

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: _____

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 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

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.

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Altenheim

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"We've Always Stood for Family"

Flourish

FALL/WINTER 2019

Giving Stories That Might Surprise You



Why Donate? It Comes Down to the People

Larry Jelinek researched Altenheim Senior Living and other facilities extensively before his wife Marilyn spent a few months here undergoing rehabilitation and then moved into the nursing home. What drew him to Altenheim initially was the five-star rating, but what caused him to trust it for the care of his wife was the people. To this day, he recalls names such as Amanda, Cheryl, Sherrie, Gloria, Katrina and Jacob, all people he came to know because of their sincere caring for his family.

"A facility can be brand new and have a good reputation, Larry commented, "but none of that is as important as how residents are treated by the staff. It's the people who make the difference between a good or bad outcome. We felt that my wife was in good hands, and that her caregivers were committed to her wellbeing. They became our friends."

When asked why he decided to donate his IRA required minimum distribution to Altenheim, Larry shared a story: "I research charities each year to gift with these funds. I was certainly inspired to give to Altenheim because of our family's experience, but it was more than that. During Marilyn's stay, my daughter and I befriended another Altenheim resident who had used up all her assets so she could stay there. We want to help improve lives by financially supporting access to Altenheim's great people and topnotch care."



A Gift in Honor of an Altenheim Friend

Picture yourself out walking your dog one day, when a branch unexpectedly falls from a tree and causes you to fall and break your leg. You are told you cannot bear weight for six months, but you're caring for your husband who has Parkinson's disease. Strange but true – it happened to Linda and Robert Hall. How did they cope? With the help of Altenheim Home Health and Private Duty services. Linda, a retired teacher, and Robert, a retired engineer for Nordson Corporation, needed health care, errands run, and help to prepare the first floor of their home for daily needs and sleeping. They also needed assistance to get Robert to his therapy and doctor appointments now that Linda couldn't walk or drive.

Enter Kathy Lasic, who for more than a year scheduled and managed all needed services, people, appointments and transportation for the Halls. "Kathy and all the Altenheim staff were so considerate, cooperative and caring," said Linda. "They treated our home as if it was their own, and even dealt with our overly friendly Newfoundland dog with humor and patience. They taught us how to navigate the first floor safely and made sure we got to all our appointments. They became our friends."

"We so appreciated what Kathy did for us that we made a donation in her honor to the Altenheim Foundation annual appeal," Linda continued. "Nordson offers matching funds for employee donations, so they doubled the gift. It was our pleasure to support Altenheim's great work."

Did you know...?



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- The Women's Auxiliary was Altenheim's first volunteer group and still gives of its time and talent to benefit the residents?
- That Altenheim is one of the top 25 employers in Strongsville?
- That Altenheim Provides tuition re-imbursement for those staff wishing to pursue higher education?
- Altenheim has been names Newsweek Best Nursing Homes 2020? Only 13 other Ohio homes received this prestigious recognition one of the best nursing homes in Ohio for 2019? Only 13 others in Ohio received this prestigious recognition.

Come Grow With Us!

2019 – 2020 Board of Directors

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Altenheim Senior Living

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Phone: 440.238.3361

www.altenheim.com

A Not-For-Profit Life Plan Community

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.



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



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Shurmer Place
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Message from Paul Psota, CEO



Newsweek has recently recognized Altenheim Skilled Nursing and Rehab

Center as one of America's Best Nursing Homes 2020. We are grateful for Altenheim's staff who daily practice our mission of caring for the residents like family. They are the reason for this outstanding recognition.

As we make our way through the fall season, residents are engaged and active.

At Skilled Nursing everything is coming up pumpkins, with pumpkin trivia, pumpkin carving and pumpkin cooking. A program honoring veterans will be held in November. Activities in November will focus on Thanksgiving.

Shurmer Place Memory Assisted Living residents are busy with sewing club, making clothing protectors for all. Teacher Talk Time, conducted by a volunteer, gives retired educational professionals a chance to exchange views on education.

Shurmer Place activities include a Frank & Dean show and celebrating Italian American Heritage Day. The Women's Auxiliary treated residents to a trip to the Barn Restaurant. An art class focused on Pablo Picasso's blue period, through the residents' art and an educational program.

This issue of the Flourish newsletter focuses on ways our friends give back. We are grateful for all our friends who give back in so many ways, by volunteering, by supporting the Annual Appeal, the Holiday Staff Fund, or by making a planned gift.

Know that you make a difference in the residents' lives!!

Paul Psota

Altenheim Earns Newsweek Award as One of America's Best Nursing Homes

Altenheim Senior living has been recognized as part of Newsweek's first-ever review of America's Best Nursing Homes 2020. This prestigious award is presented by Newsweek and the world-leading statistics portal and industry ranking provider Statista Inc. The award was announced on September 30th, 2019 and can currently be viewed on the Newsweek website.

The award is based on an analysis of information from two sources: a reputation survey of industry experts (registered nurses, administrators, physicians etc.) and data from the Centers for Medicare & Medicaid Services (CMS). Out of thousands of senior care organizations in the United States, 406 locations earned this distinction. Altenheim is honored to be recognized as one of Newsweek's Best Nursing Homes 2020.

"At Altenheim we've always stood for family," said CEO, Paul Psota. "This award is a reflection of the passion lived out daily by our staff and volunteers in service to our residents and the local community."



A Country Singer's New Solo Act

There are many ways to give at Altenheim. One way requires time, talent and a kind heart, all of which Clark Shaffer offers in abundance. About once a week, he walks into the Altenheim Memory Care Unit with his guitar to spend time with his admirers. A member of the Muddy River country rock band in Lorain County in the 1980s and early 90s, Clark now performs solo, taking requests for country songs by Hank Williams, Merle Haggard and Eddie Albert among others, and singing for his very appreciative audience. "They seem to enjoy it, and it's a good fit for me. It's nice to be able to just show up and sing without a full band or fancy equipment."

Clark, who is a private pilot, has free time available between scheduled flights for his employer. He learned about Altenheim through his daughter, who had volunteered in

the Opening Minds Through Art program as a Key Club member. At the 2018 volunteer appreciation dinner where she was honored, he met staff members and was impressed by what an "upbeat, nice bunch of people" they were. "I believe in giving back, so I offered to come and play for residents, and they took me up on it," he said. "Now, rather than just sitting in my house and singing to our cat, I can go make people happy, and even the staff sings along sometimes. I'm at the point now where I miss my Altenheim friends if I don't get there."

"The meaning of life is to find your gift. The purpose of life is to give it away"
Picasso

ALTENHEIM Wish List



Interested in giving a holiday gift to benefit our residents? The Altenheim Wish list on Amazon has items that the Activities Department would love to have for resident comfort and joy. Go to this link: <http://a.co/3A7Xny>

Save the Date



Altenheim and Cleveland State University Collaboration

Person-centered care is the focus of what we do at Altenheim. Our goals are to improve quality of life, assist residents in being the best they can be and to promote psycho/social well-being. We are pleased to announce two projects designed to improve the day to day overall health of residents with dementia. The projects are being undertaken with Katherine Judge, Ph.D. Professor and Director of the Adult Development and Aging Doctoral Program at Cleveland State University.

"We are very excited to collaborate with Altenheim Senior Living on these timely and important research studies. These projects will provide valuable information about living with dementia and how best to help individuals with memory loss and their families cope and manage."

The first project is "Memory Loss and Unmet Needs." This is the Master's thesis of Morgan Minyo, a graduate student in the CSU Psychology Department. She will conduct the study under the guidance of Dr. Judge. The purpose of this is three-fold: to understand how older adults manage their behavior and needs, to understand what older adults value about their care and to better understand what it is like to live with dementia. Residents with memory issues will complete a 45-60 minute interview conducted by Ms. Minyo or Dr. Judge. This project is currently underway. If your loved one is interested in participating please contact Linda Begley, Director of Activities Shurmer Place Memory Assisted Living, at 440-268-1048. The second study, Project ANSWERS, will include residents with memory loss and their families to develop a strength-based approach to achieve care goals. Developed by Dr. Judge, ANSWERS, which stands for Acquiring New Skills While Enhancing Remaining Strengths, combines educational and skills training along with cognitive rehabilitation techniques into a single program. The ANSWERS program is specifically designed to meet the needs of both the individual with memory loss and their family. Project ANSWERS will start in the beginning of the new year.

What Legacy Will You Leave?

Planned giving leaves a lasting legacy that will benefit you the donor, and generations of residents. Deciding what charitable cause to give to, how much to give and how to protect your assets during your lifetime can make planning challenging. Information regarding these and other planned giving questions and options is now available at www.altenheim.com. If you are thinking about a planned gift or just wondering what planned giving is all about, check out <https://altenheimgiving.com>



When making decisions about planned giving, please keep The Altenheim Foundation in mind. As the fundraising arm of Altenheim Senior Living, gifts support residents and their families with special services and programming. Leaving a legacy will ensure that those who can least afford care, will be given quality, person centered care.

As the new year approaches, you may be required to take a minimum distribution from your IRA. You may make a charitable contribution of this distribution. The benefits to the donor are two-fold, you will be supporting your favorite charity and it may reduce your tax bill. Go to <https://altenheimgiving.com> for more information.

Annual Appeal



ALTENHEIM GIVING SOCIETY for the Annual Appeal

\$2,000	Diamond
\$1,250	Platinum
\$ 750	Gold
\$ 500	Silver
\$ 200	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.



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