

# THIS IS Living



Ohio Living  
Cape May

SPRING EDITION

OHIOLIVING.ORG

## Why a Life Plan Community?



Ohio Living Cape May is proud to be part of a nationwide initiative to rename Continuing Care Retirement Communities (CCRC) as life plan communities. This initiative is designed to help communicate to the public that communities like ours are about so much more than just care: We are about life, and living life to its fullest.

Research has shown that for years the name CCRC has given people a misleading impression of what communities like Ohio Living Cape May are. While we certainly are proud of our health care services, we offer so much more and being a life plan community helps us communicate this reality.

We have spacious villas and apartment homes with full-size appliances and all the amenities found in new homes today. More importantly, we offer fitness and wellness programs, fine dining, creative enrichment programs,

socializing opportunities, and much, much more. And of course, we still take care of all the home maintenance, housekeeping, yard work and snow shoveling!

People that move to communities like ours tend to be planners, people who like to know they've made the decisions necessary to ensure they have a solid plan in place for their future. A life plan community like ours provides just what they need. It allows "planning" and "living" to merge. Having a plan in place – the security of a safety net provided by the availability of healthcare, coupled with the freedom from not having to manage all the day-to-day tasks that come with home ownership – allows for living life to the fullest.

Want more information on what life in a life plan community is like? Call us at 937.382.2995 and stop by for lunch and a tour!

## Chat with Abby

I wanted to personally share my excitement for our first "This is Living" publication! During my time at Ohio Living Cape May, while it may sound cliché, I have truly learned about (and love) our family that we have here. Our community has a rich heritage and unique story to tell. Our residents, some from small towns and others from big cities, recent travelers or ones coming back home, all add to our story. They create a vibrant community and enjoy the carefree lifestyle everyday.

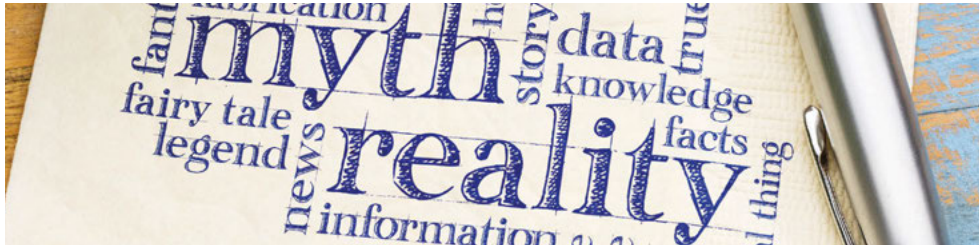
Each of us has a story to tell. I am from Staten Island, New York. I have worked and lived in Washington, DC, and have now settled with my husband here in Ohio. How do we get to the places we are, and what is yet to come? There is so much to learn about each of us. I look forward to sharing my stories and hearing yours as we continue this life adventure.

I hope this publication will provide insight as to who Ohio Living Cape May is and guide you through new adventures in your life. In future issues, you will learn more from our residents (and me!) and be invited to fun events for you and your families.

*Wishing you a fun-filled spring!*

**Abby Ellsberry**

Director of Sales and Marketing  
aellsberry@ohioliving.org



# Life plan communities: myth vs. reality

One of the biggest obstacles that keeps people from exploring a life plan community like Ohio Living Cape May is the belief that there are too many sacrifices to be made, such as freedom, independence and living space.

Age Wave, a research and consulting company, conducted a study to better understand how adults decide to move to a life plan community like Ohio Living Cape May. Here are a few of the myths and realities of moving to a life plan community.

**Myth 1** – “My current home will be the best possible place to live in my retirement years.”

*Reality* – The ideal home evolves throughout our lifetime, so the best home for your next stage of life should be one that provides more freedom, more convenience, better care and less worry.

**Myth 2** – “My current home is the best option to continue an active social life and to stay connected with friends.”

*Reality* – Remaining in your home can result in growing isolation and loneliness. Life plan communities offer opportunities to build new relationships and social connections with like-minded people.

**Myth 3** – “It’s less expensive and more financially secure for me to stay in my current home.”

*Reality* – Even though your mortgage may be paid off, monthly expenses to maintain your home and lifestyle are often higher than you realize and can become less predictable. When combined with

potential care costs, living in your current home may end up being the most expensive option.

**Myth 4** – “It would be easy to get any care I might need at home.”

*Reality* – Care at home can be difficult and costly, while life plan communities offer a seamless solution for most care needs that may arise in later life.

**Myth 5** – “Life plan communities are filled with old people who are sick and dying.”

*Reality* – Many people choose life plan communities to pursue opportunities for new learning and new activities.

Planning ahead and proactively choosing the home and community that best meet your needs in the years ahead is the best recipe for making the next chapter in life as vital, interesting and fulfilling as possible.

For more information on the lifestyle, care and support offered at Ohio Living Cape May, call 937.382.2995.

## Managing Paper Clutter

Is there one surface in your home or office that you rarely see? Let me guess ... that is where mail, incoming papers, magazines and newspapers naturally congregate. Attempting to clear the mounds of paper can seem like an overwhelming task.



### Insightful thoughts on paper:

- Each person in the U.S. uses approximately 750 pounds of paper each year.
- According to the U.S. Postal Service, we will receive an average of 40,060 pieces of mail in our lifetime, one-third is junk mail.
- You spend 30 hours each year just handling junk mail.
- 100 million trees are used to produce junk mail for one year.

What can you do to get relief from the mountain of papers in your home?

### Paper Management Tips

- Open all mail over a trash can or shredder.
- Paper falls into one of three categories. Take the appropriate action: 1) **Finished** – No action needed. File for future reference only if absolutely necessary; 2) **Action** – You must DO something with this paper; 3) **Shred/Toss** – There is no pressing reason to keep this paper. Get rid of it.
- Set aside one or two hours during the week to pay bills, write letters and file papers.

Need more insights on managing paper clutter and a list of ways to remove your name from mail lists? Call Abby Ellsberry at 937.382.2995 for a helpful resource guide.

# Community Calendar

These events are open to the public. If a phone number is not included with an event description, please call Abby Ellsberry at 937.382.2995, or aellsberry@ohioliving.org, for more information. All events are free unless otherwise noted. We look forward to meeting you at our events!



## Check out the new look of our social media channels!

We update our Facebook page and Twitter feed daily to bring you the latest trends in active aging and care, offer words of encouragement for caregivers, and provide a sneak peek of what life at Ohio Living Cape May is all about –we even have a YouTube channel! Want to join the conversation? We're just a click away.

-  <https://www.facebook.com/OhioLivingCapeMay>
-  <https://twitter.com/OhioLivingCM>
-  <https://www.youtube.com/OhioLivingCapeMayVillage>

**Relief**

**Within**

**Reach**

**The Rehabilitation Center**  
Call Today! 937.382.2995

### Clubs

**3M Club**  
Monthly, 1st & 3rd Monday  
9 a.m. | Campus Center

Guests enjoy a complimentary light breakfast and an interesting program. All senior men are invited. For more information, call 937.382.2995.

### Events

**Coffee & Conversation**  
Monthly, 3rd Wednesday  
March 21, April 18  
1 p.m. | Cambridge Library

Bring a friend and join us for a monthly speaker, followed by a Q&A session over refreshments. Guided tours of the community are available.

**Easter Egg Hunt**  
March 25 | 3 p.m. | Campus Center

Bring your grandchildren for an afternoon of fun! Enjoy snacks while hunting for eggs, and pictures with the Easter Bunny!

**Showcase of Villas**  
May 31 | 10 a.m. to 1 p.m.  
Join us for a showcase of stunning villa homes to learn about the vibrant

lifestyle at Ohio Living Cape May, followed by lunch with residents and staff. RSVP by May 25 to the receptionist at 937.382.2995 or email aellsberry@ohioliving.org.

### Mark Your Calendar

**Fishing Derby**  
June 16 | 9 a.m. to 12 p.m.

Kick off Father's Day weekend enjoying a morning of fishing with your family, followed by a complimentary lunch and awards. To register call 937.382.2995.

**Antique Car Show and Ice Cream Social**  
July 1 | Date/time to be announced

Walk through and take pictures of beautiful classic cars, while cooling off at our ice cream sundae bar! Entertainment will set the mood for this fun afternoon with family and friends.

**Carnival**  
August 18 | 12 to 4 p.m.

Step right up! Adults and children of all ages are invited to our annual Carnival for an afternoon of fun! Jugglers, face painters, games, train rides, BBQ lunch and more are for all to enjoy.



### Attention Veterans!

Veterans who have faithfully served our country may be eligible to apply for **The Honorable Service Grant Program**

For more information, please call 937.382.2995

Must not currently be residing in an Ohio Living community.



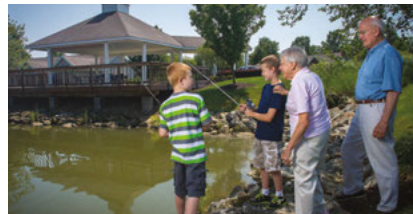
**Ohio Living**  
Cape May

175 Cape May Drive  
Wilmington, Ohio 45177  
937.382.2995  
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We hope you enjoy  
**“This Is Living.”**  
Read more to learn  
about what life is  
like at Ohio Living  
Cape May and the  
upcoming programs  
we offer!



## A Place to Call Home Ohio Living Cape May



Discover how Ohio Living Cape May can provide a variety of choices to make you feel right at home. Take a moment to look at the features, amenities and services we offer, and picture yourself here, living life your way.

Our residents know what it means to live life to its fullest every day. We offer opportunities for educational growth, fitness, worship, friendship, the arts and more at your fingertips.

### Social and cultural opportunities

- Breakfast and lunch bunch
- Movie night
- Shopping trips
- Volunteer activities
- Dining out
- Resident Association
- Sporting events
- Health and wellness programs

### Centers and services offered on campus

- Fitness center
- Campus Center for gatherings and private parties
- Library
- Bible study classes and worship services
- Country store
- Transportation services

### Educational opportunities

- Computer center and classes
- Lectures
- Men’s club
- Women’s club
- Lifelong learning opportunities

As a life plan community, Ohio Living Cape May offers a variety of on-site housing options and health care services, plus many other features customized to meet your needs.