



Villa Homes • Apartment Homes
Assisted Living • Memory Care

LIVING

Life your way.



MASTERPIECE LIVING® *Comes to Cape May*

Cape May Retirement Village is pleased to announce the launch of Masterpiece Living®. This initiative aims to expand and maximize the health, vitality and independence of Cape May residents.

Over a decade ago, the MacArthur Foundation's study, "Successful Aging," concluded that the choices we make can dramatically affect the way we age. The authors of the study revealed that people who experience physical, intellectual, social and spiritual growth as they age actually do live longer, happier and healthier lives. The research shows that if we believe in our ability to grow, we can experience success in our personal lives even as we face the challenges inherent in aging.

For more information on Masterpiece Living®, please call 937.382.2995.

Cape May celebrated the launch of Masterpiece Living® in late August with a week of events aimed at enhancing well being. This philosophy is a guide to a personal journey of growth and fulfillment, and the means by which a community becomes a place where people not only age well, but successfully. Masterpiece Living® at Cape May offers a proven, research-based way to reach your personal best. While other communities talk about activities and wellness, we provide the tools to assess and refine your lifestyle.

There is no time like the present to take a positive step toward becoming your best, and realizing your potential for a happy, fulfilling life. We look forward to showing you how Masterpiece Living® at Cape May can truly enrich your life.



Walking to End Alzheimer's

Cape May recently participated in the second annual Clinton County "Walk to End Alzheimer's." Employees, residents, friends and family gathered to create awareness and show support to end Alzheimer's disease, the nation's sixth-leading cause of death. All proceeds from the event benefitted the Alzheimer's Association Greater Cincinnati Chapter.

Nancy Price, Cape May's team captain, and **Amanda Newman**, a resident assistant, reached out to area businesses to coordinate this event. "We greatly appreciate all the community support," Nancy said. "Alzheimer's affects the entire family and President Reagan showed that this terrible disease does not discriminate. This is our way of making a difference."

The money raised through the "Walk to End Alzheimer's" directly funds local programs and services, as well as national research efforts for those affected by Alzheimer's disease. If you know anyone who may need memory-related care, call Cape May at 937.382.2995 for more information.

Fishing Derby Big Fun For All!

A rainy June morning did not deter the annual Cape May Fishing Derby. A total of 24 adults and kids participated in the derby, and several volunteers helped with the program. After catching a total of 87 fish, all in attendance were treated to a great luncheon prepared by Cape May's culinary services team and an awards ceremony was held in the Campus Center.

In the adult division, **Dick and Fran Unger** each caught 13 fish and tied for the most Bluegills. **Jody Stacey** and **Fran Unger** tied for the largest Bluegill at eight inches each. The largest Bass of 15 inches in length was caught by **Michael Grant**, and the most Bass, five, were caught by **Nick Eden**.

In the youth division, **Colby Dunlap** caught the most bass, two, and the largest bass at 12 inches. **Gracee Taylor** caught five Bluegills, which won her the most Bluegills and most fish. The largest Bluegill in the youth division was caught by **Hunter Russell** with a measurement of eight inches long.

This fun event is hosted with help of Cape May's Monday Morning Men's Club and several staff members.



Yes! I'd like to visit and learn more about
Cape May Retirement Village.

First _____ Last _____
Street _____ Apt. # _____
City _____ State _____ Zip _____
Phone Number _____
E-mail _____



937.382.2995
www.capemayohio.org

I am interested in the following:

- ☐ Villa Homes
- ☐ Apartment Homes
- ☐ Assisted Living
- ☐ Memory Care
- ☐ The Veterans Service Grant
- ☐ The Church Employee Grant
- ☐ Please call me to schedule a visit and lunch
- ☐ Please send me information
- ☐ Please remove my name from your list



Elizabeth Mitchell Receives Outstanding Women of Clinton County Award



Each year, Clinton County recognizes several women in the area with a special award. The Outstanding Women of Clinton County Award was established in July 2000 to recognize and honor women who have made important economic, social, cultural and humanitarian contributions to their communities.

This year, Cape May resident **Elizabeth "Beth" Mitchell** was a proud recipient of this distinguished award. Beth has served the community in many ways, making outstanding contributions in her role as a volunteer and researcher for the Clinton County Genealogy Society and through her leadership activities as a volunteer at Cape May.

"Making a difference" has always been a philosophy that Beth has tried to follow. She received her bachelor's degree from Wilmington College and her master's degree from Wright State University. Both degrees were in education. Beth made a difference in her students' lives during her 36 years as a teacher. Now, she spends her time making a difference for her community.

Beth has been an active volunteer for the Clinton County Genealogy Society for the past eight years. Her contribution of time and research has enhanced the reputation of the Society. Beth has brought the historical records stored in the archives to life, making it possible for those with roots in Clinton County to find reliable information. For her dedicated work at the society, Beth received the Genealogist of the Year Award in 2010.

Beth also devotes much of her spare time volunteering at Cape May, where she has been a resident for more than five years. She is currently the president of Cape May's Women's Club, chairman of the library and a volunteer coordinator. Also, each year Beth chairs the Holly Berry Festival and proceeds from this fun event have been donated to community groups including the Community Action Food Pantry and the Clinton County Humane Society.

Cape May extends heartfelt congratulations to Beth and is certainly proud of the work she has done for their campus and the greater community.

CAPE MAY CONNECTS WITH WILMINGTON COLLEGE Students

Wilmington College is a wonderful partner for all Cape May residents; we frequently get together for many successful events throughout the year. At the beginning of each school year, Cape May residents invite 15-20 incoming freshmen for dinner during their first weekend in Wilmington. The residents love the excitement and enthusiasm these great young adults bring. For the visiting students that come, residents fill boxes with snacks and goodies to take back to the dorm.

Every June, Wilmington College and the Wilmington College Alumni and Friends Association from Cape May gather for an ice cream social. This event is held in conjunction with the summer theatre program at the college. The theatre director brings an ensemble of cast and choir members from the current play to entertain Cape May's residents, and in return Cape May provides all the delicious ingredients for an ice cream sundae.

This year's play was "The Children of Eden" and had a choir of 40 voices with singers as young as eight years old. This wonderful choir entertained Cape May residents for nearly an hour with a beautiful array of songs as a prelude to the July 22, 2012 performance of this magnificent production.

Conductorcise® Arrives at Cape May

In August, Maestro **David Dworkin** brought his unique Conductorcise® program to Cape May as part of the launch of Masterpiece Living®. During this fun class, the Maestro led Cape May residents and guests in exercises that used their arms and upper bodies. He would point out the different types of instruments that were playing in the songs, and the class would mimic those instruments and their tempo with their conducting "batons." The music included selections such as a Beethoven symphony, a Bernstein dance and a Strauss waltz.

The philosophy behind the Maestro's Conductorcise® program is that music is a workout for the mind, body and soul. He has also seen that participation in his classes has relieved stress and built aerobic stamina. One of the greatest things is that everyone can participate no matter what their mental or physical condition because the movements can be done sitting or standing! Cape May staff and members of the Wilmington community have even been trained in the Maestro's program so they can continue to offer this entertaining and invigorating class not only to Cape May residents, but also to others such as senior centers, church groups and civic centers.



175 Cape May Drive
Wilmington, OH 45177
www.capemayohio.org



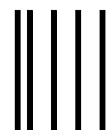
SCAN CODE WITH
SMARTPHONE

937.382.2995

For More Information About Our Community



Follow Us



NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES

BUSINESS REPLY MAIL

FIRST-CLASS MAIL PERMIT NO. 39 COLUMBUS OH

POSTAGE WILL BE PAID BY ADDRESSEE

CHRIS MCKENZIE
OPRS COMMUNITIES
1001 KINGSMILL PKWY
COLUMBUS OH 43229-9892

