossing the finish line, she was hailed as the world's greatest pedestrian.

Mummers the Word



Each year on New Year's Day, the Mummers Parade makes its way through Philadelphia. The parade is one of the oldest folk festivals in the United States, with roots dating back to the mid-17th century, when Swedish and Finnish immigrants would go door-to-door visiting neighbors on the day after Christmas. The parade is related to the English and Irish traditions of mummers' plays, folk plays performed in streets and pubs by amateur costumed actors. Today, the parade is a New Year's spectacle full of clowns, string bands, elaborate floats, and fancy costumes. At 11 hours long, the parade may also be the longest held in America.