



Flourish

A Not-For-Profit Senior Living Community

Volume 3, Issue 4

FALL 2015

Shurmer welcomes wellness coordinator



Stephanie Moeller, LPN, was appointed Wellness Coordinator at Shurmer Place this past summer. She began working at Altenheim Senior Living on an "as needed" basis in

2011, and was quickly promoted to the position of full time nurse. As Wellness Coordinator, she exhibits professionalism with the staff. Equally important is her compassion and understanding in caring for the residents and working with families.

Stephanie has been an LPN for five years and she can't imagine working anywhere else. She has embraced her new role, continuously finding ways to enhance resident care, staffing, and day to day operations. Stephanie "loves the residents, and the Staff is great to work with. I look forward to every day. Since accepting the Wellness coordinator position, I have an opportunity to interact with staff from second shift, as well as first."

Stephanie was recently named a recipient of the Ohio Assisted Living Association (OALA) 2015 Honoring Excellence Award in the nursing category. This is the highest award given by OALA. Selected by its Board of Trustees, professionals are recognized for having shown vision, innovation, leadership, compassion, creativity, talent or effectiveness.

As Kim Schulz, Resident Director of Shurmer Place notes, "Stephanie is very professional, yet has great compassion for the residents, insuring that they receive the best possible care. We are fortunate to have her on board." ■

#GIVINGTUESDAY

Altenheim will launch its Facebook presence on #GivingTuesday,

December 1. #GivingTuesday started in 2012 through the efforts of New York's 92nd Street Y in partnership with the United Nations Foundation. We have Cyber Monday and Black Friday, geared toward consumers. What would a day geared toward giving produce? The simple notion of "an opening day for the giving season," in three short years, has turned into \$55.6 million in online donations being made to 4,300 organizations... on a single dedicated giving day a year!

Help us kickstart Altenheim's Annual Appeal giving season. Go to Facebook, search Altenheim Senior Living. "Like" us, click on Altenheim Senior Living website link, and then the "Donate Now" button. Your gift will go directly to support a resident's participation in the Music & MemorySM Program by establishing the Altenheim Music Library, purchasing iPods, earphones and iTunes cards. Music & MemorySM has made a significant impact on participants. Your gift will enrich their lives. As one family member said, "Mom's mood has been uplifted. She is pleasantly excited about interactions with others."

To thank you for your participation in #GivingTuesday — and for your "like us" on Facebook now through December 15th — you will be entered into a drawing to win an iPad. ■



November is Home Care and Hospice Month

During November, the home care and hospice community honors the millions of nurses, home care aides, therapists and social workers who make a remarkable difference for the patients and families they serve. These caregivers play a central role in the health care system and in homes across the nation. The services they provide help the aged, infirm or disabled stay safe and independent at home.

The President of the National Association for Home Care & Hospice (NAHC), Val J. Halamandaris states, "No work is nobler. Their goal is helping society's weakest members live the fullest lives they can. By marrying

high tech with high touch, home care professionals make it possible for patients to receive care at home where they can be with the ones they love."

A testament to this fine care comes from a patient of Altenheim's Home Health Care. This patient states, "My recovery took me 8 ½ months. I couldn't have done this without Liya. She was a professional and my best friend during my recovery time. Liya really cared about my injury. Her goal was to get me to walk again. I am now walking because of her professional care."

For more information, contact Mary Kinosh, RN at 440-638-3186. ■

Altenheim
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Message from CEO



With so many exciting things happening at Altenheim Senior Living, it is hard to know where to begin!

Despite the weather, we had a great Oktoberfest. Residents, families and friends enjoyed German dancing and music. Once again, our dietary services provided delicious traditional German foods. The Women's Auxiliary had a successful bake sale. Families with little ones enjoyed games in the Gathering Room. Several attendees left as happy winners of a basket from the Chinese Raffle.

Shurmer residents participated in the Senior Olympics at Strongsville Senior Center. We are happy to say there were three medal winners! Several residents enjoyed *The Secret Garden* and *King Lear* at the Hanna Theatre, and a trip to the MAPS Air Museum.

We are planning the opening of a new service line, Altenheim at Home. We will provide private duty, non-skilled, in-home services to community residents. Please contact Administrator Mary Kinosh, RN, for more details.

We are pleased to report that Altenheim Skilled Nursing and Rehab Center recently achieved outstanding survey results from the Ohio Department of Health. Altenheim continues to be rated five star by the Centers for Medicare and Medicaid Services and ranked one of Ohio's Best Nursing Homes by *U.S. News and World Report*. Shurmer Place achieved a deficiency-free survey, for the eighth consecutive year, by the Ohio Department of Health. Altenheim Home Health Care received a deficiency-free survey and was re-certified by CHAP, the oldest, most well respected home health care certification agency in the US. These significant achievements in all of Altenheim's service lines are the result of a committed Board of Directors, an outstanding leadership team, and a dedicated, compassionate staff.

Paul Psota

Leuning enjoys volunteering at Altenheim while in the U.S.

It might seem unusual, but Altenheim's newest volunteer came to us all the way from the Netherlands. Martijn (pronounced mar-TINE) Leuning, is studying at Noorderpoort in Groningen, Netherlands for a degree as a personal mentor, what we call a social worker here. Much of his higher education is hands-on experience. He has served as an intern in organizations that serve the developmentally disabled, and those seeking assistance overcoming addiction.

A friendship between program director, David Kanzeg, at Cleveland's Ideastream and the Leuning family resulted in Martijn coming to Strongsville. He wanted to immerse himself in America and really learn the language. David was the perfect person to contact. As Martijn's host, David contacted Altenheim's Activity Director, Cathie Stahurski. Once all the paperwork was completed, he was approved to serve as an Altenheim volunteer. Martijn is staying for three months in the US.

In addition to wanting to learn the "American" way to speak English, Martijn has a great desire to make a difference and wants to learn as much as he can during his stay here. He wants to learn more about nursing and psychological care. Martijn is also very interested in how law enforcement handles individuals with psychological problems and their methods for dealing



with individuals having drug related issues.

Martijn feels very fortunate to be in the U.S. He has traveled to the Northeast, California and Nevada. His favorite things about his stay are the opportunities he has been given. He was recently interviewed by Cleveland's German radio program, has met with the Strongsville Police Department and Rotary Club, and has toured the White House and the Capitol.

Martijn's favorite activity with the residents is Bingo. He likes to make the residents happy... and he speaks German. So when you see Martijn helping out in activities, give him a welcome to the U.S. and Altenheim. ■

Shurmer residents participate in Senior Olympics



The 18th Annual Senior Olympics at Ehrnfelt Senior Center was held in early fall this year. Nine Shurmer residents participated. Harry Foehring and Ed Kicey competed in the Men's Billiards Tournament. Strong competitors in the Bean Bag Toss were Mary Kompa, Mary Gorisek, Bill Bobnar, Helen Vaughn, Frieda Abrams and Barbara Long. Medal winners included a bronze for Ed Kicey and Mary Kompa, and a silver for Barbara Long. Bill Bobnar, at age 98, won the Oldest Olympian Award, for the second year in a row. Congratulations to participants and medal winners! ■

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 July 16 through October 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 2015 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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The Courtyard at Shurmer Place

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Can you help?

Do you have a couple
of hours a month? Looking to
do a little volunteer work?

Volunteer Drivers are needed for the Strongsville Meals on Wheels program operated by the Strongsville Women's League and Altenheim Senior Living. Contact Gail Jackman, Strongsville Women's League, 440-572-3403.

The Women's Auxiliary, Altenheim's oldest volunteer organization, is accepting new members. Help is needed with field trips, cooking class and other exciting resident activities. Contact Brigitte Ward, Auxiliary President at 330-225-9041. ■

Thank You!



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 Sisters of Notre Dame from Coesfeld Germany founded Notre Dame College of Ohio in 1922?

■ The Altenheim Senior Living and the Strongsville Women's League have been responsible for the Strongsville Meals on Wheels service to homebound residents for over 26 years?

■ The Berlin Jazz Fest is considered to be one of the world's premier jazz events? Held in early November, big bands and large-format ensembles, international jazz stars, and the German Film orchestra Babelsberg perform during the four-day event.

■ Indoor bowling as it evolved in this country is derived from the German game of ninepins, bowled on baked-clay alleys? The first indoor alleys were built in New York City in 1840.



You can leave a lasting legacy for a loved one with an engraved paver in the Courtyard at Shurmer Place? Please contact the Office of Institutional Advancement at 440-238-3361 ext. 171 for more information.

Come grow with us!

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Altenheim Senior Living

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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 9am–5pm Monday-Friday at 440-238-3361, ext 171.

*The best way
to help someone
is not to change them,
but to help them
reveal the greatest version
of themselves.*



Above, Lillian Sekas listens to music with the assistance of Wendy DiDomenico, LPN, Certified Dementia Practitioner at Altenheim Senior Living.

**ALTENHEIM GIVING SOCIETY
for the Annual Appeal**

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

Your gift to the Annual Appeal will help us provide important programs, such as Music & MemorySM, to residents with Alzheimer's and other related dementia related illnesses.

Altenheim
SENIOR LIVING

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

Yes! **I want to help residents reveal
the greatest version of themselves.**

My gift to the
2016 Annual Appeal \$ _____ .00

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(as you wish to be listed on donor rolls)

Address: _____

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Please direct my gift to:

- ☐ Altenheim Foundation ☐ Music & MemorySM
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Please consult your tax adviser if you have questions about
the deductibility of your gift.*

Thank You!

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