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# The Cape May Chronicle

SUMMER 2014

CAPEMAYOHIO.ORG

## Cape May adds Rehab Suites and Health Care Center



### A new way of recovering from surgery, injury or illness

The impressive \$4.2 million center accommodates 30 guests in spacious private suites and semi-private rooms that include in-room showers, flat-screen TVs, power-lift recliners and window views.

Comfortable common areas invite guests out of their suites to meet new people, relax and recover. Delicious chef-prepared, cooked-to-order meals are available in our appealing restaurant or delivered to a guest's suite upon request.

"Our guests are in charge," said Cape May Executive Director **Jean Morgan**. "We're their partner in wellness, and our goal is to make sure the time they spend with us mirrors their lifestyles."

The center's dynamic therapy gym includes advanced equipment

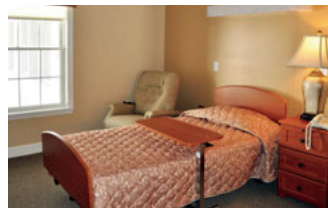
as well as a modern kitchen and bathroom for guests to practice daily tasks with occupational therapists. Expertly trained, certified therapists and staff work with guests on speech, mobility and other daily tasks.

"We're preparing our guests for a successful, confident return home after hospitalization for illness or surgery," added Jean.

When individuals have more extensive health care needs, we offer the finest nursing care available.

#### Why choose Cape May for your recovery or long term care?

- We're a community, not a nursing home, so our our guests make new friends.
- We care about whole-person health – social, physical, emotional, intellectual, vocational and spiritual.
- We are a Masterpiece Living® community, which means we encourage healthy and successful aging.
- When guests aren't engaged in healing activities, they can choose to spend their time on enriching activities and with interesting people.



*Wellness has become one of the buzzwords in our modern lexicon. Most often, people agree with the Merriam-Webster dictionary definition that wellness is "the quality or state of being in good health." But, what does it take to be in the state of good health? Is it just the absence of disease? Or is it something else?*

## The importance of whole-person wellness

Wellness isn't just about eating right and exercising. It's more than that. Wellness addresses the needs of the whole person. There are six dimensions that make up whole-person wellness and these include:

See **WELLNESS** Page **A3**

## Strong friendships may help you live longer

Many people are lucky enough to have people in their lives who they would consider their Best Friends Forever (BFFs).

A new study is showing that BFFs could actually help you live longer!

See **FRIENDSHIPS** Page **A3**



### Surprising Facts About Grandparents – There are 70 million grandparents in the nation

- Grandparents represent one-third of the population with 1.7 million new grandparents added to the ranks every year
- Grandparents lead 37% of all U.S. households in this country – that's 44 million households nationwide and that number is increasing at twice the average annual rate of U.S. households overall with the number to hit 50 million by 2015.

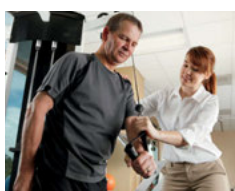


# What is rehabilitation?



*Rehabilitation includes various therapies to help restore function after illness, injury or surgery.*

*At Cape May we're preparing our guests for a confident, successful return home after hospitalization. To reach that goal, well-qualified therapists are needed – that means physical, occupational and speech therapy delivered by certified professionals.*



## Physical therapy

By using a variety of techniques, physical therapy focuses on the prevention and treatment of physical problems, such as weakness, poor coordination and balance, pain and neurological dysfunction. Physical therapy concentrates primarily on mobility, transfers and ambulation.

while completing normal activities of daily living. Some areas of concentration include dressing, bathing, grooming and eating. Occupational therapy works along with physical therapy to maximize functional ability.



## Speech therapy

Speech-language pathologists provide treatment to individuals

with language, voice, articulation, apraxia and fluency disorders. They also address swallowing disorders and cognitive losses.



## Occupational therapy

Therapists work with individuals to help them regain independence,

**Designed for those who need short term rehabilitation, our private suites and semi-private rooms are comforting, serene and private. Rehab guests enjoy:**

- A personalized plan for recovery
- Care coordination for smooth transitions from hospital to Cape May to home
- 24-hour nursing care
- Beautifully appointed furnishings
- Daily nutritious chef-prepared meals and snacks
- A daily schedule of programs
- Basic cable TV
- Daily housekeeping
- Ecumenical religious services
- Access to beauty salon services and all other amenities on the Cape May campus

*Preparing for joint replacement surgery? Talk with your doctor about Pre-Hab at Cape May!*

# What is Pre-Hab?



Pre-Hab is an individualized, physical conditioning program designed to strengthen and tone muscles; enhance your stamina; and increase your flexibility and range of motion prior to your surgery ... It's a team effort involving you, your surgeon and your physical therapist aimed at maximizing the benefits and minimizing the challenges that come with a new joint.

The goal of Pre-Hab is to help you be as well-conditioned as possible prior to surgery to enhance your post-operative recovery, and to understand the therapy routine that you will need to be involved in after surgery.

By training and preparing your muscles in advance, you can make rehabilitation exercise more efficient and effective. Depending on health status, for most people, two to six weeks of Pre-Hab is enough to prepare for surgery and rehab.

Many insurance and HMO plans cover Pre-Hab, but there are usually limits to the number of sessions that will be covered and/or a cap on the allowed Pre-Hab and rehab appointments. The billing office can assist you with insurance verification before beginning any therapy program.

## How does Pre-Hab work?

Pre-Hab is accomplished prior to surgery:

- You will meet with a physical therapist for an assessment of your current mobility status and home set-up.
- You will learn a home exercise program at the first Pre-Hab visit. Follow-up visits will show the therapist your progress with movement and strengthening.
- You also meet with an occupational therapist to start learning how to move safely with the new joint when completing daily activities.
- You will learn how to utilize the devices used with your recovery, such as a walker and special bathroom equipment; and how to safely maneuver through daily activities such as bathing and dressing.
- You will also learn the proper way to use stairs after joint replacement surgery.

The registration process is simple with rehab or Pre-Hab – once you receive a physician's order for physical, occupational and/or speech therapy, notify the therapy manager at Cape May.

He or she will need to work with the billing office to verify insurance and you will be notified of any out of pocket expenses (if any) before scheduling the first visit, or initial evaluation.\*

\*If you do not have an order for Pre-Hab and your insurance does not cover this, we can bill you personally for Pre-Hab therapy.

# One Step Closer to Home

Our team has been extensively trained in caring for patients after hospitalization for neurological diseases, orthopedic surgery, cardiovascular events or other debilitating conditions.

Care coordination for smooth transitions from hospital to Cape May to home

Highly-accredited therapists

Fully-equipped rehabilitation gym

With years of caring and quality service, the Rehab Suites at Cape May leads the way in rehabilitation and will lead you ... *one step closer to home!*



937.382.2995

175 Cape May Drive, Wilmington, Ohio 45177 • www.capemayohio.org





# Cape May partners with national therapy organization

Cape May is proud to announce its partnership with Functional Pathways for the provision of therapy services in its new Rehab Suites and Health Care Center.

Since its early beginnings in 1995, Functional Pathways has consistently provided premier contract therapy services throughout the nation. Under the direction of owner **Dan Knorr**, LPT, they provide services in 130 facilities including skilled nursing facilities, CCRCs, hospital skilled nursing and post-acute care units. Their client base includes facilities that are privately-held, not-for-profit, county-owned, state-owned, hospital-owned, faith-based, corporations, chain organizations and veterans homes.

Functional Pathways philosophy has always been to make a difference with excellence in rehabilitation. They believe their values have made a difference in the lives of their patients, colleagues, and clients. They value loyal, mutual, long-lasting relationships with customers, patients and each other.

"We always do what we say we will do and take complete responsibility for ourselves, our patients and colleagues. We have an environment and expectation of continuous self-improvement. We address the needs of our customers, patients and employees, whatever they may be, with innovation, creativity and individualization. We show complete commitment to doing everything we can to improve the lives of our patients. We have passion and are empathetic about care giving," commented Dan.

For the past three years, Functional Pathways has made the Inc. 500/5000 list as one of the fastest growing, private companies in America. On average, there are seven million, privately-owned companies in the U.S. In 2013, Functional Pathways ranked 3,982.

"Looking ahead into 2014, we plan to stay the course and continue building relationships with elite people, to provide elite care, and produce elite results," remarked Dan.

## FRIENDSHIPS FROM PAGE 1



Researchers with the Australian Longitudinal Study of Aging followed almost 1,500 people, age 70 years or older for 10 years, monitoring their interaction with relatives, children, close friends and spouses. What the study found was that having a strong network of friends and a good relationship with their spouse greatly reduced their risk of death, more so than being in close contact with relatives or around children. Those in the study who had great, sturdy friendships were 22 percent less likely to die during the study than those without. Researchers believe that having strong friendships has

a positive effect on things such as self-esteem, mood, activity level and coping with difficult situations.

When you talk to residents at Cape May, one of the first things they'll tell you that they love about their new home is all the friends they've made and the complete sense of community they feel within the campus. With many opportunities for social gatherings and camaraderie, residents are building and maintaining long-lasting friendships that are not only benefitting them now, but as research shows, helping them live a longer, happier life.

## Six dimensions of whole-person wellness

*Look for these symbols throughout this publication to represent the stories that are related to Cape May's commitment to whole-person wellness.*



1. **Social** – Building loving and supportive relationships and contributing to a healthy society
2. **Intellectual** – Striving to expand your knowledge and improve your skills
3. **Spiritual** – Searching to create a personal sense of life's meaning and purpose through everyday experiences
4. **Physical** – Taking care of your body through exercise, eating and regular medical check-ups
5. **Emotional** – Acknowledging and accepting wide ranges in your and others' feelings
6. **Vocational** – Emphasizing the process of determining and achieving personal and vocational interests

From providing fitness classes and painting tutorials to worship services and first-class dining, Cape May has always made the health and wellness of its residents a top priority. There is always something happening for residents that will boost their happiness and wellness, leaving them feeling invigorated and fulfilled.

In the end, wellness doesn't just happen. It's something that has to be worked on – it's a conscious way of life – self-responsibility is at the core. By accepting greater responsibility for your health and well-being, you can achieve whole-person wellness through positive lifestyle choices. Choose to eat better and exercise regularly. Keep your mind active and challenge yourself to learn new things. Pick up a new hobby or join a new group like a book club. It's simple. Start making these changes today and begin your journey to whole-person wellness.





# Meet our health care team

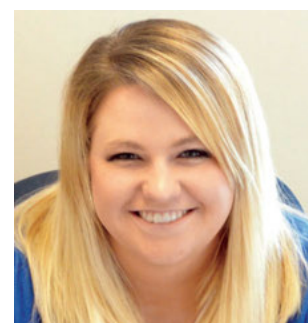
Our new Rehab Suites and Health Care Center prepares our guests for a confident, successful return home. Our expert staff is the heart of the center, and we want you to get to know our health care team, including Executive Director **Jean Morgan**, Medical Director **Christine Henry, MD** and Director of Nursing **Katherine Urton**. We're your partners in wellness.



**Jean E. Morgan**  
Executive Director



**Christine Henry, MD**  
Medical Director



**Katherine Urton**  
Director of Nursing

## What is long term care?

Long term care is a range of support and services you may need for your personal care or to complete everyday tasks.

The Health Care Center at Cape May offers our long term residents compassionate care with a focus on quality of life. We serve the families of our residents as well – giving them peace of mind that comes from knowing their loved one is well cared for. Whether you are a son or daughter, husband or wife, you can rest assure that when you cannot be there, we are. It is



a precious trust, and we treat it as such.

Our belief is simple: We work in our residents' homes. We treat our residents with dignity and as individuals, and we help them to be as independent as possible.

**Designed for those who have more extensive health care needs, our health care center offers private and semi-private suites, chef-prepared meals, resident-centered care, a garden patio and more. Our long term care residents enjoy:**

- 24-hour nursing care • Daily nutritious meals and snacks • Dietary services, including special diets • All utilities and basic cable TV • Weekly personal laundry services
- 24-hour security • Social, recreational and spiritual programming • Social services
- Daily housekeeping/bed making services • Scheduled transportation • Health and wellness programs • Preventative/emergency maintenance • Individual heating/cooling controls

## Experience the Difference!

Experience the Rehab Suites and Health Care Center at Cape May

### What makes Cape May different?

- You are in charge. Your stay will fit your lifestyle – your meal times, your bedtimes, your personal preferences.
- Our menus are cooked-to-order like a restaurant. We are all about choices.
- Our therapists are trained to help you to recover successfully and are ready to meet your needs seven days a week.
- We have private, in-room showers. We respect your privacy and treat everyone with dignity.
- We are a community of friends and neighbors. Our villa homes, apartments and assisted living are different from a stand-alone nursing home.
- We are your partners in wellness with a philosophy that encourages healthy and successful aging.

**Call or visit today and experience Cape May for yourself.**

**937.382.2995**

### What is your background?

**Jean** – Prior to joining Cape May, I held the same position at our sister campus Swan Creek Retirement Village. I've been in the long term care industry for 32 years; 25 of those years have been with OPRS.

**Dr. Henry** – I have been practicing medicine since 1980.

**Katherine** – I was the rehab unit manager at our sister campus Mount Pleasant prior to joining Cape May.

### What are your credentials?

**Jean** – Licensed nursing home administrator

**Dr. Henry** – Board Certified, American Board of Internal Medicine; Licensed to practice medicine in Ohio.

**Katherine** – Registered nurse, ACLS certified, BLS certified

### What is your hometown

**Jean** – Monroe, OH

**Dr. Henry** – Cleveland, OH

**Katherine** – Cape Girardeau, MO

### Why this industry?

**Jean** – Serving older adults is a passion that was sparked when I was 16 years old and served as a dishwasher for an OPRS community. I see it as a true mission to meet people where they are and partner with them to ensure they are engaged in life as they choose it to be.

**Dr. Henry** – Medicine is both an art and a science; I enjoy the challenge of combining the two in an attempt to improve lives through better health.

**Katherine** – I love this generation and helping them have the best quality of life possible.

### Best compliment you could receive?

**Jean** – "She listened to me and really cares about me as a person."

**Dr. Henry** – "You take time and listen."

**Katherine** – "You were the difference!"

### What is the best part of your job?

**Jean** – The time I spend interacting with and learning from our residents, their families and our employees.

**Dr. Henry** – Personally getting to know my patients.

**Katherine** – Organizing care for residents and staff.

### What do you want people to know about Cape May?

**Jean** – We take pride in providing quality and caring services to our residents and the greater community. Our goal is to partner with each person to support them in aging successfully.

**Dr. Henry** – Cape May has a competent and compassionate staff, providing care to older adults in an environment that is warm and inviting.

**Katherine** – Cape May is a place you can call home for however long your stay.

### What word best describes you?

**Jean** – Enthusiastic

**Dr. Henry** – Fastidious

**Katherine** – Diligent

### What word best describes Cape May?

**Jean** – Home

**Dr. Henry** – Caring

**Katherine** – Home

### At home

**Jean** – I live in Monroe, OH, with my mother and other family close by. My son is a freshman at Baldwin Wallace University.

**Dr. Henry** – I have been living and practicing medicine in Wilmington since 1983. My husband of 34 years, Bruce Staley, MD, and I have two adult children, Lauren and Adam. I am a member of the St. Columbkille Church.

**Katherine** – I live in Maineville, OH, with my husband of five years and our twin daughters, Grace and Charlotte.



*Exciting times are here for Cape May Chef Lucille Militello and her culinary team with the new kitchen in the Rehab Suites and Health Care Center designed to prepare food that is cooked-to-order.*



# May we take your order?

At Cape May Retirement Village, we are embracing the culture shift and staying on the cutting edge of the dining experience, making sure we give our residents and rehab guests what they want.

Chef **Lucille Militello**, and the Cape May Culinary team has begun rolling out a “cooked-to-order” menu in our Rehab Suites and Health Care Center. This allows greater choice and flexibility for every meal.

Now, with this approach, our residents and rehab guests aren’t limited to only a few choices or menu selections, they are able to choose from six to eight entrees for

each meal and select from a variety of sides, beverages and desserts.

In the morning, residents may come to the dining room for a continental breakfast and enjoy pastries, coffee, cereal, fresh fruit, yogurt and other items or for hot breakfast items, including “eggs your way,” omelets, French toast, waffles, breakfast meats and beverages including cappuccino.

In addition to choice, this cooked-to-order approach offers a higher quality of food preparation while enabling residents to customize their meals with regard to their taste preferences, allergies and overall dietary needs.

This exciting transformation will provide high quality, well-prepared and nutritious meals, to assist residents and rehab guests in improving their overall well-being.

Another important aspect of wellness is socialization and Cape May’s dining experience has that covered as well! The beautiful, new dining rooms offer more than just attractive decorations and scenery, they also provide comfortable splaces for residents to gather and chat with one another as they enjoy the delicious food.

## The benefits of a pet-friendly community



A sense of companionship isn’t the only benefit of pets. Several studies have shown a link between pets and improved physical health.



### Benefits for your health

- 🐾 Pets help reduce stress and anxiety, and help to lower high blood pressure
- 🐾 Pets help people have greater well-being and lessen depression
- 🐾 Pet owners visit the doctor *less* frequently
- 🐾 Pets motivate people to become more physically active, which strengthens the heart, muscles and improves blood circulation
- 🐾 Pets encourage older adults to be more independent
- 🐾 Pets help the disabled overcome withdrawal and stroke victims recover speech without being held back by self-consciousness

### Benefits for your mind

- 🐾 Pets enrich our lives with their personalities and provide reliable, faithful companionship
- 🐾 Pets encourage people to know their neighbors and be involved in community activities
- 🐾 Pets provide guaranteed smiles throughout the day

A pet-friendly community is a great place to live. Studies show that pets improve the quality of life, from childhood through the adult years. It is no surprise that pet-friendly people look for pet-friendly communities like Cape May when retiring or seeking long term care.



## The most important decision you can make

There’s a good chance you already know that life at Cape May brims with possibilities for every interest. With spacious villas and apartments, bountiful amenities and a complete continuum of care, we offer an unparalleled opportunity for active seniors to continue to live their lives to the fullest.

Moving into a retirement community can be one of the most important decisions you’ll ever make. The type of community you choose will have a direct bearing on the likelihood that your dreams for the future will become a reality. Masterpiece Living® offers a proven, research-based way to reach your personal best and live a happier life.

Call Cathy at 937.382.2995 for more information about Masterpiece Living®.

## Why Walk in the Snow?

Even though it is summer, you might find it interesting that during the winter months, Cape May residents can request to have their paper and mail delivered right to their doors.





## Community Calendar

If a phone number is not included in the Community Calendar event description, please call 937.382.2995 for more information. All events are free unless otherwise noted.

### Events & programs

July 6 • 3-5 p.m., **Antique Car Show** – Cars will be on display in the front parking lot. Anyone with a antique car is welcome to participate. Enjoy the sounds of a barbershop quartet while eating Chester Friends ice cream.

July 16 • 12-1 p.m., Campus Center, **The Sandwich Generation** – Life is a balancing act. Trying to balance the lives of your children and parents can leave you exhausted. Learn survival tips for helping your elder parents and connecting with your children. Lunch will be included.

August 13 • 5:30-6:30 p.m., Campus Center, **Caring for the Caregiver** – Caregiving evokes many emotions. At times it can be a very rewarding experience and at times very stressful. Learn to acknowledge your own limits and take time to care for yourself. Light snacks will be included.

September 17 • 5:30-6:30 p.m., Campus Center, **Crucial Conversations** – Opinions often vary, especially when stakes are high and emotions run deep. Crucial conversations can help you understand dialogue, learn how to actively listen and create an environment where all parties can share thoughts and ideas. Light snacks will be included.

September 15 thru November 7 **Wilmington College Lifelong Learning Programs** – Most classes are held in Cape May's Campus Center. Class times/descriptions to come.

### Outings

*Outings provide an easy way to meet new people. Cape May offers a meeting place, group rates and round-trip transportation. RSVPs are required. Call 937.382.2995 for more details.*

**Lunch and Supper Clubs** Join us to can take in everything from award-winning sandwiches to Italian bistro fare to ground-breaking American fusion menus.

**Local Lunch Bunch** meets monthly on the 2nd Wednesday at 4:30 p.m. in the Independent Lobby. Cost of meal.

June 25 – Jen's Uptown Deli  
July 9 – Call for location  
August 13 – Call for location

**Supper Club** meets monthly on the last Wednesday. \$5 transportation fee/cost of meal

June 25 – Call for location  
July 30 – Call for location  
August 27 – Call for location

### Meetings

**3M Club** meets 1st & 3rd Monday of every month at 9 a.m. in the Campus Center for a light breakfast and educational speaker. (Men only please.)

**Cape May Capers** meet every Thursday at 5 p.m. in the Campus Center for cocktail hour. Cape May provides the appetizers and BYOD.

**Art Class** meets every Monday at 9:30 a.m., in the Assisted Living Dining Room.

### Worship opportunities

**Sunday Vespers** 3 p.m.  
Assisted Living Dining Room

**Thursday Bible Study** 11:10 a.m.  
Assisted Living Parlor

**Tuesday Bible Prayers** 1:30 p.m.  
Assisted Living Parlor

### Fitness classes

**Music and Movement**  
Mondays & Wednesdays, 11 a.m.  
Assisted Living Dining Room

**Sit Er-cise**  
Tuesdays & Thursdays, 11 a.m.  
Cambridge Parlor

**30-Minute Challenge**  
Tuesdays, 11 a.m.  
Assisted Living Dining Room

**Chair Volley Ball**  
Fridays, 11 a.m.  
Assisted Living Dining Room

**Yoga**  
Mondays, 3:30 p.m.  
Wednesdays, 10 a.m.  
Campus Center

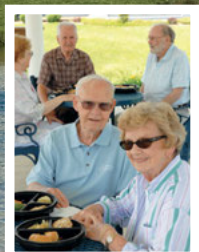
## SNAPSHOTS

From Around Cape May



## Exploring Cape May

*The Cape May campus features a variety of living options and opportunities for extracurricular activities and hobbies.*



From top to bottom – Carriage ride fun • Derby Day Party and delightful handcrafted hats • Masterpiece Living® Conductorize • Butterflies and Burger Outing at the Khron Conservatory in Cincinnati • Cape May's talented resident artist annual Art Gallery Show



## Call the Experts & Services Available

### BEAUTY & BARBER SERVICES

#### Cape May Beauty Shop

937.382.2995, ext. 154

Thursday & Friday • By appointment only

### BOOKMOBILE

Wilmington Public Library

Quarterly shelves 50 new selections.

Sign up for a special request book.

### DELIVERY SERVICES

#### Prescriptions

Pharmacies that deliver to Cape May:

Kratzer's Hometown Pharmacy

937.382.0081

West End Pharmacy 937.382.6717

#### Meal Delivery

Call 937.382.2995, ext. 169

to have a meal delivered

### DINING

#### The Cambridge Dining Room

937.382.2995, ext. 169 or 166

Serving Brunch

Monday thru Saturday

11 a.m. to 12:30 p.m.

Serving Dinner Nightly 5:30 p.m.

Serving Sunday Brunch

11 a.m. to 12:30 p.m.

### GIFT SHOP AND STORE – ON-SITE

#### Cape May Mini-Mart

Open: Monday thru Saturday

10:30 a.m. to 12 p.m.

### HANDYMAN SERVICES

#### All Jobs... Big & Small!

Call 937.382.2995

Painting, plumbing/snake drains, remodeling, electrical, hanging pictures, garage doors, ceiling fans — you name it!

### HEARING SERVICES

#### Montgomery ENT

Hearing aid checks, repair, battery assistance and cleaning

Bi-monthly • By appointment only

Call 937.382.2995

### HOME HEALTH SERVICES

#### Senior Independence

Call 937.382.2995

Offering as much or as little help you need by providing home health and home care services.

### HOSPICE CARE

#### Senior Independence Hospice is

dedicated to providing care for patients and families in the place they call home, 24 hours a day, 7 days a week.

Call 937.382.2995 for more information.

### CAPE MAY LIBRARY

Featuring the latest and greatest best sellers, plus some old favorites.

For more information on large-print, regular and paperback books, please visit the Cape May library in the Cambridge apartment building lobby.

### NOTARY SERVICES

#### Becky Waits

Call 937.382.2995

Monday thru Friday 8:30 a.m. to 5 p.m.

By appointment only

### SEAMSTRESS

#### Annette Redfern

Visiting Cape May the first and third Tuesday of every month.

Call 937.382.2995 • By appointment only

### TECH SUPPORT

Need help with your computer or printer, please call 937.382.2995.

Always remember the Technology Center is open 24 hours a day in the Cambridge apartment library.

### TRANSPORTATION

#### Cape May Transportation

Mondays and Wednesdays

Call 937.382.2995 to reserve

a seat for shopping

#### Wilmington Transit System

Dispatch 937.382.7961

Office 937.382.7964

Transportation within City limits, one-way fares for seniors are \$1 with a Wilmington Transit System issued ID Card Monday thru Friday 6:30 a.m. to 9 p.m. Saturday and Sunday 8 a.m. to 5 p.m.

## SUMMER SPECIAL!

### The Essex Studio

#### Assisted Living Studio Apartment

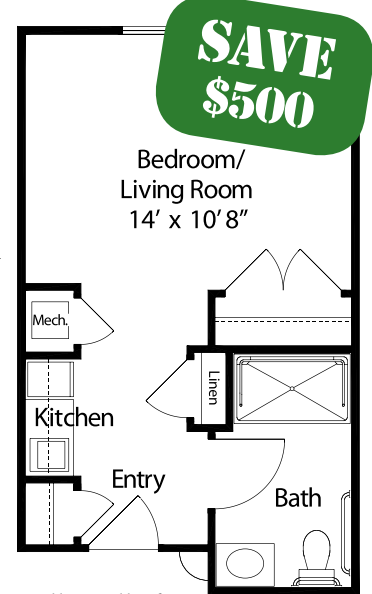
Whether it is providing a little extra help with buttons or managing medications, Cape May Assisted Living is the answer! Services are tailored to each person we serve ... a little bit, or a lot. It's your choice.

#### The Essex Features:

- Individually controlled heating and air conditioning
- Choice of apartment sizes
- Kitchenettes • Walk-in showers with bench seats and grab bars • Wall-to-wall carpeting • Pre-wired for telephone, cable TV and Internet • Spacious closets and storage • Window treatments • Emergency call system • Sprinklers and smoke/fire alarms

#### In addition, you will enjoy

the beautiful surroundings, as well as all of the services and amenities offered at Cape May!



#### Cape May Assisted Living Offers:

- Private accommodations • 24-hour staffing/Nurse on duty 24/7 • Three daily nutritious meals/snacks • Flexible dining options • All utilities except telephone • Basic cable TV • Social, recreational and spiritual programs • Reminders/guidance for daily activities • Rehabilitation/therapy • Scheduled transportation • Short stay/respite options • Daily housekeeping services • Personal laundry and linen services

**TO RECEIVE THIS EXCITING OFFER CALL CATHY KOERNER 937.382.2995 TODAY TO RESERVE YOUR STUDIO PRIOR TO SEPTEMBER 30, 2014!**

Retired clergy, missionaries, paid church staff members and their spouses!

# Celebrating You

Because you are caring, talented and exceptional

Cape May Retirement Village would like to honor your ministry and paid service to your church through **The Honorable Service Grant Program**.

**The Honorable Service Grant Program** provides significant discounts on entrance fees or monthly fees for apartments or homes\* for individuals 65 years old or better who have at least ten years of paid church service.

**For more information, please talk with Cathy Koerner or call 937.382.2995.**

\*Subject to availability of apartments and/or homes. Not available for use in licensed areas, e.g., Assisted Living, Skilled Nursing or Rehab Centers. This program may be discontinued at any time.

### Attention Veterans!

Veterans who have faithfully served our country may be eligible to apply for

### The Honorable Service Grant Program

For more information, please talk with Cathy Koerner or call 937.382.2995.

Must not currently be residing in an OPRS community.

**The Cape May Chronicle** has been brought to you by your friends at Cape May Retirement Village, a continuing care retirement community.

Executive Director  
Director of Marketing  
Creative Services

Jean Morgan  
Cathy Koerner  
Dyan Trent

For more information or to schedule a free lunch and a tour, call Cathy Koerner at 937.382.2995.





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

**937.382.2995**  
**For More Information**



## A Message from the Executive Director

# Welcome

to the first issue of *The Cape May Chronicle*, a newspaper designed to bring you the latest information to help you live a healthier, happier and more vibrant life. In this new publication, we will provide exciting articles about every aspect of living the Six Dimensions of Wellness, from the physical, intellectual and emotional, to the vocational, social and spiritual.

We are also including news about our community, Cape May Retirement Village, and our many living options, programs, and social events. This is a special time at Cape May with the opening of our Rehab Suites and Health Care Center. This new level of service completes our continuum of care as residents now have the ability to “stay home” at Cape May if they have physical or cognitive challenges requiring the care and services of a skilled nursing facility. In addition, the Rehab Suites provides us with the opportunity to offer short term stay rehab services to those who live in the greater community. For example, if a resident of Wilmington or the surrounding area has a planned procedure,



**JEAN MORGAN**

such as a knee replacement, or an unexpected health emergency, upon discharge from the hospital, they could arrange to come to Cape May for their therapy and recovery before going back to their home.

My hope is that as you read through this edition of *The Cape May Chronicle*, you will learn about something that interests you and you will seek more information by calling or visiting Cape May Retirement Village. We would love to have you join us!

**Retirement –**  
a time to enjoy all the things you never had time to do when you worked.

**Cape May –**  
the place that gives you the freedom and opportunity to do that!



Cape May is located on 27 acres of beautiful countryside, creating a perfect setting for early morning walks, gorgeous sunsets and family gatherings. With Wilmington College only minutes away, residents may enjoy attending plays, musicals, lectures and sporting events. Wilmington also offers a state-of-the-art cancer center and hospital, both within a mile of Cape May.

Call us! Facebook us! Tweet us!



**937.382.2995**

