

THIS IS Living



WINTER 2019

OHIOLIVING.ORG

A Resounding Recovery



Dennis “Denny” Gherman couldn’t wait to return to his part-time retirement job at Lowe’s. Less than a year ago, he didn’t think it would be possible, because he didn’t think he’d ever walk again.

Denny first came to Ohio Living Cape May’s Rehab Suites in April 2018 after having back surgery. At that time, he wasn’t able to do the most basic of activities like getting out of bed or walking. Within three short weeks, despite complications and pain from surgery, Denny was getting out of bed unassisted and walking short distances with decreasing help.

Unfortunately, Denny’s road to recovery was a long one, with repeat trips to the hospital, additional rehab, and in-home and outpatient therapy. Our nursing and therapy departments, along with Ohio Living Home Health & Hospice, were glad to be there every step of the way to help Denny reach his goal of getting back home to his wife and his life.

“Denny made a lot of progress. It was amazing for our care team to see the results of his hard work,” said Heather Freytag, Therapy Manager.

That level of dedication is part of who Denny is. He worked for the City of Wilmington for many years, where he supervised street department operations. And now, even in his retirement, he enjoys helping customers at Lowe’s with their electrical needs.

“Ohio Living Cape May made it possible for me to even consider returning to work,” Denny shared. “I recommend all younger seniors like me consider choosing their rehab services when the need arises.”

It can be hard to say goodbye to our rehab guests when they’re ready to return home, but we were pleased to send Denny on his way knowing all he had overcome and accomplished. We couldn’t be more proud to have helped Denny recover and reach his goals.

Denny’s success story is not an unusual one at Ohio Living Cape May’s Rehab Suites. Opened in 2014, this 15-bed short-term rehab unit located in our Health Care Center boasts a five-star rating from the Centers for Medicare and Medicaid Services. We’ve helped hundreds of guests like Denny reach their goals and return home.

For more information about our rehab services, contact:

Mary Davis, Transitional Care Liaison
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
- Choice of floor coverings and paint colors
- All utilities except internet
- Basic cable
- Housekeeping services
- And much more!



Call 937.382.2995 to schedule your visit today!

2 HEALTH & LIFESTYLE

- Life with Pets
- Stay Active During the Winter Months



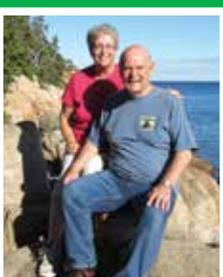
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Pets Help Seniors Stay Healthier, Happier

French novelist Sidonie-Gabrielle Colette once said, “Our perfect companions never have fewer than four feet.”

Indeed, pets provide meaningful support to their owners, and they can be especially beneficial for seniors. Research shows that pet ownership delivers both physical and mental health benefits, such as:

- Decreased stress and anxiety
- Lowered blood pressure
- Reduced chances of depression and loneliness
- Increased mobility and independence
- Lessened pain
- Increased physical activity



However, many older Americans still mistakenly believe that moving into a life plan community means they’ll have to leave their pets behind. This is not the case at Ohio Living communities, most of which are pet-friendly.

According to Megan Nolan, Social Services Associate at Ohio Living Swan Creek, pets may live in any unit on their campus. “We even have residents in memory care who have pets,” she explained.

Many of our residents will tell you that they chose Ohio Living because of the pet-friendly atmosphere and the amenities offered to pets, such as walking trails and dog runs, which allow furry residents to stretch their legs and socialize.

Prior to bringing an animal into their home, residents are encouraged to make sure it’s the best arrangement for themselves and the pet. “Our staff meets with residents to discuss our community’s specific pet guidelines and policies,” said Megan.

For more information about your local Ohio Living community’s pet policy, please call us at the phone number listed on the back cover.



Four Ways to Stay Active During Cold Winter Months

During colder months, regular exercise is essential because it can help combat winter blues, lessen joint pain, increase metabolism and contribute to a healthy immune system. While temperatures frequently dip below freezing during the winter, there are still many ways to stay active indoors:



SWIMMING*

This low-impact workout can reduce stress and increase quality of life. Exercising while in water provides buoyancy that supports the joints and can reduce pain. Brain function and cognition are also improved with better blood flow and increased oxygenation. Some of our communities offer indoor pools for classes, laps and recreational swimming.



MIND STIMULATING ACTIVITIES

It’s important to stay mentally active. Playing board games, knitting, crocheting, doing puzzles, socializing, reading and learning new skills are great ways to stay sharp. Calming activities like these can lower the breathing rate, slow the heart rate and reduce blood pressure.



GUIDED EXERCISE*

Exercise classes are a popular choice because they are offered at various skill levels. For those who do not enjoy classes, there are plenty of simple workouts that can be done at home. Borrow a DVD from your local library, check your TV guide for fitness programs, or browse YouTube for guided instruction.



WALKING, JOGGING OR RUNNING*

There’s no denying that these activities come with numerous health benefits. They can increase bone mass and even strengthen problem-area joints, such as your knees. Many of our communities have indoor walking tracks or other areas to take laps, as well as fitness centers with treadmills and other equipment.

When you choose to move to an Ohio Living community, you can have these opportunities and more at your fingertips. From group fitness classes to a morning swim, we offer a multitude of opportunities to stay active and fit – even during the cold winter months!

*Always remember to consult with your physician before starting an exercise program.

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, 1st & 3rd Mondays
1 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.

Alzheimer's Caregiver Support Group

Monthly, 1st Thursday
6 - 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.

Showcase of Apartments

Thursday, January 31

10 a.m. - 1 p.m.

Location: Cambridge Apartment
Building Library

Join us for a showcase of stunning apartment homes and learn about the vibrant lifestyle and amenities at Ohio Living Cape May, followed by lunch with residents and staff. RSVP by January 16 to aellsberry@ohioliving.org or **937.382.2995**.

Art Exhibition

February 22-23

Special Ceremony at 4:30 p.m.
on the 22nd.

Location: Cambridge Apartment
Building, 1st Floor

Come see outstanding artwork by our residents, Opening Minds through Art participants, and guest artists from our local schools. Enjoy wine, cheese and more.

MARK YOUR CALENDAR

Easter Egg Hunt

Sunday, April 14

3:30 - 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.

Number of Tech-Savvy Seniors on the Rise



Many people think of teens and young adults as being the most tech-savvy, but seniors are using social platforms, email and other technology at an increasing rate – much to their benefit.

Prior to the technology boom, the main sources for socializing included writing letters, making phone calls and joining clubs, religious groups or volunteer programs. Today, many adults are communicating online, which makes it easier and faster to get updates from family and friends.

Email remains the primary choice of adults for digital interaction and communication, with 59 percent of people over the age of 65 using email and search engines like Google. In addition, 56 percent of this same age group is also on Facebook. Although this number may seem small, it has jumped substantially within the last several years.

There are a variety of social benefits to adults who use technology, the biggest of which is staying in touch by sharing and viewing family photos. Tech-savvy adults can also experience notable health benefits – such as reduced rates of depression and improvement in memory and cognitive function – by playing games, listening to music, reading the news and watching TV.

Believe it or not, technology can help you be happier and healthier! Regardless of your age, it's never too late to learn, which is why many of our communities offer a variety of technology classes. To learn more, call your local Ohio Living community today.

What You Need to Know About Common Scams

Financial scams targeting older adults have become extremely prevalent because this demographic is often thought to be an easy target. These scams often go unreported and can be difficult to prosecute.

Some of the most common scams to watch for include:

The Pigeon Drop

Often, a con artist will tell an individual that they have found a large sum of money and are willing to split it if the person will make a “good faith” payment by withdrawing funds from his or her bank account. Unfortunately for the unsuspecting victim, there is no large sum of money and the payment is stolen by the scammer.

The Fake Accident

After making up a story about an unfortunate incident, the perpetrator gets the victim to wire or send money on the pretext that the person's child or another relative is in the hospital and needs the money.

Charity Scams

In this common scam, money is solicited for fake charities. This most often occurs after natural disasters. Be mindful of only donating to not-for-profits that you know and trust, like Ohio Living.

Email/Phishing Scams

This takes place when people receive email messages that appear to be from legitimate companies or institutions, asking them to update

or verify their personal information. The link they're given is to an imposter website, however, and their information is stolen. A common occurrence of this is fake emails from the IRS about a tax refund.

Investment Schemes

Many of these scams specifically target older people by asking them to invest in pyramid or advance-fee scams. Remember – if it sounds too good to be true, it probably is!

Sweepstakes/Lottery Scams

This simple scam informs the target that they have won a lottery or sweepstakes of some kind, and need to make a payment to unlock the prize. The unwitting victim then deposits a check or transfers money

into the scammer's account.

Grandparent Scams

This often involves a phone call by someone pretending to be a grandchild in need of money to solve some unexpected financial problem, such as overdue rent or payment for car repairs. Payment is always demanded via Western Union or MoneyGram, which don't always require identification to collect.

If you suspect you've been the victim of a scam, don't be afraid or embarrassed to talk about it with someone you trust. Keep handy the phone numbers of resources you can turn to, including the local police and your bank.



Ohio Living

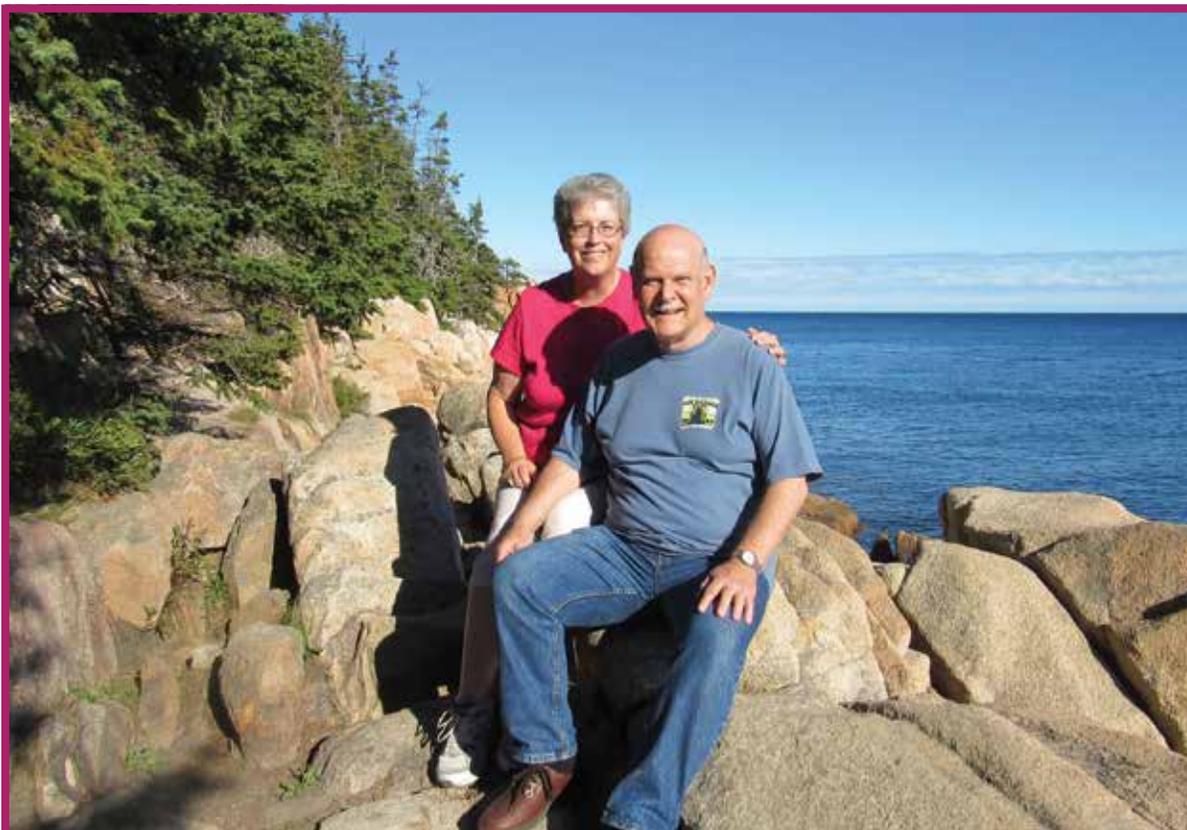
Cape May

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Resident Spotlight: Denny and Barb Deibel

Living a Dream Come True

We'd like you to meet Denny and Barb Deibel, who moved from Akron, Ohio, to a beautiful villa at Ohio Living Cape May in April 2017.

Denny is a retired school teacher, and Barb is a former pastor, licensed insurance agent and certified funeral celebrant. They have a daughter who lives in Spokane, Washington, and a son who lives in New Albany, Ohio, with his family.

It was not by chance that the Deibels chose a place like Ohio Living Cape May for their retirement years, as Barb is the third generation of her family to live in a life plan community. The couple knew what they wanted, and, after an extensive search, found it here. They particularly loved the country setting and small-town feel of Wilmington.

"I like the flexibility I have with my home; this lifestyle is so freeing and it's just a great place to live," Denny explained. Barb added, "This is my happy place! The fact that it's a life plan community gives me peace of mind knowing that I'll never have to leave here. It's a dream come true to have the home I always hoped for and so much more!"

The couple has also become very involved not just on campus, but with the Ohio Living organization. Denny is President of the Cape May Resident Association and a member of the Ohio Living Foundation Board. Barb shares her time and talents as a member of the Ohio Living Cape May Advisory Board.

If you'd like to learn more about life at Ohio Living Cape May, call Abby Ellsberry, Director of Business Development, at 937.382.2995.

A Message From our Executive Director



BRAD
REYNOLDS

When you look at an organization from the outside, it can be difficult to guess how it operates, what drives staff to perform and what makes it successful. And if you're a customer of that organization, your questions can be even more detailed: How do they determine their prices? How can I be sure the product or service I'm purchasing is reliable and problem-free?

For many of us, all of these questions and more come into play when we or a loved one enters a health care system. It can be scary, but folks usually find themselves with little choice because some life event has occurred and they require care, testing or special services – with little to no time to take a deep look at the organization.

I invite you to take a look at Ohio Living Cape May. You'll find a dedicated group of professionals who have a calling to serve others – because that's who we are, from the inside out.

Call Us!
Tweet Us!
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Like Us!

937.382.2995
@myohioliving
ohioliving.org

