



The Adventure of Learning



Although adventures arrive in various ways, not all adventures require physically moving. Embracing learning is a great way to adventure! When you explore a subject and begin to learn something new, that road of adventure can lead you to new worlds, thoughts and ideas.

While learning continues to be about experiencing new things, or the same thing in new ways, it also means openness to our world, coupled with a consistent effort to understand its complexity. Until recently, older adult minds were thought not capable of “learning new tricks,” much less mastering the complexity of a world gone global. Good news: recent research has confirmed that the brain is more resilient, adaptable, and capable than we ever thought.

Renowned psychiatrist and gerontologist Dr. Gene Cohen, in his fascinating book *The Mature Mind: The Positive Power of the Aging Brain*, lays the foundation for an optimistic view of human potential in life’s second half:

- The brain continuously re-sculpts itself in response to experience and learning
- New brain cells form throughout life
- The brain’s emotional circuitry matures and becomes more balanced with age
- The brain’s two hemispheres are more equally used by older adults

Through Dr. Cohen and other experts’ research, today’s retirees know that brain fitness is achieved through various “workouts.”

Examples:

- Engage the mind in challenging ways (book clubs, writing groups, art programs)
- Exercise the body aerobically (rhythmic exercise and using large muscle groups)

- Select challenging leisure activities (dance, board games, crossword puzzles)
- Achieve mastery in activities (learning a new language or to play a musical instrument)
- Establish strong social networks with friends and family

Just like plants need nutrients to grow, so do humans. Here at Ohio Living Westminster-Thurber we provide those nutrients! Take our educational programming, for instance. Take a look at these upcoming brain-flexing opportunities:

OWLS School

Retirees continue to mold their brains as they partake in our annual signature program, OWLS School: Older. Wiser. Lifelong. Scholars. Every October, hundreds of retirees gather to partake in college-level courses provided by various prestigious organizations and university instructors. See the back side of this newsletter for details.

A Trio Film Experience

A Trio Film Experience is an intentional and FREE program to counter the prevailing notion of aging as a “decline,” and instead considers the possibility of late life transformation, integrity, and transcendence. Each session will involve an introduction, viewing of the film and a facilitated discussion. Join us as we explore three different films. RSVPs required.

All sessions begin at 1 p.m. in the auditorium

August 8 - Speaker: Bev Vogeley - Steel Magnolias

August 15 - Speaker: Tina Butler - Five Flights Up

August 22 - Speaker: Cathy Adamescu - The Journey

VIVO Music Festival

Through the week of August 25 Ohio Living Westminster-Thurber will be hosting — for a second year — world-class musicians as they rehearse for the annual VIVO Music Festival: a week-long concert series throughout central Ohio. Rehearsals are open to the public, so stop in and listen! For details and rehearsal times, contact Michelle Vance at 614.228.8888.

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- Statewide Moving Expo Success
- Summer Planting



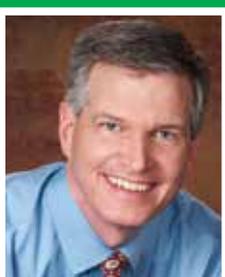
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- How to Choose the Right Community
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Statewide Moving Expo a Success

Preparing to move to a life plan community can be overwhelming, especially when your closest family lives at a distance. It can be hard to make decisions, and – once you do – even harder to get your family in agreement with them.

For hundreds of people across Ohio, those decisions just became a lot easier. On May 16, families at a distance attended the Moving Expo at Ohio Living's 11 participating locations.

Throughout the day, attendees heard about various aspects of the moving process, discovered Ohio Living's lifestyle, and connected with local businesses that can help make their move easy. Most importantly, they learned that moving needn't be as overwhelming or hard as they might have thought.

Here are some of the best tips and advice shared at this year's Expo:

Think of it as "rightsizing."

If you're moving to a smaller dwelling, it helps to think about the process of reducing your belongings as "rightsizing," keeping the possessions that will have an active role in your life now and in the future. It's not about getting rid of things that make you happy; it's about letting go of things that no longer fit your lifestyle. Ask yourself, "If this disappeared tomorrow, would I run out and replace it?"

Eliminate clutter the easy way.

As you start going through the drawers, closets and rooms of your home, separate items into four categories: trash, donate or sell, give to family, and keep. The trick is to evaluate each item as soon as you pick it up; never handle an item more than once during this process. Schedule a regular time each week – or several days per week – to work on this.

Enlist the help of a certified Senior Move Manager or a Seniors Real Estate Specialist.

These professionals understand the special concerns seniors may have when moving out of a longtime home or navigating life's transitions. They will listen to your concerns and share potential solutions and resources to help you make your decisions, and they don't shy away from the difficult emotions that often accompany them. Check out the National Association of Senior Move Managers and National Association of REALTORS® online to find certified professionals in your area.



There's Still Time to Plant this Summer

Late summer planting If you do not expect your first frost until mid autumn, there is time to plant second and third crops. Check the days to maturity for each crop you want to grow; add a week or two to the days to harvest to factor in the shortening of days as autumn approaches. Choose crops that can come to harvest before frost or crops that do not mind being touched by frost or cool weather. Choose quick-maturing crops.

Best Late Summer Planting:

- Kale
- Lettuce
- Spinach
- Arugula
- Beets
- Corn
- Cucumbers
- Eggplant
- Potatoes
- Peas



How to Choose the Right Community

So, you've decided to make the move. How do you know you're choosing the best community for you?

The following represent some of our best advice for choosing a new home in a life plan community. Call us and take a tour to learn even more!

Apply while you're still healthy.

People who wait until their first health crisis to apply to a community often end up making rush decisions that they later regret. Move to a community like Ohio Living while you're still in good health to enjoy your new lifestyle. Most of our residents say they wish they made the move sooner!

Choose a community for the future.

Consider the levels of care the community provides. Can it provide more care if you need it? Most Ohio Living communities have short-term rehab, outpatient therapy, assisted living and long-term nursing care on-site.

Observe and sample meals.

Seek an invitation to eat a meal and observe how the meals are served to the residents. Ohio Living employs professional chefs and offers professional culinary training for those wishing

to advance their skills. Our menus offer exciting and delicious options that change regularly.

Talk to residents.

Take the tour that is offered, but also look around on your own and talk to as many people as you can. Ohio Living residents are always happy to talk with visitors about their experiences and lifestyle.

Find out what the community's policy is if your financial resources run out.

Our Life Care Commitment helps ensure that our residents will always have a home with us even if, in good faith, they run out of the resources meant to see them through. We've lived up to this commitment since our founding in 1922.

Ask if the community is faith-based.

Because of the correlation between spiritual and physical health, a faith-based community may be worth considering. Ohio Living is ecumenical; our communities and programs are open to persons of all faiths and are based on a spirit of inclusiveness. Our chaplains are specially trained to meet the spiritual needs of older adults.

Live the
Lifestyle
You
Want

Oh, the Places You Can Grow!

Ohio Living residents find innovative ways to tend to their green thumbs

Summer is here, and that means gardeners across the state are grabbing their spades and seeds to make the most out of this growing season.

Studies show a number of benefits to gardening: it helps maintain mobility and flexibility, improves endurance, reduces stress and can even help prevent diseases like osteoporosis. According to Steve Roe, Environmental Services Director at Ohio Living Cape May (Wilmington), the best benefit of gardening might just be the camaraderie found in working with your friends and neighbors to create something beautiful. "We have a lot of Master Gardeners on our campus who love getting together to work in the common areas, and gardening as a group creates community spirit and togetherness, which is what we're all about," Steve said.

Residents at Ohio Living Vineyard on Catawba (Port Clinton) have discovered the beauty of gardening together – and of sharing their harvest. A group of residents led by Carol Riznokove tends a community vegetable garden every year. At various times throughout the season, Carol loads a wagon full of their produce and distributes it throughout the campus.

At Ohio Living Westminster-Thurber (Columbus), members of the Landscape Committee created a garden on the patio of the Memory Care Center, so residents with memory-related illnesses can sit under the canopy and smell the roses and honeysuckle.

Every Ohio Living life plan community offers a different way for our residents to pursue their passion for gardening. From the active Beautification Committee at Ohio Living Breckenridge Village (Willoughby) to the Arboretum Committee at Ohio Living Mount Pleasant (Monroe), residents across the state are gardening and growing together.



In addition to planting flowers and herbs for the Memory Care Center, the roof of one Ohio Living Westminster-Thurber building is covered in raised gardens! Resident Mike Strautz leads this project and is impressed by the variety of things he sees growing on the roof: "Some people plant vegetables, some do flowers, and some do things just to play around in the dirt!"



Resident Rita Rodgers oversees the 14 raised gardens on Ohio Living Park Vista's campus. One employee's son volunteers to spade the soil in preparation for them each year, and before you know it, they're all overflowing with a combination of cucumbers, zucchini, peppers, tomatoes and kale. One resident even planted raspberry bushes in her raised garden!



OWLS School is on its way!

O.W.L.S. stands for Older. Wiser. Lifelong. Scholars. As they grow, many people find their lives enriched through learning and expanding social contacts. You can do both at OWLS School! Meet new peers and attend college-level classes (without exams)! The OWLS School operates annually throughout October at Ohio Living Westminster-Thurber. Expand your interests, learn more about what you love and develop friendships along the way.

Each course consists of four, two-hour classes for a total of eight hours of instruction, with a \$25 fee per course. If you have not received an OWLS Schedule in past years, sign up to receive this year's by contacting Michelle Vance (614.228.8888 or mvance@ohioliving.org). Registration started July 15.

A few course themes to look forward to:

- The History of Photography
- Lost in Space: No Longer
- Researching DNA to Understand History and Our Future
- James Thurber and Why He's Famous
- U.S. Foreign Policy: Russia and Ukraine
- Technology
- New bonus course!

Look forward to details on each course in your OWLS registration packet.



Westminster-Thurber

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Community Calendar



COFFEE TIME

Coffee Time is a **FREE** monthly event. Freshly baked breakfast, refreshments and coffee served at 10 a.m., followed by a scheduled speaker at 10:30 a.m.

Coffee Time: The Legacy of Humor in Ohio

Tuesday, August 6

Humor is very subjective. This talk will discuss how individual humorists, be it a writer, cartoonist or comic, always bring their homeland—their heart-land—to their work. That means that tomorrow's humorists are working right here, right now in Ohio. Susanne Jaffe of the Speakers Bureau of the Ohio Humanities Council will route us through Ohio's rich repository of wit.

Coffee Time: American Gardens - Daffodils

Tuesday, September 10

Award-winning freelance writer, author and photographer Teresa Woodard will fill us in on gardens throughout the country's heartland.

Coffee Time: Columbus Uncovered, Part 1

Tuesday, November 12

A long-lost and world-class amusement park ... a fake drug that led to the formation of the Food and Drug Administration ... a company that makes burglar-proof burial vaults. John Clark and Gail Stoy of German Village Tours return to Coffee Time to reveal many unusual chapters in our city's rich history.

SPECIAL EVENT

Dave Powers: Unleashed

Thursday, September 12

10 a.m.-12 p.m. or 1-3 p.m.

Dave Powers and His Musical Muses

Two-time EMMY® Award winning composer and performer Dave Powers is back again this year! Jazz up for the OWLS season with us! \$10 per ticket. All proceeds go to the Ohio Living Westminster-Thurber Resident Association.

A Trio Film Experience:

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Thursday, August 8

Speaker: Bev Vogeley - Steel Magnolias

Thursday, August 15

Speaker: Tina Butler - Five Flights Up

Thursday, August 22

Speaker: Cathy Adamescu - The Journey

Films can provide a wonderful medium to learn about ourselves and about life. Each film session will involve an introduction, viewing of the film and a facilitated discussion at the end. Join us as we explore three different films.

ALL EVENTS ARE FREE.
For additional information on events at Ohio Living Westminster-Thurber and to RSVP, contact Michelle Vance:
mvance@ohioliving.org
614.228.8888



A Message From our Director of Business Development

JOEL WROBBEL

Blooming Where You are Planted

Gardening is a favorite pastime at Ohio Living Westminster-Thurber. From a lifetime of experiences, many residents here have become experts at finding the right balance of sun, water and nutrients for their flowers and vegetables to grow to their fullest potential. Year after year, residents embrace the challenge and joy of gardening in an urban environment. I have been impressed by their ingenuity and am excited to see their gardening continue to take root.

1. Roof-top gardening is rising in popularity. While taking in an expansive city view, residents have established gardening plots on Thurber Tower's roof. Each year we see new gardening beds and lessons learned.
2. Container gardening on balconies has taken off lately. A rich variety of colors envelops their outdoor spaces.
3. The resident Landscape Committee continues to enrich our campus with its innovation, practicality and teamwork alongside staff.
4. Resident volunteers have designed a vibrant array of plants at each building entrance here. They also help maintain the patio gardens in our Memory Care neighborhood.

I am thankful for the many ways our residents bloom in the place they call home.