



Flourish

A Not-For-Profit Senior Living Community

Volume 3, Issue 2

SPRING 2015

Memory Wing Garden

The Annual Appeal Staff Fund was established to give employees an opportunity to participate in fun activities that contribute to the Annual Appeal. A staff committee was formed in the Fall of 2013 to represent co-workers and come up with activities to raise money for the staff fund. The Staff Committee agreed that all money raised would be used for upgrading the outdoor area connecting the memory areas. Through the dedication and hard work of co-chairs Ken Stahurski and Denise Steciw, and members Andrea Belmonte, Ellen Frank, Michelle Purtan, Tracy Dacek and Jessica Lewandowski, over \$5,000 has been raised. Paul Psota, CEO, has agreed to provide matching funds from Altenheim.



The proposed plan for the Memory Wing Garden includes spacious paths for wheelchair and walker accessibility, shaded areas with benches, raised flower beds for those who enjoy gardening and a safe, secure environment for residents to enjoy the outdoors.

There is still time to make a gift to the Annual Appeal for the Memory Wing Garden. Your gift will be matched. Please help the staff with this wonderful project. You may make your gift by using the Annual Appeal envelope in this newsletter, online at www.altenheim.com, or contacting the office of Institutional Advancement at 440-238-3361, ext.171. ■



Music & MemorySM

Altenheim Senior Living is participating in the Music & MemorySM Program in conjunction with the Ohio Department of Aging's Nursing Home Quality Improvement Project.

Dan Cohen, Executive Director of Music & MemorySM founded the program in 2006. He wanted to be able to listen to 60s music if and when life circumstances had him living in a nursing home. As a volunteer in a New York nursing home, he created personal playlists for residents using iPods. The program was so popular with residents, staff and families, he was able to expand the program to four other nursing homes... thus Music & MemorySM was born.

Music & MemorySM brings personalized music to residents with Alzheimer's and other dementia related illnesses. It has been proven in extensive neuroscience research that our brains respond in positive ways to music. Music is profoundly linked to personal memories. Our brains are hard-wired to connect music with long-term memory. Special

music may often calm chaotic brain activity and enable the listener to focus on the present and regain a connection to others.

Five residents have been selected to be in the initial trial. The Ohio Department of Aging has provided starter kits, and Altenheim has purchased iPods and earphones. The residents' favorite music will be recorded on a master playlist. Residents' progress will be tracked. After the trial period, and based on initial successes, all residents may be considered for participation. Goals include providing pleasure to residents with dementia, reducing the number of incidents of resistance to care, reducing sundowning, fostering a calmer social environment and reducing the use of anti-psychotic and anti-depressant medications.

Check out this link, www.youtube.com/watch?v=5FWn4JB2YLU for a short YouTubeTM presentation on Henry, whose quality of life has been greatly enhanced with Music & MemorySM. ■

Message from CEO Paul Psota



Spring is a time for renewal, cleaning, sprucing up, and engaging in new things. We are embracing spring at Altenheim. Upgrades to the nursing home have begun with new LED lighting installed throughout the wings. The next phase will include fresh paint, wallpaper and new flooring. Proposed plans for the Memory Wing Garden are being considered. A new program, Music & Memory,SM is being introduced to the residents. The Easter Brunch and the Memorial holiday campus-wide picnic were enjoyed by all. Residents have their choice of many daily activities to participate in, including gardening, bowling and shopping trips.

Shurmer Place celebrated its 14th anniversary on May 15 with an anniversary party, complete with a champagne toast and entertainment by Wayne Tomsic. Residents participated in a fiesta and margarita social for Cinco de Mayo. They cruised on the Vermillion River, visited the Westside Market, toured Great Lakes Brewery and Mitchell's Ice Cream in Ohio City.

Altenheim held two recognition events. On April 15, over 75 of our dedicated volunteers enjoyed a wonderful lunch prepared by the dietary department under the direction of Chef Antonio Smith. Rose Psota was named Volunteer of the Year. Our first ever Major Donor Recognition Event was held on April 22. The highlight of the evening came when residents' family members Linda Schwarz and Sue Gerstenberger shared their deeply moving stories.

Our staff has been recognized by other organizations within the community. Lucy Allison, Activities Specialist, has been honored by Crain's Cleveland Business as a 2015 Health Care Hero. Jennifer Von Alt, LPN, is a recipient of the Ohio Health Care Association Education Foundation Scholarship.

I am pleased to report that Altenheim Senior Living is once again named "One of Ohio's Best Nursing Homes" 2015 by *US News & World Report*. We received this wonderful recognition due to the dedicated, mission-driven team including staff, management, volunteers and the Board of Directors.

Just a reminder... it is never too late to make a gift to Altenheim Senior Living. There are several ways you can help... buy a Courtyard paver, contribute to the Memory Wing Garden, Meals on Wheels, the Women's Auxiliary... or donate your time and talent in our volunteer program.

Enjoy Spring!

Paul Psota

Award given posthumously to Heinbaugh

The Ohio Health Care Association (OHCA) represents over 800 nursing facilities, assisted living communities and intermediate care facilities for individuals with intellectual disabilities. It is highly regarded as a leader in long-term care, serving as an information resource to Ohio's long-term care providers, their suppliers, consultants and to the public at large.

An individual is recognized each year at its annual convention. We are proud to announce that Lee Heinbaugh, Altenheim's CFO from 2009 to 2014, was selected posthumously as a 2015 honoree of the OHCA Foundation. A scholarship was created in Lee's name. It will be

awarded annually to an employee of an OHCA member organization to fund continuing education. Lee was selected because of her years of dedicated service educating and training members of OHCA on the important, and often intricate, aspects of nursing home business office services. Lee became the "go-to" person with OHCA because of her expert knowledge of Medicare and Medicaid billing. Lee had a great compassion for Altenheim's residents and families. Her door was always open to them, helping them through the Medicaid process or easing their way through admission to Altenheim. Lee was well regarded. It is fitting that her life and career were honored with this prestigious award. ■

News Briefs



Health Care Hero

Every year Crain's Cleveland Business calls for nominations for "Health Care Heroes" in seven categories. We are pleased to announce that **Lucy Allison**, Altenheim Activities Specialist, has been selected to receive a 2015 Health Care Hero Award. Lucy will be honored at the Crain's Health Care Hero Luncheon on June 2. Lucy has been at Altenheim Senior Living for 15 years.



Scholarship Recipient

Congratulations to Altenheim nurse **Jennifer Von Alt**, LPN. She is the 2015 recipient of the Education Foundation Scholarship. Jennifer was recognized at OHCA's April convention held in Columbus. She will use the \$2,000 to enhance her nursing career.

STNA Training

Altenheim Senior Living will begin training its own STNAs in June. STNAs are the foundation of our services and care philosophy. They provide the day-to-day front line, person-centered care for which we are known. The benefits of in-house training are significant and include learning best practices and the Altenheim mission, increasing the likelihood of a good fit prior to hire and maintaining optimum staffing levels.

New Altenheim Website

Our new website at www.altenheim.com is live. The site is user-friendly and easy to navigate. Send us your feedback at info@altenheim.com. ■

Thank You

"I did not expect to receive the Volunteer of the Year award. I volunteer because I enjoy spending time with the residents. I love listening to their stories, helping out with bingo and passing out small items to let them know 'You Are Special.' Thank you for honoring me with this prestigious award!"

— Rose Psota, 2015 Volunteer of the Year

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

— Leo Buscaglia

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 February 1 through May 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.

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.

PLATINUM \$1,000 & UP

Charles R. Koepke, M.D., J.D.
Dr. V. Munjapara
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Mr. Jeffrey Warnkin
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Annual Appeal

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Mr. Larry Zwegat

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The Courtyard at Shurmer Place

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Kathy Petrunyak
Kim Schulz

Gifts-in-Kind

Akron RubberDucks
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Rich Bollinger
Glidden-Durkee Prime Timers
Kathy Kruczek
Terri Mosley
Charles Schlueter
Marie Spaan
Mary Speroni
Frank Stephanic
Warm-up America

Thank You!



Dance the afternoon away

Join the fun on the first Wednesday of every month at the Senior Dance. Held in the Community Center, dancers rock to Big Band music, polkas, and other 40s and 50s era music. It is a wonderful opportunity to meet new friends, reminisce about the "good ole days" and boogie. The dance is free for all in the Strongsville community. Stop by anytime between 1-3 p.m. Hope to see you there! ■



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

■ There is a Spring Beer Festival in Germany that rivals Oktoberfest?

■ Thomas Nast, a German-born American, is the "Father of the American Cartoon" and the creator of the political symbol of the elephant for the Republican Party?

■ Shurmer Place celebrated its 14th anniversary in May?



Honus Wagner, born to German immigrants Peter and Katheryn Wagner, known as "the Flying Dutchman," is considered one of the greatest shortstops in Major League baseball?

Come grow with us!

2014–2015 Board of Directors

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Robert Ivancic, 1st Vice President	Ray Haseley Wolfgang Keich
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Altenheim Senior Living

Institutional Advancement Office
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Phone: 440.238.3361
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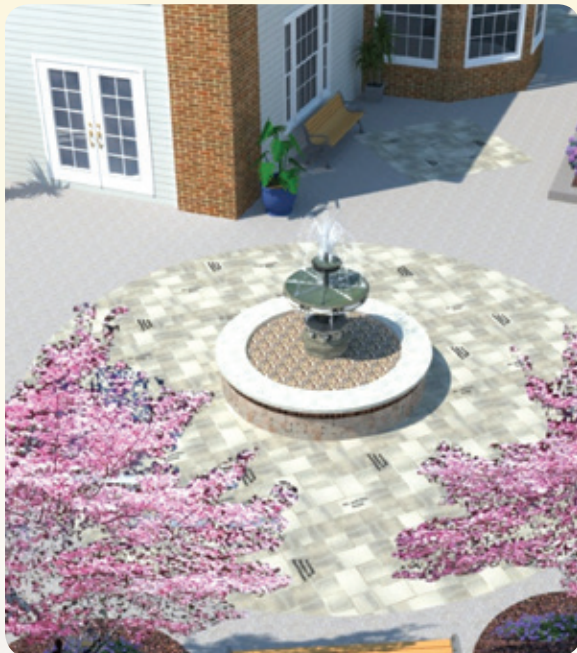
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ALTENHEIM SENIOR LIVING HIPAA OPT-OUT

If you wish to have your name removed from future marketing and fundraising communications, contact the Institutional Advancement Office between 9am – 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*)
☐ MasterCard ☐ Visa

NAME ON CARD

CARD NUMBER

EXPIRATION DATE CCV

SIGNATURE

Altenheim Senior Living
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Phone: 440.238.3361