

2019  
REPORT  
TO THE  
COMMUNITY

*Altenheim*  
SENIOR LIVING  
A Not - For - Profit Life Plan Community

*Achieving . . .  
optimal levels of mental,  
physical, and spiritual well-being*



# Community Impact

## Completed

**\$684,000**

capital improvements to  
*Dietary Department*

**10,401**

Prepared Meals  
for Strongsville residents,  
delivered by Strongsville  
Women's League,  
at a cost of

**\$37,000**

**\$3,354,717**

**\$2.3**

**MILLION**

*Provided in  
community benefit to the  
most vulnerable in the  
nursing home*

**\$297,397**

RECEIVED  
From **202**  
**DONORS**

**\$20,100**

in sponsorships to  
community events including  
Alzheimer's Association Walk and  
Longest Day, The Rotary Club  
of Strongsville, Southwest  
Community Health Foundation  
and St. John Neumann

**Hosted**

community events on  
campus, and community  
senior housing

**\$16,110**

## **Additional** Community Benefit:

**250 volunteers** donated over **3,303 hours of service** to residents

Provided free State Testing Nursing Assistant training to **43 students**

Hosted **10 Community Lunch & Learns** and **7 Community Dances** at Shurmer Place  
with a total attendance of **950**

Provided **2,080 out-patient treatments** by Hands-On Physical Therapy Specialists

Provided in-home health care services to **443 clients**

Conducted **9,898** in-home health care visits

## **Mission Statement**

The mission of Altenheim is to **achieve the optimal level** of mental, physical, and spiritual well-being of **individuals, families and the community** being served through the provision of **high quality residential living, skilled nursing care, and specialized services** offered in a **family-like atmosphere**.

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Dear Friends,

2019 was a great year for Altenheim Senior Living! Our mission is the driving force behind what we do, whom we serve, how we serve and our community commitment. The stories in this report highlight those who see our mission carried out every day, and the impact those actions have made in their loved ones' lives.

With the help of donors, we have provided exceptional programming for residents through Opening Minds Through Art; and, have added Ageless Grace, a program that incorporates the latest research in neuroplasticity, that is, the ability of the brain and central nervous system to change its form and function when stimulated by physical activities.

While this report highlights Altenheim in 2019, we feel compelled to address the challenges we face during the pandemic. Our first priority, as always, is the safety and well-being of residents, families, staff and the community. We regularly communicate with these constituents regarding policies and protocols to maximize their safety and well-being; many as recommended or ordered by the CDC, CMS, and the Ohio Department of Health.

Thanks to the cooperative efforts of staff, from direct care to dietary, activities, housekeeping, laundry, maintenance, office personnel and administration, a remarkable achievement has been attained in keeping individuals safe and healthy. The highest commendation is given to all.

We continue to be proactive in acquiring personal protective equipment, cleaning and sanitizing materials, and even extra food supplies. We are procuring items for in-room activities, such as iPads so that residents can skype with their families, and cd players so that residents can listen to their favorite music. The COVID-19 pandemic has surely resulted in significant unanticipated expense.

We need your help. There are many ways you can make a difference:

Gifts to the Annual Appeal, for example, will help us obtain these kinds of supplies.

A planned gift will ensure Altenheim's future. It's as easy as designating Altenheim as a beneficiary of a portion of a life insurance policy, or making a distribution from an IRA.

Check our Amazon wish list at [www.altenheim.com](http://www.altenheim.com). We always need activities materials.

Purchase a brick for Shurmer Place Courtyard. It's a great way to pay tribute to a loved one.

However you choose to support Altenheim Senior Living, we thank you from the bottom of our hearts for your support, encouragement and trust.



Paul Psota,

CEO



David R. Knowles,

President, Board of Directors

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



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One of Ohio's Best  
Nursing Homes

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## A Good Laugh Makes Their Day

**Karen Bolton's** mother, Mary Katherine Kahl, is a member of the Shurmer Place Memory Assisted Living community. Years earlier Mary Kay regularly visited friends who lived at Shurmer Place and often told her daughter how much she enjoyed it there. When her sundowning symptoms became dangerous and she could no longer live alone, Karen's brother researched all the assisted living options in their area. They chose Shurmer Place Memory Assisted Living and never looked back.

"Altenheim exceeds all our expectations for supporting the mental, physical and spiritual wellbeing of its residents," Karen observed. "Every single staff member, whether it's the nurses, the dining or activities staff or the facilities professionals, interacts with Mom as if she's a member of their family. They know what she needs better than I do! After only two weeks there, every staff member knew me, my husband and my brother by name and communicated with us regularly. During this COVID-19 pandemic, they have continued the religious services on Sundays themselves since they couldn't allow outside ministries. They have even initiated Skype calls for us so we can see Mom live and connect with her."

"What makes Altenheim special, though, is the fact that every employee has a sense of humor," Karen continued. "If Mom is having a hard day, they joke with her to lighten her mood and help her through memory challenges. They can always find something to laugh about, and this lifts everyone's spirits. Laughter is their special skill and they do it very well."



Mary Kay and Shurmer Place Memory Assisted Living Companion, Natalie Grant

## Supporting the Whole Family



Betty, Sandi Jardine's Mom

**Sandi and George Jardine** have many connections to Altenheim Senior Living. They first knew of the community through their family's business, Jardine Funeral Home. Altenheim stood out among the many senior living facilities they had dealings with. Later, Sandi volunteered with a spiritual ministry bringing communion services to the residents and developed a friendship with one special gentleman. During her many visits she came to respect the devoted staff members she observed and wanted to do something for them. This sparked a donation to the Holiday Staff Fund, which later led to donating to the Altenheim Foundation Annual Appeal.

It's not surprising that when Sandi's father needed rehabilitation, the family chose Altenheim therapy rehab services. Sandi, her mother and her nine siblings made sure that one of them visited him every day. "We all noticed how happy and content he was there," she said. "He enjoyed the food and fit right into the routine." Now, Sandi's widowed mother lives in Altenheim's Long Term Care community. "My mom is in a good place and is content. We are all happy with her care, and we feel she's safe and very well supported. We've noticed that her caregivers are consistent, which gives her the continuity she needs and helps our family get to know them too. They are affectionate and kind, which makes us all feel secure." As her mom continues to receive the support she needs, Sandi Jardine and her entire family also feel supported.

## Woven into the Community



Ann, Pat Balint's Mom

**Ann Saliva** (pronounced sa-lee-va) has lived at Shurmer Place Assisted Living for about three years, but felt welcome there long before moving in. She had also received therapy from Altenheim therapy rehab services twice, and before that, had visited her sister every week while she lived there. In fact, Ann felt so comfortable at Shurmer Place that when she realized she needed more help, it was Ann herself who asked to move in.

Her daughter and son-in-law, Pat and Jerry Balint, couldn't be happier, for a number of reasons. Pat enjoys peace of mind knowing her mother is safe and nurtured. "Mom never complains," said Pat, "and she enjoys the attention of the staff, who go to great lengths to make her happy. Overall, it's a peaceful campus – welcoming and supportive."

Jerry appreciates the way Altenheim has become woven into the fabric of its surrounding communities. "I have known Paul Psota for many years through the Strongsville Rotary," he remarked. "He and the staff believe in helping with local needs. For example, they host breakfast meetings at Shurmer Place for the Rotary's Connections Program (for at-risk teens) and collaborate with the Strongsville Women's League for the local Meals on Wheels Program." For Jerry, the community service goes both ways. "My respect for the Altenheim five-star rating and excellent reputation led me to serve as co-chair of their Flourish fundraising event. The more we raise for The Altenheim Foundation, the more we can do for the Altenheim community."



Pat and Jerry Balint



# Altenheim . . .Optimal Well-Being





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With great appreciation, we recognize the following individuals, businesses and organizations for their heartfelt and generous contributions in 2019.

We work diligently to ensure accuracy when recognizing your gifts. Should you discover an error, please contact us at 440-238-3361 X 1171.

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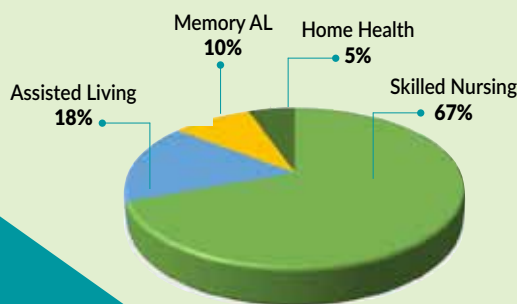
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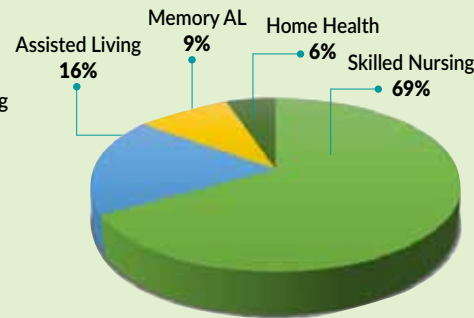
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### Operating Revenue



### Operating Expense



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## Flourish

### \*\*UPDATE\*\*

**FLOURISH.....2020**, the biennial Altenheim fundraising event, has been postponed until late spring 2021 due to the restrictions placed on social gatherings. Updates regarding date, venue, sponsor opportunities, and individual tickets will be posted on the website and newsletter.

“If you come together with a mission and it's grounded with love and a sense of community, you can make the impossible possible.”

John Lewis

## In Memorium

John “Jack”  
Miaskowski



Our Colleague and Friend  
1937 – 2020  
Board of Directors, Emeritus





## CORE VALUES

- *Treat others like family*
  - *Spread joy and health*
  - *Bring quality and passion*
- Every Day, Every Way.**

*We've Always Stood for Family.*



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