

RETIREMENT *Ink*

OTTERBEIN PORTAGE VALLEY OF PEMBERVILLE



Leap Into Healthy Living

by Jessica Derkis



In 2010, an estimated 785,000 American had a coronary attack while 470,000 Americans suffered from a recurrent attack.

February is American Heart Month, so why not be proactive about your health and try changing up daily routines?

Having high cholesterol, high blood pressure, diabetes and an abundance of physical inactivity are a few of the risk factors associated with heart disease.

A healthy diet and lifestyle are the best weapons to have to fight heart disease. It's important to remember that the choices you make in your lifestyle will effect the risks for heart disease.

A few tips to stay healthy:

- Choose lean meats and poultry without skin.
- Select fat-free, 1% fat, and low-fat dairy products.
- Cut back on beverages and foods with added sugars
- Keep an eye on your portion size.
- Walk our beautiful 60 acre wooded walking trail to stay fit and healthy.
- Join us for Yoga or our trips to the YMCA to keep your heart pumping!

Check with Otterbein Portage Valley's Health Care team for more information about all the services we offer to help you stay healthy - heart & otherwise.

February 2012

DON'T MISS:

Mon. Feb. 6 - 2:00pm,
Kerry Clark— Assisted Living
Dining Room

Mon. Feb. 13 - 1:30pm,
Spring Migration Speaker—
Auditorium

Tue. Feb. 14 - various, Val-
entine Chocolate Events all
over campus

Thurs. Feb. 16— 6:00pm
Health Talk— Life Enrichment
Center

Wed. Feb. 22— 7:00pm,
Ash Wednesday Community
Services Begin

Fri. Feb. 24— 5:00pm,
Scrapbook Nite— Life Enrich-
ment Center

Sat. Feb. 25—10:00am-
Zoo Teen Project Class— Audi-
torium

Tue. Feb. 28 - 12:00pm, Leap
into Downsizing Marketing
Luncheon, RSVPs necessary

From the Top

by Tom Keith, Executive Director



Tom Keith, Executive Director

Well, despite the relatively mild winter thus far, 2012 is moving along rather swiftly. Although I may think that we just finished ringing in the New Year, we are now ringing in a new month. In doing so, we are finalizing the many numbers and stats from 2011. While the

auditors will soon be poring over our work and providing the official report, by all accounts 2011 was a decent year thanks to many hard working Otterbein Portage Valley residents and partners. Here are just a few statistical highlights from last year:

- 32 residents moved into an Independent Living Apartment or Villa
- 24 residents moved into an Assisted Living Suite or Apartment
- 145 residents were admitted into our healthcare and rehabilitation center. Notably, 145 residents were also discharged from this area, the majority of which returned to their homes or to a lower level of care.
- Independent Living Villa occupancy returned to levels not seen since well before the real estate market crash
- Independent Living Apartments reached maximum capacity with a waiting list
- The positive and consistent trend in move-ins and admissions helped to contribute to a healthy bottom line:

- Revenues came in nearly \$45,000 above budget for the year

-Expenses came in nearly \$68,000 under budget for the year

-Operating surplus surpassed budget by nearly \$112,000 for the year

2011 was financially solid, which speaks to continuing safety, security and financial viability of our campus and Otterbein Homes. With the first month in 2012 already behind us, we are already on track for another good year, with hopes to surpass 2011 results. Doing so will only add to our ability to enhance our campus, our services, and our amenities making this an even greater place to live and work. Now, we just need to keep this up for another 11 months.

A handwritten signature in black ink that reads "Tom". The signature is written in a cursive, slightly stylized font.

Downsizing Made Easier

by Jessica Derkis

Rose Toth Gallardo of Rose Custom Interiors, has worked all over the world upsizing, downsizing and everything in between.

She specializes in creating interior environments and comfortable retirement living. Rose has a passion for color, design and creating uniquely personal spaces.

It is her team's mission to create homes based on people and their personalities and not necessarily trends. With this in mind, Rose Custom Interiors, creates customized homes based on efficiency and safety with a beautiful aesthetic at every budget.

She has worked with many residents and is well versed in all of the floor plans offered at Otterbein Portage Valley.

You can learn more about taking the pain out of downsizing at the Marketing event:

**Leap into Downsizing
Tuesday, February 28th
12 noon**

Life Enrichment Center

This is a Marketing event. Reservations are expected. Secure your spot by calling 419-833-8917.



Community Amenities for “Rent”

by Michele Kipplen

Due to the many successful and fun events in the beautiful Bowlus Life Enrichment Center, Auditorium and Conference Rooms, and other community gathering places, it is important that those reserving the spaces are accountable for their continued care.

We do not wish to begin charging to use this resident-designed and paid-for space. However, it has become the responsibility of a few to tackle housekeeping and other duties left after reserved parties and events.

To that end, as of February 1, we will request a nominal deposit to

reserve the Bowlus Life Enrichment Center, Auditorium and Conference Rooms: \$50 for residents, partners and their families and \$100 for non-residents.

Upon returning these areas Center to their proper order with no damages, the complete deposit will be refunded.

Please stop by the Reception desk for complete guidelines and reservation form. We look forward to many more wonderful parties – and even a wedding – in 2012.



Pastor's Corner

by Pastor Pete Johnston

Please plan to attend any or all of the following services held at Otterbein Portage Valley:



Wed	Feb 1	Pastor Steve Lutz	Trinity Lutheran
Sun	Feb 5	Jannelle Hirschelle	Moline UMC
Wed	Feb 8	Pastor Jim Miller	Pemberville Presbyterian
Sun	Feb 12	Pastor Ken Dantzler	Unity UMC
Wed	Feb 15	Pastor Andy Wilson	St. Paul's Lutheran
Sun	Feb 19	TBA	
Wed	Feb 22	Pastor Jim Miller	Pemberville Presbyterian
			Ash Wednesday
Sun	Feb 26	Pastor Bob May	Stony Ridge UMC
Wed	Feb 29	Pastor Melanie Haack	St. James Lutheran

**Hymn Sing Every Monday at 10:30am in the Auditorium

Let Us Know

by Terry Stewart

It seems 2011 was in full swing and "poof!" ... It is gone and a new year is here!

Please take this time to check your health insurance cards. If there have been any changes or if you have new cards, we need to know! This information is critical for billing of physician appointments, laboratory or x-ray procedures, etc. Business Office Manager Amy Karmol will be more than happy to copy your cards for you and update your information for all such appointments with which we assist you.

Also, please keep the Otterbein Portage Valley team informed of your whereabouts. Accidents happen. Some of which may mean you need emergency room care, surgery, hospitalization or some-

thing else that requires your absence from our community.

Don't let us worry.

Whether it's a fall, surgery or some other illness, we need to know so that we can help with follow-up care, rehabilitation or just to make sure you're on our prayer list and/or meal delivery. We can't wait for newspapers to pile up. Just knowing your whereabouts helps us help you and your family to know you are safely in our care.



We promise to adhere to all HIPAA regulations & confidentiality with all of your personal information

Phone Scams

by Terry Stewart

I just saw a news clip of a 92-year-old man in New York who was a victim of home invasion in broad daylight. He had a caregiver with him who initially struggled with the intruder. The elderly gentleman sprung to his feet, leaving his walker behind, and engaging in fisticuffs with the burglar after the caregiver was knocked unconscious. He demonstrated two strong jabs he managed to get in before concluding he wasn't able to overpower the criminal. He ran to his phone and called 911 with the burglar in hot pursuit. The call was cut short by the intruder snatching the phone from him, disconnecting the call and running out of the home. He hasn't been apprehended yet, but the police have his fingerprints. He sure got more than he bargained for when he tangled with that senior citizen!

The television and newspapers are full of stories about people who aren't as fortunate as this gentleman. The crimes are often physical assaults but they certainly aren't the only type committed against the elderly.

Recently, phone scams have been surfacing. People get phone calls supposedly from family members. They call saying they have been in some sort of trouble with the police and need money immediately. They may even know the names of grandchildren and call the victim by familiar names. Do not fall prey to this type of call. Immediately hang up and call law enforcement. Call another family member to verify the situation if you feel there may be some validity to the call you received. Do not ever send money or give personal information such as social security number or bank information to anyone over the phone.

We all know how costly certain medications can be. Many seniors struggle with buying groceries or paying for their prescriptions. There are criminals out there peddling counterfeit drugs to unsuspecting consumers. Never engage in purchasing your medications from anyone other than a reputable pharmacy.

Telephone scams can cover anything from selling fake funeral plots to fraudulent 'anti-aging' products. Who wouldn't like to look and feel twenty years younger? A quick talking con artist can easily convince even the most vigilant consumer that their product is the answer to the fountain of youth. We all know the saying "If it's too good to be true, it really isn't." Keep that little phrase taped to your telephone and repeat it to that persistent caller on the other end of your telephone line.

How many of us have ever won a prize without purchasing a ticket or entering a sweepstakes? None, you're right! Repeatedly the elderly lose money by 'winning' lotteries in foreign countries. I know it is hard to believe but it happens. Never, never, never send money to claim a prize that you purportedly 'won.'

If you are ever in doubt, listen to your gut instinct and check the business or product out through the Better Business Bureau or call the police to see if there have been any reports from other citizens about the product or business. You've all worked hard for your 'nest egg'. Please don't let some slick talking con-man take advantage of you.



Be proactive: Verify with family members before giving out banking information over the phone

A View from the Bus

by Jan Barley, Resident



The Lunch Bunch was to go to Olive Garden Friday, Dec. 30. When Rebecca called, they refused take lunch reservations for that particular Friday. Rebecca didn't let that change the plan. She knew Barb and Ruth Ann planned to drive there. So she asked if they could go early and hold seats for 22 of us. They pulled into the parking lot 10 minutes before the restaurant opened, whipped out a cell phone and got the doors opened and seats set up for our arrival promptly at 11.

Next day we had our New Year's celebration at 2 pm in the BLEC. Residents brought an impressive assortment of good things to eat. My favorite was lemon pie. We were to bring pictures of ourselves as children or young adults. The only one I recognized was a smiling portrait of Wilma, age 4. We wore party hats as we toasted the new year with sparkling grape juice and we were home well before 4 -- pm, that is.

January 2 a good crowd turned out for the men's breakfast at Iron Skillet. Morry said the buffet would be a good one for our teenage grandson who eats like a -- well, like a teenager.

Kim began teaching chair yoga here on Wednesdays. I have enjoyed the stretching and breathing exercises that she adapts to a wide range of skill levels. She

mentioned how great massage is for the body and I just had to add that Sharon, the massage therapist who comes here once a month, is wonderful. I've heard good reports about yoga on Friday with Karen but haven't made it to her class yet.

Ladies' Day Out headed for the new Tea Retreat in Pemberville. We had tea sandwiches and soup while we were comfortably seated in her back room. She plans for a variety of classes on health and well-being to be offered there. She let us sample a half dozen flavors of the special herbal, black, and green teas she sells. The favorite seemed to be the ginger/lemongrass tea which she said not only tastes good, but is good for digestion. The shop sells a wide variety of loose teas. Most of us took home an ounce or two.

One Friday on the way to the dining room, the smell of baking cookies stopped me near Rebecca's office where the cookie ladies, Betty and Ruth Ann, were baking. I decided to get a half dozen to share with a friend who was stopping by for tea that afternoon. She raved about the cookies and I told her about the cookie ladies who bake once a week and donate profits to the Heifer Project which provides livestock and training to help families around the world move from poverty to self-sufficiency. First animal donated through the cookie money was a

A View from the Bus (cont)

by Jan Barley, Resident

water buffalo.

Some people have standing orders for cookies that they then take to people in assisted living or skilled nursing so they are doing a double good deed.

The day after Christmas my son-in-law, who was here from Charlotte NC, taught a class about haiku. Everyone wrote a couple of haikus and shared them with

the group. Elaine's stuck in my mind and I asked her to bring it to the January writing group when we would continue writing haikus. There were so many good poems on such different subjects. In several haikus, Ed captured images of eagles and hummingbirds in vast scenery he saw when hiking in the west.

Before Morry and I moved last May we heard a lot about how

great snow removal was here. After the January snows we saw how right everyone was. Our maintenance people did an awesome job.

From Chef Reggie's Kitchen

Stuffed Green Peppers

6 Green Bell Peppers
Salt to taste
1 pound Ground Beef
1/3 cup Chopped Onion
Salt and Pepper to taste
1 (14.5 ounce) can Whole Peeled Tomatoes, chopped
1 teaspoon Worcestershire sauce
1/2 cup Uncooked Rice
1/2 cup Water
1 cup Shredded Cheddar Cheese
2 (10.75 ounce) cans condensed tomato soup
Water as needed



1. Bring a large pot of salted water to a boil. Cut the tops off the peppers, and remove the seeds. Cook peppers in boiling water for 5 minutes; drain. Sprinkle salt inside each pepper, and set aside.
2. In a large skillet, sauté beef and onions for 5 minutes, or until beef is browned. Drain off excess fat, and season with salt and pepper. Stir in the tomatoes, rice, 1/2 cup water and Worcestershire sauce. Cover, and simmer for 15 minutes, or until rice is tender. Remove from heat and stir in the cheese.
3. Preheat the oven to 350 degrees F. Stuff each pepper with the beef and rice mixture, and place peppers open side up in a baking dish. In a medium bowl, combine tomato soup with just enough water to make the soup a gravy consistency. Pour over peppers
4. Bake covered for 25-35 minutes, until heated through and cheese is melted and bubbly.

Sick Day

by Jessica Derkis



Recently, I called in sick, made myself some soup and worked from home so as to not infect residents and team members. It got me to thinking: what do residents do when they "call in sick"? It's a pretty simple process. First, you call the receptionist. Then you get comfortable.

The department heads and Pastor Pete have you on their prayer lists. Chef Reggie readies you a hardy, homemade soup to be delivered to your kitchen table keep your strength up. Nurses are ready with a thermometer and encouraging words.

True to form, when a recent illness struck many of our residents, the entire Otterbein Portage Valley team pitched in and ensured every resident was well-fed, well-cared-for and well-stocked with necessary staples.

From chicken broth and ginger

ale to tissues and towels, every resident who was ill made speedy recoveries and is back to enjoying activities like yoga, walking club, card tourneys and much more.

We have an interest in keeping residents well.

Come see all that Otterbein Portage Valley has in place to keep you healthy and active. Call today to make your personal reservation to enjoy one of Chef Reggie's hearty soups and tour some of the newly renovated villas.

Schedule your tour for yourself and your family by calling 419-833-8917.

Calling Retirees & Club Members

by Jessica Derkis



Do you belong to a retirement association, church group, Red Hatters or another group who would like an informative speaker from Otterbein Portage Valley?

We offer all kinds of talk like "Keeping You Healthy"

"Gift Estate Planning"

"What to Look for in a Retirement Community"

"100 Years ~ 100 Stories from Otterbein"

and many more topics tailored to your group's needs. Give us a call at 419-833-8917 to schedule your group's speaker.

Valentine's Day Fun Facts

by Kaitlyn Crawford

- ♥ About 1 billion Valentine's Day cards are exchanged every year in the U.S. It's the second largest seasonal card-sending occasion of the year, behind Christmas.
- ♥ Women purchase 85% of all Valentines
- ♥ Worldwide, over 50 million roses are given for Valentine's Day each year.
- ♥ The Italian city of Verona, where Shakespeare's lovers Romeo and Juliet lived, receives about 1,000 letters addressed to Juliet each Valentine's Day
- ♥ Richard Cadbury invented the first Valentines Day candy box in the late 1800s
- ♥ The oldest surviving love poem is written on a clay tablet from the times of the Sumerians around 3500 B.C.



Only \$12K to Go!

With current pace, we hope to place the order for Otterbein Portage Valley's new 14-passenger bus by the end of February.

Residents will enjoy the added services, convenience and comfort of the new bus. Finding drivers will be much easier with the smaller frame and fewer licensure requirements.

We are almost there. We need to raise the final \$12,000 of \$60,000 total. We need just a few more donors - large and small - to put us over the top. Will you help?

Watch your mailbox for details or call

Barry McEwen

Charitable Gift Planner

(419) 604-2754

bmcewen@otterbein.org

by Barry McEwen



Calling All Art Lovers!



Otterbein Portage Valley residents and Partners in Caring love being part of our Pemberville community.

This month, don't miss the *9th Annual "for the Love of Art" Exhibition* on the weekend of February 11th and 12th and Sunday, February 18th starting at the Pemberville Opera House.

Many downtown businesses are opening up their store windows and floor space to show and sell marvelous creations from many gifted area residents. The li-

brary will also display preschooler artwork and other businesses will host elementary student designs. Admission is free.

Call Beeker's General Store at 419-287-3274 for details.

Massages and More!



Otterbein Portage Valley is pleased to announce that our monthly massages will be moved to the Meditation Room for the month of February.

With variable lighting on dimmers, meditative wall hangings and warm colors, we have found this space to be very conducive to relaxing.

De-stress as the masseuse works out your kinks and knots in our Zen like atmosphere.

If you are looking for a more physical activity, why not join Otterbein Portage Valley's new Yoga classes? It's the perfect balance between exercise and relaxation as you practice

by Rebecca Taylor

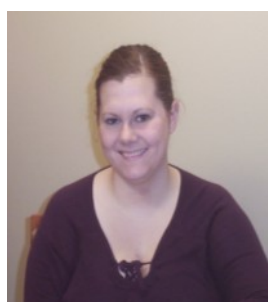
breathing exercises and different stretching techniques.

Please contact Michele Kipplen at 419-833-8936 or Rebecca Taylor at 419-833-8951 for more information on massages, exercise classes or many such activities.

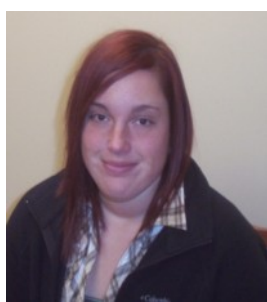
Welcome to the Team, Partners!



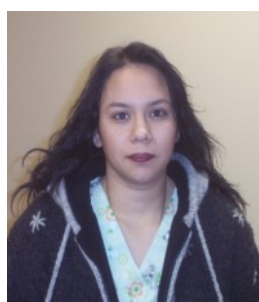
Chris Clement
LPN, welcome to our Nursing team. Chris grew up in McClure and now lives in Bowling Green. She has three children and one grandchild. She enjoys reading, baking, gardening and watching her kids play sports. Her goal is to become an RN.



Ashley Mann
STNA, joined our team of weekend caregivers. She has been an STNA since 2008, working in the Columbus area. She loves to camp, fish, and hike with her dogs Wren and Dinky. She decided to work at OPV because she felt welcome the moment she walked in the door.



Kristen Measel is the latest addition to our Nursing Assistant team. Kristen lives in the Stony Ridge area and has been trained at both Penta and Owens. She enjoys running and playing basketball. Her goal is to become an RN and work in a nursing home.



Erica Miller, STNA, recently joined our Nursing Assistant team. She hails from Elmore and provided day-care for infants and toddlers in her last job. She has three small children and the bravest thing she has ever done was help persons get out of a car that flipped over.



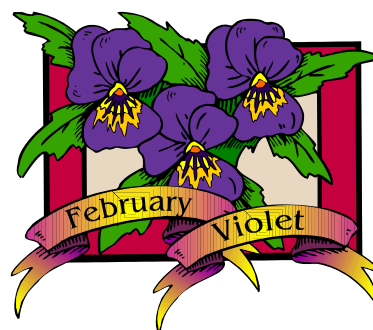
Jessica Stinson, STNA, She is from the Genoa area and has worked at Genoa Care Center. Her goal is to continue schooling and eventually graduate with her bachelor's degree in social work. The silliest (and bravest) thing she has done was going skydiving with her sister.

Happy Birthday!

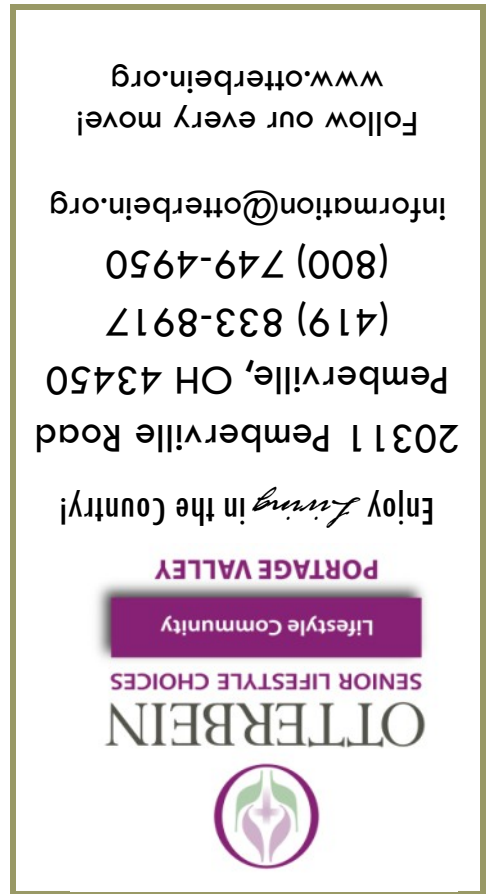
Please wish these Partners a happy birthday on their big days:

2/2 Jessica Derkis
2/2 Rex Myers
2/4 Nicole Murphy
2/7 Brenda Richmond
2/8 Eugene Williams
2/11 Becky Michaluk

2/11 Jeffory Vestal
2/13 Teresa Calmes
2/22 Ruth Manges
2/25 Lynda Redfox
2/28 Debra Ackerman



Mailing Label Goes Here



Our Mission:

In keeping with our United Methodist tradition, we seek to enhance the quality of life and holistic growth of older persons.

Otterbein Portage Valley's Leadership Team

Executive Director	Tom Keith	(419) 833-8900
Business Office	Amy Karmol	(419) 833-8902
Receptionist	Sandy Gossett	(419) 833-7000
Chaplain Services	Pete Johnston	(419) 833-8942
Dietary Services	Chef Reggie Hall	(419) 833-8930
Environmental Services	Mike Coyle	(419) 833-8939
Human Resources	Kathy Baughman	(419) 833-8901
Life Enrichment	Michele Kipplen	(419) 833-8936
Independent Program Asst	Rebecca Taylor	(419) 833-8951
Marketing	Jessica Derkis	(419) 833-8917
Nursing	Vickie Reese	(419) 833-8919
Resident Services	Terry Stewart	(419) 833-8923
Social Worker	Becky Michaluk	(419) 833-8937