

Dear Everyone,

## Aging in Place; Home Is Where the Heart Is



### **Have you ever heard the term “Aging in Place”?**

Actually it's a fairly recent term and the concept has taken off!

In fact, the U.S. Centers for Disease Control and Prevention is on board with it and **defines aging in place as “the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level”.**

There's even an national organization devoted to the subject of aging:

### **National Council For Aging Care.**

**Their website, <http://www.aginginplace.org>, is chock full of information about aging in place,** and is a resource hub for seniors and their families to learn more about the specific aspects of aging in place. The website can help connect seniors, families, and caretakers with the information and professional support they need to make the best decisions for their physical, emotional, and financial well being, as well as help ensure the individual's home evolves to best accommodate their changing budget, mobility, and health.

**Another great resource is The National Council On Aging,** a veritable treasure trove of information on all things about aging, including a tremendous amount of articles about Aging in Place.

For more information: visit <https://www.ncoa.org>

### **NOW: Who better to support one's decision to Age in Place than Altenheim Home Health Services!**

**Altenheim Home Health was started in 2014, because of the mission to expand it's award winning care into the community and provide the supports needed to enable individuals to remain in their homes for as long a possible.**

Paul Psota, Altenheim CEO states, **“Our Board of Directors recognized Altenheim's need to go where the services were needed, and so in 2014, our Home Health Care was created”.**

**“The values and beliefs that are practiced on the Altenheim campus are the same values and beliefs that carry over into Home Health Care; the way we practice here is how we practice in an individual’s home,”** says Mary Kinosh, RN and Altenheim’s Administrator of Home Health Care. She goes on to say, **“We help our clients live comfortably and securely in their homes”**.

Mary proudly states, **“Altenheim Home Health is CHAP accredited** which means we have met and continue to meet the stringent requirements of this organization”.

CHAP stands for Community Health Accreditation Partner and is one of the agencies granted authority by the Centers for Medicare and Medicaid Services (CMS) to survey agencies providing home health, hospice and home medical equipment, to determine if they meet the Medicare Conditions of Participation and CMS Quality Standards.

**This is the process Altenheim Home Health is committed to, in order to ensure superior care for all individuals that Altenheim serves.**

**So it's no surprise that their motto is "Live well and live at home".  
Perfect!**

We are proud that not only has Altenheim been around for 125 years, but has stayed relevant by continuing to evolve and expand the much needed services our community needs.

**Altenheim Home Health not only provides services to Strongsville, but also all of Western Cuyahoga and Northern Summit Counties, as well as Medina and Eastern Lorain Counties**

**Altenheim is committed to their mission!**

**Contact Mary Kinosh-Administrator of Home Health Care  
for more information about obtaining home services  
440-638-3186**

## Tips For Living Well At Home



**In what room in the house do you think most injuries occur?**

Do you think it's the kitchen with it's sharp knives and hot stove?

**It's actually the bathroom!**

80% of the injuries incurred in the bathroom were from falls, and although the injuries involved those over 15 and up, most did involve people over 65 years of age, causing serious injuries like hip fractures.

**Many of these injuries could be avoided by simply installing grab bars to assist with balance.**

So here are a few tips to make your bathroom safer:

### **Add Toilet Safety Rails**

Safety rails can be incorporated on or around a toilet, which help support when one is using a toilet.  
**It's one of the most important additions to bathroom remodeling to make it more senior friendly.**

Safety rails come in a range of types and styles, but we'll boil it down to two types:  
those that can be attached to a toilet and a free-standing frame, which is positioned around the toilet.

### **De-clutter, and That Includes Rugs!**

Take a good look at how your bathroom is organized.

Remove any excess or unused items that may be easily knocked off surfaces, so as to prevent a loss of balance when having to bend over to retrieve those items.

Consider adding simple open shelving within easy reach to store frequently used items.

Did you know that each year, millions of older adults are treated in emergency rooms due to falls?

So it's very important to remove any loose rugs in the bathroom!

Actually, it's also good advice to remove ANY loose or throw rugs in the entire house!  
And make sure to fix any tears in a carpeted area since that is also a trip and fall hazard.

### **Install A Quality Shower Bench and Grab Bars**

Having the capability to remain balanced as you shower is a factor that most of us take for granted.  
But as you age, this ability diminishes. It's why shower or transfer benches were invented.

With a transfer bench, you can sit and rest comfortably and safely as you bathe.  
Some come with armrests while others will have suction cups and height adjustment options.  
Many local drug stores are a resource for obtaining these items.

### **Remember:**

**Altenheim Home Health Services can assess your home environment and make recommendations for adaptations like those noted above**

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440-638-3186**

**COME ONE, COME ALL: ALTENHEIM OPEN HOUSE MAY 19 2018**



**SAVE THE DATE!**

**MAY 19, 2018**

**1PM-4PM**

**ALTENHEIM'S LONG ANTICIPATED GRAND COMMUNITY OPEN HOUSE!**

15653 PEARL RD.

**COME TOUR THE 2 NEW CENTERS ON OUR 5 BUILDING CAMPUS:**

THE NEW THERAPY REHAB CENTER

THE NEW MEMORY ASSISTED LIVING CENTER

**JUST SOME OF THE FUN WAITING FOR YOU:**

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OR

VISIT OUR WEBSITE:

[WWW.ALTENHEIM.COM](http://WWW.ALTENHEIM.COM)

## **ALTENHEIM THERAPY REHAB SERVICES: THE ROAD LEADS HOME**



**Altenheim is unique in the area as the only locally owned not-for-profit Life Plan Community in NE Ohio, as such, is uniquely positioned to provide exceptionally comprehensive care.**

Couple that with the commitment to provide the level of service that is in the BEST interest of those Altenheim cares for, Altenheim Skilled Nursing and Rehab Services coordinates their efforts to effectively work with each individual with the goal of returning home whenever possible.

**To that end, in-patient therapy at Altenheim has many specialized a therapy programs that encourage re-development of skills that will enable a person to return home.**

For instance, Altenheim has a therapy kitchen which allows one to practice their skills for meal preparation in preparation for returning home. The outdoor campus is available for ambulation training and re-developing endurance. Altenheim therapists are creative in their treatment, offering a variety of treatment techniques and opportunities for skill development that one needs to be successful at home.

When the new Altenheim Therapy Rehab Center opens in May 2018, skill building opportunities will be taken to next level.

**Additionally, the availability of therapy during the day is impressive:** Therapy can start as early as 6:30am and extends to 6:00pm depending on patient preference.

**Prior to discharge, the OT or PT can perform a home evaluation,** and take a look at the home setting. They make recommendations based on the individual's needs, which could involve something as simple as removing rugs or moving a piece of furniture in order to make walking in the house safer and easier. Or the therapist may recommend some equipment such as a bathtub seat or grab bars. And when needed, a referral to Altenheim Home Health may be made to make the transition back home more easily attainable.

**Altenheim's in-patient therapy is all around impressive and comprehensive!**

**For more information about Altenheim's Skilled Nursing and Rehab:  
Contact Roseann Meade, Director of Admissions  
440-238-3361 ext. 1144**

Altenheim Senior Living

[Altenheim Website](#)

Phone: 440-238-3361

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