

Building On Our Strengths

A Community Benefit Report

Fiscal Year 2013





Building On Our Strengths



Laurence C.
Gumina
President/CEO



Donald L.
Malone
Board Chair

It has taken 91 years for Ohio Presbyterian Retirement Services (OPRS) to get where it is today. We've built on the strengths of many – those who have solidified the foundation that we'll continue to build upon for years to come. Through our continuing efforts, our organization has and will remain strong.

We are blessed to have the skills, talents and commitments of so many. Without them, our work would be virtually impossible. Our staff, residents, clients and families all fit into a much larger puzzle that embodies OPRS.

And we thank those in the greater communities where we do business, who have added their strengths to ours. Because of you, we are a stronger organization. We appreciate your time and willingness to collaborate with OPRS to make us the organization that we are today. We could not do it without you.

We celebrate the strength of many. The narratives in this community benefit report tell a small part of the story about the ways we are able to accomplish our true sense of community. We invite you to take a few moments to read about what others are doing and ways in which we partner to accomplish our goals and live out our mission.

Thank you for all that you do to help make that a reality!

OUR MISSION

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



Breckenridge *Village*

Breckenridge Village Executive Director David Schell thought of a unique way to raise money for the daughter of a fallen Willoughby police officer. The donations helped to send 3-year-old Olivia Gresko, the daughter of Officer Jason Gresko, to the Clapp Children's Center on Breckenridge's campus.

David had grown a beard and he heard several opinions about it from the residents. He created a fun way to ask residents to donate to Olivia's scholarship. He told them that they could vote "for" or "against" his facial hair. The beard was voted down. Ray from Breckenridge's barbershop shaved it off during the annual St. Patrick's Day Pancake Breakfast. David even dyed his beard green to add to the festivities.



Greater Cleveland *Region*

Parish Nurse Coordinator Pam Lewis from Senior Independence's Greater Cleveland Region found a special way to help the less fortunate in Haiti.

Toward the end of 2012, Pam connected with Julie, a parishioner at St. Gabriel's Church who had plans to go on a Haitian medical mission. Pam decided to coordinate a medical supply drive to assist her in getting the needed supplies. The drive was a success and Julie reported that in the seven days she was in Haiti, her team treated more than 800 patients who would not have received care otherwise.

Additional SUPPORT



This year, Breckenridge became involved with a unique project that benefitted those in Newtown, CT, following the elementary school shooting tragedy. The "Snowflakes for Sandy Hook" project asked that people across the country make and send snowflakes to decorate the halls of their new building. Residents in Breckenridge's Nason and Fairmont Health and Rehabilitation Centers created numerous paper snowflakes and sent them on to Newtown.

Additional SUPPORT



Senior Independence's Greater Cleveland Region does a tremendous job of providing health education to senior centers in their community. This past year they hosted numerous wellness clinics and other programs on topics such as brain fitness, falls prevention, summer safety and winter preparedness.



Miami Valley *Region*

Senior Independence’s Resident Service Coordinator Maria Kennard of the Miami Valley Region started a painting class at Village Park in the Miami Valley area. Over the summer, the residents decided to make a mural since the building in which they lived was being renovated in early fall. Maria suggested painting a village and a park to reflect the name of the building and envisioned the mural with expansive land and water. After several months of painting on a weekly basis and working in teams, a beautiful mural was created and signed by all who participated. The masterpiece has been framed and it hangs in the lobby of Village Park.

Additional SUPPORT

- Provided wellness clinics at 19 different locations
- Held exercise classes at a senior housing building
- Offered educational programs to numerous sites



Dorothy Love *Retirement Community*

In July, children from the Sidney-Shelby County YMCA summer camp program came to Dorothy Love for “Silly Olympics” activities. Together, Dorothy Love residents and the children took part in catch and release fishing from one of the three stocked ponds on campus. There was a buzz of excitement about catching the fish, for many it was their first opportunity for the sport. The group participated in other activities such as ping-pong ball blowing and paddle ball. Also, the children were taught line dancing from members of the Dorothy Love Steppers. It was a wonderful intergenerational program that was enjoyed by all.

Additional SUPPORT

Knowing the best choices to make when it comes to your finances can often be tricky. This year, Dorothy Love offered multiple financial workshops to residents and community members to help make these decisions easier. A financial advisor from Edward Jones led the classes that covered topics including Social Security, tax-free investing and making smart financial choices in retirement.





Cape May Retirement Village

This year, Maestro David Dworkin brought his unique Conductorcise® program to Cape May as part of the launch of Masterpiece Living®. The philosophy behind the Maestro's Conductorcise® program is that music is a workout for the mind, body and soul.

The Maestro led Cape May residents and guests in exercises that used their arms and upper bodies. He would point out the different types of instruments that were playing in the songs, and the class would mimic those instruments and their tempo with their conducting "batons." Everyone can participate no matter what their mental or physical condition because the movements can be done sitting or standing. Cape May staff was trained in the Maestro's program and continue to offer this entertaining and invigorating class to the community.



Additional SUPPORT

- Offered yoga and neurobics classes for the greater community
- Held Alzheimer's educational sessions for the public
- Had intergenerational programs with local college students

Mount Pleasant Retirement Village

Mount Pleasant uniquely collaborated and partnered with Atrium Medical Center, local cardiologists, and primary care physicians to offer a three-part educational course on heart failure. The first class was on understanding heart failure, the second was on eating well with heart failure and the third was moving forward with heart failure. The goal was to educate residents and members of the community as well as to help reduce the number of cardiac-related hospital re-admissions.



Additional SUPPORT

Members of Mount Pleasant's staff, including Culinary Director Joel Hemmelgarn and Executive Director Stan Kappers, developed a healthy lunch program for local Monroe schools. They met with school cafeteria employees as well as the superintendent to discuss its implementation.



Lake Vista *of Cortland*

Lake Vista partners with numerous organizations throughout the year. One such collaboration was with the Rotary of Cortland. Lake Vista generously gave the Rotary meeting space to use for their weekly meetings. This year, Lake Vista also sponsored the 2012 Cortland Rotary Howl at the Moon 5K race. One hundred percent of the proceeds brought in by the race go back into the community in the form of scholarships, donations to Cortland Area Cares, and many other local rotary projects.



Additional SUPPORT

- Began a recycling initiative
- Held multiple AARP tax filing services
- Donated a large amount of furniture to "Someplace Safe," the local domestic violence agency

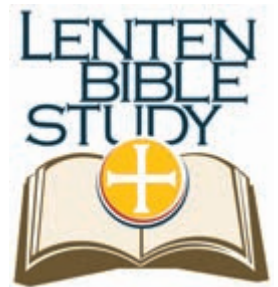
The Vineyard *on Catawba*

Residents and members of the greater Port Clinton community were treated to sweet music on two separate occasions at The Vineyard on Catawba. In partnership with the Firelands Presbyterian Church and the Firelands Musical Arts Series, guests gathered at The Vineyard and enjoyed an evening with the Toledo Symphony, as well as an evening with a Dixieland jazz band. Both groups provided an hour or so of enjoyable entertainment. According to Campus Administrator Paul Shaw, "Guests commented that they thoroughly enjoyed this top-notch entertainment and hope that it will continue."



Additional SUPPORT

- Offered weekly exercise classes to the greater community
- Hosted Lenten Bible study
- Decorated and donated a Christmas tree for local Salvation Army's auction



Llanfair Retirement Community

Llanfair teamed up with the Cincinnati Flying Pig Marathon to bring a special opportunity to its residents and the greater community. Together, they created a challenge – to walk and track their miles between March 8 and April 30. It wasn't a daylong marathon, but a months-long marathon to progressively reach 26.2 miles. Walkers used Llanfair's indoor track as well as their outdoor trails and kept track of their miles using the Flying Pig's "Hog Log" system. The program provided support, instruction and encouragement to all who participated. The event ended with a Walk the Block Final Mile celebration where walkers, families and friends joined in a ceremonial walk around the campus and received their official 2013 Flying Pig Marathon medal.



Additional SUPPORT

- Provided space to be used as a polling location during the elections
- Donated wheelchairs and walkers to the Wheels for the World organization
- Collected empty medicine bottles for Matthew 25 Ministries who donates them to Doctors Without Borders

Southwest Ohio Region

Every month, employees who are trained to be OSHIIP volunteers (Ohio Senior Health Insurance Information Program) spend time counseling people who need information or assistance as it relates to Medicare and issues involving Medicare. Volunteers learn Medicare basics in a 22-hour course and help people in the greater community. According to OSHIIP's website, "Without volunteers, OSHIIP could not fulfill its mission." Senior Independence is proud to be a part of this worthy cause and to assist those needing help when navigating the waters of Medicare and other health insurance issues.



Additional SUPPORT

The Anderson Senior Center organized the work of volunteers to distribute more than 1,000 home-delivered meals to seniors in the area they serve.





Mahoning Valley Region

One of the ways that we build on our strengths is to serve those in need. The Senior Center in Senior Independence's Mahoning Valley Region collects food and toys throughout the year and donates them to the Second Harvest Food Bank of the Mahoning Valley. According to Senior Center Director Mona Behnke, "The local food bank picks up the food anytime we call. It is distributed to local families in the area by way of local churches, the Lions Club as well as local Rotary clubs." It is through these outreach efforts that the staff of the Senior Center is able to touch the lives of many in the community and know that someone's life was enriched in some small way through their efforts.

Additional SUPPORT

- Held various bereavement groups
- Provided support groups for caregivers, Alzheimer's and diabetes
- Recycled aluminum cans, cell phones and ink cartridges



Park Vista of Youngstown

This year, Park Vista strengthened its community ties by offering a unique learning opportunity for students from Kent State University. Twenty-two students who were participating in Kent State's Certified Occupational Therapy Assistant's program came to the Park Vista campus for a one-on-one aquatics education module. Using Park Vista's state-of-the-art hydro therapy pool, Cara Caramusa, Park Vista's director of therapy, spent the day with the students going over the module in the morning and doing a hands-on lab in the pool during the afternoon. This is the only chance these students have to train in aquatics, and they were so grateful for Park Vista's efforts to help them further their education.

Additional SUPPORT

- Took part in a Youngstown State University wellness project
- Conducted a Parkinson's disease support group
- Participated in an American Heart Association® walk



Rockynol



According to the American Cancer Society, one in eight women in the U.S. will develop invasive breast cancer in their lifetime. Rockynol staff did their part to raise awareness. In October, staff held a fundraiser, which consisted of purchasing tickets and casting votes for one of three male staff members. The man with the most votes would have to wear a pink tutu for an entire day. Chef Brian Lippiatt won and said, "I was happy to wear the tutu for the day. It was an honor to be approached by so many women throughout the day and listen as they shared their stories. Now, I can understand why they call these women warriors." All proceeds from the event were donated to breast cancer research.

Additional SUPPORT



In 2012, Hurricane Sandy devastated the east coast of the U.S. In May, Rockynol teamed up with the HALO Foundation to help those affected by the storm. Rockynol staff and residents donated knitted baby blankets, clothing and written letters of encouragement to assist the victims in Toms River, NJ.

Akron/Canton *Region*

Senior Independence's Akron/Canton Region honored their veteran patients and the nation's fallen soldiers this past Memorial Day through the We Honor Veterans program. Senior Independence's volunteers placed a wreath at the Ohio Veterans Memorial Park in Clinton, Ohio, on behalf of their veteran hospice patients and Adult Day Center participants. Following the wreath presentation, the volunteers gave the veterans a framed picture of the wreath hanging at the park.

The We Honor Veterans program, a national collaboration of the National Hospice and Palliative Care Organization and the Department of Veterans Affairs, trains hospice staff to care for the unique health needs of veterans focusing on respectful inquiry, compassionate listening and grateful acknowledgement.



Additional SUPPORT



- Held monthly education sessions in senior housing buildings
- Purchased gifts for children of Humility of Mary Life Opportunity
- Conducted a dementia training course

Swan Creek *Retirement Village*

Alzheimer's disease is affecting more and more people each year. This year, Swan Creek ramped up their efforts to make a difference in curing this disease. Staff and residents organized and held a walk for a cure to raise funds and awareness for Alzheimer's. On a crisp, sunny autumn day this past October, more than 60 residents, family members, friends and staff came together for a half-mile or one-mile walk. To help raise money, staff members at Swan Creek held a pie-in-the-face contest. In total, over \$1,600 was collected and donated to the Alzheimer's Association®.



Additional SUPPORT



Swan Creek residents and staff put their knitting and crocheting talents together to help those in need. Knitted blankets and caps were made and given to local hospital pediatric units for newborn and premature babies. A mitten tree full of handmade or donated items was also given to a local inner city school.

Greater Toledo *Region*

Studies have shown that listening to music is thought to increase the levels of various chemicals in the brain that lead to relaxation and decreased stress levels. Bruce Rodgers, hospice spiritual care counselor for Senior Independence's Greater Toledo Region, does his part to bring joy and relaxation through music to residents of long term care facilities throughout the community. Bruce, a concert pianist with a bachelor's degree in music, plays a variety of music each time he visits, including swing era tunes of the 1930s, patriotic music and traditional hymns. Both the residents and staff are thankful that Bruce shares his time and talents with them, making their days a little bit happier and less stressful.



Additional SUPPORT

- Held veterans pinning ceremonies
- Conducted monthly bereavement group for families of hospice patients
- Offered memory and falls risk screenings



Westminster-Thurber *Community*

Providing an opportunity for people to learn ways that art can help with ministry was the focus of the Tools for the Servant event at Westminster-Thurber called, “Coloring outside the lines: a new approach to ministry.” Joan Zeller, a registered art therapist, guided the 86 attendees through ways in which art can help us deal with life’s difficulties. Three individual art stations were set up, including clay, watercolor and drawing. Using an “Art Experience Tour Card,” people shifted from one station to the next and were able to experience easy art forms and tap into their inner artist.



Additional SUPPORT



Community outreach can have international ties, and that is the case with Westminster-Thurber Chaplain Mark Arni and the Ethiopian-Tewahedo Social Services (ETSS). Mark served as the Board chair and has remained an active volunteer. ETSS works to assist immigrant and refugee families, along with low income individuals, in Central Ohio to improve the quality of their lives and facilitate integration. Caring for those beyond our walls puts OPRS’ mission into action.

Central Ohio *Region*

According to the Centers for Disease Control and Prevention, one in three adults aged 65 or older falls each year. Falls can cause numerous injuries ranging from moderate to severe including hip or wrist fractures as well as traumatic brain injuries.

Senior Independence’s Central Ohio Region is doing their part to help educate people about this largely preventable public health problem. This year, they held numerous falls prevention classes and screenings at multiple senior housing locations throughout Central Ohio. Thanks to their hard work, nearly 200 people know more about the leading causes of falls, how to prevent them and if they’re at risk.

Additional SUPPORT



- Provided flu shots at local retirement communities
- Held a veterans pinning ceremony
- Offered “Opposing Osteoporosis” program

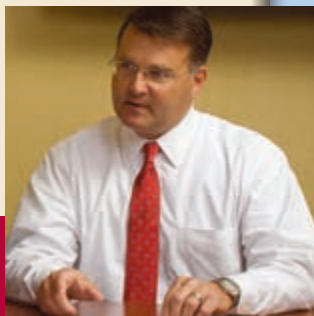


Around The State

Corporate Office

Staff at the OPRS corporate office is passionate about helping others in need. Throughout the month of November, a Thanksgiving food drive was held. An astonishing 805 pounds of food was collected. According to Laura Imbrock at the Mid-Ohio Food Bank, "That is 805 meals or feeding an individual three meals a day for more than 268 days!"

Additional SUPPORT



OPRS President and CEO Laurence C. Gumina participated in a panel discussion for the LeadingAge Ohio Leadership Academy. The program is a nine-month leadership program designed to supplement member efforts in developing strong, effective leaders in not-for-profit aging services. He also serves on the Board of The Presbyterian Association of Homes and Services for the Aging and Senior Living 100.

SENIOR INDEPENDENCE

Health Care Providers

Include primary care physician, specialists (internist, podiatrist, etc.), dentist, optometrist, physical therapists, home care providers, nurse clinician, etc.

Name _____
Specialty _____
Address _____
Telephone _____
Last Visit _____

Name _____
Specialty _____
Address _____
Telephone _____
Last Visit _____

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A planning guide

SENIOR INDEPENDENCE

Current Medications and Diagnosis

List all prescription and non-prescription medications, dosages, and prescribing physicians. Also include vitamins, herbal supplements, and herbal remedies. It is important the health care team knows what medications are being taken because of drug interactions. Bring this list to all medical appointments and notify each doctor of current medications.

It is very important to keep all medical records up to date.

Medication _____
Diagnosis _____
Rx Physician _____
Begin Date _____
Expire Date _____
Instructions _____

Medication _____
Diagnosis _____
Rx Physician _____
Begin Date _____
Expire Date _____
Instructions _____

Medication _____
Diagnosis _____
Rx Physician _____
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Expire Date _____
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Medication _____
Diagnosis _____
Rx Physician _____
Begin Date _____
Expire Date _____
Instructions _____

Medication _____
Diagnosis _____
Rx Physician _____
Begin Date _____
Expire Date _____
Instructions _____

Date Completed _____
Date Revised _____

A planning guide

A planning guide and resource for older adults and their families.

SENIOR INDEPENDENCE

www.iCAREGIVER.ORG
A place to turn for family caregivers.

A place to turn for family caregivers.

www.iCAREGIVER.ORG

Church Relations

Providing information and useful resources is one way that the Church Relations program is able to carry out the OPRS mission.

One resource that has been very well received is the *iCaregiver Guide*, a practical tool that helps people facilitate one of the most significant yet difficult conversations they may ever have. Advanced planning with a loved one can be stressful and uncomfortable. The *iCaregiver Guide* provides a step-by-step process that helps to ease this stress, and aids family members and loved ones to prepare for when difficult decisions must be made.

During fiscal year 2013, a total of 474 complimentary *iCaregiver Guides* were distributed to area churches and members of the greater community throughout Ohio. We hope that this resource will not only help these conversations to begin, but make the process a bit easier for all of those involved.

OPRS *Foundation*

The OPRS Foundation raises and manages charitable funds that support OPRS retirement communities and Senior Independence regions throughout the state. In fiscal year 2013, the OPRS Foundation raised a total of \$7.5 million in support of those served by OPRS.

Thanks to generous donations brought in through the OPRS Foundation, this year Senior Independence was able to bring a new program to its hospice staff and patients.

Comfort Touch® is a style of massage that focuses on the physical and emotional needs of the elderly and ill. Developed by Mary Kathleen Rose, a certified massage therapist, the program's main goal is to give comfort through acupressure that will help relieve pain and promote relaxation.

One thing that makes Comfort Touch® so special is that it can be used on a patient in any type of setting, whether the patient is in a hospital bed, a wheelchair, a normal bed or in a chair. Because Comfort Touch® is so versatile and needs no special equipment, it can also be practiced in a number of locations including hospitals, the patient's own home and skilled nursing facilities.

This year, Senior Independence Hospice staff has been training to learn the techniques of Comfort Touch® and is currently using Comfort Touch® exclusively on the hands. Thanks to generous donors, hospice staff are now better able to comfort the people we serve.



Financial Impact

The following information illustrates the total financial impact of OPRS' community benefit. Each dollar represents our commitment to each community we serve.

Honorable Service Grants

We have instituted a program to honor the service of long standing church workers and those with military service. This program provides significant discounts on fees for apartments and homes at OPRS Communities.

Health Care and Assisted Living Medicaid Charity

Medicaid is the state of Ohio's health care funding source for low-income individuals. The dollars in this line item represent the difference between the cost of care at OPRS health care and assisted living centers, and the Medicaid or Medicaid Waiver reimbursement for that care.

Life Care Commitment

The Life Care Commitment, backed by OPRS with the help of charitable support, helps assure all OPRS residents that they will always have a home even if – in good faith – they run out of the funds meant to see them through.

CCRC's Other Community Benefit

This number shows goods and services provided to the greater community by OPRS and its subsidiary OPRS Communities at no cost or at a discounted rate.

Senior Independence Charity

Senior Independence offers a number of home and community based services to older adults. We work with Passport, local levies, Title XX, the United Way, Title III and numerous other funding sources in order to make services available to people of all income levels. The dollars depicted in this line represent the difference between the cost of providing these services and the reimbursement received for them.

Senior Independence – Other Community Benefit

This number signifies goods and services provided to the greater community at no cost or at a discounted rate.

Area of Community Benefit

Honorable Service Grants.....	\$195,733
Health Care and Assisted Living	
Medicaid Charity	\$10,534,783
Life Care Commitment	\$2,431,372
CCRC's Other Community Benefit	\$671,335
Senior Independence Charity.....	\$1,034,086
Senior Independence	
Other Community Benefit	\$249,200
TOTAL OPRS.....	\$15,116,509

This number represents OPRS' total community benefit dollars – the sum of all community benefit activities.



**OHIO PRESBYTERIAN
RETIREMENT SERVICES**

OPRS Communities and Service Locations



Ohio Presbyterian Retirement Services,
OPRS Communities and the OPRS Foundation

1001 Kingsmill Parkway, Columbus, Ohio 43229 614.888.7800 or 800.686.7800

www.oprs.org • www.oprscommunities.org
www.oprsfoundation.org



1 Breckenridge Village*
36855 Ridge Road
Willoughby, OH 44094
440.942.4342



6 Mount Pleasant Retirement Village*
225 Britton Lane
Monroe, OH 45050
513.539.7391



2 Cape May Retirement Village
175 Cape May Drive
Wilmington, OH 45177
937.382.2995



7 Park Vista of Youngstown*
1216 5th Avenue
Youngstown, OH 44504
330.746.2944



3 Dorothy Love Retirement Community*
3003 W. Cisco Road
Sidney, OH 45365
937.498.2391



8 Rockynol*
1150 W. Market Street
Akron, OH 44313
330.867.2150



4 Lake Vista of Cortland*
303 N. Mecca Street
Cortland, OH 44410
330.638.2420



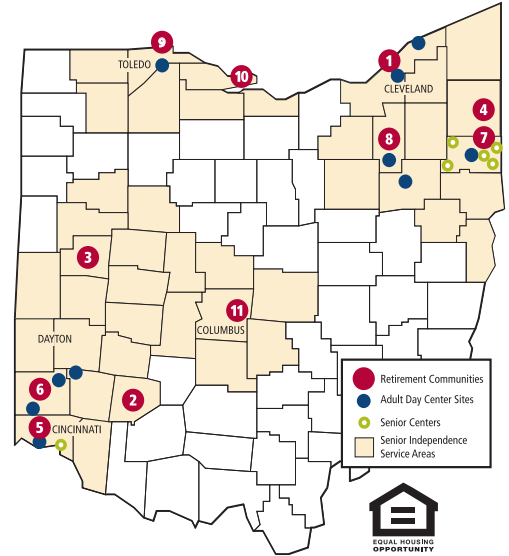
9 Swan Creek Retirement Village*
5916 Cresthaven Lane
Toledo, OH 43614
419.865.4445



5 Llanfair Retirement Community*
1701 Llanfair Avenue
Cincinnati, OH 45224
513.681.4230



10 The Vineyard on Catawba
3820 E. Vineyard Village Drive
Port Clinton, OH 43452
419.797.3100



11 Westminster-Thurber Community*
717 Neil Avenue
Columbus, OH 43215
614.228.8888



* Accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) – Continuing Care Accreditation Commission (CCAC) of LeadingAge.



SENIOR INDEPENDENCE Provides home and community based services 800.686.7800 • www.seniorindependence.org • www.icaregiver.org

Akron/Canton Region	330.873.3468	Serving Medina, Portage, Stark, Summit & Wayne Counties
Central Ohio Region	614.433.0031	Serving Delaware, Fairfield, Franklin, Licking, Madison, Pickaway & Union Counties
Greater Cleveland Region	440.953.1256	Serving Ashtabula, Cuyahoga, Geauga, Lake & Portage Counties
Mahoning Valley Region	330.533.4350	Serving Ashtabula, Carroll, Columbiana, Jefferson, Mahoning, Portage, Stark & Trumbull Counties
Miami Valley Region	937.415.5666	Serving Allen, Auglaize, Champaign, Clark, Darke, Greene, Logan, Miami, Montgomery, Preble & Shelby Counties
S.W. Ohio Area Region	513.681.8174	Serving Butler, Clermont, Clinton, Hamilton & Warren Counties
Greater Toledo Region	419.865.1499	Serving Erie, Fulton, Henry, Lucas, Ottawa, Sandusky & Wood Counties



Partnering with other not-for-profit organizations to provide home and community based services

Ohio
Kendal Northern Ohio
440.731.8801
Serving Lorain County
McGregor
216.851.8200
Serving Cuyahoga County

Montana
Senior Independence of Montana
406.655.5800
Serving Yellowstone County

Pennsylvania
Southwestern Pennsylvania
724.864.7388
Serving Westmoreland & Allegheny Counties

Virginia
Westminster Canterbury Lynchburg
434.386.3800
Serving South Central Virginia – Based in Lynchburg