

Flourish

A Not-For-Profit Senior Living Community

Volume 4, Issue 2

SPRING 2016

Platinum Quality Designation Awarded

We are pleased to announce that the National Nursing Home Quality Care Collaborative, led by the Centers for Medicare and Medicaid Services (CMS), has awarded our Skilled Nursing and Rehab Center, the highest level attainable, the Platinum Quality Designation.

CMS retains a firm to monitor and score 13 long-stay quality measures at participating nursing homes. There are more than 6,000 nursing homes in this national collaborative. The five year goal of the collaborative is to instill quality and performance improvement practices, eliminate health care acquired conditions and dramatically improve resident satisfaction by focusing on systems that impact quality. These include staffing, operations, communication, leadership, compliance, and quality of life indicators.

Paul Psota, CEO, states, "We are honored to receive a Platinum designation. Our employees are leading by example and anticipating the needs of our residents. It is because of our dedicated staff and leadership team that we continue to offer the highest quality of care and receive this outstanding designation."

Skilled Nursing and Rehab has also received a 5-star over-all rating by CMS, and one of Ohio's Best Nursing Homes by U.S. News and World Report. ■



Groundbreaking is scheduled for June 20 for the Therapy Rehab Center (top) and the Shurmer Place Memory Assisted Living facility.

Altenheim Is Growing Again!

The new Altenheim Therapy Rehab Center is designed in the manner of an alpine lodge with a gabled roof, shake shingles, and expansive windows. The neutral palate, with interior and exterior stone accents was selected to blend into the existing community.

Following hospitality principles, the Therapy Rehab Center includes a lodge-style welcome center, spa-like spaces, and separate entrance for outpatient guests. Other hospitality elements include 32 private rooms with bathrooms featuring large accessible roll-in showers, and such amenities as a hospitality kitchen, dining room, and room service. The large vaulted addition has extensive spaces for physical and occupational therapy with a fully operational training kitchen, bedroom, bathroom, laundry, and an outdoor driveway for training in the resident's personal vehicle.

Designing a familiar and secure environment was the basis for the new Shurmer Place Memory Assisted Living facility. The homelike setting created with person-centered design and wellness principles maximizes residents' abilities, allowing them to engage in daily routines. Decentralized staffing offers the opportunity for more meaningful and engaging memory care, while also empowering staff.

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Altenheim
Skilled Nursing
and Rehab



One of Ohio's
Best Nursing Homes
U.S. News & World Report®
is a registered trademark of
U.S. News & World Report LP.

★★★★★
HIGHEST RATING
Centers for Medicare
& Medicaid Services
— 2016 —



Shurmer Place
DEFICIENCY-FREE
survey from Ohio
Department of Health
— 2015 —



Home Health Care
DEFICIENCY-FREE
survey from Community
Health Accreditation Partner
— 2015 —

Message from CEO Paul Psota



Altenheim Senior Living is gearing up for very special events over the next several months. The Groundbreaking Ceremony for the new Shurmer Place Memory Assisted Living facility and the state-of-the-art Therapy Rehab Center will be June 20 at 3:00 p.m. We are looking forward to the opportunity of

providing additional services to the community.

Plans are underway for our 125th Anniversary in 2017. Altenheim opened its doors to the first resident in 1892. Year-long activities are planned including a staff event, the Oktoberfest for residents and families and culminating in our first signature event for the community, featuring the new facilities.

National Nursing Home Week was May 8–14. Daily activities were held, including an ice cream social and live entertainment. The Women's Auxiliary made corsages to give to residents on Mother's Day. The Puzzle Club is a big success with residents gathering every afternoon in the living room to put them together. The residents are getting ready to start gardening, now that the weather has turned warmer.

Shurmer residents have been very active. They celebrated April in Paris with everything from French lessons to French cooking and baking. A Cinco de Mayo party was held, along with a celebration recognizing the 15th anniversary of Shurmer Place. Month-long activities are being enjoyed by residents, in conjunction with Older Americans Month, including talks on healthy aging and seniors who make a difference.

Through the generosity of donors to the Annual Appeal, we are able to expand the Music & MemorySM Program. 27 additional residents will be participating over the next few months. This is just one example of how your gift will make a difference in the lives of our residents. Please give.

I am pleased to announce that Altenheim Skilled Nursing and Rehab Center has received a Platinum Designation from the National Nursing Home Quality Care Collaborative, led by the Centers for Medicare and Medicaid Services (CMS). Once again, our committed staff and leadership team have gone the extra mile to insure the highest quality standards are upheld with regards to patient care.

It is such an honor for me to be associated with Altenheim, with a supportive Board of Directors, and a staff dedicated to our mission.

Enjoy Spring!

Paul Psota

Meet John Majernik

John Majernik came to Altenheim Skilled Nursing and Rehab to recover from a below-the-knee amputation. His sisters researched local facilities and recommended that he choose Altenheim because of our reputation and proximity to siblings. He was depressed, not willing to participate in activities and not eating.



John is looking forward to getting a prosthetic, going home and making plans for the rest of his life. He credits his turn around to the staff at Altenheim.

“ It has been a joint effort by everyone to get me up and moving. ”

John enjoys the delicious meals prepared by the dietary staff; Lazi, in dietary, treats him like a king. He loves therapy. Kim and Karen really push him, but he knows they are working

with him, making safety his number one priority and helping him become more independent. The nurses, especially Kim, are fantastic. The STNAs are very helpful, bringing him his favorites, a couple of peanut butter and jelly sandwiches to snack on while he watches the Cavs. He likes the musicians that entertain the residents. He requested the James Taylor song, “Fire & Rain” and one of the musicians sang it for him. He feels a “beautiful sense of serenity” when he is in his room, listening to music.

John concludes, “I am on cloud nine. There is lots of spirituality here. I have listened to everyone helping me and I have grown. Altenheim is one-in-a-million.” ■

Assistant Director of Nursing Appointed



Jessica Lewandowski, LPN, has many years of service in long-term care and at Altenheim Senior Living. She came to Altenheim in 2001 after studying medical technology at Medina Career Center, and worked on Unit 5. Everyone was very welcoming. Residents were treated like family. Two STNAs in

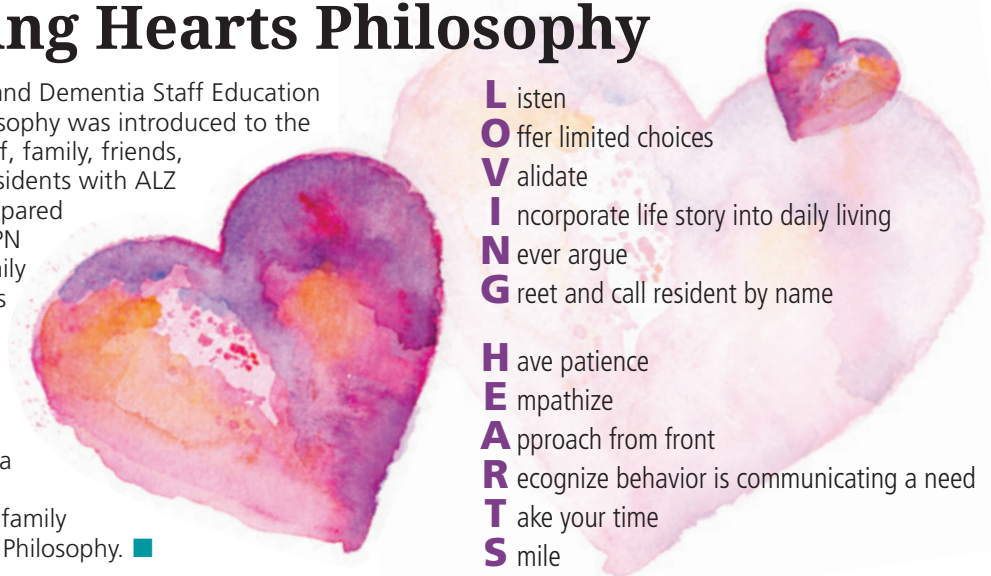
particular, Phyllis and Barb, trained her. As she was interested in geriatric behavioral health, she accepted a position at Southwest General Hospital. She continued working at Altenheim. She served in all the units, worked every shift, and in many departments, including restorative. She left in 2011 to study for an LPN degree, completed the courses in 2013 and came back to Altenheim PRN. She was appointed manager of units 1 and 2 in 2014.

Jessica is passionate about her work with dementia residents. It shows in her work with the residents and in her relationships with family members and staff. Jessica was instrumental in starting the Music & MemorySM Program. She is working towards her RN degree and looks forward to her new role. Jessica states, “Working with dementia residents is very gratifying and rewarding. I want to figure out ways to make them happy and have a better day through small acts of kindness. Altenheim puts residents first. The team approach to care is the best.” ■

Altenheim Loving Hearts Philosophy

In conjunction with National Alzheimer's and Dementia Staff Education Week in February, the Loving Hearts Philosophy was introduced to the staff. Activities were designed to help staff, family, friends, guests and volunteers understand how residents with ALZ feel. Over 14 hours of education were prepared and presented by Jessica Lewandowski, LPN and Wendy DiDomenico, LPN. As one family member stated, "The education week was phenomenal. The Staff at Altenheim go the extra mile."

In addition to National Alzheimer's and Dementia Staff Education Week, all staff are required to take a seven hour Dementia Capable Care Class. Programs are planned throughout the year to continue staff and family education and reinforce the Loving Hearts Philosophy. ■



Listen
Offer limited choices
Validate
Incorporate life story into daily living
Never argue
Greet and call resident by name
Have patience
Empathize
Approach from front
Recognize behavior is communicating a need
Take your time
Smile



Groundbreaking

Continued from page 1

The two-story assisted living has 38 one and two bedroom private suites, grouped into six households, each with their own living room and either an enclosed four-season room or a separate porch with direct access to the outdoors. Each household is comprised of 6 or 7 apartments with kitchenettes and private bathrooms with large, fully accessible roll-in showers. Each floor features a residential-style household kitchen with multiple dining rooms, a multi-sensory Snoezelen Room, as well as other amenities to ensure maximum independence in a safe residential environment.

Both the assisted living and therapy rehab have strong connections to nature as a source of well-being and for its therapeutic value. In addition to expansive windows with exterior views and natural light, the new buildings have outdoor access with two secured courtyards for the assisted living and a dedicated therapy garden for the therapy rehab. The assisted living gardens and walking paths incorporate research-based elements such as sensory stimulation for dementia residents, while the therapy rehab garden features various ground surfaces for ambulatory training and therapy. ■

Volunteers Honored

Volunteers are very important to Altenheim Senior Living. They give generously of their time and talents to help sustain a high quality of life for residents.

During the past year, volunteers have provided over 1,200 hours of service to residents. These include assisting with programs such as arts and crafts, cards and games, cooking club, gardening and music. Volunteers also serve as resident companions and participate in one-on-one activities such as reading, playing cards and reminiscing. They also serve as trip chaperones, dining room assistants and event volunteers.



Renate Elber (left) is presented the Volunteer of the Year Award by Cathie Stahurski, Director of Activities.

In conjunction with National Volunteer Week, April 11–17, volunteers were honored on April 12 at the Volunteer Dinner. Nearly 100 volunteers attended and were served a delicious dinner provided by Altenheim's own dietary staff. Mary Beth Ions strolled between the diners providing wonderful violin music. Paul Psota, CEO, spoke at the dinner and stated, "Volunteers are the backbone of Altenheim. They have a rich history at Altenheim, beginning with the group of women who, in 1892, had a vision to provide a home for the elderly."

Cathie Stahurski, Director of Activities, presented awards. Renate Elber received the Volunteer of the Year award. A special award was presented to the Strongsville Women's League, for over 30 years of service, coordinating the drivers for the Meals on Wheels program.

Cathie ended the evening with this:

One day a man was walking along the beach, when he noticed a boy hurriedly picking up and gently throwing things in the ocean. Approaching the boy, he asked, "Young man, what are you doing?" The boy replied, "throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die." The man laughed to himself and said, "Don't you realize there are miles and miles of beach and hundreds of starfish? You can't make any difference!" After listening politely, the boy bent down, picked up another starfish, and threw it into the surf. Then, smiling at the man, he said, "I made a difference to that one."

Are you interested in helping? Contact Cathie Stahurski at 440-239-3361, ext. 118. ■



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?

■ Germany was the first country in the world to adopt Daylight Saving Time (DTS), also known as summer time. This occurred in 1916.

■ Katherine Stump, possibly the oldest woman in Cleveland to cast her vote for the first time (as reported in the September 16, 1920 edition of *The Plain Dealer*) was a resident of Altenheim?

■ Six applicants were accepted to Altenheim when it opened in 1892 and they were all women?

Altenheim moved to Strongsville from Detroit Avenue in Cleveland in 1980?



Come grow with us!

2015–2016 Board of Directors

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Altenheim Senior Living

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ALTHEIM 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.

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



Above, Betty listens to music as she dances with Jessica Lewandowski, Assistant Director of Nursing 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 illnesses.

Altenheim
SENIOR LIVING

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

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

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email Address: _____

Please direct my gift to:

- ☐ Altenheim Foundation ☐ Music & MemorySM
☐ Activities ☐ Women's Auxiliary
☐ Meals on Wheels

Please indicate preferred method of payment:

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

Name on Card: _____

Card Number: _____

Expiration Date: _____ CCV#: _____

Signature: _____

My gift is:

- ☐ in Memory of: ☐ in Honor of:

(Individual's Name)

Please send acknowledgement of my gift to:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

- ☐ 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.