

THIS IS Living



Ohio Living
Breckenridge Village

SPRING 2019

OHIOLIVING.ORG

A Life-Changing Lifestyle

Moving at this stage of life can certainly be life-changing. Whether upsizing because you can now afford it or downsizing because your kids are grown, a move should be exciting and inspiring.

While location remains the primary factor for most real estate decisions, lifestyle should also be considered. And Ohio Living Breckenridge Village has options like no other:

Community Life

Enjoy the security and freedom that come with living in a community. You'll be surprised at all the things you have time for when you no longer have to maintain a home. And you might not be looking for them, but the friendships you'll find at Ohio Living Breckenridge Village will be your greatest reward.

Health and Well-Being

Stay on top of your health at our Veale Wellness and Aquatic Center. You can sign up for group fitness classes, join aquatic programs in the warm water pool, work out with weights or equipment, or take a walk on the indoor track. Another feature of our campus is the multiple dining venues where you can enjoy delicious meals prepared by our award-winning chefs.

Lifestyle Amenities

Fill your days with fun! Choose from a variety of activities, art programs, performances, trips, educational workshops and more. Pamper yourself at the beauty salon or nurture your soul with spiritual programming. It's all up to you.

Help When You Need It

If your needs change, you have access to health care and support right on campus. Outpatient therapy is available, as is short-term rehab after hospitalization or surgery, with assisted living and long-term nursing care just steps away.

Ohio Living Breckenridge Village is a life plan community offering independent living, assisted living, short-term rehab, skilled care, outpatient therapy and Home Health & Hospice.

More Than a Place to Call Home

Continue your journey to wellness in a spacious, welcoming environment. With the latest equipment and therapy techniques, outpatient therapy in our Veale Wellness and Aquatic Center is focused on helping you get back to your active lifestyle.

We provide Willoughby-area residents with top-of-the-line care in their own backyard. Whether it's treating overuse conditions, sports injuries, falls or recovery from surgery, we can help you regain the highest level of functioning and wellness.

Our professional clinicians offer personalized, one-on-one care to help you achieve the best possible outcomes. Adults 18 and up are welcome with a referral from a physician.

We encourage you to take a look at what outpatient therapy can offer you. Let us be the expert, so you can get back to enjoying life.



Ohio Living
Breckenridge Village



Call 440.942.4358 to learn more!

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Keep Yourself Young with Technology and Innovation

Ohio Living partners with state colleges and institutes

At Ohio Living, we're always on the lookout for partners in our ongoing efforts to stay at the forefront of innovation in aging services. Here are a few of the partnerships that are currently helping us bring unique opportunities to our residents, patients, staff and those in our surrounding communities:



Nursing School Rotations

In 2011, the father of Youngstown State University (YSU) nursing professor Mary Shortreed was a resident at Ohio Living Lake Vista in Cortland. She was so impressed by his care that she wanted her nursing students to experience it firsthand. Since that time, Mary's students have gone through nine-week sessions in the long-term care center one day per week to learn about care from professionals she trusts. "I choose to be at Ohio Living Lake Vista because of the way they care for their residents and the way they treat my students," said Mary.



Project VIBE

Ohio Living Park Vista and YSU have teamed up to offer Project VIBE (Valley Initiative to promote Balance among the Elderly) to Mahoning Valley residents. Participants receive free assessments that examine things like gait, balance, strength, cognition, lifestyle and more. "Falls are the leading cause of injury among older adults, which is a major threat to independence and leads to costly health care," said Dr. Tiffany Hughes, Assistant Professor of Gerontology at YSU. "Project VIBE helps to better understand who is at risk and raises awareness about fall prevention."



Smart Living Lab

Ohio Living Breckenridge Village in Willoughby built a 2,400-square-foot Smart Living Lab on its campus to give residents a dedicated location for trying out new devices and programs that meet age-related needs. In collaboration with Case Western Reserve University researchers, participants work with the devices before the technology advances to the marketplace—and where university faculty and students can immediately relate with them to address their daily challenges. This program has proven so popular that there is a waiting list to be able to participate!



Student In Residence

Ohio Living Westminster-Thurber has partnered with the Ohio State University for a special opportunity as part of the Age-Friendly Student In Residence Program. Natalie, a 21-year-old student in the College of Social Work and an intern with Age-Friendly Columbus and Franklin County, lives in a studio apartment at our Columbus life plan community. To fulfill her requirement of engaging formally with the community, Natalie hosts a weekly "Porch Stories" program where residents share their personal stories relating to the topic of the week.

OHIO LIVING BRECKENRIDGE VILLAGE
Campus Calendar


Tuesday, April 16
7:30 a.m. - 6:30 p.m.

Bus Trip: Cleveland Ethnic Tour Part IV
Cost: \$85 per person

This tour begins along the Lake Erie shoreline at the former Nike missile site, then on to the millionaire mansions of Bratenahl, the Waterloo Arts District and lunch at Lakehouse Café. After lunch, discover Wendy Park and Whiskey Island, the second original Chinatown, the Rock & Roll Hall of Fame and Hingetown. End the day with a buffet dinner at the Arabian Night Club. Seating is limited!

Tuesday, April 16
7:30 p.m.

Musical Performance:
Notoriety Show Choir

Tuesday, April 23
10:30 - 11:30 a.m.

Lecture: Long Distance Learning with the Cleveland Museum of Art.
Topic: International Perspective on Contemporary Art.

Monday, April 29
10:30 - 11:30 a.m.

Lecture: Through the Eyes of the Artist. Topic: Louis Comfort Tiffany, world-renowned for his Tiffany glass creations.

Tuesday, April 30
7:30 - 8:30 p.m.

Musical Performance:
 Chardon Polka Band

Wednesday, May 8
9:30 a.m.

Lecture: The 10 Most Interesting Presidential Candidates Who Lost (1896-2012).

Presenter: Dr. Greg Ferro

Thursday, May 16
11 a.m. - 2 p.m.

Moving Expo

Join us to learn just how the process of a move is a puzzle, and we have all the pieces. Meet vendors from movers, realtors and more to help prepare now or for the future. Call 440.954.8359 for info.

UPCOMING EVENT

Bus Trip: Avon Calling!
 Call for details.

Space is limited. To register for any of these events, call us at 440.954.8359. Due to campus construction event locations are to be determined.

How to Know it's Time

Simplify your life with a move to an Ohio Living community

Did you know that you can simplify your life while enriching your lifestyle? Ohio Living life plan communities are active, vibrant places designed exclusively for people who are active, older adults. Here, you can focus on what matters most: enjoying the best years of your life, care-free!

Too often, people think that moving to a condo is the best way to downsize and take the next step toward a simpler life. After all, it can eliminate some of the time and money spent on home upkeep. But moving to an Ohio Living community offers the same benefits while also securing a plan for your future that allows you to enjoy the present.

So how do you know if it's time to make the move? Let's look at four questions that can help you decide:

Are you tired of home upkeep?

Is the care and maintenance of your home more of a burden than a joy? If so, get ready to delete the phone numbers for your handyman, plumber and electrician – at Ohio Living, you won't need them! Let us handle the routine maintenance and urgent repairs, both inside and out. We'll also take care of the leaf raking, snow shoveling, lawn mowing and landscaping, so you have more time for the things you enjoy.

Do you live alone?

Safety, security and quality of life are all things that can be easily compromised when living alone. Residing in an Ohio Living community where there's fast access to medical care, along with staff and neighbors who are there to check in on you, can make a world of difference in staying independent. Enjoy the peace of mind that comes from knowing your home will be looked after in your absence.

Are you being challenged?

Our minds are kept sharp by learning new skills. As an Ohio Living resident, you'll have access to more opportunities to challenge yourself than you ever thought possible. Enjoy lifelong learning opportunities through workshops and lectures; fitness classes and access to top-of-the-line equipment; social engagement through trips, clubs, volunteer work and activities; cultural enrichment like music and theater performances as well as participation in arts classes; and spiritual life programming including worship services, Bible studies and more.

Do you have a plan for your future?

As an active person, it's best to be proactive and plan for your future health care needs. If you take control of those decisions now, your family won't have to if a crisis happens later. When you make an Ohio Living community your home, you'll have access to varying levels of care for different stages of health. You can move from one level of care to another – and back again – with ease. You'll also have access to transportation to offsite medical appointments if needed. You have a lot of living yet to do! Call us today to schedule your tour and see why our residents say they wish they'd made the move to this incredible lifestyle years earlier.

OHIO LIVING MOVING EXPO

11 Ohio Locations, Same Ohio Living Expertise

May 16 | 11 a.m. to 2 p.m.

CONNECT WITH LOCAL EXPERTS FROM:

Auction Alley | Dana J. Tharp Auctions | Howard Hanna | Keller Williams
 KT & Sons Moving Company | Morse Van Lines | Smooth Transitions
 Transitional Designs | Security Self Storage | Home Pride Inspections, Inc.

At Ohio Living Breckenridge Village, you'll enjoy:

- Speaker Margaret Lanese: "Easing the Move"
- Tours of Breckenridge Village North apartments and the Veale Wellness and Aquatic Center
- Refreshments prepared by our award-winning chefs
- Vendor exhibits

Visit ohioliving.org or call 440.954.8359 to learn more!

JOIN US!

OHIO LIVING MOVING EXPO



11 Ohio Locations, Same Ohio Living Expertise

We know that planning a move can be overwhelming, and it only gets more complicated when you and your family members live in different parts of the state. That's why we're offering 11 moving expos throughout Ohio on the same day.

The Veale Wellness and Aquatic Center and Breckenridge Village North Apartments will be open for touring.



May 16
11 a.m.
to
2 p.m.

at Ohio Living Breckenridge Village – Use Euclid Avenue entrance



Ohio Living
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Visit ohioliving.org or call 440.954.8359 for details and learn more about our other moving expo locations!

Ohio Living
Breckenridge Village

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*A Message
From our
Executive
Director*

**DEAN
PALOMBARO**

Spring is finally here! We're especially excited as this season leads us into our 40th anniversary. From our humble beginnings in June 1979, Ohio Living Breckenridge Village has grown to be the active, vibrant and beautiful place it is today.

Our campus now boasts four styles of independent living: ranch homes, Breckenridge Village North apartments, the Shafer/Schweitzer House apartments, and brownstones both on the main campus and at our Grace Woods satellite community. Additionally, The Nason Center offers first-in-class assisted living while the Fairmount Health and Rehabilitation Center provides expert long-term nursing care and short-term rehab to help guests transition safely from hospital to home.

And we're growing again! Thanks to generous donors we will soon be expanding and enhancing our Osborne Community Plaza with a performing arts center and bistro.

At Ohio Living Breckenridge Village, opportunities for educational growth, fitness, worship, friendship, the arts and more are at your fingertips. Residents consistently tell us that coming here was the best gift they could have given themselves and their loved ones. In fact, we often hear that they wish they'd made the move sooner.

Call 440.954.8359 to schedule your tour today and learn more about how you can benefit from all Ohio Living Breckenridge Village has to offer.



Resident Spotlight: Hank Kurdziel

Hank Kurdziel met his wife, Patricia, while they were each volunteering for Meals on Wheels. Both widowed at the time, they've now been married for 14 years. Just like his marriage, Hank's volunteerism is going strong.

Hank is very active on our campus and was recently honored for reaching 1,000 volunteer hours. He chairs the social committee at our Breckenridge Village North apartments, which sponsors events throughout the year, and founded a 90s Plus Club that meets every few months for breakfast or lunch with entertainment. He

also lends his painting and calligraphy skills to help make care cards, which are sold to benefit our campus's Life Care Commitment. Hank helps our staff as well by chairing the scholarship committee that supports high school students working as servers in the dining room who wish to pursue higher education.

Off campus, Hank visits veterans in local assisted living facilities and volunteers at his church as a couple's minister. In recognition of his volunteer work, Hank was recently nominated for the 2019 Lake County Senior Citizens Hall of Fame.

What Hank likes best about Ohio Living Breckenridge Village is living in a safe environment as he and Patricia get older. "Our decision to move [here] was a gift to our kids," he said.

Sample a fitness class – FREE!

During the months of May and June, register for a free fitness class at our Veale Wellness and Aquatic Center. See first-hand the lifestyle our residents experience every day. While you're there, ask about a free balance assessment!

You can find the class schedule at tinyurl.com/y4mcpqx8. You must be 18 or older and sign a release form to participate. Call Georgette at 440.942.9239 or stop by to register.

