

# Bayley

S P R I N G 2 0 1 8





# From The Desk Of The President

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Greetings on this gorgeous spring day, which was preceded by the winter that did not want to end! The green grass and leaves on the trees are such a welcome sight. Bayley is especially beautiful in the springtime with longer days, flowers in bloom and residents sitting together on the front porch enjoying the view and each other's company.

Pull up a chair and take a few minutes to relax with our newest edition of the Spring Newsletter. I'm excited to share the ways "Life In Every Moment" is experienced every day throughout our campus. You'll learn about the remarkable sense of spirituality and mission that distinguishes us from most other facilities.

Music is known as the universal language and here at Bayley it speaks volumes. You'll be surprised to discover the many ways music can brighten everyone's day. From spiritual hymns at Mass to karaoke and big band performances, the hills are alive with the sound of music!

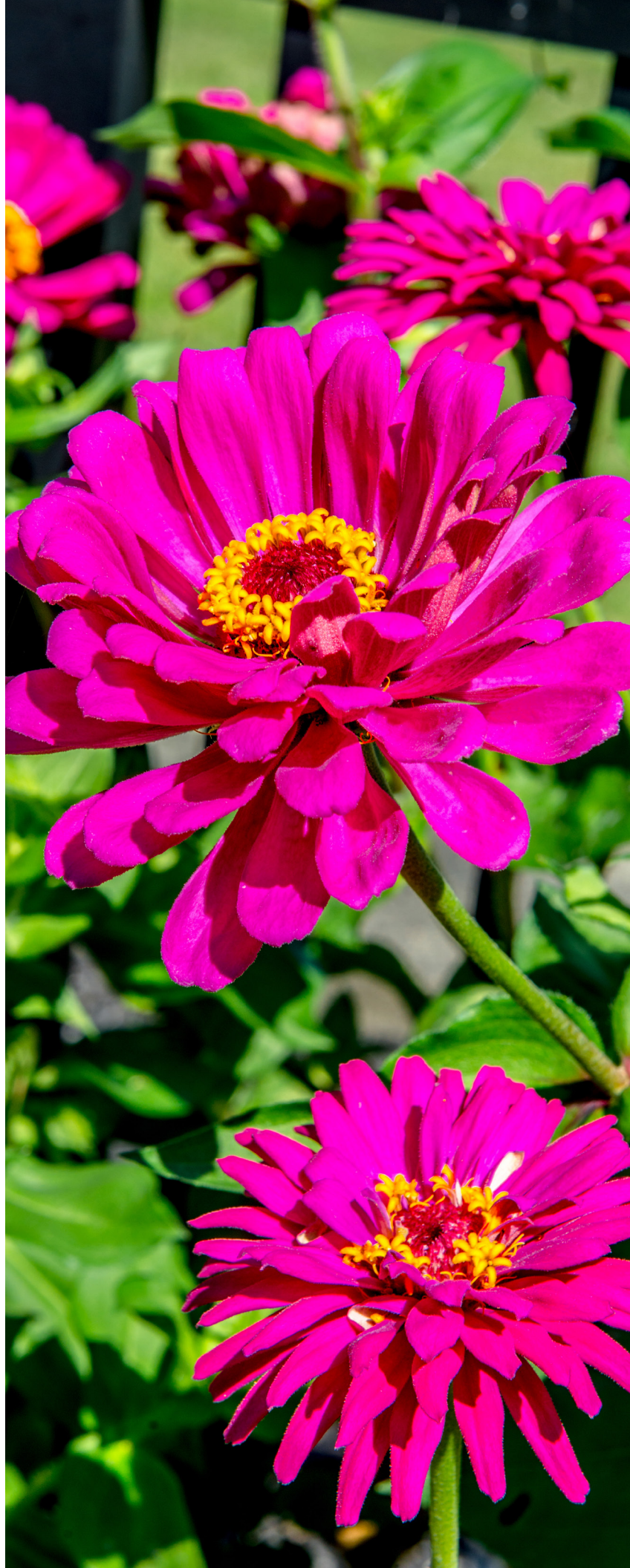
Bayley Home Services is expanding its reach in the community and growing exponentially. Lunch and Learn sessions at the Wellness Center continue to bring seniors to our campus to socialize and further explore current topics of interest. And you may be happy to know, Bayley's gone country! This month we are introducing a local Farmer's Market for residents, family and friends in an effort to support sustainability efforts and buy local.

The Lord's work is accomplished at Bayley by a dedicated team of staff and volunteers combining efforts and providing heartfelt compassionate care. To all those who give of their time, treasure and talents, we extend our deepest gratitude. Working together, we are making a difference!

Enjoy Spring 2018!

Adrienne A. Walsh,  
Bayley President and CEO

*Adrienne A. Walsh*





## PG 3 **Lunch And Learn**

Maureen Scheiner, Fitness Club Supervisor and member Delphanie Walker-Johnson get ready to lunch and learn!



## PG 9 **Welcome To The Board**

Meet JoAnn M. Reis, Laura J. Murrer and S. Thelma Schlomer the newest additions to the Bayley Board.

## PG 4 **15th George Knittle Memorial Bayley Golf Outing**



Paul Kocsis VP of operations at Bayley stands with an Adult Day member at the 2017 golf outing.



## PG 5 & 6 **Spirituality at Bayley**

Learn about Bayley's Pastoral Care program and the faith life of Bayley residents.

## PG 9 **Bayley Farmer's Market**

Mary Ann Hegner of Willow Branch Farm shows some of the produce that will be for sale at this year's farmer's market.

## PG 12 **Bayley Home Services**

Bayley Home Services, the newest option for caregiving families, addresses a variety of non-medical needs to help seniors stay safe and as independent as possible.

### *The Bayley Mission*

Bayley provides a continuum of care for seniors in a Catholic/Christian-like environment. With the Sisters of Charity, we strive to provide compassion and quality of life to those we serve. Our commitment is rooted in the values of respect, honesty and excellence.

## PG 7 & 8 **Music to My Ears**

Read all about the music programs of Bayley!



photos by Don Denney

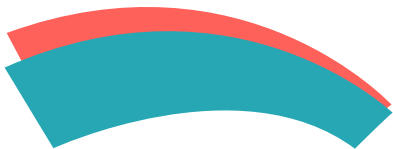




# Lunch & Learn

Over 250 members visit Bayley's Community Fitness Center each day, "flexing" their schedules to make health and wellness part of their daily routine. They come to swim in the warm water pool, walk on the treadmill or track, lift weights, cycle, take fitness classes and/or socialize. You'll find friends working out together, catching up on the news of the day with a cup of coffee in the café and documenting their workout efforts to reach their fitness goals.

The Fitness Center staff is proficient at finding creative ways to motivate, educate and accentuate the positive effects of exercise. Club members enjoy the friendly spirit of competition and camaraderie they find here. Those sporting special t-shirts have earned them by visiting the balance room at least 8 times a month for 3 or more months - and encourage others to do the same. Others earned shirts for coming 12 times each month for a year. In a February and March promotion, members combined efforts to see how far they could travel as a group, each logging their workout time for



## Lunch and Learn programs are open to the general public

Maureen Scheiner, Fitness Club Supervisor, has learned to balance a healthy diet with exercise.

every visit. One hour equaled one mile. Together the group traveled almost 3,000 miles without leaving Delhi!!

There are over 40 classes offered each week that range from low impact stretching



# 15th Annual George Knittle Memorial Bayley Golf Classic

The 15th Annual George Knittle Memorial Bayley Golf Classic will take place on Monday, May 21st at Western Hills Country Club. We thank SC Ministry Foundation and Turner Construction as our Tournament Sponsors again this year. The outing is named in honor of one of Bayley's early residents George Knittle, who was loved and admired by his family and the staff who cared for him. The Bayley puzzle room plaque on the 2nd floor proudly displays his name and celebrates his enthusiasm for life and for assembling 500+ piece puzzles as part of his daily routine. Bayley was his home from 1993 until 2003.

George and his wife Helen moved from Evansville Indiana to Cincinnati in 1968 to be closer to family. As a result, George's daughter Georganne, husband Bill and their five children shared many treasured moments together and remember Papa with a smile.

George worked for advertising and newspaper companies. Grandson Bill Hemmer, FOX NEWS anchor, shares his grandfather's desire to tell a good story. His experience as a world traveler led him to television news, reporting locally before entering the national and international news spotlight.

Bill Jr. leaves his news desk each year to honor his grandfather and host the annual golf classic. He and his family understand firsthand Bayley's "Life in Every Moment" philosophy, caring for our residents with respect, honesty and excellence. Their support has been instrumental in raising funds for residents and adult day members in need. Thanks to all our golfers, sponsors and donors, the George Knittle Memorial Bayley Golf Classic has become a westside tradition!



Bill Hemmer greets Bayley Adult Day members at the 2017 golf outing.

to high energy cardiovascular workouts. Additional classes are scheduled periodically that address specific muscle training and proper body mechanics. For example, the shoulder and knees are often issues of contention for seniors and athletes alike. The techniques learned during these sessions can be applied to one's workout to help strengthen and prevent further damage. A 7 week falls prevention class, designed for those who have experienced a fall or who are concerned about falling, began in May. In June, members will be invited to participate in the new Fitness Boxing and Boxing for Parkinson's classes. Each eight week session focuses on improved coordination, strength, power, agility, balance and cognitive function. Boxing gloves are recommended!

Fitness at Bayley focuses on both a healthy body and mind. In addition to the daily exercise options and scheduled classes for members, the Fitness Center offers quarterly Lunch and Learn programs open to the general public.

Those attending can bring their lunch and enjoy an hour long presentation on a predetermined topic of interest. It's an opportunity to take a short break and expand their knowledge base on several interesting and thought provoking matters. In past sessions, guests have learned proven ways to thwart identity theft and fraud, acquired useful tips on healthy cooking for one or two and garnered insight into the attack on Pearl Harbor as seen through the eyes of one of our members, only 13 at the time. Our most recent lunch and learn discussed sustainability and buying local with the announcement of a Farmer's Market at Bayley, beginning May 17th at the Wellness Center. See page 10 for more information. Future lunch and learns will include a presentation by local artist Ray Hassard, showcasing his artwork as he explains artistic techniques and shares the stories behind the paintings.

Each program brings new ideas to the table with food for thought. We invite you to come join us for lunch..... and learn!





# Spirituality at Bayley

Mike Davis chats with a family member.

**B**ayley, similar to other retirement communities, provides several residential options, social activities, fitness packages, outreach programs and a clean environment; all desirable incentives when considering a move. At a time when many facilities struggle to find their uniqueness, Bayley's appeal comes naturally. It's a presence that is felt the moment you walk through the door; an awareness that you are in a place of compassion and service to others.

Founded by the Sisters of Charity as a sponsored ministry, the mission of Bayley is to provide compassion and quality of life to those served, rooted in the values of respect, honesty and excellence. Sister Elizabeth Ann Bayley Seton lived her own life with these same principles. It follows that those qualities would be apparent in the works established by the Sisters.

The atmosphere so much appreciated and felt by residents, family and staff starts with

prayer. Bayley's spirituality is obvious and its heart beats passionately in the Pastoral Care Department. Six dedicated staff felt called to say "yes" to our Lord's calling to be His minister to others. Director Mike Davis reflected, "What a privilege it is to be Christ to one another by bringing people a little closer to our Lord, protecting their human dignity and making a positive difference in a person's life. Making new friends and building relationships is a most rewarding experience, while saying



goodbye and feeling a family's pain and loss is a challenge".

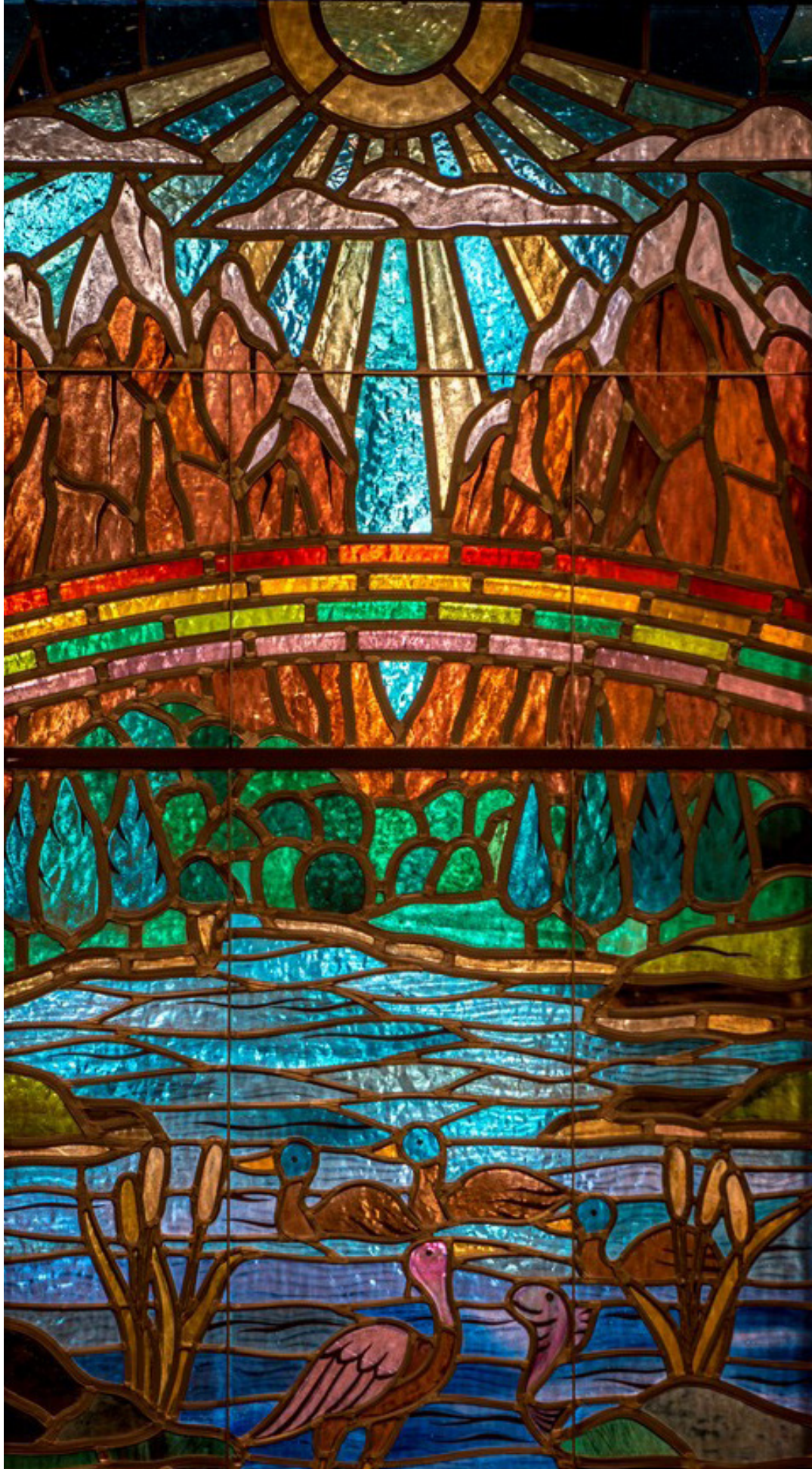
Six department staff members attend to the spiritual needs of over 200 residents. Pastoral care is available 24/7 and the Director is always on call when a need arises. Thirty three volunteers give generously of their time to help distribute communion as Eucharistic Ministers, transport residents, visit on the units and knit prayer shawls. Residents also participate and encourage others to attend daily Rosary Group at ten a.m. and the Friday Holy Hour at one p.m. Mass is celebrated six days a week and is always well attended. The Saturday Mass brings family members and guests from the community together to hear the Sunday liturgy at three p.m. Conversations with the chaplain and ecumenical services are held once a month.

Walking the grounds provides further opportunities to contemplate and pray. You'll find a grotto with the Blessed Mother at the back entrance and additional statues of Mary and Saint Elizabeth Seton placed in prominent locations around campus. The Sisters of Charity Motherhouse across the street offers yet another occasion to attend Mass or spend time in quiet reflection in one of the most majestic chapels around.

Mass intentions for family and friends and daily prayer requests top the list of services provided. The popular gospel sharing group explores scripture passages and brings them to life, relating the message to events in today's world and our own personal experiences. Hospice of Cincinnati offers a weekly grief support group.

You'll also find spiritual programs and reflections at the Wellness Center. A caregiver support group open to the community meets every Friday morning. The prayer intention book is displayed at the front entrance, inviting guests to enter their requests. Adult Day members begin each day's activities with a time for reflection and sharing. And every Friday at 3p.m. staff are invited to come together in prayer.

Bayley staff are devoted to accomplishing God's work, surrounded by others who value life and live the mission. Walk down the halls and you will undoubtedly be greeted warmly with a smile or a few kind words.







# MUSIC TO MY EARS!!

“Where words fail, music speaks”  
– Hans Christian Andersen

It's not by accident that programs involving music are the most popular on campus! Our musical memory plays a significant role in our own life story. How many times have you heard a song that immediately takes you back to a memorable time and place? Cultural and age-related differences seem to disappear when all become one in song.

Here at Bayley, music has a strong presence in practically every department. At the Community Fitness Center, exercise and music go hand in hand. Maureen Scheiner, Fitness Club Supervisor states, “The music we use sets the mood of the class. We play oldies, rock and roll, instrumental classics, spa music and more, whatever fits the exercises of the day.” Nothing motivates an aerobics/cycling class more than the energetic beat of the “Rocky” theme song!

Rosie Eagle is the Activity Supervisor for both Bayley residents and the Adult Day Program members. She studied vocal performance at Northern Kentucky University and in Salzburg Austria. Needless to say, Rosie is well aware of the effect that music can have on a person's disposition. “Music is a universal language. We can reach people through music all the way to the end of life”, says Rosie. Residents can go from somber to completely engaged when they recognize a popular song that they recall from their early years. If they know the words, you'll often hear them break out in song! Rosie is also trained and certified in the Music and Memory program, designed to enhance a resident's response to music. After discussions with a resident and family member, a playlist of the most memorable songs is downloaded on that resident's Ipod. Listening to the music they remember and love helps a person relax and can diffuse feelings of





Resident Margie Glaser plays a tune  
for Activity Supervisor Rosie Eagle.

## “Music is a universal language. We can reach people through music all the way to the end of life.”

anxiety or depression. Music Monday is a popular large group activity for residents, featuring a wide variety of musical entertainment styles held in the Enrichment Center. Notices are posted on the floors and in the elevators, announcing the upcoming performance and musician. As always, families are invited and often attend these activities on campus. Karaoke and sing-a-longs are equally appreciated and have become regularly scheduled events on many units. Residents take the microphone and prove that you don't need to turn on the TV to see that America's Got Talent! We have talent right under the roof!

The Vern and Eileen Kohler dementia program titled “Making Connections Through Music” is a new opportunity

for selected Bayley residents who no longer join others in a group setting. Creative Aging Cincinnati staff coordinates these unique artist visits. The resident is treated to an individualized performance that features music and song selections specifically chosen by the resident, staff or family as having had special significance. Specially trained by the Alzheimer's Association staff, the performers play their instrument and interact with the resident through song and/or conversation. Most recently, professional harpist Heather McGrath visited several specially chosen residents and played soft, peaceful melodies that literally soothed the soul for both.

And the beat goes on.....  
Bayley celebrations always include music.  
Annual Family Night and Christmas

parties, Mother's Day Teas, Adult Day Prom and National Nursing Home week's talent show are prime examples. The celebration of daily Mass always includes well known hymns prayerfully sung by those in attendance. It is not an unusual sight to see a resident sit down and play one of the many pianos around campus. Those in proximity will start to sing or nod in appreciation – residents and employees alike. Then there are others who volunteer their time, talent and love of music on a weekly or monthly basis, giving residents the opportunity to engage and enjoy each other's company. Participation is optional, most sing and some simply listen, but the smiles and toe tapping are evidence of a successful afternoon!

Yes, the halls are alive with the sound of music at Bayley and with good reason. The power of music can unlock a flood of happy memories to share and create new experiences with friends and family. From The Farmer in the Dell to Bach, Mozart and everything in between, music is magical!



# Welcome To The Board!



**JoAnn M. Reis**

JoAnn is the CEO of OrthoCincy Orthopaedics & Sports Medicine and has worked for the practice for the past seven years. She serves on the board for the Arthritis Foundation's Ohio River Valley Chapter and the Independent Physicians Collaborative. She received her undergraduate degree from the University of Cincinnati and her MHA from Xavier University. JoAnn shares her experience on both the Strategic Planning Committee as well as the Bayley Board.



**Laura J. Murrer**

Laura is the founder and president of Tri-State Plan Administration, Inc., a firm that designs, implements and administers retirement plans for small and medium-sized employers, primarily in the tri-state area. She is a CPA and received a BA and MBA from the University of Cincinnati. In addition to her new position on Bayley's Board, Laura also lends her expertise as a member of the Finance Committee.



**S. Thelma Schlomer**

Thelma Schlomer, SC is a graduate of Xavier University where she earned her undergraduate and graduate degrees in education. Her 39 year teaching career spanned the elementary grades to high school. Sister currently works in the finance office of the Sisters of Charity. Sister Thelma has served on several area boards and is currently a member of Bayley's Gift Planning Committee in addition to her work on the Bayley Board.

## BAYLEY FARMER'S MARKET

Bayley sits on acreage that was once a working farm with cattle, chickens, turkeys and fruit trees.

Mike Hegner and staff of Willow Branch Farm in Brooksville, Kentucky are bringing a bit of the country back to Bayley with a Farmer's Market at the Wellness Center, starting May 17th. The market is open for those on campus and in the Delhi community and shoppers can choose from local, "fresh from the farm" beef, chicken, eggs and honey as well as seasonal fruits and vegetables. The family is committed to sustainability and organic practices in raising animals and growing produce. The market will be open every Thursday between the hours of 9 a.m. and 1 p.m.



**Mary Ann Hegner of Willow Branch Farm outside of the Bayley Fitness Club. The Farmers Market will be open every Thursday between the hours of 9 a.m. and 1 p.m.**







# A few ways to support Bayley

Remember a loved one, living or passed, by making a tribute gift. Any donation may be made to honor your family member or friend. You may even make an instant gift online, [www.bayleylife.org/Donate Now](http://www.bayleylife.org/DonateNow).

Pray! For our residents, for our family members, for our volunteers and for our staff who so lovingly care for so many in need. Or pray with us...Daily Mass at 10:30 a.m. and Saturday Mass at 3 p.m.

Share our story. All who are part of the Bayley community may rest assured that they have found their final home. No one will ever have to leave because of the lack of financial resources.

Become a volunteer. The most loving gift that you can give is the gift of yourself. Call 513/347-5416.

Ask us to speak at your event or meeting. We are delighted to bring our story to you. Call 513/347-5735.

Come visit! We offer tours of all of our programs and buildings. Call 513/347-5735.

Other opportunities to invest in Bayley's future include:


Bayley Endowment Fund-Provides a source of funding for residents who have run out of resources for their care.

Pastoral Care Fund-To ensure current and future generations benefit from the services of pastoral care.

Planned Gifts-Secures Bayley's future by supporting our Endowment Fund's goal of \$30 million. Bequests, life insurance, gift annuities and trusts are some of the methods to consider.

Annual Support-Addresses the growing needs of our residents by supporting the programs and services we provide.

Mother Margaret George Society-Provides a permanent way for the Bayley community to remember or give honor to your loved one. Benefits include an engraved photograph and name of your loved one on our MMGS Wall, annual invitation to Mass on the anniversary of the loved one's passing, and attendance at the annual MMGS Mass celebrated by our bishop.



Every act of generosity helps to extend our mission of “providing a continuum of care for seniors in a Catholic/Christian environment...”

Village resident Dan Eversole and his dog Captain Pugs II.





# Home Services





**V**This past December Bayley acquired “A Caring Choice” home care company to help expand Bayley services into the greater community. Jim Kummer established this company fourteen years ago with the intention of providing excellent home care to seniors on the west side of Cincinnati. And he far exceeded his goal! His company grew significantly in a short time and became a well-respected service provider, thanks to his commitment and passion for serving the needs of the

elderly. With many companies competing for business, Jim excelled because he stayed true to his convictions by offering “a caring, compassionate choice” to his clients. Jim shared these thoughts on the new expansion, “Our dedicated team of caregivers and service coordinators earned an excellent reputation and were recognized with several awards. This transition has been positive for both our caregiving staff, who are now part of a larger continuum of care facility and for our clients, who continue to receive services they need to remain living

independently in their home, along with the advantages that the Bayley continuum of care offers.”

Adrienne Walsh, Bayley President and CEO, believes this merger is an important piece of the caregiving puzzle. “Bayley is very excited to have this opportunity to further expand our home services program to the community. The collaboration/acquisition between Bayley and A Caring Choice allowed us to move forward with our strategic plan which calls us to promote



health and wellness services to persons both on and off campus- allowing clients to know us before they need us while remaining at home. The growth of the home services program is a wonderful extension of the Bayley mission to offer quality and compassionate service to senior adults and their families”.

With additional staff joining the Bayley team, new clients added to the roster and guidance from Jim Kummer on the new scheduling and billing software, Bayley Home Services grew from 35 to 55 clients overnight. Jim has been instrumental in creating a smooth transition and offers

## **“Our family is so appreciative of the help we’ve received from Bayley Home Services.”**

great insight into the benefits and challenges of a home care service. Part and parcel of the business is managing the constant balancing act between staffing and meeting client needs. Jim’s experience and shared knowledge has been most appreciated.

The response from existing and potential clients has been most positive as we position our team to further expand into the greater community. What makes Bayley different from other Home Service providers? Bayley’s reputation of providing quality care is one of our greatest assets. Families enjoy peace of mind knowing the Bayley staff is competent, caring and compassionate. Caregivers receive eight hours of initial training before being assigned on their own and each is required to attend pertinent in-services as planned. The coordinating team is always available to assist with changing needs and adjusting schedules. As part of Bayley’s continuum of care, clients are



Village resident Barb Wuest having fun in the kitchen with caregiver Karen Reilly.

informed of additional services, programs and alternate living options if needed, with priority consideration.

Home Services provide from 2 hours up to 24 hour care. To date, homemaker/ housekeeping assistance is the most requested service although medication reminders, assistance with showers and companion time are also frequent requests. Transportation, shopping trips, meal planning and prep, errands and help with pets are just some of the other available options. Each plan of care is unique and custom designed to meet individual needs. Being flexible in scheduling and services is important to the client and his/her family. Having Bayley staff provide services has been instrumental in the program’s success as clients and families are comfortable in knowing the “Bayley team” is at work.

Here’s what one family has to say about Bayley Home Services: “Our family is so appreciative of the help we’ve received from Bayley Home Services. Lindsey, Mary and Michelle of the Home Services

Coordinating Team have bent over backwards to fill the shifts and times we need covered. The regular caregivers who assist with our mother’s care do whatever is necessary to accommodate our busy schedules. They have come early and stayed late on a moment’s notice to help us out. During a very stressful time for our family, Bayley has lessened that stress and given us some peace of mind, knowing our mom is being cared for by dedicated and reliable caregivers”.

And a note from a client: “Karen comes 3 days a week now and she is wonderful! She helps me so much. At first I did not think I needed anyone but my daughters insisted. Now I don’t know what I would do without her. I am really glad she is coming and I would recommend Bayley Home Services to anyone”.

– For more information on Bayley Home Services call 513-347-4168.



