

Flourish

A Not-For-Profit Senior Living Community

Volume 3, Issue 3 SUMMER 2015

Shurmer Place bids farewell to a friend



Kim Perry, LPN has been at Shurmer Place since July 2001. She started out as a floor nurse, and was quickly promoted to Wellness Coordinator. She has held the position for over 14 years. Kim was charged with

establishing the Wellness Program for Shurmer residents. She is leaving Shurmer place August 7, to pursue a shared life-long dream with her husband of moving to Montana.

Kim Schulz, Shurmer Place Residence Director says of Kim, "she went above and beyond daily with her job, and the care and attention she gave to the residents. She is irreplaceable." Kim will miss Shurmer residents and they will miss her. Harry Foehringer says of Kim, "Very accommodating, always approachable, has helped me several times." Marie Urick will miss her! Lois Slencsak appreciates Kim's pleasant demeanor, and says she is "a very good nurse."

Kim feels blessed to have served the residents in the comfort of their own homes, which is how she views Shurmer Place. She has worked with an awesome staff, supportive family members and has been able to provide the most comfortable life possible for Shurmer residents. She has learned much about life and living from her contact with the residents, and is grateful for all the opportunities she has had here.

Barb Capadona, HR Director states, "Kim will truly be missed. Kim could always be counted on to get the job done."

One of Kim's staff fondly recalls of her, "There is the standard level of care here at Shurmer... but then we all aspired to the 'Kim level of care...' hard work and high expectations."

We wish Kim and her family all the best in the latest chapter of their lives!

Altenheim Skilled Nursing receives national recognition



For the second consecutive year, Altenheim Skilled Nursing and Rehab Center has been ranked as one of Ohio's Best Nursing Homes by US News and World Report. Altenheim received a five star over-all rating from the Federal Centers for Medicare and Medicaid Services for its overall performance in health inspections, nurse staffing and quality of medical care. Paul Psota, CEO, states "we reached this significant achievement because of the dedicated staff and team approach. All are committed to providing quality care for residents." ■

Paul Psota, CEO installed as 38th Rotary Club President

In July, Paul Psota assumed the presidency of the Strongsville Rotary Club in July. Paul has been an active Rotarian for a number of years. The focus of his leadership will be a community-wide initiative to conduct a needs assessment with other community groups, including Altenheim, to improve the Meals on Wheels program for the community's homebound seniors. According to the 2010 U.S. Census, there are over 10,000 seniors 60 + in Strongsville, of which 5% fall within the U.S. poverty

guidelines. As a community, we have a obligation to provide for the least of us. as Matthew 25:35-40 states:

"For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me. Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me." ■

Message from CEO, Paul Psota



Summer and good weather offers lots of opportunities for residents to enjoy activities.

A campus wide Fourth of July celebration was held. Residents enjoyed traditional Independence Day foods, including grilled hot dogs and hamburgers and all the accoutrements that make this day special.

Shurmer residents celebrated the culture of Spain with Spanish lessons, taste of Spain and the annual running of the bulls. A new exercise class, Qu-Gong was introduced and national Daiquiris Day was celebrated with live music and a variety of daiquiris to sample. Trips are planned to Shooters, Sterle's Country House, the Cleveland Aquarium and the Rocksino. Kim Perry, LPN, Wellness Coordinator at Shurmer Place will be leaving us in August. We are sorry to see her leave, as she was an invaluable asset, showing great compassion and nurturing care for all at Shurmer. She will be moving to Montana with her family. We wish her all the best!

Altenheim residents have enjoyed outings to The Barn and Walmart. Gardening and music on the patio continue to be summertime favorites. The Women's Auxiliary is honoring three residents who will have attained their 100th year in 2015. Congratulations to Betty Nicoloff, Dorothy Pelko and Mary Speroni for achieving this remarkable milestone. They will be honored with their names on bricks in the Centennial Garden. Many thanks to the Women's Auxiliary for choosing to honor these residents in such a meaningful way.

Final approval has been given for renovations to the skilled nursing center. These include paint, new flooring, wallpaper and specialized bathtubs. Renovations will begin soon.

In keeping with our mission to serve the community, and with the help of several community organizations, including the Rotary Club of Strongsville, the Strongsville Emergency Food Bank and local church groups, Altenheim has made a year long commitment to seek solutions to hunger in Strongsville. We hope to identify and assist those with the greatest need in our community through the Meals on Wheels program.

Paul Psota

News briefs

Music & Memory update

The Music & Memory program is off to a great start. Over 150 songs



have been recorded on a master playlist. Five residents participating in the program are showing continuous improvement. One resident in particular has shown significant beneficial results from her morning music program. Over time, added benefits of the program may include reduction in incidents of resistance to care, and sundowning behaviors, and reduction in the use of anti-psychotic and anti-depressant medications. Gifts to the Annual Appeal have made it possible to purchase itune giftcards and additional equipment, such as ipod holders and earphones. ■

Altenheim adds specialists to its physician panel

Altenheim Senior Living continues to provide the highest standard of care in a compassionate, home-like environment. Residents have easy access to care in the comfort of their own rooms. We are pleased to welcome the following physicians to our physician panel:

Dr. Amit Patel, renal specialist

Dr. Ajit Shah, ENT specialist

Dr. Michael Deucher, cardiologist

Dr. Anthony Elias, dermatology

Shurmer Place deficiency-free 2015



Shurmer Place received a deficiency-free rating in the recent 2015 inspection.

The Ohio Department of Health (ODH) advised that Shurmer Place is in complete compliance with federal and state requirements for health and life safety services and accommodations. A team from ODH reviewed nursing care and services, environmental standards, dietary services, records, administration and all aspects of Shurmer Place's care and accommodations for its residents. A certificate recognizing this deficiency-free status was presented to Resident Director Kim Schulz and CEO Paul Psota.

Shurmer Place has achieved this recognition for eight consecutive years! Congratulations to the outstanding staff at Shurmer for achieving this remarkable milestone. ■



Mark your calendar

September 2 – Senior Dance

September 7 – Altenheim Senior Living Labor Day Picnic

September 19 – Altenheim Senior Living Oktoberfest

September 27 – Alzheimer's Walk, MetroParks Zoo



Line dancing at the Community Center, first Wednesday of the month.

Thank you for your support!

At Altenheim Senior Living we are most grateful to you, our donors. With great appreciation we recognize the following individuals, businesses and organizations for their heartfelt and generous contributions made May 16 through July 15, 2015. We work diligently to ensure accuracy when recognizing your gifts. Should you discover an error, please contact us at 440.238.3361, ext. 171.

Annual Appeal

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The Courtyard at Shurmer Place

The Family of Larry Gallagher
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Mr. George S. Biro
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Mr. Doug Feikle
Mr. Charles Schlueter

Thank You!

The Giving Society for the Altenheim Annual Appeal

On behalf of the residents we serve, a special thank you to the following members of the Giving Society. We are grateful for their leadership role in the Annual Appeal and commitment to our mission.

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Ways you can make a difference:

Annual Appeal for Altenheim – Your unrestricted gift will help fund residents' programs and activities.

Tributes – Remember a loved one or recognize someone special through a memorial or tribute gift of any size; or purchase an engraved brick for the Courtyard at Shurmer Place.

Restricted Giving – You may direct your gift to a specific program or service such as activities, education, facilities and equipment, or Alzheimer's and dementia care.

Gifts of Time and Talent – Are you passionate about helping others? Altenheim Senior Living has a variety of opportunities to volunteer.

Gifts-in-Kind – Movies, books, blankets and other personal in-kind gifts add to the residents' feeling of home.

Matching Gifts – Check with your employer to see if your financial donation will be matched by corporate giving.

Planned Giving – Bequests, life insurance, beneficiary designations and other planned, deferred gifts will benefit our residents.

Contact The Office of Institutional Advancement at 440-238-3361 ext. 171 or go to www.altenheim.com/donatenow to make your gift.

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Flourish

Come grow
with us!

A Not-For-Profit Senior Living Community

Altenheim Senior Living



18627 Shurmer Road • Strongsville, Ohio 44136

www.altenheim.com

RETURN SERVICE REQUESTED

OUR MISSION: To achieve the optimal level of mental, physical, and spiritual well-being of individuals, families and the community through the provision of high quality residential living, skilled nursing care and specialized services offered in a family-like atmosphere.

Thank You!

Did you Know

■ Dresden pharmacist, Otto H. von Mayenburg invented toothpaste in 1907?

■ In 1864, the German Methodist Episcopal Church founded the German Methodist Orphan Asylum to shelter Civil War orphans? Today it is known as OhioGuidestone, formerly Berea Children's Home.

■ Altenheim's Dietary Department prepares 200 meals a week for delivery to Meals on Wheels recipients?



Boris Becker, born in Leimen Germany, was the youngest player ever to win Wimbledon?

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Altenheim Senior Living

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Phone: 440.238.3361

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ALTENHEIM SENIOR LIVING HIPAA OPT-OUT

If you wish to have your name removed from future marketing and fundraising communications, contact the Office of Institutional Advancement between 9 am-5 pm Monday-Friday at 440-238-3361, ext 171.

Leave a lasting legacy in

The Courtyard at Shurmer Place



The Courtyard...

*a quiet place to enjoy outdoors
with family and friends.*

Help pave the path in the Courtyard, part of the Shurmer expansion, with a lasting tribute to your loved one, in celebration of a special occasion (anniversary, birthday)... or just because. Your gift of a paver can be engraved with your name, your family name or your company name.

Funds generated from your paver purchase will help us continue to provide services and programs to our residents.

Order yours today by completing the order form on opposite side.

Yes!

I would like to purchase a paver for the Courtyard at Shurmer Place.

Complete the form below and return with payment in the enclosed envelope.

Please select the paver size you wish to purchase

- ☐ 6" x 6" paver \$150.00
☐ 6" x 9" paver \$300.00
☐ 12" x 12" paver \$500.00

Complete the message area below.
Spaces and punctuation are considered characters.

6" x 6" PAVER - 3 lines / 10 characters each

6" x 9" PAVER - 3 lines / 14 characters each

12" x 12" PAVER - 8 lines / 14 characters each

Your Contact Information:

NAME

ADDRESS

CITY STATE ZIP CODE

PHONE

EMAIL ADDRESS

Payment Information:

- ☐ Check enclosed (*payable to Altenheim*)
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NAME ON CARD

CARD NUMBER

EXPIRATION DATE CCV

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**Altenheim Senior Living
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