

Mount Pleasant
retirement village

LIVING

Ranch Homes • Brownstone Condo-Style Homes • Apartment Homes • Assisted Living
Memory Care • Rehabilitation • Outpatient Therapy • Skilled Nursing

Life your way.

Resident Profile: **Helen Ramsdell**

By Lori Shutrump

Living to be 105 years old is rare – as rare as Helen Ramsdell, who recently celebrated this monumental birthday. Oh, the changes she has seen! When she was born near Middletown, Ohio, the average life expectancy was 47 years of age, her family home did not have electricity or indoor plumbing, and women did not have the right to vote.

“I was the oldest of seven children, and we lived on a farm with all kinds of animals,” she says. “We farmed the land, made our own maple syrup, milked the cows by hand, and every Saturday I cleaned and refilled the oil lamps.” She smiles and points to the lamp in her apartment, “That was my aunt’s courting lamp. If it was on, the boys were welcome to come over.”

Helen’s keen mind easily retrieves memories from a century ago. “We had a tank outside that collected rain water for cooking and bathing, and we took our baths on Saturday night in a metal tub in the kitchen,” she says.

“Oh, the changes I have seen!”

She attended a one-room school house with 30 children in grades one through eight. Helen graduated from the Cincinnati Conservatory of Music with a master’s degree in music. After graduating, she traveled Europe, sometimes alone and sometimes with family, giving music lessons. Her face lights up when talking about seeing the first outdoor performance of the play “The Passion” in Germany in 1930. Helen enjoyed a successful career teaching voice in schools and privately. She was even the vocal instructor for the McGuire Sisters, a popular singing group of the 1950s and ’60s.

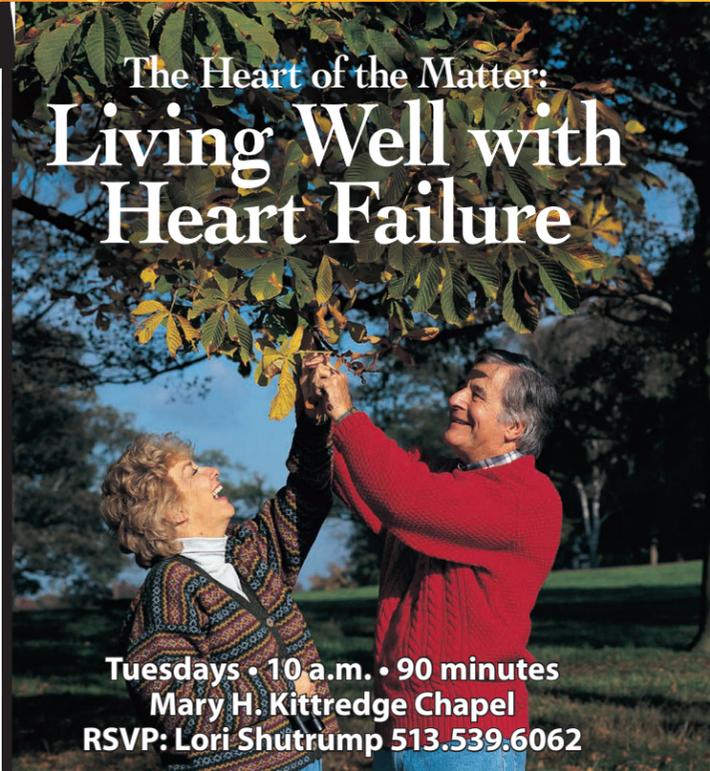
Much has changed since Helen was young, but she notes that many social issues remain constant.

In 1907, the year she was born, America struggled with political corruption and a banking crisis, much like it is now.

Helen, too, remains much the same. She doesn’t need reading glasses, still teaches voice lessons, plays the piano, and makes her bed every day. She dresses in brightly colored suits or matching sweater sets, but most notable is that neighbors and staff always see Helen wearing a smile. Looking around her home it is obvious what has sustained her for 105 years – her family, the Bible and her piano. Some things don’t change, and Helen is very happy about that! ✨



The Heart of the Matter:
Living Well with Heart Failure



Tuesdays • 10 a.m. • 90 minutes
Mary H. Kittredge Chapel
RSVP: Lori Shutrump 513.539.6062

Mount Pleasant is partnering with Atrium Medical Center, local cardiologists and primary care physicians to offer a three-part educational course on heart failure. If you or a family member has been diagnosed with this condition, please consider attending this course. Participants are welcome to bring a guest.

Class 1: Understanding Heart Failure
Instructor Kelly Francis, RN

Topics include: How heart failure affects the body, common medications and side effects, communication with your family and physician, and establishing a base line.

Class 2: Eating Well with Heart Failure
Instructor Andrea Isenburg, DTR

Topics include: How sodium impacts heart failure, easy ways to reduce sodium at the grocery store and in your kitchen, reading food labels, and making smart sodium choices when eating out.

Class 3: Moving Forward with Heart Failure
Instructor Lori Shutrump, BA

Topics include: Aging and heart failure, chronic disease and total wellness, physical activity, energy conservation, knowing when and where to ask for help, and understanding and communicating health values. ✨

Yes! I'd like to visit and learn more about Mount Pleasant Retirement Village.

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

I am interested in the following:

- Ranch Homes
- Brownstone Condo-Style Homes
- Apartment Homes
- Assisted Living/Memory Care
- Rehabilitation/Skilled Nursing Outpatient Therapy
- The Veterans Service Grant
- The Church Employee Grant
- Please call me to schedule a visit and lunch
- Please send more information
- Please remove my name from your mailing list

**To Schedule a Tour
Call 513.539.7760**



Mount Pleasant retirement village **513.539.7760**
www.mountpleasantohio.org

Events & Happenings

October 11, 2012 • 5:15-9 p.m.
Activity Building

Fall in Love with the '40s



Back by popular demand, an encore evening to the June Moonlite Ballroom! Join your friends and fellow residents for "Fall in Love with the '40s." Step into an elegant 1940s club

complete with mood lighting, dance floor and a big band playing hits from the '40s! Doors open at 5:15 p.m. for cocktails and appetizers / 6 p.m. seated dinner with piano music / 7-9 p.m. the dance floor opens! **Mary Knapke** and the **Ron Meyer Trio** will keep you dancing. RSVP required by October 5, to Lisa Jones 513.539.7760.

November 9, 2012 • 10:30 a.m.
Mary H. Kittredge Chapel



Veterans Day Observance

Join us as we salute and recognize Mount Pleasant veterans with an afternoon of patriotic ceremonies, songs and prayers. Lunch will be served in the activity building. RSVP required by November 2, to Lisa Jones 513.539.7760.

November 12, 2012 • 6:30 p.m.
Mary H. Kittredge Chapel

Stravinsky's Firebird Suite



This exceptional and dazzling performance is one you won't want to miss! Based on the 1919 Firebird Suite composed by Igor Stravinsky, Madcap Productions presents the tale of Ivan, the bird of

fire, and Katchai, the magician. Performed as a giant shadow puppet ballet with Stravinsky's wonderfully narrative symphonic music, this performance is truly magical and will leave you breathless. The beauty and grace of the puppets is truly something to behold. RSVP required by November 9, to Lisa Jones 513.539.7760.

November 30, 2012 • 11 a.m.
Activity Building (Lunch provided)

Our Busy, Stressed-Out and Maxed-Out Brain

This is the fourth and final part to our popular year-long Brain Health Series. Learn how to have peace during the most chaotic time of the year, plus receive organization tips for those who are losing mobility. RSVP required by November 20, to Lisa Jones 513.539.7760.

December 3, 2012 • 6:30 p.m.
Mary H. Kittredge Chapel

A Salute to the Ladies of Song

Nancy James and the **Carmon DeLeone Quartet** will perform the songs and music of Judy Garland, Ella Fitzgerald and Peggy Lee. RSVP required by November 30, to Lisa Jones 513.539.7760.

1st & 3rd Wednesdays • 11:30 a.m.
October 3 & 17, November 7 & 21
and December 5 & 19, 2012

Pre-Op to Home Joint Replacement Surgery Class

Enjoy a complimentary lunch while learning about the full spectrum of care for your joint replacement surgery. You will learn the basics of joint surgery, what to expect during your hospital stay, pain medicine and management, rehabilitation expectations, preparing your home for your return and much more. RSVP required to Lori Shutrump 513.539.6062.

Thursdays • 6:30 p.m. • Cafe' 210
October 25, November 29 and
December 27, 2012

Wine-Themed Dinners

Monthly, residents and guests come together for an evening filled with gourmet foods, a selection of wines and some good conversations. Mark your calendars and be sure to join us for our upcoming dinners! For more information, please call 513.539.7760.



Who is that New Guy in Marketing

Many residents have noticed the *new guy* in the marketing office. He is a bit on the heavy side, has gorgeous orange fur, a loving disposition and is a tad on the spoiled side. We'd like to introduce our rescued cat, Humphrey!



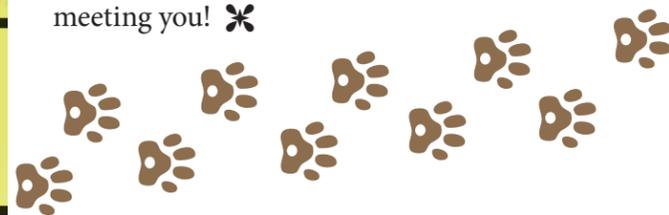
"Hump-Free" was named by the shelter who took him in, Paws Adoption Center in Middletown. Apparently, Humphrey was so large he could not care for himself properly, so his fur became matted on his back side. The shelter had to shave the matted hump of fur off of his back thus making him "hump-free," which later became Humphrey.

Humphrey, whom the vet guessed to be about six years old, loves attention. He is such a big hit on campus that employees have brought him treats, toys and most importantly, have given their time to show Humphrey some extra love.

Mount Pleasant is an Eden Alternative community. This type of community commits to creating a human habitat where life revolves around close and continuing contact with plants, animals and children. It is these relationships that provide the young and old alike with a pathway to a happy and satisfied life. Loving companionship is the antidote to loneliness.

At Mount Pleasant, our residents have easy access to both human and animal companionship. By doing so, it is our hope to eliminate the plagues of loneliness, boredom and hopelessness that can afflict people as they age.

The marketing department believes Humphrey can provide unconditional love to residents and employees alike, and has enough to go around for all to enjoy! Stop by the marketing office to meet Humphrey and to learn more about our Eden Alternative community! He has a purrrrrfect free gift for you when you do! We look forward to meeting you! ✨



For more information
 on classes and events
513.539.7760



All events are free unless otherwise noted. Check out our events page at www.mountpleasantohio.org

Mount Pleasant
 retirement village

225 Britton Lane, Monroe, OH 45050
www.mountpleasantohio.org



SCAN CODE WITH
 SMARTPHONE

513.539.7760

For More Information About Our Community



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