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FALL 2008

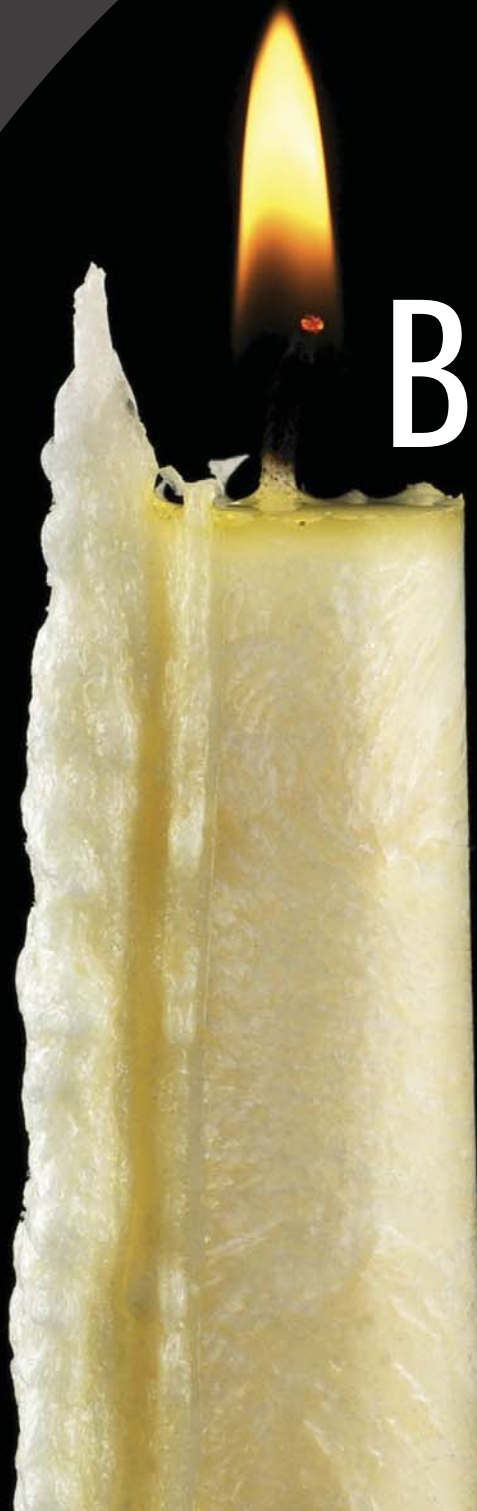
linkage

Hurricane Ike
Causes Blackout

Welcoming
a New
Vice President

Parish Health
Ministry
Changes
Lives

Keeping spirits
bright during the
BLACKOUT



EPISCOPAL RETIREMENT HOMES, INC.

Fall 2008
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Linkage, published by Episcopal Retirement Homes, Inc. (ERH), is a resource to address issues and interests of older adults, providing a link between ERH’s programs and its service area.

For more than 50 years Episcopal Retirement Homes has been a not-for-profit, financially sound organization dedicated to improving the lives of older adults through innovative, quality living environments based upon their values and delivered by highly experienced, deeply committed professionals.

Linkage is now online!

To better serve you, *Linkage* magazine is available via e-mail and the ERH website at www.EpiscopalRetirement.com.

To obtain a subscription or receive additional information about the programs or services of ERH, please complete this form and mail to:

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We wish to add:

To the past *Linkage* article, "Deupree House Chapel" that the beautiful stained glass was designed by Susan Siemer, daughter of Jean Hines, and crafted by Steward Smookler. Also, Mary Jo Hedricks assisted with the altar needlepoint.

The Show Must Go On...



Helene Warrener, Deupree House resident, looks at the auction items.

Episcopal Retirement Homes (ERH) hosted its third annual charity gala, Music of the Night, despite the major power outage which caused the Hyde Park Country Club venue to be without electricity. With the help of five generators producing refrigeration and limited lighting in the clubhouse, the show did go on and successfully raised nearly \$51,000 for the Good Samaritan Mission.

The unique gala was a fun-filled night of dining, entertainment and dancing. Old and new Broadway musical tunes were performed during dinner by Piano Pete and the CCM Singers along with a surprise appearance by Vito of Vito's Cafe in Ft. Thomas KY. The John Keene Quartet also provided music before and after dinner giving guests a chance to dance the night away.

According to Christy Pfetzer, Event Coordinator, "At the last minute, Hyde Park Country Club announced they could host the event on generators. ERH staff and volunteers pulled together to make the night a huge success."

Proceeds from the event will support the Episcopal Retirement Homes' Good Samaritan Mission. This is a \$1 million charitable fund dedicated to enriching the lives of older adults in a person-centered, innovative, and spiritually based way. Because of the Good Samaritan Mission, ERH has never had to ask a resident to leave his or her home for financial reasons. ☘



Doug Spitler, ERH CEO talks to Robin Smith, ERH Board Member.



Dorsey and Edna Asbury, Marjorie P. Lee residents, dance to the John Keene Quartet.

Wellness Oasis



Two students from the College-Conservatory of Music set the relaxing mood.

During the month of September, the Episcopal Retirement Homes' (ERH) wellness staff presented the Wellness Oasis at three of their communities: Marjorie P. Lee, Deupree House, and Canterbury Court. This all-day event celebrated the value of wellness within the body, mind and spirit.

Guided by the theme "Refresh, Relax, and Renew," guests at each Wellness Oasis could choose from an assortment of educational booths and demonstrations. Massages, reflexology, and Tai Chi demonstrations were free to all participants. Also included were screenings for skin cancer and balance abilities, and blood tests to identify issues with cholesterol and blood sugar.

Victoria Pagan, ERH Wellness Coordinator, declared the event a success.

"We were really pleased with the amount of participation at all sites, from both staff and residents." Attendance was far greater than expected, and everyone appreciated a day of relaxation, information, and education.

The Wellness Oasis is an annual fall event and has been planned again for 2009.



Victoria Pagan, Wellness Coordinator, gives Deupree House resident Ann Trufant a hand massage.

Relax your stress away...

Below is information given out at the Wellness Oasis.

10 Great Ways to De-Stress

- 1. Deep Breathing.** While sitting, lying down, or standing, close your eyes and breathe in slowly. Let the breath out for a count of 5-10 seconds. Do ten of these super-relaxers any time you feel tense.
- 2. Stretching.** Practice simple stretches such as the “neck stretch”: stretch your neck by gently rolling your head in a half-circle, starting on one side, dropping your chin to your chest, then slowly rolling up to the others side.
- 3. Exercise.** All kinds of physical activity, such as hiking, running, bowling, walking, etc., help to reduce stress.
- 4. Take a bath.** Ask household members to allow you at least 30 minutes of uninterrupted time.
- 5. Get a massage.** A massage is a wonderful way to get rid of physical tension. A professional masseuse generally takes 30 minutes to an hour, and will work on specific areas of tension, such as lower back or neck.
- 6. Eat Well.** Reduce caffeine (coffee, black tea, and chocolate) and alcohol intake. Find out if your diet is well-balanced, and take steps to eat healthfully to help reduce stress.
- 7. Laugh.** Go to a comedy club, see a funny movie, or spend time with a funny friend.



- 8. Cry.** Crying can be as good a release as laughing. If you haven't cried in a long time, try listening to sad music, watching a sad movie, or writing about a sad experience.
- 9. Read.** A good book is a great escape. Reading a tear-jerker or comedy can help release pent-up emotions.
- 10. Do something you love.** When you enjoy yourself, whether you're gardening, going to the beach, or seeing friends, you feel relaxed and happy. ☺

Deupree House resident, Harriet Krumpelman receives a facial from a Mary Kay professional.



Patty Brasch, Wellness Team, tests the blood pressure of Caryolyn Lunt, Deupree House Activity Coordinator.

Did you know?

You can get a professional massage at Marjorie P. Lee or Deupree House. For more information contact Victoria Pagan, wellness coordinator, at (513) 561-6363 ext. 6999.

Welcoming ERH's New Marketing Vice President

Episcopal Retirement Homes (ERH) has recently hired a new Vice President of Marketing, Ken Paley. Ken comes to us with a broad background in marketing and sales, as well as a personal ERH experience — not long ago, his mother was a resident of Marjorie P. Lee. ERH is very excited to add Ken to the executive team and to strengthen ERH's marketing efforts.

Ken has been involved in marketing, sales, customer service, strategic planning and general management primarily in financial services, consumer products, and consulting. He has been successful on both the client and service provider sides of business, and started and ran his own company. He has held management positions for multinational corporations such as Citigroup, Dun & Bradstreet, and Chesebrough Ponds. Most recently he was a Principal at The Angus Group, an executive search firm that has been in Cincinnati for over 40 years.

Ken first heard about ERH while researching more than a dozen retirement communities for his mother. According



Ken Paley,
Vice President of Marketing

"I am so excited to be a part of this organization. Many companies talk about compassion, mission and customer focus, but very few actually execute it well."

to Ken, he chose Marjorie P. Lee because, "I was very impressed with the quality of care and how compassionate and professional the staff was at all levels." His mother spent a year on the first floor of Lee Gardens until passing away in March. During that period Ken spent a lot of time in the care center, and in his words, "I was on a first-hug basis with both residents and staff." Also during his mother's stay, he was asked to become a trainer for Person-First, the care-giving approach of person-centered care. When the Vice President position became available, Ken went through the screening and selection process which resulted in his landing the position. Ken officially joined the ERH staff on August 4th, 2008.

Ken sees the primary goals in his new role as, "To work with the team to put together an overall marketing strategy, develop a medium and long range plan, and then execute that plan effectively. This will include addressing branding and positioning issues along with developing creative ideas that will distinguish us from the competition and give

our target market compelling reason to believe that our services are their best choice. And we will do this the way ERH has always done it — with the best interest of our residents, community and clients in mind."

Ken lives in Indian Hill and is married with two children. His wife, Pam, is a private banker and Senior Vice President in wealth management at U.S. Bank. His son, Jeff, is a junior at Cornell School of Engineering and his daughter, Lauren, is a sophomore at Colorado College in Colorado Springs. He also has two dogs that are regular visitors at Marjorie P. Lee.

"I am so excited to be a part of this organization. Many companies talk about compassion, mission and customer focus, but very few actually execute it well. It has been clear to me since I first brought my mom to Marjorie P. Lee that this is a special place where people really do 'walk the walk' at all levels of the organization. The work environment is one of cooperation and responsiveness and I look forward to being a contributing member of the team moving forward." ❀

Old Age

an Essay



In celebration of National Aging Month (September) the following is an anonymous essay about aging, contributed by Lil Walton, Marjorie P. Lee receptionist.

“The other day a young person asked me how I felt about being old. I was taken aback, for I do not think of myself as old. Upon seeing my reaction, she was immediately embarrassed, but I explained that it was an interesting question, and I would ponder it, and let her know.

Old Age, I decided, is a gift. I am now, probably for the first time in my life, the person I have always wanted to be. Oh, not my body! I sometimes despair over my body; the wrinkles, the baggy eyes, and the sagging butt. And often I am taken aback by that old person that lives in my mirror (who looks like my mother!), but I don't agonize over those things for long.

I would never trade my amazing friends, my wonderful life, or my loving family for less gray hair or a flatter belly. As I've aged, I've become kinder to myself, and less critical of myself. I've become my own friend. I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avante garde on my patio. I am entitled to a treat, to be messy, to be extravagant.

I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 4 AM and sleep until noon? I will dance with myself to those wonderful tunes of the 50's 60's & 70's, and if I, at the same time, wish to weep over a lost love...I will.

I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the jet set. They, too, will get old. I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And I eventually remember the important things.

Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day (if I feel like it).” ☘

Parish Health Ministry: Stepping out to change lives



Laura Booke running
at the Boston Marathon

As a program of Episcopal Retirement Homes (ERH), Parish Health Ministry (PHM) helps change lives and enhance healthy living in church congregations across Southern Ohio. How do they do this? The PHM team develops or enhances parish health ministry programs which are then adopted by congregations for their parishioners. Programs such as Smokeless Sabbath, which encourages parishioners to stop smoking for 24 hours on a designated Sunday, or Portion Plate, which teaches a fun, family-oriented way to cut down on portion sizes and discover healthy food options for better health, have changed many lives for the better.

A few years ago the PHM team introduced a new program called *Walk 50 Miles in 50 Days*. This popular, spiritually-based walking program encourages participants to walk 50 miles in 50 days to improve their health and well-being. It also serves as a tool to increase awareness of the benefits of walking. This program alone has encouraged more than 200 people to begin walking for their health, and with a spiritual focus.

Laura Booke, a member of St. Timothy's Episcopal Church, began exercising regularly eleven years ago after her late husband's untimely death. When she heard about the *Walk 50 Miles in 50 Days* program she volunteered to coordinate it at her church. Booke shares,

"Living a healthy lifestyle has made a big difference to me, and I hoped to encourage others to do the same. Participating in a regular exercise program has made a noticeable difference in my energy level and all around health; mental, spiritual and physical."

The motivation to become fit for her overall health and the regimen of the *Walk 50 Miles in 50 Days* program has prompted Booke to take her exercising very seriously. At age 65 she ran in her first marathon, and at age 70 she qualified to run in the Boston Marathon. After running in the Boston Marathon this past year Booke commented, "There is nothing like running the Boston Marathon. Even people who know nothing about the sport of running know about Boston. What a weekend it was! I did well; even re-qualified to run Boston next year, but I think once is enough."

At age 71 Booke continues to exercise daily. In her words, "It's addictive and what a good thing to be addicted to!"

Recently the *Walk 50 Miles in 50 Days* program expanded to

include residents of St. Paul Village. Twenty-five participants show up faithfully every Tuesday to get their blood pressure taken, then walk a half mile, or sometimes even a mile. According to DeMara Schwartzhoff, St. Paul Village Residential Manager, "The residents cheer each other on, and throw words of encouragement and laughter to one another throughout the walk each week. Some push others in wheelchairs, others walk with walkers. It is a sight to see, and it is so inspirational to see the will of these people to better themselves!"

If you are interested in the *Walk 50 Miles in 50 Days* program please contact Jeanne Palcic at (800) 835-5768, ext. 4223.



St. Paul Village residents show off their new *Walk 50 Miles in 50 Days* t-shirts before walking for the first day of the program.

Refresh Your Soul



Staying Afloat – Preserving the Capacity to Care

Yet another way Parish Health Ministry ministers to the community is through the Refresh Your Soul Conference. This year the conference will be held at the Crowne Plaza in Cincinnati on Friday, March 6 and Saturday, March 7. The theme will be Staying Afloat- Preserving the Capacity to Care. The conference will give professionals and family caregivers insight, tools

and inspiration to re-energize their ministry, and will give others a deeper understanding of the demands on a caregiver and practical approaches to minister to them.

This health and wellness event will feature three keynote presentations, interactive breakout sessions, exhibitors, and a charity raffle. The conference opens Friday evening with a dynamic keynote presentation followed by a time for networking and fellowship.

The keynote speakers are:

Jane Meier Hamilton MSN, RN has a Master's Degree in Psychiatric-Community Mental Health Nursing. As a professional and family caregiver herself, she has learned first hand the challenges and stresses of giving care.

The Rev. Dcn. Joanna Seibert, MD is a professor of radiology and pediatrics at Arkansas Children's Hospital and

the University of Arkansas Medical Sciences. She is a deacon in the Episcopal Diocese of Arkansas presently assigned to Trinity Cathedral Little Rock.

The Breakout session presenters and topics include:

Hawley Todd, TSSF — Topic: *Healing Prayers: Lord Teach Us to Pray*

Mary Cummins Wlodarski, MA, BS — Topic: *Having Hope and Being Hope*

The Rev. Dcn. Joanna Seibert, MD — Topic: *Healing Presence*

If you are interested in attending this year's Refresh Your Soul Conference please call Ellen to make reservations at (800) 835-5768, ext. 4545. ☺

BLACKOUT

Challenges reveal character.

On September 14th Hurricane Ike trampled through southern Ohio, threatening to hinder Episcopal Retirement Homes' (ERH) residential care by extinguishing the power. Ike's careless destruction of the landscape

as well as power lines turned things that we take for granted such as cold food and warm showers into luxuries. Ike took away many comforts of life and replaced them with fear and uncertainty. But during this challenging time the ERH staff continued their exceptional care, meeting and exceeding residents' expectations and needs, and stopped Ike from diminishing the special care ERH has always provided.

In Ike's aftermath, Marjorie P. Lee was forced to run on generators until Tuesday...

Staff worked together when the power went out and made sure residents in every building were comfortable, safe, and fed. On Monday and Tuesday the nursing, housekeeping, activities, social services, front office, chaplaincy, central supply, marketing, transportation, security, wellness, and maintenance teams joined forces to deliver meals to every resident's apartment. They exhibited extraordinary teamwork and coordination and throughout the entire ordeal spirits were high and the residents weathered the storm in excellent shape.

At St. Paul Village, Ike took away partial power for four and a half days...

shutting down air conditioning, all elevators, and most of the refrigerators and stoves in the apartments. Staff dealt with an unceasing fire alarm, cleaned out residents' refrigerators, made and delivered meals, supplemented grocery gift cards for those in need, rewired circuits for hot



water, brought food from home for the residents, transported residents up and down the stairs, and much more. According to Jay Kittenbrink, Affordable Housing Director, "The staff of St. Paul Village worked far above and beyond the call of duty during those four and half days to help the residents."

Ike dropped a very large tree on an Erie Avenue power line, causing Deupree House I to be without power for almost a week...

Everyday during that week staff worked hard to make sure all residents' needs were met. Staff members went door-to-door delivering food to residents, cleaning out refrigerators, or simply offering a much-needed smile. Meals on Wheels even prepared and delivered food Tuesday through Friday using an only partly functioning kitchen to prepare the food. To boost morale a group of staff began organizing extra curricular activities including a steel drum band and a dessert bar for all staff and residents to enjoy.

The inspirational stories that have evolved from the experiences of the staff and residents during the storm highlight the resourcefulness and dedication of the ERH team. In spite of Ike's chaos, our community's annual fundraising

event at the Hyde Park Country Club went on as planned (see page 3).

Ike put up a good fight, but the teamwork at Marjorie P. Lee, selfless determination at St. Paul Village, and the staff's resourcefulness at Deupree House proved victorious in the end and the ERH staff diligently carried on with the exceptional care the residents have come to expect. ☀

Congratulations...

to Episcopal Retirement Homes' Excel Team

At a recent Excel team retreat focusing on shared leadership, Doug Spitler, Jim Hanisian, Kathy Ison, Laura Lamb, Ken Paley and Paul Scheper smashed the record of a team exercise that had been attempted by over 3,000 managers in 10 years. ☀



Excel Team members bonded with horses to learn the principles of shared leadership.

Capturing Gold



Gene Dever proudly shows off his Senior Olympic medals.

Most people who are 87 years old don't work as hard as Gene Dever does to stay in shape. Then again, most people his age don't win an Olympic Gold medal, either.

Gene Dever, a resident of Canterbury Court outside of Dayton, Ohio, has competed in the Senior Olympics nearly 20 times in state contests in North Carolina and Ohio. This past year Mr. Dever, competed at Kettering Fairmont High School in Dayton, Ohio. He ran in four events: the 100 meter dash, 200 meter dash, 800 meter run and 1500 meter run, successfully capturing silver in the shorter races and gold in both longer runs. Because of his accomplishments he has qualified for Nationals in 2009 in San Francisco, California.

According to Dever, "It felt good (to win the gold medal twice). It felt like a huge accomplishment!"

In addition to his passion for competing in athletics, he has also been involved with his retirement community. According to Tammy Herlihy, Canterbury Court Community Director, "Gene goes above and beyond in his contribution to Canterbury Court. Gene is Treasurer on the Resident Council and supports and participates in all Council functions. He is an asset to Canterbury Court and we're proud and thankful he's here." 🍀

"It felt good to win the gold medal twice. It felt like a huge accomplishment!"



Harvest of Blessings

On October 5, 2008 more than 60 people feasted on a meal of beef, turkey, pasta veggies and dessert at the Cambridge Heights Apartments. Following the meal the crowd was treated to the beautiful harmonies of the Chordials.



Jeff Wise, ERH fundraising, discusses building plans with The Rev. John Brandenburg.

Cambridge Heights Apartments, one of ERH's affordable housing communities, is expected to undergo renovations soon which will spruce up common living areas and apartments, add a fitness center and meditation space and provide more parking for the residents.

Before dinner, Doug Spitler, ERH CEO, and Kathy Ison, ERH vice president, spoke about the growth strategies of ERH specifically in affordable housing as well as the scheduled renovations. The Rt. Rev. Kenneth Price was also in attendance and brought greetings from the Bishop Tom Breidenthal and blessed the meal. The Rev. Derrick Fetz and The Rev. John Brandenburg were also there with a cadre of people from the East Central Ohio cluster ministry, which includes St. John's Episcopal Church in Cambridge, Ohio.

Harvest Blessings was meant to be a fund and "friend" raiser, calling attention to the special programs which provide transportation, social activities, chaplaincy and health ministry to the residents. Over \$2,000 was raised at the event from raffles and a silent auction. ✚



Dorothy Swanson sells Jud Ellertson a raffle ticket.



Kathy Ison, Vice President of In-Home Services and Affordable Housing, talks with residents at the event.

thank you.

to the many wonderful supporters who have enriched the lives of older adults with their generous gifts.

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Thank you for enriching the lives of older adults with your generosity. The names listed below include memorial and honorary gifts given between January 1, 2008 - October 31, 2008.

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