

THIS IS Living

WINTER 2020



Ohio Living
Breckenridge Village

OHIOLIVING.ORG

Slow-Cooked Comforts Beating Winter's Chill With Comfort Food Favorites



Homemade pulled pork chili with fried pork belly.

As you might imagine, during cold winters our most popular foods are the homemade soups, stews, and chili. We give each its own flair, like our pulled pork chili (shown).

“We eat with our eyes first, so we plate each meal with care,” says Ryan Wagner, Director of Culinary and Nutritional Services. “The food you find here is of exceptional quality and presentation, yet without the coolness and formality sometimes found in ‘fine dining’ establishments. This campus is your home, and our food and service reflects that comfort and ease.”

Speaking of service, the best things about dining at Ohio Living Breckenridge Village are the relationships you’ll make with the staff and chefs. If you ask, they’ll try to include your favorite food on the menu. And your meals are always cooked-to-order and prepared to your liking.

Residents tell us their other winter favorites include our stroganoff, pot pies, short ribs, fried chicken, chicken and dumplings, and our Italian dishes like chicken parmesan, cavatelli Bolognese, spaghetti and meatballs, and lasagna. Every menu offers a Chef’s Special and a Catch of the Day.

Residents have two restaurants on campus to choose from – one in the Grace Woods community and the Greenhouse Grille at Breckenridge Village North. The Schell Bistro and Pub will be opening in spring of 2020, offering a third option for the comfort of food with friends.

When an unrelenting chill is in the air, there’s nothing like a slow-cooked meal to warm your bones. Aromas from the simmering pot build our anticipation until the meal is ready to savor.

The comfort of food is a central part of everyday life at Ohio Living Breckenridge Village. Our chefs take that to heart as they create seasonally-inspired menus each month. They prepare our food from scratch daily using fresh, quality ingredients. That’s the key to our home-cooked flavors.

In the Kitchen with Chef Ryan Wagner

OL: Why did you become a chef?

RW: Well, there came a time when my mother told me I had to do something with my life or move out of the house! I always enjoyed cooking, so I went to culinary school. I fell in love with it, and in love with professional food service. Then I landed here at Ohio Living Breckenridge Village where it’s food service, but taking care of people, too. That adds another layer of greatness to my job. Here I get to do two great things that I love.

OL: What’s your favorite dish to cook?

RW: I don’t have a favorite dish to cook, I just enjoy making good food, quality food, and making people happy with my food. We have the opportunity to cook so many different things here because we serve the same people every day, so we get to switch it up and have a lot of fun with it. I enjoy trying new things and making them as good as we possibly can.

OL: What’s the best part of your job?

RW: What’s really important to me is taking care of my residents and doing what I love at the same time: providing great food, great service, and building relationships with awesome residents and teammates. There’s such fulfillment from making them happy and being a positive part of their lives. That’s really special, and it’s why I’ve been here 14 years and hope to be here for another 25.

Call Rachel Terzak at 440.954.8359 to schedule a tour and stay for a meal prepared by our award-winning Culinary team at Ohio Living Breckenridge Village.

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- A Way of Life at Ohio Living

3 COMMUNITY LIFESTYLE



- Managing Recovery
- Benefits of Simplifying Your Lifestyle

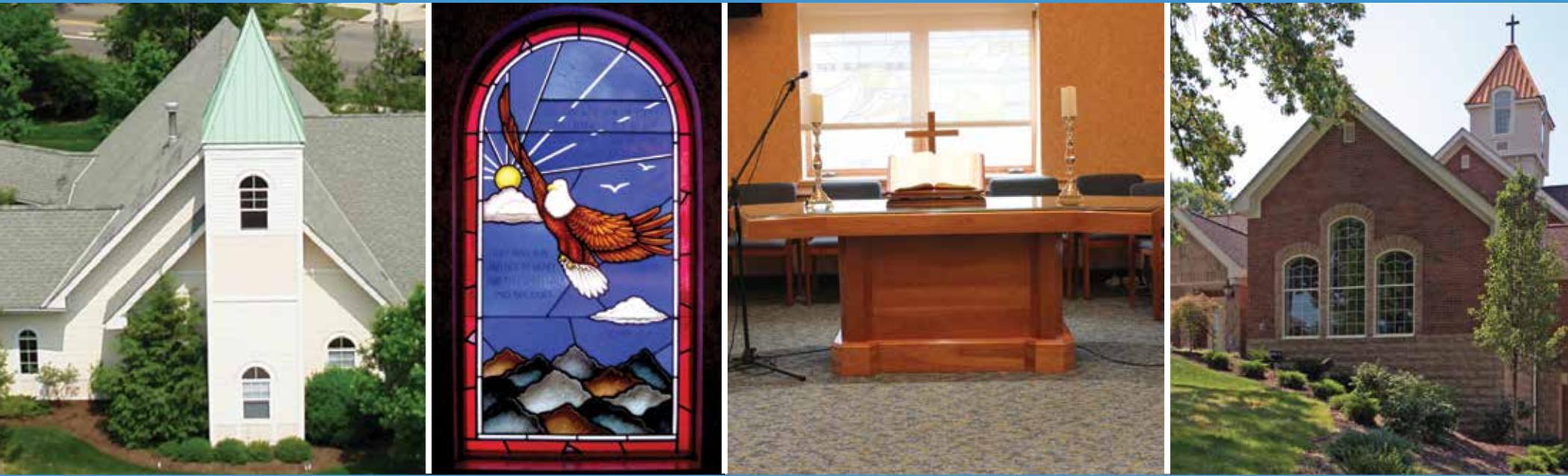
4 CAMPUS LIFE



- Resident Spotlight
- Welcome Rachel!

Faith, Compassion, Community

A way of life at Ohio Living



Ohio Living chapels throughout the state of Ohio on the campuses of Ohio Living Westminster-Thurber, Llanfair and Breckenridge Village.

Ohio Living communities are filled with love; you can feel it. That's because we make it part of our mission to care for the spiritual well-being of each person we serve. We understand that living each day according to the values and beliefs that have been lifelong anchors is important to you.

Each Ohio Living community is a special place to live – a vibrant neighborhood of caring friends and family. Its spiritual center provides you with fellowship during times of celebration and loving support during times of challenge.

We live our Christian mission and welcome the diverse spiritual traditions and expressions of residents and staff. But spiritual well-being goes beyond religious affiliation; it speaks to our peace of mind, values the whole person and encourages compassion, friendship and understanding, which are the qualities that make Ohio Living communities such unique places to live, work and visit.

At Ohio Living you'll have the freedom to express your individual spiritual beliefs, to grow in personal faith, and to continue to be a part of your home church. If someday you can no longer drive to your church, we're there. Donors have funded

beautiful chapels on eight of our campuses, and charitable gifts continue to bring new spiritual opportunities to residents every day.

Ohio Living also respects, without judgment, your choice to abstain from spiritual opportunities altogether. This freedom is accompanied by respect for you and your beliefs.

Our employees are an important part of this spiritual support system as well. They often receive just as much care and comfort as they give, helping each other through life's changing and challenging times. For some, their job provides a spiritual connection in their lives and drives them in their career path.

Ohio Living is deeply rooted in faith, as our founding in 1922 was a communal expression of sympathy and spiritual support. As an organization, we affirm both our historic relationship with the Presbyterian Church (U.S.A.) and our commitment to welcome all faiths. Our chaplains bring an ecumenical perspective to campus spiritual programming as well as sensitivity to the ways that we can continue to nurture residents' spiritual development through all stages of life.

Our goal is to make sure that no one is left behind on his or her spiritual journey.

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

SPIRITUAL PROGRAMS AVAILABLE:

- On-site chaplains
- Catholic, Lutheran & Presbyterian hours or worship services
- Sunday non-denominational worship
- Counseling and crisis intervention for residents, staff and families
- Weddings and baptisms
- Memorial services and funerals
- Devotions and devotional books
- Bible study groups
- Choirs
- Educational programs and speakers
- Hospital visitations
- One-on-one visits with Chaplain

Managing Recovery from Surgery, Illness or Injury – 3 ways to get back to the life you love

The right care management after surgery, illness or injury is vital to regaining your mobility and independence. You need a personalized plan for recovery and well-qualified clinicians to reach your goal. Here are three ways Ohio Living can help.

1

SHORT-TERM REHAB

Ohio Living’s short-term rehab centers offer a private and comfortable environment set apart from the long-term nursing care area. You’ll receive the focused therapy you need in a safe setting with skilled caregivers available around the clock. Our team has been extensively trained in caring for adults after hospitalization for neurological diseases, orthopedic surgery, cardiovascular events or other debilitating conditions. With our proven results and years of expertise, we will lead you on the road to recovery.



HOME HEALTH

If you don’t need an inpatient stay but cannot easily leave home for outpatient therapy, then home health can be of service. With an order from your physician, physical, occupational and speech therapies can be done in your home by our expert clinicians. They will create a personal care plan, provide regular reports to your physician, assess safety concerns in your home, promote independence with activities of daily living, and support the involvement of your caregivers in your recovery process.

2

3

OUTPATIENT THERAPY

Ohio Living offers an array of physical, occupational and speech therapy services provided by appointment in many of our life plan communities. Our team of experienced clinicians offer one-on-one treatment sessions with each patient and provide a variety of innovative treatment options to help you achieve the best possible outcomes. Outpatient therapy is available for anyone 18 years of age or older with a physician’s prescription.



Call your Ohio Living community at the number on the back of this newsletter or visit ohioliving.org to learn more.

BENEFITS OF SIMPLIFYING YOUR LIFESTYLE

Why Independant Living Might be Right for You



FREEDOM

Want to travel? Just lock the door and go, knowing your home will be looked after in your absence.



FRIENDS

When you live in a life plan community, you’ll always have a friend close by.



FUTURE

You’ll have a plan for the future, knowing you have access to care if your health needs change.



FUN

Enjoy lifelong learning, and lifelong fun, with more classes and activities than you ever thought possible.



FITNESS

Make your health a priority using our wellness centers and programs.

Community Calendar



Ohio Living

Breckenridge Village

NON-PROFIT
US POSTAGE
PAID
PERMIT #227
COLUMBUS, OH

36855 Ridge Road
Willoughby, OH 44094
ohioliving.org

“We Got the Beat” with Becca Bankert of the Willoughby Fine Arts Association

Thursdays, March 26, April 2, April 9, April 16, April 23, April 30

1 to 2 p.m.

Location: Mahan Cultural Arts Center - Art Room

Drumming and rhythm fun for all! Come make music together with percussion instruments. No experience required!

Cost: \$30 for the six-week session.

Trip: “Matilda the Musical”

Friday, April 17

7:30 p.m.

Location: Geauga Lyric Theatre

Guest Lecture: Presidents and Their Religions

Dr. Greg Ferro

Monday, April 6

9:30 a.m. to 12 p.m.

Location: Grace Woods Reserve Community Room

Guest Lecture: Our American Ideals: When They Failed Us and What Have We Learned - Japanese Americans and the US

Dr. Joy Gray

Wednesday, March 18

10:30 a.m. to 12 p.m.

Location: Grace Woods Reserve Community Room

Guest Lecture: Our American Ideals: When They Failed Us and What Have We Learned - Eastern European refugees, primarily Jews, during WWII and the US

Dr. Joy Gray

Wednesday, March 25

10:30 a.m. to 12 p.m.

Location: Grace Woods Reserve Community Room



Resident Spotlight: Mary McKown



Resident Mary McKown had an exciting career at General Electric from 1966 to 1986. She started as the executive secretary to the photo engineer, which led her to other executive secretary positions for general managers of the large lamp department and maintenance manufacturing. She also went on to dispatch the company plane!

That excitement hasn't waned in Mary's retirement. Now a resident for five years, Mary loves to give back by volunteering her time here on campus. She's involved in resident forum, 90's club, social committee, Care Cards, pantry, bingo, and more. In her spare time, she also loves to read, watch movies and sew. She feels baking is very therapeutic.

Mary is also very strong in her faith. "I say to myself every day, 'God is good, use it or you will lose it, and less is more.'"

When asked why she chose Ohio Living Breckenridge Village, she says that her pastor planted the seed. His mother had moved to the campus, so he suggested Mary move, too, so that his mother would have a friend there. The rest is history.

"I love all the residents and staff here," Mary said. "Everybody is so good to me. Moving here is the best gift I ever gave to my daughters because they have peace of mind that I am safe. And I love every minute of it."

Welcome Rachel

Please welcome Rachel Terzak, Director of Business Development, to the Ohio Living Breckenridge Village family! Rachel brings a wealth of knowledge from more than 10 years of experience working in the rehab, assisted living, and home health specialties. Rachel lives locally in Willowick and has twin sons named Gavin and Dillon, now two years old.

In her spare time, you will often see Rachel jogging around campus when the weather permits, or at Veale Wellness & Aquatic Center. "One of my favorite things to talk about with potential new residents is the beautiful natural campus and walking trails," Rachel says. "It is an honor to share this space with the residents."

A native of East Cleveland and Youngstown, Rachel learned the value of diversity from her multi-cultural neighborhoods. Her competitive side was well nourished playing volleyball at Westminster College in New Wilmington, Pennsylvania. After completing her bachelor's degree, Rachel earned her Licensed Nursing Home Administrator certification from the State of Ohio.



For more information on Ohio Living Breckenridge Village or to schedule a tour, please call
440.954.8359