

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

Yes! I want to make a difference with my gift to the Annual Appeal!

\$200 \$100 \$50 \$25 Other

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 indicate preferred method of payment:

CHECK (payable to Altenheim Foundation)

CREDIT CARD

Visa MasterCard Discover

Name on Card: _____

Card Number: _____

Expiration Date: _____ Security Code #: _____

Signature: _____

My gift is:

in Memory of: in Honor of:

(Individual's Name)

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
18627 Shurmer Road, Strongsville, Ohio 44136
Email: giving@altenheim.com
Phone: 440.238.3361

Altenheim
SENIOR LIVING

A Not-For-Profit Life Plan Community
18627 Shurmer Road • Strongsville, Ohio 44136
www.altenheim.com

NON-PROFIT
US POSTAGE
PAID
CLEVELAND, OHIO
PERMIT #362



"We've Always Stood for Family"
Flourish
SPRING 2021

Four Languages, One BIG POSITIVE Heart



Although she has been caring for Altenheim residents for 20 years, Anna Marie Olivieri, STNA, claims, "It feels like I just started yesterday. Time flies when you love what you do." Anna Marie has a long history in the caring profession, having worked in hospitals in Switzerland and Italy before immigrating to the United States. Caring for people has always been her passion.

After acquiring 12 years of experience at other American health facilities, Anna Marie and her family moved to Strongsville and she began her career at Altenheim. In addition to her nursing skills, she brought the gift of fluency in four languages – English, French, German and Italian. This has made it easy for her to communicate with residents who may speak English as a second language, and she believes it adds a layer of trust to the relationships.

COVID-19 brought new challenges for staff and residents, but Anna Marie took this in stride. "Our residents required more attention and more comforting because they missed their families and we were the only people they saw every day," she said. "I think positive, so I always tried to cheer them up with encouragement, jokes, and special (Italian) music and songs they loved. For range-of-motion exercise, we danced to make it more fun." She also felt supported by her Altenheim colleagues, commenting that there has always been excellent teamwork and communication that allows them to adjust to new situations like the pandemic.

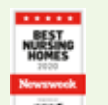
At home, Anna Marie also protected herself and her residents by isolating from family and friends. "I wiped down everything, including my car, every day, and did not see my children or six grandchildren all year, to be safe." When her children expressed concern about her job, she reassured them that she felt safe. "They test us and give us N95 masks and good protective equipment, so I don't worry," she asserted.

Now that the lockdown is loosening and residents are able to see their families, Anna Marie has noticed a lifting of spirits. "Things are getting better," she said. "Families can visit by appointment, so our residents are happier. We still take full precautions, but there are more opportunities for in-person interactions now. I continue to encourage and compliment them, and to do whatever makes them happy." Indeed, Anna Marie's gift for creating happiness and positivity even in tough times is what makes her a healthcare hero.

Did you know...



- Prior to the 14th century "Lent" was used to describe the spring season?
- Benjamin Franklin was the first to propose daylight savings time in 1784? It wasn't fully implemented until the end of the Second World War.
- The Earth's orbit around the sun has very little effect over the seasons on earth? Instead, it is the tilt of earth's rotational axis, which is angled at around 23.4 degrees, that creates seasons.
- The word "equinox" comes from Latin and means "equality of night and day"? The equinox occurs at two specific moments in time when the sun is exactly above the equator.



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! Board of Directors

David Knowles, President	Paul Psota, CEO Ex Officio
Barry Zimmerman, 1 st Vice President	Tammy Haseley Karl Helfrich
Norbert Manz, 2 nd Vice President	Ed Oliveros Sue Riedthaler
Steve Sartschev, Treasurer	Mark Szeltner Brigitte Ward
John Kedzior, Secretary	Vera Wendel

Altenheim Senior Living
Institutional Advancement Office
18627 Shurmer Road | Strongsville, Ohio 44136
Email: giving@altenheim.com
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 begins Virtual Dementia Tour Training

Second Wind Dreams @, an internationally-known nonprofit organization, was created to change the perception of aging by fulfilling elders' dreams and offering education programs to help caregivers understand the challenges experienced by individuals with dementia. One of these programs is the Virtual Dementia Tour @ (VDT), an evidence based, scientifically proven method of building empathy for those with dementia and a greater understanding of dementia.



Activities at Shurmer Place Memory Assisted Living, are certified facilitators. Under their guidance, the staff is outfitted with patented devices that alter their senses, similar to what someone with dementia might experience. While wearing these

devices, they try to complete common everyday tasks and exercises. The Tour enables caregivers to experience first hand the physical and mental challenges those with dementia face, and use the

experience to provide better person-centered care. "This program offers hope to all caregivers by providing practical ways to create an environment that supports the disease and increase understanding and empathy," notes Linda Begley.

It's creator, P.K. Beville, holds a B.S. Degree in Psychology from Georgetown College, and a Master's Degree in Clinical Psychology from Eastern Kentucky University.

Cathie Stahurski states, "We are excited about this program and hope to open the training to families and friends of those with dementia when COVID restrictions are lifted. It will make a profound difference for our care giving staff."



Cathie Stahurski, Director of Campus Activities and Linda Begley, Director of



MESSAGE from Paul Psota, CEO

Spring is here. And with that a sense of renewal.

With nearly all the residents and many staff having received the COVID vaccine, we are looking forward to "opening" up, like Spring blossoms.

Altenheim follows all the guidelines established by the Ohio Department of Health, Centers for Medicaid and Medicare Services and the CDC for gatherings. The main dining room has opened for meals. Residents are once again enjoying the welcoming atmosphere of communal dining. Visitors are seeing their loved ones by appointment.

At Shurmer Place Memory Assisted Living, families are enjoying visits in resident apartments. If visitors have not been vaccinated, a rapid COVID test is given and they wear personal protective equipment. The visits are a welcome change for all. Memory Assisted Living is also planning outdoor entertainment for the residents as soon as the weather permits.

Residents at Shurmer Place enjoy apartment visits now, along with lobby and outdoor visits. They also participate in scenic drive outings, and are able to choose from a robust activity schedule.

Staff training has started pertaining to the Virtual Dementia Tour. More information on the tour is in this newsletter.

While we are pleased regarding the progress being made towards ending the pandemic, it has had a large financial impact on family, friends, and Altenheim. Our budget was prepared prior to the pandemic's start and approved in October of 2019. Altenheim has incurred many costly and unanticipated expenses during the pandemic. Expenses for Personal Protective Equipment skyrocketed. There was also a decline in our census, due in part to the postponement of elective procedures and move in decisions.

It's in this context that I ask you to consider a gift to the Annual Appeal. A gift of any size makes a difference. Your gift will help defray the expenses associated with necessary equipment, supplies and services such as disposable medical masks, face shields, hand sanitizers, isolation carts, disinfectant sprayers and professional sanitizing of common areas.

Thank you for considering a gift to the Annual Appeal . . . it will make a positive difference.

Paul Psota

Altenheim Partners with Central School of Practical Nursing



Altenheim is pleased to announce a partnership with Central School of Practical Nursing (CSPN) to provide six-week clinical programs to its students. Level One students will have a guided experience with introductory resident care. Level Four students will receive supervised clinical training, utilizing the advanced nursing skills taught in their course work. Training will be conducted by CSPN instructors.

CSPN has a rich history in the Cleveland area. It was started in 1937 by two local philanthropists, Mrs. Edward B. Greene and Mrs. S. Homer Everett when there was a critical need in the community for practical nurse training. It was the first such training in Ohio. Today, it is a 501(c) (3) non-profit organization and is licensed by the Accrediting Bureau of Health Education Schools.

This partnership will provide positive, rewarding clinical experiences for CSPN students and a pool of clinically trained applicants for Altenheim nursing positions.

FOOD FOR THOUGHT

Plan your future like you'd shop for food



When we go shopping, it is best to have a list. When we do, we don't forget to pick up that needed item and we are also less likely to buy too much. Lists make sense. Planning pays.

When you think about the important people and charities in your life, have you written a plan to take care of them? If the peace of mind that comes with planning and the possibility of significant tax savings appeal to you, we have done the work for you. We make it easy.

We have ideas, such as the charitable gift annuity, IRA rollovers, beneficiary designations and more. We can even send you our complimentary estate planning guide. There is never any obligation.

Call 440-238-3361 Ext. 1171 or go to <https://altenheimgiving.com>

Copyright © 2021 Crescendo Interactive, Inc. Used by permission 21A816

Correction

The name of Barb Krakovsky, RN, Wellness Coordinator at Shurmer Place Memory Assisted Living name was misspelled in the Winter newsletter. Our sincere apologies for this error.

Altenheim Nutrition Heroes RISE to the Occasion



Imagine the detailed planning, work, creativity and logistics involved in providing three nutritious, appetizing, colorful meals daily for 210 residents in multiple locations. Now add in the COVID-19 pandemic and imagine how much harder this function became. Did the Altenheim Dietary team crumble under the stress? Not these healthcare heroes! In fact, they flourished, even applying their creativity to win an award in the midst of the pandemic!

The dietary team, led by Diane McCluskey, Director of Culinary Services, Jaime Kelling, Assistant Culinary Director, and Sarah Krieger, Dietary Supervisor, is deeply dedicated to the health and well-being of its clients. When the pandemic hit, every member of the team jumped in without complaint to come up with solutions.

"The entire campus went on lockdown, and only the main hallways were open," said Jaime. No face-to-face communications were possible, so we used walkie-talkies to communicate with the various units. We also developed a numbered cart system to maintain safe food transport to each unit. We needed to use disposable dishes and single-serving packaged beverages and foods, which were a challenge to source, and then to store. But we got what we needed and found a room we could clean out and use for storage. We also had to develop new sanitization protocols for the kitchen, the carts and the trash cans."

"Our goal was to minimize the amount of contact with foods – the fewer who touched it, the better," added Diane. "We had zero tolerance for contamination, and our entire staff was very cooperative with the new protocols to assure everyone's safety."

Still, these critical procedures and logistics were not the heart of their mission. "Mealtimes are very important to our residents," said Sarah. "We often get to be the best part of their day. They look forward to those mealtime interactions and to the made-from-scratch comfort foods we serve to bring back happy memories." "During the worst of the pandemic, our residents' nutritional needs increased but their appetites decreased because they were stressed and sad," said Diane. "We needed to encourage good nutrition by providing flavorful, colorful meals and snacks, and by making them easily available." To increase availability, the team stocked each unit with high-flavor single-serving drinks and snacks to encourage eating and hydration between meals.

The next challenge was to make the three daily meals as appetizing as possible, even when served on disposable plates. "We believe that plating these meals attractively is important for encouraging them to eat," added Diane, "so we paid special attention to the presentation of each item, complete with garnishes, to help it look its best." "At the holidays," added Sarah, "we decorated each place setting with holiday placemats, napkins and nicer plates, and made special holiday desserts to help them feel more festive."



When Gordon Foods and the Ohio Health Care Association announced a culinary contest for senior living communities, the Altenheim culinary team entered with enthusiasm. They received a box of assorted food items and were told to use everything in the box to create two sets of entrée, side dish, salad, and dessert; one to be served on china and one on disposable plates. Every member of their culturally diverse dietary staff had the opportunity to offer creative ideas for the menu and plating of the meals. As a result, the dishes were flavorful, colorful and beautiful. The real surprise, however, was that the team's disposable dish presentation won the plating award!

Now that the COVID lockdown is lifting, the dietary team sees improvements. "Our dining rooms are gradually opening, and we can now serve meals on warm china plates again," Jaime said. "We get to visit with our residents again, and they can socialize safely with their friends. We are playing music to lift their spirits during meals, and their appetites seem to be improving." Thanks to these resourceful culinary heroes, COVID has only been a nutritional bump in the road.



GRANTS

Altenheim received two grants from the Ohio Department of Medicaid through Ohio's Civil Money Penalty (CMP) Reinvestment Program.

A CMP Communicative Technology Grant for \$2,967 was received. With this grant Altenheim was able to improve the quality of life for nursing home residents through face time visits during lock down. Adaptive communicative devices include iPads, iPad cases and stands.

A CMP In-Person Visitation Grant for \$2,993 was received to enhance two outdoor areas at the nursing home to create barriers that reduce the risk of COVID transmission and thereby create safe, accessible outdoor spaces for in-person visitation. These areas will be completed this spring.



Here is what your gift will purchase.

- ♥ Adaptive Therapeutic Devices \$300
- ♥ ipad to Face Time with family \$457.62
- ♥ 3 month supply of Disposable Medical Masks \$1,000
- ♥ One box Gel Hand Sanitizers \$50
- ♥ One box Face Shields \$19.99
- ♥ Adaptive Therapeutic Devices \$300
- ♥ ipad to Face Time with family \$457.62
- ♥ One box Gel Hand Sanitizers \$50
- ♥ One box Face Shields \$19.99