



Villa Homes • Apartment Homes
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LIVING

Life your way.

A Message from Executive Director

SARAH BOEHLE



The Benefits of Retirement Community Living

Recently, my sister and I accompanied our 85-year-old father on his first visit to a geriatrician for a comprehensive medical assessment. Geriatricians are doctors who have completed special training in the complex illnesses and diseases that affect older adults. On a regular basis, Dad sees numerous doctors, but we were concerned that his care might be fragmented and wanted to have a specialist review his care to assure that all was well coordinated. After an extensive assessment, we were pleased to learn that, based on his current health status, Dad can probably expect to live another 5-10 years. The geriatrician also made a few other recommendations that he felt would be more beneficial to dad's health than all of his medications combined.

His first suggestion was to consider moving to a retirement community! The doctor said that he has many older patients who suffer from loneliness and depression when they are in their homes alone most days. He told us that the social aspects of living in a retirement community, such as Cape May, are invaluable to keep one's mind and body engaged.

The second suggestion the doctor made was to get more exercise. He shared

that exercising with friends in a retirement community has great social and physical benefits. The doctor said that regular exercise classes, as well as walking and the use of exercise rooms found in most retirement communities, can increase strength, balance and endurance – all factors that can greatly reduce the chance of falls as one ages.

His third suggestion was to drink lots of fluids. The doctor explained that there are many benefits to greater fluid intake, including the fact that a well-hydrated body is a better shock absorber in case of falls.

His final suggestion was to eat well-balanced meals. Sometimes when one lives alone, it's easier to choose to eat meals that may lack nutritional balance. In a retirement community, where healthy, balanced meals are available daily, older adults eat better.

The doctor didn't surprise me with anything he said. These are all confirmed benefits of retirement community living, and things that I share with families all the time. So, you may ask, if living in a retirement community is such a great thing, why isn't my dad here at Cape May? Well, let's just say that we're working on that!



Cape May recently began training to become a Masterpiece Living® community. As we prepare for our official launch in early summer, we know that many people have questions about what Masterpiece Living® is and what makes it so extraordinary.

Masterpiece Living® is not a program, it is a way of life that promotes physical, mental, social and spiritual engagement. It offers older adults the opportunity to evaluate their current lifestyle, receive feedback and recommendations from world-renowned experts in aging and health, and provides assistance in developing a customized lifestyle plan to lower risks to independence and quality of life. Masterpiece Living® is charting new ground in senior living.

In Masterpiece Living® communities, residents remain independent longer, feel more confident and take responsibility for their aging. They are positive about where they live and express it to family and friends. Their family members have peace of mind and satisfaction with the community where their loved one lives. The community creates an environment where residents grow and flourish. The staff finds their work more challenging and fulfilling, and they are partners in building a community culture of positive growth.

Masterpiece Living® is a research-based lifestyle. The landmark ten-year study by the MacArthur Foundation shattered the stereotypes of aging. We now know that 70% of physical aging and approximately 50% of mental aging is determined by lifestyle – the choices we make every day. Rather than being a process of steady decline, aging can be a time of growth physically, intellectually, socially and spiritually. Masterpiece Living® communities are more like university campuses than retirement communities. Growth and potential in all facets of one's life are the currency. There is a strong belief and commitment to being that all you can be. The communities throughout the country and in Canada that have implemented Masterpiece Living® are the proof that cultures of successful aging are possible, and that these environments truly are exceptional and overwhelmingly favored as places for the new older adult to live.

Watch for more information about our launch and our Masterpiece Living® lifestyle.

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

First Last

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937.382.2995
www.capemayohio.org

I am interested in the following:

- ☐ Villa Homes
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- ☐ 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

Masterpiece Living® Core Beliefs

- 1 Use it or lose it** – We must use our physical and mental abilities in order to prevent deterioration over time.
- 2 Loneliness hurts – Involvement heals** – Loneliness and isolation are among the most serious threats to older adults. Social engagement is key to staying healthy and independent.
- 3 There are no age limits** – We can continue to be productive and grow as long as we live. It's never too late to improve our lives and the lives of those around us.
- 4 I can make a difference** – Whether we are residents or the staff of a community, helping each other is key to personal fulfillment and community success.



Events & Happenings

VETERANS BREAKFAST

**Fourth Monday of the Month at 8 a.m.
The Cambridge Dining Room on
Cape May's campus**

Monthly Veterans Breakfast



All veterans are invited to attend the complimentary breakfast held monthly at Cape May. The breakfast is regularly scheduled for the fourth Monday of each month. The upcoming dates for 2012 include March 26th and April 23rd. Share a bountiful breakfast while you visit with comrades, friends and neighbors. Please call Cathy Koerner at

937.382.2995 for more information or to RSVP. This is a free event.

SPRING SEMINAR

**Tuesday, March 27, 2012
1:30-3:30 p.m. • Campus Center**

Organizing a Move

Future residents and their families frequently ask us, "How in the world do we sort through 50 years worth of collections, sentimental items and a basement full of boxes to prepare for moving?" Attend our free seminar to get some great advice and practical tips on organizing your belongings for your next move. For more information, call Cathy Koerner at 937.382.2995.



LIFELONG LEARNING

Spring Session

Wilmington Institute for Lifelong Learning (WILL)

The spring session for the WILL program will begin in mid-March. As usual, **Margaret Guentert** has scheduled a tremendous assortment of classes for your learning pleasure. For more information, or to receive a course bulletin, contact Margaret at Wilmington College at 937.382.6661.

OTHER EVENTS

**Thursday, April 26, 2012
10-Noon or 2-4 p.m. • Campus Center**

Discover OPRS

A Special Invitation

Join us for a chance to tour and learn more about Cape May Retirement Village

**Thursday, April 26, 2012
10 a.m.-Noon or 2-4 p.m.**

**For more information
on these events, call
937.382.2995**



LIVING WITH GRATITUDE

by Laurie Hogue, Assisted Living Director

The ability to breathe in and breathe out, without thinking about it, is something most of us take for granted. The ability to see, hear and walk is something we may appreciate more as we grow older. This is an inspiring story of two people who have lived a good life, and are living with gratitude.



Wayne Gregory is 95 and his wife **Betty** is 91. They have been married for 71 years and were one of the first couples to move into Cape May more than 9 years ago.

When I asked Wayne what he was most thankful for, he replied, "At one time I was a bed patient and now I'm walking again. We just have so much to be thankful for and appreciate living at Cape May. It meets all our needs as we need more assistance. The help here is just tops. I kid with them and have fun."

Several months ago, Wayne had serious medical problems that suddenly caused this active 95-year-old man to be confined to a bed. He needed to go to a skilled nursing facility. When the nursing home therapist felt Wayne had reached his highest potential, he returned to a Cape May Assisted Living apartment, able to stand with the assistance of one staff member, but unable to walk. "I got to come back here to Cape May, and I thought to myself...gee, this is it...I'll never walk again."

Wayne started working with our nursing staff and **Gayle Schild**, our physical therapist from Senior Independence. Gayle said, "There were many 'ifs' and 'maybes' associated with pursuing walking again, coupled with the promise of a lot of physical effort on his part." But together, they worked hard.

Gayle said, "What happened next could only be described as a miracle! He took off walking at such a fast pace! When he sat down in his wheelchair to rest, the amazement of what he had just accomplished after four months of being unable to walk must have overwhelmed him. He broke into tears, but he wasn't the only one shedding those tears of joy!"

Wayne said, "I thought I'd take 2 to 3 little steps and everyone was surprised I walked down to the dining room. I was crying and everyone around me was crying. I was so surprised that I could walk again." This is simple gratitude.

SNAPSHOTS

Around Cape May

Left: Fall cookout was a great success! Residents enjoyed a beautiful fall evening, hot dogs cooked over an open fire and a bountiful selection of homemade dishes. Below: Cape May residents (L-R) Jan Grim, Betty Holmes, Bob Holmes, Dorothy Snyder and Cooper Snyder displaying some of the handcrafted items sold at the annual Holly Berry Craft Fair.



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