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Dorothy Love

Retirement Community

The Dorothy Love Heart Beat

FALL 2014

DOROTHYLOVE.ORG

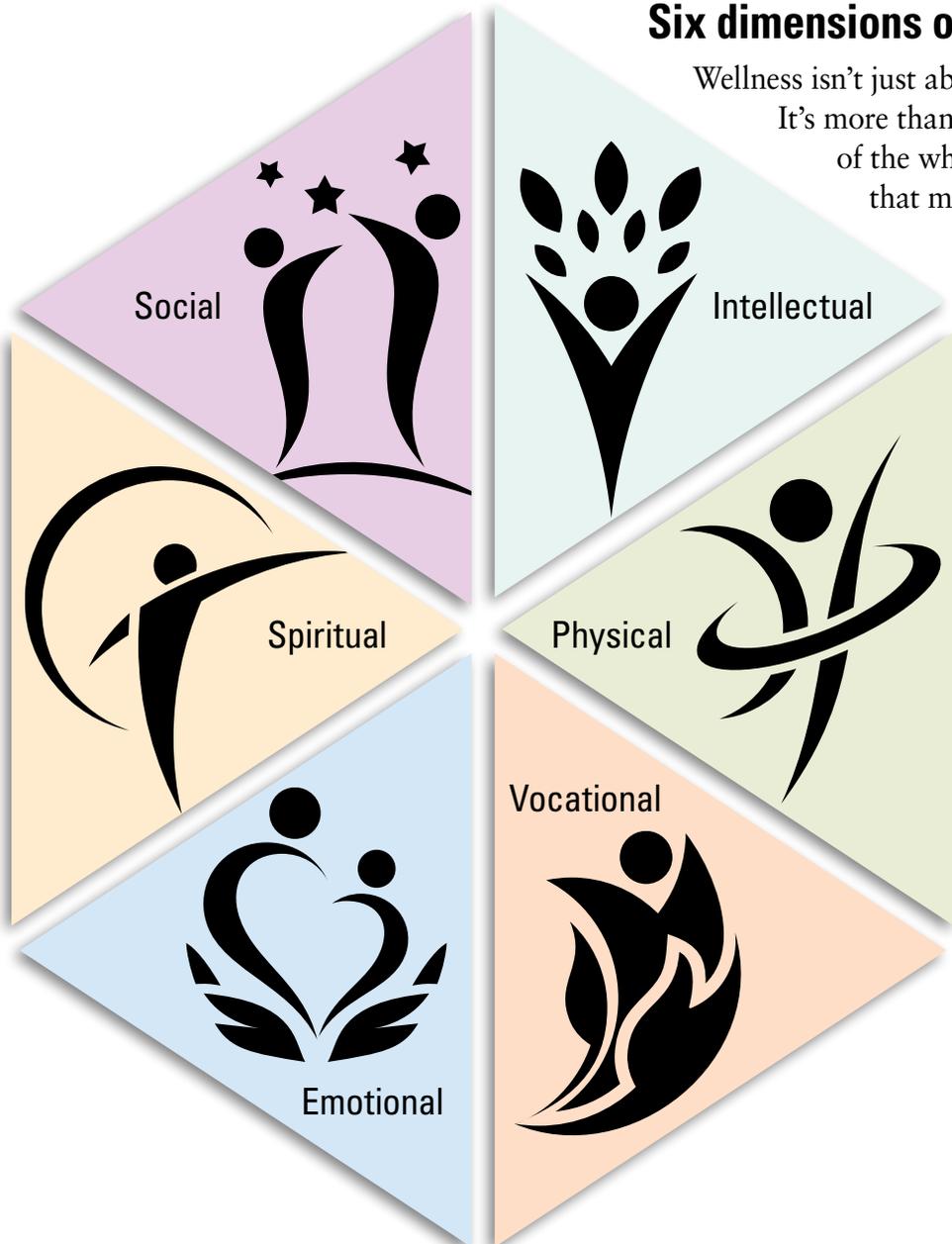
Wellness has become one of the buzzwords in our modern lexicon. Most often, people agree with the Merriam-Webster dictionary definition that wellness is “the quality or state of being in good health.” But, what does it take to be in the state of good health? Is it just the absence of disease? Or is it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

The importance of whole-person wellness

Six dimensions 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:



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

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

See **Wellness** Page A2



Tricia Atwood • Executive Director

Welcome

to the first issue of *The Dorothy Love Beat*, 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.

See **Welcome** Page A2

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



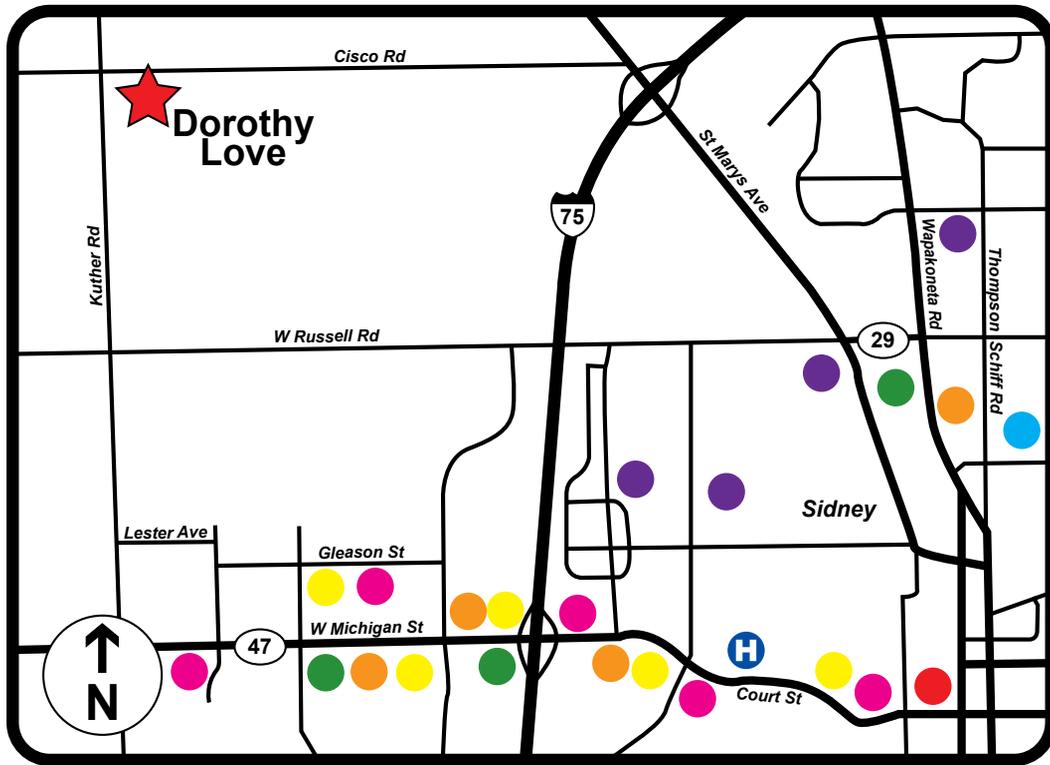
Surprising Facts About Grandparents – There are 70 million grandparents in the nation

• 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.



Convenience and opportunity right outside your door

Dorothy Love is located on 294 country-like acres, just minutes away from the heart of downtown Sidney. Walking paths wind around the ponds and beautifully landscaped grounds. Residents who wish to enjoy off-campus attractions are only minutes away from shopping, restaurants, medical services, churches and entertainment.



- Banks
- Churches
- Fire Department
- Golf Courses
- Grocery
- H Hospital
- Restaurants
- Shopping

WELCOME FROM PAGE 1

We are also including news about Dorothy Love Retirement Community and our many living options, programs, and social events.

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

WELLNESS FROM PAGE 1



From providing fitness classes and painting tutorials to worship services and first-class dining, Dorothy Love 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.



Community Information

- City of Sidney
- Sidney/Shelby County Chamber of Commerce
- WMVR/HITS 105.5
- Sidney Daily News

Education

- Edison Community College
- Sinclair Community College
- University of Dayton
- Wright State University, Lake Campus
- Upper Valley Career Center, Piqua

Hospitals and Medical Support

- Wilson Memorial Hospital
- Urgent Care at Wilson

Museums/Attractions

- WACO Aircraft Museum
- Armstrong Air & Space Museum
- Wright-Patterson Air Force Base
- National Museum of the United States Air Force

Parks and Recreation

- St. Marys State Park
- Indian Lake State Park
- Tawawa Park
- Lockington Dam (Erie Canal)
- Fort Loramie Lake State Park

Performing Arts

- Sock & Buskin Community Theatre
- Gateway Arts Council

Venues

- Shelby County Historical Society
- Shelby County Library
- Senior Center of Sidney/Shelby County
- The Benjamin & Marian Schuster Center for the Performing Arts, Dayton
- The Frazee Pavilion, Kettering
- The Victoria Theatre

Join Us

See page C7 for details!



SWEET TREATS DAY
AT DOROTHY LOVE

September 14
12:30-4:30 p.m.

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 Dorothy Love 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 the 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, 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

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 Dorothy Love, 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.

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 Dorothy Love to home

Highly-accredited therapists

Fully-equipped rehabilitation gym

Medicare, Medicaid certified and most insurances accepted

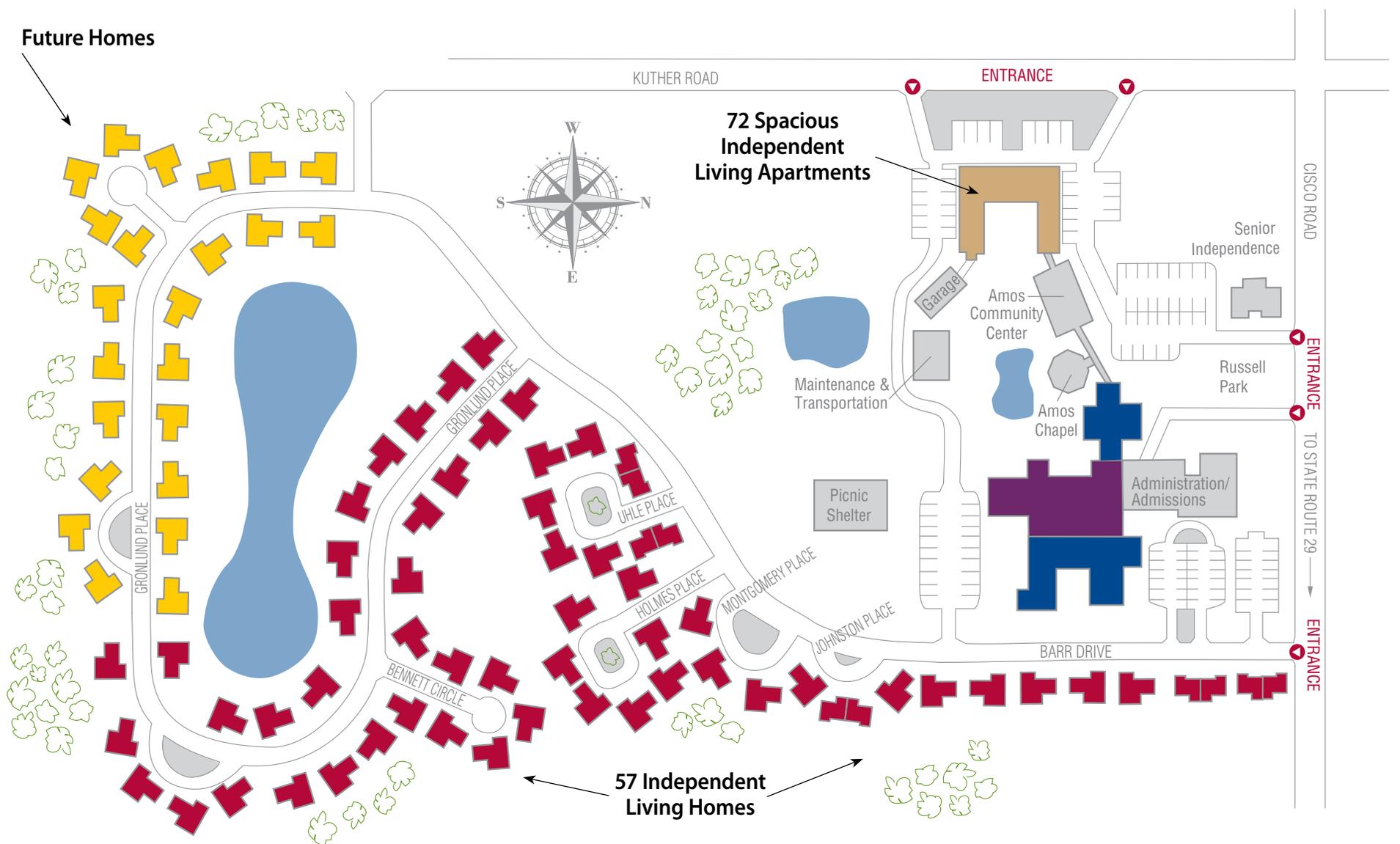
With years of caring and quality service, Dorothy Love leads the way in rehabilitation and will lead you ... *one step closer to home!*

Dorothy Love Call Mary Moyer 937.497.6550
Retirement Community

3003 W. Cisco Road, Sidney, OH 45365 • www.dorothylove.org



Welcome to Dorothy Love



A community that can meet your changing needs ...

Discover how Dorothy Love Retirement Community can provide a variety of choices to make you feel right at home. As a Continuing Care Retirement Community (CCRC), Dorothy Love offers a variety of on-site housing options and health care services, plus many other features customized to your needs.

- Houses
- Apartments
- Assisted Living
- Rehabilitation and Skilled Nursing
- Memory Enhancement Center



For individuals desiring to free themselves from the worries and hassles of home maintenance, we offer independent living in ranch-style homes. Our homes are nestled in an inviting neighborhood setting. A variety of two-bedroom floor plans are available.



Surround yourself with all the comforts of home in a Dorothy Love apartment. Each layout is perfect for an individual or couple. All of our apartment-style homes include beautifully appointed solid wood cabinetry, doors and trim plus fully-equipped kitchens, living/dining rooms, and individually controlled heating and air conditioning.



Assisted living offered at Dorothy Love offers spacious accommodations, along with personalized care and services. Whether it's providing a little extra help with buttons or managing medications, assisted living at Dorothy Love is the answer! Services are personally tailored to meet your needs.



Services are available for individuals who are recovering from an illness, injury or surgery that required hospitalization or for those who need 24-hour nursing care. The Dorothy Love rehabilitation and skilled nursing center offers physical, speech and occupational therapies, plus much more! We also offer specialized long term care for those with advanced memory care.



A unique feature of Dorothy Love is its dedication to the care of those who live with Alzheimer's or memory loss. With our three levels of dementia care, we are able to offer a compassionate, supportive and secure environment where specially-trained caregivers provide an individual approach.

The benefits of a pet-friendly community

A sense of companionship isn't the only benefit of owning a pet. 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 muscles, the heart, 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 Dorothy Love when retiring or seeking long term care.

Retirement Living

The five myths and realities

In 2011, Age Wave, a research and consulting company, conducted a study to better understand how adults age 50+ decide to move to a CCRC like Dorothy Love.

Discussions with CCRC residents and industry experts revealed a recurring theme: There are prevailing myths and misperceptions about CCRCs that do not match today's realities and can sometimes complicate or mislead decision making.

We hope that this excerpt from the report will help you better understand the options and enable you to choose the home and lifestyle that best meet your goals and needs in the years ahead.

Myth 1 – *“My current home will be the best possible place to live in my post-retirement years.”*

Reality – The ideal home evolves throughout our lifetime, so the best home for your next stage of life should be one that provides more freedom, more convenience, better care and less worry.

Myth 2 – *“My current home is the best option to continue an active social life and to stay connected with friends in the years ahead.”*

Reality – Remaining in your home can result in growing



isolation and loneliness in later life. CCRCs offer opportunities to build new relationships and social connections with like-minded people.

Myth 3 – *“It's less expensive and more financially secure for me to stay in my current home.”*

Reality – Even though your mortgage may be paid off, monthly expenses to maintain your home and your lifestyle are higher than you realize and less predictable as your home ages or you are less able to physically manage the home. When combined with potential care costs, living in your current home may end up being the most expensive option.

Myth 4 – *“It would be easy to get any care I might need at home.”*

Reality – Care at home can be difficult and costly, while continuing care retirement communities offer a seamless solution for most care needs that may arise in later life.

Myth 5 – *“CCRCs are filled with old people who are sick and dying.”*

Reality – Many people choose CCRCs to pursue opportunities for new learning, new activities and a “new chapter in life.”

Throughout your life you've chosen homes which best fit your future lifestyle. Planning ahead and proactively choosing the home and community that best meet your needs, dreams and ambitions for the years ahead – like Dorothy Love – is the best recipe for making your next chapter in life as vital, interesting and as fulfilling as possible.

If you think a CCRC may be a good option for you or a loved one, contact Director of Marketing **Deb Sanders** at 937.497.6543 or dsanders@dorothylove.org. Deb will be happy to meet with you over lunch and talk about the lifestyle, care and support offered at Dorothy Love. We also welcome you to tour our campus and, most importantly, talk with current residents to understand what life at Dorothy Love can truly offer.



The most important decision you can make

There's a good chance you already know that life at Dorothy Love brims with possibilities for every interest. With spacious houses 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. Seeing is believing!

Call 937.498.2391 for more information and a personal tour.



My Independence provides an array of services that are intended to keep Dorothy Love residents independent in the place they call home longer.

With My Independence, a personalized plan is developed for you by selecting only the help you need to maintain your quality of life in the comfort of your own home. This program offers a range of services including managing medications, light housekeeping duties, helping with morning or evening routines and much more. For more information about My Independence, please call **Therese Reed** at 937.498.4680.



Dorothy Love Areas of Interest

We believe in serving the whole person – physically, mentally and spiritually. Every day, life at Dorothy Love Retirement Community takes on a new energy. Enjoy the style of living you desire and the peace of mind you deserve.

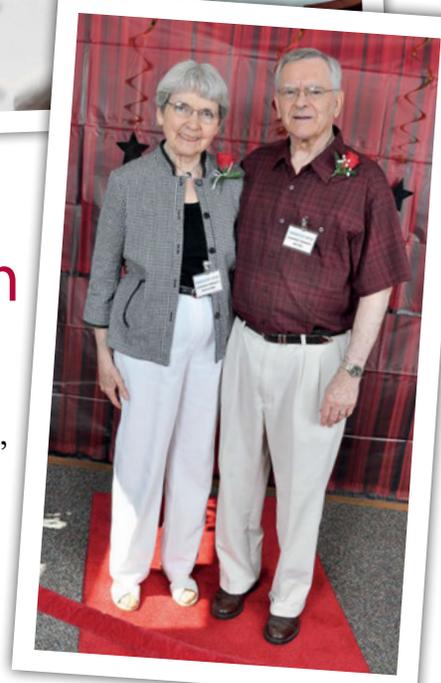
Dorothy Love offers many areas for you to gather for extracurricular activities and hobbies.

1. Gift Shop
2. The Library
3. Independent Living Dining Room
4. The Fitness Center
5. The Amos Chapel



SNAPSHOTS

From Around Dorothy Love



Resident Appreciation Dinner

Dorothy Love residents walked the “Red Carpet” to our annual Resident Appreciation Dinner where they were treated like stars while they enjoyed a fabulous dinner and a night of fun.

Community Calendar

If a phone number is not included in the Community Calendar event description, please call 937.497.6542 for more information. All events are free unless otherwise noted.

Events

"Sweet Treats" Day, Sept. 14, 12:30-4:30 p.m. Start on Barr Drive and follow the Root Beer Floats to tour some of our houses and our two-bedroom apartments.

- 12:30- 2:30 p.m. Home tours
 - 2-3 p.m. Treats in Amos Center
 - 3-4:30 p.m. Bob Gray Orchestra
- Bring your registration punch card, it's your ticket to get in.

New Carlisle Area Community Chorus, Nov. 15, 7 p.m., Amos Center.

Troy Christian Rhapsody Show Choir, Dec. 13, 7 p.m., Amos Center. Fourteen high school students from Troy Christian High School will perform. They are directed by Rebel Marcum, the director of choirs at Troy Christian Schools.

Heart & Vascular Health, Oct. 20, 1 p.m., Amos Center. Dr. Orem will share information regarding heart health and offer free leg screenings for possible vein issues.

Brunch Bunch

Medicare and its options, Sept. 15, 9:30 a.m., Amos Center. Viktoria Jurkovic from The Ohio Department of Insurance will present and answer questions regarding Medicare coverage and secondary insurances.

Hearing Loss – What Can Be Done? Nov. 17, 9:30 a.m., Amos Center. Sharon Koontz from Hearing Professionals will discuss hearing loss and the products available that can help. Free battery checks and cleanings will also be offered.

Meetings

Resident Association meets every third Tuesday, 2 p.m. in the Amos Center – Sept. 16, Oct. 20, Nov. 17.

Welcome Tea meets every other month on the third Tuesday, 2 p.m. in the Amos Center – Sept. 16, Nov. 17.

Worship opportunities

All activities are held in the Amos Chapel.

Sunday Singing with Vern and Mary, 1 p.m.

Sunday Worship, 2:30 p.m.

Tuesday Lutheran Hour, Meets monthly, every third Tuesday, 1 p.m.,

Thursday Catholic Hour, 10 a.m.

Other Activities

Mondays – Tai Chi, 9:15 a.m., Amos Center.

Tuesdays – Woodshop Open 9 a.m.-12 p.m., Maintenance building.

Mondays & Thursdays – Bid Euchre, 6:15 p.m., Aspen Room, main lobby of the apartment building.

Tuesdays & Fridays – Line Dancing, 10 a.m., Crafts for LifeCare, 2 p.m., Amos Center.

Saturdays – Cards and Games, 6:15 p.m., apartment building lounges on each floor.

SWEET TREATS DAY AT DOROTHY LOVE

SEPTEMBER 14 • 12:30-4:30 P.M.

Join us for a fun-filled day with loads of SWEET TREATS

12:30-2:30 p.m. Tour of Homes and Apartments

Enjoy some SWEET door prizes as you tour six beautifully decorated homes and apartments. Start on Barr Drive and follow the Root Beer Floats to the Open Houses to get your punch card and enter to win some SWEET deals!



2-3 p.m. Ice Cream Float Amos Community Center

Choose your own SWEET flavor! Be sure to bring your punch card, it is your ticket into the event.



3-4:30 p.m. Bob Gray Orchestra Amos Community Center

Enjoy SWEET tunes to soothe your soul while you sing and dance the afternoon away!



For more information, please talk with Deb Sanders or call 937.497.6543.

Dorothy Love
Retirement Community



3003 W. Cisco, Sidney, Ohio • www.dorothylove.org

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

Celebrating You

Because you are caring, talented and exceptional

Dorothy Love Retirement Community 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 call 937.498.2391.

*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 call 937.498.2391.

Must not currently be residing in an OPRS community.

The Dorothy Love Beat has been brought to you by your friends at Dorothy Love Retirement Community, a continuing care retirement community.

Executive Director	Tricia Atwood
Director of Marketing	Deb Sanders
Creative Services	Dyan Trent

For more information or to schedule a free lunch and a tour, call Deb Sanders at 937.497.6543.

Dorothy Love

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Sidney, OH 45365
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For More Information

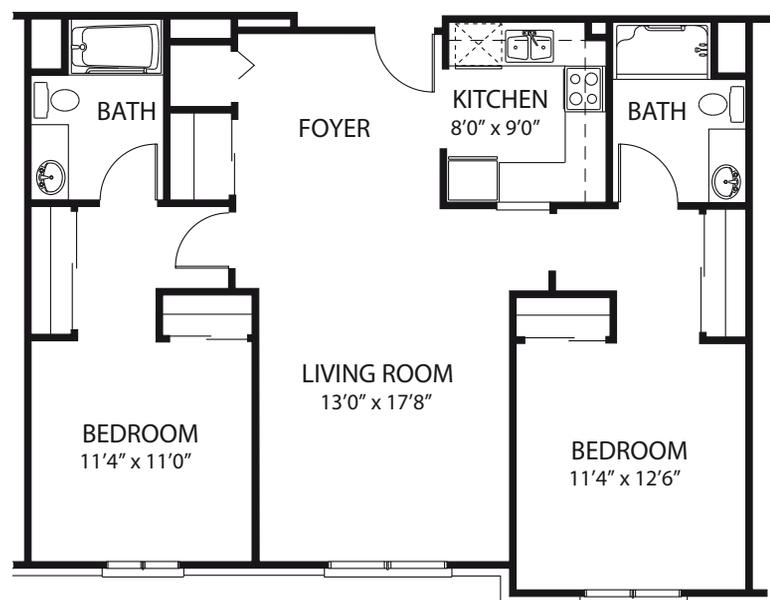


Maybe Assisted Living is not the answer?

Why pay more for Assisted Living if you don't need the additional services?

If you are considering Assisted Living you may end up paying more for services you really don't need. It's no surprise that many people in Assisted Living aren't ready for all those services – they just need a “helping hand.”

Residents who live in Dorothy Love apartments enjoy spacious living, restaurant-style dining, housekeeping services, transportation for a night out on the town or to the grocery store, and a wonderful social calendar. Medication management and additional nursing help are also available for a small fee if you need them.



Spacious two-bedroom apartments at Dorothy Love offer:

- Newly remodeled, spacious living area
- One- or two-bedroom apartments
- Restaurant-style dining
- Two meals daily Monday through Saturday, plus Sunday Brunch
- Housekeeping services
- Social and recreational activities
- Scheduled transportation
- Many available options
- Medication management and other services available for a small fee
- Security of additional services, if needed

If you thought Assisted Living was your only option, call Deb Sanders today at 937.497.6543!

Dorothy Love – providing the security and peace of mind you deserve and the lifestyle you desire.

Dorothy Love is located on 294 country-like acres near Sidney, Ohio. Walking paths wind around the ponds and beautifully landscaped grounds. Residents who wish to enjoy off-campus attractions are just minutes away from shopping, restaurants, medical services, churches and entertainment.



Call us! Facebook us! Tweet us!

937.498.2391

Retirement –

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

Dorothy Love –

the place that gives you the freedom and opportunity to do that!

