

There's No Place Like Home

Therapy team helps rehab guest reach goals



When Gene Drabek came to Ohio Living Lake Vista for rehab last fall, he already knew his ultimate goal: to go home to his family.

Complications after an ankle injury had resulted in an ICU stay that took an additional toll on Gene's health. When he arrived at our campus, he was only able to take two steps; but he discussed his goals with the therapy team and they created a custom recovery plan together.

It was difficult at first, but Gene's physical therapist Rick Gaca gently pushed him to keep working toward his goal. Soon, therapy was the best part of Gene's day. "He would complete his exercises and then come back on his own in the afternoon to work out some more," said Rick. "Eventually he didn't mind the workout because he knew it got him closer to going home."

Gene's hard work quickly began to show results, though he credits the staff who supported him with much of his success. "The care that was provided by the nurses and aides was unbelievably good," Gene remembered. "The therapists were easy to talk to and get along with – I looked forward to sessions where we could talk about football and current events."

Within six weeks, Gene had gone from taking two steps to walking our entire facility with his walker. After reaching his goal of returning home to his family, Gene set another big goal for himself: He returned to Ohio Living Lake Vista for outpatient therapy so he could continue recovering his strength and stamina – and now walks a mile and a half at the Eastwood Mall!

We are so impressed by Gene's determination and hard work, and are proud to have been a part of his success. "After 30 years of providing physical therapy, it still feels good to see someone graduate from rehab," said Rick. "It's so satisfying to know that I helped them get well enough to go home."

A Great Place to Work and Live

Our employees have always known that Ohio Living Lake Vista is a great place to work, but now we can prove it! In 2018, Ohio Living received certification as a Great Place To Work and was named as one of Fortune magazine's Best Workplaces for Aging Services nationwide.

We were thrilled to earn these designations because they confirmed



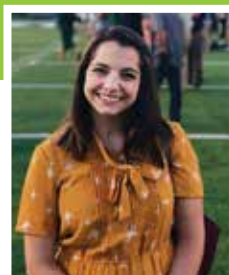
what we already know: We have employees who are deeply invested in making our communities the best they can be, both for their co-workers and our residents. And when that happens, everyone wins.

If you, a family member or friend is considering a move to a life plan community, you've likely already considered variables like location, cost, amenities and more. But have you considered the work culture?

At Ohio Living Lake Vista, we recognize that this isn't just a place to work – it's home to hundreds of people and we take pride in being able to provide them with quality care and services.

Call us today at 330.638.2420 to learn more about what makes our campus a Great Place To Work – and a great place to live!

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Keep Yourself Young with Technology and Innovation

Ohio Living partners with state colleges and institutes

At Ohio Living, we're always on the lookout for partners in our ongoing efforts to stay at the forefront of innovation in aging services. Here are a few of the partnerships that are currently helping us bring unique opportunities to our residents, patients, staff and those in our surrounding communities:



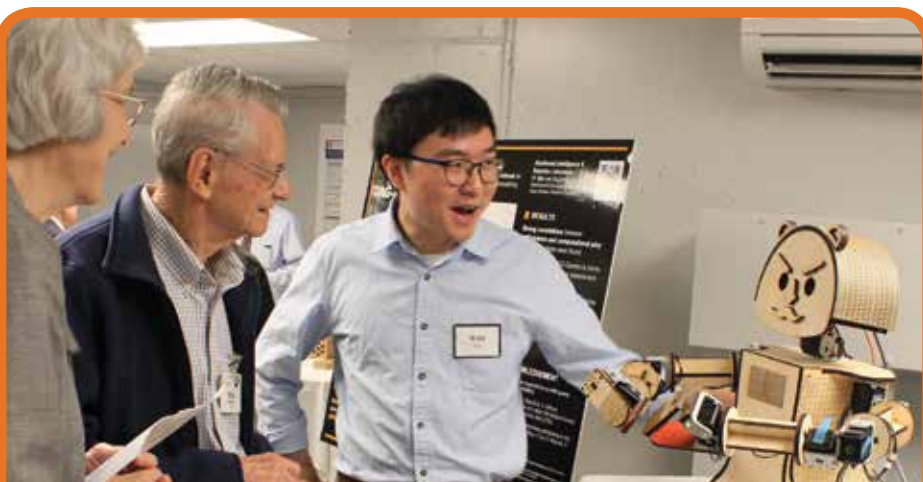
Nursing School Rotations

In 2011, the father of Youngstown State University (YSU) nursing professor Mary Shortreed was a resident at Ohio Living Lake Vista in Cortland. She was so impressed by his care that she wanted her nursing students to experience it firsthand. Since that time, Mary's students have gone through nine-week sessions in the long-term care center one day per week to learn about care from professionals she trusts. "I choose to be at Ohio Living Lake Vista because of the way they care for their residents and the way they treat my students," said Mary.



Project VIBE

Ohio Living Park Vista and YSU have teamed up to offer Project VIBE (Valley Initiative to promote Balance among the Elderly) to Mahoning Valley residents. Participants receive free assessments that examine things like gait, balance, strength, cognition, lifestyle and more. "Falls are the leading cause of injury among older adults, which is a major threat to independence and leads to costly health care," said Dr. Tiffany Hughes, Assistant Professor of Gerontology at YSU. "Project VIBE helps to better understand who is at risk and raises awareness about fall prevention."



Smart Living Lab

Ohio Living Breckenridge Village in Willoughby built a 2,400-square-foot Smart Living Lab on its campus to give residents a dedicated location for trying out new devices and programs that meet age-related needs. In collaboration with Case Western Reserve University researchers, participants work with the devices before the technology advances to the marketplace—and where university faculty and students can immediately relate with them to address their daily challenges. This program has proven so popular that there is a waiting list to be able to participate!



Student In Residence

Ohio Living Westminster-Thurber has partnered with the Ohio State University for a special opportunity as part of the Age-Friendly Student In Residence Program. Natalie, a 21-year-old student in the College of Social Work and an intern with Age-Friendly Columbus and Franklin County, lives in a studio apartment at our Columbus life plan community. To fulfill her requirement of engaging formally with the community, Natalie hosts a weekly "Porch Stories" program where residents share their personal stories relating to the topic of the week.

Community Calendar



MAY

\$5 Soup & Sandwich
 Wednesday, May 1
 11:30 a.m. to 1:00 p.m.

Moving Expo
 Thursday, May 16
 11 a.m. to 2:00 p.m.

Join us to learn just how the process of a move is a puzzle, and we have all the pieces. Meet vendors from movers, realtors and more to help prepare now or for the future.

JUNE

\$5 Soup & Sandwich
 Wednesday, June 5
 11:30 a.m. to 1:00 p.m.

Cortland Community Band Concert on the Lawn
 Wednesday, June 26
 7 p.m.



For additional information on events and activities at Ohio Living Lake Vista, please call: **330.638.2420**

How to Know it's Time

Simplify your life with a move to an Ohio Living community

Did you know that you can simplify your life while enriching your lifestyle? Ohio Living life plan communities are active, vibrant places designed exclusively for people who are aged 55 and better. Here, you can focus on what matters most: enjoying the best years of your life, care-free!

Too often, people think that moving to a condo is the best way to downsize and take the next step toward a simpler life. After all, it can eliminate some of the time and money spent on home upkeep. But moving to an Ohio Living community offers the same benefits while also securing a plan for your future that allows you to enjoy the present.

So how do you know if it's time to make the move? Let's look at four questions that can help you decide:

Are you tired of home upkeep?

Is the care and maintenance of your home more of a burden than a joy? If so, get ready to delete the numbers for your handyman, plumber and electrician – at Ohio Living, you won't need them! Let us handle the routine maintenance and urgent repairs, both inside and out. We'll also take care of the leaf raking, snow shoveling, lawn mowing and landscaping, so you have more time for the things you enjoy.

Do you live alone?

Safety, security and quality of life are all things that can be easily compromised when living alone. Residing in an Ohio Living community where there's fast access to medical care, along with staff and neighbors who are there to check in on you, can make a world of difference in staying independent. Enjoy the peace of mind that comes from knowing your home will be looked after in your absence.

Are you being challenged?

Our minds are kept sharp by learning new skills. As an Ohio Living resident, you'll have access to more opportunities to challenge yourself than you ever thought possible. Enjoy lifelong learning opportunities through workshops and lectures; fitness classes and access to top-of-the-line equipment; social engagement through trips, clubs, volunteer work and activities; cultural enrichment like music and theater performances as well as participation in arts classes; and spiritual life programming including worship services, Bible studies and more.

Do you have a plan for your future?

As an active person, it's best to be proactive and plan for your future health care needs. If you take control of those decisions now, your family won't have to if a crisis happens later. When you make an Ohio Living community your home, you'll have access to varying levels of care for different stages of health. You can move from one level of care to another – and back again – with ease. You'll also have access to transportation to offsite medical appointments if needed. You have a lot of living yet to do! Call us today to schedule your tour and see why our residents say they wish they'd made the move to this incredible lifestyle years earlier.

JOIN US!

OHIO LIVING MOVING EXPO

11 Ohio Locations, Same Ohio Living Expertise

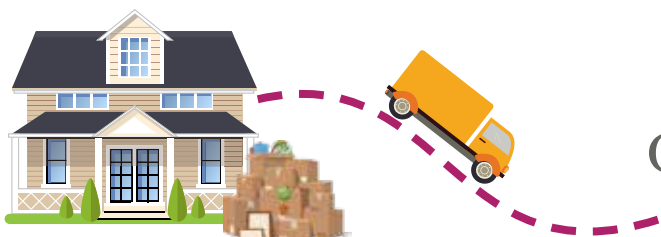
Talk to experts about what it takes to move, and learn about everything Ohio Living has to offer for independent living.

Take a tour and connect with professional:

- Packers
- Movers
- Realtors
- Interior designers
- Stagers
- And more!

May 16

11 a.m. to 2 p.m.



Visit ohioliving.org or call 330.638.2420 to make a reservation and learn more about our moving expo locations!

JOIN US!

OHIO LIVING MOVING EXPO



11 Ohio Locations, Same Ohio Living Expertise

We know that planning a move can be overwhelming, and it only gets more complicated when you and your family members live in different parts of the state. That's why we're offering 11 moving expos throughout Ohio on the same day.

Talk to experts about what it takes to move, and learn about everything Ohio Living has to offer for independent living.



May 16
11 a.m.
to
2 p.m.



Ohio Living
Lake Vista

Visit ohioliving.org or call 330.638.2420 to make a reservation and learn more about our moving expo locations!



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*A Message
From our
Executive
Director*

**LORI
FERENCE**

Resident Spotlight: Shirley Dorman



More than 20 years ago, Shirley Dorman and her mother, Bessie, moved into one of the first villas on our campus. They wanted a community where there were opportunities to make new friends, and where they could have peace of mind knowing that additional care was available if they needed it.

After Bessie passed away, Shirley moved from their shared three-bedroom villa into one of our apartments. "I enjoyed the villa," she said, "but I wanted someone else to do the cooking and cleaning for me!" Since moving to her apartment, Shirley has become

even more involved in campus activities. She enjoys book club (Fern Michaels is her favorite author), Bible study and singing in our choir. Most of all, though, she enjoys the relationships she's built here. "I feel like I'm part of a close-knit family. I've gotten close to a lot of good people over the last 20 years," she shared.

We've all heard that spring is a time for new beginnings, and that is certainly the case at Ohio Living Lake Vista! Not only are there new flowers and new friendships popping up all over campus, it's also the perfect chance to introduce myself as the community's new Executive Director.

After working as a health care professional for over 20 years, I am thrilled to be in this new role. And, having served as the administrator at Ohio Living Lake Vista for three of those years, I know what a blessing it is to be a part of this community. In my time here, I've seen how friendly and engaged our residents are, I've enjoyed the beautiful grounds and peaceful atmosphere, and I've observed our staff's commitment to quality and customer service.

Our campus really functions more as a family, where residents and employees treat one another with care and compassion. As Executive Director I'm committed to preserving that dynamic, building on our great reputation and developing new ways to enhance our residents' physical, intellectual, social, emotional and spiritual well-being. It's not just me who is working toward this goal, though; each of our employees is committed to providing the best possible environment for everyone we serve.

I am incredibly proud to be a member of the Ohio Living Lake Vista family, and would love to have you join us. Call us today at 330.638.2420 to learn more and schedule your tour.



A Place To Call Home

Apartment living at Ohio Living Lake Vista provides freedom from home upkeep and maintenance with all the added amenities that will allow you to live life your way.

Features:

- Fully-equipped kitchens
- Beautiful views
- Spacious closets and storage
- Housekeeping services
- And much more!

**Call 330.638.2420
to schedule your
visit today!**



Ohio Living
Lake Vista