

# Samaritan Times

BUILDING OUR FOUNDATION TOGETHER

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Current and past  
editions can be found at  
<https://erslife.info/samaritantimes>



## Loneliness... The New Smoking

**W**e all know that smoking 15 cigarettes a day can lead to debilitating health complications, even death. But did you know that loneliness can have the same devastating consequences?

In 2023, the U.S. Surgeon General released an Advisory Report, *Our Epidemic of Loneliness and Isolation*, as a call to all Americans to address this “urgent public health issue.”

Older adults are at an increased risk. This is why we design com-

munities, programs, services and staffing to draw older adults out of social isolation to engage with others and find their purpose.

Take Helen\*, a recipient of Deupree Meals On Wheels (MOW). She has lived in the same house for 45 years, alone since her husband passed away in 2017. She no longer drives and rarely leaves her home. Her only child lives outside the area. Some weeks, the MOW volunteer is the only person Helen sees or speaks with.

*Story continued on page 3*

**ERS**  
Foundation

**Our Mission:** *We enrich the lives of older adults in a person-centered, innovative and spiritually based way.*

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*Letter to Donors*

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Dear Friends,

Do you remember the first time you felt really lonely? I do. I had just turned nine years old when my family moved to Cincinnati. I was so lonely that summer that one morning I tried to stow away on the floor of the back seat of my Dad's car as he was headed back "home" for a few days of business. My plot was foiled, but as I dissolved into tears, my parents allowed me to go with him.

As luck would have it, my new district consolidated two schools into one that next school year. Everyone felt new. It ended up being my favorite year in school. I loved my teacher (Mrs. Hermann), learned so many exciting new things and made lots of friends in the cafeteria and playground. Cincinnati had become my home.

I imagine you have a memory of a time in your life when you, too, felt painfully lonely. What helped you overcome this? Was there a specific person who drew you in? Did you find a place where you got involved with something that interested you or where you met a new friend?

As adults age, they experience many changes and losses that are often beyond their control. They may have to leave their homes, neighborhoods and friends that are so familiar and comfortable. At ERS, we help ease difficult life challenges and transitions with caring staff, enriching programs and common spaces and amenities to attract elders out of their apartments to meet and make new friends and find their sense of purpose.

This issue of the Samaritan Times is devoted to the many ways you can help alleviate the loneliness of others, particularly older adults, including through your support of the Good Samaritan Mission. Thank you for caring for older adults!



Gratefully,

**Joy Rowe Blang**

Executive Director of Philanthropy  
513.979.2313  
jblang@erslife.org



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*Fund Development Team*

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**Elise Hyder**

Director of Individual Giving  
513.979.2307  
ehyder@erslife.org



**Sarah Meyer**

Fund Development Specialist  
513.979.2308  
smeyer@erslife.org

We are currently seeking a new staff member with expertise in grant writing and annual giving. If you have a referral, please direct it to Joy Blang.

## Easing Loneliness

continued from cover page

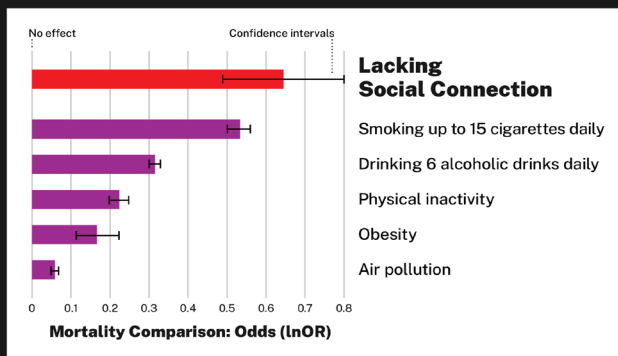
Jack's\* wife Eileen\* was diagnosed with Alzheimer's disease four years ago. They used to love to meet other couples for dinner and a movie or socialize for hours with friends after church. Eileen's behaviors have made it difficult for Jack to take her places. Their friends have drifted away. The only time they feel comfortable and accepted is when they attend programs offered through the ERS Center for Memory Support and Inclusion like *With Art in Mind* or *Dancing to Remember*.

Margaret\* is a Deupree House resident who moved from her home in Cleveland to be near her daughter. It was hard to leave her friends to start a new life at age 87. But now her phone rings daily with invitations from neighbors to join them at a social event, musical performance or in the dining room. Today, she is an active member of the new resident welcoming committee.

One way to answer the Surgeon General's call is by making a gift to the Good Samaritan Mission. Your gift helps ensure that older adults build meaningful relationships and feel a sense of connection. When you answer the call, you increase their likelihood of living longer, healthier and happier.

\*To protect their privacy, names and details have been changed.

### Lacking social connection is as dangerous as smoking up to 15 cigarettes a day.



**Comparison groups:** Complex measures of social integration: high v. low; not smoking v. smoking < 15 cigarettes daily; alcohol abstinence v. drinking > 6 alcoholic drinks daily; physical activity v. inactivity; low BMI v. high BMI; low air pollution v. high air pollution.  
**Source:** Holt-Lunstad J, Robles TF, Sbarra DA. Advancing Social Connection as a Public Health Priority in the United States. *American Psychology*. 2017;72(6):517-530. doi:10.1037/amp0000103. This graph is a visual approximation.

Office of the  
U.S. Surgeon General

**Research shows that the impact of social isolation and prolonged loneliness significantly increases the risk of serious physical and mental health issues including:**

**Heart Disease**

**Stroke**

**Obesity**

**Weakened Immunity**

**Depression and Anxiety**

**Addiction**

**Suicide and Self-Harm**

**Premature Death**

**Alzheimer's and Dementia**





## Resources

# A Wealth of Content at your Fingertips

**A**s Director of the Center for Memory Support and Inclusion, Shannon Braun supports individuals struggling with dementia and their caregivers, often a spouse or family member. She helps them access information and services and directs them to meaningful activities in safe and welcoming environments.

In one of her recent *Mindful Monday* blogs, Shannon shared the alarming statistic that an estimated 20 million older Americans experience significant loneliness.

Want to learn more on how you can help? Click the QR Code to watch a brief *Mindful Monday* video with tips from Shannon on addressing loneliness in older adults.

Visit [blog.episcopalretirement.com](http://blog.episcopalretirement.com) to access content on a wide range of aging topics.



Your gift to the Good Samaritan Mission will help support the production of educational resources for individuals in need of guidance throughout the aging process.



## MORE ON IDENTIFYING AND HELPING AN OLDER ADULT EXPERIENCING LONELINESS

### Increased Risk Factors

- The illness or loss of a loved one
- Separation from friends or family
- Health struggles
- Worsening vision or hearing problems
- Cognitive or psychological challenges
- Lack of mobility or access to transportation

### Signs Someone May Be Lonely

- Changes in sleep or eating habits
- Lack of energy or enthusiasm
- Withdrawing from friends, family or favorite activities
- Increased worry and anxiety

### Ways to Help

- Encourage them to commit to a daily schedule that includes exercise and purposeful socialization
- Set up, and teach them to use, communication technologies
- Coordinate with others who care about them to visit, call or video chat on a regular basis
- Encourage them to resume a favorite hobby at a location that includes others with similar interests - join them at first
- Seek medical advice or counseling services
- Consider an animal companion

For more information and tips download publication 20-AG-8150 at [www.nia.nih.gov](http://www.nia.nih.gov)



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*Affordable Living New Initiative*


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# Allen, A Walking Advertisement for...

# WELL BEING

*A Program for Being Happier, Being Healthier and Living Longer*



Affordable Living

ERS

Episcopal Retirement Services

**I**t's been two years since 66 year old Allen moved into St. Paul Village (SPV), an ERS Affordable Living community. A lifelong smoker, he was confined to a motorized wheelchair and connected to oxygen at all times.

He wasn't always this way. Growing up, he spent his time at recreation centers run by his step-father and role model. Swimming and gymnastics were among his early passions. He built a career in building maintenance for rec centers. But unhealthy habits led to asthma, chronic bronchitis and other health complications.

Allen's living conditions did not help, describing his last apartment community as drug infested and crime-ridden. St. Paul Village was like night and day, he reflects. But the true turning point in his life came when a good friend passed away. Allen lacked the strength to attend the memorial service.



"It's embarrassing to be unable to move or do what you need to do. It's hard to ask for help," Allen admits. But ERS Well Being Manager Wes Bogard put him at ease. The two of them meet Monday-Friday in the SPV fitness center. "It's my morning coffee," Allen laughs. He's now 20 pounds lighter thanks to training with Wes, participating in group exercise classes and walking the building. During a recent workout, Allen climbed up and down a flight of stairs - *twice*. "I haven't climbed the stairs in seven years!" he marveled. His increased strength and stamina has allowed him to do more of what he loves most, playing

with his 17 grandchildren and great-grandchildren.

"Allen is a walking advertisement for the Well Being program here at St. Paul Village. Other residents are seeing his transformation and saying, I want to do that, too!" explains Wes.

Allen is grateful to have found a new lease on life at SPV. "If you can find a good place to live and you take care of your health and life, you have a chance of going on. I want to be around as long as I can."




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ERS is in the midst of a \$1.1M campaign to support the five-year pilot study in wellness, Well Being, which includes a research component in partnership with Xavier University. To learn more, please contact Joy Blang at [jblang@erslife.org](mailto:jblang@erslife.org) or 513.979.2313.

## Overcoming Loneliness

Resilient older adults served across ERS share personal stories of overcoming loneliness to find happiness and fulfillment in their latter years

### In Their Own Words...

**Sally** did her research. During her working career, she assisted older adult clients with financial matters. She made mental notes as she visited clients. Who were the happiest? Who were prospering? She wanted to decide where she and her husband would eventually move. The decision was easy. She told her husband “This is it. Deupree House. Decision made.” But sadly, shortly before they were to move in, her husband passed away unexpectedly. Simultaneously, she was grieving this great loss and tackling a big move, two of the most stressful experiences in life to navigate.

She found help at every turn by ERS staff. Service Coordinator Kara helped her settle in and even set her up with a grocery delivery account. A maintenance team member gave her dead car battery a jump. A visit to the dermatologist revealed a spot on her back which required a twice daily bandage change, which Nurse Amy was happy to do. And after a massive power outage, Executive



Director of Hospitality Emerson ordered everyone battery powered flashlights. Sally recognizes that all of these little acts of kindness and service make it possible for her to live independently. Now she is able to focus on building her life in this new chapter, making new friends and enjoying all of the amenities and programs available to her. The light has come back to her life, and not just because she has a new flashlight!

**Ruth**, a retired school teacher, her beloved husband William and their two children enjoyed a very active life in their community. William’s diagnosis with a debilitating illness changed their roles from active retirees to care partner and patient. Their time went from meeting with friends to meeting with doctors. As William’s health declined, so

did Ruth’s ability to leave him alone. They turned down invitations, dropped off committees and stopped attending church, all things that had given them great joy.

When William passed away, Ruth was devastated. Their loving children lived out of town. She wondered how she would move forward alone. Then she learned about the new Deupree Meals On Wheels Swipe ‘N’ Dine program, a pilot program through the Council on Aging. It offers meals to older adults in a communal setting, the Deer Park Public Library community room.

She sat with strangers who became her friends over the following weeks. They shared stories and laughter. Ruth began to feel like her old self again and looks forward to more time of food and fellowship.





**Debrah** grew up in Blanchester, but since turning 18 she's moved around, a lot. "I guess I wasn't happy," she reflected. Prior to moving back to Blanchester, into the ERS Affordable Living Community Westminster Court, she was living an hour away. The apartment was nice enough, "but no one ever checked on us to see if we were OK. My neighbors were not friendly. I felt alone."

She has always been very shy and credits weekly Bingo-cize (Bingo + Exercise) for drawing her out of her shell. Calling out her winning card has helped her overcome her shyness. She attends church services in the community room, another way she's gotten to know fellow residents who share her values. "Now I speak when I see people. I didn't before."

Debrah has not only become close friends with her neighbors, she adores the staff. "They tell us they love us and they mean it. It feels so good!"



**Alice** has faced many hardships in her life, including an abusive husband. Thinking she had no way out, she attempted suicide. Believing her children needed more than she could give them at the time, she asked the judge to find them a new home. They were placed with a caring couple who allowed her to remain involved in their lives while she pieced her life back together.

Like Debrah, she found a home at Westminster Court, but a series of devastating losses of loved ones caused her to slide back into depression. She became a recluse, she admitted. A neighbor thought a puppy would help. It did. She started taking "Cookie" out for walks and to

play fetch. Fellow residents, charmed by Cookie, struck up conversations with Alice that grew into friendships.

"Physically and emotionally, Cookie has been a Godsend. So has this place."

Char, the Community Manager, recognizing that Alice was seeking a purpose, offered her a job as an On-Site Stipend worker. She helps deliver notifications, tracks participation at activities and responds when the life squad is called after hours.

Pointing to a sign in a common area that reads *It's not just an apartment, it's a community*, Alice says it's actually much more. To her, "It's not just a community, it's my family. It's my home. I belong here."



*Alice (center) and Cookie love to socialize daily with friends like Helen and Ramona in the lobby and on the beautiful grounds of Westminster Court in Blanchester, Ohio*



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*Expert Advice*

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# Chip Workman Shares Giving Strategies that can Work for You



As a wealth advisor, one of the most common discussions I have with clients is around the issues and organizations they support and the sense of meaning and purpose supporting those organizations brings to their lives. While that is the most important and compelling part of the charitable giving that we do, it is also important to consider our own well-being to ensure we're giving in the most efficient and effective manner. This includes which type of vehicle one might use. As we think about tax efficiency and reducing complexity in our charitable efforts, let's take a look at Donor Advised Funds and Qualified Charitable Distributions.

## Donor Advised Fund (DAF)

- *Tax Efficient:* Contributions to a DAF are tax-deductible in the year they're made, though you do not have to use all of the contributions for charitable giving in that same year.
- *Flexible Giving:* DAFs allow donors to recommend grants to their favorite charities over time, providing flexibility in timing & recipient selection.
- *Growth Potential:* Donors can potentially enhance their giving ability over time through investment options offered by the DAF.

## Qualified Charitable Distributions (QCD) from an Individual Retirement Account (IRA)

- *Tax Savings:* QCDs allow individuals aged 70½ and older to directly transfer up to \$105,000 annually from their IRA to eligible charities.
- *Reduce Taxable Income/RMD:* QCDs count towards satisfying Required Minimum Distributions (RMD) from those IRAs, reducing taxable income from the RMD on a dollar for dollar basis.
- *Giving Must be Direct:* QCDs must be distributed directly from the IRA to the charity or charities of your choosing. Your adviser, account custodian or other financial professional can help facilitate this process for you.

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Both of these vehicles may be used not only as a source for your charitable giving throughout your lifetime, but also as a designated beneficiary in your estate plans.

A word of caution on giving from these vehicles. Donors may not receive any benefit for gifts made from a DAF or a QCD. For example, a DAF or QCD cannot be used to purchase something in a charity auction or purchase tickets for a charity golf tournament. As with anything of this nature, please consult your own financial advisor for your particular situation.

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Chip Workman, CFP® is a Certified Financial Planner™, Senior Wealth Advisor and Director with Mercer Advisors, a registered investment advisory firm with local offices in Montgomery. Born and raised in Cincinnati, he has spent his career in financial services, helping the individuals and families he serves navigate all the various aspects of their personal financial lives. Chip currently serves on the Boards of ERS, the ERS Foundation, ERS Affordable Living and chairs the ERS Finance Committee. Chip is involved in ERS because he truly believes it serves as a model for how senior care should be delivered across the spectrum of constituents.

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Foundation Spotlight

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## The Wilsons' Support Will Impact ERS for Generations to Come

Over their 60 years of marriage, Anne and Sam Wilson approached life as a team. Family, faith, and giving of their time, talent and treasure were values they lived by. Once their four children graduated from college and got married, they looked at their financial situation and decided to designate gifts to charities and causes that meant the most to them in their will.

17 years ago, Anne and Sam found more than just an apartment when they moved into Deupree House, "We found a family," Anne explains. They quickly assimilated, taking on leadership roles. Sam started a men's group that still meets today. Anne has served on the ERS board twice. They enjoyed



7 wonderful years together at Deupree before Sam passed in 2014. Anne is thankful to be among a caring community in this season of her life.

An appreciation for ERS' commitment to providing high quality housing and caring communities for adults at all socio-economic levels has always driven their giving. Together, Anne and Sam made the decision to include ERS in their estate, with the hope that ERS will be able to

continue its mission for generations to come. Anne encourages everyone to consider how they can make a difference at ERS, no matter the amount they can give. "Every amount is important when you leave ERS in your will."

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## New Space for a Cuppa Warms Up Friendships

**W**ant to grab a cup of coffee? How many times in your life have you initiated a new friendship with these simple words?

Getting to know someone over a cup of coffee. There is something so simple about it, yet it also invites a level of intimacy, implying *I am interested in you, I'd like to get to know you better.*

Thanks to a gift from the Marjorie P. Lee Auxiliary, a former small dining room on the fifth floor has been

repurposed into a coffee lounge to the great delight of residents.

Resident Kathy McGurn, pictured here with



husband Bill shares, "It's so nice to be able to have a cup of coffee while I am working on a puzzle and to greet others as they trickle in throughout the day." The space is beginning to catch on, she says, with some of the regular card groups relocating their games to the coffee lounge. "Everyone seems happy to have a little more space to relax and socialize outside of their apartments."



## Gala Series

## Kaleidoscope: A Sign of Good Things to Come

ERS  
Gatherings for Good

— GALA SERIES 2024 —  
INTIMATE & FUN EVENTS TO  
BENEFIT THE GOOD SAMARITAN MISSION

PRESENTED BY:



**OCCH**  
OHIO CAPITAL  
CORPORATION  
FOR HOUSING

SUPPORTED BY:



**S**ponsor Appreciation Night: *Better Together*, held in May, celebrated the many corporate and church partners who have collectively contributed over \$240,000 in support of this year's Good Samaritan Mission through the gala series. In addition to their generous charitable support, the impact partners have on the lives of older adults permeates all areas of ERS through their work and service. Because of them, we are *Better Together*.

During the event held at Fueled Collective, guests left their mark on a one-of-a-kind piece of art that

will be unveiled publically at the final gala series event, *All a Flutter*, and eventually hung in an Affordable Living community. It is titled Kaleidoscope.

Did you know that a swarm of butterflies is called a *kaleidoscope*? It is thought to be an auspicious sign of future happenings. Partners, donors, volunteers, staff, residents, families and friends all make up the ERS kaleidoscope. Thank you for being a part of good things to come through your support of the Good Samaritan Mission.



Above: Gatherings for Good Gala Series Lead Sponsors from (left to right) Clark Schaefer Consulting, TheKey and Ohio Capital Corporation for Housing, making an indelible mark in more ways than one.

Below: Sponsors, guests, residents, donors, volunteers and staff: *Better Together*.





## Gatherings for Good Gala Series

### Queen City Soiree

Friday, October 4th

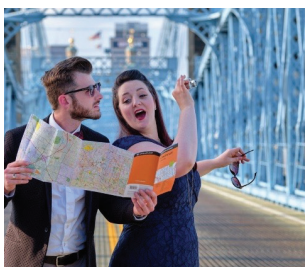
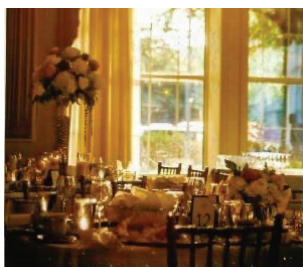
6:30 -9:30 p.m.

with VIP reception and toast at 6:00pm

The Cincinnati Woman's Club  
in the Clifton Gaslight District

**Sponsored by:**

**By The Episcopal Church of the Redeemer**



The Queen City is full of great institutions that have deeply impacted our beloved community for generations. Since the inception of Marjorie P. Lee in 1963, ERS has striven to be among these esteemed institutions which include The Cincinnati Woman's Club where guests will be treated to an evening fit for a queen.

Following cocktails, hors d'oeuvres and a gourmet dinner, guests will be taken on a "Sentimental Journey" with featured entertainment by **Queen City Cabaret**. With their signature twist of whimsy, QCC will revive and refresh timeless classics from the Great American Songbook, including those with Cincinnati ties like Rosemary Clooney and Doris Day.

**Honored guests include:**

**The Right Rev. Kristin White**

Newly Ordained Bishop of the Diocese of Southern Ohio

**Jan-Michele Kearney**

Vice Mayor, City of Cincinnati

**Catherine Cawthon**

President and CEO, Ohio Capital Corporation  
for Housing

### All a Flutter

Friday, November 8th

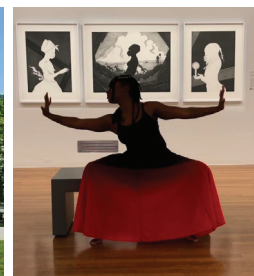
6:30 -9:30 p.m.

The Barn in Mariemont

**Sponsored by:**

**TheKey**

**Building Management Partners**



The Lindner Quality Milk Company was housed in a 1920s dairy barn as part of Mary Emery's vision to create the Village of Mariemont. Fully refurbished, it is now home to the Women's Art Club of Cincinnati, site of our final gala event.

The monarch butterfly...beautiful and seemingly fragile, yet so strong and resilient in the face of adversity...will serve as the evening's backdrop at The Barn, one of only twelve stops for the nationally renowned Cherrywoods Challenge Fiber Arts exhibit.

Sumptuous dinner by Jeff Thomas Catering will follow cocktails and hors d'oeuvres, all in a uniquely historic space.

**Featured entertainment by  
Pones**

an organization dedicated to creating engaging new ways for audiences to experience performance art.

Their interpretive dances will be based on transformative moments in the lives of four incredible older adults served by ERS, each representing a stage of the monarch life cycle.

**Space is limited! Don't Delay! Register Today!**

For more information and to purchase tickets, visit [www.erslife.info/gala](http://www.erslife.info/gala) or call Sarah Meyer at 513.979.2308

# ERS Foundation

3870 Virginia Avenue  
Cincinnati, OH 45227-3427  
ERSFoundation.org  
513.979.2308

## PREMIER SENIOR LIVING



Deupree House



Marjorie P. Lee

## AFFORDABLE SENIOR LIVING



Affordable Living  
Ohio • Indiana • Kentucky

## IN-HOME AND COMMUNITY BASED SERVICES



Deupree Meals On Wheels



Living Well Senior Solutions



## MIDDLE MARKET

# Finding Peace and Solidarity in Nature

*I firmly believe that  
nature brings solace in all troubles*

-Anne Frank



While digging in the soil with plants in hand, residents experience joy and satisfaction from designing and tending their own creation. For 25 years, Robert Evans of Arrowood Plants and Flowers has brought nature to ERS by maintaining our planters. A certified Horticultural Therapist, Robert also engages residents as part of ERS' robust Life Enrichment programming.

The crinkle of dried leaves, the bumpiness of a walnut and the sweet taste of honeysuckle nectar were all sensory stimulations that engaged residents during Forest Therapy, an innovative mindfulness practice led by Broadwell Center trained guide Ellen Foley, daughter of a Marjorie P. Lee resident.

*Want to try Forest Therapy for yourself? Check out the events calendar at the Cincinnati Nature Center - a favorite destination for ERS residents.*

### ERS Board of Directors:

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