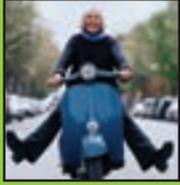




A2 LIFESTYLE
Strong Friendships
 Page 2



C6 ARTS & LIFE
Events and Classifieds
 Page 6



B5 AT THE PARK
Living Life Your Way
 Page 4

The Courier

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

The importance of whole-person wellness

Six dimensions of whole-person wellness

Wellness isn't just about eating right and exercising. It's more than that. Wellness addresses the needs of the whole person. There are six dimensions that make up whole-person wellness and these include:



1. **Social** – Building loving and supportive relationships and contributing to a healthy society
2. **Intellectual** – Striving to expand your knowledge and improve your skills
3. **Spiritual** – Searching to create a personal sense of life's meaning and purpose through everyday experiences
4. **Physical** – Taking care of your body through exercise, eating and regular medical check-ups
5. **Emotional** – Acknowledging and accepting wide ranges in your and others' feelings
6. **Vocational** – Emphasizing the process of determining and achieving personal and vocational interests

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

See **Wellness** Page **A3**



Welcome

to the newly redesigned *Park Vista Courier*, a newspaper designed to bring you the latest information to help you live a healthier, happier and more vibrant life. In this new publication, we will provide exciting articles about every aspect of living from the physical, intellectual and emotional to the vocational, social and spiritual.

We are also including news about our community, Park Vista of Youngstown. We offer many living options, programs and social events and would love to have you join us!

Strong friendships may help you live longer

Many people are lucky enough to have people in their lives who they would consider their Best Friends Forever (BFFs).

A new study is showing that BFFs could actually help you live longer!

See **Friendships** Page **B2**



Over the last several years, older adults have been the fastest growing segment of the online population. More and more people over the age of 60 are going online and using Facebook, Google, Yahoo and YouTube. They are emailing, texting and blogging – and it is having a positive impact on their lives as they are communicating more frequently with family, reconnecting with old friends, keeping up with community developments and managing their health issues.

Enjoying every day

Retirement. The word conjures up wonderful visions of being on vacation all the time. Sleeping late. Taking trips. Finally having enough time to indulge in whatever hobby or interest catches your fancy.

However, despite all of the things that you could be doing, it's easy to get into a rut when you're retired, especially if you live alone. Sitting around the house isn't just bad for your mental health, it's bad for your physical health as well.

Recently, we spoke with Park Vista resident **Mary Cleary** about her lifestyle choices after retirement.

"I enjoy being active. That's one of the reasons I chose to move to Park Vista a year ago. They have great activities and so much going on; no one should ever be bored here!"

However, when Mary is not socializing at Park Vista, she enjoys volunteering, and has been doing it for over 26 years.

"Volunteering not only keeps me moving and engaged, it also gives me a sense of purpose and fulfillment," said Mary.

Currently, Mary is a volunteer at the Joanie Abdu Breast Care Center and she also spends two days a week at St. Edward Parish.

Previously, the St. Elizabeth Health Center benefited from

Mary's volunteer work. For over 22 years, Mary served in a variety of positions, and as a member of the advisory board and the ladies auxilliary.

In addition to volunteering, the ability to travel more would be something else most people would look forward to after retirement, and that is no different for Mary.

"I have visited throughout North, Central and South America, Europe, Australia, New Zealand, Tahiti, Fiji, Hawaii and Africa. I have also been to Ireland 22 times, as I am of Irish decent!" exclaimed Mary.

However, with 14 miles of pristine white beaches, and its ability to offer cultural treasures, natural beauty, infinite activities and North American-style conveniences, Mary's favorite destination is Cancun, Mexico. "For the last 30 years I have spent the entire month of February in Cancun – I love its near perfect weather and natural beauty! I have many friends there and we visit each other throughout the month. It is so nice



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 and off campus)

- Coffee Hour
- Weekly Luncheons
- Board Game and Card Groups
- Volunteer Opportunities
- Art Workshop
- 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 Restaruant
- 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'
- Technology Center and Classes
- YSU Institute for Learning in Retirement Series
- Mahoning Valley Lifelong Learning Institute
- Book Club
- Community Guest Speakers
- Disease Support Network

Centers & Services Offered on Campus

- MyIndependence by Senior Independence
- State-of-the Art Fitness Center
- Fitness Classes
- Outpatient and Aquatic Therapy Center
- Spiritual Life Programming
- Senior Independence Senior Center of Mahoning County

FRIENDSHIPS FROM PAGE 1



had great, sturdy friendships were 22 percent less likely to die during the study than those without. Researchers believe that having strong friendships has a positive effect on things such as self-esteem, mood, activity level and coping with difficult situations.

When you talk to residents at Park Vista, one of the first things they'll tell you that they love about their new home is all the friends they've made and the complete sense of community they feel within the campus. With ample opportunities for social gatherings and camaraderie, residents are building and maintaining long-lasting friendships that are not only benefitting them now, but as research shows, helping them live a longer, happier life.

Researchers with the Australian Longitudinal Study of Aging followed almost 1,500 people 70 years or older for 10 years, monitoring their interaction with relatives, children, close friends and spouses. What the study

found was that having a strong network of friends and a good relationship with their spouses greatly reduced their risk of death, more so than being in close contact with relatives or around children. Those in the study who

Continuing education

The institute, founded and operated by Park Vista, was officially launched in February 2014 to offer education beyond retirement. Open to all area residents, it is designed to challenge the minds and stimulate the intellectual curiosity of those ages 50 and up.

Institute Director **Marise Sayhoun** says the Mahoning Valley Lifelong Learning Institute is an extension of Park Vista's whole-person wellness approach. She added that studies have shown continuing education can help maintain physical and mental health. One major study, in fact, showed that cognitively active older adults were 2.6 times less likely to develop dementia and Alzheimer's disease than those who were cognitively inactive.

"It is so important for today's retirees to stay active mentally, physically, socially and across the board," said Sayhoun. "They are constantly seeking to challenge themselves, and we are pleased to be able to provide this unique opportunity for them to do so."

Dr. Greg Ferro, a renowned history professor and regular speaker at the institute, will return next semester on Tuesday, Sept. 16, 2014. His first course will explore American culture from 1945 to 1960, with a special focus on the post-World War II boom up to the Cold War.



The institute's programming partners include the Mahoning Valley Historical Society, The Public Library of Youngstown & Mahoning County, and Youngstown State University. It is part of the Road Scholar Institute Network. Each semester will feature courses from the institute's four lecture series, which are endowed by donors: 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. Over 20 courses are planned for the fall semester.

"These partners and donors provide limitless potential for course offerings, and with that is limitless potential for exploration and discovery," said Sayhoun. "It's a positive experience all around."

An event in June officially launched the campaign for the Mahoning Valley Lifelong Learning Institute, a \$1 million fundraising effort for capital improvement and program endowment.

Campaign leaders paid special tribute to the late **Charlotte C. Gelhaar** who was honorary campaign chair when she died in January at the age of 86. Plans for The Gelhaar Center, which will house the Mahoning Valley Lifelong Learning Institute, were revealed.

The Gelhaar Center is designed specifically for the Mahoning Valley Lifelong Learning Institute. It will include state-of-the-art technology to help those with vision or hearing difficulties to easily participate and provide access to virtual learning.

For more information, please visit www.MVLLI.org or call 330.746.2944, ext. 1215.

WELLNESS FROM PAGE 1

From providing fitness classes and painting tutorials to worship services and first-class dining, Park Vista has always made the health and wellness of its residents a top priority. There is always something happening for residents that will boost their happiness and wellness, leaving them feeling invigorated and fulfilled.



In the end, wellness doesn't just happen. It's something that has to be worked on – it's a conscious way of life – self-responsibility is at the core. By accepting greater responsibility for your health and well-being, you can achieve whole-person wellness through positive lifestyle choices. Choose to eat better and exercise regularly. Keep your mind active and challenge yourself to learn new things. Pick up a new hobby or join a new group like a book club. It's simple. Start making these changes today and begin your journey to whole-person wellness.

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

Spiritual diversity



Unlike many other retirement communities, Park Vista employs a full-time, ordained chaplain, who works hard to foster the spiritual life that is so important to its residents. Through his dedication, a variety of wonderful events are planned, often bringing in outside congregations and religious leaders to speak or lead worship services.

Alan Hutchison was ordained in 1977 and ministered in a variety of churches, hospitals and organizations prior to joining Park Vista in 2002.

“I have always found great joy in working with older people, so when the chaplain position opened up, I was delighted. I, especially, enjoy ministering at Park Vista because of the longevity of the relationships with the residents and staff,” Alan said.

Park Vista serves people of all faith traditions by offering a variety of spiritual programs where friends from all areas of campus and the community can gather together in faith, worship and prayer. “It is out of this diversity that we find strength and the chaplaincy program tries to build on that strength by providing support to people from all faith walks,” said Alan. The different programs and services available to Park Vista residents are numerous (see box). According to Alan, “Our ministry team offers Bible studies, worship services, a rosary group, sacred music concerts and contemporary movie nights. We also participate in the Mahoning Valley Lifelong Learning Institute by scheduling speakers from various faith groups. It is important for our residents to gather regularly to study God’s word, talk about the wonderful way the Lord is working in their lives and fellowship with one another.”

Alan has found that as people grow older, spiritual issues come to the forefront, such as curiosity regarding the afterlife and handling end-of-life concerns. “I enjoy helping people deal with these kinds of spiritual issues, whether it is through a hospital visit, talking with someone in the final stages of life, or ministering at a funeral.

Spiritual Programming

Bible studies/prayer groups

† **Bible Study/Hymn Sing**

Tuesdays, 2:30 p.m., Health Care II

† **Bible Study**

Wednesdays, 1:30 p.m., Chapel

† **The Newspaper & The Bible**

3rd Thursdays, 3 p.m., Park Vista North

† **Rosary Prayer Group**

Wednesdays, 1 p.m., Park Vista South, 4th floor

Worship opportunities

† **Chapel**

Tuesdays and Thursdays, 10 a.m., Independent Living and Assisted Living

† **Worship**

Sundays, 10 a.m., Eden Memory Care

† **Worship**

Sundays, 2:20 p.m., Health Care II

† **Worship**

Sundays, 3 p.m., Chapel, Independent and Assisted Living

Other programs

† **Sacred Music Concerts**

Every other Sunday, 6:30 p.m., Chapel

† **Contemporary Spiritual Cinema**

Every other Sunday, 6:30 p.m., Chapel

† **Hymn Sing**

Wednesdays, 11:30 a.m., Chapel

† **Transcendental Group**

Monthly on the second Wednesday, 6 p.m., Park Vista North lounge

It’s those one-on-one conversations that really make a difference in a person’s life,” Alan said.

Alan has been with Park Vista for 12 years. He and his wife of 43 years live in Poland Township. The couple has two grown children and one grandchild.

Park Vista’s mission is to serve others and meet them where they are on their life journey; having Alan on staff full time allows Park Vista to do just that. If you have not had a chance to meet Alan, please stop by his office on the first floor of Park Vista South and introduce yourself.



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. In addition, we offer the security of our Life Care Commitment, which helps assure our residents that they will always have a home in our community, even if, in good faith, they run out of funds meant to see them through.

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 **330.746.2944**



We are pleased to announce that an exciting, new program is being offered exclusively to residents of Park Vista of Youngstown. My Independence provides an array of services that are intended to keep residents independent in the place they call home longer.

With My Independence, a personalized plan is developed for you by selecting only the help you need to maintain your quality of life in the comfort of your own home. This program offers a range of services including managing medications, light housekeeping duties, helping with morning or evening routines and much more. For more information about My Independence, please call **Juli Jablonski** at 330.314.4403.



What do you picture when you hear the words strength training? Do you think of Olympic athletes lifting weights for hours a day to train for their big event or body builders overflowing with bulging muscles, pumping hundreds of pounds of iron? Sure, these are all forms of strength training, but not the only ones. I bet you may not have pictured yourself, but you should! Strength training is not just for athletes – it's for everyone!



Building more than muscle

There is growing research that shows that strength training is safe and effective for people of all ages, even those with certain health issues like arthritis and diabetes. According to the Centers for Disease Control and Prevention, there are many benefits to routine strength training as you age. Lifting weights a few times a week can help reduce the signs and symptoms of diseases and conditions such as osteoporosis, obesity, arthritis, back pain and depression. Strength training can also increase balance and flexibility, lessening the likelihood and severity of falls, which can become a large concern for people as they grow older.

Other perks to picking up those weights include improved sleep quality, i.e., you fall asleep faster, sleep longer and wake up less

frequently, as well as lowering the risk of heart disease. The leaner your body is, the less likely it will be to have a heart attack or other cardiac episode. Also, when your body has more muscle mass than fat, you have a higher metabolic rate which helps you maintain or lose weight.

At Park Vista of Youngstown, residents have ample opportunities to keep healthy and strong through the use of the wellness center. In addition, numerous instructor-led exercise classes are offered and walking is a breeze, as Park Vista is conveniently located directly across the street from the beautiful Wick Park. Strength training and exercise is certainly making a difference in the lives of Park Vista residents. Why not make a difference in yours? Your body will thank you.

Park Vista is recognizing 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 who are 65 or older and have 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.

MAKE *IT* HAPPEN®

MAKE A DIFFERENCE 

Finding the little things that make such a big difference in a person's life – that is the goal of the Make it Happen® program.

The teams from Park Vista and Senior Independence feel honored to bring special moments of joy and meaning to those nearing the end of their lives by fulfilling their life-enhancing wishes. Each moment is unique and personal. It can be larger than life, or something as simple as a wish for family members who live out of town to come together one last time. Each Make it Happen® moment creates lasting memories for families of those served by Park Vista and Senior Independence.



In loving memory of June.

When June, a hospice patient, expressed her love of animals to her hospice nurse Cheryl, a plan was put into action to Make it Happen®. With the help of social worker Sue, arrangements were made to transfer June to Wagon Trails Animal Park for

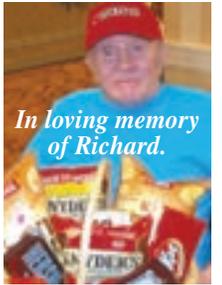
a day of fun feeding the camels, zebras, deer, long-horn cattle and many other animals. June stated that it was the best day of her life! After the Wagon Trail adventure June and the hospice team enjoyed a picnic at the park. "It was such a joy to see how much this day meant to June," Sue said.

Richard Murray

had a dream to once again be able to have big chocolate bars, large bags of treats and a really good steak, so the hospice team went into action to Make it Happen®.

The hospice team delivered a large basket of Richard's favorite big chocolate bars and bags of treats. Soon after, they had him transported to the Longhorn Steakhouse in Boardman where Richard enjoyed the largest steak on the menu!

The Make it Happen® program is making a difference in the lives of Park Vista residents and their families.



In loving memory of Richard.

A Unique Residence for Seniors with Unique Needs



Care for persons with Alzheimer's disease and other forms of memory impairment requires specialized knowledge, dedication, patience and compassion. The caring staff at Park Vista are trained to understand and work with challenges associated with early stages of dementia.

Residents live in a separate, secure section of the community, specially designed to provide a familiar and engaging (yet non-threatening) environment.

If someone you love has Alzheimer's disease or other memory loss, Park Vista can help. We offer the expertise, services and the resources you need to make extremely important quality of life decisions.

Alzheimer & Memory Care

- Private or shared, residential-care licensed rooms
- Personalized programs
- Memory enhancing activities
- Daily routines in a soothing environment
- Emergency call system
- Monitored by caregivers 24/7
- On-site church services
- Private dining room and landscaped courtyard

Call 330.746.2944
for more information and a tour.

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.

Events

The Affair at the Beecher, featuring live music, wine and hors d'oeuvres. Monthly on the fourth Thursday, Aug. 28, Sept. 25 and Oct. 23 – Park Vista South Stambaugh lobby.

Wine, Hors d'oeuvres & Music Monthly on the third Friday – Aug. 15, Sept. 19 and Oct. 17, 4:30 p.m., Park Vista North lobby.

Smooth Sounds, featuring live music. Monthly on the first Wednesday – Aug. 6, Sept. 3 and Oct. 1, 7 p.m., Park Vista North lounge.

The Park Vista North Pool Party Thursday, Aug. 7, 5 p.m., Park Vista North in-ground pool.

Car Cruise featuring DJ Two's Company spinning 50's tunes, and hot dog, popcorn and drink vendors. Thursday, Aug. 14, 5 to 7 p.m., Park Vista South parking lot.

Trash & Treasure Sale Friday, Sept. 19, and Saturday, Sept. 20. Times to be announced.

The 41st Annual Apple Butter Festival Saturday, Sept. 20, 9 a.m. to 3 p.m., Park Vista.

Celebrate Active Aging Week Sunday, Sept. 21, through Saturday, Sept. 27, Park Vista. Check the website and Facebook page for more details!

Exercise and the Aging Brain Tuesday, Sept. 23, 11:30 a.m., Senior Independence Mahoning County Senior Center (lunch included).

Active Aging Week Health Fair & Pop-Up Library Friday, Sept. 26, 10 a.m. to 2 p.m., Stambaugh lobby.

MVLLI

All Mahoning Valley Lifelong Learning Institute sessions are held in the Park Vista Gathering Room, unless otherwise noted.

Adaptation: Riding the Waves of Change Tuesday, Sept. 9, 10 a.m. to noon, non-resident \$10.

The Work of Henri Matisse Thursday, Sept. 11, 9:30 to 11:30 a.m., Park Vista North lounge, non-resident \$10.

The Post World War II Boom and Cold War Conflict Tuesday, Sept. 16, 9:30 a.m. to 1:15 p.m. (lunch included), non-resident \$15.

Create a Seven-Day Memory Fitness Plan and Memory Strategies Tuesday, Sept. 23, 9:30 a.m. to noon, non-resident \$5.

Eat Smart, Live Strong Thursdays, Sept. 25 and Oct. 23, 10 to 11 a.m., Boardman Library, 7680 Glenwood Ave., Boardman, OH 44512.

Holiness is Wholeness Retreat Tuesday, Sept. 30, 9:30 a.m. to noon, non-resident \$5.

Basic Computer and Internet Class Thursday, Oct. 2, 10 to 11 a.m. and 11 a.m. to noon, Main Library, 305 Wick Ave., Youngstown, 44503.

Remembering Marshall Tuesday, Oct. 7, 10:30 to 11:30 a.m.

The Work of Gustav Klimt Thursday, Oct. 9, 9:30 to 11:30 a.m., Park Vista North lounge, non-resident \$10.

Famous Assassinations, Part III Tuesday, Oct. 14, 9:30 a.m. to 1:15 p.m. (lunch included), non-resident \$15.

Sarah's Song: A Musical Narrative Thursday, Oct. 16, 10 a.m. to noon.

Mindfulness Meditation Tuesday, Oct. 21, 10:30 a.m. to noon.

Aging and Saging: The Gift of Years Retreat Tuesday, Oct. 28, 9:30 a.m. to 12:30 p.m. (lunch included), non-resident \$10.

Tai Chi Chih Thursday, Oct. 30, 10 to 11 a.m.

Disease Support Network

The Parkinson's Support Network Monthly on the second Thursday – Aug. 14, Sept. 11 and Oct. 9, 2 p.m., Park Vista North lounge.

Low-Vision Support Group Monthly on the second Tuesday – Sept. 9 and Oct. 14, 10 a.m., Park Vista North lounge.

The Caregiver Support Group Monthly on the fourth Thursday – Aug. 28, Sept. 25 and Oct. 23, 6 p.m., Private Dining Room.

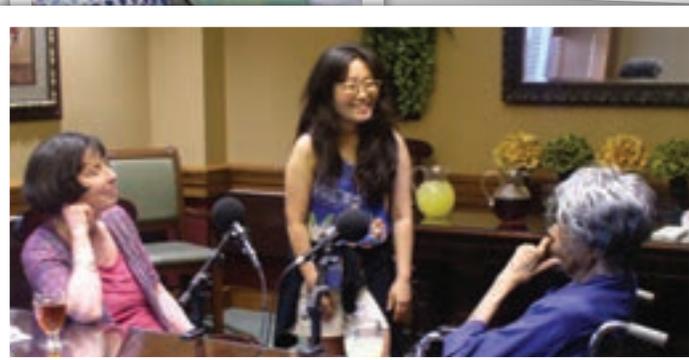
Groups & Clubs

The Transcendental Interest Group meets monthly on the second Wednesday – Aug. 13, Sept. 10 and Oct. 8, 6:30 p.m., Park Vista North lounge.

The Breakfast Club Monthly on the second Thursday – Aug. 14, Sept. 11 and Oct. 9, 9:30 a.m., Park Vista Gathering Room.

SNAPSHOTS

From Around Park Vista



Park Vista Areas of Interest

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

1. The Beecher Restaurant
2. The Knick Knackery
3. The Roy Parks Memorial Chapel



Pictured from top to bottom: 1. The Campaign for the Mahoning Valley Lifelong Learning Institute was launched in June at 80 percent of its \$1 million goal. • 2. Peter Gelhaar, son of Charlotte Gelhaar, for whom the home of the MVLLI is named, was on hand for the launch of the campaign for the Mahoning Valley Lifelong Learning Institute. Peter is pictured on the left with Park Vista Executive Director Brian Kolenich • 3. Rosemary and Wade Raridon celebrated the campaign launch • 4. Helen and Kelly were enjoying some fun in the sun in June! • 5. Anne and Roberta enjoyed Sundaes on Saturday • 6. Judy was busy in the garden all weekend! • 7. Storycorps was on hand to record a conversation between Penny Wells (left) and Ora Barrett (right) for the Voices of the Valley exhibit at the McDonough Museum of Art. The conversation will also be stored in the Library of Congress. Ora is a resident of Park Vista.

Call the Experts & Services Available at Park Vista

BEAUTY & BARBER SERVICES

Park Vista Barber Shop
330.746.2944, ext. 1409
No appointment necessary.
8 a.m. to 1 p.m. on the last
Monday of the month.

Park Vista Beauty Shop
330.746.2944, ext. 1409
By appointment only.
Tuesday - 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
BelPark: 330.702.2657

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 Creed Cleaners at 330.755.2106
for pick up and delivery.

GIFT SHOP

Knick Knackery Gift Shop
Open: Monday and Thursday
1:30 to 5 p.m.;
Tuesday and Wednesday
2 to 4 p.m.

HANDYMAN SERVICES

All Jobs... Big & Small!
Painting, plumbing/snake drains,
remodeling, electrical, hanging pictures,
ceiling fans — you name it!
If something needs repaired, please
complete a work order, located in the
mailroom on the first floor of Park
Vista North. For maintenance and repair
issues after 3 p.m. or on weekends and
holidays, call security at 330.509.1283.

HOME HEALTH SERVICES

MyIndependence
A service of Senior Independence.
Call 330.314.4403.
Offering as much or as little help
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

Kim Laurie
Call 330.746.2944, ext. 1210
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 300.746.2944.

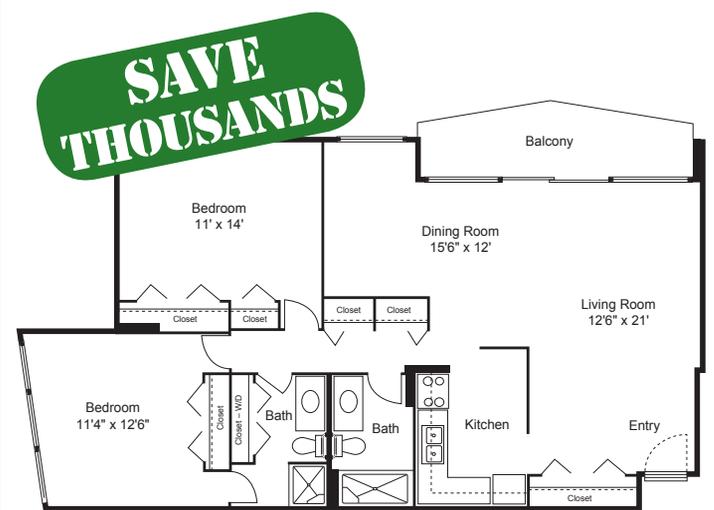
SUMMER/FALL SPECIAL!

Two-bedroom Deluxe

A perfectly sized apartment!

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

The Two-bedroom Deluxe Features: 1,125 square feet
• Assigned, attached, underground garage parking • Coverage of gas (heat and hot water), water and sewer utilities • 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
TO RESERVE YOUR APARTMENT PRIOR
TO OCT. 31, 2014.**



A pet-friendly community offers many benefits

A sense of liveliness isn't the only benefit of pets. Several studies have shown a link between pets and improved physical health.

Benefits for your health

- 🐾 Pets help to reduce stress and anxiety, and lower high blood pressure
- 🐾 Pets help people have greater well-being and lessen depression
- 🐾 Pet owners visit the doctor *less* frequently

🐾 Pets motivate people to become more independent and physically active

🐾 Pets help the disabled overcome withdrawal and stroke victims recover speech without being held back by self-consciousness

Benefits for your mind

- 🐾 Pets enrich our lives with their personalities and provide reliable, faithful companionship
- 🐾 Pets encourage people to know their neighbors and be involved in community activities
- 🐾 Pets provide guaranteed smiles



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.

A Special Offer for Youngstown State University Alumni!

up to **\$4800** in savings

If you are a member of Youngstown State University alumni and are considering retirement options, call 330.746.2944, ext. 1553 for more information. Ask about the opportunity to save \$200 per month for 24 months in Independent Living.*

*Subject to meeting admissions criteria and currently not receiving Medicare covered services. This offer may be discontinued at any time.

Call 330.746.2944, ext. 1553 or email rcarr@parkvista.oprs.org

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.....Jamie Ervin
Communications Media LiaisonBeth Ann Tabak
Editor & Designer.....Dyan Trent

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



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



330.746.2944
For More Information



Amazing Residents

Mim Larouere

Warm, accessible, enthusiastic and caring – these are the words used to best describe Mim.

Mim has always been interested in making a difference in the lives of those around her, especially children. For 20 years, Mim helped to care for and develop the minds of many children by teaching, playing and making a difference in the lives of those she touched through her day care service.

“After all this time, many of the kids I took care of still keep in touch by calling, visiting or meeting me for lunch. The kids I cared for have blessed my life and I am honored to be able to bless theirs,” said Mim.

Mim retired from providing day care eight years ago, when she chose to move to Park Vista after her husband’s passing. “I really wasn’t ready for the move, but my children thought it would be best for me to make a change. I made the choice to move to Park Vista and I am very happy here. I have four adult children who offered to have me live with them, but that would have meant a move out of the state and I really did not want that much of a change!” Mim said. “And even though I have chosen to stay in Youngstown, I regularly keep in touch with my 10 grandchildren and nine great-grandchildren,” added Mim.

Since moving to Park Vista, Mim continues to make a difference in the lives of others by being a personal care escort. “Not everyone has a family member who can go to medical appointments with them, so I go with them. It’s just nice to have someone else with you. We either ride on the Park Vista bus or I use my own car. I also enjoy taking people grocery shopping or to the mall ... whatever is needed, I will help!” explained Mim.

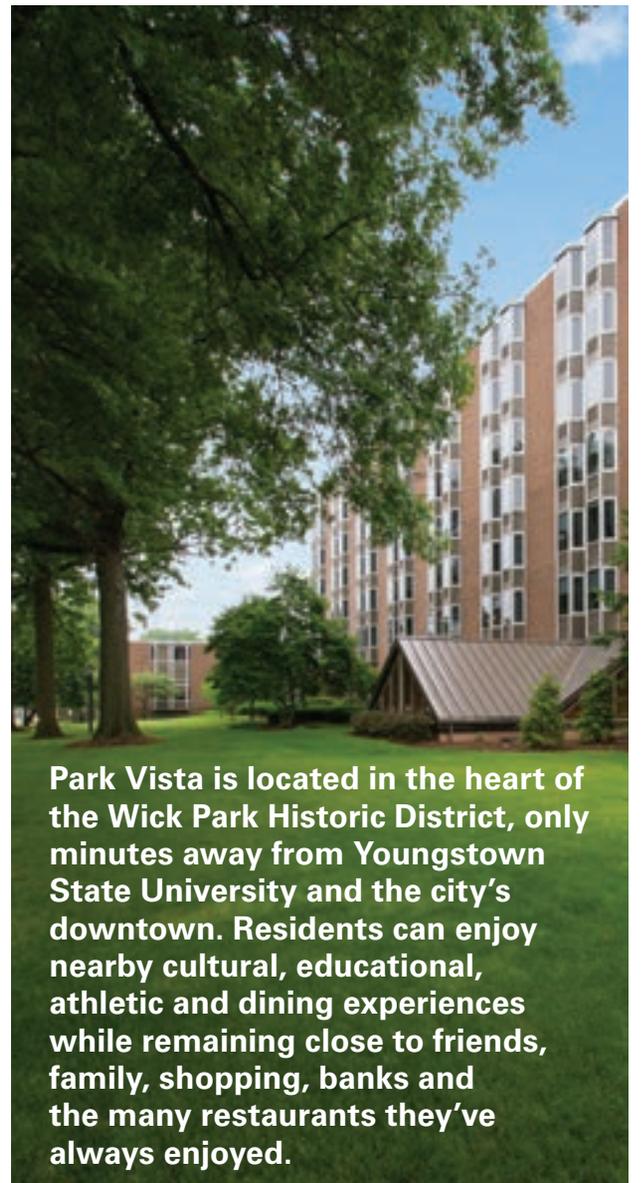
Organizing and managing the Trash and Treasure sale is another service Mim provides. Every year since 2006, she has collected hundreds of gently used items. She then organizes, stores and also prices the items for resale. When it is time for the sale, Mim recruits 10-12 volunteers to help with getting things ready for the big event. “We collect donated items and whatever we make from the resale goes into the Park Vista Life Care fund. Last year we collected over \$2,000!” said Mim.

Mim is also involved in Park Vista’s social scene as she is a member of the card club and oversees eight gardens on the campus.

“I like everything at Park Vista! Living here makes me feel so good. I can choose to be by myself or I can choose to be with others. There is always something to do,” added Mim.

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.