

The Grapevine

Ohio Living Vineyard on Catawba Resident Newsletter | October 2017

Letter from the Administrator



The Fall season has finally arrived along with the many beautiful colors of leaves turning and preparing to fall, then be cleaned up. Mums have been planted to add some color to our landscapes until it gets colder. I hope everyone is planning to get out and enjoy some of the beautiful days we have coming in October.

Due to the hard work and diligence of a local Boy Scout, John Young, building an ADA compliant ramp to get into the Cabin Club for his Eagle Scout project, we are ready to open the Cabin for you to use for playing pool, cards, and/or socializing. An event is planned for Friday, October 6 at the Cabin for a grand opening.

The SilverSneakers exercise class on Wednesday mornings at 11 a.m. is off to a great start. For anyone interested in joining the class, there is a \$2 charge per class for those that are not paid for by your insurance.

The Concord Salon at the Concord Apartments Gathering Room is open for business. Shannon Smith is the licensed hair stylist. Please call her directly to schedule appointments at 419.320.7025. Currently, Shannon works in the salon on Mondays until about noon.

The Fitness Studio in the Community Center is always open and available for all to use. The recumbent steppers are worn out and in need of replacing. We have started to raise almost \$9000 to replace the two machines. A fund with the Ohio Living Foundation called 'Exercise Equipment' for all tax-deductable

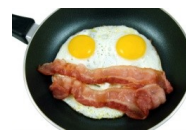
donations has been established. Envelopes are always available in the vestibule at the Community Center.

Please be mindful of the 15MPH speed limit here on the Vineyard campus and remind any visitors you have of the speed limit as well.

If you are interested in volunteering some time on one of our committees that help provide many great programs for the Vineyard, answering phones in the office from time to time, or just spending some time visiting with some other residents that would enjoy a visit, there are many opportunities throughout our Vineyard community. Please inquire at the office.

Paul

Breakfast Bunch



The Breakfast Bunch is open to any male resident of our Ohio Living Vineyard on Catawba community. This group meets at our Community Center each Monday morning at 8:30 a.m. They decide where they would like to go for breakfast, and then carpool to a local restaurant. The group discusses items in the news and things of interest while enjoying their bacon and eggs. Individuals each pay for their own breakfast. New faces are always welcome.

Vineyard Fellowship



This group gathers on Monday mornings at 10:30 a.m. in our Community Center (except for the second Monday of the month). This



is a group of residents who meet to discuss and study the Christian gospel. They are led by a resident and sometimes enjoy refreshments. Everyone is welcome to attend.

Dominoes



Do you like to play games? How about a good game of dominoes? There are many variations of this popular game. Dominoes are played in the Gathering Room of the Concord Apartments on Mondays at 6:30 p.m. What a great way to have some fun with your friends and neighbors! New faces are always welcome.

Catholic Communion Service



Commissioned Communion Ministers from Immaculate Conception parish will conduct a Catholic Communion Service on:

Tuesdays, 2:45 p.m. in the Gathering Room at the Concord Apartments.

*Prayers, Scripture reading with reflection and Holy Communion.

*All residents and guests are invited--- however, if you are not Catholic and not united with the Catholic Church, you are still invited to attend and join us in prayer but asked not to receive Holy Communion.

*The Catholic Communion service continues at the Chalet, 3:30 p.m. every Tuesday.

Please consider this an invitation and a warm welcome.

Yoga with Donna



Yoga classes are held on Tuesdays beginning at 3:00 p.m. in the Community Center. Classes are led by Certified Yoga Instructor, Donna Lueke. Most of the exercises and movements are performed while sitting in a chair. Those attending will receive instruction on stretching, posture, range of motion, balance, and breathing. Each exercise can be adapted for

your ability. Classes last approximately 1 hour each. There is a charge of \$3 per person per class. Please give it a try!

Euchre



Playing cards can be so much fun. Here is your chance to enjoy a game. Euchre is played on Tuesday night at 6:30 in the Community Center. You do not have to come with a partner in order to play. You will be partnered with someone when you arrive. Not sure how to play the game but want to learn? They are always looking for a new neighbor to teach. Why not try it? You might just have a great time.

SilverSneakers



Ohio Living Vineyard on Catawba and Ohio Living Home Health & Hospice have partnered with Genacross to bring SilverSneakers to the Vineyard. SilverSneakers is an exercise class that focuses on strength and balance. While each class varies in style and technique, they all begin with a warm-up, offer modifications for every level, and end with a cool down. Classes are led by a licensed therapist and are held in the Community Center on Wednesday mornings at 11:00 a.m. There is no charge for qualifying participants or SilverSneakers fitness program members. There is a charge of \$2 per person per class for non-qualifying participants. Reservations are not required. Please join!

Health Screening



On Wednesdays, beginning at 3:00 in the afternoon, FREE blood pressure and blood sugar screenings are offered in the Gathering Room of the Concord Apartments. The tests are performed by a nurse from Ohio Living Home Health and Hospice. Testing can be conducted in a private setting. Refreshments are served. Why not take advantage of this wonderful opportunity to take charge of your health?

Pinochle



Ohio Living Vineyard on Catawba residents get together to play pinochle on Wednesday evenings at 6:30

in the Gathering Room of the Concord Apartments. Everyone is welcome.

Communion Service



at the Community Center on the second Thursday of each month at 2:00 p.m. All who have been baptized and believe that the

Bread and Wine we receive is the Actual Body and Blood of our Lord and Savior Jesus Christ are invited to attend.

If you are unable to attend, we will come to your home. Please call Marlene Carpenter (419.797.6402) by Wednesday noon if you would like to attend so we will know how many to prepare for.

Flu Vaccines



We are planning to offer flu shots here at Ohio Living Vineyard on Catawba again this year in October. We will let you know the date and time as soon as it becomes available.

Vineyard Voices



The Vineyard Voices is comprised of all residents of Ohio Living Vineyard on Catawba. If you are a resident, you are a member of the Vineyard Voices. The Vineyard Voices meet on the first Tuesday of each month in the Community Center. Refreshments are served. Representatives from each of the activity groups, as well as staff members, report on what is happening with their group or department. This is a great opportunity to learn more about Ohio Living Vineyard on Catawba, be involved in your community, and hear about major projects, upcoming events and what is new. Please plan

to join us. The next Vineyard Voices meeting will take place Tuesday, October 3rd. The meeting will begin at 10:00 a.m.

Western Party



The staff is busy planning a Western themed party for Friday, October 6th. You should have received a flyer in your mailbox with all the details. For additional information or to make your reservation, please call the office at 419.797.3100.

Book Club



Our Book Club meets on the second Monday of each month in the Community Center at 10:30 a.m. This month, they will meet on Monday, October 9th. Book Club is led by a representative from Ida Rupp Public Library. She chooses a book and distributes them at the meeting. Residents then have until the next club meeting to enjoy the selection. Books are returned at the meeting when they are discussed. Participants share their thoughts, feelings, and opinions of the content, characters, and plot. Everyone is welcome. This month's discussion will be *'Early Earning'* by Jane Smiley. Extra copies of the book are available on the counter in the library of the Community Center if you would like to participate.

Just Us Girls



On Tuesday, October 10th we will be hosting an enjoyable evening just for girls. The evening will begin at 5:30 p.m. with a served dinner of a Cranberry Almond Glazed Salad, Parmesan Croissant, Chicken Florentine with Pasta, Roasted Gourmet Baby Carrots and Chocolate Ganache Parfait. After dinner, representatives from Christopher & Banks and CJ Banks will be here to share the latest in fall fashions. The cost for this event will be \$15 per person. Reservations are required and seating is

limited. RSVP by calling the Ohio Living Vineyard on Catawba office at 419.797.3100.

Keyboard Concerts



We are blessed to have a great musician come and perform a FREE concert every month.

Pastor Bruce Rodgers is an accomplished pianist. On the second Thursday of each month, Pastor Bruce graces us with beautiful sounds from the keyboard. He plays a variety of music, including golden oldies, hit parade, big band music, classical, jazz and blues. He will be performing in our Community Center on Thursday, October 12th beginning at 11:00 a.m. Reservations are not required. Performances usually last about an hour.

Cookbook Dinner



Do you enjoy trying out new recipes? We have the perfect opportunity for you. Whether you like to try preparing new recipes or enjoy tasting new recipes, Cookbook Dinner is for you.

Generally, a well-known chef is chosen, such as Rachel Ray or Martha Stewart. Then, those wishing to cook, choose a recipe from the specified chef, and prepare the recipe to share with everyone. If you do not want to try your hand in the kitchen, you are still welcome to attend. Those who prefer only the tasting end of new dishes, simply pay \$8 and enjoy all the creations. This month will be 'Tailgate Food'. The Cookbook Dinner will be held in the Community Center on Thursday, October 12th. Dinner will begin at 5:00. Reservations are required. Whether you are cooking or tasting, please be sure to sign up in the office before noon on October 10th.

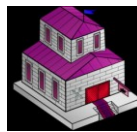
Health & Wellness Seminar



Please plan to join us on Tuesday, October 17th at 2:00 p.m. in our Community Center for an information presentation on "Elder Fraud." Watch your mail box for a flyer with

additional information. There is no charge and reservations are not required.

Town Hall Meeting



Once each month, Administrator Paul Shaw holds a Town Hall meeting. These meetings are generally informal and held in an open forum. Meetings begin with Paul making announcements and sharing information on activities, projects, etc. The meeting is then opened up for anyone to ask questions, express appreciation, or share a concern. Everyone is encouraged to attend. The next Town Hall meeting will be held in the Community Center and is scheduled for Thursday, October 19th beginning at 10:00 a.m.

CIC Dinner



Each month, residents of Ohio Living Vineyard on Catawba have the opportunity to enjoy a private dinner at the Catawba Island Club. Those wishing to attend simply notify the Vineyard office that they would like to be included. They choose either Fried Perch or Petite Grilled Sirloin for their entrée. All dinners include a salad, entrée, potato, vegetable, and dessert. Meals also include water and coffee. The cost is \$17 per meal payable to Ohio Living and collected when you sign up. Alcoholic beverages are available for an additional cost and paid to your server on the night of the meal. This month, CIC Dinner will be held on Thursday, October 19th and it will begin at 5:00 p.m. Those wishing to attend need to make their reservation to the Vineyard office before noon on October 16th.

Movie Afternoon



On Friday, October 20th at 1:30 p.m. we will be showing the movie "Maudie." This biography/drama movie stars Sally Hawkins, Ethan Hawke, and Kari Matchett. It is about an arthritic Nova Scotia woman who works as a housekeeper while she hones her skills as an

artist and eventually becomes a beloved figure in the community. Popcorn and beverages will be served. There is no charge. What a wonderful way to enjoy the movie theater without having to leave our campus!

Vineyard Afternoon Out



All Ohio Living Vineyard on Catawba residents are invited to enjoy an afternoon at Quarry Hill Winery on Tuesday, October 24th.

Everyone will meet at the Community Center at 2:30 p.m. and carpool to the winery in Berlin Heights. Vicki will have maps for the drivers. She assures that it is very easy to get to. Quarry Hill has a variety of wines and martinis, as well as a light menu. Everyone will be responsible for their own bill. Reservations are required. Please sign up in the office before noon on October 18th. When you sign up, please be sure to let us know if you are willing to drive or if you prefer a ride.

Pizza & Halloween Movie



You are invited to a dinner of pizza and showing of a Halloween movie on Thursday, October 26th at the Community

Center. The evening will begin with pizza at 5:00. Following dinner, we will be showing "The Witches." This adventure/comedy is about a young boy who stumbles on a witch convention and must stop them, even after he has been turned into a mouse. There will be a charge of \$6 per person. Reservations are required. Please sign up in the office before noon on October 23 if you plan to attend.

Craft Afternoon



Vicki is planning a afternoon of crafting on Friday, October 27th. Everyone will meet in the Community Center at 1:00 to make a turkey decoration. Watch your mailbox for the details.

Support For Our Troops



We continue to accept donations for packages to be mailed to American soldiers overseas. There is a box in Paul's office where you can donate items. Monetary donations to help offset the cost of postage are also accepted. Thank you for your support of this very worthy cause.

Fitness Studio



Ohio Living Vineyard on Catawba's Fitness Studio is located within the Community Center. The Fitness Studio is open for anyone to use during normal business hours and is open to residents anytime. There is a variety of equipment that is easy and convenient to use. Please remember to sign in on the clipboard located on the wall each time that you work out. Also, **there is a waiver that needs to be signed by each person who uses the fitness studio. The forms are available in the office.** Anyone wishing to receive instruction on any of the equipment in the Fitness Studio is encouraged to request instruction from our Administrator, Paul Shaw. Remember, all workouts can be customized to meet your abilities. **We are raising money to replace the recumbent steppers. Donation envelopes are located in the vestibule of the Community Center for anyone wishing to make a contribution.**

Library



Ohio Living Vineyard on Catawba is fortunate to have our own library right here on campus. It is located in the Community Center. All books in our library have been donated and we continue to accept donations. Our library can be accessed anytime during normal business hours. Library cards are not required. Simply choose your books, enjoy them, and return them to our library when you are finished reading them. There is also a nice selection of books in the Gathering Room of the Concord Apartments for everyone to enjoy.

Reminders



If you have a question or a concern about anything within our fabulous Ohio Living Community, please contact the office to schedule an appointment to meet with our Administrator, Paul Shaw. Paul strongly believes in an open door policy and will listen to you.

From the Maintenance Dept



Work orders should be completed when you require maintenance and/or repair to your home. Work orders can be found in the Gathering Room of the Concord Apartments and in the Library of the Community Center. If you are not able to get to either of these places, simply contact the office by calling 419.797.3100 and we will complete a work order for you.

Reminder for Dining Services



We would like to take this opportunity to remind everyone of a few procedures associated with our Dining Service program. If you need to make any changes to the meals that you signed up for, whether you will not be able to attend, if you expect to arrive late, if you would like to have the meal delivered to you at your home, or if you would like to be added for a meal - Please call our office as soon as possible so that we can make the change for you. All changes must be made through Ohio Living Vineyard on Catawba's office. Also, while we would encourage everyone to enjoy served dinners in the dining room of the Community Center with your neighbors and friends, delivery of these meals is available. However, there is a charge of \$1 per meal to have these meals delivered to your home. *This \$1 is to be paid to the caterer when they deliver the meal.* We are very pleased to be able to offer this amenity to our residents. We thank you for your cooperation and for helping to make this program a success.

The Vineyard Shop



The Vineyard Shop, located just off the Gathering Room in the Concord Apartments, is open on Mondays, Wednesdays, and Fridays from 2:00 p.m. to 4:00 p.m. Items for sale include jewelry, home décor, gifts, convenience items and new and gently used household articles and accessories at bargain prices.

Old Eyeglasses



Our local Lions Club continues to collect old eyeglasses and sunglasses. Collection boxes are located in the library of the Community Center and in the laundry room at the Concord Apartments.

Old Medication



Anyone wishing to get rid of old medication can bring it to the Vineyard Voices meeting and place it in the jar labeled 'Old Medication'. This container will then be taken to the designated location and disposed of properly. Old medications can only be accepted during the Vineyard Voices meetings. Please do not bring them to the office at other times.

Beauty Shop



Did you know that you can get your hair done right here? Shannon Smith is providing a variety of hair services at The Concord Salon. She is here each Monday. Appointments must be made by calling Shannon directly at 419.320.7025. She asks that you leave a message with your phone number if you get her answering machine and she will call you back.
