



Flourish

A Not-For-Profit Senior Living Community

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WINTER 2016

Altenheim receives 5 star overall rating



HIGHEST RATING

Centers for
Medicare & Medicaid Services

For the third consecutive year, Altenheim has received an overall 5 star rating by the Centers for Medicare and Medicaid Services for its skilled nursing and rehab services.

What does this mean?

For our residents, it means that they are receiving quality care. Specialized services, including memory care continue to be offered. Maximum staffing insures that residents receive the care they need immediately.

For families, it means peace of mind, knowing that all their loved ones' needs are being met, in a timely, professional, compassionate manner.

For the staff of Altenheim, it means we are living our mission daily, to provide high quality residential living, skilled nursing care and specialized services in a family-like atmosphere.

As Paul Psota, CEO stated, "It is an honor to be at Altenheim and to have such a dedicated staff, committed to the well-being of the residents. Thank you to all who helped us achieve this recognition." ■



Altenheim staff, along with iPad winner Jane Carsten, her daughter Nicole and Lillian, a participant in the Music & MemorySM Program.

And the winner is...

Congratulations to Jane Carsten, the winner of our "Like Us" on Facebook contest. On December 1, 2015 Altenheim launched its Facebook presence in conjunction with #GivingTuesday. We received over 100 "Likes" and over \$500 in gifts for the Altenheim Music Library because of #GivingTuesday and our Facebook presence.

Jane said "Winning the iPad was fantastic. My family was very excited. The iPad Air 2 was a device to win per my family! My mother had Alzheimer's disease and benefited from a Music & MemorySM program. I am very happy to have participated in Altenheim's launch on Facebook and promotion of the Music & Memory program!"

The Music & MemorySM Program brings personalized music to residents with Alzheimer's and other dementia related illnesses. Special music may often calm chaotic brain activity and enable the listener to focus on the present and regain a connection to others.

There is still time to make a gift to the Music & MemorySM Program. Check out the video at www.altenheim.com. You may make your gift online at our secure sight, on our Facebook page, or by using the enclosed envelope. Your gift will go directly to help our residents become better versions of themselves through the Music & MemorySM Program. ■

Message from CEO Paul Psota



Many exciting things are happening at Altenheim Senior Living in 2016. Major renovations in Skilled Nursing & Rehab continue. New wallpaper, paint and flooring are enhancing resident rooms and common areas.

New construction will begin in the summer for a state of the art short term rehab center and a best in class assisted living memory care facility.

We continue to expand our physician panel, with specialists to serve our residents.

Altenheim at Home will offer private duty personal care and companion services, whether they are needed at home, in the hospital or the nursing home.

We are enhancing our presence in the community through the use of digital media. Altenheim now has a presence on Facebook. Check us out!

The Music & MemorySM Program trial was such a success, we will expand it to more residents.

Altenheim Skilled Nursing and Rehab earned an overall five star rating from the Centers for Medicare and Medicaid Services for the third consecutive year.

Residents at Shurmer Place are attending the Severance Hall Senior Series, Strongsville Senior Center dances, activities at Lenau Park and local casinos. A group of women have organized a branch of the Red Hat Society. The Lunch & Learn series for the new year featured Tom Strong's "Improving Memory."

Altenheim residents were kept busy this holiday season with Christmas entertainment from the local girl scouts, Raising Canes, the Kiwanis and several church groups. They rang in the New Year with a delicious meal prepared by our outstanding dietary department and toasted the New Year with sparkling grape juice.

This year's Annual Appeal is off to a great start. We are ahead of last year at this time, but with a goal of \$25,000 we need your help. Please consider a gift. You may designate your gift to Memory Care (the Music & MemorySM Program), Meals on Wheels, Women's Auxiliary or Altenheim Foundation.

Stay tuned for more information about our upcoming ground breaking ceremonies for our new short term rehab and assisted living memory care buildings, and get ready to help us celebrate our 125th Year in 2017.

Paul Psota

Resident Profile

Eventually, all the pieces come together...

Margaret Kashou loves to do puzzles. Most afternoons she is in the living room, absorbed in fitting the puzzle pieces together. As Margaret states, "Puzzles are my hobby. When I'm working on a puzzle all I am thinking about is that puzzle and solving it."



Margaret was born and raised in Jerusalem. There, she was a successful business woman. She was the only woman who owned and operated an import/export business. After several wars in her country, most notably the Five Day War, she sold her business only to open another, selling art materials. She immigrated from Jerusalem with her brother and his family in 1981, first in San Francisco, and finally in Ohio.

“Puzzles are my hobby. When I'm working on a puzzle all I am thinking about is that puzzle and solving it.”

After living with her brother and his family for many years, Margaret, being an independent woman, decided it was time to live in a senior resident center that would provide the assistance she needed.

Walking into Altenheim, seeing the aviary, Margaret knew this was the place for her. She states, "I made the decision to come here." Her nieces and nephews visit her often. She had visits last year from her two sisters, whom she hadn't seen in a number of years, one from Jerusalem and the other from California.

In addition to puzzles, Margaret also enjoys the daily activities and watching the birds in the aviary. "I am so happy at Altenheim. I don't feel like a resident... I am one with you. I have many friends. It is a grace from God that I am at Altenheim and doing well." ■

Thank you for your support!

Altenheim Senior Living is most grateful to you, our donors. Beginning in summer 2016, we will recognize individuals, businesses and organizations for their generous contributions in our first ever Altenheim Annual Report. You will read about the impact your gifts have made and how our residents "flourish" because of your generosity.

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 Altenheim 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.

Do you or your loved one need personal care or companion services?

We are pleased to announce Altenheim At Home will be opening soon.



In keeping with our mission to provide specialized services to the community, Altenheim At Home offers private duty, personal care and related assigned services to home care clients in their place of residence. If your loved one is in a hospital, nursing home, assisted living or at home, we can help you with companion services.

Under the supervision of a Nurse Care Manager, our home aide services include personal care activities, light housekeeping, meal preparation, monitoring fluid and nutrition intake, assisting with transfers, ambulation, range of motion and positioning techniques, shopping/errands, and companionship. Our Nurse Care Manager will customize a plan of care for your loved one.

Altenheim at Home is here for you 24 hours a day, seven days a week. Call 440-878-5295 for more information or to be placed on the waiting list. ■

Altenheim
AT HOME

Love in the afternoon

Peggy and Fred Hollman shared a love of dancing, but after the passing of their spouses, they lost interest. They heard about the Altenheim senior dances and thought "Why not?" They met in 2013 and have been dancing together ever since.

Originally from Buffalo, Peggy is a retired bookkeeper from a local Cleveland firm. Fred was born and raised in Cleveland and has never moved more than three miles at a time. He is a self-employed engineer, still working. They knew they were meant for each other when Peggy left for a cruise to Malaysia. Upon her return Fred commented that "she had been gone so long." Her heart fluttered. Fred asked her to marry him and well... the rest is history. They were married on January 15, 2014. They continue to enjoy each other's company, especially dancing. They marvel at the fact that between the two of them, they have been married for 97 years... and still enjoy every minute of their time together. As Peggy states, "You are never too old to find love."

Come to the Altenheim dances, held the first Wednesday of every month. You will have fun, get exercise, and who knows... you may meet someone special. ■





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

■ Altenheim's dietary department prepares over 700 meals a day, seven days a week, 365 days a year?

■ The Cathedral in Cologne, Germany took 632 years to build?

■ That Dirk Nowitzki, forward for the Dallas Mavericks, born in Wurzburg, Germany, is the first European to win the NBA MVP award (2007)?

■ That in 1892 Altenheim began providing services to seniors?



Mather Mansion Gardens, early 1900s

Charles Frederick Schweinfurth, of German decent, completed 15 residential designs for prominent Clevelanders on "Millionaires Row," including the Samuel Mather Mansion, which still stands on the Cleveland State University Campus?

Come grow with us!

2015–2016 Board of Directors

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Altenheim Senior Living

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www.altenheim.com

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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 illnesses.



Please complete other side.

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.