

Summer  
2010

# linkage

Complimentary Copy

**At Home At Last**  
*Why Author Jane Heimlich  
Loves Deupree House*

**TOP WORK PLACES AWARD**  
ERH Recognized by the *Enquirer*

**CANTERBURY COURT  
CELEBRATES**  
Resident Jo Millhouse Turns 100



**ERH**

Episcopal Retirement Homes

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## WE WELCOME YOUR COMMENTS!

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*Linkage 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 services based upon their values and delivered by highly experienced, deeply committed professionals.*



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### ON THE COVER:

Deupree House resident Jane Heimlich with her book *Out of Step*. Photography by Ross Van Pelt.

# Business Is Pleasure

*ERH recognized as a top place to work by Enquirer*

By GRETCHEN KEEN

TOP  
WORK  
PLACES  
2010

Ask employees at Episcopal Retirement Homes (ERH) what their favorite thing is about working for ERH, and the answers could vary.

Maybe it's the atmosphere of respect, appreciation, involvement in decision making, the work/life balance, or perhaps the annual Staff Recognition Month. But no matter their response, all of these praises are being heard by Enquirer Media (publisher of *The Cincinnati Enquirer*, *Kentucky Enquirer* and *Community Press*).

This year, Enquirer Media ranked ERH third for Top Work Places at Mid-Sized Companies in the Tristate area. ERH was one of 108 companies in the survey. Joan Wetzel, ERH Director of Organization Development and Human Resources, facilitated the survey, and employees were invited to fill out responses.

"We (ERH Management) sincerely appreciate the people who work here. When people enjoy where they work, they feel good about their job which results in better service and care for our residents," Wetzel says.

Enquirer Media also gave special awards to workplaces for strong work ethics. ERH was awarded for honesty during hard times and appreciation. One employee wrote, "It really feels good to come to work in the morning and see how much you are appreciated."

To ERH President/CEO Doug Spitler, this is a prestigious honor because employees (rather than ERH executives or *Enquirer* staff) say it is a great place to work.

"There are a few things we've done to earn this," Spitler says. "We treat the staff with respect, recognize them and appreciate them as a part of the organization. We incorporate them into the decision-making process and make sure to reward good work."

Over the years, ERH has also listened to the concerns of employees,

whether they are related to work or to personal matters. One of the most important issues was spending time with their families while excelling at work. Employees at ERH are encouraged to maintain a work/life balance, spending time with family and taking time off when necessary.

While it's an ongoing effort, the commitment to the staff is even more apparent every May during ERH's annual Staff Recognition Month. With national days dedicated to certain professions (Admin-

istrative Professionals Day and the like), ERH management decided to show appreciation for all staff. Every position is recognized and receives handwritten notes thanking them for their hard work.

"Staff recognition is very important here, not just in May. Staff members do great work every day. Taking a few moments to thank them is important, and it further motivates them," Spitler says. "It really builds the camaraderie here and breaks down barriers." ■

## STAFF RECOGNITION MONTH

*In May, the ERH team celebrated Staff Recognition Month with games, cookouts, casino days, and more. With fun like that, it's no wonder employees love to work here.*



Deupree House staff participated in the cotton ball "Minute to Win It" game.



Ken Paley (VP Marketing) attempts to do an Apple Jacks puzzle.



Canterbury Court's Jay Marsh participates in the Oreo game by trying to get the cookie in his mouth only using his facial muscles.

# Speakers Bureau

*Retirement, health professionals present variety of topics*



**D**o you need a speaker for a group gathering? Episcopal Retirement Homes has a team of highly experienced retirement living, healthcare, wellness and long-term care professionals available to present on a wide variety of topics at your next meeting or conference.

Subjects range from "Parenting Your Parents" to "The Healing Power of Faith" to "Elder Etiquette — Tips for Working with Older Adults." There is absolutely *no charge* for this service which is part of ERH's mission to serve the community. ERH will work with you to make sure all of your group's specific needs are met and address topics of interest to you.

Reaction to ERH speakers has always



**Peggy Slade-Sowders,**  
Director of Living Well  
Senior Solutions

been positive. A comment after a recent talk was: "Laura did a tremendous job. It was very comprehensive." Another audience member called it "One of the best presentations I have ever been to."

## TOPICS OFFERED

**Caregivers, family and friends:** Parenting Your Parent, Helping

Loved Ones Adjust to a Nursing Home, Transforming Aging Through Technology, Preventing Falls and Other Accidents, Care for the Caregiver.

**Health and wellness:** Dementia, Brain Fitness, Laughter is the Best Medicine, The Six Dimensions of Wellness, Healthy Cooking, Stress Reduction, What is Your

Personality Type? and Exercise and Fitness for Older Adults.

**Understanding aging:** Understanding the Normal Changes, Depression in Older Adults, Elder Etiquette — Tips for Working with Older Adults.

**Housing options for seniors:** Choosing a Retirement Community, The Person-Centered Care Approach, Financial Considerations for Care, Senior Living Options, Preparing for Admission to a Nursing Home.

**Spirituality:** Finding Spirituality in Everyday Living, Building a Parish Health Ministry Program, The Healing Power of Faith. ■

## TO SCHEDULE A PRESENTATION

Please contact Peggy Slade-Sowders, Director of Living Well Senior Solutions, at (513) 272-5555, ext. 4228 or e-mail: [pslade-sowders@erhinc.com](mailto:pslade-sowders@erhinc.com).

## Walking The Talk Is Everyone's Job

*ERH Refreshes Their Core Values*

**D**ignity, Integrity, Interdependence, Person-Centeredness, Transparency and Ministry are more than a list of goals at Episcopal Retirement Homes. These core values are the foundation of the work being done every day to enrich the lives of older adults in a person-centered, innovative and spiritually-based way.

"For over 50 years, we have stood for service instead of profit, for wellness and exceeding the expectations of those we serve, rather than bottom-line thinking," says the Rev. Canon Jim Hanisian, ERH Vice President of Ministry and Compliance.

The core values were recently reviewed by the Executive Team. The mission "To serve older adults" has not and will not ever change, however, new innovations such as the person-centered care model

have helped ERH to evaluate and redefine values. The new Core Values statement is as follows:

*As servants to our mission, we strive for excellence in:*

**Dignity:** Recognizing the infinite worth of ourselves and others.

**Integrity:** Acting with honesty, trustworthiness and sincerity.

**Ministry:** Serving others with generosity and compassion as inspired by one's deepest personal convictions or faith commitments.

**Person-centeredness:** Offering freedom, choice and purpose to those for whom, and with whom, we work.

**Interdependence:** Working in partnership with residents, clients, families, volunteers and staff; honoring our need for one another.

**Transparency:** Being clear, honest and



**Rev. Canon Jim Hanisian,**  
VP Ministry and Compliance

forthcoming in our communication, except in confidential matters.

"As an ordained minister within the Episcopal Church, and someone who has worked with ERH for over 30 years, I continue to take pride and joy in the fact that ERH 'walks the talk.' In all my years, I have never encountered an organization which so lives, so embraces these Core Values as thoroughly as does ERH," says Hanisian. ■

# Staff Highlight: Mary Johnson

*Longtime MPL employee makes housing feel like home*

By GRETCHEN KEEN

**M**arjorie P. Lee (MPL) Housekeeper Mary Johnson is an ideal employee — but you didn't hear it from her.

Laura Lamb, Vice President of Residential Housing and Healthcare at ERH, says Johnson is what every employer hopes for: Compassionate, hard-working and reliable. Still, she prefers to do her work and good deeds out of the limelight.

"The residents all say that she is amazing, thoughtful and does things to make them smile," Lamb says. Johnson remembers their birthdays and knows their favorite types of coffee and candy. Even on her own time, she will pick up small gifts for residents to cheer them up.

"They feel like family, and it's just nice to remember what they like," says Johnson, who has been working at Marjorie P. Lee for 18 years.

Lamb comments that Johnson is very intuitive about how the residents are feeling. She is always there with open arms for anyone who might need something as



**Mary Johnson**

simple as a hug. It's nothing big or showy, just little things that bring sunshine to residents.

"We love that she quietly goes about her job," Lamb says. "She serves the residents in a very special way."

They aren't the only ones who love being around Johnson. Her co-workers agree. When Johnson isn't tidying up offices or serving on committees, she is asking colleagues about their lives and remembering the memories they share with her.

Johnson will soon be a familiar face as ERH focuses on staff for its upcoming promotional campaigns. The notoriously behind-the-scenes housekeeper will appear in her "natural habitat," holding towels and cleaning up. But even in the familiar setting, posing for the glossy pages wasn't exactly what she expected.

"It was definitely exciting, but it was a

learning experience. I never realized how hard models work," she recalls with a laugh. "It was difficult at first, but the other people made it a fun time."

She also serves on the Person-Centered Care Steering Team and the Person First Committee, where the goal for both is to make ERH communities feel more like home. Instead of the industrial, sterile feel of some retirement homes, the committee seeks to implement flexible schedules, letting residents sleep, eat and enjoy favorite activities at their own preferred times, especially within a nursing care setting.

With her combined role as a housekeeper and her kind spirit, it's clear that Johnson has warmed up the environment for residents and colleagues around her.

After all, it's the little things that make MPL feel like home — whether in the form of a hug, conversation or hot cup of coffee — and Johnson brings all of the above. ■

**"We love that she quietly goes about her job. She serves the residents in a very special way."**

— Laura Lamb, Vice President of Residential Housing and Healthcare

# At Home at Last

*Jane Murray Heimlich: No Longer “Out of Step”*

BY PATRICIA GALLAGHER NEWBERRY

Photography by Ross Van Pelt



Jane Murray Heimlich has called many places home.

As a daughter of the famous dance couple Arthur and Kathryn Murray, Jane grew up in luxurious homes, apartments and schools, mostly on the East Coast.

After her marriage to Henry Heimlich, who would go on to become famous himself, came another set of addresses: A glitzy Madison Avenue apartment, a Rye, N.Y., ranch home, and then, after a 1970 move to Cincinnati, homes in Clifton and Hyde Park.

Now Jane calls the Deupree House in Hyde Park home. And as a new memoir lays out in poignant and sometimes painful detail, she finally seems to feel at home in a world where, as her book title discloses, she often felt “Out of Step.”

Sharply pressed and fresh from the hairdresser, Jane answers the door of the Heimlichs’ fourth-floor apartment at Deupree House and settles into one of two large white couches in the living room, where there is no orange in sight — but more on that later. Her voice is soft and low as she talks about the couple’s early 2010 move to Deupree, her book and her life.

At 83, with Parkinson's disease and an arthritic shoulder, Jane was ready to leave her Hyde Park condo, the couple's last address, for the conveniences of Deupree. "We didn't do a lot of talking about whether to move or not," Jane says of the move. "I think it just felt right to be part of the Deupree community."

Deupree House, in turn, felt right welcoming the Heimlichs. "The first time I came here a lot of people popped out of their apartments to tell me how much they like it," she says.

New neighbors seem to like Jane's book as well, with many attending a book signing and asking about her life. "It's like a giant book club," Jane says. "The remark I hear most is 'I couldn't put it down.'"



In some ways, Jane Murray Heimlich had been drafting "Out of Step" her entire life. A skillful writer from an early age, Jane stored away dozens of memories of the Murray family that came flooding back once she began the manuscript. She longed to write something personal after two-plus decades of medical writing. And she yearned to gain some understanding of her hypercritical father and lively-but-needny mother. "It sounds pat, but when I started researching my father, I learned how hard his early life was," she says.

Arthur Murray was born Moses Teichman in Austria-Hungary and raised, from age 2, in the Lower East Side slums of New York City. He escaped through dance, eventually creating an empire with more than 3,500 dance studios and the "Arthur Murray Party" on network television.

In public, Arthur and wife Kathryn were charming hosts of a popular TV show. At home, Arthur regularly berated his wife, Jane and her twin sister, Phyllis, "Out of Step" reports.

His lack of affection and controlling ways played a role in Kathryn's two suicide attempts, and left Jane feeling forced to play an unwelcome role as "Miss Sparkle Plenty" to please him.

"There was little nonsense in our house. There was always something to be achieved," Jane writes. "A subtle tension overhung the New York apartment: Father's abiding criticisms; Mother's needs to have him admire her, Phyllis and I suspended somewhere between."



**"[Writing the book] was the happiest writing time I've ever had."**

— Jane Heimlich

Thanks to her father's financial success, however, young Jane got a top education. With a newly minted degree from Sarah Lawrence College, she landed at *Look* magazine, answering readers' questions. By age 25, she met and married Henry Heimlich. Then came children, mentioned just briefly in her memoir: Phil, after two years of marriage; Peter, 15 months later; and twins Janet and Elisabeth, eight years after that. Writing periodically landed on the back burner.

Her parents' attempts to control her, meanwhile, remained constant. They orchestrated the young couple's wedding ("...which resembled an Arthur Murray convention," according to Jane); bought them the modern Madison Avenue apartment despite Jane's wish for Brownstone; decorated the apartment with nubby orange couches, which Jane considered hideous; and years later, when the Heimlichs had escaped the city for Rye, N.Y., built a weekend getaway of their own next door.

When Henry Heimlich was hired as chief of surgery at Jewish Hospital in 1970, Jane was more than happy to relocate — and leave the orange couches behind.



Life in Cincinnati was good. The Heimlichs found quality schools for their three younger children, while Phil, who would later become a Cincinnati politician, finished boarding school in New England. They explored Cincinnati's arts community and developed a circle of close friends.

For Jane, Cincinnati also brought new writing opportunities. Armed with

experience as a celebrity columnist in the East, she soon began a five-year stint as a decorating writer for the now-closed *Cincinnati Post*.

Then, in 1974, Henry Heimlich's discovery — that a sharp thrust to the abdomen could dislodge food and prevent choking — took the world by storm. "The Heimlich Maneuver turned our lives upside down," Jane writes.

As Henry enjoyed national attention, Jane suspected him of an infidelity that would remake her life. The rift in their marriage, she writes, "induced me to cut loose the shackles that bound me to the past and begin to become my own person."

An ensuing journey of self-discovery led to two books, and a turn as a health writer for the *Cincinnati Enquirer*. "Homeopathic Medicine at Home," published in 1980, and "What Your Doctor Won't Tell You," which followed in 1990, allowed her to both investigate the growing alternative medicine field and share her passion for it. But when her publisher suggested a revision of the 1990 title, Jane decided it was time for her own story. "Out of Step" was in her head, waiting to be told, she says now. "If it's inside you maybe it needs to be thought of."



Despite recalling some painful memories, writing the memoir did not evoke pain.

"It was the happiest writing time I've ever had," she says. "I didn't worry, 'What is my husband going to think, or my twin sister?' If you start worrying about people's reactions that throws you off track."

Still, she admits she could not have written the book while her parents were alive. Their deaths, in their 90s, gave her the freedom to speak her piece — with her husband's blessings. (He'll have a turn next, with "Heimlich's Maneuvers," a soon-to-be-released memoir of his own.)

What's next for the little girl who once felt so out of step? See more movies, watch more birds, perhaps teach writing — and revel, for a bit, in a limelight of her own making. Whatever feels most at home. ■

*Patricia Gallagher Newberry teaches journalism at Miami University in Oxford.*



# Design Focuses on Residents

Charming hearth room at the Deupree Cottages

## *National kudos for breaking nursing home model*

By DEBORAH RUTLEDGE

**D**eupree House and Cottages' recent Best In Show award has earned national recognition for Episcopal Retirement Homes' commitment to offering eminently livable and progressive retirement communities.

The distinction comes from *Long-Term Living Magazine*, the Society for the Advancement of Gerontological Environments (SAGE), The Center for Health Design and The American Society of Interior Designers (ASID). Each year, these co-sponsors honor design teams and projects that create forward-thinking, resident-centered communities. Six projects earned the 2010 DESIGN Citation of Merit and among those, Deupree House and Deupree Cottages were awarded the prestigious Best In Show.

"What an honor to be recognized by SAGE — it's like the Good Housekeep-

ing Seal of Approval," says Laura Lamb, Vice President of Residential Housing and Healthcare for ERH. "What it's saying is that we're the best example of an organization that has designed an environment that serves the needs of elders."

Lamb says she believes Deupree earned the recognition for overcoming site difficulty and for the high level of resident participation throughout all stages of the facilities' development.

It's so easy in a project like this to make choices based on the personal preferences of the project managers, Lamb says. "Instead, we always went back to what they (the residents) wanted."

The result was a series of thoughtfully designed, age-appropriate living spaces, as well as a raised garden and planting beds that are accessible to tend from a wheelchair. To ensure such independent

access, staff members of similar stature to residents tested the ideas using wheelchairs.

The award panel considered "how we designed so that we optimized function," Lamb says. "Restoring purpose, choice and freedom for residents — this environment does just that."

Typical nursing home environments encourage dependence, which can cause residents to lose their purpose and freedom, she says. For that reason, the look and layouts of the two Deupree nursing cottages bear no resemblance to typical nursing homes.

Instead, they look like homes.

Early in the planning process, residents were asked to pore through magazines and pull pages that best represented their ideas of home for dining rooms, living rooms, kitchens, bedrooms,

**"What it's saying is that we're the best example of an organization that has designed an environment that serves the needs of elders."**

– Laura Lamb, Vice President  
of Residential Housing and  
Healthcare for ERH

entryways and gardens. Their choices were used to inform the project's architects, interiors team and art consultants, says David Cooke, principal of Design Collective Incorporated, which provided the interior concepts, furniture and finishes.

Everything, from the inside of the cottages to the outside, supports the vision that residents were designing homes for themselves, Cooke says.

For example, instead of a nurse's station, there is a desk like one you would find in a home. While there are no medical or housekeeping carts in the cottages, there are ample bookcases and shelves to display personal memorabilia in the living rooms and individual rooms.

Corridors in the cottages, with their arched ceilings, mirror the architecture in homes rather than nursing facilities. Libraries in each Cottage hold current books for reading rather than decoration, Cooke adds.

The dining rooms feature bay windows and seating configurations offering plen-



**Entrance of Deupree House II independent living**

ty of room for family and friends to come for a meal.

The exterior of the cottages, like the interiors, have their own definition and look but are connected by patios and back yards.

"If we built two houses identical to each other, it would be so much more institutional," in addition to being atypical in the diverse Hyde Park neighborhood, Cooke says.

One cottage is a colonial style, with a butter and blue color palette inside, and the other is a Craftsman style featuring rose and sage accents.

Early on, challenges with the site gave way to opportunity.

"The team overcame the difficult site and project to make something that was incredible," Lamb says. "The barriers and restrictions pushed the team to be more creative."

Among the issues was an existing easement for the extension of a future street which divided the Deupree community and limited development potential, but negotiations with the city of Cincinnati led to the end of plans for the future street.

The Deupree campus includes the Deupree House and the Deupree Cottages, all located on the same two-acre property. Deupree House consists of Deupree House I and Deupree House II which was the addi-

tion of a five-story 60 unit one-and two-bedroom luxury apartment building with enclosed under-building parking. A second-floor pedestrian walkway links the addition to a wellness center and connects Deupree House II to Deupree House I, home to another 83 luxury apartments.

The two Deupree nursing cottages feature 10 private residential rooms with bathrooms and two private residential suites with separate living and sleeping spaces. The cottages also feature living rooms with fireplaces, dens, spa rooms and libraries. There's even space for overnight guests to ensure family members feel welcome to spend the night.

To be considered for a 2010 DESIGN Citation of Merit, entrants had to submit a binder with detailed written descriptions of their project, plus photos, illustrations and plans. The review panel was made up of 14 jurors including architects, interior designers, providers and regulators.

According to DESIGN, a supplement to *Long-Term Living Magazine*, the jurors were looking for projects which showed exceptional master planning and settings that promoted seniors' highest levels of physical and cognitive functioning and emotional well-being. Deupree House and Deupree Cottages' winning designs allow providers to offer innovative programs and solutions that transcend aging in place and facilitate caregiving functions. ■



**The Craftsman Cottage is just one of the many living options at Deupree.**

# Canterbury Court Celebrates



**Jo Millhouse (center) celebrates her 100th birthday with her son Jerry Millhouse (left) and his wife Nancy (right), her niece Julie Brooks (back right) and her great nephew Steven Brooks (back left).**

*Jo Millhouse's 100th birthday party, just one example of community fun*

By GRETCHEN KEEN  
Photography by Tom Uhlman

**S**urrounded by friends and family, a Canterbury Court resident watches a slideshow of memories, listens to a quartet, eats favorite foods and sports a blooming corsage.

It's not just any day — it's Jo Millhouse's 100<sup>th</sup> birthday celebration. At Canterbury Court, that's not something that goes unnoticed. Instead, it's reason for festivities to recognize a very special resident.

"We think it develops the community and brings the residents together for fellowship and fun," says Community Manager Tammy Herlihy. "Our residents have a lot of life experience, and we want to appreciate and celebrate that."

Whether it's through birthday parties like this, the accommodating facilities or community activities, Canterbury Court sticks to its motto that it is more than just an apartment building; it's a community.

One important part of that lifestyle is that, despite the extensive services and facilities, this housing is affordable. As Episcopal Retirement Homes continues its mission to provide seniors with rea-

sonably priced housing, Canterbury Court is an example of how seniors can enjoy the finer aspects of life without spending a fortune.

## LOTS OF OPTIONS

At a time when many are leaving the market, ERH has only renewed its commitment to help seniors find affordable housing.

"ERH is trying to grow the affordable housing market," says ERH Executive Director of Affordable Housing Denise Bowell. "A lot of for-profit owners are opting out of HUD (Housing and Urban Development) housing, turning communities into regular housing instead. Part of ERH's mission is to preserve these communities."

Since 1981, rent at Canterbury Court has been based on what the resident can pay. Before moving in, their gross incomes and medical expenses are factored



**Jo's daughter-in-law, Nancy, reads one of the many cards Jo received on her birthday.**

in, and they pay only what they can afford to live there, including utilities. The HUD-sponsored community of 150 one- and two-bedroom apartments is located in the residential community of West Carrollton, seven miles south of Dayton.

Living facilities rival more expensive communities. Each apartment is equipped with a modern electric kitchen, tiled bath, carpeting, draperies and a 24-hour emergency call system. Some are accessible units designed for physically disabled adults at least 18 years old. Apartments include a wheelchair-accessible shower and hold-bar

commode. To ease mobility, recessed kitchen base cabinets and lowered appliance dials are placed in these units.

Community is a very important concept at Canterbury Court, and the facilities are laid out to encourage this idea. Comfortable, attractive lounges are located on every floor. The main lounge on the first floor also has a wood-burning fireplace. On any given day, lounges could be quiet refuges for readers or gathering places for groups of friends.

The public areas, laundry rooms and carpeted hallways are cheerfully decorated. The community is bursting with landscaped gardens, and the ambiance is cozy. Since residents are also invited to offer ideas and provide feedback at Canterbury Court, it continues to feel more and more like their home.

As an example of their input, the residents now enjoy an on-site beauty parlor.

"We remodeled a few years ago, and that's one thing they really wanted, that they felt would make this an even better place to live," Howell says.

There are other amenities as well. Residents can choose to visit the greenhouse or outdoor butterfly garden, which was created by Mildred Toomey, a dedicated volunteer at Canterbury Court. She still works to maintain the outdoor butterfly garden, which was recognized with a Certificate of Excellence by The Ohio



**Residents can help out in Canterbury Court's greenhouse and award-winning outdoor butterfly garden.**

Lepidopterists, a nonprofit organization that promotes interest in butterflies, skippers and moths of Ohio and neighboring states. Other hot spots are the game parlor, fitness center, computer lab, lending library, main lounge and Canterbury Room, which is a place to enjoy musical entertainment and festive meals.

### **A PLACE TO FLOURISH**

For Resident Appreciation Day in May, residents competed in challenges and dined on food like chicken and rice and "dirt and worms" pudding. The celebration is topped with an auction and balloon release.

"It's an all-day way to say that we appreciate them," Herlihy says.

Seniors don't go to Canterbury Court to slow down — the activities are designed to enable them to do more than they did while living on their own.

In addition to input on the facilities, residents are consulted on activities as well. That meant a turn to the technical side for these residents, who recently took on competitive video gaming.

"The residents formed a Wii bowling league, where they play once a week," Howell says. "They even talk about competing against other retirement communities."

Other tournaments give residents a healthy dose of competition, including

pool, shuffleboard, bingo and card game showdowns.

Bus services are provided for trips to the grocery store, dinner out with friends and shopping. The Dayton Mall is 10 minutes away, and downtown Dayton is a 15-minute drive.

Another cornerstone of life at ERH's affordable communities is spirituality. Chaplains at Canterbury Court strive

to enrich the spiritual lives of residents, with a focus on the tradition and faith journey of each individual. Residents from all denominations are served, including those with no affiliation at all.

"Chaplains do more than make guest appearances in our lives. They are part of the glue that holds our community together," says Chief Financial Officer Paul Scheper.

Regular worship opportunities are available, with the Rev. Jack Koepke and the people of Saint Paul's Church-Oakwood, as are seasonal celebrations and opportunities for faith formation. The ministry of the chaplain is not only for the benefit of residents, but also staff, volunteers, resident families and the wider community.

Residents are also encouraged to give back to the surrounding community. In 2002 and 2006, Canterbury Court received the Mayor's Award for Community Volunteer Service by West Carrollton. Former Mayor Maxine Gilman for their efforts with the West Carrollton Operation Share Christmas. With the United Methodist Church in West Carrollton, residents and staff purchased and presented Christmas gifts for 35 needy families in the community. They also recently made a group donation to the Holiday Festival Fund, which helped pay for carriage rides and a petting zoo at the Carrollton Holiday Festival.

Given the volunteer opportunities, virtual bowling, hair salon and birthday parties, no one would guess that this housing is actually affordable.

For ERH, that's precisely the goal. ■



**Canterbury Court offers many amenities despite its affordable pricing.**

# Defeating Diabetes

*Knowledge is powerful treatment for seniors with diabetes*

**D**iabetes is the seventh leading cause of death in the United States. If diabetes goes undetected or uncontrolled, it can cause damage to vital organs over time. This can ultimately lead to blindness, stroke, kidney disease, kidney failure and nerve and blood vessel damage.

There are two kinds of diabetes: Type 1 and Type 2. Type 1 is caused by the body's inability to produce insulin, a hormone that is needed to convert sugar, starches and other foods into energy for daily life. It is usually diagnosed in children and young adults.

In Type 2 diabetes, the body makes some insulin, but the body does not respond properly to it. As a result, some cells are unable to receive and use sugar for energy. According to the American Diabetes Association, more than 12 million people over the age of 60 have been diagnosed with Type 2 diabetes.

In order to avoid or treat diabetes, it is important to know the risk factors, take appropriate action, and to make sure a support system is in place for a loved one fighting the disease. For older diabetes patients, this assistance could be the difference between a high quality of life and serious complications.

## KNOW THE RISKS

Risk factors for diabetes include obesity and race (more common in African Americans, Native Americans, Latinos, Asian Americans, Native Hawaiians and other Pacific Islanders). It also helps to be on



**Ellen Schneider, Central Ohio Coordinator for Episcopal Retirement Homes' Parish Health Ministry tests a parishioner who participated in a diabetes screening at St. Peter's Episcopal Church.**

the lookout for common noticeable symptoms such as increased thirst, increased fluid intake and more frequent urination. Anyone who notices these signs in themselves or in a loved one should contact their physician.

While some of the complications from

uncontrolled diabetes are very serious, including blindness, stroke, kidney disease, kidney failure, nerve and blood vessel damage, other issues can include mood swings, stress, eye, foot and skin irregularities.

Everyone should consider the diabetes risk factors, which can increase tremendously with age. According to an April, 2010, article in *Clinical Geriatrics*, the consumption of multiple medications can adversely impact glucose metabolism. Since older Americans can experience co-existing illnesses, which may require taking several different types of medications, this is a considerable risk.

## LIVING WITH DIABETES

The good news is there are several ways to control diabetes. Proper diet, exercise, medication and careful monitoring of blood sugar levels can help reduce the

**"Everyone who has diabetes faces challenges with it... The important thing is not to go at it alone."**

*– Victoria Pagan,  
ERH Wellness Manager*

## Everyone should consider the diabetes risk factors, which can increase tremendously with age.

complications of diabetes. Once someone is diagnosed, implementing a healthy diet is a great place to start. While processed foods taste good, they should be avoided and only consumed as a treat.

A recent study published in the journal *Circulation* found that consuming processed meats (bacon, sausage, hot dogs and deli meats) leads to a 19 percent increase in Type 2 diabetes risk as well as a 42 percent spike in heart disease risk. The study recommends eating one serving or less of these foods per week. Unprocessed meats like beef, chicken, pork and lamb are fine to eat in moderation, as are healthy portions of fruits, vegetables, whole grains and dairy products.

Dieticians can help those living in nursing or assisted living facilities achieve healthy diets. Seniors at home may benefit from input from family members or caregivers about healthy choices.

"Help them plan a weekly menu, shop and cook," says Victoria Pagan, Wellness Manager at Episcopal Retirement Homes. "Let them be involved in the planning, and help find ways to make their favorite foods healthier."

Don't forget to get moving. Exercise is one of the best ways to help control diabetes. Even seniors with limited mobility can do gentle stretching, tai chi and walking in a warm pool.

There are barriers to diabetic care for seniors, but with a good support system, they can be overcome. Family, friends, continuing care communities and caretakers can help influence healthy choices and provide support.

"Everyone who has diabetes faces challenges with it, but they don't let the diabetes defeat them," Pagan says. "The important thing is not to go at it alone."

### FIGHTING AN EPIDEMIC

Diabetes affects all age groups and is on the rise. ERH's Parish Health Ministry, which assists congregations in devel-

oping and enhancing their health ministries, is focusing on diabetes awareness for 2010. "We've been discussing a program on diabetes for a couple of years now," says Parish Health Ministry's Central Ohio Coordinator Ellen Schneider. "It has nearly reached an epidemic proportion in the United States. Everyone knows someone with the disease. Our own team has family members with diabetes."

Pre-diabetes, which often slips under the radar, is also a concern. This occurs when sugar levels are above normal, but not high enough to be classified as Type 2 diabetes. Pre-diabetes affects about one in six Americans and has been shown to cause damage with even slightly elevated numbers.

Parish Health Ministry will be kicking

off its diabetes program with educational events for church representatives and the public in July and August. Parish Health Ministry staff and volunteers will offer diabetes screenings at partnering churches throughout 2010 and 2011, Schneider says. "Our goal is to educate and screen as many people as we can to help build awareness and decrease the risk of complications from this disease." ■

For more information on diabetes and the PHM screenings, please visit [www.ParishHealthMinistry.com](http://www.ParishHealthMinistry.com)



Friends and family members can act as a support system for those with diabetes – helping to shop, plan meals, visit the doctor and take medications.

# What's Going On

*With two continuing care communities, three affordable housing communities, and three in-home services, ERH has a lot going on. Check out these snapshots and you will see that ERH has been working hard and having fun!*



**Marjorie P. Lee (MPL) residents Dorsey and Edna Asbury attended a beach party at MPL for the Good Samaritan Mission. They were dressed in marvelous beach attire, which they purchased in Hawaii twenty years ago on their twenty-fifth wedding anniversary.**



**ERH staff members participate in Splash Dance!, a water aerobics class that meets in the new MPL pool.**



**Judi Dean, Director of Nursing at MPL, deals to her father, Julius Dean, MPL resident, and Mike Moore, MPL Housekeeping.**



**At Canterbury Court in West Carrollton, Ohio, volunteers help provide residents with freshly planted gardens.**



**April Snelling, (MPL Dining), laughs with her coworkers as they participate in Casino Day.**



A live theatrical performance of *The Lion, the Witch and the Wardrobe* was presented at Deupree House by two actors from Friends of the Groom Theater Company.



Marjorie P. Lee hosts an Easter Egg Hunt for children in the community.



Kathy Oney and Sierra Sherman helped ensure that the live theatrical performance went on without a hitch.



Live entertainment after the Easter Egg Hunt.



# ONE

SINGULAR SENSATION

~SAVE THE DATE~

**September 24, 2010**  
**Hyde Park Country Club**  
**6:00 - 10:00 p.m.**

**Cocktails . Hors d'Oeuvres . Dinner**  
**Live performances of Broadway tunes**  
**Silent Auction . Raffle**

Presented by Episcopal Retirement Homes

Honorary Chairs: Bob & Sylvia Edwards



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## A Donor Story

*"We never looked anywhere else."*

Cece and Tom Mooney joined the Deupree House Legacy Society by including a bequest in their living trust. "We never looked anywhere else," Cece says, sharing her feelings on living at Deupree. "My mother, Alice Scott, lived here and when the time came, we knew we'd love it here too. We are giving back in memory of her."

A percentage bequest was the perfect type of legacy gift for the Mooneys. The gift provides the flexibility Cece and Tom need in case circumstances change, and it is also a way to remember the many charities they love, including Deupree House and their church. Cece and Tom were honored at the Voices of Giving Awards on June 16 for their generosity.

If you would like more information about legacy gifts, please contact Lori Asmus at (513) 271-9610 or visit [www.EpiscopalRetirement.com](http://www.EpiscopalRetirement.com).



**Cece Mooney, ERH President Doug Spitler, Tom Mooney and ERH Vice President Jim Hanisian**