

THIS IS Living



Ohio Living
Cape May

SUMMER 2019

OHIOLIVING.ORG

Growing Together Flowers - and gardeners - blossom at Ohio Living Cape May

Summer is one of our favorite times of year at Ohio Living Cape May, not only because of the exciting activities hosted on our campus, but because our 27 picturesque acres get a chance to shine!

Ohio Living Cape May provides a maintenance-free lifestyle, which means that we take care of all the mowing and weeding so our residents are able to focus on the things they truly enjoy. For many of the gardeners who call our community home, that includes helping to make our campus as beautiful as it can be. Whether they are an amateur planting their first marigolds or have taken the time and effort to become a Master Gardener, they have made our community something all our residents and guests can enjoy.

We asked some of these residents what they enjoy most about gardening. We heard just how rewarding it is to work outdoors – whether it’s in a shared community area or the space in front of their own home. Each one expressed their appreciation for a different aspect of the gardening process and how it made them feel; the gardeners on our campus are as unique and varied as the spaces they create! Here are some highlights of what they had to say:

“Gardening brings out my creativity.”

-Beth Mitchell

“It’s my escape and my joy.”

-Scilla Wahrhaftig

“I feel an emotional connection with nature.”

-Connie Hardie



“It’s my home, and I like it to look nice!”

-Jan Grim

“Gardening is great exercise after a winter spent in hibernation.”

-Beth Mitchell

“It refreshes my soul.”

-Ann Kuehn

The gardeners of Ohio Living Cape May don’t currently have a formal gardening group, but they do have big ideas for one! Their goal is to hold regular meetings to discuss ideas for revitalizing our existing garden beds, developing new ones, and making the watering process more efficient.

Great things are also happening in our courtyard, put in motion by our activities department. Each year we provide raised garden beds where residents can plant, cultivate and enjoy the flowers and vegetables of their choice. Just last season, some made their own coleslaw from vegetables sourced from these garden beds! (Our recipe is below so you can experience it for yourself.)

If you would like to come grow with us, visit ohioliving.org or call Director of Business Development **Abby Ellsberry at 937.382.2995**. Be sure to read inside to find out how other Ohio Living communities are encouraging their residents to tend their green thumbs!

Ohio Living Cape May Coleslaw Recipe

Ingredients:

- 14 oz. shredded vegetables (we used carrots cabbage, broccoli, cauliflower, and onion)
- 1 ½ tablespoons lemon juice
- 1 tablespoon vinegar
- ½ cup mayonnaise
- ½ teaspoon ground black pepper
- 2 tablespoons white sugar
- ¼ teaspoon salt

Directions: Whisk mayonnaise, sugar, lemon juice, vinegar, pepper, and salt together in a bowl until smooth and creamy.

Add the shredded vegetables and mix until coated. Refrigerate for at least two hours prior to serving.

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Statewide Moving Expo a Success

Preparing to move to a life plan community can be overwhelming, especially when your closest family lives at a distance. It can be hard to make decisions, and – once you do – even harder to get your family in agreement with them.

For hundreds of people across Ohio, those decisions just became a lot easier. On May 16, families at a distance attended the Moving Expo at Ohio Living's 11 participating locations.

Throughout the day, attendees heard about various aspects of the moving process, discovered Ohio Living's lifestyle, and connected with local businesses that can help make their move easy. Most importantly, they learned that moving needn't be as overwhelming or hard as they might have thought.

Here are some of the best tips and advice shared at this year's Expo:

Think of it as "rightsizing."

If you're moving to a smaller dwelling, it helps to think about the process of reducing your belongings as "rightsizing," keeping the possessions that will have an active role in your life now and in the future. It's not about getting rid of things that make you happy; it's about letting go of things that no longer fit your lifestyle. Ask yourself, "If this disappeared tomorrow, would I run out and replace it?"

Eliminate clutter the easy way.

As you start going through the drawers, closets and rooms of your home, separate items into four categories: trash, donate or sell, give to family, and keep. The trick is to evaluate each item as soon as you pick it up; never handle an item more than once during this process. Schedule a regular time each week – or several days per week – to work on this.

Enlist the help of a certified Senior Move Manager or a Seniors Real Estate Specialist.

These professionals understand the special concerns seniors may have when moving out of a longtime home or navigating life's transitions. They will listen to your concerns and share potential solutions and resources to help you make your decisions, and they don't shy away from the difficult emotions that often accompany them. Check out the National Association of Senior Move Managers and National Association of REALTORS® online to find certified professionals in your area.



There's Still Time to Plant this Summer

Late summer planting If you do not expect your first frost until mid autumn, there is time to plant second and third crops. Check the days to maturity for each crop you want to grow; add a week or two to the days to harvest to factor in the shortening of days as autumn approaches. Choose crops that can come to harvest before frost or crops that do not mind being touched by frost or cool weather. Choose quick-maturing crops.

Best Late Summer Planting:

- Kale
- Lettuce
- Spinach
- Arugula
- Beets
- Corn
- Cucumbers
- Eggplant
- Potatoes
- Peas



How to Choose the Right Community

So, you've decided to make the move. How do you know you're choosing the best community for you?

The following represent some of our best advice for choosing a new home in a life plan community. Call us and take a tour to learn even more!

Apply while you're still healthy.

People who wait until their first health crisis to apply to a community often end up making rush decisions that they later regret. Move to a community like Ohio Living while you're still in good health to enjoy your new lifestyle. Most of our residents say they wish they made the move sooner!

Choose a community for the future.

Consider the levels of care the community provides. Can it provide more care if you need it? Most Ohio Living communities have short-term rehab, outpatient therapy, assisted living and long-term nursing care on-site.

Observe and sample meals.

Seek an invitation to eat a meal and observe how the meals are served to the residents. Ohio Living employs professional chefs and offers professional culinary training for those wishing

to advance their skills. Our menus offer exciting and delicious options that change regularly.

Talk to residents.

Take the tour that is offered, but also look around on your own and talk to as many people as you can. Ohio Living residents are always happy to talk with visitors about their experiences and lifestyle.

Find out what the community's policy is if your financial resources run out.

Our Life Care Commitment helps ensure that our residents will always have a home with us even if, in good faith, they run out of the resources meant to see them through. We've lived up to this commitment since our founding in 1922.

Ask if the community is faith-based.

Because of the correlation between spiritual and physical health, a faith-based community may be worth considering. Ohio Living is ecumenical; our communities and programs are open to persons of all faiths and are based on a spirit of inclusiveness. Our chaplains are specially trained to meet the spiritual needs of older adults.

Live the
Lifestyle
You
Want

Oh, the Places You Can Grow!

Ohio Living residents find innovative ways to tend to their green thumbs

Summer is here, and that means gardeners across the state are grabbing their spades and seeds to make the most out of this growing season.

Studies show a number of benefits to gardening: it helps maintain mobility and flexibility, improves endurance, reduces stress and can even help prevent diseases like osteoporosis. According to Steve Roe, Environmental Services Director at Ohio Living Cape May (Wilmington), the best benefit of gardening might just be the camaraderie found in working with your friends and neighbors to create something beautiful. "We have a lot of Master Gardeners on our campus who love getting together to work in the common areas, and gardening as a group creates community spirit and togetherness, which is what we're all about," Steve said.

Residents at Ohio Living Vineyard on Catawba (Port Clinton) have discovered the beauty of gardening together – and of sharing their harvest. A group of residents led by Carol Riznokove tends a community vegetable garden every year. At various times throughout the season, Carol loads a wagon full of their produce and distributes it throughout the campus.

At Ohio Living Westminster-Thurber (Columbus), members of the Landscape Committee created a garden on the patio of the Memory Care Center, so residents with memory-related illnesses can sit under the canopy and smell the roses and honeysuckle.

Every Ohio Living life plan community offers a different way for our residents to pursue their passion for gardening. From the active Beautification Committee at Ohio Living Breckenridge Village (Willoughby) to the Arboretum Committee at Ohio Living Mount Pleasant (Monroe), residents across the state are gardening and growing together.



In addition to planting flowers and herbs for the Memory Care Center, the roof of one Ohio Living Westminster-Thurber building is covered in raised gardens! Resident Mike Strautz leads this project and is impressed by the variety of things he sees growing on the roof: "Some people plant vegetables, some do flowers, and some do things just to play around in the dirt!"



Resident Rita Rodgers oversees the 14 raised gardens on Ohio Living Park Vista's campus. One employee's son volunteers to spade the soil in preparation for them each year, and before you know it, they're all overflowing with a combination of cucumbers, zucchini, peppers, tomatoes and kale. One resident even planted raspberry bushes in her raised garden!



Freedom to Live Life Your Way

With spacious floor plans, numerous amenities, and freedom from home maintenance, the apartments and villas at Ohio Living Cape May let you spend your time on what really matters – living.



Community Calendar



CLUBS

3M Club
Monthly, 1st & 3rd Mondays
9 a.m.
Location: 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 and Conversation
Monthly, 3rd Wednesday of the month
1:15 p.m.
Location: Cambridge Apartment Building Library

Bring a friend and join us for a speaker, followed by a Q&A session over refreshments. Guided tours of the community will be available. To RSVP, contact Abby Ellsberry at **937.382.2995**.

Birthday Party

If you haven't already, share your birth month with us - we'd love to celebrate you in our monthly party! Call Abby Ellsberry at **937.382.2995** to learn more and to be added to our birthday list.

Taste of Cape May
Wednesday, September 11
11 a.m. to 2 p.m.
Location: Campus Center

Join us for a showcase of our stunning villa and apartment homes to learn about the vibrant lifestyle at Ohio Living Cape May. Guests will enjoy a food demonstration by our amazing chef and culinary team. Space is limited! **RSVP by August 30** to the receptionist at **937.382.2995** or email **aellsberry@ohioliving.org**.

MARK YOUR CALENDAR

Veterans Breakfast

Call us to be the first on our RSVP list for November's annual Veterans Breakfast. We will announce the official date and time in early Fall so stay tuned for more details! To RSVP or learn more, call **937.382.2995**.

Ohio Living
Cape May

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*A Message
From our
Executive
Director*

**BRAD
REYNOLDS**

Our mission is to provide adults with caring and quality services toward the enhancement of physical, mental and spiritual well-being consistent with the Christian Gospel.

If you're familiar at all with Ohio Living, there's a good chance that you've seen our mission statement. This statement is the guidepost for how every staff member of our organization is trained to interact with each person we serve. We work hard to recruit and hire only those individuals who personally and professionally have a heart to serve.

Finding this type of employee is often hard, but we believe it is key to keeping our reputation for excellence intact. Is the work we do easy? No, it isn't. But it has proven rewarding to staff members throughout the years and continues to do so. Service to our residents can be life changing. Much more than a job, it can become a calling.

At Ohio Living Cape May, we strive to always put others first – our needs are secondary to those of our residents and patients. Our employees are here to serve, and through their service, they can put the mission into action for everyone who has entrusted their life to us as a resident.

Working here is not for everybody, but for people who want their work hours to be meaningful, there is no better place. When you join our employee family, you become part of a larger family of caring individuals all over Ohio. Those who want to experience this high level of service and care every day can come join our resident family. Live in a place where the staff want to be there as much as you do.

We look forward to showing you how our mission can come to life in your life!



Your Choice Care

Ohio Living Cape May is proud to partner with Visiting Angels on an exciting new program!

With Your Choice Care, Visiting Angels will be on our campus to provide private duty services in convenient 20-minute increments that only cost \$8 each – so you don't have to pay for time and services you don't need!

Services Can Include

Laundry
Meal prep
Companion care
Grocery shopping
Monthly wellness checks
Personal care
And more!

How to Learn More

Visit during office hours:
Monday through Friday
9 a.m. to 5 p.m.
Apartment 307

Or call **937.382.2995**,
ext. 157 to schedule an
appointment.

Stay Tuned

We look forward to
expanding this program
to include:
Extended office hours
LPN access
Physician office hours
And more!