

Complimentary
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SUMMER 2008

linkage

Introducing Living Well
Senior Solutions

Save the date
for Music of
the Night

Living out
person-
centered
care



Ellen Crosley McClure, daughter
of entrepreneur Lewis Crosley,
sits beneath a painting of
herself as a young woman.



EPISCOPAL RETIREMENT HOMES, INC.

Summer 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.

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The *Linkage* Editor
 Episcopal Retirement Homes
 3870 Virginia Avenue
 Cincinnati, Ohio 45227
 Phone: (513) 271-9610
 Editors: Debbie Engelbrecht
 Cassie Rodgers
 Doug Spittler

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We wish to apologize:

for an omission in the past *Linkage* under the Annual Report donor listings. St. Mark's Episcopal Church in upper Arlington gave a contribution of \$1,000 in honor of the ministries of Carol Brothers and Clyde Tipton. Both Carol and Clyde have been active for many years in all aspects of ERH's ministry and we join with St. Mark's in honoring their commitment.



LAUGHTER

is the
best medicine...

Improving one's health can be a daunting task. It takes hard work, dedication...and a whole lot of laughter! That's right, according to helpguide.org, laughter has a number of very beneficial effects on a person's overall health and wellness. Laughter can help reduce stress, lower blood pressure, elevate one's mood, boost the immune system, improve brain function, protect the heart, connect one person to another, foster instant relaxation, and make a person feel good.

The link between humor and health can be traced back to a 1979 bestseller book by Norman Cousins, titled "Anatomy of an Illness". Cousins was a long time editor of *The Saturday Review* and had a crippling and painful arthritic disease (ankylosing spondylitis). Faced with a poor

prognosis, Cousins forwent his drug regimen in favor of large doses of Vitamin C and an even larger dose of humor. In his own book he wrote, "I made a joyous discovery that 10 minutes of genuine belly laughter had an anesthetic effect and would give me at least 2 hours of pain-free sleep."

Remarkably, Cousins' pain gradually went away — he became more mobile, and he did what doctors did not expect...he got better! There was plenty of debate about whether Cousins' unorthodox vitamin and humor treatment was really responsible for his recovery. But what's undeniable is that his story created a flurry of interest in humor therapy.

Laughter is the body's physiological response to humor. Laughter consists of two parts — a set of gestures and the production



Jim Hanisian, vice president of ministry and corporate compliance shares one of his favorite jokes. "A saleswoman was driving home in northern Arizona when she saw a Navajo woman hitchhiking. Because the trip had been long and quiet, she stopped the car and the Navajo woman climbed in. During their small talk, the Navajo woman glanced curiously at a brown bag on the front seat between them. 'If you're wondering what's in the bag,' offered the saleswoman, 'it's a bottle of wine. I got it for my husband!' The Navajo woman was silent for awhile, nodded several times and said, 'Good trade.'"

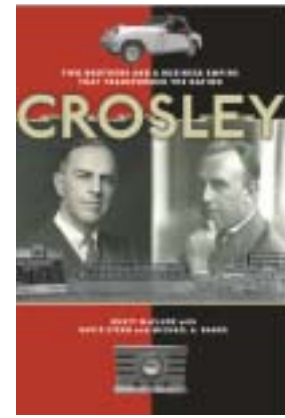
Vern Korb, former Marjorie P. Lee resident also had a joke he liked to tell. "While walking through Burnet Woods one day, a frog jumped out in front of me and said, 'If you kiss me, I'll turn into a beautiful princess.' So I picked up the frog and put it in my pocket. The frog immediately hollered, 'Aren't you going to kiss me?' I responded, 'No, I would rather have a talking frog.'"

of a sound. When we laugh, the brain signals the body to conduct both of those activities simultaneously. When we laugh heartily, changes occur in many parts of the body, even the arm, leg and trunk muscles. According to Paul Antokolsky, a long-time studier of the health effects of laughter, "You're getting oxygen into all the cells in your body, which is something we need for energy and vitality. And as a result, you're lowering your blood pressure, you're reducing your pain levels, you're even helping your cholesterol," said Antokolsky. "The only thing you have to do in order to laugh is to breathe."

Since laughter is so good for us, here are some suggestions for increasing humor in your life:

- Develop your sense of humor by smiling, counting your blessings, moving toward laughter when you hear it, and spending time with people who laugh a lot.
- Take yourself less seriously... in fact, laugh at yourself.
- Watch comedies or go to a comedy club.
- Bring humor into your conversations by asking questions like, "What's the funniest thing that happened to you today?"
- Pay attention to children and emulate them. Children laugh about 27 times as much as adults. 🍀

Ellen Crosley McClure, Becoming a Storyteller



Ellen as a child on the Crosley invention, the Go Bi-Bi.

If you've grown up in the Cincinnati area you have most likely listened to a Crosley radio, watched a baseball game at Crosley field, or ridden in a Crosley car. Ellen Crosley McClure, Deupree House resident, has experienced all three many times over. As the daughter of Lewis Crosley and the only living Crosley relative old enough to have lived through the Crosley era, Ellen's impeccable memory has become a valuable source for recalling Cincinnati history.

About four years ago Ellen Crosley McClure's daughter-in-law mentioned to her then-

college-boyfriend that the story of the Crosley brothers might make a good book. The writing of a book about his grandfather and his grandfather's brother resonated with Rusty McClure, Ellen's son because he felt his grandfather Lewis Crosley had been overlooked by the colorful life led by Lewis' older brother, Powel Crosley, Jr.

And so began the four year process of writing the book. In the end, the book "CROSLLEY," loaded with information and stories about the Crosley brothers and American history, has become a New York Times Bestseller, Wall Street Journal

Ellen and her husband stand next to a Crosley car.



Photo at right: Ellen stands between Powel and Lewis Crosley at a transmitter dedication ceremony in 1924.

Bestseller, and Business Week Bestseller.

To make the book interesting the authors used historical information and facts to backdrop the Crosley brothers and draw the reader in, to make the brothers come alive. Ellen, the only living relative old enough to have lived through the early 20th century, was the only person able to do this. To that end, Ellen devoted many weeks in her Deupree House apartment writing down every story from her childhood that she could recall. "I was lucky to remember all of the things as a child. I would just remember one story and then more would come to my mind," commented Ellen.

Ellen's stories include a German spy as a cook and taking the streetcar into the city during the summer so she could cool down in the air-conditioned radio studios. She shared fearing her father going into work when he had to walk across the picket line and the animosity between her mother and her Uncle Powel. With all of the experiences Ellen has been through you might assume she's been telling these stories her whole life. In reality though, writing down her memories for the book "CROSLEY" initiated this love of sharing her past experiences. When asked if she had always been a storyteller Ellen replied, "No, I think I became a storyteller as I recalled stories for this book."



"Just like Wilbur and Orville Wright, or Walt and Roy Disney, Powel and Lewis Crosley could not have succeeded without each other. Powel was the creative genius, whose personal charisma and flamboyant lifestyle came to epitomize the Crosley Corporation and all of its products and achievements. Lewis provided the practical know-how, working behind the scenes to find innovative ways to turn his brother's visions into reality.

Their partnership began when, as boys, they built a primitive "car" to win a bet with their father. As a young man, Powel struggled to find a place in early automobile manufacturing, but, along with his brother, forged a place in the fledgling radio industry, earning the sobriquet The Henry Ford of Radio for his revolutionary ideas.

Together they created WLW, for a time the most powerful radio station in the world, and built the transmitter used as the Voice of America during World War II. In the depth of the Great Depression, Powel

bought- and essentially saved- his hometown team, the Cincinnati Reds, and a year later introduced night baseball to the major leagues.

At the height of their success, they sold their company to realize a life-long dream: making cars. Though the little Crosley never achieved the success they envisioned, it remains one of the most original lines of vehicles in American automotive history.

Crosley is the story of men who fought personal demons and numerous setbacks to achieve the American Dream. Beset by a series of personal tragedies, Powel lived his final years lonely and unhappy, while Lewis, a simpler man with simpler needs, enjoyed a time of contentment.

At last their story has been told as it's never been told before, allowing it to take its rightful place in the annals of American history. Two brothers-one dreamed it, one built it. They were a team." ❀

—Exerpt from "CROSLEY"

Renovation complete at Canterbury Court

The expansion for Canterbury Court, Episcopal Retirement Homes' (ERH) affordable housing community in West Carrollton, Ohio, has been completed. Beginning in October of 2007, Canterbury Court has been in construction to add 48 new parking spaces, a new community room, an exercise and wellness area, and a beauty salon. Residents and staff alike are pleased to have the construction finished and are very excited about the renovation and building addition.

On June 22, 2008 residents, staff and the community gathered together to celebrate the completion of the expansion at an event titled, "Growing in Grace." The attendees, numbering over 300, listened to comments by staff and/or supporters of ERH including the Hon. Jeffery Sanner, Mayor of West Carrollton, Ohio, and the Hon. Michael Turner, U.S. Congressman of the Third District. Also part of the program was a spiritual dedication, treasure chest and Chinese raffle, entertainment, and tours of the new, expanded areas. ☀



Canterbury Court residents engage in conversation in the renovated Canterbury Room.



The new expansion includes a wellness room with exercise machines and free weights.



Residents can grow plants in the improved greenhouse.



Living Well Senior Solutions

In an effort to expand Episcopal Retirement Homes' mission to a larger and more diverse group of seniors and their families, the organization will be launching a new geriatric care service, Living Well Senior Solutions, to serve the greater Cincinnati area. Starting in August 2008 this service will provide life enriching care which allows seniors to remain in their homes as long as possible through technology and partnership services.

Research shows that there is an unmet need in the senior community. An increasing number of people are living longer lives and have limited knowledge of resources available to assist those who desire to age in their own home. In response to this need, Living Well Senior Solutions will provide a comprehensive, personalized program designed to efficiently, effectively and objectively assess the home situation, then plan and coordinate the resources neces-

sary for seniors to retain their independence.

With Living Well Senior Solutions, each senior will receive a thorough assessment from which an individualized support plan will be developed. Based on the assessment, a care provider will coordinate assistance through paid service providers and unpaid help from family and friends. The program is intimately involved, to the desired extent, in all aspects of the senior's care and support, with the ultimate goal of maintaining the dignity, safety and independence of clients in the setting that best allows them to age in place.

Services may include:

- Performing geriatric assessments including medical, social, economic, safety and home environment
- Developing a care plan which sets optimal and realistic goals that maximize available resources while respecting the client's wishes and ideas
- Securing in-home help and monitoring the care provided, including services such as nursing care, housekeeping, personal care and home delivered meals

- Arranging for concierge services to assist with errand running, transportation, personal shopping and household repair and maintenance
- Acting as a liaison with local and out-of-town family members, overseeing care and quickly alerting loved ones to changes or problems
- Serving as a family mediator to help facilitate consensus and support for next steps
- Setting up various technology services to help alert the senior to activities such as eating or taking medication, keeping the family connected or ensuring the senior's safety with various detection or alert devices
- Arranging legal and financial services
- Assisting with the move to a retirement facility or nursing home when living at home is no longer an option or desired
- Serving as an advocate for the elder or family members, making sure the senior is getting all services he or she needs and is entitled to

Kathy Ison, ERH vice president of affordable housing and in-home services comments, "ERH is really excited to offer a new line of services for seniors. This opportunity will take ERH beyond the residential housing market to reach seniors that we have not been able to reach previously by partnering with them to stay safely in their home as long as possible." **If you are interested in more information about Living Well Senior Solutions please call (513) 561-0222 or visit www.LivingWellSeniorSolutions.com.** ☎

Groundbreaking

for Enhanced Care



Doug Spitler, Tom Kahle, Polly Culp, Sara Dorger, Cathy Boyce, Hans Amstein, Ellen Berghamer, Jody Gambs and Tim Beischel break ground for the upcoming construction.

ERH breaks ground to lead the way for two exciting construction projects.



Marjorie P. Lee residents, Helen Johnson and Mary Beth Lowry look at the Jubilee Groundbreaking program.

JubiLee Groundbreaking

Earlier this spring, residents, staff and families gathered together to break ground for the two phases of construction and renovation at Marjorie P. Lee. Attendees enjoyed a service in the chapel, cherries jubilee for dessert in the lobby, and music and dancing in the event center. Construction is now underway for the first JubiLee phase which will include a three-story addition for the new Archea dining room, aquatic center, and event center.



Groundbreaking guests dance to the music performed after the service.

Deupree Cottages Groundbreaking

On June 10, 2008 Deupree House hosted the groundbreaking for the Deupree Cottages, two 12-person households for those who require an increased level of health care. Residents and the greater community joined together to watch a multimedia presentation on person-centered care, the innovative model that will be used within the Cottages, as well as take part in the groundbreaking service officiated by the Rt. Rev. Bishop Thomas E. Breidenthal. Following the presentation and service, attendees were welcome to break ground themselves, or stay in the air-conditioning to enjoy ice cream sundaes and the yo-yo giveaway. 🍌



Deupree House residents, Betty Easley, Vicki Chisholm and Mary Beth Foxworthy play with the yo-yo giveaway.



Over 200 guests attended the groundbreaking ceremony.



The Rt. Rev. Thomas E. Breidenthal, Bishop of the Episcopal Diocese of Southern Ohio & member of the ERH Board of Directors and the Rev. Stephen Cuff, ERH Director of Spiritual Services, Cincinnati, walk from Deupree House to the future site of the Deupree Cottages to break ground.



Harriett Krumpelman and Doris Reavis, both Deupree House residents, enjoy the reception following the presentation and service.

Living a person-centered care life



Kevin Boyce, Hans' grandson, and Hans sit together at the Amstein recognition presentation on May 10, 2008.

Hans Amstein first heard about person-centered care from sitting on the Episcopal Retirement Homes (ERH) Board of Directors. As a passionate Marjorie P. Lee resident and a former chef, Hans was asked to be on the person-centered care steering team, and charged with the responsibility of overseeing, directing and resourcing the person-centered care cultural transformation.

As a part of the steering team, Hans was given the opportunity to see and experience person-centered care through visiting a person-centered care household in Detroit. "I was impressed by what I saw there, I didn't see the things you normally see in a nursing care community."

As Hans' knowledge about person-centered care increased, so did his passion about the initiative. For Hans, encouraging ERH to adopt the person-centered care model was not just about his conviction to help bring better nursing care to ERH, but it was about a life-long conviction Hans and his wife, Rosmarie,

shared to love and care for people in a unique and empowering way. The label 'person-centered care' was simply a name for the way Hans and Rosmarie had lived their lives on a daily basis.

Hans Amstein was born in 1927 in the town of Wolhusen, Switzerland. He grew up with a love of cooking and outdoor sports. In 1948, Hans entered the Swiss army as a member of a special division of bicycle mounted infantry, although he found himself spending most of his time in the company mess tent cooking for his peers.

After his time in the army, Hans received culinary training and went on to apply his new culinary skills at top resorts in Jamaica, and then on to Colorado. In Colorado, Hans contacted the Swiss consulate who informed him that a young Swiss woman named Rosmarie was working to assemble a social club of young Swiss adults. Hans wasted no time in calling this woman. They began dating, fell in love, and in 1958 Hans and Rosmarie were married.

Prior to her marriage to Hans, Rosmarie had worked as a nurse and caregiver for a very wealthy family. Hans recalled that Rosmarie was like a mother to the children she cared for, "She was a mother before she ever had children of her own." Once the couple started their own family Rosmarie stayed at home to be a



Hans displays a picture of his late wife, Rosmarie Amstein.

full-time mother to their three children. At the time, Hans was working long hours as a full-time chef and Rosmarie devoted her time to raising the children, cooking meals, and keeping their house clean. Her loving personality and the skills she had developed as a nurse made her a natural wife and mother. In 1999, Rosmarie passed away. Although Hans was devastated, he deeply believed that she was a gift from God, and he was thankful for the time he did get to spend with her.

Following his wife's death, Hans lived with his relatives before moving to Marjorie P. Lee in 2003. At Marjorie P. Lee Hans was involved in many different ways, and it was there that the staff and residents were able to observe the way Hans cared for others and drew out the best in them. Through simple acts like building gingerbread houses or helping prepare the menu for special events, Hans spread his love for others. In conversation, he was always intent and fully

interested in the person with whom he was speaking.

Although Hans loved living at Marjorie P. Lee, he regularly thought about his late wife. As Hans became more familiar with the concept of person-centered care he was reminded of the care his wife gave their children. It was through her memory that Hans felt certain that person-centered care was the right step for ERH, and compelled him to make sure it came to fruition. "Person-centered is how Rosmarie used to care for people."

In an effort to help fund this cause, Hans was able to encourage his son to make a large contribution to Marjorie P. Lee. In doing so, one of the person-centered care households will be dedicated and named after Rosmarie. It will be called the Rosmarie House. "It's a perfect way to honor their mother and my wife."

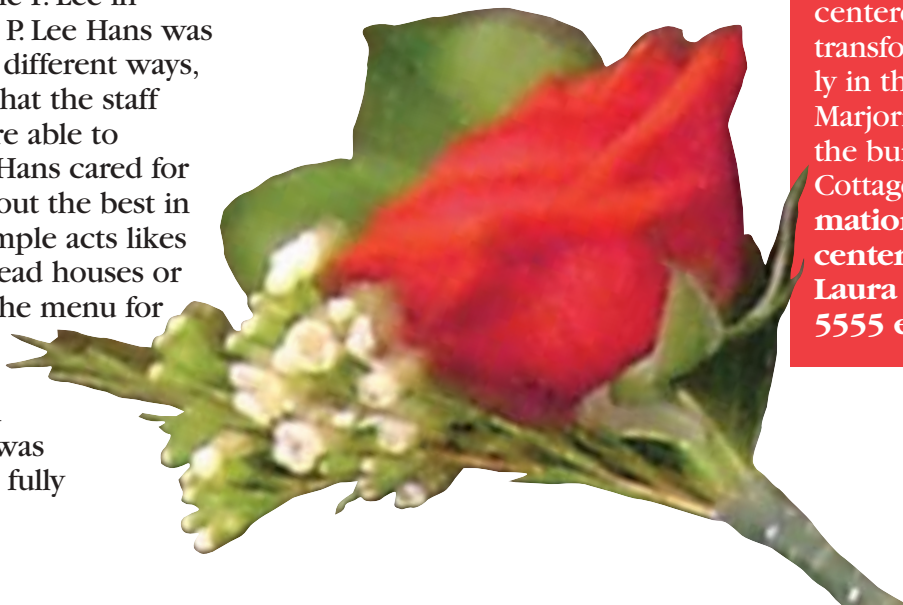
On May 10, 2008 the Amstein family was recognized at Marjorie P. Lee for their contribution to the person-centered care journey. The memory of Rosmarie Amstein, and the life that she and Hans shared, is a testament to the value of person-centered care, and will stand as an example of the way care should always be given.

Hans Amstein passed away on June 12, 2008, just a day after receiving the Voices of Giving recognition from Channel 12. He will be remembered for his caring, dynamic personality and his passion for ERH and person-centered care. +

What is person-centered care?

Person-centered care is a shift of senior resident care from the institution to the individual resulting in significant, positive change for each resident's quality of care and quality of life. In the new model of person-centered care there will be small, intimate households where elders can live together and thrive while receiving the necessary support. The residents' preferences and individualized needs will be honored by abandoning schedules and routines. With this new model seniors have a voice in determining how they prefer to live their lives, they also have a choice, thus becoming instilled with a renewed sense of freedom and purpose.

Episcopal Retirement Homes is currently in the pursuit of implementing person-centered care as a cultural transformation and specifically in the care centers at Marjorie P. Lee and through the building of Deupree Cottages. **For more information about person-centered care please call Laura Lamb at (513) 272-5555 ext. 6606.**





Deupree House

Chapel



The needlepoint was stitched by Jeanne Hines, Mona Poynter, Phyllis Hopple, Ruth Upson, and Carol Knoll.

Episcopal Retirement Homes (ERH) is dedicated to providing an environment that integrates the six dimensions of wellness to enrich the mind, body and spirit for older adults. A few years ago some Deupree House residents attending a prayer study group noticed a need for spiritual wellness. “There was an exercise room for physical wellness, but no area devoted to developing spiritual wellness,” commented Anna Marie Evans, one of the members of the prayer study group. So the Deupree House staff organized a Chapel Committee and turned a small room into a makeshift chapel. This room had an altar, needlework, and six chairs.

When the Deupree House addition planning began, the Chapel Committee was given the task of helping plan the new, more formal chapel to be built. Every part of the new chapel was designed to have meaning, from the super frontal to the cross (see sidebar).

Now the chapel is complete with an altar, super frontal, prayer desk, hymnals and a digital piano. It is used for worship services twice a month, on holy days, and for special occasions. The Chapel Committee remains active with the mission of assisting the Chaplain and Lay Leaders of the Deupree House Campus in providing for all worship services, both public and private, which are held in the chapel.

As a way to thank her for her dedication to the chapel and to spiritual wellness, the chapel was dedicated by George and Linda Callard to Anna Marie Evans, who chaired the Chapel Committee. “Having the chapel dedicated to me means everything in the world.... It’s just great that we have gone from a six-chair chapel to having 22 chairs!” ☪

Deupree House Chapel Cross

“The cross designed for the Deupree House Chapel is more than a cross, it is embedded with meaning and its form is an extraction of the Christian faith that can be appreciated regardless of one’s denomination.

The cross is composed of three materials: Oak, olive wood and bronze. The oak is symbolic of the physical cross that Christ was crucified on; the olive wood represents the broken body of Christ. These two materials are woven together in order to show the transparency of the cross as a symbol for the body of



Christ. The bronze represents the physical constraints of our worldly bodies...”

—Phillip Markwood
Architect of the Cross

Chapel Committee Members

Anna Marie Evans, Chair
Pat Campbell
The Rev. Stephen Cuff
The Rev. Bob and Ernestine Gerhard
The Rev. Cynthia Hampton
Jeanne Hines
Bob Hogan
Rev. Dr. L.H. Mayfield
Jack and Jean Plattner
Sam and Ann Trufant
Ruth Upson
Rachel Votaw
David Cook
Laura Lamb

Saturday Morning Study Group (donated the digital piano)

Dr. Phillip Bridenbaugh
Chet Cavaliere
Joseph Geraci
Theodore Hattermer
Rev. Dr. L.H. Mayfield
Dr. David Melvin
Dr. Robert Reed
Dr. Nelson Watts



Stained glass windows displayed when you first walk into the chapel. The left panel portrays grape vines arching above wheat. Grapes on the vine represent Christ and the Disciples. The grapes and wheat signify the wine and bread of the Holy Communion. The right panel pictures elements of the Holy Communion, a chalice and broken loaf of bread.

Marjorie P. Lee residents show off their new wellness shirts.



Star Performers

Deupree House residents:

Betty Abbott, Dick Benning, Jill Burkman, Ken Burkman, Vicki Chisholm, Helen Fix, Jack Fix, Sybil Fromme, Kay Hauer, Bob Hogan, Jo Joseph, Dick Laskey, Richardson McKinney, L.H. Mayfield, Hans Neubroch, Jack Plattner, Pat Rice, Joe Stegmaier, Ruth Upson, Bob Vignola, Helene Warrenner, Bob Williams, Charlotte Williams, RuthAlice Williams, Anne Wilson, Sam Wilson

Marjorie P. Lee residents:

Roy Anderson, Ellen Berghamer, Marylizabath Crandall, Carol Enis, Mary Fay, Jodi Gambs, Edna Hartsock, Bob Hughes, Helen Johnson, Ken Knox, Bob LaShelle, Tucker McHugh, Thelma Montgomery, Claire Peters, Betty Pippert, Priscilla Sanborn, Virginia Shearer, Eugene Stanton, Prudence Stanton, Marjorie Strassinger, Bill Worrell, Dorothy Zaring

Celebrating Wellness

On May 13 and June 6 the wellness team celebrated the Star Performer residents from Deupree House and Marjorie P. Lee. Deupree House residents were given a luncheon and the Marjorie P. Lee residents were given t-shirts to award them for their diligence in exercising during the late winter months. To qualify to be a Star Performer each resident must have taken part in some type of physical fitness for at least 12 days (Marjorie P. Lee residents) or 20 days (Deupree House residents) per month of three consecutive months.

The state-of-the-art fitness centers at both Deupree House and Marjorie P. Lee give residents and staff the opportunity to exercise daily and better their health. According to Victoria Pagan, wellness coordinator, "Exercise for the aging adult promotes the core desire to live

well into the future. Regular exercise increases functional strength and range of motion for daily activities, increases lung capacity and the ability to gain endurance, increases bone density, lowers blood pressure and promotes mental and emotional wellbeing. Through the Star Performer program, residents are provided a fun way of staying motivated where their fitness achievements are celebrated."

According to an article in the *International Herald Tribune*, "Evidence shows that with every increasing decade, exercise becomes more important in terms of quality of life, independence and having a full life." In light of similar research ERH decided to embrace the wellness philosophy in 2000 for residents and staff. As an approach to health, wellness looks beyond

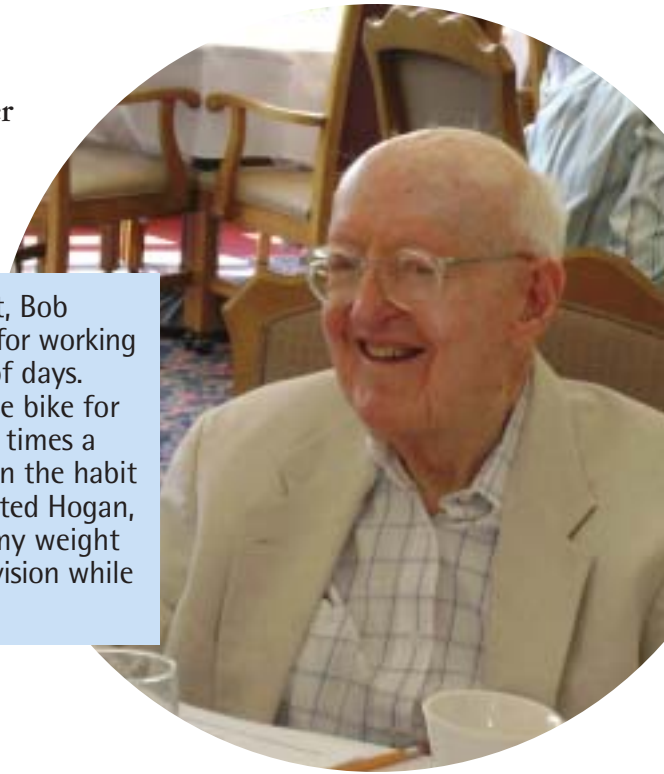
Celebrating Wellness...

the biomedical model and integrates six dimensions — physical, social, intellectual, spiritual, vocational and emotional.

At ERH, the goal is to help older adults make the right choices to remain healthy and independent. By creating individualized wellness programs for our residents and staff, ERH has chosen to be the innovative leader in creating an environment that enriches the body, mind and spirit. In order to increase wellness participation ERH has embraced various ways to reward residents who have consistently participated in wellness

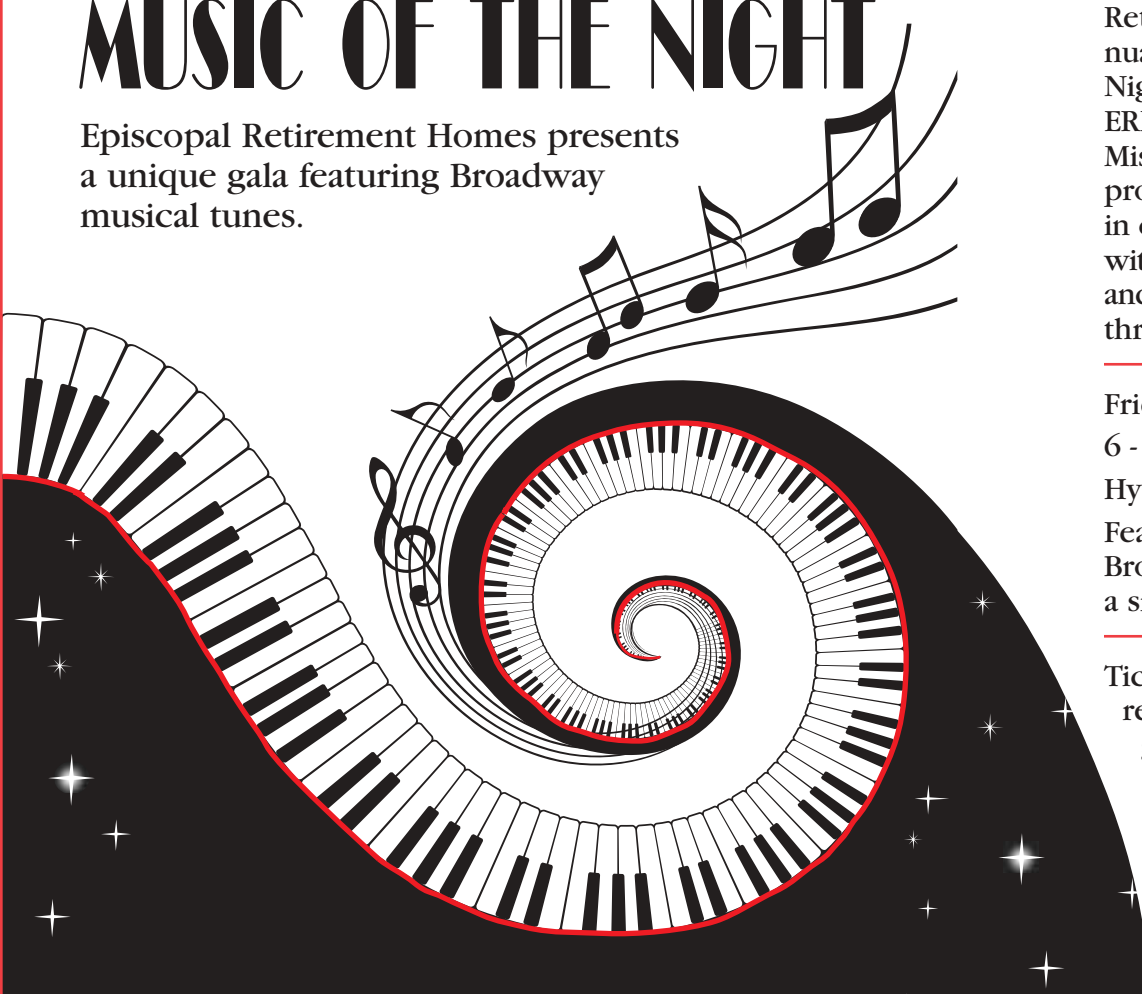
activities. The Star Performer program, developed by the wellness team, is one of these ways. 🍷

Deupree House resident, Bob Hogan, was recognized for working out the most number of days. Hogan rides the exercise bike for four miles at least four times a week. "I've just gotten in the habit of doing this," commented Hogan, "It helps me maintain my weight and I get to watch television while I work out."



MUSIC OF THE NIGHT

Episcopal Retirement Homes presents a unique gala featuring Broadway musical tunes.



Save the date for Episcopal Retirement Homes' third annual charity gala, "Music of the Night." Proceeds will support ERH's Good Samaritan Mission, which enables ERH to provide more than \$2 million in charitable care to seniors with diverse economic, ethnic, and religious backgrounds throughout southern Ohio.

Friday, September 19, 2008
6 - 10 p.m.

Hyde Park Country Club
Featuring cocktails, dinner,
Broadway tunes, dancing and
a silent auction.

Ticket prices are \$75 for ERH residents and \$100 for the general public. Tables of 10 are available for \$750.

For tickets or more information call (513) 272-5555, ext. 4286.



Episcopal Retirement Homes is committed to integrating the six dimensions of wellness to enrich the mind, body and spirit for all residents and staff. If you are interested in more information about wellness please call Victoria Pagan, wellness director, at (513) 272-5555 ext. 6669.



EPISCOPAL RETIREMENT HOMES, INC.



3870 Virginia Avenue
Cincinnati, Ohio 45227-3427
www.EpiscopalRetirement.com



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Episcopal Retirement Homes, Inc.
3870 Virginia Ave., Cincinnati, OH 45227
(513) 271-9610; FAX (513) 271-9648
www.EpiscopalRetirement.com

ERH Columbus Development Office
(614) 846-1656

Cambridge Heights (740) 432-4788
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www.Cambridge-Heights.com

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