

THIS IS Living



Ohio Living
Rockynol

WINTER 2019

OHIOIVING.ORG

Active Aging

Residents have many ways to enhance well-being



As Director of Business Development at Ohio Living Rockynol, Mary Sullivan understands that participating in a variety of activities maximizes residents' chances of healthy aging.

"All of our activities are based on the five key areas of wellness: physical, emotional, spiritual, social and intellectual," she explained.

Because exercise is so essential to maintaining physical health, classes are offered seven days a week for all residents. Some of the available classes are tai chi, which uses flowing movements to increase balance and strength, and yoga, which helps with flexibility and breathing.

According to Mary, some residents start their mornings off with an exercise class before heading out to lunch with friends via our campus's complimentary transportation service. Residents love to use this service for group outings, grocery shopping, appointments, church and more.

While we've made venturing out easy and convenient, there's no need to leave campus to be entertained. Take a stroll through our campus, for example, and you might just hear your favorite song. "You often hear live music throughout campus," Mary shared. "It's not uncommon to see residents gathered together singing, dancing or just tapping a foot to the beat!"

Both music and art are prevalent throughout campus. Our Stonebridge Library hosts local art shows and exhibits featuring work by residents every other month. "We love inviting the community to participate in our 'Meet the Artist' receptions," Mary said.

Volunteerism is also a huge focus for many of our residents, and they continuously give back through community outreach. A few of the most popular programs are Project Linus, One of A Kind Pet Rescue, and the Walk to End Alzheimer's.

Our most popular form of community outreach, however, is intergenerational

programming, which links seniors to youth by partnering with local parochial schools.

"Many days you walk in and see the interactions between the groups bringing tremendous joy to both generations. They sing, create artwork and teach each other something new with each visit," Mary shared.

Senior Connections is also a well-received program implemented at Ohio Living Rockynol, with the help of University Circle, Inc. The company works closely with senior communities to customize programs for active adults. Residents typically participate in a monthly video conference, then go on a guided, follow-up field trip. Hundreds of programs are offered with topics as varied as history, current events, nature and cultural trends.

With so much going on, it's natural to wonder how many residents participate in all of these activities. According to Mary, a large majority of residents participate in at least one activity of their choosing, if not more.

2 HEALTH & LIFESTYLE



- Life with Pets
- Stay Active During the Winter Months

3 CAMPUS & TECHNOLOGY



- Community Calendar
- Tech-Savvy Seniors
- Avoid Common Scams

4 CAMPUS LIFE



- A Message From our Executive Director
- Resident Spotlight



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.

Senior Connections Calendar



Senior Connections is open to our residents and seniors from the greater community, allowing them to enjoy video conferences on a weekly basis and visit University Circle several times annually for performances, exhibitions or other events. Specific dates have not been finalized; **follow us on Facebook and check our website, www.ohioliving.org/rockynol** for an updated calendar.

EARLY AMERICA - YOUNG AMERICA (January 2019 Topics)

- The Pursuit of Liberty: the Revolutionary War and the Founding of America
- History Connects from the Virginia Museum of History & Culture
- So You Know the Founding Documents: Ohio History Connection
- Young America: Smithsonian American Art Museum

TRAVEL AROUND THE WORLD (February 2019 Topics)

- Natural Wonders of Southern Mexico: Learn Around the World
- Visiting Glacier Bay: Glacier Bay National Park (Alaska)
- Afghanistan in Context & Conversation: Inner Asian & Uralic National Resource Center
- The Byzantine Empire: History, Art & Religion Institute for European Studies

ALASKA: Land of Wonder (March 2019 Topics)

- BALTO: A History of Humans, Huskies & Health in Alaska – Cleveland Museum of Natural History
- Arctic Discoveries: Polar Bears and a Changing Climate – Alaska Zoo
- Arctic Discoveries: Snow Cat Conservation – Alaska Zoo
- Living in the Ring of Fire – Alaska Sea Life Center

For additional information on events and activities at Ohio Living Rockynol, please call: **330.867.2150**

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 Rockynol is a 5-star community!

Ohio Living Rockynol is proud to announce that our health care center has been rated five stars by the Centers for Medicare and Medicaid Services!

This prestigious achievement is awarded to only a few select communities in the state of Ohio, and is based on quality care, best nursing practices, superior outcomes, overall satisfaction and state survey results.

We'd love to show you our 5-star care and services. Call 330.867.2150 to schedule your tour today!



Ohio Living

Rockynol

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A Message From our Executive Director

KARA HANZIE



I would like to wish you a wonderful new year! As we ring in 2019, I find myself reflecting on the past year with gratitude and a feeling of accomplishment...

Every day, we are honored to serve residents and their families. It is our privilege to be a part of their lives during this time.

We had the opportunity to celebrate our amazing employees who give their time and talents to ensure our community is truly one of a kind. In 2018, we had several staff anniversaries of 40+ years, as well as numerous 20-year anniversaries. This is a strong testament our employees' dedication to our mission and to those we serve.

As an organization, Ohio Living received certification as a Great Place To Work, in addition to being named number 22 on Fortune magazine's list of Best Workplaces for Aging Services. What a tremendous honor and example of the passion our team has for the work we do!

My wish for the coming year is for all of our residents, families, staff and friends to have a joyous and most abundant year. I leave you with this bit of wisdom from author Peggy Toney Horton as we start anew in 2019:

"Each New Year, we have before us a brand new book containing 365 blank pages. Let us fill them with all the forgotten things from last year – the words we forgot to say, the love we forgot to show, and the charity we forgot to offer."

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Like Us!

330.867.2150
@myohioliving
ohioliving.org



Resident Spotlight: Richard and Katherine Kohl



Richard and Katherine Kohl have been married for 67 years. They met at Academy High School in Erie, Pennsylvania, and were married after their senior year – on Richard's 18th birthday! The couple moved to Cleveland in 1955, where their family grew over the years to include two children, six grandchildren and eight great-grandchildren.

Together, Richard and Katherine enjoyed meaningful careers, continue to volunteer, and are dedicated to their faith journey.

Katherine once served as the corporate secretary for the Lake View Cemetery Association, the historic garden cemetery and arboretum in the University Circle area of Cleveland. She worked her way through many different positions in the field, and also founded the Lake View Cemetery Endowment Fund. During her time with the cemetery she became the first female president of the Ohio Cemetery Association, an organization that was, at the time, dominated by men.

As a mechanical engineer, Richard worked for Dalton, Dalton, Little and Newport, and finished his career with URS. He designed HVAC systems for large structures, including Cleveland State University's library and natatorium, the National Museum of the U.S. Air Force, and other significant Ohio buildings.

Richard and Katherine are longtime volunteers, and are members of the YMCA and two Kiwanis Clubs. For many years they were part of the RedCoats, the team of volunteers who greet and assist patrons at Playhouse Square in Cleveland. They also traveled across the U.S. and Canada as square dancers, and were members of a bocce club on Cleveland's east side.

The couple values their faith, and they have been dedicated members of several churches throughout their marriage.

In October 2018, the couple moved to Ohio Living Rockynol so they could have the love and support of family nearby. They have jumped right in and participate in lots of campus activities, and we feel blessed to have them!