

House Calls Come to Altenheim



In order to better serve our residents, we have contracted with several physicians to see residents in the comfort of their own rooms — modern day house calls, if you will. This eliminates the need for residents to travel to a physician's office in inclement weather. Physician care is just a phone call away. This service will add to the already high standard of care we are able to provide in a compassionate, home-like environment.

Gregory T. Classen, D.O. and Elizabeth Baracz-Zimmerman, D.P.M., from Wound Care Consultants, will treat residents' skin issues. Dr. Classen treats above the knee wounds. He graduated from the Des Moines College of Osteopathic Medicine and Surgery. He is board certified in plastic and reconstructive surgery by the American Osteopathic Board of Surgery. Dr. Classen is the Chief of the Division of Plastic and Reconstructive Surgery at South Pointe Hospital, a Cleveland Clinic hospital and is also on the staff at University Richmond Heights Hospital. He has a private practice, The Classen Center for Plastic Surgery.



In addition to a private practice in Seven Hills, Dr. Baracz-Zimmerman has privileges at Parma Hospital, Seven Hills, Marymount and Southwest General Health Center.

Dr. Baracz-Zimmerman provides below the knee wound care. She graduated from the Ohio College of Podiatric Medicine and is board certified by the American Board of Podiatric Surgery.



Michel F. Farivar, M.D., experienced in geriatric psychiatry, graduated from the University of Brussels in Belgium. He holds board re-certification by the American Board of Psychiatry and

Neurology in General Adult Psychiatry. Dr. Farivar is an attending psychiatrist at Southwest General Health Center. In addition to providing psychiatric consultations, he will closely monitor and re-assess residents who are on anti-psychotic medications helping to keep this medication use as low as possible. ■

Altenheim Home Health Care Update

Altenheim Home Health Care conducted its first annual review as required by CHAP (Community Health Accreditation Program) professional standards. Results showed 100% compliance with federal regulatory guidelines. The Professional Advisory Committee of Altenheim Home Health Care convened on January 7, 2015 to review QAPI (Quality Assurance Performance Improvement) goals. Fourth quarter clinical reviews indicated excellence in providing home health care to patients. The Professional Advisory Committee is comprised of the following professionals: community liaison, advising physician, HIPAA compliance officer, Chief Executive Officer, Clinical Services Director/ Administrator, social worker, and a therapy representative. The Committee approved the annual review, renewed a commitment to quality care, and discussed 2015 proposed changes in federal regulations. ■

What Makes Altenheim's Memory Care Special?

The Staff! Led by Jessica Lewandowski, LPN and Wendy DiDomenico, LPN and certified dementia care practitioner, specialized programming, including music therapy, is designed to meet the needs of the residents. Consistent staffing of nurses, STNAs, housekeeping, dietary and laundry is an important feature, insuring the air of familiarity that is so important with memory care residents. Dementia training and monthly meetings are held with the staff. Activities are carefully planned around the needs and acuity levels of the residents and carried out by activities specialists, Lucy Allison, Jamie Watson, Joy Hall and Janice Farris. Residents have the freedom to walk around the secured units and courtyard. ■

Message from CEO Paul Psota



This has certainly been one COLD Winter! Even though the weather may hamper outside activities, our residents are very busy.

Shurmer residents continue to go on field trips to the casinos, malls and restaurants. Tai Chi and the *Lunch and Learn* series are popular with residents and the Strongsville Community. Veteran's Day, Valentine's Day and Mardi Gras were celebrated at the skilled nursing facility and Shurmer Place. The family Easter Brunch is scheduled for March 22. Make your reservation early with Activities Director Cathie Stahurski.

I'm pleased to report that renovations to Altenheim Skilled Nursing and Rehab Center are underway. Resident friendly, energy efficient lighting is being installed, as well as a fresh coat of paint throughout. We have added 10 beds for short term care. Home Health Care continues to expand, and will soon include private duty services.

I want to thank all who have supported Altenheim Senior Living through a gift to the Annual Appeal. Your gift means so much to our residents. It is because of your gift that residents are able to participate in wonderful activities and enjoy weekly entertainment. Special activities are conducted in the memory care wings, and specialized equipment continues to be provided to residents to enhance their quality of life. We could not provide all these extras if it were not for your support. Thank you!

Stay Warm!
Paul Psota, CEO

P.S. If you haven't yet made your gift to the Annual Appeal... it's not too late! A gift of any size will make a difference.

Meet Janet Langstone

Jan arrived in the U.S. from England over 40 years ago for an administrative job at the Cleveland Clinic. Jan came to Altenheim for short-term rehab services to regain her strength after a bout with pneumonia. She has been in rehab for a month and is very pleased with her treatment and recovery. She will be going home soon.

Jan received physical therapy and occupational therapy twice a day. Her therapist, Kathy, was outstanding. The nursing staff was wonderful. She especially bonded with Jessica, Vanessa, Nancy, Loida and Cynthia. "I really can't say enough nice things about all the

staff," commented Jan. "There was not one that was nasty. Sometimes you get that, you know."

Because of the care Jan received, she is looking forward to returning home and spending time with her sister who is visiting from England. Jan is also active in the

Strongsville United Methodist Church, Baldwin Wallace University's Institute for Learning in Retirement and the Strongsville Historical Society. ■



“ I really can't say enough nice things about all of the staff. ”

Meet Richard Weiss



Richard has been at Shurmer Place since the opening of the new apartments in Fall 2014. Born in Columbus, his family moved to the Cleveland area, where his father was able to find

work during the Depression. He attended John Hay High School. In 1944 he was drafted into the Navy and served in the Atlantic and Pacific on the USS Kassar Bay. He then transferred to Fleet Air Wing 18 and served in Iwo Jima and Guam. After being honorably discharged in 1946, Richard attended John Carroll University, received a B.S. in Social Science and planned to become a teacher.

Richard accepted a position at Ford Motor Company and over the next 50 years held several positions. He finally ended up in Human Relations. After retiring from Ford in 1982, he was invited back as a consultant, and continued to work until 2005. Richard did squeeze in teaching. His teaching career consisted of substitute teaching in Cleveland, adult education night school, and for 25 years he served as a part-time faculty member at Tri-C's Western Campus.

Richard met his wife, Julia at the Aragon Ball Room. They married in 1948 and were married for 58 years. They have five

children, eight grandchildren and eight great grandchildren. Julia passed away in 2006.

Richard has a full, active life at Shurmer. He volunteers at Southwest General Health Center, the Strongsville Senior Center, and is the Vice President at St. Anthony's Senior Social Club. He participates in senior dancing at the North Olmsted Party Center. He likes living at Shurmer, and says the staff is very nice. Richard uses the Exercise Room daily, preferring the sit-down bicycle.

Two nuggets of wisdom that he lives by: "keep your sense of humor" and "thank God for what you have because there is always someone who has it worse." ■

Community Services

As part of our mission to serve the community, Altenheim Senior Living Meeting Center and the Altenheim Community Center may be made available for civic meetings, including luncheons and dinners. Altenheim recently hosted the Strongsville Chamber of Commerce Luncheon. Guests enjoyed a catered lunch by Bucci's, followed by a presentation from Adam Greenslade, Director of Government Affairs, Communications and Marketing for the Ohio Turnpike. Another Chamber event, the spring Women in Business Breakfast will be held here. For further information, contact Kim Schulz at 440-238-9001. ■

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 generous contributions made November 1, 2014 through January 31, 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.

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Thank You!

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 Altenheim Senior Living Meeting Center Courtyard.

Restricted Giving – You may direct your gift to a specific program or service such as activities, Meals on Wheels, memory care, Women's Auxiliary or the Altenheim Foundation.

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.

2015 Annual Appeal

There is
**no greater gift
than one that
makes a difference
in someone's life.**



**Your gift to the Annual Appeal
does GREAT things.**

It helps us provide:

- a Broda chair for Lavada, which eases pressure and makes sitting comfortable,
- a specialty mattress for Mary which prevents compromised skin issues,
- state-of-the-art pressure reduction boots for Arthur, and
- nutritious meals through the Meals on Wheels program, for John, who recently had surgery and receives meals at home to help in his recovery.

**Because of donors like you,
we will continue to help those who
need our help the most.**

ALTENHEIM GIVING SOCIETY for the Annual Appeal

\$1,000 Platinum
\$500 Gold
\$300 Silver
\$150 Bronze

Altenheim
SENIOR LIVING

Please complete form at right.

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

Yes! I want to do great things!

My gift to the
2015 Annual Appeal \$ _____ .00

Name: _____
(as you wish to be listed on donor rolls)

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email Address: _____

Please direct my gift to:

- ☐ Altenheim Foundation ☐ Memory Care
☐ Activities ☐ Women's Auxiliary
☐ Meals on Wheels

Please indicate preferred method of payment:

- ☐ **CHECK** (payable to Altenheim Senior Living)
☐ **PLEDGE** (to be paid by in full by September)
☐ **STOCK** (call 440-238-3361, ext. 171 for instructions)
☐ **CREDIT CARD**
☐ Visa ☐ MasterCard ☐ Discover

Name on Card: _____

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Please send acknowledgement of my gift to:

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- ☐ My employer will match my gift
☐ Matching gift form enclosed

Altenheim Senior Living is a not-for-profit 501(c)(3) organization.
Gifts are tax deductible to the extent allowed by law.
Please consult your tax adviser if you have questions about
the deductibility of your gift.

Thank You!

- ☐ I have remembered Altenheim Senior Living
through a bequest or other estate planned gift.
☐ I would like information about making a
bequest or other estate planned gift to
Altenheim Senior Living.



Flourish

**Come grow
with us!**

A Not-For-Profit Senior Living Community

Altenheim Senior Living



18627 Shurmer Road • Strongsville, Ohio 44136
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***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

■ The Lunch and Learn Program at Shurmer Place is open to the community? Informative, timely speakers, along with lunch, are offered at no charge. It is held the last Wednesday of every month at 11:30.



Photo from MagnavoxOdyssey.com

■ The first seismograph for measuring the intensity of an earthquake was made by Fr. Frederick L. Oldenbach, a German American Jesuit professor at what was then St. Ignatius University, now John Carroll University?

■ Altenheim Nursing Home is listed in the Encyclopedia of Cleveland History — Germans, as being founded by one of the most influential ethnic organizations of the era, the Westside Deutscher Frauen Verein?

Ralph Baer developed the Magnavox Odyssey, the first home gaming console? He was born in Germany and emigrated to the US in 1938.

Come grow with us!

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Altenheim Senior Living

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