

Westminster-Thurber
Community

LIVING

Apartment Homes • Assisted Living • Memory Care • *The Rehab Studios* • Skilled Nursing

Life your way.

Improving Life

There is great concern today about how individuals who live with memory loss and dementia receive care. According to the Alzheimer's Association, there are roughly 40,000 individuals with Alzheimer's disease and related dementia in Central Ohio and that number will triple by 2020. When deciding about how to care for a loved one who has dementia, five criteria are often considered: 1) psychological well-being; 2) a feeling of personal independence; 3) a sense of autonomy; 4) availability of social interactions; and 5) meaningful activities being offered.

Hard work is being done to create a new way to care for those who live with dementia. At Westminster-Thurber, we call that area of care our Bridgewater Neighborhood. In this area, we offer a compassionate, supportive and secure environment where specially-trained care partners provide an individualized approach for those who live with memory loss. Our innovative approach is designed to lessen the role that medications play in the lives of our residents by enhancing their care environment and deepening their connections with others.

The care partners who care for our Bridgewater residents commit to creating and supporting a neighborhood that:

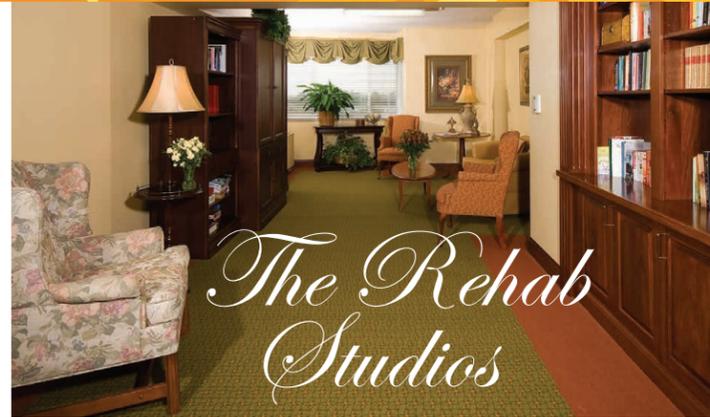
- Acknowledges individual experience
- Enhances physical, mental and spiritual well-being
- Protects against loneliness, helplessness and boredom
- Builds upon our residents' strengths
- Honors and encourages our residents' contribution to the neighborhood

Instead of rotating staff in and out of the neighborhood, we are committed to keeping residents and their care partners together. Research has shown that consistent relationships between residents and staff lessens confusion and provides a higher quality of care.

Recently, our Bridgewater care partners completed training on a new Eden Alternative curriculum called "Dementia Beyond Drugs." The staff has embraced a new definition of dementia, one that doesn't talk about plaques and tangled nerve cells. Rather, this new definition supports the perspective that life with dementia is not only about disease and disability. Instead, our new starting point: "Dementia is a shift in the way a person experiences the world around her/him."

When we shift our view of what dementia is, we are reminded that a person living with dementia is first and foremost a person. This helps us to relate with our residents, to identify their unique needs and to honor their preferences.

To learn more about the Bridgewater Neighborhood call our marketing department at 614.228.8888. 🏡



The Rehab Studios

More than a beautiful place to recover after a recent hospitalization – *The Rehab Studios* is a place of healing.

Whether you're recovering from a joint replacement surgery, a cardiac incident, stroke or other neurological condition, *The Rehab Studios* offers the highest quality of care in a beautiful, serene setting. Our goal is to help you on your road to recovery.

As our rehab guest, you will have a private studio apartment that is spacious and inviting, and includes a full private bathroom, direct phone line and cable TV. In this relaxing atmosphere, you can concentrate on healing and your return home.

Our staff is trained to provide the best service for a wide variety of therapeutic and nursing needs. Our team of experts assesses each rehab guest and develops a personalized therapy plan that meets your needs and your lifestyle. At Westminster-Thurber, we use both traditional therapies like physical, occupational and speech therapies, as well as alternative therapies including the use of ultrasound, short wave diathermy and electrical stimulation.

For more information on *The Rehab Studios* or to schedule a tour, please call 614.228.8888. 🏡



Yes! I'd like to visit and learn more about Westminster-Thurber Community.

First _____ Last _____

Street _____ Apt. # _____

City _____ State _____ Zip _____

Phone Number _____

E-mail _____

I am interested in the following:

- Memory Care
- The Rehab Studios*
- Goodale Landing
- The Veterans Service Grant
- Please remove my name from your list

Westminster-Thurber Community 614.228.8888



**To Schedule a Tour
Call 614.228.8888**

Events & Happenings

COFFEE TIME EVENTS

What is Coffee Time? It's a free event that provides you an opportunity to learn something new, be entertained or be informed about a topic or issue affecting older adults. **Monthly**, Westminster-Thurber offers fresh baked breakfast refreshments and coffee at 10 a.m. Then, at 10:30 a.m., we move to the auditorium to hear from our scheduled Coffee Time speaker. **RSVPs are required**, as the coffee portion can only accommodate 65 guests, but our main presentation can accommodate more than 150 guests. Church groups and senior centers are welcome!



Introducing the Dinosaurs

Tuesday, November 13, 2012, 10 a.m.



Dale Gnidovec, Curator of Orton Geological Museum, will introduce the group to the dinosaurs of Ohio. He will describe the process of finding, excavating and reconstructing these marvelous beasts. This program will also discuss the major groups of dinosaurs and some of the other animals that lived during this time period. **RSVP required.**

Future Coffee Time Event Dates

**January 8, 2013 • February 5, 2013
March 5, 2013**

OTHER EVENTS

Founder's Day Open House

October 25, 2012, 2:30-3:30 p.m.

Join us in celebrating our 47 years of history and discover how we have grown over the years to be the most sought after retirement destination in Central Ohio.

Goodale Landing Information Meetings

**November 8, 2012 and
January 24, 2013, 2 p.m.**

Showcase of Apartments

Friday, December 4, 2012, 10 a.m.

More than a tour – join us to learn what makes Westminster-Thurber the perfect retirement destination. We will begin with a presentation by Director of Marketing **Joel Wrobbel**, followed by a tour of many one-, two-, and three-bedroom apartment styles in Thurber Tower, our current independent living residence. The program ends with a lunch prepared by **Executive Chef Jason**. All your questions will be answered. This is a free event, however, due to limited seating an RSVP is required to attend.



Quick Facts:

- Thurber Tower has 148 apartments
- We offer 26 different floor plans
- Apartments types include one-, two- and three-bedroom styles
- Apartments range in size from 533-1440 sq. ft.



It's Good Living at Goodale Landing

An opportunity to savor life as never before awaits you at Goodale Landing – with more friends, fun and freedom for pursuing personal dreams. Located in an urban setting with spectacular views, this 67 apartment expansion, called *Goodale Landing*, offers extraordinary amenities, exceptional dining and no worries about the future.

Goodale Landing changes a good retirement lifestyle to great retirement living!

In addition, this unique Columbus residence will have a Penthouse Floor complete with amazing views, outdoor spaces and rooftop gardens.

Goodale Landing Apartments Feature

- Open floor plans – Eight different apartment choices ranging in size from 1,140-2,000 sq. ft.
- Laundry rooms, including washers, dryers and utility tubs
- Heated bathroom floors
- Four-seasons sunrooms
- Balconies
- Full kitchens with food pantries
- Large and numerous closets
- Emergency call systems

Also, *Goodale Landing* will bring a new dining venue and a heated, indoor swimming pool to the Westminster-Thurber campus.

The best way to find out more about *Goodale Landing* is by requesting a brochure or attending one of our monthly informational meetings. Apartments are going fast so be sure to reserve yours today. For more information, call 614.228.8888.



JOURNEY THROUGH AGING WITH JOEL

Tune in to Joel Wrobbel every Saturday morning, as he talks with experts from around the state regarding issues that affect Ohio's seniors.

WRFD 880AM • Saturdays 8-9 a.m.
or listen on-demand
www.journeythroughaging.com



For more information on classes and events

614-228-8888



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

www.oprs.org

Westminster-Thurber Community

717 Neil Avenue, Columbus, Ohio 43215
www.oprs.org



SCAN CODE WITH SMARTPHONE

614.228.8888

For More Information About Our Community



Follow Us



NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES

BUSINESS REPLY MAIL

FIRST-CLASS MAIL PERMIT NO. 39 COLUMBUS OH

POSTAGE WILL BE PAID BY ADDRESSEE

CHRIS MCKENZIE
OPRS COMMUNITIES
1001 KINGSMILL PKWY
COLUMBUS OH 43229-9892

