

Dear Everyone,

## ALTENHEIM LONG TERM CARE: THE MOST ENGAGING CARE EVER!



### ENGAGING CARE AT ALTENHEIM

Usually when you hear the phrase 'long term care,' you think of someone's disabilities or perhaps inabilities. Well, Altenheim's Long Term Care Activities Director, Cathy Stahurski is here to tell you there is no such thing at Altenheim! **Instead, there are choices of activities for everyone to participate in** that are tailored to meet the needs and abilities of all residents living here.

**"Monday through Friday evenings, our residents can participate in games** such as Pokeno, Bingo, Cardo, Night at the Races, and even Roulette," says Cathy.

Pkeno, if you haven't ever heard of it, has been around for years. (Vintage sets dating from the 1960's are still available in the online world.) It is somewhat like Bingo, but involves boards that up of playing cards in 5x5 arrangement: 5 across and 5 down. The dealer calls out the card selected, each player marks the cards on their board and the winner is the first to get 5 cards in a row across, down or diagonally.

**There is SO much more than just games happening at Altenheim**; having a dedicated Activities Director just for Long Term Care helps to insure something interesting is going on for every resident.

Activities are also available for individuals living receiving long term memory care. "Altenheim is determined to provide person centered care," Cathy states, "in order to meet the individual needs of all our residents."

**Every Thursday morning Cooking Club meets to make something yummy.** "The month of July is

blueberry month; we make something different each week with blueberries. So far this month, we've made blueberry dump cake, blueberry pie, and blueberry cookies. Last month saw us making all things delicious with strawberries," explains Cathy.

**Residents gather in the Gathering Room** (what a wonderful name and space!) and go over the recipe together, and together they help make the recipe. The folks residing in Long Term Memory Care are also able to participate with recipes that don't require baking.

**Volunteers are a wonderful help in many of the activities taking place at Altenheim**, including Altenheim's patio socials. "During the summer we have weekly patio socials; lemonade, root beer floats and watermelon socials are just a few of our socials, and our residents love these. Family members are always welcome to join!" says Cathy.

In addition to the socials, **live entertainment is happening weekly at Altenheim**, and ranges from Big Bands, to bands featuring fiddle players, accordion players, and bands playing tunes from the 60s and 70s. Faces light up whenever music is around. Altenheim has the room to accommodate the large group of residents that attend these events, and you can see the enjoyment on their faces. Some of the folks receiving long term memory care have trouble leaving a secured environment, but music is an important, if not more important connection to their past and their present. Recognizing this importance, Altenheim makes music happen six times a month JUST for memory care!

**Meeting the spiritual needs of those residing at Altenheim is also felt to be of importance**, and includes all faiths. Every Monday afternoon, St John Newman's, Altenheim's neighbor church, comes to do the Rosary. Once a month a Lutheran service is performed by Immanuel Lutheran Church, Grace Baptist Church comes and does a spiritual time, and a non-denomination spiritual service is provided by SWGH hospice.

**Monthly** there is a Wine and Cheese Social and there are outings for shopping and dining. Altenheim's Women's Auxillary is sponsoring a cruise and lunch on the Good Time III this summer.

**You can access the Long Term Care calendar of events on Altenheim's Website: copy and paste this link**

**<http://altenheim.com/pdf/MH.pdf>**

**FINE DINING AT ALTENHEIM: EXCEEDING EXPECTATIONS!**



**Always at the forefront of residential care**, Altenheim created the Fine Dining experience for those folks that call Altenheim home.

Starting with this service in 2010, residents have been able to come to their dining rooms during the meal service hours, and receive meals created by Altenheim's chef and dietician. **Table side service is much like we experience in our local fine restaurants**, with each table set with a table cloth, cloth napkins, dinner plates and silverware at every meal! Meals are plated by dietary staff as each resident sits down.

**Additionally, each individual needs are addressed**, with dietary staff meeting with each resident to obtain their food and beverage preferences. If an individual likes an occasional beer or glass of wine with their meal, Altenheim will obtain permission from the individual's physician, and then the family can provide that beverage. **For those who are vegetarian, vegetarian meals are cooked and served daily.**

**When a therapeutic diet is required**, such as for those with diabetes, heart disease. or renal failure, Altenheim makes the needed accommodations to address those needs and insure meals that support each individual's health.

**Altenheim's chef and dietitian work diligently** to provide interesting and delicious food for all our residents. The same meal choices are available whether one comes to the dining room or has their meal in their room.

**At breakfast one can also order eggs made to order**, (over easy, poached or scrambled), along with the hot entree of the day. Again, picture breakfast on table cloths! Don't think this is happening in most of our homes!

**For Lunch and dinner, the homemade soup of the day and fresh salad is offered table side** (table cloths again!) for both meals 7 days a week. There are two meal choices for both lunch and dinner, with the entree of the day and an alternate choice.

And if these weren't enough choices, there is an **Always Available Menu**, meaning that with any meal the following items can added or substituted both in the dining room and for those taking their meals in their room:

Sandwiches: Grilled cheese, turkey or ham, or PB&J

Cottage cheese fruit plate

Mashed potatoes and gravy

Soups: Tomato or chicken noodle

Side salad.

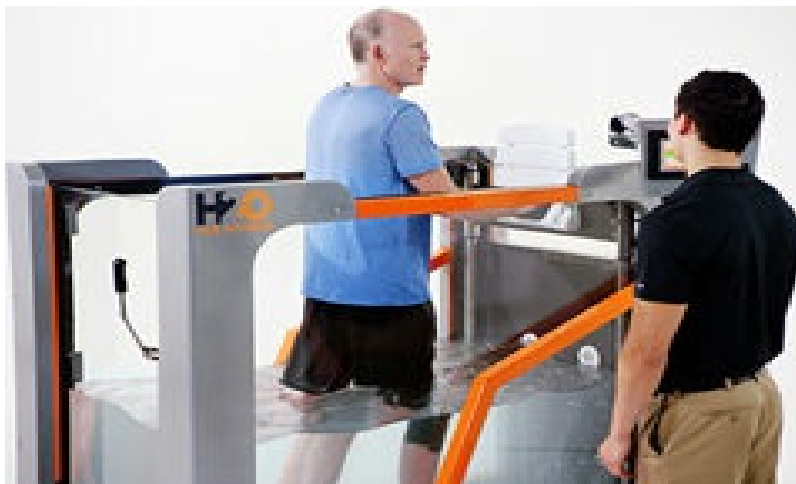
**But wait there's more!**

**Altenheim's Resident Counsel** (made up of a group of our residents) meets monthly and selects a meal of the month. This month the Resident Counsel chose baby back ribs with corn on the cob, baked beans and macaroni salad. Everyone loved it!

**And of course there are special holiday menus** that Altenheim's chef and dietician create: On Mother's Day residents dined on Lemon Parmesan Salmon and Lobster Bisque. For Father's Day we served Braised Beef Short Ribs and Yukon Gold Mashed Potatoes. Easter was Leg of Lamb or Ham! There are also special menus for Cinco de Mayo, Chinese New Year, Valentine's Day, and obviously, all the major holidays. This past Memorial Day and Fourth of July we served the very popular barbecued ribs!

**Altenheim knows Fine Dining for sure!!**

**COME VISIT HANDS-ON PHYSICAL THERAPY IN OUR NEW HOME!**



**BIG NEWS!**

**Hand's-On Physical Therapy Specialist's new home is ready for us, and you can see us in our new home next week, the week of July 30th!**

**We will be located within  
Altenheim's new state of the art:**

***Altenheim Therapy Rehab Center***

***15653 Pearl Road***

**Strongsville Ohio 44136**

**Our phone number will remain:  
440-238-0300**

**Of course, you'll find the same great therapists,  
Andrea Praschan, DPT and Jackie Frabell, OT/L CHT, in our new home!**

**Both therapists have extensive training and expertise in their specialities, and deliver personal one  
to one care every day, every visit!**

**And remember too,  
we'll have some incredible new equipment  
in our new digs.....**

**.....including the HydroWorx Underwater Treadmill.**

**With this state of the art equipment like the HydroWorx's underground treadmill and our expertly trained  
therapists,**

**Altenheim's Therapy Rehab Center will be THE place to be!**

Altenheim Senior Living

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