



MOVING FORWARD

2021
REPORT TO THE
COMMUNITY

Community Impact

Delivered nursing care and medical costs for residents not paid for by insurance or other third-party entities **\$1,800,000**

Prepared 11,673 meals for Strongsville residents and delivered by Community volunteers **\$28,322**

Participated in community programs and events such as the Southwest Community Health Foundation Golf Outing, Strongsville Rotary Duck Race, Strongsville Chamber of Commerce Scholarship Dance and community outreach and networking programs **\$21,475**

TOTAL community benefit
\$1,849,797



“Life is like riding a bicycle, to keep your balance, you must keep moving forward.”

Albert Einstein

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And that's how it was at Altenheim Senior Living in 2021. . . .moving forward beyond the challenges presented by the COVID pandemic.

In 2021

- ◆ Families were able to visit loved ones
- ◆ The dining rooms opened, and residents once again enjoyed each other's company while dining
- ◆ Activities resumed with residents at Memory Assisted Living participating in Music Therapy with students from Cleveland State University's Music Therapy Program
- ◆ Renovation plans began for Shurmer Place
- ◆ Staff training began for the Virtual Dementia Tour
- ◆ Partnered with Central School of Practical Nursing to provide six-week clinical programs to its students, enabling Altenheim to have a pool of clinically trained applicants for nursing positions.

These initiatives positively impacted the well-being of our residents and the community being served by Altenheim. Because of the commitment to our not-for-profit mission by the Board of Directors, and our management, staff and ancillary personnel, we have continued to provide quality, compassionate care during this challenging time.

With your support we will move forward together, continuing Altenheim's long tradition of unparalleled senior services.



Paul Psota,

CEO



David R. Knowles,

President, Board of Directors

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.

He Knows Where his Money Goes



Altenheim has been part of Steve Sartschev's life since he was a boy. He grew up in a family that was very involved in the local German club, Donauschwaben, which has ties to Altenheim. As his aging relatives moved to Altenheim, he came with his family to visit them. "My great aunt, grandmother, dad, mom, and great uncle were all cared for at Altenheim over the years," he said. "I visited them as a child, and then as an adult I brought my own children. I remember taking my young kids to visit my grandmother. They were nervous at the first visit, but once they understood that children were welcome and their presence made everyone happy, they relaxed and enjoyed the visits."

A 12-year member of the Board of Directors, Steve has just been renewed for another three-year term. He has stayed on because he believes in what Altenheim does for its residents. "I have seen for myself the quality of care that Altenheim provides, and the quality of its staff. I have also experienced the kindness and empathy extended to both residents and their families. For example, I have seen staff members make time to sit and chat with residents who don't have any visitors. I've also witnessed kind aides who go out and purchase helpful items for residents without expecting reimbursement, just to make them more comfortable."

Steve is also a member of the Giving Society. When asked why, he said, "I donate to local charities because I know where my gifts are going. In the case of Altenheim, they are invested back into providing for Altenheim residents in whatever way is needed. I also give to our Auxiliary because the ladies do amazing work. They provide all kinds of enriching experiences and items to improve residents' lives. During the height of the COVID pandemic when families weren't allowed to visit in-person, the Auxiliary gifted iPads for resident use so that virtual family visits could be conducted."

Steve is optimistic about the future of Altenheim. "Things look good," he said. "There are other care providers out there, but we know what to do to maintain our status as our local hospitals' first choice for referrals. We don't skimp on quality, and we work hard to maintain an excellent staff and attractive home-like environments. In fact, we are in the process of another remodeling project to refresh our assisted living and nursing areas." With leaders like Steve Sartschev on board, Altenheim will continue to thrive.

"Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less." – Marie Curie

Gratitude for Great Staff

Eleanor and Jim Pojman's (pronounced POYMAN) home of 60 years was lovely, but the heavily wooded acreage blocked the sky. "Now we have a new view of clouds, blue sky, and scenery outside our apartment," said Eleanor. This is only one of the many things they enjoy about their new life at Shurmer Place. "Our apartment is just the right size. We're enjoying meeting other residents, who have very interesting backgrounds. And the food is good too!" Jim added, "We attend musical events here, and can receive communion. If we have appointments in town, we can arrange for rides, so we never feel stuck. And our family feels welcome and visits regularly." "We would recommend Shurmer Place to anyone," they both agreed.

The Pojmans' four children are happy for other reasons. Mike Pojman, who lives out of state, was relieved when his parents realized they needed help. After Eleanor's fall, which resulted in the need for a wheelchair, the Pojmans realized that they could no longer manage their large home, so they asked their children to research senior living facilities. After seeing everything Altenheim had to offer, the siblings agreed that it would be the perfect place for their parents.

"Once the decision was made, everything fell into place," said Mike. "The ideal first-floor apartment became available just as Mom was finishing her rehabilitation. And the staff was wonderful – they helped make our parents' shift from independence to assisted living as smooth as possible. Everyone, from cleaning staff to dietary to nurses and activities personnel, are caring but not condescending, and they treat our parents with respect and friendliness. Mom likes every staff person she has met."

Feeling very grateful to the staff, Mike went to the Altenheim website to check out donation options (<https://altenheim.com/donations/>) and learned that he could give to the Holiday Staff Fund. "It was the perfect way to show our appreciation," he said. "Thanks to the staff, my parents are happy, healthy, and enjoying the Altenheim community. This provides peace of mind for us all."



Forty Years of Loyalty and Service

Michelle Appleby has been at Altenheim Senior Living since before it was Altenheim. As a young girl, she accompanied her mother to work at the nursing facility that was on the property before Altenheim Senior Living was developed. Michelle felt comfortable with seniors and enjoyed her time on campus, so on January 4, 1982, at age 15, she began working part-time at the facility to save for a car. She has never looked back.

Other than 10 years working in the laundry and two years supervising the housekeeping team, Michelle has been focused on her first love, the Dietary Department. "I really enjoy cooking for our residents," she commented. "I am a self-taught cook, and it has always been a passion for me. I feel that it's what I was meant to do." Michelle is the morning cook, preparing both breakfasts and lunches every weekday. She takes pride in providing appetizing, attractive meals that will please the residents. "Meals are a highlight of their days, so I want to give them something they'll enjoy," she said.

When asked if the pandemic has created a "new normal" for her work, Michelle is unruffled. "It hasn't changed much about what we do or how we do it," she said. "Social distancing is encouraged, and we must wear masks when working, but we haven't missed a beat. We're a close team, and everyone pitches in when needed. We can even do one another's jobs when necessary."

"I also enjoy my bosses," she continued. "They listen to our menu ideas and are supportive and understanding. They ask for our opinions, and it's nice to be asked." This positive work environment, combined with a love for her work and the residents, may help explain why Michelle has been a loyal and valued Altenheim staff member for 40 years.



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Proverbs 4:25

*Let your eyes look
directly forward,
and your gaze be
straight before you.*

WAYS YOU CAN HELP ALTENHEIM MOVE FORWARD:

Annual Appeal—A gift will help with general operations. Gifts may be directed to a specific program or service such as activities, education, facilities and equipment or Alzheimer's and dementia care.

Planned Giving—Bequests, life insurance, beneficiary designations and other planned, deferred gifts will benefit our residents.

Naming Opportunities—A wonderful way to leave a lasting legacy by naming an outdoor or indoor area, or campus building.

Grateful Family Program—A meaningful way to show appreciation for the services you or a loved one received.

Staff Holiday Fund—As staff may not accept gifts from residents or families, a gift to the Staff Holiday Fund is the perfect way to say "Thank you!"

Tributes—Remember a loved one or recognize someone special through a memorial or tribute gift of any size; or purchase an engraved brick for Shurmer Meeting Center Courtyard.

Gifts of Time and Talent—Are you passionate about helping others? Altenheim Senior Living has a variety of opportunities to volunteer.

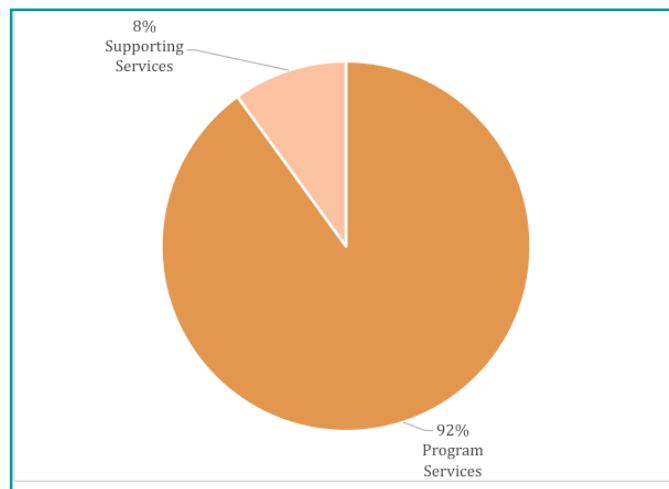
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Matching Gifts—Check with your employer to see if your financial donation will be matched by corporate giving.

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www.altenheim.com/donatenow to make your gift.

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2021 Statement of Financial Expense



“March on. Do not tarry. To go forward is to move toward perfection. March on, and fear not the thorns, or the sharp stones on life's path.”

— Kahlil Gibran



Shurmer Place
Memory Assisted Living
Deficiency Free
2021



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Altenheim
SENIOR LIVING

CORE VALUES

- *Treat others like family*
- *Spread joy and health*
- *Bring quality and passion*

Every Day, Every Way.

We've Always Stood for Family.

*“Everything will
be okay in the
end. If it’s not
okay, it’s not the
end.”*

- John Lennon

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