



A Family Affair



When Maddy Jones was seven years old, her mom, Michelle, took a part-time job as a receptionist at Ohio Living Dorothy Love. Maddy remembers tagging along with her mom to meetings and delivering goodies to residents with her Girl Scout troop. Our community was so ingrained in her childhood that she knew she wanted to work here too when she grew up.

That childhood dream became a reality when Maddy turned 16 and began working as a waitress in our Oak Tree Dining Room. Almost immediately, she realized she wanted to spend more time with residents instead of in the kitchen. Maddy went

on to become a state tested nursing assistant (STNA) and now works in the east wing of our Healthcare Center. She loves spending one-on-one time with residents, and takes pride in getting to know, love and care for them and their families.

Maddy has seen her mom grow in her career as well. Michelle now works as Transportation Coordinator and Maintenance Secretary. After thirteen years here, she says there's not one thing she would change about her experience. "I have gained so many extra 'parents' and 'grandparents' throughout the years, and I have so many awesome memories thanks to my extended family here," she said.

Michelle has a knack for bringing fun to her work and

brightening everyone's day. She makes sure that our entire maintenance crew participates every Halloween with a group costume. This year they were Snow White and the Seven Dwarfs! Everyone was smiling as they marched down the halls, whistling while they worked.

Both Michelle and Maddy agree that Ohio Living Dorothy Love is more than a place to work; it is a wonderful community full of friends and extended family.

We couldn't be more grateful that Michelle found her way to Ohio Living Dorothy Love, and that Maddy followed in her footsteps.

REHAB SUCCESS

It's not often that guests of our Rehab Studios tell us they don't want to go home, but that's just what we heard from William "Bill" Stamm. "I like it here so much, I don't know if I really want to go!" he laughed, adding, "You've spoiled me here!"

Bill is a lifelong resident of Sidney, Ohio, and had visited many people at Ohio Living Dorothy Love over the years. When he took a tumble and fractured his hip, he



knew this was where he wanted to come for therapy. "After hearing so many good things from my friends and the staff at the hospital, I knew it was the place for me," Bill explained.

It's safe to say Bill is appreciative of the care he experienced. "The physical therapy department is wonderful. They really take their time with you and care about your success," he shared. "They challenge you to keep going, but don't give you a hard time when you do have to take a break."

We were pleased to help Bill during his recovery, and wish him well in his return home.

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4 CAMPUS LIFE



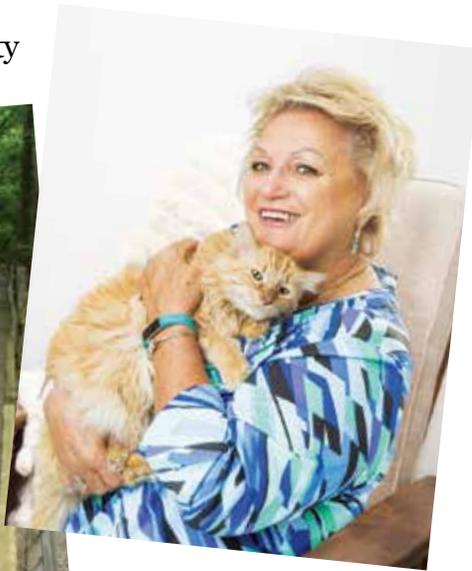
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Pets Help Seniors Stay Healthier, Happier

French novelist Sidonie-Gabrielle Colette once said, “Our perfect companions never have fewer than four feet.”

Indeed, pets provide meaningful support to their owners, and they can be especially beneficial for seniors. Research shows that pet ownership delivers both physical and mental health benefits, such as:

- Decreased stress and anxiety
- Lowered blood pressure
- Reduced chances of depression and loneliness
- Increased mobility and independence
- Lessened pain
- Increased physical activity



However, many older Americans still mistakenly believe that moving into a life plan community means they’ll have to leave their pets behind. This is not the case at Ohio Living communities, most of which are pet-friendly.

According to Megan Nolan, Social Services Associate at Ohio Living Swan Creek, pets may live in any unit on their campus. “We even have residents in memory care who have pets,” she explained.

Many of our residents will tell you that they chose Ohio Living because of the pet-friendly atmosphere and the amenities offered to pets, such as walking trails and dog runs, which allow furry residents to stretch their legs and socialize.

Prior to bringing an animal into their home, residents are encouraged to make sure it’s the best arrangement for themselves and the pet. “Our staff meets with residents to discuss our community’s specific pet guidelines and policies,” said Megan.

For more information about your local Ohio Living community’s pet policy, please call us at the phone number listed on the back cover.



Four Ways to Stay Active During Cold Winter Months

During colder months, regular exercise is essential because it can help combat winter blues, lessen joint pain, increase metabolism and contribute to a healthy immune system. While temperatures frequently dip below freezing during the winter, there are still many ways to stay active indoors:



SWIMMING*

This low-impact workout can reduce stress and increase quality of life. Exercising while in water provides buoyancy that supports the joints and can reduce pain. Brain function and cognition are also improved with better blood flow and increased oxygenation. Some of our communities offer indoor pools for classes, laps and recreational swimming.



MIND STIMULATING ACTIVITIES

It’s important to stay mentally active. Playing board games, knitting, crocheting, doing puzzles, socializing, reading and learning new skills are great ways to stay sharp. Calming activities like these can lower the breathing rate, slow the heart rate and reduce blood pressure.



GUIDED EXERCISE*

Exercise classes are a popular choice because they are offered at various skill levels. For those who do not enjoy classes, there are plenty of simple workouts that can be done at home. Borrow a DVD from your local library, check your TV guide for fitness programs, or browse YouTube for guided instruction.



WALKING, JOGGING OR RUNNING*

There’s no denying that these activities come with numerous health benefits. They can increase bone mass and even strengthen problem-area joints, such as your knees. Many of our communities have indoor walking tracks or other areas to take laps, as well as fitness centers with treadmills and other equipment.

When you choose to move to an Ohio Living community, you can have these opportunities and more at your fingertips. From group fitness classes to a morning swim, we offer a multitude of opportunities to stay active and fit – even during the cold winter months!

*Always remember to consult with your physician before starting an exercise program.

Community Calendar



JANUARY

January 14th – 10 a.m. Coffee Time: Walk Down Memory Lane
Enjoy coffee, breakfast treats and old time trivia.

January 18th – 2:30 p.m. Armed Forces Canteen: All veterans are invited to enjoy refreshments and a presentation by Bill Deam, WWII Veteran.

January 19th – 4 p.m.
Comedian/Stunt Performer Tony Steinbach. Be prepared to laugh out loud!

January 23rd – 10 a.m.-3 p.m. Hobby and Woodworking Show:
Our residents will have their collections on display for you to enjoy. If you would like to display your hobby or woodworking project, call Deb Sanders at 937-497-6543 to reserve your table.

FEBRUARY

February 7 Taste of Culture: France
Enjoy a treats from France along with an informative program.

February 15th – 2:30 p.m. Armed Forces Canteen: All veterans are invited to enjoy refreshments and a program.

February 18th – 10 a.m. Coffee Time: Ohio Living presents – Living with Parkinson's, part 1

February 19 – 1 p.m. Balance Fair: Visit several different stations to learn what causes poor balance and find solutions to have the best balance possible.

MARCH

March 7th Taste of Culture: Ireland
Enjoy treats from Ireland along with an informative program.

March 15th – 2:30 p.m. Armed Forces Canteen: All veterans are invited to enjoy refreshments and a program.

March 18th – 10 a.m. Coffee Time: Ohio Living presents – Living with Parkinson's, part 2

March 21st – 7 p.m. Altrusa Adult Spelling Bee

Please call Deb Sanders at 937-497-6543 to reserve your spot for these events. You must have a reservation to attend.

Number of Tech-Savvy Seniors on the Rise



Many people think of teens and young adults as being the most tech-savvy, but seniors are using social platforms, email and other technology at an increasing rate – much to their benefit.

Prior to the technology boom, the main sources for socializing included writing letters, making phone calls and joining clubs, religious groups or volunteer programs. Today, many adults are communicating online, which makes it easier and faster to get updates from family and friends.

Email remains the primary choice of adults for digital interaction and communication, with 59 percent of people over the age of 65 using email and search engines like Google. In addition, 56 percent of this same age group is also on Facebook. Although this number may seem small, it has jumped substantially within the last several years.

There are a variety of social benefits to adults who use technology, the biggest of which is staying in touch by sharing and viewing family photos. Tech-savvy adults can also experience notable health benefits – such as reduced rates of depression and improvement in memory and cognitive function – by playing games, listening to music, reading the news and watching TV.

Believe it or not, technology can help you be happier and healthier! Regardless of your age, it's never too late to learn, which is why many of our communities offer a variety of technology classes. To learn more, call your local Ohio Living community today.

What You Need to Know About Common Scams

Financial scams targeting older adults have become extremely prevalent because this demographic is often thought to be an easy target. These scams often go unreported and can be difficult to prosecute.

Some of the most common scams to watch for include:

The Pigeon Drop

Often, a con artist will tell an individual that they have found a large sum of money and are willing to split it if the person will make a “good faith” payment by withdrawing funds from his or her bank account. Unfortunately for the unsuspecting victim, there is no large sum of money and the payment is stolen by the scammer.

The Fake Accident

After making up a story about an unfortunate incident, the perpetrator gets the victim to wire or send money on the pretext that the person's child or another relative is in the hospital and needs the money.

Charity Scams

In this common scam, money is solicited for fake charities. This most often occurs after natural disasters. Be mindful of only donating to not-for-profits that you know and trust, like Ohio Living.

Email/Phishing Scams

This takes place when people receive email messages that appear to be from legitimate companies or institutions, asking them to update

or verify their personal information. The link they're given is to an imposter website, however, and their information is stolen. A common occurrence of this is fake emails from the IRS about a tax refund.

Investment Schemes

Many of these scams specifically target older people by asking them to invest in pyramid or advance-fee scams. Remember – if it sounds too good to be true, it probably is!

Sweepstakes/Lottery Scams

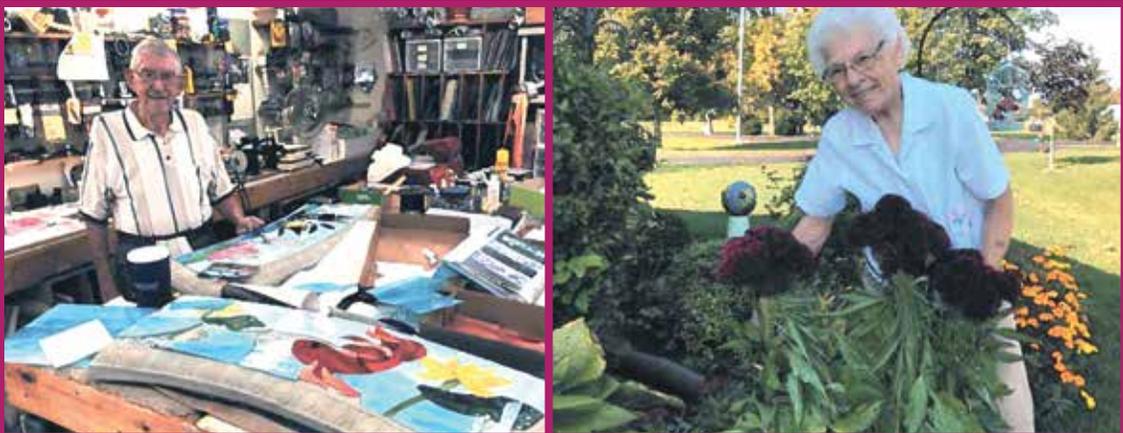
This simple scam informs the target that they have won a lottery or sweepstakes of some kind, and need to make a payment to unlock the prize. The unwitting victim then deposits a check or transfers money

into the scammer's account.

Grandparent Scams

This often involves a phone call by someone pretending to be a grandchild in need of money to solve some unexpected financial problem, such as overdue rent or payment for car repairs. Payment is always demanded via Western Union or MoneyGram, which don't always require identification to collect.

If you suspect you've been the victim of a scam, don't be afraid or embarrassed to talk about it with someone you trust. Keep handy the phone numbers of resources you can turn to, including the local police and your bank.



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Resident Spotlight:

Maynard & Alfrieda Francis

We'd like you to meet residents Maynard and Alfrieda Francis. Since moving to one of our independent living houses in 2014, the couple has shared their unique personalities and amazing talents with all who live, work and visit here.

For nearly 20 years, Maynard has created beautiful pieces of stained glass. Alfrieda is a master gardener, a skill she has worked at perfecting her entire life. They will proudly celebrate their 71st wedding anniversary this year.

We are blessed to have Maynard and Alfrieda as part of our Ohio Living Dorothy Love family.

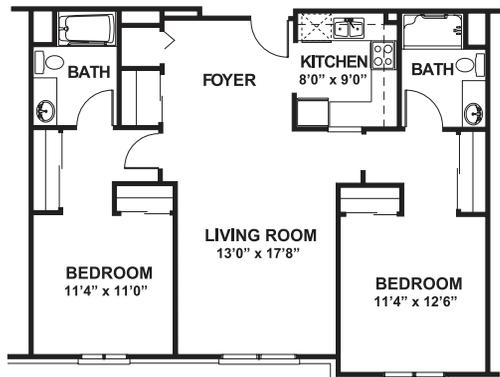
If you'd like to learn more about life at Ohio Living Dorothy Love, call Deb Sanders, Director of Business Development, at 937.498.2391.



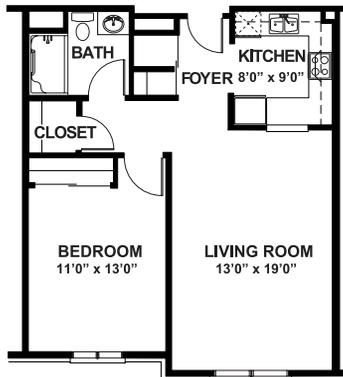
A Place to Call Home

Apartment Homes and Community Features

- Newly remodeled, spacious living areas
- One- or two-bedroom floor plans
- Fully-equipped kitchens
- Housekeeping services
- Restaurant-style dining
- Two meals per day
- Scheduled transportation
- Social and cultural activities
- Medication management and other services available for a small fee
- 24-hour emergency call systems
- Security of additional services if you need them



Two-Bedroom Deluxe



One-Bedroom Standard

Call 937.498.2391 for more information!



A Message From our Executive Director



**TRICIA
ATWOOD**

I am extremely proud to share with you that Ohio Living has been nationally recognized as a certified Great Place To Work and one of Fortune magazine's Best Workplaces for Aging Services. We are the only Ohio-based organization to make Fortune's first-ever list for the aging services industry, appearing at number 22 in the top 50.

I'm so pleased this category was added because I believe that quality aging services organizations care for much more than the physical needs of those they serve. I see this every day in the outstanding work of our employees; they bring a holistic view of care, considering residents' spiritual, mental, emotional and social needs as well.

These accolades we've received are a testament to our employees feeling empowered to do the right thing for their residents every time, and the meaningful relationships they've formed with one another. I am thankful to each and every employee here for the many ways they help us live our mission.

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937.498.2391
@myohioliving
ohioliving.org

