



It's a Brand New Day



is now



Ohio Living
Park Vista



We have some exciting news to share with you. On October 28, our parent company, Ohio Presbyterian Retirement Services, changed its name to Ohio Living. As a result, our community's name has changed to Ohio Living Park Vista. Additionally, Senior Independence, our home health and hospice provider, has changed its name to Ohio Living Home Health & Hospice and our Foundation is now Ohio Living Foundation.

We are very excited about this change and believe it will bring a bright future as we continue to offer high-quality care and services to you under the unified name of Ohio Living.

Please rest assured that this rebranding effort is not the result of a merger,

acquisition or change in ownership. Our people, mission and ownership will remain the same.

We chose the name Ohio Living because we believe it embodies the essence of who we are as an organization – a community of people who celebrate living. It is our deepest desire to provide others with opportunities to live life to the fullest by joining alongside them to make each day count. This new brand is an expression of our organizational values and speaks to the principles we were founded on in caring for Ohioans, a charge which proudly remains our primary focus.

You'll notice we also removed the words retirement community from our name. This decision was based on research indicating

that many current and future prospective residents view the word retirement negatively. Similarly, we have also changed from referring to our community as a continuing care retirement community to a life plan community which focuses on the vibrant, forward-looking nature of our community.

Additionally, we have adopted the tagline "Faith, Compassion, Community" to embrace our faith-based, not-for-profit culture and heritage.

We want to assure you that this change will not affect the care and services at Ohio Living Park Vista in any way. Our new brand represents a renewed commitment to our residents, families, staff and the Greater Youngstown community.

MVLLI and the Butler partner

The Mahoning Valley Lifelong Learning Institute (MVLLI) announced in December its upcoming partnership with the Butler Institute of American Art.

The partnership, "Lunch and Learn: A Collection of Collections," is a series of eight lunch and learn events that will include in-depth tours of the museum's individual collections. Following each tour will be, "Dining through the Ages," a themed lunch that will be held on-site at the Butler Institute's Collections Café. Four of those sessions will be held during the MVLLI's Spring 2017 semester.

"This is a great opportunity for attendees of the MVLLI to explore art and food as a partnership. The learning won't stop once you get to lunch, but will continue as a way to deepen the educational experience," said **Susan Berny**, gift planning director for Ohio Living Park Vista. "We are so pleased to be going forward with this program, and deeply grateful for our charitable and community partners who have made this possible."

Dr. Louis Zona, executive director and chief curator, and **Joyce Mistovich**, education director, will lead the tours. **Vince and Phyllis Bacon**, already supporters of the Butler Institute of American Art, are underwriting the lunches.

See **PARTNER** Page 2

3 LIFESTYLE

Care, comfort, communication reign at The Rehab Center

5 ON CAMPUS

Make it Happen Grows Memories

6 ARTS & LIFE

Community Calendar Snapshots

Ohio Living Foundation celebrates 30 years



The Ohio Living Foundation marked a major milestone in 2016 with their 30th anniversary. Across the state, Ohio Living Communities and Home Health & Hospice celebrated 30 years of donors generously supporting their missions.

In ways big and small, donors across the state have supported residents and patients alike since the Ohio Living Foundation was established in 1986. The organization, formerly known as Ohio Presbyterian Retirement Services Foundation, may have undergone a change in name, but its mission remains the same. **Susan Berny**, gift planning director for Ohio Living Park Vista, said the same can be said of the donors and their generosity.

“The Ohio Living Foundation has been exceptionally blessed by the

partnership of people who believe in our mission,” said Susan. “We have reached so many milestones in the state, as well as right here at Ohio Living Park Vista.”

Susan cited a few of the incredible ways in which donors have changed lives and enhanced services:

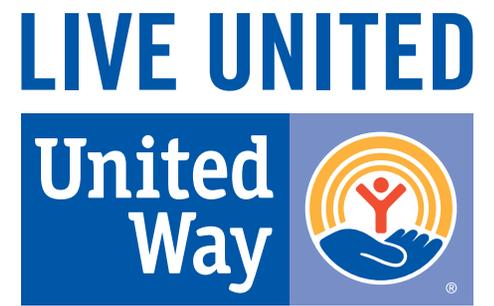
- **\$224 million donated to benefit the people Ohio Living serves**, including those benefitted by the Life Care Commitment
- **36 buildings and major spaces created through charitable gifts**, including the Gelhaar Center, home of the Mahoning Valley Lifelong Learning Institute on Ohio Living Park Vista’s campus
- **167 named endowments**, including three of the

four lecture series of the Mahoning Valley Lifelong Learning Institute

The work of donors aligns perfectly with the organization’s new name, Ohio Living. Regardless of a donor’s chosen purpose for their gift, their ultimate goal is to make life better for someone else. These gifts help everyone Ohio Living serves live each moment to the fullest.

“We are proud of what we have accomplished in our 30 years,” said Susan. “We look forward to the additional ways we can benefit our residents in the future.”

For more information about the Ohio Living Foundation, or to make a gift please call, 330.746.2944, ext. 1554, or visit our web site: ohioliving.org.



Workplace Giving Doubles

Ohio Living Park Vista employees demonstrated their generosity in 2016 through their workplace giving campaign for the United Way. Over 40 employees raised nearly \$6,200 through workplace contributions, an amount nearly double the previous year’s giving, according to **Brian Kolenich**, executive director of Ohio Living Park Vista.

This is the fourth year for the campaign. In those four years, Ohio Living Park Vista has raised over \$10,000. All money raised goes to the United Way of Youngstown and Mahoning Valley to fund support services throughout the area.

“The impact these contributions make on safety net services and educational outreach is substantial. These services are key to the success of our Valley’s residents,” said Brian. “We are honored to run a workplace campaign to assist our local United Way, and I have to say that I am quite proud of our staff’s continued and growing participation.”



Employees that give are rewarded with United Way t-shirts, a pass to wear jeans every Friday, and chances to win paid days off. The campaign chair this year was **Kelly Rozzi**, assistant activities director. It was Kelly’s first year as chair.

“She did a remarkable job,” said Brian. “The energy and commitment that she brought to the campaign was great.”

PARTNER FROM PAGE 1



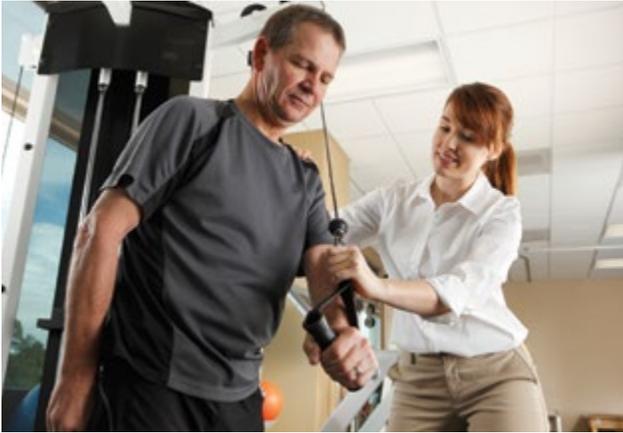
The Butler Institute of American Art, which opened in 1919, is America’s first museum of American art. It features a permanent collection, which boasts works from artists such as Winslow Homer, John Singer Sargent and Mary Cassatt, as well as changing exhibitions throughout the year.

“The Butler is such a jewel for the community with its carefully curated offering of incredible American talent,” said Susan. “Adding this to the MVLLI’s schedule will deeply enhance an already rich and robust course schedule, as well as provide a keen evaluation of the American experience through art.”

The Spring 2017 schedule for “Lunch and Learn: A Collection of Collections,” is: Tuesday, Feb. 21; Tuesday, March 21; Tuesday, April 25 and Thursday, May 25. All sessions will be held from 10:30 to 11:30 a.m. Attendees are asked to meet the group at the Butler Institute of American Art, 524 Wick Ave., Youngstown, 44502.

For more information, or to reserve your space, please call 330.746.2944, ext. 1553, or visit mvlli.org.

Care, comfort, communication reign at The Rehab Center



The Rehab Center at Ohio Living Park Vista is focused on getting you home and moving again, but that doesn't mean you won't get the star treatment during your stay.

The special care and attention starts at arrival. The team – from the unit manager and social worker to the directors of therapy and nursing – will meet you, and let you know just how to reach them should you have any questions at all. **Laura Gerst**, manager of the Rehab Center for nearly 15 years, said communication and familiarity are crucial to success. Regular visits with the patient, and having a designated Rehab Center staff, allows Ohio Living Park Vista to specially tailor each person's care.

"We know that rehab can be difficult, and our goal here is to make the experience as enjoyable

and comfortable as possible," said Laura.

The rehab and therapy teams work one-on-one with each patient. Time in therapy is maximized as therapists get to know you, help establish recovery goals and implement an aggressive strategy to meet them. Part of this strategy may be the use of the Aquatic Therapy Center, a therapy pool that offers low-impact rehabilitation through the use of warm water, a variable speed underwater treadmill, and massage jets to soothe joints and muscles. An adjustable floor rises to the surface for easy entry without a ladder or steps. Weighted chairs provide pool access to those unable to stand on land.

Just as important as the care are the accommodations. **The Rehab Center features 45 spacious,**

private suites that include a private bath, flat-screen TVs with cable and, of course, the expert care that residents of Ohio Living Park Vista have come to know and trust. Comfortable common areas invite guests out of their suites to meet new people, relax and recover. Fresh, chef-prepared meals of the guest's choice are available in the Rehab Center dining area or delivered to a guest's suite upon request. Other amenities include wireless internet access, private heat controls, mini-refrigerators and secure lockers for storing valuables.

"Our goal here is to make the experience enjoyable and comfortable, putting the guests in charge. We want their time with Ohio Living Park Vista to feel as close to being at home as possible," said Laura.

Why choose the Rehab Center at Ohio Living Park Vista?

- We're a community, not a nursing home, so our guests make new friends.
- We care about whole-person health – social, physical, emotional, intellectual, vocational and spiritual.
- We embrace the philosophy of Active Aging, 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.

For a tour and more information about The Rehab Center, call, 330.746.2944, ext. 1553, or visit our web site at ohioliving.org.



VitalStim therapy diminishes dysphagia

Those suffering from dysphagia know the difficulties that come with eating and drinking. Dysphagia, or difficulty swallowing, can be painful, lead to gagging, choking or coughing, and cause weight loss due to inability to get enough food or liquid.

Luckily, treatments such as VitalStim therapy can ease the symptoms of dysphagia. Ohio Living Park Vista offers the treatment as part of its speech therapy program.

VitalStim is an external, electrical therapy that is paired

with exercise to improve the swallowing function of the patient. A speech language pathologist will affix specially-designed electrodes to the patient's neck to stimulate muscle function in the throat and neck.

"The purpose in the therapy is to recruit more muscle fibers through electric stimulation to get a more active response while swallowing," said **Linda O'Brien**, a speech language pathologist at Ohio Living Park Vista.

Linda has been performing the therapy for approximately nine

years. She is one of a handful of therapists in Mahoning County licensed to provide the treatment. Therapists providing the treatment must undergo a rigorous course of study, as well as continued refresher courses to maintain certification.

"Ohio Living Park Vista has been very supportive of my continued training in this program, which offers great continuity and quality," said Linda.

For more information on VitalStim therapy at Ohio Living Park Vista, call 330.746.2944.



Ohio Living Park Vista residents explored Active Aging Week 2016

Active Aging Week, organized by the International Council on Active Aging, showcases the diverse opportunities available to older adults in a fun, educational atmosphere. During the last week of September, host organizations throughout the world provide a variety of free activities, such as classes, educational seminars, access to fitness facilities, health fairs and community walks. Each year takes on a different theme, with 2016 being “Explore the Possibilities.”

From Sunday, Sept. 25, to Saturday, Oct. 1, residents and friends of Ohio Living Park Vista participated in several events, including the “Get on Your Feet Challenge,” which started off the week. Residents were invited to follow the route from Ohio Living Park Vista North to the Gathering Room, performing mini challenges, such as doing arm circles and marching in place as a warm-up for the Mind, Body and Soul exercise class. Fun facts about walking and the benefits of taking the stairs were shared during the class.

Other events during the week included a special lecture by **Dr. Greg Ferro** as part of the Mahoning Valley Lifelong Learning Institute, a different take on theater with a one-woman show, and Ohio Living Park Vista’s first Dueling Pianos Extravaganza. The week was capped off with a food fair for residents, guests and employees, bringing 10 food vendors to the

campus to share and sample the latest trends in dining.

“It’s a fun week that brings residents and employees together,” said **Denise Rubano**, Ohio Living Park Vista activities director. “It’s a great opportunity to celebrate each other, our residents and the incredible lives they lead.”



This was the fifth year for Active Aging Week on the Ohio Living Park Vista campus, though Executive Director **Brian Kolenich** adds that Ohio Living Park Vista celebrates the active aging philosophy year-round.

“It’s a great chance to demonstrate and celebrate the very active, very fulfilling lives our residents have through volunteer work, exercise, the arts and more,” said Brian. “Our residents and their friends embrace and celebrate their age. They’re inspiring.”

Mark your calendars for next year, as Active Aging Week will begin on Sunday, Sept. 24, and run through Saturday, Sept. 30.

Do you feel the VIBE?

Youngstown State University (YSU) and Ohio Living Park Vista want you to feel the VIBE – Project VIBE, that is!

Project VIBE, or Valley Initiative to promote Balance among the Elderly, is a research and community service project aimed at promoting balance and reducing fall risks among Mahoning Valley residents age 65 and over. Ohio Living Park Vista will be collaborating with YSU by providing administrative support, a location to work with study volunteers and information from those volunteers.

“We are always seeking ways to improve the lives of our residents and patients. Collaborating on a program with a great research partner like YSU will help us to do so by pinpointing the cause of falls and balance problems, and make safer those who are 65 and over,” said **Brian Kolenich**, executive director.

The Valley-wide initiative will be seeking volunteers to answer basic questions relating to balance and falls, as well as undergo a basic balance assessment. This information will be used to examine prevalence of and factors leading to falls, the impact

falls have on health, and fall prevention, all in an effort to raise awareness and increase safety for those at risk.

The study has four aims:

1. Examine the prevalence and incidence of falls in the community
2. Examine factors associated with prevalence and incidence of falls in the community
3. Examine the impact of falls on community elders
4. Examine fall prevention behaviors

“Falls are a major health concern with aging, yet not enough adults get evaluated for falls by health care providers,” said **Dr. Tiffany Hughes**, assistant professor of sociology, anthropology and gerontology at YSU. “My colleagues and I are excited to partner with Ohio Living Park Vista to offer this service and to gain a better understanding of various aspects of falls in the community setting.”

Assessments are expected to take place in April, with appointments being scheduled between the hours of 9 a.m. and 4 p.m.

For more information, please call 330.746.2944, ext. 1553.



You're Invited!

Assisted Living Open House Tuesday, January 31 | 3 to 6 p.m.

Please join us for our Open House to see how our residents enjoy life their way, and how Ohio Living Park Vista can help meet your needs! We hope to see you there!

Call 330.746.2944, ext. 1553 for more information.

Make it Happen Grows Memories



Carolyn Davanzo grew up during World War II in a family of eight. There wasn't a grocery store on every corner nor was there a surplus of food. Families relied on what they grew to provide meals. Carolyn's parents, like many others, planted a Victory Garden.

"My father could grow anything, especially potatoes," said Carolyn.

This garden and her father's green thumb stand out in Carolyn's memory. Carolyn, an Ohio Living Park Vista resident, has dementia. For her, events that occurred in the past are clearer than recent events, explained **Sue Gans**, a social worker for Ohio Living Home Health & Hospice.

"As a hospice social worker, it's important to understand the patient's past and present history, as well as physical, mental and spiritual well-being," said Sue. "How I come to understand a

person as a whole is through life review, as well as other methods."

It was during a conversation with Carolyn that Sue learned about the Victory Garden. As Carolyn talked, Sue realized that there was a great Make it Happen project lying in the details. Make it Happen is a program provided by Ohio Living Home Health & Hospice to create lasting memories for families by bringing moments of joy to those nearing the end of life by fulfilling precious wishes. The two decided that Carolyn would grow potatoes, much like her father did so many years ago. It would provide Carolyn with a wonderful experience, and give Sue a brand new one.

"I have never had the opportunity to grow a potato, or see what kind of greens sprout from the top," said Sue. "I go to Giant Eagle, buy a 10 pound bag, and I'm done with it!"



Sue bought a small pot, good soil and two sprouting potatoes from home. The two looked up a timeline for growing a red potato on Google. Then they started planting.

"Lovingly, and oh so gently, Carolyn began the process. We planted our potato crop on November 1," said Sue. She expects the potatoes to fully mature in mid-January.

Ethel Mae Orange, an assisted living staff member, is also part of the adventure, reminding Carolyn to keep the plant watered. Sue said the plants have sprouted and remain healthy.

The Make it Happen experience can be larger than life, or a simple moment, but each experience is unique and personal.

For more information on the Make it Happen program, please visit ohioliving.org, or call 330.533.4350.



Ohio Living honors our veterans

In November, Ohio Living Home Health & Hospice, formerly Senior Independence, celebrated and honored their hospice patients, as well as others whom have served our country in special ceremonies in honor of Hospice and Palliative Care Month.

During these ceremonies, Ohio Living Home Health & Hospice **Chaplain Dan Tayman** pinned over 200 veterans who have served in various branches of the military with American flag pins and awarding certificates. Family and friends attended the events to recognize the veterans as well.

"We are proud to have this opportunity to honor our veterans who fought for our country during this special event," said **Sarah Hadley**, executive director of Ohio Living Home Health & Hospice for Greater Youngstown.

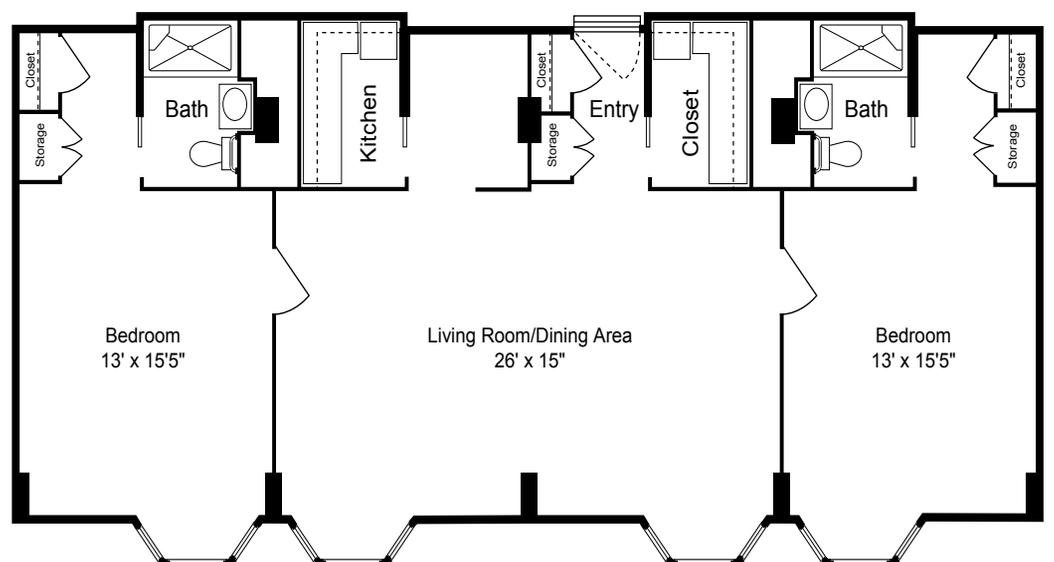
Featured Suite

Two-bedroom assisted living apartment

If you are in search of a two-bedroom assisted living apartment, then we have the one for you.

The two-bedroom suite features: 1,250 square feet • 24-hour security on campus • Emergency call system • Individual heating and cooling controls • Access to all campus amenities, including three dining venues, recreation and entertainment, library, Mahoning Valley Lifelong Learning Institute, chapel and spiritual programming, fitness center, exercise classes, disease support network, outdoor heated pool, beauty and barber shop, gift shop and scheduled transportation.

For more information, call 330.746.2944, ext 1553 today!



All the assistance you need, with all the comforts of home!

Community Calendar

If a phone number is not included in the Community Calendar event description, please call 330.746.2944, ext. 1553, for more information. All events are free unless otherwise noted.

Disease Support Network

Parkinson's Support Group
Feb. 9, Mar. 9
Thursdays | 2 p.m.
North Lounge

Low-Vision Support Group
Feb. 14, Mar. 14
Tuesdays | 10 a.m.
North Lounge

Events

The Affair at the Beecher
Jan. 26, Feb. 23, Mar. 23
Thursdays | 5 p.m.
South Stambaugh Lobby
Featuring live music, wine and hors d'oeuvres.

Smooth Sounds
Feb. 1, Mar. 1
Wednesdays | 7 p.m.
North Lounge
Featuring live music.

Groups & Clubs

Transcendental Interest Group
Feb. 8, Mar. 8
Wednesdays | 6:30 p.m.
North Lounge

The Breakfast Club
Feb. 9, Mar. 9
Thursdays | 9:30 a.m.
Gathering Room

MVLLI

All Mahoning Valley Lifelong Learning Institute sessions are held in the Gelhaar Center unless otherwise noted.

GMO Foods
Tuesday, Feb. 7
10 a.m. to Noon | \$5

Alphonse Mucha: Enchanted Art
Tuesday, Feb. 7
5 to 7 p.m. | \$10
Hors d'oeuvres included.

Better Photography through Composition
Thursday, Feb. 9
5:30 to 7 p.m. | \$10

TED Studies: Understanding Islam
Thursday, Feb. 16
10 a.m. to noon | \$5
Hors d'oeuvres included.

Lunch and Learn: A Collection of Collections – The Butler Institute of American Art
Tuesday, Feb. 21
10:30 to 11:30 a.m.
Lunch included.
The Butler Institute of American Art, 524 Wick Ave., Youngstown, 44505

United States Supreme Court, Part II
Thursday, Feb. 23
9:30 a.m. to 12:30 a.m. | \$15
Lunch included.

The Higher Ethics of Plato and Aristotle
Thursday, Mar. 2
9:30 a.m. to 12:30 p.m. | \$5

TED Studies: The Deep Ocean
Tuesday, Mar. 7
10 a.m. to noon | \$5

Jack Vettriano: Romantic Memories
Thursday, Mar. 9
5 to 7 p.m. | \$10
Hors d'oeuvres included.

The Golden Age of Broadway
Tuesday, Mar. 14
10 a.m. to noon | \$5

A History of Chocolates
Thursday, Mar. 16
5 to 7 p.m. | \$5

Lunch and Learn: A Collection of Collections - The Butler Institute of American Art
Tuesday, Mar. 21
10:30 to 11:30 a.m.
Lunch included.
The Butler Institute of American Art, 524 Wick Ave., Youngstown, 44505

Cleveland Museum of Art Virtual Tour
Thursday, Mar. 23
10 to 11 a.m. | \$5

Macte Virtute
Tuesday, Mar. 28
Noon to 1 p.m.
A lecture by YSU President Jim Tressel.

The Early Presidents
Thursday, Mar. 30
9:30 a.m. to 12:30 p.m. | \$15
Presenter: Dr. Greg Ferro
Lunch included.

Snapshots

From Around Ohio Living Park Vista



Pictured from top to bottom: Ohio Living Park Vista residents and employees got into the Halloween spirit with parties and the annual costume contest! Residents struck a pose in November for caricaturist Vince Ornato.

Areas of Interest

Ohio Living Park Vista offers many areas to gather for a variety of extracurricular activities and hobbies, as well as scenic views to enjoy.



The Chapel



Gelhaar Center



Beecher Dining Room

Experts and Services

BEAUTY & BARBER SERVICES

Salon PS
330.746.2944, ext. 1409
By appointment only.
Monday through Friday,
9 a.m. to 4 p.m.

DELIVERY SERVICES

Prescriptions
Pharmacies that deliver:
Brown's Drug Store
330.782.8101
Allen's PharmaStore
330.744.0707
CVS
330.743.9930

Meal Delivery
Call 330.746.2944 to have a meal delivered to your apartment.

DINING

Beecher Restaurant
Call 330.746.2944
Breakfast: 7 to 10 a.m.,
cooked-to-order
Lunch: 11:30 a.m. to 1 p.m.
Dinner: 4:30 to 6:30 p.m.

Fifth Avenue Grille
(located in the North building,
ground level)
Hours: 11:30 a.m. to 1 p.m.,
4 to 5:45 p.m.

The Pub
(located by the Haynam Center)
Open 24 hours a day with
food service from
11 a.m. to 6:45 p.m.

DRY CLEANING SERVICES

Call Creed Cleaner at
330.755.2106
for pick up and delivery.

EVENT ACCOMMODATIONS

The Haynam Center Gathering Room and the Private Dining Room are available for residents and family celebrations.
For on-campus catering, please call 330.746.2944, ext. 1414.

FITNESS CENTER

The Fitness Center is located in the Haynam Center. Instruction on Fitness Center equipment use is held every Friday at noon in the Fitness Center.
For more information, please call Kelly Rozzi at 330.746.2944.

GIFT SHOP

Knick Knackery Gift Shop
Open Monday through Thursday
2 to 4 p.m.,
closed Friday through Sunday.

HOME HEALTH SERVICES

My Independence
A service of Ohio Living Home Health & Hospice.
Call 330.507.1720.
Offering as much or as little help as you need by providing home health and home care services.

HOSPICE CARE

Ohio Living Home Health & Hospice, call 330.533.4350.
Dedicated to providing care for patients and families 24 hours a day, seven days a week.

LIBRARY

For more information on books and DVDs available for resident and guest use, please visit the Ohio Living Park Vista Library located off of the Stambaugh Lobby.

MAINTENANCE & REPAIR ISSUES

For repairs, please complete a work order, located in the mail room on the first floor of the North building. For emergency maintenance and repair issues after 3 p.m. or on weekends and holidays, please call security at 330.509.1283.

NOTARY SERVICES

Robin Carr
Call 330.746.2944, ext. 1553
Mary Louise Romeo
Call 330.746.2944, ext. 1206
Monday through Friday
9 a.m. to 4:30 p.m.

PODIATRY

Mahoning Valley area podiatrists make calls to Ohio Living Park Vista on a regular basis.
For more information on scheduling an appointment, please call the Clinic at 330.746.2944, ext. 1309.

RESIDENT FAMILY GUEST ROOMS

Located in both the South and North buildings, guest rooms for resident family members are available at a minimal fee.
For more information or to book a room, please call the Welcome Center at 330.746.2944.

SCHEDULED TRANSPORTATION

Transportation to community events, shopping venues, doctor appointments and Youngstown churches is available.
For more information on transportation availability and scheduling, please call 330.746.2944.

SECURITY SERVICES

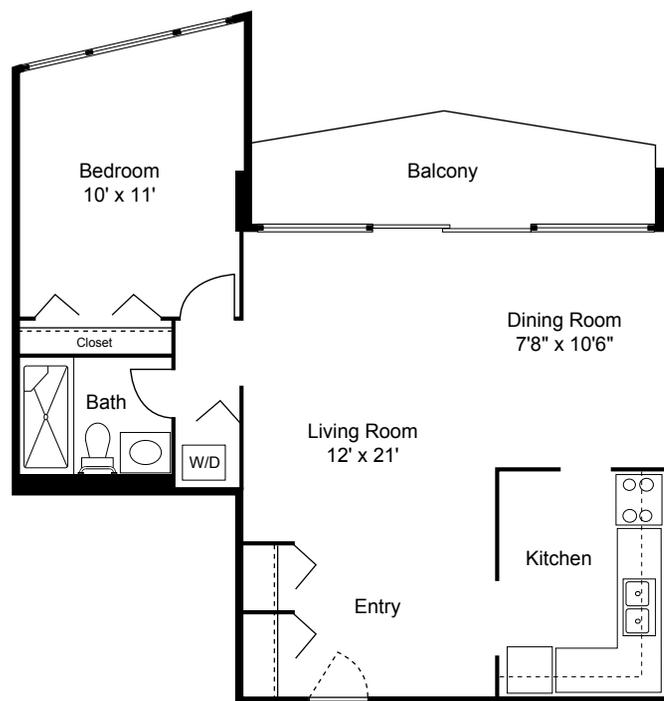
Call 330.509.1283
Security is available 24 hours a day, seven days a week.

WINTER SPECIAL!

One-bedroom apartment Perfectly sized for you!

If you are in search of a one-bedroom apartment that works well for you, then we have the perfect fit!

The one-bedroom features: 625 square feet • Assigned, attached, underground garage parking • Gas (heat and hot water), water and sewer utilities included • All grounds maintenance, trash and snow removal • Bi-weekly housekeeping • Washer and dryer in every apartment • Patio or balcony • Preventive and 24-hour emergency maintenance • 24-hour security on campus • Emergency call system • Individual heating and cooling controls • Priority access to health care and assisted living services on campus • Access to all campus amenities, including three dining venues, recreation and entertainment, library, Mahoning Valley Lifelong Learning Institute, chapel and spiritual programming, fitness center, exercise classes, disease support network, outdoor heated pool, beauty and barber shop, gift shop, scheduled transportation and more.



To receive this exciting offer, call 330.746.2944, ext. 1553, today and reserve your apartment prior to April 30, 2017.



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 330.746.2944, ext. 1553

Must not currently be residing in an Ohio Living community.

Check out the new look of our social media channels!

We update our Facebook page and Twitter feed daily to bring you the latest trends in active aging and care, offer words of encouragement for caregivers, and provide a sneak peek of what life at Ohio Living Park Vista is all about – we even have a YouTube channel! Want to join the growing conversation? We're just a click away.

 <https://www.facebook.com/ParkVistaofYoungstown>

 <https://twitter.com/OhioLivingPV>

 <https://youtu.be/45KCV028z0w>

The Courier has been brought to you by your friends at Ohio Living Park Vista, a life plan community.

Executive Director Brian Kolenich
Director of Sales & Marketing Michele Bradac
PR Coordinator Beth Ann Tabak
Creative Services Dyan Trent

For more information or to schedule a free lunch and tour, call 330.746.2944, ext. 1553.



Ohio Living

Park Vista

1216 Fifth Avenue
Youngstown, Ohio 44504
330.746.2944
ohioliving.org

Amazing Resident

Mary Pinter

For Mary Pinter, moving to Ohio Living Park Vista was a no-brainer.



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

Ohio Living
Park Vista —
the place that gives you the freedom and opportunity to do that!



“I feel safe here, I have peace of mind and should something happen to me, I don’t have to worry about my brother and sister making decisions for me,” said Mary. “If at any point I don’t drive, there’s transportation for me to go shopping and get to my appointments.”

Mary has called Ohio Living Park Vista home for 10 years, but she’s rarely found in her apartment. Instead, she’s taking the newest exercise class, attending art lessons, and exploring the town’s farmers markets, antique sales and consignment shops. Since her retirement, Mary has filled her days with the hobbies she didn’t have time for when she was working.

“When I was young I didn’t have the chance to get to do much,” said Mary. “I always worked after school, and then I put in 41 years at Packard Electric. There just wasn’t time for everything. I’m making up for it now.”

About a year after retiring, Mary began watercolor classes at the Ohio Living Home Health & Hospice Senior Center. She has added work with acrylic paints, alcohol ink and photography. She has had pieces in three Ohio Living resident art calendars and several juried shows throughout the Mahoning Valley. She is also a member of the Mahoning Valley Watercolor Society.

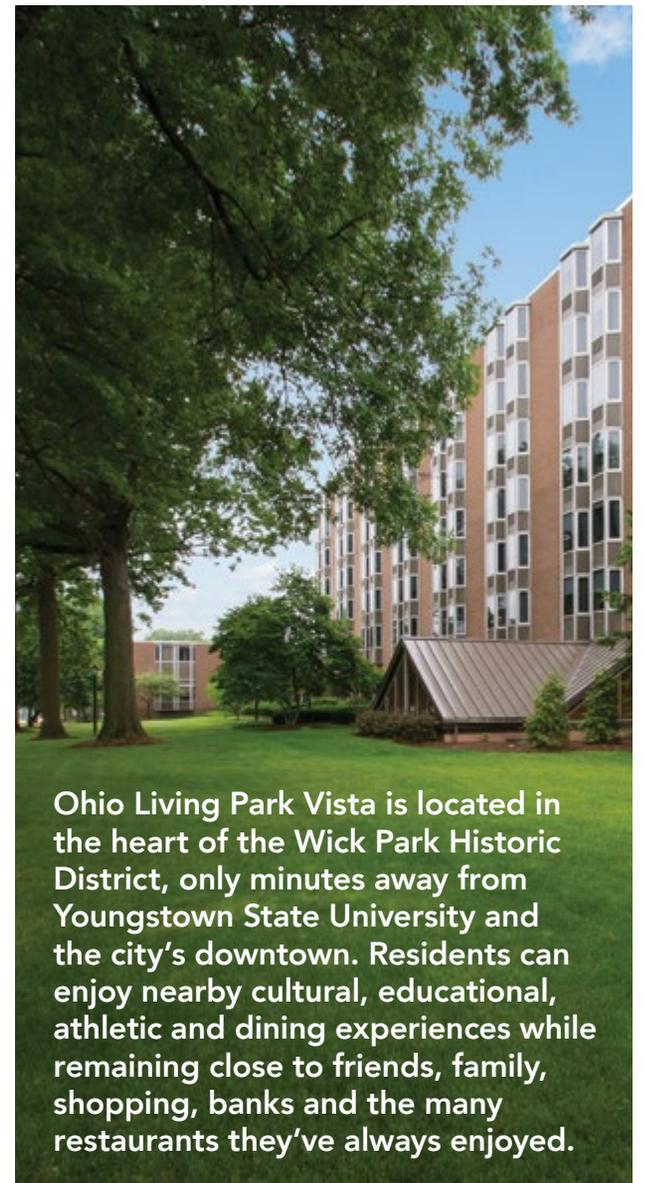
“I’ve been pretty successful with it, and it makes me happy,” said Mary.

Her interests aren’t just limited to art. She has been taking fencing lessons for over a year, rounding out an already aggressive physical routine of weekly Drums Alive classes and swimming. She hikes when possible and walks Fellows Riverside Garden. She loves nature and gardening, and she maintains two outdoor raised garden beds and several houseplants. She regularly attends the Mahoning Valley Lifelong Learning Institute on Ohio Living Park Vista’s campus. She is a member of the Ohio Living Home Health & Hospice Senior Center, which is where she first learned about Ohio Living Park Vista.

“You’ve got to do things when you can,” she said.

Mary added that while having time to herself is important, she realizes that it’s even more important for older adults to socialize and maintain strong friendships.

“I like being alone, but if I want company I don’t have to go too far. I like that,” said Mary, adding that living in a community of people her own age was a major perk to Ohio Living Park Vista. “I didn’t want to be in an apartment all by myself, just sitting there. We are so lucky to have all of these activities offered to us here.”



Ohio Living Park Vista is located in the heart of the Wick Park Historic District, only minutes away from Youngstown State University and the city’s downtown. Residents can enjoy nearby cultural, educational, athletic and dining experiences while remaining close to friends, family, shopping, banks and the many restaurants they’ve always enjoyed.