

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

**Yes! I want to give back!**

My gift to the Annual Appeal \$ \_\_\_\_\_ .00

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

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Did you know a gift of . . .

- \$11.00** will purchase an isolation gown
- \$13.55** will purchase a face shield
- \$38** will purchase a box of surgical masks
- \$76.50** will purchase a box of N95 masks

Please indicate preferred method of payment:

- CHECK** (payable to Altenheim Foundation)
- PLEDGE** (billing begins in January, pay in full by September)
- STOCK** (call 440-238-3361, ext. 1171 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.

# Altenheim

SENIOR LIVING

A Not-For-Profit Life Plan Community

18627 Shurmer Road • Strongsville, Ohio 44136

[www.altenheim.com](http://www.altenheim.com)

*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.*

NON-PROFIT  
US POSTAGE  
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# Altenheim

SENIOR LIVING

A Not-For-Profit Life Plan Community

*"We've Always Stood for Family"*

# Flourish

SPRING 2020

## What's in a Name? A Relationship

What happens when two organizations with strong community spirit join forces to support one another? In this case, a lovely biergarten patio area with a new name that will be enjoyed every spring and summer by Altenheim community residents!

Chris Russo, owner of the Brew Kettle in Strongsville, is proud that they are the first and oldest on-premises brewery in Ohio. Starting with a single facility in Strongsville, the enterprise now has locations in Hudson, Amherst, Middleburg Heights, and soon in Mentor, Ohio. The Brew Kettle offers a place to do your own brewing and winemaking, but also offers taprooms and from-scratch eateries at several locations.

Chris believes in supporting his local communities and likes to work with others who feel the same. "Altenheim Senior Living and The Brew Kettle are both longstanding institutions that share the same values," he observed. "We have helped with numerous outings and events in recent years such as their Oktoberfest celebrations, and Altenheim people have been wonderful to work with. We are both committed to maintaining strong relationships with our communities, so supporting a lovely outdoor space in this beautiful facility seems like a natural collaboration for us both. Good people like to work with good people."



Watch for the new Bier Garten by The Brew Kettle, in the Short-Term Rehab Therapy Garden, which will be ready for enjoyment this spring with seating and umbrellas for relaxing outdoors. For more information about naming opportunities, please visit <https://altenheim.com/naming-opportunities/>

# Did you know...



- that although spring usually arrives on the 20th or 21st, spring came early this year on March 19th -- it's earliest arrival since 1896?
- spring fever is a real phenomenon? When the outdoor temperature rises, your blood vessels expand. As a result, blood can be carried to the body surface where heat can be lost quickly, giving some people an energetic "spring" in their step
- it's a myth that you can only balance an egg on its end during the vernal equinox? With a lot of patience you can balance a raw egg on its end at any time of year.
- the first day of spring, the vernal equinox, has 12 hours of daylight and 12 hours of darkness?



Altenheim complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 440-238-3361.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 440-238-3361

## Come grow with us!

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**Altenheim Senior Living**  
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[www.altenheim.com](http://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 1171.

## Back On His Feet



"I took 36 steps today!" William Boni declared proudly. Considering that he was diagnosed as a quadriplegic in May 2019, this is a huge victory. Bill fell at home and seriously damaged vertebrae in his neck. After surgery he was transferred to a rehabilitation facility but was unhappy with his situation. He relocated to Altenheim for short-term rehabilitation and skilled nursing care, and then continued with Altenheim home health care when he was ready to go home.

"From day one, everyone's professionalism has been outstanding," Bill observed. He easily recalled the names of 17 medical, therapeutic, dietary and other professionals who have helped him. "Every single person I have dealt with, while in the Altenheim community and at home, has been of such high quality that I will always remember and be grateful to them. I'm a stubborn old cuss, and they knew I was determined to walk again. They knew just how far they could push and went above and beyond to help me get back on my feet. One day I will walk into the building on my own to thank each one of them personally!"

Altenheim's supportive care extends to caregivers as well. "When Bill came home," Phyllis, his wife of 36 years confessed, "I wasn't emotionally ready to take care of him. From the moment the Altenheim home health team arrived, they helped me feel more confident and prepared to help."

Altenheim offers a powerful continuum of care for families. To learn more visit <https://altenheim.com/health-services/>

**Postponed**

# Flourish

**New event date - September 16, 2020**

For update go to: <https://Altenheim.com/flourish>



Message from Paul Psota, CEO

Altenheim's first responsibility is for its residents' health and well-being. Northeast Ohio is experiencing an unprecedented time on account of the COVID-19 pandemic. Please know that we are taking all responsible measures to minimize the risk of the virus spreading on the campus.

Many precautions have been implemented, including visitor restrictions; the suspension of communal dining and group activities; daily (or more often) health screenings of both employees and residents; and, the procurement of extra available supplies and equipment. We continue to recommend, furthermore, that residents not leave the campus, except to procure necessary medical services.

The management team daily monitors and implements guidance provided by, among others, the Ohio Department of Health, the Centers for Disease Control and Prevention, and the Centers for Medicare and Medicaid Services.

Please keep Altenheim and its residents and staff in your thoughts and prayers. Also, please call your loved ones. They want to hear from you. Staff will help you facetime or skype with them, if requested.

One day, hopefully soon, we will be able to look back on this time as an experience we overcame with our health intact!

Paul Psota



## Are You Ready . . . To Make A Planned Gift?

One of the easiest ways to make a planned gift is through a bequest. The Altenheim Foundation may be added as a beneficiary to your will or estate plan. A specific dollar amount or percentage may be listed. But, are you ready to make a bequest or any other planned gift?

### ASK YOURSELF THESE QUESTIONS:

- What are my financial needs?
- What impact do I want my gift to have at Altenheim?
- What assets –cash, appreciated securities, or real estate – do I have available to fund my gift?
- What is the best way to make my gift and fulfill my family and philanthropic objectives?

It is extremely important that you seek the advice of a professional financial planner, tax specialist and/or accountant as you consider making a planned gift. For more information on planned giving, check out: [www.altenheim/plannedgiving.com](http://www.altenheim/plannedgiving.com), Or call the Office of Institutional Advancement at 440-238-3361 X 1171.

In the end, you must make the decision that is right for you and your heirs, and at the same time make a meaningful difference to Altenheim residents. This is your opportunity to leave a legacy!

## STNA+ Apprenticeship Program



Altenheim Senior Living is pleased to announce the STNA+ Apprenticeship Program, a new collaboration with Lorain County Community College (LCCC). This a unique opportunity for anyone who would like to advance their career.

The STNA+ Apprenticeship model combines both classroom instruction with on-the-job training. State Tested Nursing Assistants (STNA) students will be able earn college credit (15 college credit hours) that may be applied towards an LPN or RN degree. The apprenticeship program is designed to attract and retain STNAs for at least 2000 hours of on-the-job training and provide an opportunity for apprentices to grow in their career.

LCCC will recognize any current STNA unencumbered license and grant the STNA 5 credit hours under the program. For mor information about this exciting career opportunity, call Donna Casey at 440-238-3361.



Ageless Grace® is a body of work that provides amazing results for all ages. It's simple to learn, playful, easy to do – and FUN!!

Cathie Stahurski, Campus Activities Director and Linda Begley, Activities Director at Shurmer Place Memory Assisted Living, are Certified Ageless Grace® Educators. The program is a series of 21 Simple Tools for Lifelong Comfort and Ease. The movements,

which are performed in a chair, focus on the healthy longevity of the body, mind, emotions and spirit. Each of the 21 Tools focuses on different anti-aging techniques such as joint mobility, spinal flexibility, right-left brain coordination, cognitive function, systemic stimulation, balance, confidence and playfulness. Ten minutes, three times per week can increase brain function.



The program was founded and created by Denise Medved. As a graduate student in gerontology, she began to think about shifting focus away from accommodating physical limitations as people age, to doing everything possible to delay or diminish those limitations. Over the years, she became convinced that many of the so-called inevitable signs of aging were really not inevitable at all. They were simply "lack of practice" of the skills needed to maintain youthful functions. She spent seven years approaching aging with a different mindset, beginning with the brain.



Ageless Grace® was created, incorporating the latest research in the field of neuroplasticity.

What is neuroplasticity? Neuroplasticity is the ability of the brain and central nervous system to change its form and function when stimulated by different physical activities.

The 21 Tools of Ageless Grace are exercises that incorporate the 5 functions of the brain—strategic planning, memory and recall, analytical thinking, creativity and imagination and kinesthetic learning. These help to activate neuropathways in our brain and to create new neuropathways. It helps to promote brain wellness. Each of the 21 Tools focuses on a specific movement such as Juicy Joints for joint mobility or Rockin' Rockettes for hip flexors and lower body function. Cathie Stahurski states, "The residents feel great when they are finished and love the energy it gives them." This movement, in turn can change the brain!

What does this mean for residents? First and foremost, they enjoy being in a group activity where each is an active participant and each has a sense of accomplishment. Linda Begley states, "During the first session, I was able to see my memory impaired residents, enjoying the tools, laughing, and engaging their brain all while exercising and having fun."

For more information on Ageless Grace® go to [www.agelessgrace.com](http://www.agelessgrace.com)

“ It's never too late to begin. It's never too early to start.™ ”



## ANNUAL APPEAL

SO MANY WAYS TO Give Back



Home Health Care Community Health Accreditation Partner 2017-2020

