

THIS IS Living



FALL 2019

OHIOLIVING.ORG

Endless Fun-tivities

Activities for everyone at Ohio Living Cape May

Activity - [ak-tiv-i-tee]...noun, plural ac-tiv-i-ties...The state or quality of being active. A specific deed, action or function. Energetic liveliness. A use of energy or force. What comes to mind when you hear the word “activity” or “activities”? Something related to sports? Going to a movie? Reading a book? Visiting with friends and family?

At Ohio Living Cape May, the word “activity” encompasses so much more than how most would define the word. During the month of September, our Activities Department scheduled more than 175 events for our residents in all levels of care. Among those 175 activities, there was a range of things to do - everything from a trip to The Lion King musical and art classes to Bible study and a movie night complete with popcorn.

Unfortunately, many see activities as nothing more than playing games like bingo. Granted, bingo is certainly a worthwhile event for many of our residents, but the services our activities professionals provide include so much more. Engagement and socialization are two huge components of every resident’s life. Creating activities and experiences that focus on these two elements is paramount to the enrichment of every Ohio Living Cape May resident’s life.

Activities must be individualized and personal enough to meet each resident’s unique needs and/or capabilities; so to be an effective activity professional, one must be willing to be hands-on, open-minded and always thinking creatively as to how to meet our residents just where they are mentally and physically. It is not an easy job, but our activities folks at Ohio Living Cape May know what to do and how to do it.

Executive Director Brad Reynolds is thrilled with the amount of activity taking place on our campus. He said, “When I first started at Ohio Living Cape May, I asked the Activities Department to have a goal to offer so many events and opportunities to our residents each month that they’ll say, “Okay, we have enough to do!” and guess what, they’ve met the goal!”

RECENT HAPPENINGS AT OHIO LIVING CAPE MAY



Ohio Living Cape May residents enjoy a day at the ball park attending a Cincinnati Reds game.



Transitional Care Liaison Mary Davis and Director of Business Development Abby Ellsberry enjoyed dressing up for the Ohio Living Cape May carnival.



Director of Human Resources Cassey Milburn joins residents at a night out on the town with dinner and the theatre.

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Don't Retire. Re-create!

Find new purpose, renewed energy after retirement

If you're like most people today, you don't want to be defined by your age. You cringe when society seems to assume that, after a certain age, you have nothing meaningful to offer or experience. And the old-fashioned notion of retirement — trading a lifetime career for a simple life of recreation — sounds nice, but...boring.

This positive change in perspective is being recognized. A great example is AARP — formerly the American Association of Retired Persons — which in 2013 changed the definition of its acronym to An Ally for Real Possibilities!

At Ohio Living, we've always believed that life can and should be lived to the fullest at any age. So instead of settling for recreation, consider re-creation. Re-create your lifestyle to make room for future joy, meaning and new possibilities — for good health, meaningful work, connections with others and new experiences.

Consider these ways to re-create your lifestyle:

Rethink Vocation

Instead of retiring, find ways to continue your career on your own terms. Rather than working because you need to, work because you want to. Whether it's finding a more fulfilling job or continuing in a career that's already rewarding, consider keeping vocation at the forefront of your life. You can also find vocational value as a mentor to children, young adults and professionals alike.

Volunteer

When you share your skills and passion with others, it can add purpose and meaning to life and provide wonderful memories — in addition to making a difference in your community. AARP reports that a growing study of research indicates that volunteers have a greater sense of control over their lives, higher rates of self-esteem and happiness and other positive benefits.

Seek New Adventures

Travel can take center stage as a key way to experience other cultures, savor new foods, learn about historical events and spend extended time with friends and family at a distance.

Value Experiences Over Possessions

One key reason to downsize is the desire to spend more time on experiences important to you and less on maintaining possessions. You may be spending time dusting knick-knacks you no longer want, vacuuming rooms that aren't used, or using valuable energy on the never-ending care of lawns and landscaping.

Deepen Your Spiritual Life

If you're faith-minded you may now have time for related classes, outreach services, music programs and leadership roles within your place of worship. You may also prefer to spend more time in private prayer or meditation, focusing on developing a deeper spiritual connection in your life.

Prioritize Wellness

You may find more time and energy to focus on your health now, and exercise can become a priority. Whether choosing healthy foods, joining group fitness classes or simply walking outdoors with friends each day, you can take control of your health.

Are you ready to re-create your lifestyle? In an Ohio Living life plan community, you can enjoy all of this and more. Around the country, people are moving into life plan communities at younger ages, ready for the new possibilities that lie ahead. Call us today to schedule a tour and see what new possibilities await you!

Make it Your Own

Don't settle for basic beige! When you move to an Ohio Living community, you can customize* your new home to suit your tastes. In some cases, we can even move a wall for you! Just tell us your vision, and we'll do our best to make it happen. Here are some of the custom options you can select for your new home with us:

- Wall and trim colors
- Carpet, laminate or tile floors
- Cabinetry color, style and hardware
- Quartz, laminate or granite countertops
- Appliances and color
- Light fixtures
- Faucets
- And so much more!

*Upgrades from standard selections may incur additional cost.



What it's Really Like at an Ohio Living community?

Our employees tell-all about our award-winning culture

The culture of a place is a tricky thing to put into words. Ultimately, it's about how you feel in a certain environment. Whether it's in your favorite restaurant, your job or the neighborhood where you live, culture plays a big role in your quality of life.

Not surprisingly, a life plan community's culture can be largely shaped by the employees who work within it. We believe that the best way to create an exceptional experience for residents is to create an exceptional workplace culture for the teammates who provide care and service to them. We value the uniqueness of each individual and want them to thrive here. When our teammates are happy at work, residents reap the benefits.

As a result, our employees consistently tell us that our culture feels like family. Don't take our word for it. Read our teammates' anonymous opinions (taken from our most recent employee survey) to see how they really feel about Ohio Living, their coworkers and the people they serve!



Our culture is different here; you can feel it. And you can trust that it makes a difference in your quality of life.

What does our award-winning workplace culture mean for you?

If you're thinking about moving to an Ohio Living community, our award-winning workplace culture should make your decision easier. When employees are well cared for, you know they will take good care of you, too! Consider these recent accolades:

Fortune Magazine's Best Workplaces in Aging Services

Nationally ranked at number 17 in the category Senior Housing and Care – Large Companies.

Great Place to Work™ Certification

Certified for the second year in a row. Anonymous survey results were analyzed from more than 162,000 employees working in the aging services industry across the country.

Employer of Choice

Seven Ohio Living locations honored by LeadingAge Ohio with Silver and Bronze awards for 2019-2020.

Spotlight Award for Workplace Culture

Presented by LeadingAge Ohio recognizing the results of Ohio Living's focus on culture.

Best Workplaces™
for Aging Services

Great Place To Work®

USA
2019

LeadingAge
Ohio

EMPLOYER OF CHOICE
Silver Level

2019-2020

LeadingAge
Ohio

EMPLOYER OF CHOICE
Bronze Level

2019-2020

Resident Spotlight: Carol Sternsher



One of the many smiling faces at Ohio Living Cape May is Carol Sternsher, who is often seen walking her beloved Shih Tzu dog Annie around our beautiful campus.

Carol decided to relocate to Wilmington, Ohio, from Perrysburg, Ohio, in July 2012, because she wanted to be closer to family who live in the area and she really liked the vast amenities we have to offer. She says, "Apartment living in the main Cambridge building appealed to me as the best way to become acquainted with residents and get involved with some of the many activities offered."

After about three years, Carol felt Ohio Living Cape May was home and decided to move from the main building into a villa.

Carol has a background in photographic science and was the first woman to receive a bachelor's degree in that area of study in 1961 from the Rochester Institute of Technology. She retired from teaching in northwest Ohio, where she taught third and sixth grades, and now enjoys visiting her family and volunteering in the fifth grade math department at Clinton Massie schools.

Community Calendar



In honor of Veterans Day on November 11, we want to thank our veterans for their dedicated and loyal military service! Because we deeply appreciate the sacrifices you have made to keep our country free, we honor and celebrate you with The Veterans Honorable Service Grant.

CLUBS

3M Club

Monthly, 1st & 3rd Mondays

9 a.m.

Location: Campus Center

Guests enjoy a complimentary light breakfast and an interesting program. All senior men are invited.

EVENTS

Alzheimer's Caregiver Support Group

Monthly, 1st Thursday

6 to 7:30 p.m.

Location: Multi-Purpose Room

In partnership with the Alzheimer's Association, we welcome individuals helping their loved ones with dementia to this support group.

Coffee and Conversation

Monthly, 3rd Wednesday of the month
1:15 p.m.

Location: Cambridge Apartment Building Library

Bring a friend and join us for a speaker, followed by a Q&A session over refreshments. Guided tours of the community will be available. To RSVP, call Abby Ellsberry at 937.382.2995.

Birthday Party

Join our mailing list to be invited to the monthly birthday celebration when it's your birth month!

Art Exhibition

February 28-29

Special Ceremony at 5 p.m. on the 28th

Location: Cambridge Apartment Building, 1st Floor

Come see outstanding artwork by our residents, Opening Minds Through Art participants and guest artists from our local schools. Enjoy wine, cheese and more.

For more information about events and reservations, contact:

Abby at 937.382.2995



Ohio Living

Cape May

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Wilmington, Ohio 45177
ohioliving.org

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COLUMBUS, OH



Ohio Living Cape May Celebrates **TWO** Years in a Row!

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USA

The Ohio Living Cape May team enjoyed a photo station, Kona Ice and "Great" conversation in celebration of being a "Great Place to Work" AGAIN in 2019.

