

# THIS IS Living



Ohio Living  
Westminster-Thurber

MAY 2018 EDITION

OHIOLIVING.ORG



Dear Friends,

May 2018

**Do you have a favorite word or phrase?** I do. When I meet with my older adult friends, I see my favorite word lived out in the lives of those friends. **The word is “engaged.”** What I find interesting is that the Administration on Aging has crowned this month’s theme “Engage at Every Age” in honor of Older Americans Month (May).

The 2018 theme, **Engage at Every Age** emphasizes that you are never too old (or too young) to take part in activities that can enrich your physical, mental and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

What are you engaging in on a regular basis? **Have you found your rhythm in your retirement years?** I hope so. **Over the past 16 years I have worked at Ohio Living Westminster-Thurber,** I have seen firsthand the amazing ways residents of all ages and abilities have engaged in life to make themselves better and stronger. Some of them have taken advantage of the amenities, services and programs offered here, like for example, exercising in our indoor pool or joining a group fitness class. Our residents have also chosen to attend lectures, join book clubs or take a class from our OWLS school in October. What’s more, many of the residents engage in volunteering opportunities or they join some of the spiritual life programs we offer. As I reflect on the active lifestyle of our residents, I’ve observed that many choose to stay engaged in programs or organizations outside of the Ohio Living Westminster-Thurber community. It is an **inspiration to me** as I learn of their active involvement in community volunteering, mentorship programs, civic and church committees and a variety of social clubs.

As we think about the word “engaged,” I’d like you to take a look at some examples throughout this newsletter. **Nine residents recently participated** in a college-level language arts class offered at Ohio Living Westminster-Thurber. At the end of the 14-week course as their final project, the students wrote, acted in and made a short film. You can learn more about this engaging opportunity on page 3. You’ll see on the back panel **Jamie Hobson**, our Activities Director, is this year’s recipient of the Living Faith Award, presented by the Spirituality Network. Throughout her **25 years of service** at Ohio Living Westminster-Thurber she has lived out her faith by engaging in her passion to serve others. Additionally, on the back page you will see that we are gearing up for our OWLS School. Class schedules come out in August. What you may not realize is that the OWLS school has an active working board made up of our residents: individuals who are passionate about lifelong learning. The OWLS school is open to the public, and I hope you will attend this year.

In closing, I encourage you to embrace the idea of growing in your retirement by engaging in activities that nurture you physically, mentally and emotionally. If you need additional information, please give us a call. Don’t forget to engage in some of the events we have planned.

*Take care and stay active,*

Joel Wrobbel | Director of Marketing | [jwrobbel@ohioliving.org](mailto:jwrobbel@ohioliving.org)

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# Coffee Time Events



**Tuesday, June 5 | 10 a.m.**

## ***Alfred Tibor: His Life and His Artwork***

Join **Ann Shifflet**, professor of the History of Art and Design at CCAD (Columbus College of Art and Design). Ann will give us an inside look at Alfred Tibor's life and ideas, and how those are reflected in his wondrous sculptures. His artwork can be found in nearly 500 private collections and museums worldwide.



**Tuesday, July 10 | 10 a.m.**

## ***Postcards from Columbus – The History Behind Them***

Ever wonder about the story behind some of Columbus' postcards? 2018 marks **Richard Barrett's** 15th year writing for the Senior Times, specifically the column "Postcard from Columbus." Richard will share with us the background and history behind those delightful postcards of yesteryear.

Please RSVP for Coffee Time events to Michelle Vance at 614.228.8888

## ***What is Coffee Time?***

*Coffee Time is a **FREE** event that provides an opportunity to learn something new and be entertained or be informed about a topic or issue affecting adults. Monthly, Ohio Living Westminister-Thurber offers fresh-baked breakfast refreshments and coffee at 10 a.m. We move to the auditorium at 10:30 a.m. to hear our scheduled Coffee Time speaker. The coffee portion can only accommodate 65 guests, but our main presentation can accommodate over 150 guests. Church groups and senior centers are welcome!*

## **Educational Opportunities**

### **Top 10 Scams and Frauds You Can Avoid**

**Thursday, July 26 | 10 a.m.**

Phone and email scams affect older adults more than ever. Be in the know about what scams are being used and how you can avoid being taken by them.

### **Open Enrollment Insurance Presentation**

**Thursday, September 27 | 10 a.m.**

Each year you have a choice about what medical/prescription insurance plan will be best for you. Get the insights you need to make the best choice for your individual situation.

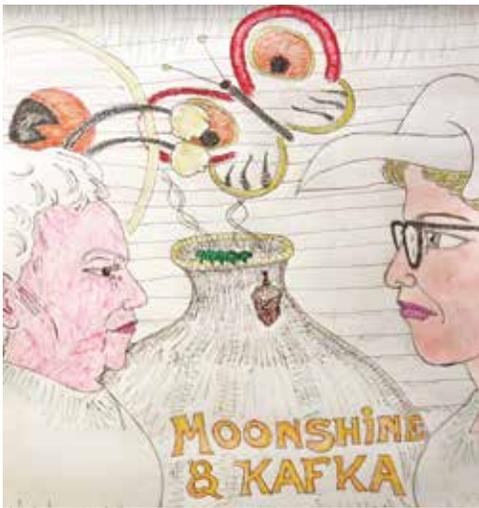
Chief Executive Officer of Seniors Servicing Company, **Emily Jones** will present on both topics for us. Emily will give a brief talk and provide an opportunity for discussion. **RSVP** to Michelle Vance five days before each educational opportunity.



Summer is a fun season when you can get out with the grandkids, take walks and get your hands dirty while planting a garden. As you engage in activities, remember to hydrate because as the temperature increases, so does your risk of getting dehydrated.

### **Remember the basics:**

1. If you consume a little more than 8 of cups fluids a day along with your normal diet, you will typically replace lost fluids.
2. Food choices like fruits and vegetables can add hydration to your diet.
3. Include a healthy-sized drink with each meal.
4. It's important to drink water before and after any exercise program.



In the fall of 2017, the Ohio Living Creative Arts Academy offered a 14-week Language Arts class, where students learned about several elements of film. By the end of the course, they created their own short film titled Moonshine and Kafka, and it premiered in February 2018 at the Gateway Film Center.

**To watch the film go to:** [ohioliving.org/residentfilm](http://ohioliving.org/residentfilm)

**To watch media stories regarding the film go to:** <http://abc6onyourside.com/news/local/columbus-seniors-going-hollywood-with-short-film>

<https://www.youtube.com/watch?v=njWbXxJMh7M>

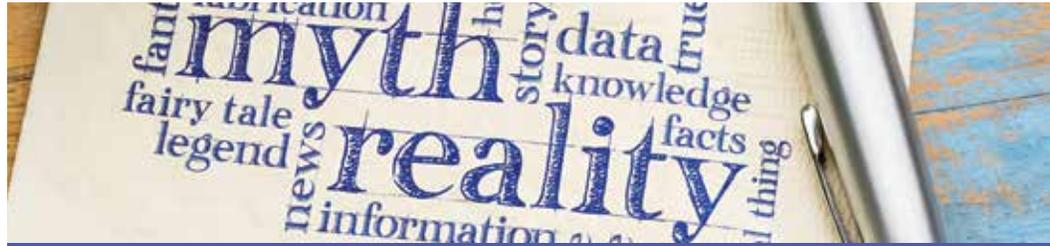
**To read about the film project go to:** <https://www.ohioliving.org/communities/ohio-living-westminster-thurber/blogs/our-residents-created-a-podcast>

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## Life plan communities: myth vs. reality

One of the biggest obstacles that keeps people from exploring a life plan community like Ohio Living Westminster-Thurber is the belief that there are too many sacrifices to be made, such as freedom, independence and living space.

Age Wave, a research and consulting company, conducted a study to better understand how adults decide to move to a life plan community like Ohio Living Westminster-Thurber. Here are a few of the myths and realities of moving to a life plan community.

**Myth 1** – “My current home will be the best possible place to live in my retirement years.”

*Reality* – The ideal home evolves throughout our lifetime, so the best home for your next stage of life should be one that provides more freedom, more convenience, better care and less worry.

**Myth 2** – “My current home is the best option to continue an active social life and to stay connected with friends.”

*Reality* – Remaining in your home can result in growing isolation and loneliness. Life plan communities offer opportunities to build new relationships and social connections with like-minded people.

**Myth 3** – “It’s less expensive and more financially secure for me to stay in my current home.”

*Reality* – Even though your mortgage may be paid off, monthly expenses to maintain your home and lifestyle are often higher than you realize and can become less predictable. When combined with

potential care costs, living in your current home may end up being the most expensive option.

**Myth 4** – “It would be easy to get any care I might need at home.”

*Reality* – Care at home can be difficult and costly, while life plan communities offer a seamless solution for most care needs that may arise later in life.

**Myth 5** – “Life plan communities are filled with old people who are sick and dying.”

*Reality* – Many people choose life plan communities to pursue opportunities for new learning and new activities.

Planning ahead and proactively choosing the home and community that best meet your needs in the years ahead, is the best recipe for making the next chapter in life as vital, interesting and fulfilling as possible.

For more information on the lifestyle, care and support offered at Ohio Living Westminster-Thurber, call 614.228.8888.



**Ohio Living**  
Westminster-Thurber

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We hope you enjoy **“This Is Living.”**  
Read more to learn about what life is  
like at Ohio Living Westminster-Thurber  
and the upcoming programs we offer!



## An Engaged Life Recognized!

**Jamie Hobson**, director of activities at Ohio Living Westminster-Thurber, was recognized as this year’s Living Faith Award recipient by the Spirituality Network (May 2018). Through quietly living out her faith and by helping others engage in life, Jamie has continued to cultivate an inclusive and supportive environment where residents feel at home.



Join the October 2018 OWLS School this year!  
Engage in intellectual and stimulating classes  
through seven courses of learning. Schedules  
arrive in August 2018. If you have not received  
an OWLS registration packet in the past, you  
can add your name to the OWLS School schedule  
mailing list now. OWLS are Older Wiser Lifelong  
Scholars.

Contact Michelle Vance at 614.228.8888 or  
mvance@ohioliving.org today to be sure you get  
this year’s class schedule.