



**A3 LIFESTYLE**  
**New Salon**  
**Opens**  
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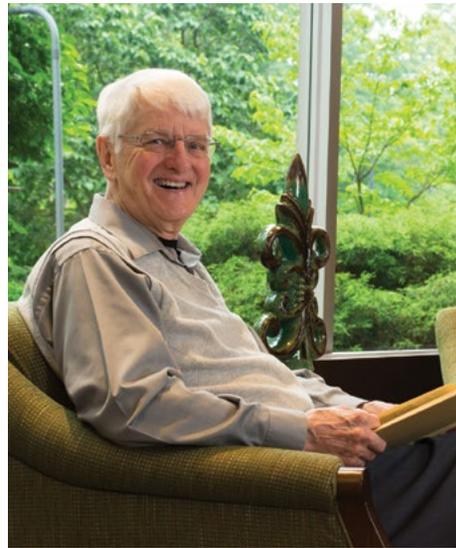
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# The Courier

*Someone to clean the gutters? Check. Someone to cut the grass? Check.  
 A community of active and like-minded people  
 that you can call your neighbors? Double Check!*



## Gelhaar Center nears completion

Construction is nearly finished for the Mahoning Valley Lifelong Learning Institute's new home, the Gelhaar Center.

The Gelhaar Center 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 Mahoning Valley Lifelong Learning Institute, which was founded and is operated by Park Vista of Youngstown.

A ceremonial ground breaking for the center was held in June, and construction began in late September. Thanks to unseasonably warm temperatures, construction has moved quickly. The project is expected to be completed by the end of March with events to be held in the new space beginning in April.



"We are pleased with the progress of the project, and we are looking forward to the community being able to enjoy the finished product," said **Brian Kolenich**, Park Vista's executive director. "2016 is going to be an exciting year for the MVLLI, and we are looking forward to celebrating in its newly dedicated home."

# Everything you need under one roof

Park Vista of Youngstown is a continuing care retirement community (CCRC) dedicated to the philosophy of active aging, meaning our staff and services encourage each resident and guest to continue to grow no matter what age they are, or what challenge comes their way. Park Vista believes in serving the whole person through every dimension of wellness: physical, mental, spiritual, social, emotional and vocational. The calendar is regularly filled with a variety of events and programs, including the Mahoning Valley Lifelong Learning Institute, to suit each resident's tastes. And, don't forget, Park Vista is located in the historic

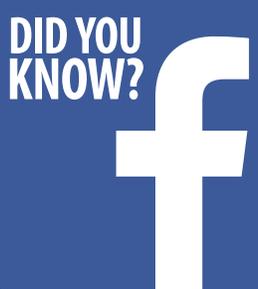
Wick Park District, just up the street from Youngstown's cultural and athletic entertainment hub.

"We want people engaged in daily life, and that is just one way that we do it," said Activities Director **Denise Rubano**. "It's important to have something for everyone, to make everyone feel welcome and a part of our community."

Not only is there a wide and varied calendar of events, but there are also plenty of amenities and conveniences. Park Vista's campus offers multiple dining venues, a chapel, a library, a salon and barber shop, a fitness center, a small convenience store, and even transportation and housekeeping services.

"We want our residents to have the ease of access to the things they would normally find in their own neighborhood right here on Park Vista's campus," said Executive Director **Brian Kolenich**. "Not only do we have the convenience of being able to walk a few feet to these services, but they are all available in a safe, secure environment.

As a CCRC, Park Vista also offers great peace of mind knowing that when a person's needs change, the appropriate services and support are available, from independent living to assisted living, memory care, rehabilitation and nursing care. Park Vista offers a truly personalized approach to retirement living.



### Senior Citizens are the Fastest-Growing Demographic on Facebook

You may think that college students are the fastest growing user demographic in the Facebook world, but you may be surprised to find out that it is senior citizens instead. The Pew Internet & American Life Project found that 53 percent of Americans aged 65 or older are online and 34 percent of those numbers are on Facebook and similar social sites. Being on these social sites is a way for grandparents to be a part of children's and grandchildren's lives and connect with them beyond family functions and holidays.

# A new look for a new year



One of the many projects at Park Vista in 2015 is the recently revamped Memory Care Center.

The center, part of Park Vista's assisted living care, received a kitchen overhaul, new flooring and new lighting. New décor includes large black and white photos of Hollywood stars from the past and activity wall panels that encourage tactile and cognitive stimulation.

**Connie Morgan**, Park Vista's director of social services, said that the staff uses the familiar

photos to engage the residents through various questions and recall exercises. The wall panels, which include moveable parts, mazes and vibrant colors, help decrease agitation in residents as they immerse themselves in the activity. They can also increase communication among those who are non-verbal.

Currently, the Memory Care Center is developing a Snoezelen room. The room will use ambient light and music to help individuals

relax in a calming environment with the goal of decreasing agitation and encouraging sensory stimulation.

The Memory Care Center is specially designed for those with

Alzheimer's Disease and related memory disorders who do not exhibit aggressive behavior. It can accommodate up to 15 residents in private and semi-private rooms. With two aides on duty at all times, residents receive hands-on care in a comfortable, secure setting while following routines designed specifically designed for those in various stages of dementia.

"It's more intimate, which creates a great sense of security

and ease. It's a very structured and quiet setting, which is good for those with dementia," said **Janis Syphard**, director of clinical services for assisted living.

Each day, residents eat three family-style meals with each other and with staff that is specifically dedicated to the center. The time in between is punctuated with structured free time that provides each resident with activities such as exercise, singing, Bible study or reviewing current events. Residents also assist with setting the table for each meal. Routine activities like these, or sorting and folding laundry, explained Janis, help the resident feel more engaged and useful and more satisfied in daily life.

"These are all of the things they would have regularly done. They are tasks that are easy and make the resident feel useful," said Janis. "Our residents are active. They don't just sit in their rooms."

## GELHAAR FROM PAGE 1

The donor-funded expansion of the institute will be an 864-square foot addition to Park Vista's Gathering Room. It will include an atrium and a classroom equipped to aid those with vision and hearing impairments, as well as provide access to virtual learning. A courtyard will be attached to it with a sculpture garden featuring works from local and regional artists. The first piece for the garden was commissioned by Park Vista residents **Roger and Gloria**

**Jones**. A five-year plan has been instituted to grow endowment funds for programming in the institute's four lecture series: 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. This plan will ensure future growth within the lecture series and allow for continued improvement of the institute's offerings.



## 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 ten 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.



## 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, and
- 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





## Meet Michele Bradac

the community's full continuum of care. She will also work one-on-one with individuals who are interested in moving to Park Vista.

What attracted her to the job when she learned of the opening last summer was the company's strong commitment to care for the whole person. It was its dedication to enhancing the physical, mental, and particularly the spiritual well-being of the individual that made her feel Park Vista was the place for her.

"It truly intrigued me," said Michele. "I felt like there was a calling, a connection to my heart to be here, and I took it very seriously. The mind, body and faith connection had a kinship with me."

She said that Park Vista's tie to faith was a key component in

her decision making. Michele, a devout Catholic, is very active in her home parish of Notre Dame in Hermitage, Pa. She currently serves as a member of its Parish Council, and she is a lector. Her husband, Pat, serves as head usher, and their two children, Gregory, 15, and Helayna, 13, are altar servers, something that has made Michele very proud.

In the four months since she has joined the team, Michele said that she is pleased with the decision she made. She enjoys working with people to build better relationships, and is looking forward to working closely with her department.

"This is a great company, and it's one that walks the talk. You don't always find that," said Michele.



## Carefree living – what an amazing thing!

There's a good chance you already know that life at Park Vista brims with possibilities for every interest. With spacious apartments, bountiful amenities and every level of care as its needed, we offer an unparalleled opportunity for active seniors to continue to live their lives to the fullest.

"We fully embrace the philosophy of Active Aging, and it's something that you can find in every part of our campus," said **Brian Kolenich**, executive director of Park Vista. "This means that everyone – from the residents to every member of our staff – believes in and facilitates people growing and developing their interests and activities at every stage of their life. They celebrate their age, and they're not sidelined because of it."

Not only that, but it's carefree living at its finest. With housekeeping services and around the clock maintenance and security, there's more time to do what you want to do, not what you have to do. And, with an extensive activity calendar that features everything from exercise to drum therapy to painting classes, there's plenty to fill that free time.

Moving into a continuing care 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.

*Call 330.746.2944 for more information and a tour.*

## Park Vista welcomes new salon



PS Lifestyle, a full-service salon and spa, made its debut at Park Vista of Youngstown in early December.

The new salon offers a full menu of relaxing salon and spa services for residents to explore. Its beauty professionals, licensed and certified with CARES™ Dementia/Alzheimer's training, are fully equipped to provide caring, skillful services at every level of care.

Guests of the salon can choose from any number of services from a simple shampoo and cut to more pampering spa treatments such as manicures, pedicures, hair

removal, and massages. Other services on the menu include shampoo, set, and cut packages; single process color packages; perm and set packages; men's facial grooming and much more.

Additionally, PS Lifestyle offers an online platform, PS Shop, which allows loved ones to purchase salon, spa and wellness services, and personalized gift certificates for Park Vista residents. The platform is easy to use, and the purchaser can enjoy the peace of mind that comes from receiving email confirmation after each service is delivered to their loved one.

PS Lifestyle also delivers a unique, bimonthly publication called PS Magazine to Park Vista of Youngstown. The magazine, designed for and about seniors, is distributed to residents every two months. It includes pro-aging lifestyle content, featuring exclusive interviews with cultural icons, content from experts on aging, nostalgic look-backs on past pop culture themes, and a special puzzles and games section for the grand kids.

To learn more about PS Lifestyle, please visit [www.pslifestyle.com](http://www.pslifestyle.com). To purchase gift certificates or products, please visit <https://shop.pslifestyle.com>.



# Many treatments, one roof



**Occupational & Speech Therapy**

Park Vista of Youngstown's therapy team wants to help you get back on your feet, and stay there!

Director of Therapy Services **Chris Pint** and his team of therapists work one-on-one with every patient to maximize their time in each session of physical, occupational or speech therapy. This helps them get to know each person, establish individual goals for recovery and apply a comprehensive strategy to achieve them.

"Helping our clients remain well, independent and physically active is my department's passion," said Chris. "Our clients' goals are our goals, and we want to see them achieved. Not only that, but we want to see them thrive and go beyond them."

Each therapist employs a range of treatments specifically tailored to each patient. For example, a person suffering from Parkinson's disease or another neurological disorder might use Lee Silverman

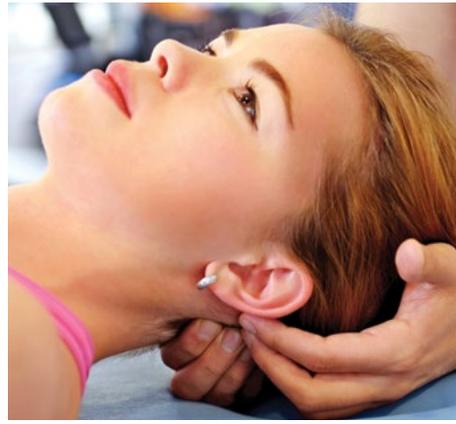


**Aquatic Therapy**

Voice Treatment (LSVT) to restore strength to their voice.

A patient needing help with fine motor skills might use the occupational therapy kitchen or laundry area to help retrain them in completing tasks of daily life.

Those needing to improve strength before or after surgery might use the Aquatic Therapy Center. The variable speed underwater treadmill and resistance jets provide for low-impact strength training and exercise. The warm water and massage jets work joints and muscles, soothing chronic pain due to arthritis and fibromyalgia. A perk of the Aquatic Therapy Center at Park Vista is that there are no steps. The pool has an adjustable floor that rises to the surface, allowing a person to walk on, hold the railing and be lowered into the water. For those who cannot stand on land, weighted chairs are available.



**Vestibular Therapy**

"The pool is one-of-a-kind in this area," said Chris. "It's such an amazing asset for our patients. There have been many success stories."

Another treatment that will soon be in use at Park Vista is Lymphedema therapy. Chris said that the therapy will be used to help patients reduce swelling as a result of collected fluids or blockages in the lymphatic system. The treatment will be launched in spring 2016.

If a person is feeling dizzy or a bit unbalanced, Park Vista's Vestibular Therapy Program might help. It concentrates on dizziness, vertigo and a host of other balance issues that can come from inner-ear disorders. A short evaluation and a single repositioning maneuver, often needed only once, will help get the person on their way to alleviating dizziness and staying balanced.

To learn more about Park Vista's Outpatient and Aquatic therapy Center, please call 330.746.2944.

## It's a life worth living

Residents from Park Vista know what it means to live life to its fullest every day. We offer opportunities to socialize, gain knowledge, maintain fitness, worship, experience the arts and more! Below is a sampling of our many programs and activities:

**Social and Cultural Opportunities**  
(Events occur both on & off campus)

- Coffee Hour
- Weekly Luncheons
- Board Game and Card Groups
- Volunteer Opportunities
- Art Workshops
- Craft Classes
- Movie Nights
- Resident Committees
- Holiday Celebrations
- Travel Club
- Group Tours
- Shopping and Day Trips
- The Fifth Avenue Grille
- Haynam Center Pub
- The Beecher Restaurant
- Lunch Bunch
- Supper Club
- Musical Performances
- Gardening
- Resident Association
- Concert and Theater Outings

**Educational Opportunities**  
(Offered in the spirit of enhancing resident knowledge and the importance of lifelong learning)

- Internet Cafe'
- Mahoning Valley Lifelong Learning Institute
- YSU Institute for Learning in Retirement Series
- Readers Club
- Community Guest Speakers
- Disease Support Network

**Centers & Services Offered on Campus**

- My Independence by Senior Independence
- Fitness Center
- Fitness Classes
- Outpatient and Aquatic Therapy Center
- Spiritual Life Programming
- Senior Independence Senior Center of Mahoning County

## 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!



**330.746.2944**



*We are pleased to announce a unique program that is being offered exclusively to residents of Park Vista of Youngstown!*

My Independence provides an array of supportive services that are intended to keep residents independent in the place they call home longer. With My Independence, a personalized plan is developed in coordination with you to meet your individualized needs. You have the opportunity to select only the help you desire to maintain your quality of life in the comfort of your own home. This program offers a range of services including medication management, light housekeeping duties, assistance with morning or evening routines, and much more.

For more information about My Independence, please contact **Toni Griswold**, LPN, at 330.507.1720.



# Christmas cheer in full gear

Senior Independence's Make it Happen volunteers love to bring cheer to their patients, and Christmas is no different.

Volunteers made and distributed Christmas wreaths for each patient, taking the time to hang them on each of their doors. The group, who normally delivers poinsettias to patients, decided to change the project this year so that patients and their families can enjoy the decoration whenever they would like.

"We loved doing the poinsettias, but they dried up quickly. The wreaths will last the season and longer," said **Carol Davis**, volunteer coordinator for the Make It Happen program.

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](http://www.seniorindependence.org/hospice), or call 330.533.4350.



## *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](http://www.parkvistaohio.org) or [www.triplecare.com](http://www.triplecare.com).



## *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.



Home Health • Hospice • Home Care • Adult Day Centers

330.533.4350 *Serving the Mahoning Valley Region*

## 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 Feb. 11, March 10 and April 14.

**The Low-Vision Support Group** meets on the second Tuesday of each month at 10 a.m. in the Park Vista North Lounge. The group is on break for February and March. The next scheduled meeting is April 12.

### 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 Feb. 10, March 9 and April 13.

**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 Feb. 11, March 10 and April 14.

### Events

**Downsizing Seminar**, Thursday, Feb. 25, 10 a.m., Park Vista North Lounge.

**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 event is Jan. 28, Feb. 25 and March 24.

**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 Feb. 3, March 2 and April 6.

### MVLLI

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

**Masterpieces of the Butler**, Thursday, Feb. 4, 9:30 to 10:30 a.m.

**Roaring Life of the 1920s**, Thursday, Feb. 11, 9:30 a.m. to 12:30 p.m., \$15 non-resident, includes lunch.

**Women in the Church**, Tuesday, Feb. 16, 2 to 3:30 p.m., \$5 non-resident.

**Social Media**, Thursday, Feb. 25, 10 to 11 a.m., \$5 non-resident.

**Tour of Current Butler Exhibits and Zona's Favorite Things**, Thursday, March 3, 10 to 11:30 a.m., The Butler Institute of American Art, 524 Wick Ave., Youngstown, 44505.

**Frederic Remington: Experimenting with Watercolor and Texture**, Thursday, March 17, 5 to 7 p.m., Park Vista North Lounge, \$10 non-resident, wine and hors d'oeuvres

**The Best and Worst Presidents in U.S. History**, Thursday, March 24, 9:30 a.m. to 12:30 p.m., \$15 non-resident, lunch included.

**Gauguin: 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.

### Park Vista Areas of Interest

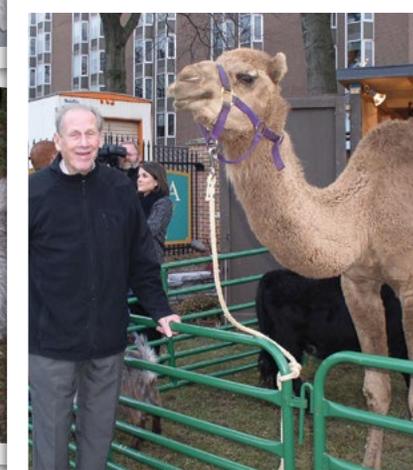
*Park Vista offers many areas for you to gather for extracurricular activities and hobbies.*

1. The Beecher
2. The Knick Knackery
3. The Stambaugh Lobby



## SNAPSHOTS

From Around Park Vista



*Even if it wasn't a snowy Christmas, Park Vista of Youngstown still got into the holiday spirit with its annual traditions of the Park Vista Christmas Gala and the Living Nativity. Residents and employees alike enjoyed the live animals and depiction of the first Christmas at the Living Nativity, and then gathered inside for the gala, which included live music, a photo booth and plenty of good food!*

# 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.

## 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.

## SECURITY SERVICES

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

## 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.

## 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

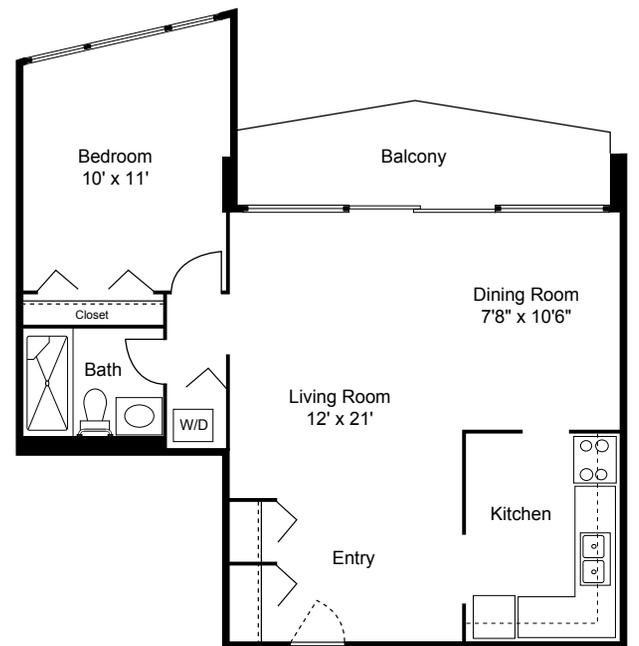
Transportation to community events, shopping venues, doctor appointments and Youngstown churches is available. For more information on transportation availability and scheduling, please call 330.746.2944.

## 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 MARCH 31, 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](http://www.facebook.com/ParkVistaofYoungstown)
-  [www.Twitter.com/ParkVistaTweet](http://www.Twitter.com/ParkVistaTweet)
-  [www.YouTube.com/ParkVistaYoungstown](http://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 Director .....Brian Kolenich  
Administrator .....Michael Grimes  
Director of Marketing & Sales.....Michele Bradac  
Communications Media Liaison .....Beth Ann Tabak  
Creative Services .....Dyan Trent

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

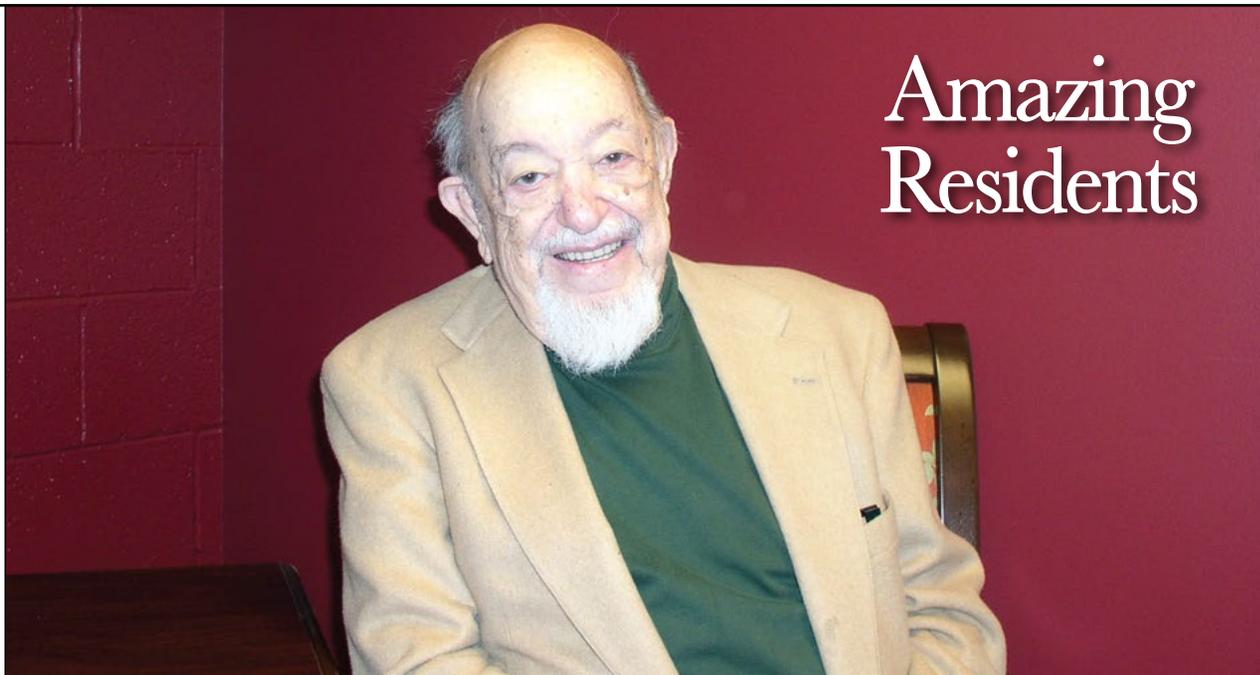


*Redefining Retirement*

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



**330.746.2944**  
For More Information



## Amazing Residents

# Art Kambury

If there is one thing **Art Kambury** can say for certain, it's that he has had an interesting life.

"What a hell of a past I've had, and it's all been good," said Art with a smile.

It's true, he has had a life that has taken him around the country, at times around the world, and that has introduced to him to different people at every turn.

The proudly Albanian jazz trumpet player graduated from Rayen High School in 1943 at the height of World War II. He was drafted and assigned to a railroad battalion in India. He and the other musicians in the battalion formed a dance band, playing bond rallies and touring with the USO and some of the biggest stars of the day.

At the war's end, Art returned to Ohio, earning a degree from Kent State University in Political Science in 1952. That same year he married Joann Obrien and became an investigator with the U.S. Civil Service Commission. Though he primarily investigated those who applied for government jobs or required security clearances, he had some special assignments. One was travelling to Alabama and Mississippi to oversee proper implementation of the Voters' Rights Act of 1965. He assured ballots were properly cast, votes were correctly counted, and that polling locations did not illegally bar African Americans from voting. Although there were

no "serious problems" where he was assigned, it was an eye-opening experience.

"It's totally unrelated to anything you've ever known," said Art.

Art was transferred to Columbus, Ohio, in 1972, and retired in 1991. He began working for the FBI in 1993 as a special investigator, retiring again in 2009.

"I retired at 84 because my knees gave out," said Art with a chuckle. "I loved it. I talked to people all day. All kinds of people."

Though Art put the trumpet away when he got married to focus on his family – he and Joann had four children, Dennis, Gail, Stu and Carol – he picked it up in retirement. He formed his own band, Art's Jazz Group, when he lived in Columbus, and played for 20 years.

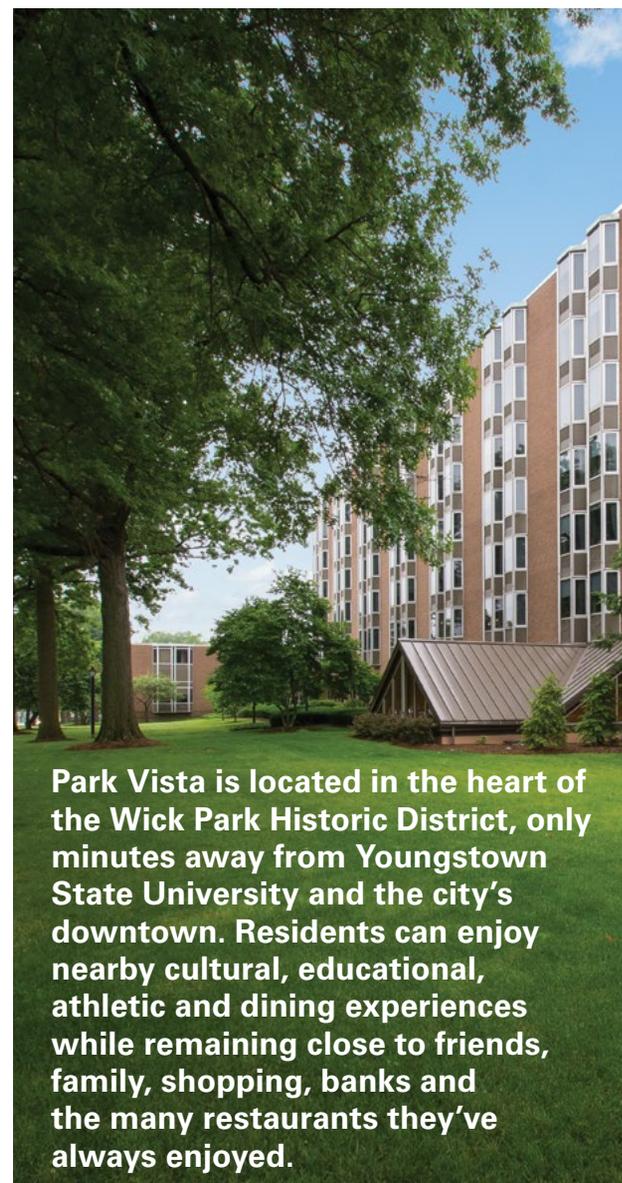
"Joann would joke that she was the world's oldest groupie following me around," said Art.

Art relocated to Youngstown to be closer to his daughter Gail, after Joann passed away, opting to live at Park Vista, and have his own self-described "man cave." He still plays the trumpet, sitting in as a guest with musicians that entertain at Park Vista. He even composed the Park Vista Polka, an arrangement played by many of the accordion players that come to the community.

"I made a good move coming here. It's nice people and a nice place," said Art.

**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!



**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.**