

THIS IS Living



SPRING 2019

OHIOLIVING.ORG

Family Ties

Belief in Ohio Living's mission drives decisions

We know there are many factors to consider when you're thinking about a move to a life plan community like Ohio Living Cape May. You may want to be close to family and friends or live in a specific state or town. You may even be looking for a certain type of lifestyle; one that has added amenities and high-quality care if you need it.

All of those factors were important to Brad Reynolds and his family when his parents, Bill and Joyce Clark, were considering their move to Ohio Living Cape May 13 years ago.

Brad knew the Ohio Living organization well, having worked at our corporate office from 1990 to 2010. As a believer in our mission and the compassionate care we provide, Brad found it easy to recommend Ohio Living to his own family. "I knew the move to Ohio Living Cape May would provide Mom and Dad the opportunity to remain social and busy, while freeing them up from taking care of their home and property," Brad explained.

While Bill passed away in 2011, Joyce still lives in the original villa they occupied together. She enjoys the company of her 12-year-old bichon frisé, Teddy, regularly participates in campus events, manages the campus's resident-run convenience store, and loves to plant and tend to flowers around the community. "I'm so glad I'm here," Joyce said. "I have everything I need and a great network of friends – it's a wonderful life."

Brad has become a daily part of his mom's "wonderful life," serving as executive director of Ohio Living Cape May since moving back to his hometown in 2015 when the position became available. "Returning to Wilmington during this season of my life was meant to be," he shared. "It's an honor to assist residents and their families that I knew growing up. I'm living proof that you really can come home again."

If you'd like more information about Ohio Living Cape May and the mission our staff and residents live out every day, visit ohioliving.org/capemay or call Abby Ellsberry, Director of Business Development, at 937.382.2995.



A Place To Call Home

Apartment living at Ohio Living Cape May provides freedom from home upkeep and maintenance with all the added amenities that will allow you to live life your way.

Apartment homes feature:

- Single-story floor plans
- Fully-equipped kitchens
- Beautiful views
- Spacious closets and storage
- Housekeeping services
- Choice of floor coverings and paint colors
- All utilities except internet
- Basic cable
- And much more!

Call
937.382.2995
to schedule
your visit
today!



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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.

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 at 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**.

Alzheimer's Caregiver Support Group

Monthly, 1st Thursday
6 to 7:30 p.m.

Location: Multi-Purpose Room

In partnership with the Alzheimer's Association, we welcome individuals helping their loved ones with dementia to this support group. For more information, call **937.382.2995**.

Easter Egg Hunt

Sunday, April 14
3:30 to 5 p.m.

Check-in: Cambridge Apartment Building

Bring your grandchildren for an afternoon of fun! Enjoy snacks while hunting for eggs, and take pictures with the Easter Bunny. For more information, call **937.382.2995**.

Moving Expo

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

Location: Cambridge Apartment Building

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 you prepare now or for the future. To learn more or make a reservation reach out to Abby Ellsberry at **aellsberry@ohioliving.org** or **937.382.2995**. Also visit **www.ohioliving.com**.

MARK YOUR CALENDAR

Fishing Derby

June 15, 9 a.m. to 12 p.m.
Location: Pavilion

Join us for fishing, followed by lunch and awards. Bring your own poles and bait. New to fishing? Let us know and we can help! Call **937.382.2995** to preregister.

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 aged 55 and better. 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 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.

JOIN US!

OHIO LIVING MOVING EXPO



11 Ohio Locations, Same Ohio Living Expertise

Talk to experts about what it takes to move, and learn about everything Ohio Living has to offer for independent living.

Take a tour and connect with professional:

- Packers
- Movers
- Realtors
- Interior designers
- Stagers
- And more!

May 16

11 a.m.
to
2 p.m.



Visit ohioliving.org or call **937.382.2995** to make a reservation and learn more about our moving expo locations!

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.

Talk to experts about what it takes to move, and learn about everything Ohio Living has to offer for independent living.

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



Visit ohioliving.org or call 937.382.2995 to make a reservation and learn more about our moving expo locations!



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*A Message
From our
Executive
Director*

**BRAD
REYNOLDS**

In 1922 in Sidney, Ohio, our organization was born following the untimely death of a little girl named Dorothy Love. One family's efforts to honor her life began a legacy that has enabled thousands of other families to receive compassionate care in our communities for nearly 100 years.

One interesting side effect of that legacy is the countless individuals that have developed into dedicated



leaders, managers and supervisors, passing down their passion for aging services to generations of professionals.

I'm proud to be part of the leadership team at Ohio Living Cape May. While every employee is a leader in their own right, we are blessed to have a handful of folks that take things further, serving as mentors, teachers, advisors, stand-in-parents and more to the rest of our workforce. They appreciate the culture that has been nurtured since 1922 and understand their role in ensuring that it guides our actions at all times.

I invite you to visit us at Ohio Living Cape May to experience for yourself what our culture looks and feels like.



Neighbors Become Neighbors Again

More than 40 years ago, Tony and Sue Lamke decided to purchase a home and ten acres in Wilmington, Ohio, because they both loved the area. Tony had started the first football program for Clinton Massie schools and taught history there until 1974. Sue taught for several years and then stayed home with her children, which enabled her to pursue her talents as an artist and writer.

In 2000, the Lamkes decided to build a new home on their property and put their home of 25 years on the market. At that same time, Roger and Penny Meredith wanted to make Wilmington their home after a move from Cincinnati to be closer to family. Roger, a former pastor, and Penny, a retired elementary teacher, were ready for small-town, country living and purchased the Lamke's home.

As time went on, the neighbors became friends. Whether it was keeping an eye out for each other's property or watching their grandchildren play together, they truly enjoyed the blessing of having great neighbors. Then, in April 2018, the Merediths announced that a move to Ohio Living Cape May would be their next adventure.

The Lamkes had thought about making the move themselves but wanted to take time to contemplate the idea of living in a life plan community. Eventually they decided to check out an available villa and were shocked to learn that it was right next door to the Merediths' new home! Penny answered the door to find Tony and Sue standing on her porch saying, "We're going to be neighbors again!"

Whether reconnecting old neighbors, classmates or friends, Ohio Living Cape May has helped to renew many relationships and brought countless new ones into existence. It's one of the many factors that make our community truly feel like home.