



A3 LIFESTYLE
Meet Susan Berny
 Page 3



C6 ARTS & LIFE
Events and Classifieds
 Page 6



B5 AT THE PARK
Make it Happen
 Page 5

The Courier

Enjoying Life Living under the same roof again

As they sat in the Park Vista North Lounge, **Ann Flannery**, **Jeanne Foley**, **Jim McLaughlin**, and his wife **Mary Agnes**, laughed, reminisced and shared stories with the sun streaming through the windows on a winter morning. The three siblings, Ann, Jeanne and Jim, explained how, after 72 years of living in different homes in different towns, leading different lives, they all came to live under the same roof again at Park Vista.

They are three of four surviving siblings in a family of 10 children from Youngstown's north side. Ann, fifth in birth order, moved out of the family home in 1943.

"I married a soldier, moved to Akron, adopted a daughter and we stayed for 67 years," said Ann.

Ann kept herself busy during those years. She became a model at age 42, working for retailers such as Higbee's, the May Company and Sak's Fifth Avenue. She worked at her husband's business, volunteered at the local hospital, and arranged flowers, winning 11 best in show accolades at various competitions. After her husband's death and her daughter's move to Florida, she returned to the area in 2010 to be closer to her family. Her oldest sister, **Mary Helen McMahon**,

had also lived at Park Vista. Ann's regular visits to her sister helped her make her decision to move to Park Vista.

"I looked at condos starting at age 88, but I thought I better go to Park Vista," said Ann. "It was a good move. It's a good place for me."

Jeanne, the ninth child, married her high school sweetheart at age 20 and together they raised eight children.

"I'm very proud of my family. That was my blessing," said Jeanne.

She and her family lived for a short time in Akron, but returned home in 1970. Jeanne, a former hospice volunteer and an active St. Edward's parishioner, decided to move to Park Vista in September 2014.

"After my husband died and after having such a large family, it was just too quiet at home. I needed a change," said Jeanne. "I didn't even look anywhere else. Ann was here, and it made it easy."

Jim, the eighth child, joined the Air Force right out of high school. He returned to Youngstown after two years and 10 days in the service and attended Youngstown College through the GI Bill.

"There I got my engineering degree and my wife," he said with a laugh.

The two made their home in Youngstown and raised four



children. Jim became Vice President of International for Ajax Magnathermic, a job that eventually lead Mary Agnes and him to England for three years before they retired to Arizona. After 25 years, the two returned home to be closer to family. They moved to Park Vista in summer 2015.

"When one of us passes away, the other will be very alone. By moving here, you take that gamble away," said Jim. "We're near family, and we're both very happy to be here. It's fantastic."

The three agreed that they enjoy Park Vista because of the people.

"It's so easy to talk to people here, and I am a people lady," said Ann.

"And your background doesn't matter here," said Jeanne. "Everybody talks to everybody, and no one is better than anybody."

They said that after living away from each other for such a long time, it's a welcome adjustment to living under the same roof again.

"We are together, but not close together," said Ann. "We come down to dinner occasionally, but we all have our own apartments and our own lives to live."



TripleCare makes an impact

Park Vista of Youngstown has seen a drastic drop in its rehospitalization rate thanks to the launch of TripleCare.



TripleCare, a telemedicine physician group that provides scalable, high-quality care to patients in need during the off-hours and on weekends, was launched at the retirement community in late October. Since that time the community's rehospitalization rate has dropped from 27 percent to six percent.

"The TripleCare system has been an impactful, innovative method of providing the best care and best technology for our residents and guests," said **Brian Kolenich**, Park Vista's executive director. "The results are outstanding, and they show that once again Park Vista is a leader in older adult care in the Mahoning Valley."

Park Vista and its parent company Ohio Presbyterian Retirement Services (OPRS) were the first in the area to introduce TripleCare.

When a nurse identifies a change in a patient's condition, he or she can call TripleCare to assist. Through two-way video and digital diagnostic equipment, a board-certified physician is virtually at the bedside to examine and treat. This assures doctors that their patients' needs are being met by a physician in the off-hours and weekends, and eliminates unnecessary trips to the hospital.



Did you know that having a sibling could be just as healthy for you as avoiding cigarettes or taking up exercise? Research done by the journal "PLOS Medicine" showed that those with strong social ties to family lived an average of 7.5 years longer than those who did not. One possible reason is that family relationships can inspire us to take better care of ourselves. Another study by Brigham Young University shows that siblings encourage selflessness and better mental, health, too. Here's to siblings helping us live longer, healthier and happy lives!

Making the move easier



So, you think you're ready to make the move into a retirement community, but you feel overwhelmed by the things you've accumulated over the years? You're not alone.

Moving can be overwhelming. Trying to downsize while making that move can make it feel impossible. That's why in February over 30 people attended the "Downsizing and Easing Your Move" seminar at Park Vista of Youngstown. Attendees, some who

have lived in their homes for 40, 50, or even 60 years, were led through expert tips for downsizing by OPRS Vice President of PR and Communications **Chris McKenzie**.

Chris opened the program asking attendees to visualize their homes and the work that is needed to prepare for a move. She then asked them to forget that scene and think of a new one, beginning with the end in mind.

"Now think of yourself sitting on a balcony, maybe here at Park

Vista, your favorite beverage in hand and it's done! You've made the move," said Chris.

She added that she understands the emotional ties that people have to some of the items in their home, which can make parting difficult. They could be from family members who have passed away, part of a major event in a person's life, or memories of young children who have grown up.

"Just think of it as a wonderful time to reminisce," said Chris.

Tips for downsizing your home

- Get a notebook to help with organizing and downsizing. Use it for everything pertaining to the move.
- How do you eat an elephant? One bite at a time! Take the same approach to downsizing by selecting one drawer or box to tackle at a time. Taking the process step-by-step will make it less overwhelming.
- Divide your things into three categories: what you or your family wants saved, what you're unsure about, and what no one wants and must go.
- For those items going to family members, give those to them now. Why not watch them enjoying them?
- When it comes to disposing the items no one wants, have a yard sale, estate sale or auction. You can also sell them through second-hand stores and classified ads. If items do not sell, give them to family or friends, donate or recycle them..

TRIPLECARE FROM PAGE 1

Tami Sehon, director of nursing at Park Vista, explained that while there are some cases where the resident needs to return to the hospital, the use of TripleCare has helped to more accurately identify those. Tami said that doctors can identify if there is something more acute that needs immediate assistance. There are also instances where the tests the Triple Care doctor orders come back with critical results of something that must be treated in a hospital.

"The bottom line is that TripleCare has given us the chance to provide the best possible after-hours clinical assistance to our residents," said Tami.

TripleCare co-founder, Dr. David Chess, was at Park Vista when the program was launched, sharing his thoughts behind the program, and educating local physicians, social workers and other health-related professionals. He explained that TripleCare was born out of the realization that patients face many challenges in receiving care. Its direct-to-bedside approach improves clinical outcomes, keeps patients and reimbursement within nursing facilities, and helps support innovative centers of care.

To learn more, call Park Vista at 330.746.2944, or visit www.parkvistaohio.org or triple.care

Redefine retirement at Park Vista
... your adventures await!

Stop waiting for your **adventure** to start.
Start living your next chapter now with *peace of mind* for tomorrow!

The perks of Park Vista:

- Maintenance-free living, including housekeeping
- Attached, assigned garage parking
- Custom apartment options available
- Choice of three optional dining venues
- Free admission to the Mahoning Valley Lifelong Learning Institute
- Educational, social and spiritual programming
- Fitness center and outdoor heated pool
- Near Youngtown's cultural, educational and entertainment venues
- Priority access to on-campus assisted living rehab and healthcare



For more information and to schedule your visit, call 330.746.2944 today!

www.parkvistaohio.org
1216 Fifth Avenue, Youngstown, OH 44504



Park Vista recognizes retired clergy and paid church workers for their dedicated service through The Honorable Service Grant Program

This program provides significant discounts on entrance fees or monthly fees for independent living apartments and villas at Park Vista. Retired clergy, missionaries, church staff members and their spouses from all faith backgrounds, age 65 or older and with at least 10 years of paid church service may be eligible to apply.*

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

* Must not currently be residing in an OPRS community.



Meet Susan Berny

development, the Boardman resident brings an understanding of health care to her new job. Susan's nursing career included service as an active duty nurse in the U.S. Army where she earned the rank of captain.

Susan has also been a board member, fundraiser and volunteer for numerous organizations including:

- Junior League of Youngstown
- Mahoning County Medical Society Alliance
- Youngstown Symphony Guild
- Susan G. Komen Northeast Ohio Race for the Cure
- Angels of Easter Seals
- Easter Seals Disability Services
- Hospice of the Valley
- YWCA of Youngstown
- Children's Museum of the Valley
- Akron Children's Hospital Steering Committee
- Todd Squad

- Kids Town Boardman Park
- YWCA Woman of the Year

She has received awards from the Mahoning County Medical Society, Susan G. Komen Breast Cancer Foundation, YWCA, Junior League of Youngstown and she was selected as the inaugural nurse for President Reagan in 1981.

Working for the OPRS Foundation, Susan's duties will be to advance the endowment of the MVLLI, initiate a major gift program for Senior Independence Hospice, and work with donors to Park Vista.

"We must increase comprehensive services and strengthen retirement communities and programs to accommodate the growing older adult population," Susan said.

Susan was married for 31 years to the late James J. Berny, M.D. and has four grown daughters.

Susan Berny has joined the team at Park Vista of Youngstown.

She is the new gift planning director for the Ohio Presbyterian Retirement Services Foundation, serving Park Vista of Youngstown, Senior Independence Hospice, and the Mahoning Valley Lifelong Learning Institute.

"I am thrilled to be a part of the OPRS team, and I look forward to bringing my experience to Park Vista, Senior Independence Hospice and the Institute," Susan said. "My enthusiasm for fundraising stems from my faith outlook and mission driven purpose."

In addition to an extensive background in community fund

Summer Fun

It might be hard to believe right now, but in two short months it will once again be pool season in Northeast Ohio, and that is something that has Park Vista resident **Mary Pinter** very excited.

"It is so wonderful!" said Mary. "You get outside. You're getting fresh air, exercise, sunshine. Getting outside is just so wonderful for people."

The in-ground, heated pool is located on the patio area next to Park Vista North apartments. It is original to the building. Mary, a resident for 10 years, uses the pool at every chance she gets.



"It's so convenient and so enjoyable," said Mary. "The water is nice and warm. If you have aches and pains, it's one of the best exercises for you."

According to the Centers for Disease Control and Prevention, water-based exercise is one of the best for the body. It helps ease the pain and discomfort associated with chronic diseases such as arthritis, osteoarthritis and fibromyalgia. The water also provides for relaxation and improved mental health. The CDC also notes that it can aid in improving family connections, something that Mary said she sees often at the pool.

"People bring their children and their grandchildren to the pool," said Mary. "I even had a friend whose mother-in-law lived here, and when she would visit, she would bring her son. He learned to swim here, and now he's in the Coast Guard."

Open from Memorial Day weekend through Labor Day weekend, the pool is a magnet for social interaction during the warm summer months. The area around the pool includes lounge chairs, umbrellas, picnic tables and a grill that is available for use by residents. Flotation devices are also available.

Gelhaar Center set to open in June

Finishing touches are being put on the Gelhaar Center, which will be ready to welcome its first guests in May.

The Gelhaar Center, the new home of the Mahoning Valley Lifelong Learning Institute (MVLLI), is a state-of-the-art learning center located on the east face of Park Vista of Youngstown. It is the result of a successful \$1 million campaign for program endowment and capital improvements for the Institute, which was founded and is operated by Park Vista of Youngstown.

The 864-square foot addition to Park Vista's Gathering Room will host courses from the Harris Lecture Series on History and Political Science, the Gelhaar Lecture Series on Arts and Culture, the Kyle Lecture Series on



Religion and Spirituality, and the Wellness and Rehabilitation Lecture Series. It is equipped to aid those with vision and/or hearing impairments. Two-way video conferencing capabilities allow for virtual distance learning, placing MVLLI attendees in museums and classrooms around the world. It houses charitably named areas such as the Kyle Classroom, Lamb Atrium, Neckerman Porch, and the one-of-a-kind Berlin Sculpture Garden, which will feature works from local and regional artists. Additionally, it contains audio visual equipment provided by the Schmutz family and landscaping provided by the Young family.

A dedication for the center will be held in June.



Therapy team adds Lymphedema therapy

Park Vista of Youngstown has added another treatment to its therapy lineup.

Lymphedema therapy is used to treat those suffering from lymphedema, the chronic, excessive swelling of extremities due to the accumulation of lymphatic fluids. This is usually the result of damage to or removal of lymph nodes which is why lymphedema is often diagnosed in those who have undergone cancer treatment. If left untreated it can lead to infection or loss of mobility in the affected extremity.



Edmund Ickert, PT, DPT, MS, CLT, a Park Vista physical therapist, is certified in a form of lymphedema therapy known as Complete Decongestive Therapy or CDT.

“It’s the gold standard for treating lymphedema, and there are very few therapists in the area who offer this type of treatment,” said Edmund. “It’s something that

we don’t want to outsource, and it’s an excellent addition for our patients and residents.”

Treatments last 60 to 90 minutes on average. Each session consists of massage to provide manual lymph drainage followed by wrapped compression of the affected area. The patient will also be advised about appropriate skin care regimens and exercise programs that can complement the therapy. One excellent method of exercise, Edmund noted, is the use of an aquatic therapy maintenance program, which Park Vista offers. After several treatments and once swelling subsides, the patient is then given instruction on using compression garments to control the swelling.

“It’s important to note that this is not a cure, but a method that will help manage swelling,” said Edmund. “It’s hard work to get through the intensive phase of treatments, so there is a definite commitment on the part of the patient, but the benefits are well worth the effort.”

To participate in the lymphedema therapy program, individuals must have a physician’s prescription. For more information on the program, please call 330.746.2944, ext. 1301.



Designed for Your Style of Living

Imagine living in a nationally recognized Continuing Care Retirement Community (CCRC), located in the heart of Youngstown – it’s more than a new place to live – it’s a new way to experience life. At Park Vista of Youngstown, we offer a distinctive setting bursting with culture, excitement and possibilities for adventure on your own or with like-minded neighbors. Unique to this area, the Mahoning Valley Lifelong Learning Institute (MVLLI) is located on the Park Vista campus. MVLLI offers college level courses on a variety of educational topics.

Imagine ... no maintenance or chores or limits on your time. The question is, do you want to continue life as it is or are you ready for something more?

Discover Your Style of Living at Park Vista

Call today to find out more!
330.746.2944

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 Park Vista to home

Highly accredited therapists

Fully equipped rehabilitation gym

Medicare, Medicaid and most insurances accepted

With our proven results and 20-plus years of caring and quality service, the Park Vista Rehabilitation and Health Care Center leads the way in rehabilitation and will lead you ... *one step closer to home!*



Park vista
of Youngstown

Redefining Retirement

330.746.2944

A big heart on four legs



On a weekly basis, 80 pounds of furry love can be found wandering the hallways of Park Vista of Youngstown.

Buddy, a mix of Border Collie and Great Pyrenees, makes regular visits to Senior Independence Hospice patients as part of the Make it Happen program. He and his owner, **Brenda Harling**, have been volunteers for about four months.



"I am amazed by how much happiness he brings our patients," said **Carol Davis**, volunteer coordinator for Senior

Independence Hospice. "Our patients love him."

Brenda said that the feeling is mutual. Buddy loves to go room to room on his visits. Brenda and Carol speculate that it might be because of the attention and generous petting he receives. The only thing that Buddy doesn't like is traveling from floor to floor in the elevator, especially while traveling to lower levels. Brenda said she thinks that Buddy feels like he is falling. While he is adjusting to using the elevator, visitors to Park Vista might encounter the furry visitor taking the stairs.

"He is getting better at using the elevator every visit," said Carol.

Senior Independence's Make it Happen program aims to create lasting memories for families by bringing moments of joy to those nearing the end of life by fulfilling precious wishes. 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 www.seniorindependence.org/hospice, or call 330.533.4350.

MAKE IT HAPPEN
MAKE A DIFFERENCE

Quality. Expertise. Care. At Home.

Senior Independence is an affordable, comprehensive program that gives adults the help they require and the confidence they need to stay in the place they call home, living the life they choose.



SENIOR INDEPENDENCE

Home Health • Hospice • Home Care

330.533.4350 *Serving the Mahoning Valley Region*



With the Push of a Button, Our Nursing Team Has a Quality Doctor On Call After Hours

As the acuity level of patients in skilled nursing and rehabilitation centers increases, the demand for quick diagnosis and intervention is needed now more than ever.

Park Vista of Youngstown, in partnership with TripleCare, can deliver examination and treatment by an expert physician at the patient's bedside through the use of telemedicine technology. Our nurses can identify changes in condition and call TripleCare to assist, assuring physicians that their patients' needs are being met by a physician in the off-hours and weekends, eliminating unnecessary trips to the hospital.



For more information, call Park Vista
or visit www.parkvistaohio.org or www.triple.care.



1215 Fifth Ave. • Youngstown, OH 44504 • 330.746.2944



What if... I can't give her the care she needs?

Caring for a loved one with memory impairment takes more...

It requires specialized knowledge and training to work with the challenges associated with the early stages of dementia.

Park Vista understands, and our staff is specially trained to meet those challenges head on, while providing compassionate care that is tailored to the dignity and individuality of each resident. Residents live in a secure section of the community designed to provide them with a familiar, engaging environment that offers:

- Recently renovated space with beautiful common areas for lounging and family-style dining.
- A specially designed area that provides a soothing, yet stimulating environment for residents to recharge.
- A full calendar of personalized programs and memory-enhancing activities.



Before it comes to asking "what if,"
call for a personalized tour of Park Vista.

330.746.2944

www.parkvistaohio.org

1216 Fifth Avenue, Youngstown, OH 44504

Redefining Retirement



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

The Parkinson's Support Group meets on the second Thursday of each month at 2 p.m. in the Park Vista North Lounge. The next scheduled meetings are April 14, May 12 and June 9.

The Low-Vision Support Group meets on the second Tuesday of each month at 10 a.m. in the Park Vista North Lounge. The next scheduled meetings are April 12, May 10 and June 14.

Groups & Clubs

The Transcendental Interest Group meets on the second Wednesday of each month at 6:30 p.m. in the Park Vista North Lounge. The next scheduled meetings are April 13, May 11 and June 8.

The Breakfast Club meets on the second Thursday of each month at 9:30 a.m. in the Roy Park Memorial Chapel. The next scheduled meetings are April 14, May 12 and June 9.

Events

The Affair at the Beecher featuring live music, wine and hors d'oeuvres, is held on the fourth Thursday of each month in the Park Vista South Stambaugh Lobby. The next scheduled events are April 28, May 26 and June 23.

Smooth Sounds featuring live music, is held the first Wednesday of each month in the Park Vista North Lounge at 7 p.m. The next scheduled events are April 6, May 4 and June 1.

MVLLI

All Mahoning Valley Lifelong Learning Institute sessions are held in the Roy Park Memorial Chapel unless otherwise noted.

Gaugain: The Rich Colors of a Tahitian Sunset, Thursday, April 7, 5 to 7 p.m., \$10 non-resident, wine and hors d'oeuvres.

Shakespeare Histories, Tuesday, April 12, 9 a.m. to noon, \$5 non-resident.

MVLLI continued

All Barns Are Not Red, Tuesday, April 19, 10 to 11:30 a.m., \$5 non-resident.

Container Gardening, Tuesday, April 26, 10 to 11 a.m., \$5 non-resident.

A Guided Tour of Fellows Riverside Gardens, Tuesday, May 3, 10 to 11 a.m., Fellows Riverside Gardens, 123 McKinley Ave., Youngstown, 44509.

St. Damien of Molokai, Tuesday, May 10, 9:30 to 11 a.m., \$5 non-resident.

***Lanterman's Mill**, Tuesday, May 17, 2 to 3:30 p.m., Lanterman's Mill, 1001 Canfield Road, Youngstown, 44511, \$1.50 admission at Lanterman's Mill.

The Vietnam War, Tuesday, May 24, 9:30 a.m. to 12:30 p.m., \$15 non-resident, lunch included.

Women and the Church: Five Decades of Change, Tuesday, May 31, 2 to 3:30 p.m., \$5 non-resident.

**Please note that this tour is not wheelchair accessible.*

Park Vista Areas of Interest

Park Vista offers many areas for you to gather for extracurricular activities and hobbies.

1. The Chapel
2. The Fifth Avenue Grille
3. Newly Renovated Rehab Center



Chef-prepared meals of the guest's choice are available in the Rehab Center dining area.

The Rehab Center can now house up to 45 guests total in spacious private suites.

SNAPSHOTS

From Around Park Vista



Park Vista resident Sarah Dzur celebrated her 103rd birthday with friends and family by her side. • Park Vista welcomed Patty Carver on a very snowy day in February. She gave two performances: her first was a tour through history of the various hats women wore, and the second was a tribute to Doris Day. • Park Vista celebrated Mardi Gras right! They turned the Stambaugh Lobby and Beecher Dining Room into their own Bourbon Street!

Experts & Services Available at Park Vista

BEAUTY & BARBER SERVICES

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

DELIVERY SERVICES

Prescriptions
Pharmacies that deliver to Park Vista:
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 Park Vista North
ground level)
Hours: 11:30 a.m. to 1 p.m.,
5 to 6:30 p.m.
The Pub
(located next to the Haynam Center)
Open 24 hours a day with food service
from 11 a.m. to 6:45 p.m.

DRY CLEANING SERVICES

Call The Creed Cleaners 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 Park Vista 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 and Thursday 1:30 to 5 p.m.;
Tuesday and Wednesday 2 to 4 p.m.

MAINTENANCE-FREE LIVING

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

HOME HEALTH SERVICES

My Independence
A service of Senior Independence.
Call 330.314.4403.
Offering as much or as little help as you need by providing home health and home care services.

HOSPICE CARE

Senior Independence Hospice
Call 330.533.4350.
Dedicated to providing care for patients and families in the place they call home, 24 hours a day, seven days a week.

NOTARY SERVICES

Robin Carr
Call 330.746.2944, ext. 1153
Mary Louise Romeo
Call 330.746.2944, ext. 1206
Monday - Friday 9 a.m. to 4:30 p.m.

PARK VISTA LIBRARY

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

PODIATRY

Mahoning Valley area podiatrists make calls to 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 Park Vista South and Park Vista North, 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.

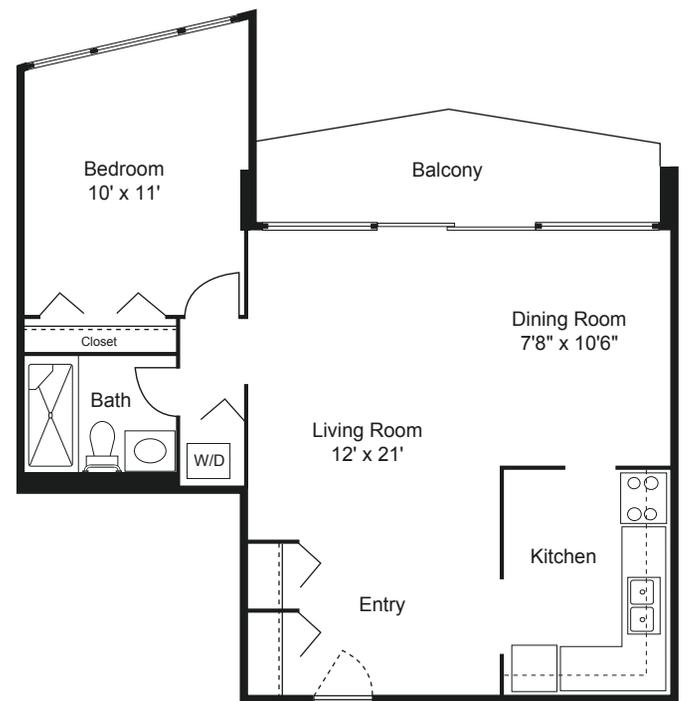
SECURITY SERVICES

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

SPRING SPECIAL! One-bedroom apartment Perfectly sized for you!

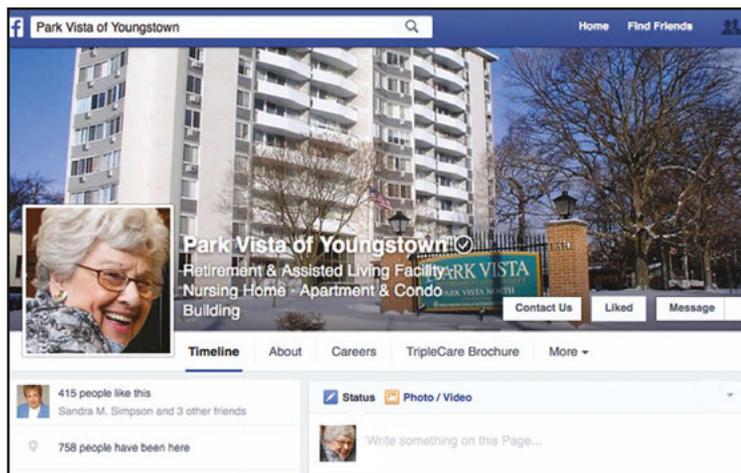
If you are in search of a one-bedroom apartment that works well for you, then we have the perfect fit!

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 June 30, 2016.

Where can you keep up on the latest events, meet our staff and residents, and get sound advice?



On Park Vista of Youngstown's social media channels, of course!

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 Park Vista is all about – we even have a YouTube channel!

Want to join the growing conversation? We're just a click away. You can find us at:

-  www.facebook.com/ParkVistaofYoungstown
-  www.Twitter.com/ParkVistaTweet
-  www.YouTube.com/ParkVistaYoungstown



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 OPRS community.

The Park Vista Courier has been brought to you by your friends at Park Vista of Youngstown, a continuing care retirement community.

Executive DirectorBrian Kolenich
AdministratorMichael Grimes
Director of Marketing & Sales.....Michele Bradac
Communications Media LiaisonBeth Ann Tabak
Creative ServicesDyan Trent

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



Redefining Retirement

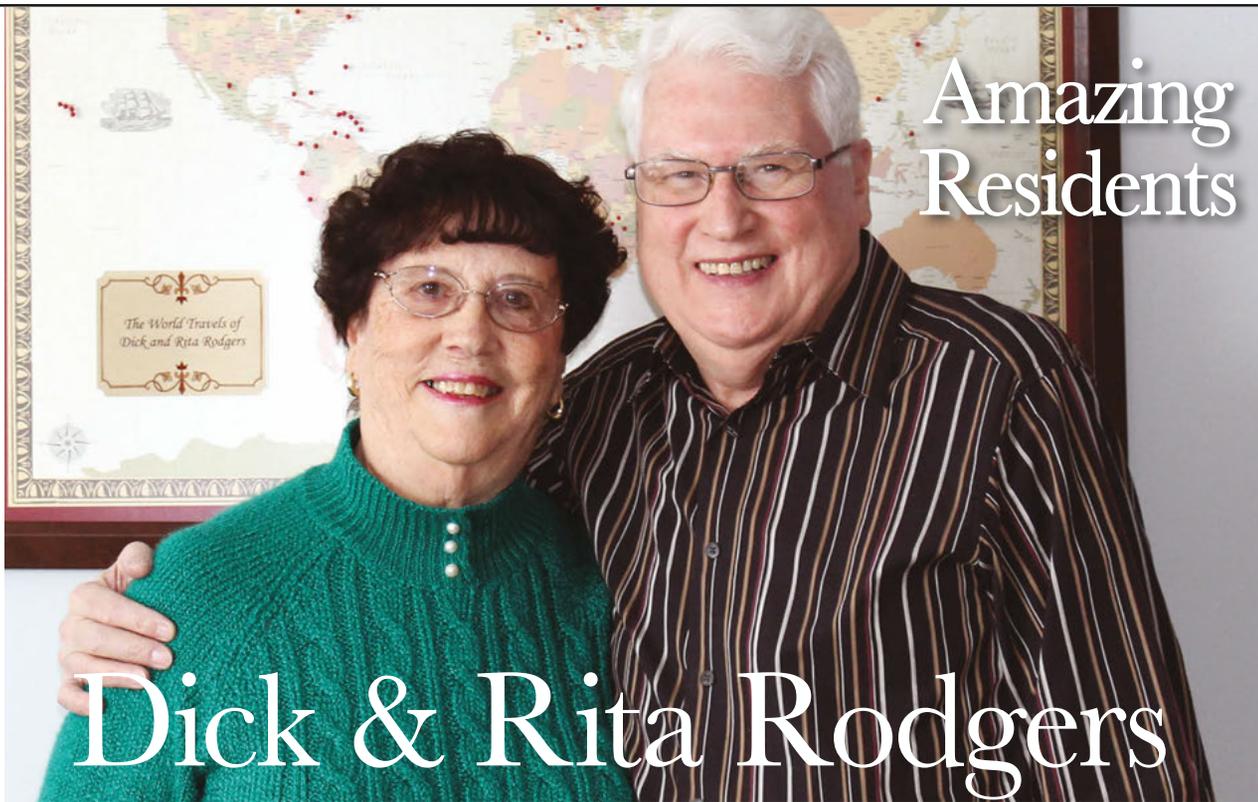
1216 Fifth Avenue, Youngstown, OH 44504
www.parkvistaohio.com



330.746.2944
For More Information



Amazing Residents



Dick & Rita Rodgers

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

Park Vista –
the place that gives you the freedom and opportunity to do that!



Although they grew up two states apart, **Dick and Rita Rodgers** found their way to each other. In their nearly four decades of marriage, they have travelled the world while also helping bring others to God.

Rita grew up in a farming town in Indiana. She moved to Pennsylvania in the 1960s with her first husband and four children. Rita became a Christian in January 1967, which Rita said helped her through her divorce and guided her as she raised her children.

“We all grew in the Lord together,” said Rita.

In the mid-1970s the two met through work. Dick, a native of New Wilmington, Pa., was working for the Pennsylvania Power Company. Rita was employed in the accounts payable department of a construction company that was working with the Pennsylvania Power Company. While the two spoke mostly on work-related calls and they never met in person, they became friends. Rita also helped counsel and provide advice to Dick as he was going through his own divorce.

“We got to know each other just by talking, and we had a friendship – a good friendship,” said Rita. “One day he called and said ‘this isn’t a business call, this is a social call,’ and he asked me out.”

During their courtship, Dick also became a Christian. They married in 1978. In 38 years they have watched their family grow from Rita’s four

children and Dick’s three children to include 15 grandchildren and 10 great-grandchildren.

They’ve visited all 50 states. They’ve seen London, Paris, the beaches of Normandy and most Canadian provinces, as well as travelled the Danube, the Rhine and the Panama Canal. They’ve been on the “vacation of a lifetime,” an 18-day exploration of Africa, which resulted in five safaris and a collection of beautifully carved animals at the expense of two Nike socks. They have been on six mission trips, including a voyage to Cebu City, Phillipines, the location of a school that is sponsored by Dick and Rita’s mission board at their church.

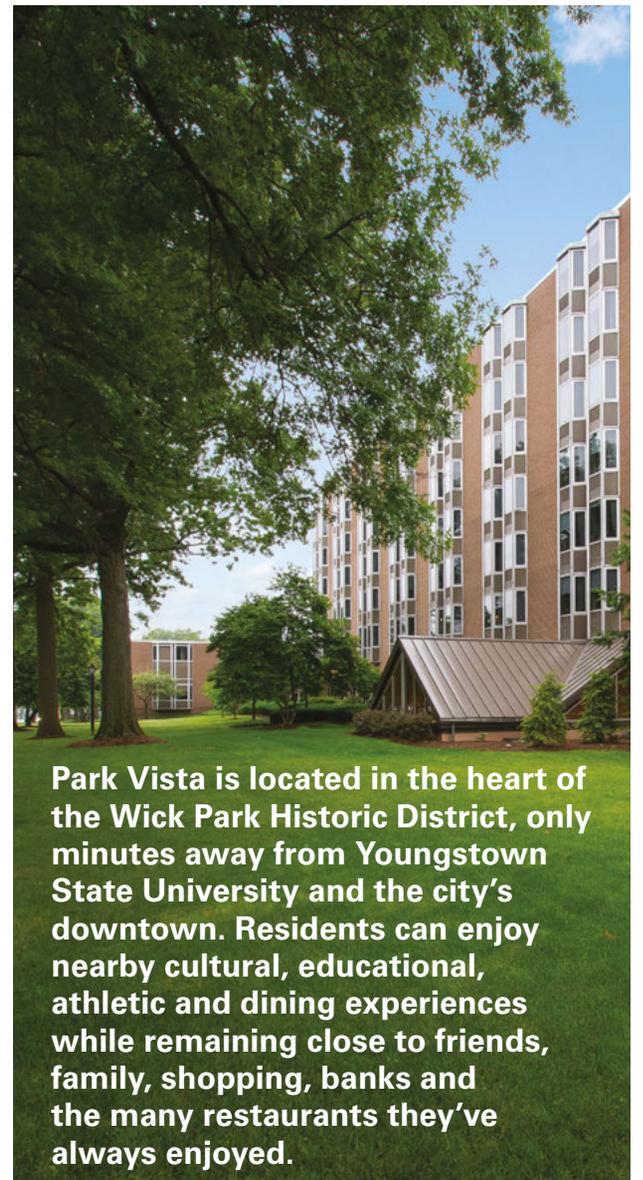
However, both feel that their world travels pale in comparison to their church work.

“One of the things that God has used us in is divorce care at the church,” said Rita. “We have spent the last 23 years working with countless people going through divorce. God has used us in a great and mighty way.”

“Travelling might be more fun, but it’s not nearly as rewarding as this,” added Dick.

Still active in their church and thinking about where they might travel to next, the two now call Park Vista their home.

“We weren’t sure if we should make the move or not, but the more we thought about it, the more we thought it would be a good deal,” said Rita. “I didn’t want out kids to worry about taking care of us.”



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.