

# Visions

SUMMER 2008 | VOLUME XXXV | NUMBER 2

## IN THIS Issue

- Housing Communities  
...Page 4
- Altenheim Community  
...Page 5
- Chapel Hill Community  
...Page 8
- Fairhaven Community  
...Page 9
- Four Winds Community  
...Page 10
- The Community at Parkvue  
...Page 12
- Patriot Ridge Community  
...Page 14
- Riverview Community  
...Page 16
- Trinity Community  
...Page 18

## MESSAGE FROM THE PRESIDENT



United Church Homes is blessed to have a dedicated and hard working Board of Directors. Their areas of focus are residents, families, staff and the continuation of our proud 92-year mission. While we have term limits for Board service, we have a Board practice that the Board Chair serves no more than three consecutive years. The Rev. Virginia A. Duffy has just completed three distinguished years of service as Chair. Her vision and insight into United Church Homes have regularly appeared in Visions. Her passion for those we serve and for the staff that provides care is ever present in her leadership.

As a volunteer, Virginia has given many, many hours in service to improve United Church Homes. She has also traveled to meetings of the American Association of Homes and Services for the Aging (AAHSA) and the Council for Health and Human Service Agencies (CHHSM) related to the United Church of Christ. At these meetings Virginia was always in conversation with Board members from other organizations to learn best practices that could be implemented at United Church Homes whether these practices were related to Board Governance or adapting to the ever changing world of technology. (We haven't met her expectations for the technology WOW

...continued on page 2



RESERVE  
YOUR COPY!

The 2007 Annual Report is  
**NOW AVAILABLE!**

SEE PAGE 19.



UNITED CHURCH HOMES  
*A not-for-profit retirement services corporation*

Message from the President continued...

factor yet but we are working on it.) She prepares meticulously for Board meetings and leads the Board through the agenda and action items while allowing time for appropriate discussion. We are grateful Virginia has three more years of service to the Board. Her knowledge and input will continue to benefit United Church Homes.

The Rev. John H. Krueger has assumed the mantle of leadership as United Church Homes Board Chair. John joined the Board in November 2005, filling an unexpired vacancy. Since then he has served in the Resident Services and Finance Committee. He chaired the Finance Committee and also served as Vice chair of the Board of Directors prior to being elected as chair. John has experience as a local Church Pastor and Conference Minister. He has served on the United Church of Christ Executive Board, the Boards of General Ministries, Wider Church Ministries and the United Church of Christ Insurance Board. Also his experience includes counseling and mediation boards and the Girl Scout Council of Ft. Wayne, IN. We are looking forward to John's leadership in continuing our mission.

*-Brian S. Allen, President/CEO,  
United Church Homes*



*Visions*  
summer 2008

# THE BEAUTY OF THE BLOOM

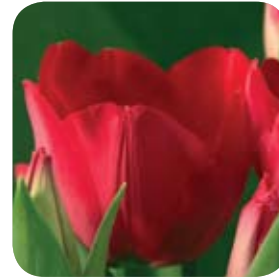
*...brought about by change*

As we enter this season of new beginnings, we often reflect upon the many changes in our own lives mirrored by the metamorphic phases graciously displayed by the beauty of nature. Through our personal faith we make carefully, contemplated steps toward growth and maturity. The first budding of a rose is absolutely stunning but pales in comparison to the magnificence of the fully bloomed petals of its mature counterpart, gently unfolding to greet the blessings of both sunshine and rain.

As we encounter these phases we have the ability to discern what value they may hold for us encouraging emotional, spiritual, or physical growth. Entering school, approaching adolescence, starting a family, or pursuing a career all require life altering changes that bring us unexpected pleasures of life. Making the decision to become a part of a senior living community offers changes that introduce a plethora of possibilities!

Entering this “full bloom of life”, we can be confident in the reassurance that United Church Homes’ facilities have been providing a growth experience that has continued blooming for over 90 years. We are now the “bouquet” given so the entire world may enjoy the essence of our love.

From a meaningful hug to a rehabilitation program that inspires and lifts a person’s spirits so high they may choose to walk, rather than be wheeled. They may choose to cook, make milk shakes, sew, craft, sing, dance, or plant



beautiful basket gardens of their own. We are beside our residents supporting them through this progression, as they experience a well deserved wholeness in their valuable lives.

Demonstrating our faith in the care given by the keeper, we have chosen to be a part of these wonderful “rosebud” communities as a resident, staff, donor, or volunteer. We watch in amazement as all continue to give back to the residents and their families through every avenue, from a congenial cup of tea to a magnificent gala event. A perfect paradigm revealed in glorious full bloom in this garden we call life.

In our later years we come to know that the rose bud itself is the mere beginning of a great and gorgeous end product. We have watched as the facilities of United Church Homes, its residents, and staff have blossomed and bloomed into an organization of astounding beauty offering more life to their years. A near century of sharing the love of comforting and caring has taken place and is revealing to us the beauty of the mature rose.

What seeds shall you sow? Will you nurture your gifts to the world according to its needs? These decisions are yours to

joyfully make...wise and loving choices that may allow you to transcend even the rose’s beautiful gift of generosity, unspoken love, and enduring memories. The potential presented through the gifts from your dedication and financial generosity is endless. The reward is immeasurable. Choosing to share your commitments with United Church Homes is your opportunity to nurture growth by change.

*-Carol Edwards, Records & Research Assistant/ Gift Planning Services*



# HOUSING GENERAL FUNDS

Each year, undesignated gifts received for the Housing General Fund are distributed to our Housing Communities through an application process for specific projects. This is a difficult process for the selection committee because all of the projects have merit. 2008 is looking to be no exception as the housing managers are hard at work filling out their applications before the May deadline.

Last year more than \$5,800 was received from 2006 contributions; these funds were distributed at the Annual Housing Managers' Conference held in Sandusky Ohio on July 18, 2007. Seventeen housing communities submitted applications totaling more than \$7,726. A selection committee consisting of representatives from the Corporate Office, two Housing Managers and a Board member scored each application. Fourteen of the seventeen applications were successfully awarded. The following is a list of those selected and their project. A big thank you goes to all who contribute to this important fund for our Housing Communities. The goal is to someday be able to award each and every application submitted.

Mill Run: \$104.46, 2 new benches  
Firelands: \$400.00, a new canopy  
Biimaadiiziwiin: \$530.00, exercise equipment  
Friedenheim: \$325.00, 32" screen television  
The Villas: \$475.00, Memory Garden  
Capitol Station: \$171.00, freestanding magazine rack  
Wesley Park: \$530.00, a new generator  
Mapleleaf Commons: \$530.00, patio furniture  
Fox Hollow: \$530.00, patio furniture  
South Haven Woods: \$500.00, a new grill  
Winding Hollow: \$500.00, 2 new benches  
Laurel's Edge: \$530.00, exterior door awning  
Chautauqua Colony: \$200.00, water supply line to garden  
Shaker Place Apartments.: \$500.00, 2 umbrella table sets

-Carol Gordon, Gift Planning Services

## NEWS FROM UNITED CHURCH HOMES HOUSING

### "DON'T GIVE UP HOPE"

Just a few short months ago, we were facing the reality of closing one of our beloved housing communities, Firelands Retirement Center in Lorain, Ohio. Firelands is a seven-story 77-Unit facility which opened in 1965. Every attempt to find a way to pay for reconfiguring the 63 small studio apartments into one bedroom apartments—which we believed was our only option—lead to a dead end. To make matters worse, the US Department of Housing and Urban Development (HUD) rewarded our efforts with a rent reduction. With broken hearts and broken spirits, Cheryl Wickersham, Vice President of Housing Services and I met with the residents to explain our dilemma.

At first the residents were broken hearted but as the meeting progressed, they said they did not want to lose their home. They asked what they could do to help. Later that day, we met with the staff and they shared the same feelings as the residents and offered to help in any way they could. We decided at that moment to come up with a plan to save Firelands.

First, we had to convince ourselves that studios are marketable. After that, it wasn't long and we had a plan in place. We would open up the studios by removing any walls that served no purpose, giving the area a nice open feeling. We could also add a divider to some of the larger studios to separate the sleeping area. We would replace the old kitchens with beautiful new kitchens and use some creative color in the bathrooms to match the 1960 green, pink, blue and yellow bathroom tile, along with new cabinets, sinks and flooring. To keep costs down, it was decided that the staff would be able to do most of the work themselves.

A color board of paint, floor tile and carpet was created to give each studio an individual look and also offer the applicant a choice of color for their new unit. We also decided to provide an air conditioner and a microwave oven to each unit.

The difference in the renovated studio apartments is amazing and we have definitely peaked some interest. In addition,

we have been able to create 12 one-bedroom apartments without reducing our occupancy by utilizing the common space that divided two of the smallest studio apartments on six of the seven floors. This gives us 6 two-bedroom apartments, 20 one-bedroom apartments and 51 Studio apartments.

We have also used some creative marketing techniques by opening our community to the outside public and offering tours of the building and renovated apartments. We continue to visit all the senior centers and nursing facilities and also planned a craft fair last March.

Firelands was the first affordable housing project for United Church Homes. Although some of this has been a major undertaking, we feel it has been well worth the effort. The remodeled units have virtually saved a building that no one wanted to lose.

-Berti Witter,  
Regional Manager of Housing Services

# THE ALTENHEIM COMMUNITY

## THE ALTENHEIM CANOPY

Construction of the canopy is underway at The Altenheim Community. The anticipated completion will be mid to late summer of this year. The success of this campaign is attributed to the generosity of our donors, residents and their families, dedicated staff, and UCC area churches. We were truly blessed to have had the support of so many for this campaign. Thank you all for your support.



## UCC MEN'S LENTEN BREAKFAST

The eighth annual UCC Men's Lenten Breakfast was held in the solarium of The Altenheim Community on Saturday, February 9th. Ministers, retired ministers, fathers and sons representing many local UCC churches were in attendance at this event.

## DINNER FOR TWO ON VALENTINE'S DAY

Six couples celebrated Valentine's Day with a special dinner sponsored by the staff of The Altenheim Community.



Ned & Irene Pickering  
*Married for 62 years*



Erling & Betty Peterson  
*Married for 63 years*



Kathy Woods & Herman Nordholt  
*Friends for 8 years*



Ed & Mary Burkhart  
*Married for 59 years*



Bob & Margaret Crodian  
*Married for 62 years*



John & Francis Wells  
*Married for 60 years*

*OUR VISION is to provide, primarily to older adults, housing, health care, and other services which are responsive to the needs of the whole person and based on Christian values.*

- IRENE ADAM - APRIL 16, 1914
- SUE ANDREWS - MARCH 6, 1914
- LUELLA BADE - JUNE 7, 1911
- DORSIE BELNER - SEPTEMBER 24, 1917
- HILDA BENSON - MARCH 22, 1909
- EVELYN BLUME - FEBRUARY 12, 1915
- ROSALIA BRANDON - SEPTEMBER 4, 1917
- HELEN BRANSFORD - AUGUST 15, 1915
- ELIZABETH BREHOB - JANUARY 6, 1914
- ROBERTA BRIDGFORD - APRIL 25, 1913
- LEOTA BUNDY - OCTOBER 28, 1918
- VERA BURGE - DECEMBER 19, 1913
- HELEN CARSON - MAY 21, 1914
- LUCILLE CLARK - SEPTEMBER 22, 1915
- MARIE CLEM - JULY 25, 1915
- THELMA CUDAHY - MAY 7, 1914
- JOSEPH DEGUGLIELMO - OCTOBER 28, 1912
- JERRELL DICKERSON - FEBRUARY 7, 1911
- VERA ENMEIER - FEBRUARY 9, 1910
- BERNARD GREENE - JUNE 6, 1917
- LENA HAYS - OCTOBER 7, 1917
- FRANCES HILL - JANUARY 28, 1917
- O. L. HIRE - JULY 29, 1915
- CLARENCE HOHMAN - MAY 8, 1911
- JULIA HUGHES - FEBRUARY 5, 1913
- BLANCE HUNT - MAY 4, 1910
- FRANK IRISH - OCTOBER 4, 1916
- HAZEL JOHNSON - NOVEMBER 19, 1917
- CHARLES JOSEPH - SEPTEMBER 3, 1915
- MARGARETTA KAUFMAN - FEBRUARY 12, 1913
- MYRON KIZER - DECEMBER 6, 1917
- DOLORES KNIGHT - MAY 21, 1910
- ANNA MARIE KOTTLAWSKI - JUNE 14, 1917
- DOROTHA KRIESE - FEBRUARY 1, 1910
- REVA KROHNE - AUGUST 4, 1916
- ANNA LAUCK - MAY 11, 1916
- MARY MARTIN - FEBRUARY 14, 1911
- LEONORA MAYER - APRIL 4, 1912
- CHRISTINE MCKENZIE - MARCH 21, 1917
- WALTER MIEDREICH- AUGUST 11, 1911
- EMMET MILLER - SEPTEMBER 7, 1908
- MYRTLE MILLER - NOVEMBER 15, 1917
- DOROTHEA MILLS - DECEMBER 8, 1912
- LUCILLE MITCHELL - AUGUST 28, 1918
- NORA NEEDLER - DECEMBER 10, 1909
- HELEN NELSON - MAY 31, 1912
- LELA NELSON - JUNE 5, 1918
- MARY ANN NIERMAN - MAY 13, 1916
- BEATRICE NOFFKE - OCTOBER 15, 1911
- PAULINE PARMER - JANUARY 19, 1916
- ENID PEARSON - NOVEMBER 15, 1913
- AGNES RATHZ - JULY 15, 1918
- ARTHUR RATZ - FEBRUARY 1, 1915
- JOSEPH RICHARDSON - JULY 31, 1914
- ELFRIEDA RIECK - JANUARY 20, 1916
- DOROTHY ROBERTS - MARCH 24, 1918
- FELIX ROMANOWSKY - FEBRUARY 9, 1915
- WILLA ROTH - MARCH 12, 1917
- HELEN SCHULZ - JULY 28, 1915
- MARTHA SHEEK - JANUARY 31, 1915
- MARY SLATER - JULY 16, 1916
- MARTHA SMITH - NOVEMBER 10, 1915
- ROY SNYDER - JUNE 29, 1916
- CHARLINE THORNBURG - OCTOBER 8, 1914
- GRETTY UBERTA - NOVEMBER 12, 1911
- EVELYN WHITMAN - JULY 28, 1916

THE ANNUAL EASTER PAGEANT AT THE ALTENHEIM

The Fourth Annual Easter Pageant was held on March 19 in the Solarium of The Altenheim Community.



A NIGHT TO REMEMBER – 90+ BIRTHDAY GALA

Decked out in corsages, top hats and tiaras, the men and women of The Altenheim Community, over 90 years of age, had their finest hour. The birthday festivities started with jazzy tunes by “Stone Soup Jazz” and then a snapshot PowerPoint presentation of photos that connected these wonderful residents from their pasts to their present. Adding to this special moment, family and friends gathered together in love and support in this tribute.

*-Jeannie Herrin, Regional Director of Gift Planning & Sharon Oelgoetz, Community Outreach Coordinator*

JOURNEY

Your journey has been dotted with sunny days and rainstorms, Mountains and valleys.

Sometimes you ran downhill, laughing like a child and there were butterflies everywhere.

Sometimes your legs were tired of climbing uphill and you were out of breath. But when you made it to the top the view was worth it.

But mostly you have been walking straight, Keeping time with the seasons. your footprints stretching back To the beginning, like a million memories. To your first breath, When you had no idea how far you would come.

*-Michelle Herrin, daughter of Jeannie Herrin*

*The oldest resident, Emmett Miller, will be 100 years in September.*



*Emmet Miller. 1928*

*Emmet Miller. 2008*

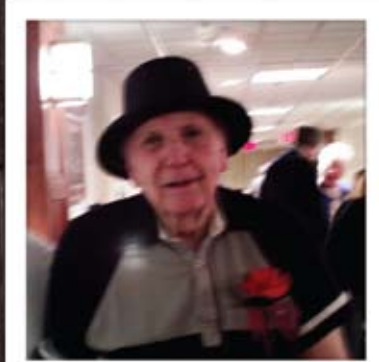
# Snapshots



*Agnes Ratz, 1946*



*Frank Irish, 1926*



*Frank Irish, 2008*



*Agnes Ratz, 2008*



*Felix Romancusky, 1940*



*Felix Romancusky, 2008*



*Helen Carson, 1937*



*Helen Carson, 2008*



*Dolores Knight, 2008*



*Dolores Knight, 1937*

OUR VISION is that United Church Homes will provide an environment of respect for our residents in which their lives are enriched, their independence and decision making is honored, and their changing needs are met.

# CHAPEL HILL COMMUNITY

## PERSON-CENTERED CARE AT CHAPEL HILL COMMUNITY

What is Person-Centered Care? At Chapel Hill Community, developing and providing programs that enhance the resident's quality of life definitely fall into the "person-centered care" category. Providing quality of life has always been the focus of care in our communities. Looking at "how" we provide services to residents is where the focus lies.

Think about the last time you went on a vacation, took a cruise, scheduled a flight, or perhaps planned a getaway from home for an extended period of time. How were you treated by those that were providing services to you? What were some of the things you expected in order to have an enjoyable experience? Maybe sleeping in was a priority. Do you like having your hot cup of coffee or tea with the paper before getting out of bed and dressed? Or do you rise early with a hearty breakfast to get a jump on the events of the day? Residents desire familiarity, a routine of daily living that reflects how they want to live. At Chapel Hill, our goal is to discover the best routine for each resident, based on past life experiences and new pursuits the resident wishes to take part in. As you can imagine, this takes a creative approach.

Recently, residents and care partners enjoyed a hand pampering session sponsored by Guest Relations Specialist and Career Ladder Participant, Kathy Langford. Heidi Burkey, CTRS and Coordinator of our Memory Support



Unit provided Aromatherapy and Hand Massage. This is just a sampling of programs that aim to provide "person-centered care" for our residents.

Be on the look-out for these person-centered care adaptations taking place at Chapel Hill: Massage, Reiki, Yoga, Sensory/Relaxation Room, Aromatherapy, Buffet Dining and spontaneous activity. We desire to offer just the right mix of what you've been looking for.

*-Amy Ringley, Activities Director*

*Top: Wanda Newman, Central Supply Coordinator, and Kathy Langford, Guest Relations specialist, during a "Hand Pampering" session at Chapel Hill Community.*

*Below: Kathleen Pringle, resident, enjoys a soothing hand paraffin wax session from Kathy Langford.*

## LET ME INTRODUCE YOU TO CODY

Cody is an eleven year old male "Whippet" he is a rescued canine and has been a loyal pet visitor for three years. When Cody is around, residents who usually exhibit passive behaviors become more animated. They make attempts to talk and reach out to Cody. That is the great thing about pets; they provide unconditional, nonjudgmental love and affection. Studies have shown that when dogs and cats come to visit a care facility, there is more laughter and interaction among residents than during any other "therapy" or entertainment time. In an inpatient setting, the presence of animals encourages socialization. Cody has a certificate through AKC for "Canine Good Citizen."

We thank Cody and his owner, Beth Canfield for their dedicated service to the residents and care partners of Chapel Hill Community.

*-Kathy Langford, Guest Relations*



## MUSIC LOVE & LAUGHTER: VALENTINE'S DAY 2008



Love was definitely in the air for Mike and Kathleen Pringle as they were voted this year's Valentines Day King and Queen of Chapel Hill. The residents and staff celebrated with Mike and Kathleen, who have been married for 65 years. Later the evening was kicked off with cocktails and shrimp appetizer. Our Dietary department provided a beautiful chocolate fountain with fresh strawberries and pineapple, pretzels and marshmallows; this is always a favorite treat among our residents. Special music was provided by our own maintenance man "DJ Sam Casto." The dancing was in full swing when the residents took part in the chicken dance. Pat Steen a Chapel Hill

resident quoted "this was the best time I ever had." Brenda Zahn of Social Services added some character and laughter to the party. The picture tells all! By the end of the evening Love, Music and Laughter was shared by all.

*-Kathy Langford, Guest Relations*



## FAIRHAVEN COMMUNITY

### MANY FACES, MANY FAITHS

Fairhaven Community is known for the ministry it provides and for the local involvement of the United Church of Christ and our Sandusky Valley Region of the Northwest Ohio Association—all under the leadership of our Association Minister, Rev. Daniel L. Busch.

Fairhaven draws many faces in the course of a month and throughout the year. The local Catholic Church brings communion to our Catholic residents monthly, as do the Lutheran pastors. There are many faiths within our small community. Our Methodist, Presbyterian, Nazarene, Baptist and non-denominational faiths all participate with

their many visits to residents, serving communion in their rooms, being a friend and ministering to their needs.

Upper Sandusky's Ministerial Association and United Church of Christ's – Sandusky Valley Region of the Northwest Ohio Association each meet once a month in the Private Dining Room at Fairhaven Community. Throughout this last year the United Church of Christ family carried a theme throughout the congregations: "Let It Shine." We believe that Fairhaven is a big part of that light as we serve our residents every day, hand in hand with the United Church of Christ.

Ministry is a cornerstone of Fairhaven Community and



*OUR VISION is that United Church Homes will provide a work environment of mutual respect, caring, and empowerment in which all employees are encouraged to grow and expand their abilities to achieve their full potential.*

FAIRHAVEN COMMUNITY WELCOMES  
A NEW CHAPLAIN

On February 3, 2008 The Rev. Mary Curtis was installed as chaplain at Fairhaven Community. The Rev. Daniel L. Busch Northwest Ohio Association Minister and church ministry member, Sharon Flickinger led the installation. The President/CEO of United Church Homes Brian S. Allen was asked to read selected scriptures. A gathering of friends, ministers and family attended this event to support Mary and celebrate this accomplishment for Fairhaven Community and her ministry.



Rev. Mary Curtis is a wonderful addition to the Fairhaven family; her predecessor was Rev. Cathy Wirth. Mary served at Salem United Church of Christ in Kenton Ohio for 8 years. She graduated with a nursing degree and worked in long term nursing care before coming to Fairhaven Community.

Rev. Curtis holds a degree from the Methodist Theological Seminary in Delaware Ohio; her calling has been fulfilled at Fairhaven Community and she feels that God sent her here. Our residents and staff are very pleased with

the blessings she brings to them. The Gift Planning department is also happy to announce; that Mary has become a member of the Fairhaven Society of Stephen Cabinet; volunteering her time and abilities for fundraising projects and our capital campaigns.

Mary has said that Fairhaven is “a culmination of lifetime experiences” and the residents make her family so much larger. A scripture that is close to her heart is; Proverbs 3:5-6 Trust in the Lord with all your heart. Lean not on your own understanding acknowledge him in all of your ways and he will make your paths straight.

The Fairhaven family is so thankful to have the ministry of Rev. Mary Curtis. The talents, gifts and service that she provides are a true gift from God. We welcome Mary and are excited about the future of her ministry with Fairhaven Community and United Church Homes.

*-Becky Blocksom, Community Outreach Coordinator, Fairhaven Community*

*(Pictured left to right are: Sharon Flickinger, Rev. Mary Curtis and Rev. Daniel L. Busch)*

## FOUR WINDS COMMUNITY

### FOUR WINDS COMMUNITY: DEALING WITH CHANGES AND TRANSITIONS IN LIFE

*As our parents grow older, the roles sometimes reverse and we end up caring for our parents just as they once cared for us. The two letters that follow, received by Four Winds, describe this transition from caregiver to care-receiver.*



Our mother, Ernestine Abrams, fell at her home four years ago and broke her left hip. She had surgery at Adena Medical Center in Chillicothe, Ohio. After being discharged from the hospital she went to Four Winds for rehab. She was there for five months. After leaving Four Winds we took her home. She was never able to be alone. My brother, Bob, my daughter, Beth, and I took care of her. Bob and I stayed at night and Beth stayed with her

during the day while we worked. A year ago this past February Mom's health declined so much that we had to make a very hard decision to move her back to Four Winds. She needed more nursing care than what we could or were able to provide.

I know Mom wishes she could be at home, but she has excellent care at Four Winds. She is so fond and close to everyone that takes care of her on a daily basis. These are very special people. They treat my mother like she is their

mother. I'll never be able to thank them enough.

I don't worry about leaving here every evening after my visit because I know she is in excellent hands. Four Winds has been a very positive experience for us.

Thank you again,

*Rebecca Aleshine  
Robert Abrams  
Beth Richards, granddaughter*



My mother, Velma Watts is a resident at Four Winds. My story begins approximately seven years ago when I first started to see a change in my mother's personality which progressively got worse. Her mind continued to fail for the next few years and it came to a point where she had to move in with us. We cared for her for three years as best we could until I saw I could no longer give her the care she needed as she was diagnosed with Alzheimer's. Our home life for three years consisted as one of us having to stay home with her all the time. I reluctantly had to decide to place my mother in a nursing home. I presently live in Florida but used to reside in Jackson. I knew back then that Four Winds was a good nursing home, as we have a friend who is employed by Four Winds. So I contacted her on how I might have my mom placed there. Mother was admitted to Four Winds in August 2005. Even though it was not as close to home as I wanted, she has been well taken care of and has all the necessities there as if she was at home. I feel well satisfied, knowing she is in such a place to meet all her needs. I try to visit her at least every three months and the staff keeps me well informed of her medical condition at all times.

*Keith Ferris  
Titusville, Florida*



#### FOUR WINDS COMMUNITY'S THERAPY PATIENTS GET EXCITED WITH NINTENDO WII

It's a buzz throughout the country but not just in the homes of teens. The Nintendo Wii is being utilized throughout the country in various rehabilitation centers and Four Winds Community agrees that not only is the Wii fun, but therapeutic as well.

The patients of Fast Track Rehab at Four Winds Community are benefiting from the use of the Nintendo Wii in ways they did not expect. Shellie Morris, COTA/L, Rehab Manager of Four Winds Community was ready to jump on board as soon as Nintendo released the Wii. Morris stated, "Since our patients have begun using the Wii in addition to their care planned therapy they are even more excited to come to the gym for therapy. Many of them have not bowled, golfed, or played baseball for years and this is something they have missed in their lives. Now they can safely and actively participate in the sports and gain the physical benefits."

The various disciplines of therapy at Four Winds Community all agree that the use of the Wii helps with a multitude of areas. These areas include general strengthening, endurance,

hand-eye coordination, cognition, visual perception, and the added benefit of social interaction. Up to four people can get involved with the Nintendo Wii and the patients at Fast Track Rehab are engaging themselves in bowling tournaments, tennis matches, and golf and baseball games. Amber Frum, RN, BSN, Director of Nursing Services says "We have seen patients come to our community who were depressed about their injuries or surgery, just down about their general decline in health, but once we get them involved in some friendly competition, and physical activity, we see that feeling fade away and they focus on being well, enjoying their time, and getting better so they can get back home."

Four Winds Community purchased two of the Nintendo Wii's for the enjoyment of both the Rehab patients of the community as well as the long term residents who have chosen to call Four Winds home. Jean Ann Moshier, Activity Director of the center stated that "our residents just simply love it...we are so pleased that we are able to provide them with this opportunity." If you are interested in learning more about the program call 740-286-7551 and ask to speak with Lori Hill, Admissions Coordinator.

*-Andrea Williams, Director of Marketing*

*OUR VISION is that United Church Homes will be a good neighbor in the communities in which we are located, will be involved in the life of those communities, and will join others in responding to community needs.*

# THE COMMUNITY AT PARKVUE

## THERAPEUTIC TOUCH

Therapeutic touch (TT) in its modern form was developed in the early 1970s by Dr Dolores Krieger and Dora Kunz. The basic philosophy underlying therapeutic touch is that a balanced interaction of energies serves to enhance a recipient's ability to self-heal. The concept of therapeutic touch lies in the



belief that life-force energy is a fundamental force found in all living entities and that this energy flows outside the body.

This philosophy suggests that illness or disease results in the interruption or disturbance of a person's natural energy fields, thereby limiting the flow and availability of energy to the individual. Therapeutic touch seeks to restore and rebalance the rhythmical patterns and transfer of energy to the individual, creating an environment within which the body's

healing process is naturally accelerated.

Practitioners will center themselves and focus their intention to "heal" onto the patient and then move their hands over the patient in the energy field without actually touching.

They will feel various energy sensations coming from the patient and the intention of therapeutic touch is to rebalance that energy. It is estimated that there might be as many as 40,000 practitioners of therapeutic touch world-wide; and it is reasonable to expect that this number is ever increasing.

The staff who participated in the TT workshop at Parkvue said the experience of learning TT resulted in a sense of community

that evolved in the process of learning about the holistic processes. They established a closer relationship with each other.

Therapeutic Touch is a holistic practice that is meant to be used alongside conventional allopathic medicine. Several studies suggest that when used with people with dementia, agitation was reduced and residents were able to relax and their sleep improved.

However, some studies discovered that there were

also benefits that staff identified from using or being trained to use therapeutic touch, such as improved working

relationships. Staff felt that taking on board a new therapy had been a great learning experience and provided a new challenge. This new challenge had in turn increased motivation and allowed staff to improve their self-awareness and communication skills.

Many staff felt that after attending the therapeutic touch training their interactions with one another had improved as had their staff-patient interactions.

Learning a new skill had also been viewed as valuable in providing another way to reach patients with dementia on an emotional level. The staff felt that learning therapeutic touch had given them another approach to

communicating with patients with dementia who were no longer able to communicate verbally with staff or others.



relationships. Staff felt that taking on board a new therapy had been a great learning experience and provided a new challenge.

This new challenge had in turn increased motivation and allowed staff to improve their self-awareness and communication skills.

Many staff felt that after attending the therapeutic touch training their interactions with one another had improved as had their staff-patient interactions.

Learning a new skill had also been viewed as valuable in providing another way to reach patients with dementia on an emotional level. The staff felt that learning therapeutic touch had given them another approach to

communicating with patients with dementia who were no longer able to communicate verbally with staff or others.

Touch has been shown to reduce anxiety, improve mood, and decrease pain. Research on patients with Osteoarthritis (OA) reported that adults with OA had significantly decreased pain and improved function as compared with a control group receiving standard treatments. Other studies report reduced respiratory and heart rates, muscle relaxation, blood vessel dilation and reduced edema.

Other studies focusing on behavioral outcomes included reduced

The staff felt that learning therapeutic touch had given them another approach to communicating with patients with dementia who were no longer able to communicate verbally with staff or others."

vocalization, restlessness, wandering, screaming/shouting or crying, and improved sleep. TT has the potential to enhance the

## RESIDENTS AT PARKVUE BENEFIT FROM THERAPEUTIC TOUCH

The benefits of Holistic Therapy have recently drawn attention for the natural care of physical ailments. This methodology for care of the entire person, in addition to the actual treatment of specific illnesses and injuries, has been derived from the fundamental belief that there is energy among all living beings. The Community at Parkvue has recently explored the concept of Therapeutic Touch, the many benefits that it offers residents and staff, and the inclusion of this form of therapy within the overall care plan given each resident.

Therapeutic Touch is a holistic therapy that involves the whole body. This contemporary form of healing is derived from the ancient practice of laying-on hands. It is based on the fundamental notion that there is universal life energy common among all living things. Therapeutic Touch positively influences chronic pain, promotes the body's natural healing process, and calms anxiety and agitation. Residents who are experiencing stress, pain, and various levels of anxiety are noticeably calmed after being offered a session in Therapeutic Touch.

Twelve Parkvue staff members were offered the opportunity to learn more about the benefits of Therapeutic Touch as well as gain their beginner level certification. Participation included staff from many departments, including nursing and activities. The course was taught by Ann Smith, PhD, APRN, BC, the daughter of Parkvue resident, Susan Zaben. Ann has generously donated her time and talent by volunteering to teach the certification course. In addition to offering Parkvue staff a new technique for calming and soothing residents, the process of learning Therapeutic Touch has strengthened staff relationships among each other. Stress management is more clearly understood and this calming treatment can be implemented among daily tasks.

The implementation of Therapeutic Touch at the Community at Parkvue has gathered increased interest among staff, residents and family members. The notion of "caring for the caregiver" extends beyond the walls of our facility. It has been widely recognized that this concept is beneficial not only to the residents but to each staff member. Parkvue is currently scheduling the second session for certification in Therapeutic Touch. It is our hope that we can continue to offer this wonderful method of relaxation and pain management to each resident.

*-Nancy Gibbons, Regional Gift Planning Director*



*OUR VISION is that United Church Homes will operate so that our volunteers, our donors, and the families and friends of our residents are respected, valued, and informed.*

# PATRIOT RIDGE COMMUNITY

## PATRIOT RIDGE EXPANDS TO BETTER SERVE OUR RESIDENTS

A dream for an expanded dining room and Rehab Center at Patriot Ridge Community was realized and celebrated on May 15 with an open house for residents, their families, staff and friends. After some delays in getting this project underway work began in late November by Dalo Construction who worked through the winter to complete the Dining Room Expansion by mid-April. While waiting for the expansion to begin Patriot Ridge hosted two events to inform Patriot Ridge's neighbors, residents' families and people from the Fairborn area about our plans to create a more enjoyable dining experience for our residents and to create more space for folks receiving

rehabilitation services. On March 31, Patriot Ridge sponsored a breakfast and on October 26 there was Chili Supper, the culmination of several chili-related events in recognition of National Chili Week. Thanks to the donations of food items and some underwriting support, both of these events generated a small amount of income. We were also thankful for the efforts of volunteers, representing family members and members of Trinity UCC in Fairborn and Knob Prairie UCC in Enon. These and similar events are also a good way for Patriot Ridge to expose people in the Fairborn community to the work of Patriot Ridge and the fine level of care that we provide to our residents. The Open House, planned in

conjunction with National Nursing Home Week, May 12-16, gave our friends a chance to see the new dining room area which has been moved some 16 feet to the west, adding an additional 720 square feet of space and allowing for 3-4 more tables—seating for 12 more residents. The larger

windows that have been installed on the new West Wall allow more natural light to enter the dining room. We have also added an office space for the dietary staff, moving them out of what was actually a walkway into the kitchen. New service and prep areas have also been added allowing the Dietary Department to further expand their buffet dining capacity. A private dining room has also been added, allowing residents' families to have a space for special dinners or celebrations. This room will also do double-duty as a space for staff meetings and employee in-service and training sessions.

The newly expanded Rehab Unit is probably an even more welcome addition at Patriot Ridge. Originally created out of two Assisted Living Rooms, the amount of space available for our Rehab programs has been very small and cramped. With the expansion of the Rehab Unit, which increases the available space by 100 percent we were better able to install new equipment that was purchased several years ago. The rehab staff are very pleased with being able to have a larger amount of space to better assist our long-term residents and residents who are at Patriot Ridge in our FastTrack Rehab program. As with the dining room the addition of larger windows on the West side of the building provides a pleasant, well-lit environment for our residents receiving rehabilitative care.

Not only is the expansion good for our residents, it is a good way to inform their families and members of the Fairborn community of the commitment of Patriot Ridge to provide a warm, welcoming home for our residents and a pleasant working environment for our staff and others who come to Patriot Ridge to provide services that provide benefits to our



CLINICAL OUTCOMES  
MANAGEMENT IS A KEY TO  
KEEPING PATRIOT RIDGE  
RESIDENTS OUT OF  
THE HOSPITAL

We are pleased to let you know about a program that Patriot Ridge began last year to assist residents, just out of the hospital, to stay healthy and to recover from medical conditions that might otherwise send them back to the hospital.

Concerned with what is known as “post-acute care,” Thomas A. Riemenschneider, M.D., C.M.O., and a team of clinicians and administrators at a health care organization in Cuyahoga Falls, Ohio, in 2002 developed the concept of Clinical Outcomes Management (or “COM” for short).

Tracy Grieshop, a Registered Nurse, leads this program at Patriot Ridge as the Acute Care Specialist. Knowing that the first 72 hours after being discharged from the hospital are crucial, Tracy, other nursing staff and the resident’s physician work closely together to develop a plan to effectively manage and care for such conditions as chronic heart failure (CHF), diabetes, heart disease, urinary tract infections, and other conditions; that if not closely monitored, may send them back to the hospital after just a few days.

Greg Nijak, our administrator at Patriot Ridge, says: “Our goal is get the residents healthy and keep them healthy so they can go home sooner.”


Maintaining the health of our

older residents is especially important. Generally speaking, older patients are not able to bounce back as quickly as a younger person after an illness and a short stay (usually three to four days) in the hospital. In addition, with current Medicare regulations, patients may choose to stay in the hospital just long enough to receive their benefits and then transfer to a facility such as Patriot Ridge where they will stay for an average of 30 days. Programs such as COM help to ensure that a resident stays no more than 30 days—perhaps fewer days—because their medical condition(s) have been well-managed.

The statistics help tell the story. Without a program such as COM in place, the average “return to hospital” is 25 to 30 percent. Our goal at Patriot Ridge is 10 percent and sometimes that percentage is even lower. For example, last summer, during the months of July and August, none of the residents under our care had to return to the hospital.

Tracy and the other Patriot Staff who work in this program are to be commended for their efforts to provide the best care possible for our residents, thereby enriching their lives while they are at Patriot Ridge. This is yet another way that we fulfill the mission and vision of United Church Homes “to provide, primary to older adults, housing, health care and other services which are responsive to the needs of the whole person and based on Christian values.”

*-Curt Ankeny,  
Regional Gift Planning Director*



“Our goal is get the residents healthy and keep them healthy so they can go home sooner.”

# RIVERVIEW COMMUNITY



## KING AND QUEEN OF 2008 SNOWFLAKE BALL

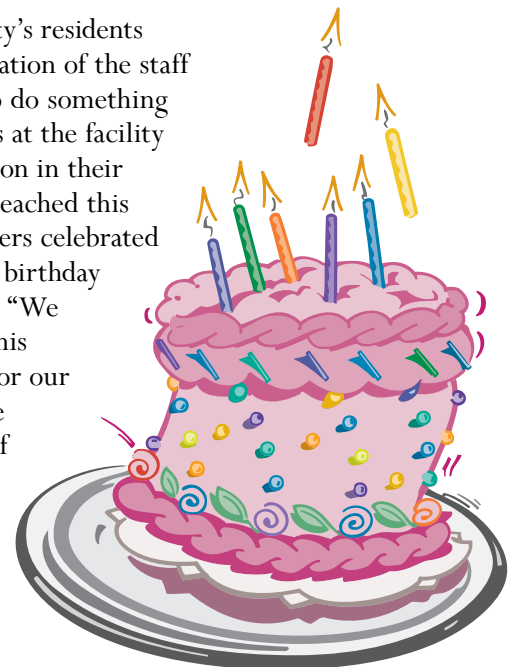
Riverview Community held its annual Snowflake Ball on Thursday, Jan. 17, 2008. Crowned as King and Queen were Hugo Bedford and Lucy Fancher, who presided over the festivities as guests of honor.



“They wanted to do something to celebrate and pay tribute to the residents at the facility who have reached this magnanimous occasion in their lives.”

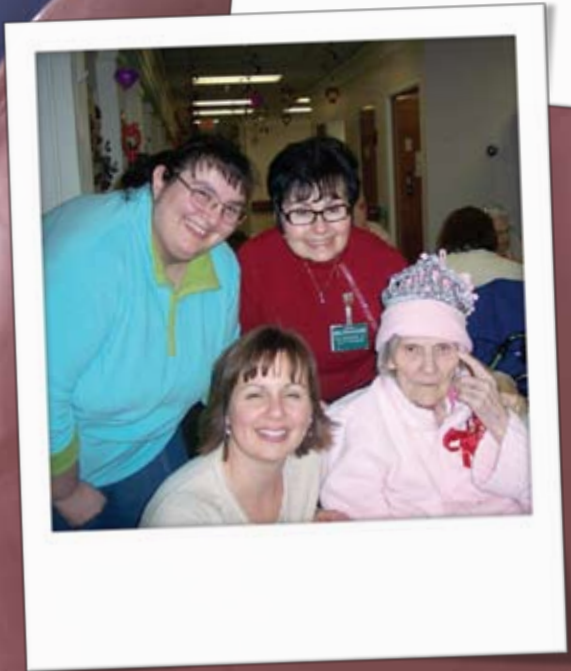
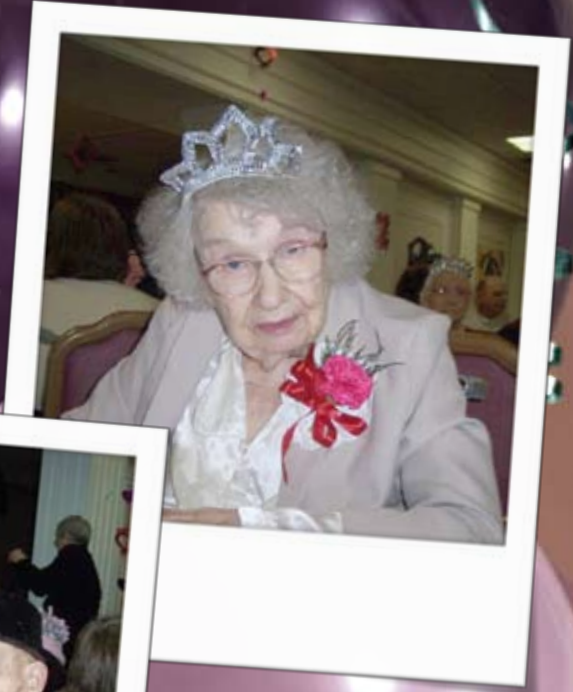
## RIVERVIEW'S BIRTHDAY BASH TO REMEMBER! RIVERVIEW'S CELEBRATION OF THEIR 90+ YEAR OLD RESIDENTS

The idea of honoring Riverview Community's residents who are 90 or older was the creative inspiration of the staff of Riverview Community. They wanted to do something to celebrate and pay tribute to the residents at the facility who have reached this magnanimous occasion in their lives. Riverview's 34 residents who have reached this pinnacle and their immediate family members celebrated in style on February 7, 2008 with a special birthday party just for them. Leigh Deaton stated, "We thought it was appropriate to incorporate this celebration with the Valentine's festivities for our 90+ year old residents and families because they are the heart of our mission and one of the many treasures of our facility." It was a privilege to honor them with their own Valentine's Party--"Cupids Cuties Birthday Bash."



*-Jeannie Herrin, Regional Gift Planning Director*

*Snapshots*



# TRINITY COMMUNITY

## PERSON-CENTERED CARE AND FAST TRACK REHAB UNIT BRING CHANGES TO TRINITY

Residents, their families and employees at Trinity Community are working together to develop the concept of “person-centered care” that is being adopted this year. Several committees— all working as Improving Operational Performance or IOP Committees— have been actively working to develop plans for several projects that will certainly bring many changes to Trinity. The Fast Track Rehab IOP committee, lead by Dustin Olson, social worker and Joan Trick, therapist, is working on plans to convert “A” Wing in the Health Center into a Fast Track Rehab Center that will serve up to 27 short-term residents who will be receiving therapy following surgery and hospital stays. Another IOP committee has been working on creating a Household on the C and D Wings of the health care center. This committee, lead by Sonya Nicholson, Activities Director for health care and Kim Thorp, Director of Nursing, began by first developing an understanding of “Person-Centered Care”, based upon several models that have been proposed in professional journals and presentations such as those provided by Copper Country Mental Health Services Institute.

In Person-Centered Care residents have more control over decisions that affect them—the care they receive, the activities they choose, the time they eat their meals or have their shower or bath—gaining more independence in deciding how they choose to go about their day. Residents and their families are part of making decisions with staff members, creating what could be called an “I-Care Plan.”

“In Person-Centered Care residents have more control over decisions that affect them... gaining more independence in deciding how they choose to go about their day.”

In addition to attending the first committee meetings to be educated on these concepts, several members of this second IOP committee have visited one of our sister-sites, SEM Haven in Milford, Ohio, to review with administration and staff, how they have adapted the person-centered care model. SEM Haven, which has developed six distinct communities, is demonstrating one way to create households within their facility. Considering this model and working with the physical layout unique to Trinity, this IOP committee is initiating some new ideas and changes which will be unique to our facility. One change that will take place

when fully implemented, is that residents, staff, and administrative staff will become members of a Household. For staff, one expectation will be that they are cross-trained and able to work in the place of a fellow staff, whether that be housekeeping, dietary, nursing aide, or wherever they are needed. Although there are goals set for dates for these programs to “go live,” there are many changes taking place, some of which can be quickly implemented, such as eliminating overhead paging, while other changes may take place one or two years from now.

-Curt Ankeny, Regional Gift Planning Director



United Church Homes'  
*"I Pledge Allegiance"*  
Annual Report for 2007  
is now available.

Please use the response envelope included with your Visions newsletter to add a line requesting your complimentary copy of the annual report. You may also request your copy by sending an "Annual Report" e-mail to Ed Allen at [EdAllen@uchinc.org](mailto:EdAllen@uchinc.org). Please add your name and address to the e-mail and a report will be sent to you when we receive your request.

The annual report may also be viewed online under the "News" tab on our website:

[www.unitedchurchhomes.org](http://www.unitedchurchhomes.org).

*Thank you for your interest and your support.*

Visit us online at:  
[www.unitedchurchhomes.org](http://www.unitedchurchhomes.org)

Published by:



UNITED CHURCH HOMES

*A not-for-profit retirement services corporation*

*Visions*  
OF UNITED CHURCH HOMES

170 East Center Street  
PO Box 1806  
Marion, Ohio 43301-1806

CHANGE SERVICE REQUESTED

NON-PROFIT ORG.

U.S. POSTAGE PAID

MARION, OH

PERMIT NO. 46