

# The Grapevine

Ohio Living Vineyard on Catawba Resident Newsletter | February 2018

## Letter from the Administrator



I hope all are doing well and staying warm through the winter season. Please be mindful of the potential icy conditions as we move through these last few weeks of winter.

We will be hosting our annual Lenten services beginning on Wednesday, February 14 at 10:30 a.m. with a bible study led by Pastor Kurt Borows. Avery's Café will be catering a lunch at noon for \$6 which will be followed by a short worship service provided by different local clergy each Wednesday. I hope all are able to attend. Please attend any part, or all of each Wednesday service throughout the Lenten season.

SilverSneakers exercise class is back here at Ohio Living Vineyard on Catawba. Kathy Tieche from Bodi N Balance is the instructor. We are supplying the exercise tubing for you to use.

For your safety and your neighbors, we ask that you please let us know in the office if you plan to be away from the community for more than 24 hrs. When we know you are away from your home, we can keep an eye on things. Plus, in the event of an emergency, we would not be putting emergency personnel or anyone else in harm's way searching for you.

The Fitness Studio in the Community Center is always open and available for all to use. The recumbent steppers are worn out and in need of replacing. We are in the process of raising \$9000 to replace the two machines. A fund with the Ohio Living Foundation called 'Exercise Equipment' far all tax-deductable

donations has been established. Envelopes are always available in the vestibule at the Community Center. We are very close to having enough funds to purchase 1 new recumbent exercise machine.

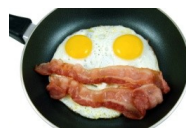
Please be mindful of the 15 MPH speed limit here on the Vineyard campus and remind any visitors you have of the speed limit as well.

If you are interested in volunteering some time on one of our committees that help provide great programs for Vineyard residents, answering phones in the office from time to time, or just spending some time with some other residents that would enjoy a visit, please inquire at the office regarding volunteer opportunities.

Paul

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## Breakfast Bunch



The Breakfast Bunch is open to any male resident of our Ohio Living Vineyard on Catawba community. This group meets at our Community Center each Monday morning at 8:30 a.m. They decide where they would like to go for breakfast, and then carpool to a local restaurant. The group discusses items in the news and things of interest while enjoying their bacon and eggs. Individuals each pay for their own breakfast. New faces are always welcome.

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## Bible Study/Fellowship



This group gathers on Monday mornings at 10:00 a.m. in our Community Center (except for the second Monday of the month). This



is a group of residents who meet to discuss and study the Christian gospel. They are led by a resident and sometimes enjoy refreshments. Everyone is welcome to attend.

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## Dominoes



Do you like to play games? How about a good game of dominoes? There are many variations of this popular game. Dominoes are played in the Gathering Room of the Concord Apartments on Mondays at 6:30 p.m. What a great way to have some fun with your friends and neighbors! New faces are always welcome.

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## Catholic Communion Service



Commissioned Communion Ministers from Immaculate Conception parish will conduct a Catholic Communion Service on:

Tuesdays, 2:45 p.m. in the Gathering Room at the Concord Apartments.

\*Prayers, Scripture reading with reflection and Holy Communion.

\*All residents and guests are invited--- however, if you are not Catholic and not united with the Catholic Church, you are still invited to attend and join us in prayer but asked not to receive Holy Communion.

\*The Catholic Communion service continues at the Chalet, 3:30 p.m. every Tuesday.

Please consider this an invitation and a warm welcome.

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## Yoga with Donna



Yoga classes are held on Tuesdays beginning at 3:00 p.m. in the Community Center. Classes are led by Certified Yoga Instructor, Donna Lueke. Most of the exercises and movements are performed while sitting in a chair. Those attending will receive instruction on stretching, posture, range of motion, balance, and breathing. Each exercise can be adapted for

your ability. Classes last approximately 1 hour each. There is a charge of \$3 per person per class. Please give it a try!

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## Pinochle



Ohio Living Vineyard on Catawba residents get together to play pinochle on Wednesday evenings at 6:30 in the Gathering Room of the Concord Apartments. Everyone is welcome.

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## SilverSneakers



Ohio Living Vineyard on Catawba is very pleased to reintroduce SilverSneakers to our residents and guests. SilverSneakers is an exercise class that focuses on strength and balance. While each class varies in style and technique, they all begin with a warm-up, offer modifications for every level, and end with a cool down. Classes are led by a certified fitness instructor Kathy Tieche from Bodi N Balance. Classes are held in the Community Center on **Thursday afternoons at 1:00 p.m.** This is a beginner class. All supplies are provided: bands, weights, balls, and sticks. There is no charge for qualifying participants or SilverSneakers fitness program members. There is a charge of \$3 per person per class for non-qualifying participants. Reservations are not required. Please join!

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## Communion Service



at the Community Center on the second Thursday of each month at 2:00 p.m. All who have been baptized and believe that the Bread and Wine we receive is the Actual Body and Blood of our Lord and Savior Jesus Christ are invited to attend.

If you are unable to attend, we will come to your home. Please call Marlene Carpenter (419.797.6402) by Wednesday noon if you would like to attend so we will know how many to prepare for.

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## Health Screening



On **Thursdays, beginning at 3:00 in the afternoon**, FREE blood pressure and blood sugar screenings are offered in the Gathering Room of the Concord Apartments. The tests are performed by a nurse from Ohio Living. Testing can be conducted in a private setting. Refreshments are served. Why not take advantage of this wonderful opportunity to take charge of your health?

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## Vineyard Night Out



All Ohio Living Vineyard on Catawba residents are invited to enjoy dinner at 1812 on Thursday, February 1<sup>st</sup>. Everyone will meet at the Community Center at 4:45 p.m. and carpool to the restaurant. There will be plenty of drivers, so if you do not like to drive after dark you can ride with someone. Everyone will order off the menu and pay for their own dinner. Reservations are required. Please sign up in the office before noon on January 26. When you sign up, please be sure to let us know if you are willing to drive or if you prefer a ride.

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## Vineyard Voices



The Vineyard Voices is comprised of all residents of Ohio Living Vineyard on Catawba. If you are a resident, you are a member of the Vineyard Voices. The Vineyard Voices meet on the first Tuesday of each month in the Community Center. Refreshments are served. Representatives from each of the activity groups, as well as staff members, report on what is happening with their group or department. This is a great opportunity to learn more about Ohio Living Vineyard on Catawba, be involved in your community, and hear about major projects, upcoming events and what is new. Please plan to join us. The next Vineyard Voices meeting will take place Tuesday, February 6<sup>th</sup>. The meeting will begin at 10:00 a.m.

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## Keyboard Concert



We are blessed to have a great musician come and perform a FREE concert every month. Pastor Bruce Rodgers is an accomplished pianist. On the second Thursday of each month, Pastor Bruce graces us with beautiful sounds from the keyboard. He plays a variety of music, including golden oldies, hit parade, big band music, classical, jazz and blues. He will be performing in our Community Center on Thursday, February 8<sup>th</sup> beginning at 11:00 a.m. Reservations are not required. Performances usually last about an hour.

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## Cookbook Dinner



Do you enjoy trying out new recipes? We have the perfect opportunity for you. Whether you like to try preparing new recipes or enjoy tasting new recipes, Cookbook Dinner is for you. Generally, a well-known chef is chosen, such as Rachel Ray or Martha Stewart. Then, those wishing to cook, choose a recipe from the specified chef, and prepare the recipe to share with everyone. If you do not want to try your hand in the kitchen, you are still welcome to attend. Those who prefer only the tasting end of new dishes, simply pay \$8 and enjoy all the creations. This month will be your favorite casserole. The Cookbook Dinner will be held in the Community Center on Thursday, February 8<sup>th</sup>. Dinner will begin at 5:00. Reservations are required. Whether you are cooking or tasting, please be sure to sign up in the office before noon on February 6.

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## Arts & Crafts



All Ohio Living Vineyard on Catawba residents are invited to join Sherrie and Amy for some fun on Friday, February 9 at 1:30 p.m. at the Chalet. We will be making the adorable 'No Sew Sock Snowmen' that we did not make in January. All of the supplies will be provided for you and your creation will then be yours to keep. There

is no charge. Reservations are required. Please call Kara or Sherrie before noon on February 6 to RSVP.

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## Book Club



Our Book Club meets on the second Monday of each month in the Community Center at 10:30 a.m.

This month, they will meet on Monday, February 12<sup>th</sup>. Book Club is led by a representative from Ida Rupp Public Library. She chooses a book and distributes them at the meeting. Residents then have until the next club meeting to enjoy the selection. Books are returned at the meeting when they are discussed. Participants share their thoughts, feelings, and opinions of the content, characters, and plot. Everyone is welcome. This month's discussion will be on *'The Stars are Fire'* by Anita Shreve. Extra copies of the book are available on the counter in the library of the Community Center if you would like to participate.

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## Ladies Lunch



The ladies of Ohio Living Vineyard on Catawba are invited to enjoy lunch at Casa Las Palmas on Tuesday, February 13<sup>th</sup>. We will all meet at the Community Center at 11:45 a.m. and carpool to the restaurant. Everyone will order off the menu and pay for their own lunch. Reservations are required. Please sign up in the office before noon on February 9. When you sign up, please be sure to let us know if you need a ride or if you are willing to drive.

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## Lenten Services



Ohio Living Vineyard on Catawba is very pleased to offer Lenten Services here in our Community Center again this year. Each Wednesday during Lent we will be hosting a Bible Study session at 10:30, a lunch at Noon, and a Worship Service at 12:30. You are welcome to attend any or all of each week's services. There is no charge for the Bible Study or the Worship Service. There is a charge of \$6 per person for

lunch. Reservations are not required. We will be distributing a flyer with all of the details. It will give you the bible study topic, the lunch menu, and who will be leading the worship service for each week. This event is open to the public. You are welcome to invite a friend or a family member to join us. If you have any questions, please feel free to contact Sherrie in the office.

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## Town Hall Meeting



Once each month, Administrator Paul Shaw holds a Town Hall meeting. These meetings are generally informal and held in an open forum. Meetings begin with Paul making announcements and sharing information on activities, projects, etc. The meeting is then opened up for anyone to ask questions, express appreciation, or share a concern. Everyone is encouraged to attend. The next Town Hall meeting will be held in the Community Center and is scheduled for Thursday, February 15<sup>th</sup> beginning at 10:00 a.m.

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## CIC Dinner



Each month, residents of Ohio Living Vineyard on Catawba have the opportunity to enjoy a private dinner at the Catawba Island Club. Those wishing to attend simply notify the Vineyard office that they would like to be included. They choose either Fried Perch or Grilled Sirloin for their entrée. All dinners include a salad, entrée, potato, vegetable, and dessert. Meals also include water and coffee. The cost is \$17 per meal payable to Ohio Living and collected when you sign up. This month, CIC Dinner will be held on Thursday, February 15<sup>th</sup> and it will begin at 5:00 p.m. Those wishing to attend need to make their reservation to the Vineyard office before noon on February 9.

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## Movie Afternoon



On Friday, February 16<sup>th</sup> at 1:30 p.m. we will be showing the movie "The Magic of Belle Isle." This dramatic

comedy stars Morgan Freeman as Monty Wildhorn, a novelist of Westerns, who has lost his drive. His nephew pushes him to summer in quiet Belle Isle. He begrudgingly befriends a newly single mom and her 3 girls who help him find the inspiration to write again. Popcorn and beverages will be served. There is no charge. What a wonderful way to enjoy the movie theater without having to leave our campus!

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## Fun & Games



All Ohio Living Vineyard on Catawba residents are invited to the Community Center on Friday, February 23<sup>rd</sup> at 1:30 p.m. for a bit of fun. Our Holiday Gathering was enjoyed by many and we have had requests for more events like that. So, we are scheduling another afternoon of socializing, light snacks, fun and possibly a game or two. There is no charge. Reservations are required. Please call the office before noon on February 21 if you plan to attend.

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## Special Notice



All Ohio Living Vineyard on Catawba residents are asked **NOT** to lock your storm doors. In the event of an emergency, if your storm door is locked, neither staff or emergency personnel can get to you to provide the care you deserve. Locking your entry doors is fine. Please do not lock your storm doors. Also, please notify the office if you will be away overnight. Whether you will be on vacation, in the hospital, or away for any reason that you will be gone overnight, we would like to know. Thank you for your cooperation in these matters. If you have any questions, concerns, or would like to discuss this, please contact Paul in the office.

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## Winter Weather



This is just a reminder about our policy on parking, etc. for the winter months.

If you live in the Concord Apartments, you are asked to be aware of the forecast for snow. When snow is predicted, please move your car to the top side of the parking lot the evening before we are due to get snow. This will allow the snow removal crews to completely clear the parking lot early in the morning. After the snow has been cleared from the bottom side of the lot, you are welcome to move your car back to where you would normally park.

If you live in a condo/villa and you must get out for an appointment, please notify the office as soon as possible. We will relay this information to the snow removal crews and make the effort to have your drive cleared for you to keep your appointment.

We greatly appreciate your cooperation and patience. Snow removal on campus is a major project. Your safety is our first concern!

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## Support For Our Troops



We continue to accept donations for packages to be mailed to American soldiers overseas. There is a basket in Paul's office where you can donate items. Monetary donations to help offset the cost of postage are also accepted. Thank you for your support of this very worthy cause.

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## Fitness Studio



Ohio Living Vineyard on Catawba's Fitness Studio is located within the Community Center. The Fitness Studio is open for anyone to use during normal business hours and is open to residents anytime. There is a variety of equipment that is easy and convenient to use. Please remember to sign in on the clipboard located on the wall each time that you work out. Also, there is a waiver that needs to be signed by each person who uses the fitness studio. The forms are available in the office. Anyone wishing to receive instruction on any of the equipment in the Fitness Studio is encouraged to request instruction from our Administrator, Paul Shaw. Remember, all workouts can be customized to meet your

abilities. **We are raising money to replace the recumbent steppers. Donation envelopes are located in the vestibule of the Community Center for anyone wishing to make a contribution.**

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## Library



Ohio Living Vineyard on Catawba is fortunate to have two libraries right here on campus. One is located in the Community Center, the other is located in the Gathering Room of the Concord Apartments. The books at the Community Center are all hard cover books, while those at the Gathering Room are all paper backs. All of the books in both libraries have been donated and we continue to accept donations. Library cards are not required. Simply choose your books, enjoy them, and return them to the library you got them from when you are finished reading them. In addition, daily newspapers are also available in both libraries for all to enjoy. The Toledo Blade is delivered daily to the Community Center and the News Herald is delivered daily to the Gathering Room. We do ask that you enjoy these newspapers in the common areas and not take them back to your home.

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## Reminders



If you have a question or a concern about anything within our fabulous Ohio Living Community, please contact the office to schedule an appointment to meet with our Administrator, Paul Shaw. Paul strongly believes in an open door policy and will listen to you.

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## From the Maintenance Dept



Work orders should be completed when you require maintenance and/or repair to your home. Work orders can be found in the Gathering Room of the Concord Apartments and in the Library of the Community Center. If you are not able to get to either of these places, simply contact the office by calling

419.797.3100 and we will complete a work order for you.

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## Reminder for Dining Services



We would like to take this opportunity to remind everyone of a few procedures associated with our Dining Service program. If you need to make any changes to the meals that you signed up for, whether you will not be able to attend, if you expect to arrive late, if you would like to have the meal delivered to you at your home, or if you would like to be added for a meal - Please call our office as soon as possible so that we can make the change for you. All changes must be made through Ohio Living Vineyard on Catawba's office. Also, while we would encourage everyone to enjoy served dinners in the dining room of the Community Center with your neighbors and friends, delivery of these meals is available. However, there is a charge of \$1 per meal to have these meals delivered to your home. *This \$1 is to be paid to the caterer when they deliver the meal.* We are very pleased to be able to offer this amenity to our residents. We thank you for your cooperation and for helping to make this program a success.

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## The Vineyard Shop



The Vineyard Shop is open on Mondays and Thursdays from 2:00 to 4:00 p.m. We appreciate your business and want to continue to serve your needs as fully as possible. Thank you for being our customers!

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## Old Eyeglasses



Our local Lions Club continues to collect old eyeglasses and sunglasses. Collection boxes are located in the library of the Community Center and in the laundry room at the Concord Apartments.

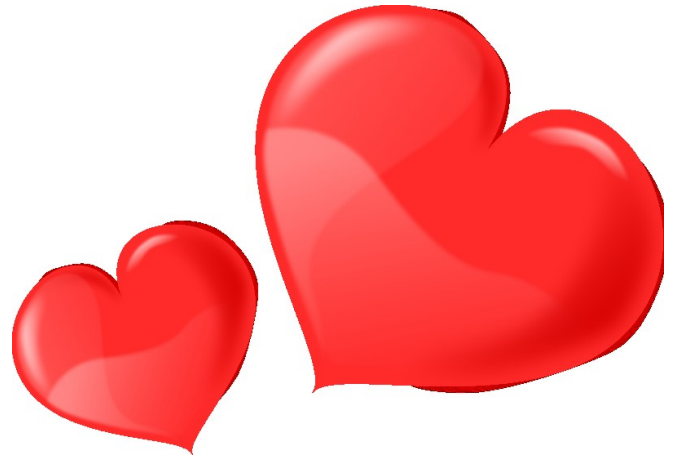
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## Old Medication



Anyone wishing to get rid of old medication can bring it to the Vineyard Voices meeting and place it in the jar labeled 'Old Medication'. This container will then be taken to the designated location and disposed of properly. Old medications can only be accepted during the Vineyard Voices meetings. Please do not bring them to the office at other times.

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## Beauty Shop



Did you know that you can get your hair done right here? Shannon Smith is providing a variety of hair services at The Concord Salon. She is here each Monday. Appointments must be made by calling Shannon directly at 419.320.7025. She asks that you leave a message with your phone number if you get her answering machine and she will call you back.

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**Happy Valentine's Day**