

Flourish

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Live well. Live at home.

A study by the Alliance for Home Health Quality and Innovation has concluded that the future of health care delivery will be in the home. (dmagazine.com 2/26/13). Particularly in light of the Center for Medicare and Medicaid Services' Readmission Reduction Program, home health care is an attractive alternative to hospital re-admission. Always a leader in providing options for senior healthcare, Altenheim is developing a home health care program scheduled to open by the end of the year. Altenheim is committed to treating the entire individual and involving the family in that care. With the addition of home health care, we are expanding comprehensive care programming to our clients' homes.

Services will be available to individuals who need health care or personal care, but do not require residential care. The trend in health care is to provide as many services as possible in the comfort and privacy of one's own home. It has been proven that people respond better and

have faster recovery times when they receive in home care. Other benefits include reductions in cost of care, maintaining independence, individualized care plans and family involvement.

Altenheim will provide quality skilled nursing, occupational, physical and speech therapies, wound care, and diabetes management. Private duty services such as bathing, dressing and meal preparation will also be available. Registered nurses, therapists, licensed social workers and home health aides will be available to provide service 24 hours per day,

seven days per week. You or your loved one will receive comprehensive, compassionate care. Families will have peace of mind knowing that their loved one is receiving high quality care in the comfort of home... living well and living at home.

Call 216-238-3361 Ext. 129 for more information. ■

“ ... we are expanding our comprehensive care programming to our clients' homes. ”

Come grow with us!

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A Not-For-Profit Senior Living Community

Message from CEO Paul Psota



Greetings from Altenheim and Shurmer Place! I hope you are enjoying this beautiful fall weather. Residents are taking advantage

of the nice weather with outdoor activities, such as Family Fun Day and field trips. Because the weather has been so cooperative, I'm pleased to report that the construction of the new Shurmer Place apartments is right on schedule... and on budget. Progress is being made daily. New parking areas will be completed by November. This will relieve the shortage of spaces experienced near the skilled nursing facility over the past few months. Many thanks to families, visitors and staff for their patience during this time.

We will accept our first client in Altenheim's Home Health Care program by the end of the year. This is an exciting time for us, as we expand our programming to meet the needs of an ever-growing senior population. Home Health Care will provide many needed services to seniors in the comfort of their own homes.

Planning is also underway to renovate the skilled nursing and rehab areas. Although our skilled nursing and therapy rehab facilities have served the community well, we are committed to maintaining not only quality care, but state-of-the-art facilities over the long term.

As a not-for-profit organization, we rely on the generosity of donors to help us defray the costs of care that are not covered by insurance. I know you share our vision of caring for seniors' medical, emotional, spiritual and social needs. Your gift to the Annual Appeal for Altenheim will help us continue that vision. Please consider a gift.

Thank you!

Paul Psota, CEO

Meet...

Audrey Cousino always knew she wanted to live at Shurmer Place. She made sure her name was on the waiting list 30 months before Shurmer was scheduled to open. Audrey has strong ties to the Strongsville community and knew she wanted to continue those ties during her retirement. She has been a resident since Shurmer opened in 2001.

Audrey was born in Monroe Michigan. As a young woman she worked as a telephone operator for Michigan Bell. After marrying Dale Cousino, they moved to Strongsville, where Audrey worked in the North Royalton High school Library for 25 years.

Audrey chose Shurmer place because of its location in Strongsville and the many amenities it offers. She enjoys volunteering at Altenheim weekly where she assists the residents with Pinochle. As she states

“ Shurmer Place IS my home. ”



“my fondest memories are of all the good times I had in activities, especially with my dear friend Dorothy Tiell.” She still enjoys the sense of freedom she has, yet knows that someone is available 24-7 should she need assistance.

All in all, Audrey is pleased with the decisions she made over 12 years ago to live at Shurmer Place. ■

Inside Shurmer

The Shurmer Place expansion is scheduled for completion by August 2014. Residents will have access to many amenities and state-of-the-art features providing for a comfortable, homey environment and life style. Independent and assisted living options will be available.

The lower level will have a multipurpose room which can be used for Shurmer activities or resident and family get-togethers. The Servery, next door to the multi-purpose room will have state-of-the-art equipment making it convenient for residents to plan family meals. The spa will have a Jacuzzi and the exercise room will have a stationary bike, treadmill and weights for residents to stay in shape.

First floor amenities will include a full service kitchen in the main dining room. The library will have a computer station. All apartments will be wired for wifi. There is a private dining room for family get-togethers. The TV lounge will have a big screen TV with plenty of seating to gather with friends and family.

Outdoor areas include an upper patio that will connect to the main dining room and a walk way to the gazebo. The lower level patio will have a wrap around patio with a fountain, and a memorial brick garden.

The existing Shurmer Place will also undergo renovations. The nursing stations on the first and second levels will be transformed into lounge areas. The second level family room, office and exercise room will be redesigned into a health and wellness clinic, with a waiting room and a private exam room. Each level will have a community lounge. The beauty salon will be expanded as well.

Shurmer's Chef, George Gerges, will enjoy preparing meals in a full service kitchen. It will have state-of-the-art equipment including a grill, stove and combi oven that can cook five different ways, from broiling, to baking, to braising and gages the proper internal temperature for each item prepared.

Whether you or your loved one lives independently or needs a little help, Shurmer Place has the services for you. Do you like to socialize or watch Browns or Indians games with other fans? Do you enjoy having your family over for birthday or anniversary celebrations? Would you like to participate in community activities and outings? Do you appreciate spending quiet time reflecting? Do you like to exercise? Shurmer can meet all your needs. Call Kim Schulz, Director, for more information and a tour. Get your name on the waiting list!! ■

Thank you for your support!

At Altenheim and Shurmer Place we are most grateful to you, our donors. With great appreciation we recognize the following individuals, businesses and non-profit organizations for their heartfelt and generous contributions made July 16, 2013 through September 30, 2013. We work diligently to ensure accuracy when recognizing your gifts. Should you discover an error please contact us at 440-238-3361, ext. 171.

Contributions

July 16 through September 30, 2013

ADVOCATE \$1,000 – \$2499

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INVESTOR \$100 – \$249

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Thank You!

Man of the Year

Paul Psota, CEO of Altenheim and Shurmer Place has been named Man of the Year (2014) by the Federation of German American Societies of Greater Cleveland (also called "Stadtverband" in German), which includes Altenheim. Each year, the 26 delegates of the 16 member organizations select a man and woman of the year from a pool of nominated individuals that distinguish themselves, based on their outstanding personal achievements and their service and commitment to the German-American community.

Paul was nominated for this award by Wolfgang Keich of the Federation, who is also a member of the Altenheim Board of Directors. Paul received this

honor at the German Day Ball on October 5th.

Mr. Keich stated, "Paul devoted a tremendous amount of time and talent to Altenheim when it was in need of leadership." He started as a member of

the Altenheim's volunteer Board of Directors in 1995 and served on the Board for almost 14 years. Over six of these years were served as its President.

In 2009, Paul became the full-time Chief Executive Officer. He continues to be dedicated to the residents and families,

and to its mission of service. Under his leadership, and with a very dedicated and talented staff, the Altenheim has earned a 5 Star Rating by the Centers

“ Paul devoted a tremendous amount of time and talent to Altenheim when it was in need of leadership. ”



Paul Psota and Wolfgang Keich

for Medicare and Medicaid Services for the first time in its history. This is the highest rating the government awards to skilled nursing facilities and it is very hard to achieve.

Congratulations to Paul for being the recipient of this prestigious award! ■



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Come grow
with us!

Altenheim and Shurmer Place

Altenheim  Shurmer Place
at Altenheim

18627 Shurmer Road • Strongsville, Ohio 44136

www.altenheim.com

RETURN SERVICE REQUESTED

OUR MISSION: To achieve the optimal level of mental, physical, and spiritual well-being of individuals, families and the community through the provision of high quality residential living, skilled nursing care and specialized services offered in a family-like atmosphere.

Thank You!

Annual Appeal For Altenheim

Every year we come to donors and friends of Altenheim to request participation in the Annual Appeal for Altenheim. As you plan for your year-end giving, please consider a gift to Altenheim and Shurmer Place. Gifts to the Annual Appeal are allocated where they are needed most to help our residents. Your gift may support special activities, entertainment and trips for the residents, educational programs, staff and nursing education, and facility upgrades. Your gift is important! As a 501(c)(3), not-for-profit organization, your gift is tax deductible to the full extent of the law. Thank you for your support and commitment to our mission!

Did you Know?

■ The outstanding Dietary Department has a total of 35 staff and aides who prepare 4,305 delicious meals each and every week for the residents of Altenheim and Shurmer Place.

Candy corn, a popular Halloween treat, was invented in the 1880s by the sons of Gustav Goelitz, a German immigrant. Today, the company, Herman Goelitz, Inc. of Fairfield, California, is best known for Jelly Belly jelly beans.



■ The literal German translation for "altenheim" means home for the aged, but has come to mean retirement home.

■ One of Altenheim's most treasured and valuable antique possessions is a signed letter by the 16th President of the United States, Abraham Lincoln. The letter is dated September 5, 1863. A copy hangs in the hallway adjoining the short term rehab unit.

■ The Shurmer Drama Club started planning and rehearsing for their 2013 holiday production of "The Best Christmas Pageant Ever" which will be performed for residents, families and friends in December.

ALTENHEIM SHURMER PLACE HIPAA OPT-OUT

The provisions of the federal Health Insurance Portability and Accountability Act of 1996 (HIPAA) govern how nursing homes like Altenheim handle resident information. HIPAA permits Altenheim to use certain information to contact you for marketing and fundraising for the benefit of Altenheim and Shurmer Place. If you wish to have your name removed from future marketing and fundraising communications contact the Institutional Advancement Office between 9 am – 5 pm Monday – Friday at 440-238-3361, ext.171.