



# Meet the Neighbors

## Three unique residents find the right fit at Ohio Living Vineyard on Catawba

On the surface, it might not seem like Claire Spero, Hank Gurtz, and Ardeth Milefchik would have much in common. They have different backgrounds, come from different cities and enjoy different activities in their free time. They do, however, share one thing: each of them found the housing options and amenities that were right for them at Ohio Living Vineyard on Catawba. Whether in a condominium, apartment home or assisted living, all three are growing, learning and experiencing life to the fullest on our campus.



### Condominiums

With condominium living at Ohio Living Vineyard on Catawba, you have the option of purchasing a preexisting home or custom-building one based on your lifestyle. Whichever path you choose, the spacious single-story floor plans feature two or three bedrooms, two full baths, cathedral ceilings, an attached garage and access to all the services and amenities on our campus.

Claire Spero chose to move into one of our condominium homes two years ago. Her son lived on Catawba Island, but she was over an hour away and starting to have some health concerns. She chose our campus so that she could be closer to her family, but now she can't imagine living anywhere else!

"I love that I can live in a beautiful place like this. My son is only six minutes away, and everything I could possibly need as I grow old is right here," Claire said. "Plus, everybody is so friendly! I have not met a grumpy person here. The staff is wonderful, and there is always so much to do. I am never bored!"



### Apartments

Another option available on our campus is for those who prefer to rent an apartment. The Concord Apartments feature one or two bedrooms, full-size kitchens and semi-private patios, as well as access to the Community Center and all of our programs.

Two years ago, Hank Gurtz decided that the Concord Apartments were the right fit for him. "I knew I needed to downsize," said Hank. "I had heard very good things about Ohio Living Vineyard on Catawba, so I had to check it out." After spending a few days on our waiting list, an apartment was ready for Hank, and he hasn't looked back since. "The residents are nice, and the staff is very thoughtful and accommodating," Hank said. "I like all the different activities we have. There is always something to do."



### Assisted Living

The Chalet at Ohio Living Vineyard on Catawba provides personalized care in a home-like atmosphere. Whether in a private or semi-private suite, residents receive customized care plans, delicious meals prepared in The Chalet's own kitchen, and a variety of daily activities.

Ardeth Milefchik moved into The Chalet in October. She and her family loved that its smaller size allowed for personalized programs and more individual attention from staff. "The staff are the best things about assisted living here," said Ardeth's daughter Amy. "Care is compassionate, personal and individualized. The residents all receive special attention."

Amy added, "Ohio Living Vineyard on Catawba has taken what was an unpleasant decision and turned it into a positive experience. The treatment of both Mom and the family during the difficult transition from independent living to assisted living was terrific. Knowing the excellent care that Mom receives each and every day is comforting to our entire family."

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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!



## Resident Spotlight: George & Gail Daniels

Following a family tragedy several years ago, George and Gail Daniels began to feel a bit lonely and realized they needed to be around more people. They immediately began to tour life plan communities in the Port Clinton area, where they had lived since 1999, but the minute they stepped onto the Ohio Living Vineyard on Catawba campus, they knew they were home.

“The size of the home is perfect for us, and it was the best choice for our lifestyle,” says Gail. “Since moving here, we now have a family with our friends and neighbors!”

George, a retired systems analyst for mainframe computers, regularly participates in our men’s breakfasts, works out in the fitness studio and plays

billiards with other residents. Gail, a former administrative assistant at BP, enjoys book club and modeling for our semi-annual Just Us Girls event. She also does arts and crafts and landscapes the area around their condo.

“We’re very grateful to live somewhere so beautiful and be able to walk around in a safe place,” they explained. “We feel blessed by the staff, too. They have become a part of our family and are a great comfort to us.”

The couple, who will celebrate their 60th wedding anniversary next year, has only one regret: “We often say to each other and to our Vineyard friends, ‘We only wish we had come here sooner!’”



# Ohio Living

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## Community Events



A group of residents enjoy a beautiful evening at Ohio Living Vineyard on Catawba's Night Out event at Twin Oast Brewing .



Sally Hall enjoys painting a custom canvas bag at an Arts & Crafts event.



Royetta Floriana shows off her fashion style at the 2019 Spring “Just Us Girls” fashion show.



During the 2018 Summer Open Golf Putting Tournament, Doe Wagner, Reserve Champion, sinks one with ease. Inquire about this year's event!



### A Message From our Campus Administrator

## PAUL SHAW

Here at Ohio Living Vineyard on Catawba, we pride ourselves on offering the highest quality care and services possible – to our independent residents in their condos and apartments as well as to our residents in assisted living. On the front page of this newsletter, you can read some first-hand accounts of our staff’s kindness and what a great job they do in meeting our residents’ needs and exceeding their expectations.

Our commitment to quality is especially noticeable in The Chalet, the assisted living building on our campus. For those who need a little more assistance, The Chalet provides 24-hour personal care services, housekeeping, laundry and more. We are honored that people trust us to care for their family members, and we do our best to serve their loved ones with the same compassion and respect we would show our own.

This hard work was recently rewarded when the Ohio Department of Aging shared the results of its 2018 Nursing Home Family Satisfaction Survey, which gauges resident family satisfaction with an array of focus areas related to their loved ones’ care and everyday life.

Families from the 470 assisted living communities in Ohio participated in this survey. We are thrilled that The Chalet at Ohio Living Vineyard on Catawba ranked number 7 out of these 470 communities – the top one percent of communities surveyed! What’s more, Ohio Living Vineyard on Catawba is the only Top 10 assisted living provider in Ottawa and surrounding counties.

That means that we truly are providing excellent care to our residents, connecting with them and their family members in meaningful ways, and living our mission. If you have a loved one who may benefit from assisted living services, give us a call today! We would love to introduce them – and you – to how good life can be at Ohio Living Vineyard on Catawba.