



Fall 2017

Linkage



Samaritan Award Celebration

A magical evening to honor four difference makers

**PLUS: 360 WELLBEING ENGAGES
BODY, MIND, AND SPIRIT**

ERS

Episcopal Retirement Services



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The Samaritan Award Honorees are (left to right) Mary Carol Sowar, Jack Martindell representing his late wife Trish, Robin Smith, and Kathryn Brod. Photograph by Gary Kessler

ERS Communities & Services

Premier Retirement Communities

Deupree House, Marjorie P. Lee, and Episcopal Church Home

Affordable Living Communities

27 locations in Ohio, Kentucky, and Indiana. For more information on these communities visit AffordableLivingbyERS.com.

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For your convenience, donations are accepted online at **EpiscopalRetirement.com/donate**.

Linkage is a resource to address issues and interests of older adults, providing a link between ERS's programs and the community. Since 1951, Episcopal Retirement Services (ERS) has dedicated itself to improving the lives of older adults from all faiths through innovative, quality living environments and in-home and community-based services delivered by experienced and compassionate professionals.



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The Art of Hospitality

Taking Time to Give Residents Platinum Service *By Kristin Davenport*



Emerson Stambaugh enjoys a moment with resident Tom Craig.

It is said that hospitality is an opportunity to show love and care.

The accommodating staff at every ERS senior living community takes that opportunity many steps further, anticipating the daily needs of residents in a way that resembles the customer service one enjoys at a luxury hotel.

Emerson Stambaugh, Executive Director of Hospitality Services for ERS, recently participated in a Ritz-Carlton customer service boot camp, gleaning its finer points and creating what he calls the Platinum Principal Program.



The Marjorie P. Lee Resident Gardens and Grounds Committee, from left: Vivian Kline, Ann Hunter, Ruth Carver, Ann Cox, and Awilda Braun.

“You constantly hear about the gold standard,” Stambaugh says. “Well, platinum is more valuable than gold, and our residents are of utmost importance to us.” As a result, all ERS employees, veterans, and new hires from all facets of the operation regularly participate in the Platinum Principal customer service training classes with the premise: Seek first to understand.

“We want our staff to be empowered and perceptive so that they can anticipate residents’ needs or desires before they verbalize them, or recognize life changes that need to be addressed,” Stambaugh says. “We want our staff to use active listening skills so they hear with empathy what residents are trying to tell them.”

“It goes back to relationships,” he says. “We have the luxury of getting to know people over the course of years. We have the same functions as a hotel, but because of our deep relationships we come to know residents’ individual likes or dislikes.”

Stambaugh believes the better you know someone, the better you can serve him or her. “Our residents don’t live where we work. We work where they live. What an honor,” he says.

How do we measure the success of the Platinum Program? “When we see the smiles on residents’ faces,” Stambaugh says. “Or when we receive a handwritten note or heartfelt word of thanks from a resident or family member.” ■

Meet the Board

ERS has improved the lives of older adults since 1951. The talented people behind the volunteer Affordable Living Board of Managers and Foundation Board of Directors help make the organization a better place for seniors.

Cincinnati- and Louisville-based professionals share their time and skills to lead committees and advise on organizational decisions.

“I’ve watched employees and trustees commit themselves to excellence, and I’m pleased to see so many grow from within to assume greater responsibilities at ERS,” says Jon B. Boss, a trustee of the ERS Foundation Board of Directors.

In this issue, you’ll get to know three members who embody ERS core values.

By Whitney Harrod Morris | Photographs by Gary Kessler



Jon B. Boss

Trustee, ERS Foundation Board of Directors

Other ERS involvement: Trustee of the Diocese of Southern Ohio, ERS Foundation Investment Committee, ECH Investment Committee Chair.

Former occupation: 23 years in management positions at The Kroger Co. and 14 years with the Diocese of Southern Ohio.

Areas of expertise: Business planning, systems and procedures, data analytics.

Something people might not know about you: Before joining Kroger, I spent three years as an officer in the U.S. Marine Corps Reserve. I then obtained an M.B.A. from Harvard.

How long have you been with ERS? 30 years, beginning when I became the Diocese of Southern Ohio’s Director of Administration.

Most rewarding part? Watching the growth and impact of this ministry on senior citizens in the many communities where ERS provides services.

How do you spend your free time? Reading. I especially like historical works that help one better understand today’s challenges.



The Rev. Canon Amy Real Coultas

Affordable Living Board Member

Occupation: Episcopal priest serving as Canon to the Ordinary for the Bishop of Kentucky.

Area of expertise: Problem solving. I enjoy bringing people together to work on challenging projects.

Something people might not know about you: I serve on the boards of directors for the Home of the Innocents and Kentucky Refugee Ministries.

How long have you been with ERS? Since 2013.

Why do you volunteer on the Board? I represent the mission that older adults should live with dignity in a safe and nurturing place—regardless of financial status.

Most rewarding part? I love when someone in the community knows the name “Episcopal” because their loved one received excellent care at ERS.

How do you spend your free time? As an amateur genealogist, I practice my problem-solving skills tracking down family stories.



Thomas Kirkwood

Affordable Living Board Member

Occupation: Senior counsel and former partner with the Thompson Hine law firm.

Areas of expertise: Construction law, real estate, development, and finance.

Something people might not know about you: Twenty years ago, I served on the advisory board of Marjorie P. Lee. I now also serve as a Freestore Foodbank trustee, and volunteer at Church of the Redeemer, recently as Senior Warden.

How long have you been with ERS? Since 2016.

Why do you volunteer on the Board? My mother was a resident of Marjorie P. Lee until her death in 2007, so serving on the Board is a way to give back to the place she loved.

Most rewarding part? Being a part of an organization that serves so many so well.

How do you spend your free time? My wife and I enjoy attending FC Cincinnati matches.



Honoree Trish Martindell's family and friends were out in force to remember her legacy as a strategic leader and generous philanthropist for ERS and across the Cincinnati community.

This Magic Moment

ERS Honors Four to Help 14,000 *By Kristin Davenport*

This year, ERS decided to merge its annual fundraising events into one magical, celebratory evening, the Samaritan Award Celebration, during which we honored some special difference-makers. Trish Martindell, Robin Smith, Mary Carol Sowar, and Kathryn Brod were honored for their service, professional achievement, and dedication to older adults.

Through the generous support of donors and sponsors, we raised \$200,000 to benefit ERS' Good Samaritan Mission, which provides life-enriching services to more than 14,000 seniors throughout Ohio, Kentucky, and Indiana. ERS expressed special thanks to the event's presenting and premier sponsors, the Model Group and the Ohio Capital Corpo-

ration for Housing, respectively.

At the event, held in September at the Cooper Creek Event Center in Blue Ash, we lauded our four honorees, who over the years have given unbelievable amounts of energy and effort to help us achieve our mission of enriching the lives of older adults in a person-centered, innovative, and spiritually based way.

A few of the exciting highlights of the evening included special guests Pam Strayer and Philip Payson, the niece and great nephew of our founders, Charles and Marjorie P. Lee. In their honor, our residents serenaded the gathering with the original "Ode to Marjorie P. Lee," sung to the familiar tune "I've Grown Accustomed to Her Face" from *My Fair*

Lady, which brought everyone to their feet with a rousing ovation.

Another magical moment came during the paddle auction to raise funds for the Affordable Living by ERS communities. A \$100,000 challenge grant to support the shared resident community spaces in three Cincinnati Affordable Living communities was announced with heartfelt thanks to the Jacob G. Schmidlapp Trusts, Fifth Third Bank, Trustee. The shared community spaces were financially assisted by the Jacob G. Schmidlapp Trusts, Fifth Third Bank, Trustee. This significant gift sparked many generous donations. ■

Samaritan Awards Winners

If you missed the event and want to learn more about our honorees, you can view the videos that highlighted their achievements.

episcopalretirement.com/Samaritan



Master of Ceremonies Richard La Jeunesse had the magic touch and excited the crowd with some slight of hand.



(Above) Ginny Uehlin, VP of residential housing and health-care (left), with Philip Payson and Pam Strayer, the great nephew and niece of Marjorie P. Lee.

(Left) The committee of ERS residents and volunteers planned a wonderful event. From left to right: Ann Hunter, Corky Ladd, Vivian Kline, Vicki Chisholm, Margaret Swallow, Judy Pogue (Chair), and Kathy McCord. Seated: Pat Donaldson, Chet Cavaliere, and Karen Bell. Not pictured: Kit Duval, Susie Lame, and Dr. Sandra Eisele.

Engage Body, Mind, and Spirit

Therapies Address All Dimensions of Wellbeing *By Kristin Davenport*

Episcopal Retirement Services is dedicated to offering a variety of innovative programs for memory support.

One such program is 360 Wellbeing. “ERS has developed a unique and extensive therapy program to fully engage residents and stimulate their minds,” says Stephanie Antoun, Health Services Administrator at Marjorie P. Lee (MPL) Retirement Community. “360 Wellbeing gets to the heart of our multifaceted approach. When your body is moving and active, that helps to engage the mind.”

What is 360 Wellbeing?

“This program works to improve both physical and mental wellbeing, including range of motion, strength, pain reduction, stress relief, and lessening of depression,” says Jim Fisk III, Director of Wellness for Deupree House and MPL, where the

therapy is utilized by residents. “We employ multiple techniques including chair aerobics, yoga, Tai Chi, relaxation class, and massage therapy.”

Benefits of movement and connection

One of the primary advantages of having a group activity like 360 Wellbeing is that it can stimulate healthy socialization among dementia patients, who often withdraw as their symptoms progress.

It’s rewarding to see a resident who clearly benefits from participating in the 360 Wellbeing program. When a resident struggles with a lot of anxiety as part of his or her cognitive difficulties.

“One particular resident was worried about staff forgetting about her for meals or activities, despite the team’s best efforts to reassure her,” Fisk says. “When I come to invite her to exercise, she is always happy to have a group activity and to



Jim Fisk works with residents to engage them in both physical and mental activities.



join in with others.

It is meaningful that she is at ease and confident that she is doing what she should be doing in a safe place with others.

Renewed strength and confidence

One of the struggles facing residents with physical and cognitive impairment is faltering confidence.

Typically their mind is very quick to discount their overall abilities. The nature of 360 Wellbeing is that our class is basic enough to meet the residents where they are for that day.

By completing simple exercises that promote a range of motion, residents are able to build confidence in their abilities in a positive group setting.

“Over the length of the class, the residents begin to relax more and smile,” Fisk says. “They interact with each other and tap into other dimensions of wellbeing—the social, emotional, intellectual, vocational, and spiritual aspects of their lives.”

In the end, what started as simple exercises begins

to positively affect the mind and spirit as well. Each individual is promoting his or her own healthy living and will experience a level of independence.

If your senior loved one suffers from Alzheimer’s disease, dementia, or age-associated memory loss, he or she may benefit from participation in our premier suite of Living Well Memory Support therapies. ■

Living Well Memory Support Suite of Therapies

SAIDO

IN2L (It’s Never 2 Late)

Inspiring Minds Through Art

Positive Approach to Care

Music & Memory

360 Wellbeing

Java Music

Grey Matters

For details, visit episcopalretirement.com/LWMS

ECH Staff Honored for Excellence in Leadership

By Kristin Davenport



Hope Jantzen-Williams (right) is pictured with team members Cynthia “Cyndi” Spradley, Housekeeper, and Bryan Berman, EVS Supervisor.

Each year LeadingAge Kentucky, a statewide association that represents not-for-profit retirement communities and service programs for the elderly, honors deserving individuals and groups who are making a difference through their commitment and service to older adults. These exceptional people give their time, talents, and energy to their communities and demonstrate a deep commitment to serving their residents. Nominated by their peers, managers, and coworkers, they are recognized for going above and beyond the norm to have a positive impact in their workplace. ERS and Episcopal Church Home (ECH) are pleased to join LeadingAge Kentucky in honoring two remarkable recipients from our own teams and their outstanding achievements. Amy Deacon and Hope Jantzen-Williams were honored in October.

Congratulations Hope Jantzen-Williams Supportive Services Award Winner for Residential Services

“Hope is an exceptional employee because of her unwavering dedication to ensuring the safety and well-being of our residents,” says Beverly Edwards, Executive Director at ECH.

As the Director of Residential Housing and Services, Hope is responsible for grounds, maintenance, housekeeping, medical supplies, security, transportation, and IT. The scope of her responsibilities touches the lives of all of our residents, staff, and guests. “While many may succumb to the challenges associated with having such multifaceted responsibilities, Hope’s commitment to serving our residents with excellence sets her apart from others,” she adds.

When Hope Jantzen-Williams joined the staff

at ECH in 2007, she mapped out ways to assist the experienced staff to stay on task and be accountable for daily work performance. She continues to work alongside each team member to teach individual job skills. She demonstrated from the start that she would support her team by doing “whatever it takes” to get a task completed. Hope offers creative ideas to challenge her staff to be the “best of the best.”

Hope’s interest in serving our elders was born from a family life of serving. Hope is like a ray of sunshine. Every day she comes to work with a smile on her face and a “can-do” attitude.

Congratulations Amy Deacon Nursing Excellence, LPN Award Winner

Amy Deacon, who joined ECH in 2005, always has a smile on her face and a hand to help.

“Amy is an extremely compassionate nurse who creates meaningful bonds with her residents, family members, and co-workers,” says Kim Shellhart, ECH Director of Nursing. “She guides the staff to provide person-centered care above and beyond

what is expected. She leads by example, she’s direct, and she puts our residents’ needs above all else.”

Take a walk through our Morton Neighborhood and you would be able to spot her a mile away, giving medications to residents and handling admissions, discharges, injections, and more.

Amy takes pride in her work, keeping assignments up-to-date and volunteering to help any time she’s needed. Mentoring and training are not new to her—that is what she does so well.

Amy shares a special bond with her residents. She greets them on admission with that smile and gets to know them as well as their families. She will go out of her way or stop what she is doing to offer personal care if it helps give them a better day. It is not unusual to see her in the neighborhood visiting on her weekend off with her husband and two young boys.

To our community, Amy not only embodies the role of nurse, but fills that role with a dedication to her residents and her team that is unparalleled. ■



Amy Deacon (right) is pictured with ECH resident Billie Susemichel.

Affordable Living Wins Funding to Expand Mission

By Kristin Davenport



The ribbon cutting at Knowlton Place included residents, Vice Mayor David Mann, and other partners in the development project.

The need for affordable senior living is approaching crisis levels nationwide. There are 10 older adults waiting for every affordable living apartment that becomes available. High housing costs may “force millions of low-income older adults to sacrifice spending on other necessities, including food, undermining their health and well-being,” the Joint Center for Housing Studies of Harvard University stated in a 2014 report on the state of the senior housing market.

Luckily, the market is providing solutions to boomers’ growing need for affordable retirement housing—like our Affordable Living by ERS initiative.

Affordable Living by ERS communities are opening at a record pace in Cincinnati. This year alone,

ERS is poised to open thousands of square feet of new housing for lower-income seniors in Ohio, Kentucky, and Indiana.

Open in 2017

Marlowe Court is nearing completion in Cincinnati’s College Hill neighborhood. We partnered with The Model Group and the College Hill Community Urban Redevelopment Corp. to bring 53 more affordable retirement apartments and 5,000 square feet of retail space to the heart of the neighborhood’s rebounding business district. A community fitness center, picnic area, clinic space, and lounge area are provided for all residents, and the building will be LEED Silver or higher.



Knowlton Place Community Manager Katy Meder-Bair (left) with resident Irma Dixon. Dixon loves everything about her new community; she moved to her apartment in August.



Madison Villa construction will begin in the summer of 2018.

Just down Hamilton Avenue from College Hill, in Northside, we've built Knowlton Place. The ribbon-cutting grand opening was held in September for the community's 26 one-bedroom and 30 two-bedroom apartment homes for elders of limited means.

New Tax Credit Awards

This year, ERS has been awarded \$15.9 million in competitive tax credits by the Ohio Housing Finance Agency for two projects in Ohio. The projects are Madison Villa in Cincinnati and Sunrise Terrace, which is one part of Senior Citizen Associates Apart-

ments in New Carlisle, Ohio.

"These tax credits will allow us to preserve the affordable housing at these locations and expand our mission," says Kathy Ison-Lind, Affordable Living by ERS VP of Affordable Living and In-Home Services. "Our seniors receive supportive and health services in our affordable living communities. It's one of the innovative differences that our organization is proud to offer."

The Madison Villa project, which is scheduled for completion in 2019, will consist of a \$12.275 million renovation of 95 apartments for low-income seniors. It will also add new community space for residents to gather, as well as an onsite clinic.

The Sunrise Terrace project, in New Carlisle, Ohio, is also expected to start construction in the summer/fall of 2018 and be completed in 2019. The project will consist of a \$6.163 million renovation of 48 one-bedroom apartments as well as the community building.

Laura Lamb, President and CEO of ERS, says, "It is our goal to create a caring community where elders live with dignity and can remain healthy and independent as long as possible." ■

Young Leaders Profile: Janet Pettit Westrich

By Kristin Davenport



Janet Pettit Westrich and residents from Madison Villa.

Young people are a dynamic part of the workforce and culture at ERS. Their contributions are valued and make ERS the best possible place to live and work. “We are fortunate to have a strong, talented group of young professionals,” says Molly de Jesus, Manager of Talent Acquisition. “We want to foster a deeper connection with our young workforce and help them grow.”

As a Development Project Manager for Affordable Living by ERS, Janet Pettit Westrich supports

many aspects of our newest communities from concept through closing. Westrich helps secure financing for these projects through sources such as Low-Income Housing Tax Credits and other city and state programs. Let’s get to know more about her passion for serving elders.

Q: What do you like about your job, or our mission?

I love my job! Seeing the beautiful apartments and happy residents at our affordable communities after a renovation or new construction project is complete makes this work very tangible.

Q: What do you get from or give to the YP group at ERS?

The ERS YP group is very energizing to me. Hearing from my peers about the great work they are doing inspires me to work harder at my job.

Q: Who is your mentor at ERS?

I have been blessed with many wonderful role models and mentors at ERS. One in particular is Kathy Ison-Lind, because she makes her team feel like anything is possible.

Q: What has inspired you at ERS?

My biggest inspiration at ERS is the people! I am very fortunate to be surrounded by talented, creative, and mission-driven colleagues.

Q: Why do you volunteer?

I joined the YP Board of Cincinnati Works, a non-profit striving to eliminate poverty by developing self-sufficiency through employment. I also support residents at Deupree Cottages with SAIDO Learning and play the piano for residents.

Q: Favorite movie?

It’s a Wonderful Life.

Q: What is your super power?

My super power is staying focused to achieve a goal, which I developed as a classical pianist in college and grad school. ■

App Gives Adult Children New Tool

For Connecting With Mom's or Dad's Caregivers *By Kristin Davenport*

For the adult children of elderly parents, what's the most pressing question on the mind? "Are Mom and Dad OK?"

Once the search for the perfect fit in a retirement community or nursing care center is complete, you're realizing that the work isn't over. Now it's important to have the peace of mind that your parent or loved one had a good day.

But the realization of that reality is breeding innovation. And innovation is begetting solutions. One of those solutions has been devised and launched right here in Cincinnati—the free How's Mom app, which ERS assisted in developing and improving prior to its release.

A customizable application, "How's Mom is designed to provide peace of mind for families, and to give them a daily touch point to relieve anxiety regarding the care of a parent or loved one," ERS President and CEO Laura Lamb says. "People would like to know, at any time of the morning, noon, or night, how their loved ones are doing. There is an app for that."

The app features a pictorial timeline of a senior's wellness, so that relatives can track health trends such as changes in vitals, behavior, or medication compliance. Such critical information can be digitally shared, so that families are never left wondering how their aging loved ones are doing.

How's Mom was first deployed earlier this year. It was made available for beta testing to family members of ERS residents who receive daily health-care services.

Family caregivers told us that they loved the smooth interface and intuitive functionality. And they came to rely on the daily wellness alerts the app will push to any connected computer, tablet, or mobile device.

"This is a genius application," says Missy Fox, who was among the family members testing the



app. "I was so excited when I heard it was being tested. I love it. How's Mom gives me a feeling of comfort to get the updates and to know how my mom is doing. It's wonderful to have this connection."

It's available as a free download on Apple's iTunes. Family members of ERS residents, please contact Judi Dean, RN, Director of Nursing, at 513-533-5021 for more information about receiving wellness updates for your senior. ■

The 2017 Martindell Awards

Honorees Chad Ballard & Maria Elias *By Kristin Davenport*



Maria Elias (center) at her surprise celebration.

The Martindell Award is a distinctive honor granted each year to one or more deserving non-management ERS team members who strive to serve our residents in innovative and meaningful ways and epitomize excellence in caregiving. After receiving and evaluating more than 200 nominations, the 2017 Martindell Award winners were selected from an impressive group. The Martindell family studied each nomination carefully and decided that this year, it would be appropriate to give the award to two deserving team members. We extend our heartfelt congratulations to honorees Chad Ballard, Life Enrichment Specialist at Episcopal Church Home (ECH), and Maria

Elias, Service Coordinator at Affordable Living ERS communities in Cincinnati.

Ballard and Elias were recognized personally in October and each received a \$1,000 check presented by Jack and Kim Martindell.

The Martindell Award was generously endowed by Trish Martindell, who was both an ERS family member and member of the Board of Directors. Trish was involved with ERS for more than a decade. She wanted to leave a legacy in memory of her father, John Wahlberg. Trish's inspiration for The Martindell Award came from reflecting on her father's caregivers and those who interacted with him daily. These compassionate and skilled ERS



Jack Martindell, Chad Ballard, and Beverly Edwards, ECH Executive Director.

team members made a lasting impression on Trish.

Sadly, Trish Martindell passed away unexpectedly in 2016. We miss her presence in our lives and are honored that her legacy lives on through this special award. Her husband Jack and stepdaughter Kim will continue to be involved in the annual program. Nominations for the 2018 Martindell Award will be accepted beginning in June 2018. Information can be found online at episcopalretirement.com/awards

Congratulations Chad Ballard

Ballard started his career at ECH on the Life Enrichment Team in 2004. Some of the sentiments expressed in Ballard's nominations were: "Chad is unfailingly cheerful, positive, and helpful. He goes out of his way to make my aunt feel cherished and important"; "My mother thinks he (Chad) runs the place (and he probably could)"; "Chad Ballard always has a smile on his face"; "All residents and families welcome his gentle demeanor. I see how he is with residents and it makes me know I chose the right facility for my dear mother to live in." Joan Wetzel, Vice President of Human Resources & Organizational Development, adds: "Chad is dearly loved by all of the residents at ECH, and we are so proud of him."

Congratulations Maria Elias

Elias started her career at ERS on the Affordable



Maria Elias and Kim Martindell

Living team in 2012. Some of the sentiments expressed in Elias's nominations were: "She is around every day and we all love her, just like family"; "At Forest Square, Maria is generous with her time, resourceful, courteous, and polite while always being professional. These qualities are hard to find in this fast-paced world"; "Maria takes the time to speak, listen, and return calls in a timely manner always"; "Maria is held in high regard at all communities she serves"; "Maria routinely goes beyond what is required of her as a service coordinator"; "She is truly a lifeline to many of the residents." Wetzel adds: "Maria has earned the respect of the residents she serves in the Affordable Living communities, and we are so proud of her." ■

Donor Spotlight: Saint John and Gay Bain

Do You Feel Lucky?



Gay and St. John Bain are lucky in many ways. When asked why she and her husband donate to Episcopal Retirement Services (ERS), Gay Bain did not hesitate: “Because we’re so lucky... and we strongly feel that if you are lucky enough to be in a position to help others, that you have an obligation to give back. Imagine if everyone gave, even if they gave just a little bit. We could move mountains!”

Indeed, St. John and Gay Bain are lucky. They’re overjoyed at the prospect of welcoming their first great grandchild into the world. They love their life at Deupree House, they love their city, and they love each other.

“We’re happier than pigs in slop!” St. John says.

The couple has long ties to ERS. Gay’s mother moved to Marjorie P. Lee when she was 80 years old and never left. She lived to be 105 years old. “She loved it there,” Gay says. “They treated her like family, and that’s something that we’ll never forget.”

As a way to honor the exemplary care that Gay’s mother received, the Bains made a generous donation in 2017 to support the historic renovation of Marjorie P. Lee. They’ve also made annual contributions to ERS’ Good Samaritan Mission, which they feel passionately about. “We know the money is going to help people that need it.”

The Bains have always believed in giving back. According to Gay, “That’s just who we are. It’s a way of showing your gratitude for the blessings that life gives

you, and as you get older it’s a way to set an example for the next generation.”

When asked whether they think their good fortune comes from the fact they give back, St. John says, “I’m not sure how to answer that. All I know is that when you give back, good things happen. And I do believe that you can make your own luck...that’s how I got Gay to marry me.” ■ —Rick Wilson

For more information on donating to Episcopal Retirement Services, please contact Rick Wilson, Annual Fund and Communications Manager, at 513.979.2309, rwilson@erslife.org, or simply visit ersdonate.org

Parish Health Ministry

Refresh Your Soul 2018

Positive Aging

Keynote speaker: **Dr. Gary Chapman**, international bestselling author of *The Five Love Languages* which has sold more than 10 million copies. Featured speakers: Healthy aging experts, **Kay Van Norman** and **Dr. Wendy Rogers**



The 5 Love Languages and Positive Aging

Do you agree that we all want to feel

loved by the significant people in our lives? And aging will not diminish that need! **Dr. Gary Chapman** will share the “5 love languages” he has developed to both show and receive love.



Running with Scissors

With a humorous, thought-provoking presentation,

Kay Van Norman will provide insights on aging with purpose. She will share strategies to change the way we think of aging and what we must do to age with vitality and purpose.



Technology for Healthy Aging

Contrary to myths, older adults are willing and

able to adopt technology into their lives. **Dr. Wendy Rogers** will teach us how apps, mobile devices, and other technologies can enable autonomy and independence in older adults.

OPTIONAL VIP LUNCHEONS:

Keeping Love Alive as Memories Fade

The 5 Love Languages & Dementia by Dr. Gary Chapman

The Vitality Portfolio

by Kay Van Norman

Aging with Spirit

by Liz Tassone

Monday, March 12, 2018

9 a.m. – 3:30 p.m.

To register, visit parishhealthministry.com/RYS • Questions, call 513.979.2246

Conference Location: The Cintas Center at Xavier University in Cincinnati

Presented by Episcopal Retirement Services' Parish Health Ministry

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30

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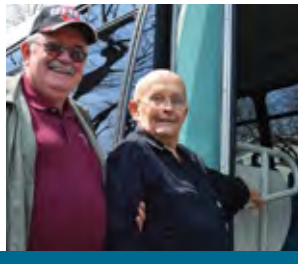
can give 30 homebound seniors a hot, nutritious lunch through Deupree Meals On Wheels.

\$150

can give transportation to 30 low income seniors for one month through Affordable Living by ERS.

\$300

can give spiritual services to 30 Marjorie P. Lee or Deupree House residents for six weeks.



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