

Anticipate More



SPRING 2015

An Asbury publication dedicated to redefining the expectations of aging

- Altruism: It's Good for You, Too!
- 3 Keys to Elective Surgery Success
- Tips for Rightsizing Your Life

SEE SPRINGHILL: PAGES 9-12





Greetings

from the Executive Director -
James G. Schneider

Welcome to *Anticipate More*. This publication provides insights into life at Springhill along with articles highlighting the mission, vision and financial strength of the Asbury system of which this community is proud to be a part. The Asbury brand of “Anticipate More” stands for a commitment to thinking ahead and to creating a new chapter in life full of new opportunities, people and purpose.

Meet Marjorie Podolsky in our featured article on the health benefits of altruism. (See page 4.) She is one of dozens of people here who have enriched this community by applying their skills and life’s experience to the creation of new programs or to revitalizing existing programs that benefit residents emotionally, physically and spiritually.

If you are one of the many older adults considering elective joint replacement surgery, turn to page 13 where Springhill Resident Care Manager Laurie Dart shares some of the common denominators to success that she has observed during her years working in this area.

In the Springhill Section on page 9, meet new resident Marilyn Melhuish. Her move to Springhill was made under challenging circumstances, but thanks to the support and services of associates like Laurie Dart and Jill Mannino, Marilyn is now feeling healthy and happy in her new apartment home.

And we hope you’ll reserve a space for our 2015 Rightsizing Expo, where you can learn how to get started creating the environment that suits your needs today and in the future, whether that is here at Springhill or in your current home. Turn to page 12 for information.

Our hope is that as you turn these pages, you will be inspired to consider Springhill for the retirement life of your dreams. It is my privilege to come to work here each day and be inspired in turn by the people who have made Springhill their new home.

Whether you attend an event or decide on a personal tour, now is the time to explore Springhill in person. I look forward to meeting you!



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SpringhillErie.org

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Editor: Cathy Canning, Communications Manager

Design: FatCat Studios, fatcat-studios.com

Contributor: Susan Sherwood, Marketing Coordinator

Comments or Feedback? Contact Cathy Canning, Editor, at 301-250-2103 or email, ccanning@asbury.org.

To view a digital issue of this magazine, go to www.SpringhillErie.org, and click on the News & Events tab.

Follow us on:



Springhill is home to a vibrant population age 55 and better. As an Asbury community, Springhill is not-for-profit and has built a solid reputation for superior service, strong partnerships and award-winning leadership. Located on 45 acres of beautifully landscaped hills and woodland, Springhill offers a variety of options, including garden and apartment homes as well as countless amenities for those seeking a care-free and dynamic life with a lifetime plan for care.

Springhill | 2323 Edinboro Road | Erie, PA 16509
Marketing Office: 814-476-8603



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ASBURY.ORG

Earth Day Gets a Face Lift by Sue Hu

Sustainability and preservation of the earth's resources are recurring issues in the news. An increasing and uneven distribution of the world's population challenges reasonable solutions. Most of us acknowledge the issue, but how do we give them meaning in a retirement community?

When my husband Dick and I moved to Asbury Solomons in 2009, this community had a small but active Go Green Committee dedicated to enhancing residents' understanding of environmental issues. As a former science teacher, my skills included extensive experience in planning and leading environmental programs for all age levels, so it was natural for me to become a member. For three years, I helped organize Go Green sponsored Earth Day programs.

While our programs were good, the "teacher" in me said we could do better. We were scheduling too many activities into a single day and too many residents who had conflicts on that day missed out.

In 2013, I suggested a different approach. To better meet our goal, the Go Green Committee initiated Earth Stewardship Month to give us flexibility and depth of programs. Throughout the month of April, we offered a wide range of both daytime and evening activities on a variety of topics designed to encourage residents' participation. That first year told us we had a winning formula.

Offerings for 2015 include a Thursday evening speaker series on a variety of local and national environmental initiatives and issues, an Oyster Garden Benefit Dinner to raise funds for our Oyster Garden Project and three daytime activities (an Asbury beach cleanup, an oyster garden information presentation and a session on using energy resources more efficiently). Last year, close to 40 percent of residents attended our oyster benefit dinner and we've had consistently strong attendance at our Thursday evening programs.



Sue Hu, right, stands on Asbury Solomons' dock.

For my husband and I, helping to grow Asbury Solomons' environmental awareness and efforts has been and continues to be a gratifying and meaningful part of our lives here.

Sue's experience at Asbury Solomons is common across the Asbury system of continuing care retirement communities. Though sustainability efforts vary based on geographic features and residents' backgrounds and interests, Green Councils and projects can be found on each campus. They include:

- Asbury Methodist Village – Wildlife Habitat Council certification, LED outdoor lighting
- Bethany Village – earth-friendly cleaning chemicals, campus-wide recycling
- Inverness Village – voted Tulsa's leading business recycler in 2011
- Springhill – added butterfly garden on campus, Project Bud Burst participant



Is Altruism Good for You?

Studies Suggest Answer Is a Resounding “Yes!”

Anyone who spends more than a few minutes at an Asbury community might start to wonder if the “A” in Asbury actually stands for altruism. Maybe it’s in the water, maybe it’s some shared genetic coding that draws givers to Asbury. Either way, their desire to help others provides countless benefits for people living inside – and outside – the community.

But did you know that helping others has been scientifically proven to help you, too? In 2012, a researcher at Stony Brook University School of Medicine reviewed more than 50 studies involving the effects of helping others and found that those who were *sincerely* altruistic were happier, healthier and in some cases, even had longer life spans. “. . .The benefits of giving is extremely powerful, to the point that suggests healthcare professionals should consider recommending such activities to patients,” said Stephen Post, in an interview with United Press International.

Post’s findings mimicked those of a 2003 study of 2,000 churchgoers that showed people who provided support to others had better mental health than those who only received such help, as long as they didn’t overextend themselves.

“

A 2012 study found that those who were sincerely altruistic were happier, healthier and in some cases, even had longer life spans.

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Residents literally spend thousands of hours each year volunteering both within their community and in area organizations. While they are typically quick to deflect attention from their good works, ask the executive director of any community in this system about their impact and they will tell you that it is incalculable.

Bethany Village: Part of the Fabric

Phyllis Schweizer was honored in March for the incredible impact she has made during her 18 years as a resident. In a short time, Phyllis's can-do spirit made her part of the community's fabric.

"I don't know if Phyllis sleeps that much because I always see her out and about!" says Brian Grundusky, Bethany Village's administrator of health services. "She puts significant effort into making Bethany Village a great place to be. She's there for everyone!"

Just four months after she moved in, Phyllis was asked to run for a seat on the Residents' Council because she had gotten to know people so quickly. A former real estate agent, Phyllis is a self-acknowledged people person. But she attributes her rapid integration into the Bethany Village culture primarily to her volunteer work, and she continues to encourage others to volunteer. "Sharing yourself makes you feel you are part of the community, and you get acquainted so much better! It can be something little; people always need help."

Each year, Phyllis logs 300 volunteer hours at Bethany Village's MapleWood Assisted Living, The Oaks Skilled Nursing and through various other ways on campus. She also helped establish the community's annual carnival,

which she still gathers volunteers for, served on Boards for Bethany and the Asbury Foundation, and co-chaired the community's Memory Support Neighborhood, Care Assurance Endowment and West Campus fundraising campaigns.

Springhill: Reading & Writing

Marjorie Podolsky has put her career as an English professor to work both within and outside Springhill. She works with the Erie Neighborhood Art House weekly, volunteering with an after-school tutoring program for children living in poverty.

"Please don't make me sound like a saint," she says when talking about her work. "You never know what the results of your work are going to be, but I feel I get a great deal more than I give."

Several years ago, Marjorie started a Writer's Workshop group at Springhill. That, in particular, has been a pleasant surprise, she says, and has led to some interesting friendships. All told, Marjorie estimates that she spends about eight hours a week volunteering and likes the sense of purpose it brings to her days. "It's good for you physically when you have to get up and out," she explains.

Inverness Village: Spreading Sunshine

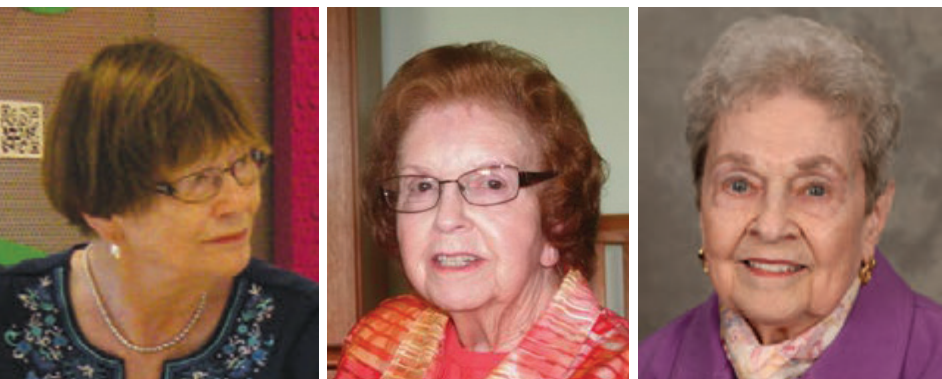
Dottie Smith agrees with that sentiment 110 percent: "We've got so many who volunteer in so many areas." A daily presence in the community's healthcare center, she says if she weren't doing that, "I'd probably stay in the apartment more and just dry up. This keeps me going."

She was inspired to begin volunteering there after she herself became a health care resident for several months. "I told them if they would get me well, I would be their volunteer," she jokes. As she began to recover, her energy returned and, "One day I asked the activities director if she needed anything done and she said, 'If you feel like doing it, I'm happy to have you.'"

These days, Dottie is a constant presence, spending a few mornings each week with memory support residents,

rubbing their hands with lotion, playing games and walking with them. She also spends about an hour each day taking around a food cart to residents' rooms. "I've found my spot here," she says.

The residents seem to agree, dubbing her Miss Sunshine. "They'll say, 'Here comes Miss Sunshine. What have you got today?'"



Shown left to right: Marjorie Podolsky, Dottie Smith, Phyllis Schweizer

Is the Key to Your House the Key to Your Future?



By providing ways to convert assets like real estate, stocks, bonds or cash into revenue streams, the Asbury Foundation can help make your move to an Asbury community a reality. The Asbury Foundation retains the assets and liability, and you get the liquidity that lets you plan for your future.

Whether your goal is funding your entrance fee, maintaining a steady stream of monthly income or leaving a legacy for your children, the Foundation offers a variety of solutions.

✓ Fund Your Entrance Fee

Ease your entry into an Asbury community by donating an asset to fund your entrance fee. Transfer the deed to your home to the Asbury Foundation, and we will manage the sale of your real estate, cover the costs and

potentially use the proceeds toward your standard Asbury entrance fee. Proceeds from the sale, above the amount dedicated to the entry fee, become a tax deductible gift to the Asbury Foundation. This option is ideal for those who know they want to enjoy the Asbury lifestyle, but don't want the hassle of selling their home – or farmland or commercial property – in an unpredictable market.

✓ Create a Steady Stream of Future Income

Planning how much money you'll need 10 or 20 years down the road is tricky. With a charitable gift annuity, you can exchange stocks, bonds, cash or the money earned on the sale of your home or appreciated property for a guaranteed fixed income each year for the rest of your life. It's a great way to fund your monthly fees when you move to an Asbury community.

WHETHER YOUR GOAL IS FUNDING YOUR ENTRANCE FEE, MAINTAINING A STEADY STREAM OF MONTHLY INCOME OR LEAVING A LEGACY FOR YOUR CHILDREN, THE FOUNDATION OFFERS A VARIETY OF SOLUTIONS.

HERE'S HOW IT WORKS:

- You transfer property to the Asbury Foundation.
- In exchange, we pay you a fixed income for life.
- The fixed income varies depending on age.
- A portion of your yearly income may even be tax-free.
- You may receive a charitable tax deduction.

If you are interested in learning more, please contact our Marketing Department. We look forward to sharing more details.

For information about Asbury Foundation, its financial integrity and staff, please visit TheAsburyFoundation.org.



The Asbury Foundation is a not-for-profit affiliate of Asbury which secures funds for benevolent care and new programs and services. Benevolent care provides assistance to residents who have outlived their financial resources through no fault of their own and is a cornerstone of Asbury Communities' mission to do all the good we can for those we serve.

In our more-than-80-year history, no Asbury resident has ever been asked to leave their home because they can no longer afford to pay for their care. For information about the Foundation, visit TheAsburyFoundation.org.

Asbury Foundation – Supporting a Mission to “Do All the Good We Can”

Benevolent Care Provided in Residential and Assisted Living in 2014

Asbury Methodist Village	\$1,050,758
Asbury Solomons	\$93,531
Bethany Village	\$954,049
Inverness Village	\$151,154
Springhill	\$33,100
Total	\$2,282,592

Unreimbursed Services Provided in Skilled Nursing: 3-Year Averages

Asbury Methodist Village	\$1,512,594
Asbury Solomons	\$410,886
Bethany Village	\$403,485
Springhill	\$415,157

Tomato, Onion, and Roasted Lemon Salad

*Chef Rafael Thomas,
Inverness Village*



Add some zing to your dinner this evening with this recipe from Raphael Thomas, Executive Chef of dining services for Inverness Village. "Colorful salad with great taste," says Raphael.

INGREDIENTS:

- 1 lemon, halved lengthwise, thinly sliced, seeds removed
- 1 tablespoon thinly sliced fresh sage leaves
- ½ teaspoon sugar
- 2 tablespoons olive oil, divided
- 1 tablespoon pomegranate molasses*
- ½ teaspoon ground allspice
- 1 ½ pounds mixed, small tomatoes, such as Sun Gold, Cherry, or heirloom, halved
- ½ small red onion, thinly sliced
- ¼ cup fresh flat-leaf parsley leaves with tender stems
- ¼ cup fresh mint leaves, torn if large
- ¼ cup purple sprouts or micro greens (optional)

Serves:
4-6

PREPARATION:

Preheat oven to 325°. Cook lemon slices in a medium saucepan of boiling water 2 minutes to remove bitterness. Drain and pat dry.

Gently toss lemon slices with sage, sugar, and 1 tablespoon oil in a medium bowl. Spread out on a parchment-lined baking sheet and bake until lemons are no longer wet and only slightly colored, 15-20 minutes. Let cool.

Whisk pomegranate molasses, allspice, and remaining 1 tablespoon oil in a large bowl; season with salt and pepper. Add lemons, tomatoes, onion, parsley, mint, and sprouts, if using, and toss gently; season with salt and pepper.

**Ask your local grocer. Can be found at Whole Foods, Harris Teeter, Wegmans and online.*



Breaking the Fall

Team Effort Helps Ease Move Under Challenging Circumstances

No one enjoys moving, and with each passing decade, as the possessions pile up, it grows more onerous.

But Marilyn Melhuish's situation – though not rare – stands out from the crowd's. After a misstep ended in several broken vertebrae followed by rehab, Marilyn found herself listening to her care team break the news that returning alone to an older house with steep steps and multiple levels was unsafe.

Marilyn knew it was time to take her name off of Springhill's wait list and begin the process of making it her new home. Still unable to travel, she sent her sister Joyce to Springhill to tour the available apartment.

"I told her, 'Joyce, if you like the apartment, I'll like it,'" Marilyn recalls.

In the meantime, she needed a place to live while her Laurel apartment was prepared for her arrival. (See floor plan, page 12.) Sales Counselor

Care. Available for temporary, post-rehabilitative stays, the room offers round-the-clock nursing supervision and on-site physical and occupational therapy.

Yet Marilyn still faced the daunting task of downsizing her possessions and preparing for a move in the midst of serious physical limitations.

Springhill's Move-In Coordinator contacted Marilyn to get the process underway. Meanwhile, her "wonderful" sisters began scouting area furniture stores for a few smaller-scale pieces.

Over the course of two days, the sisters went room by room, sorting, packing or tossing. Marilyn was little help in the packing department – she was forbidden to lift anything heavier than five pounds.

Although she did not have a large home, there was still plenty to get rid of. In particular, Marilyn wishes she had been better about tossing



Marilyn Melhuish

Marilyn also had to part with many books.

"Yes, the task is daunting, but people will be glad they moved to Springhill," Marilyn says. "Everyone is very friendly, not only the residents but all the people who work here. I have far more day-to-day social interaction here."

She has reconnected with several colleagues and enjoys attending the Great Courses lectures and musical performances at Springhill. She also loves the convenience of the community's amenities and transportation services, particularly during Erie's hard winters.

Physically, the move has had great benefits, as well. Springhill's physical therapist started Marilyn on the NuStep in the community's new Vitt Fitness Center, which she uses frequently. "When I moved here, I was using a walker," she says. "Now I use a cane, but not when I'm in my apartment, and my goal is to stop using it altogether. I'm getting stronger every day."

Marilyn faced a move complicated by serious physical limitations resulting from a fall that broke several vertebrae. Now, "I'm getting stronger every day," she says.

Sharon Anderson told Marilyn about Springhill's Respite Room, located in Springhill's OakView Personal

outdated financial information and old clothing. A former Education professor at Edinboro University,



Meet The Marketing Team

Call or e-mail us for information on Springhill or for a personal tour. We would love to show you around! Or visit www.SpringhillErie.org and click on Contact Us on the home page. Anticipate More out of life!



Patty Leuschen

Director of Sales & Marketing

814-860-7043

pleuschen@asbury.org



Sharon Anderson

Senior Living Counselor

814-860-7041

sanderson@asbury.org



Jill Mannino

Move-In Coordinator

814-860-7057

jmannino@asbury.org



Susan Sherwood

Marketing Coordinator

814-860-7047

ssherwood@asbury.org



Laurie Dart, R.N.

*Admissions Manager for ForestView;
Resident Care Manager for Springhill
and OakView*

814-860-7143

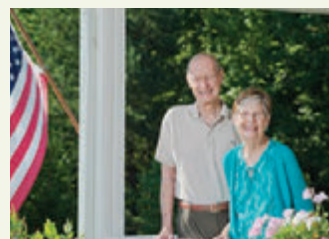
ldart@asbury.org



To find out more about Springhill living, please visit us on Facebook at [Facebook.com/SpringhillSeniorLivingCommunity](https://www.facebook.com/SpringhillSeniorLivingCommunity).

CALENDAR OF EVENTS

Join us to see what life at Springhill is all about! Please call 814-860-7042 or 800-755-6784 to RSVP for these events or RSVP online by visiting SpringhillErie.org.



RightSizing Expo

Tuesday, April 21,
1 p.m. to 3 p.m.

HealthAbility

Wednesday, May 6, 10:30 a.m. to 1:30 p.m.

Functional fitness is critical to successful aging. Find out your fitness levels and hear how nutrition affects our health as we age courtesy of Springhill's wellness team. After, enjoy a healthy lunch and learn about our community's holistic approach to wellness and the programs and events that address them.

Taste of Springhill

Tuesday, May 19,
12 p.m. to 1:30 p.m.

Thursday, June 11,
12 p.m. to 1:30 p.m.

Enjoy a delicious buffet featuring some of our Chef's favorite dishes while you learn about the advantages of the Springhill lifestyle



Creative Ways to Finance Your Next Move

Wednesday, June 17,
12 p.m. to 2 p.m.

Is the key to your home the key to your future?

Learn about some unique programs created by the Asbury Foundation that may allow you to use your home to fund your entrance fee, maintain a steady stream of future income or leave a legacy for your children.



Smooth Move

Move-In Coordination Services Head Off Hassles

Even if the prospect of a new home, new adventures and new friendships is exciting, the moving process is not. But moving to Springhill is not something you go through alone.

"If you keep the goal in sight, moving just comes down to the basics and can be mentally liberating," says Move-In Coordinator Jill Mannino. "You're starting a whole new chapter of your life. What do you want to bring to your new chapter?"

Springhill's Move-In services may not make moving completely painless, but they do eliminate a great deal of the hassle.

First, Jill visits your home and helps you prioritize those "must-have" pieces. She also brings a floor plan with scaled, cut-out furniture that allows you to lay out a physical representation of your new home. With five years of experience, she has become pretty savvy about predicting what will fit in your new home even before measuring!

"I recently worked with a resident who wanted to bring her piano to her new apartment," Jill says. "That was her no-matter-what item. We created a scale floor plan with furniture, and that made it much easier for her to make decisions about what to bring and what to part with."

Next, Jill provides you with a Resource List of movers, liquidators or downsizers, storage facilities, cleaning services, auctioneers for estate sales, charities that accept donations, and more. If residents would like, Jill sets up appointments and coordinates with these providers together with the resident or separately. This includes working directly with the movers at your house.

Jill also provides a Moving Checklist. However, Jill typically handles each item on this list for you – issues such as registering change of address with the Post Office and calling the phone and cable companies to transfer service.



On moving day, Jill is a hands-on presence with the movers. Within a few days, you can expect a visit from one of the members of Springhill's Hospitality Committee, as well as some lunch and dinner invitations and a call from Springhill Director of Resident Services, Sandra Buckley.

"Our goal is to make sure there is always someone on the other end of the phone to provide support and answer questions throughout this process," Jill says. "We have so much experience in this area and can anticipate potential issues you might not think of. It really helps to have that person in your corner."



Jill has been with Springhill for five years, starting at the community as a Personal Care aide. In 2009, she brought her father to Springhill, coordinating a 600-mile move and helping him downsize from a 4,000-square foot house. Director of Marketing Patty Leuschen saw Jill's competence and patience through that process and created the Move-In Coordinator position.

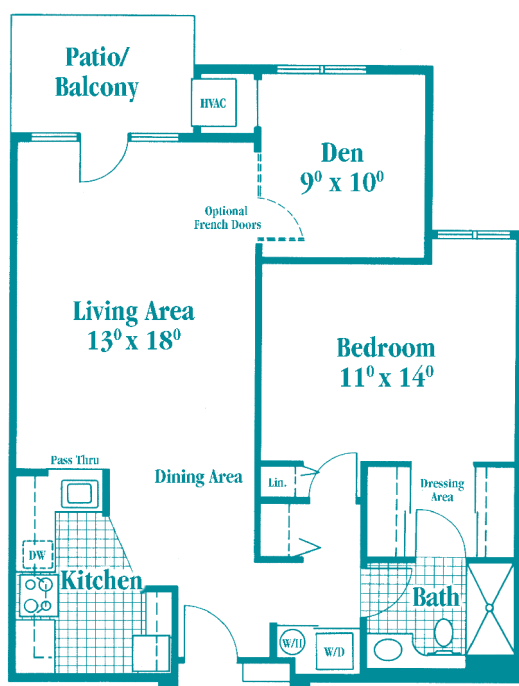
"This is such a rewarding job," Jill says. "To see the peace that people feel once they've moved in and transitioned to their new home is wonderful. And the relationship you forge through the process is such a special part of this. It's such a personal and emotional process, you almost become family."

Springhill Views



Take a virtual tour of a model by visiting
SpringhillErie.org/Residential_Living/Apartment

THE LAUREL APARTMENT



The Laurel style apartment provides maintenance-free, spacious retirement living with all the benefits of Springhill's engaging, secure lifestyle. Appealing to both singles and couples, the den provides ample space for an office or second bedroom. The kitchen features plenty of storage and countertop room for cooking at home. Large windows let in natural light, making the apartment airy and well lit. The bathroom can be accessed from the living space and bedroom.



Rightsizing Expo 2015!

TUESDAY, APRIL 21, 1- 3 P.M.

At Springhill, we think the best decision about simplifying your lifestyle and environment is an informed decision. Enjoy delicious hors d'oeuvres and talk to local design, real estate and downsizing experts who can help show you how to make the Rightsizing process easy and stress-free!

RSVP by calling 814-860-7042 or 800-755-6784 today!
Or RSVP online at SpringhillErie.org.

3 Steps to Elective Surgery Success

by Laurie Dart, R.N.

As we age, so do our joints. If you are 70 years or older, odds are that you know someone who has had a knee, hip or shoulder replacement – or is at least preparing for that in the near future.

Did you know that the surgery's effectiveness and the rate at which you recover from it can be dramatically impacted by how you prepare for it?

As a nurse who has helped many people in their 70s and 80s through the elective surgical recovery process, I have had an opportunity to observe some common denominators to success. It is not uncommon for people to put off these surgeries due to uncertainty about how long and how well they will recover.

But, if you are having chronic pain in your hip, knee or shoulder, it is important to have it evaluated right away. Receiving insurance approval for surgery is not a short process. Too often, I see these surgeries taking place on an emergency basis because a fall has occurred. An elective surgery is always better than one that takes place under stress.

Once you have received approval, there are three critical factors to consider – diet, exercise and attitude.

Diet matters

Protein = healing for the post-operative patient. Eating well before and after is critical to recovery. Prior to surgery, it is important to be vigilant about following your surgeon's – and regular physicians' – dietary advice. A person can be 50 pounds overweight and still be malnourished in terms of nutrients and protein stores. A person weighing 150 pounds needs 68 grams of protein daily, or approximately 1 gram per kilogram. (One kilogram equals 2.2 pounds.)



Prior to surgery, you will undergo a full blood panel and other tests such as an EKG and possibly a stress test. If you have low protein stores, you will have plenty of time to build those up. A week or two of eating protein-rich foods will replenish those.

For people with Type II diabetes, making sure your blood sugar is at good levels is particularly important because high blood sugar impedes healing – and the stress of surgery naturally elevates those levels.

continued on page 14

Once you have received approval, there are three critical factors to consider – diet, exercise and attitude.

continued from page 13

The most successful elective surgery recoveries I have seen began with careful planning by the patient. Reduce your mental stress by making sure your house and affairs are in order prior to surgery. If you have hypertension, this is particularly important, since stress raises blood pressure levels. Make sure you are working with your doctor to monitor blood pressure and keep it in order. I have witnessed surgeries being canceled in the pre-operative phase due to elevated blood pressure.

Plan ahead to reduce stress

Make a list of the tasks that you do on a daily basis that will need to be taken care of by someone else – both while you are in surgery and during the post-operative recovery period.

Do you have a pet? Is your spouse in a frail state that requires monitoring and assistance? Make sure you have someone you trust taking care of those things. Surgery is stressful. The last thing you want to do is be in the hospital worrying about whether things are in good shape at home.

Pack your bag ahead of time and double check to make sure you're not forgetting items. Include books or magazines you want to read.

Have a plan for returning home

Be prepared for the challenges you will face when you return home. Have some meals prepared ahead of time and frozen. Talk to your surgeon about your home's layout prior to surgery, as well as to your post-operative care team. Is it multi-level? Is your shower in a bathtub?

PRE-HABILITATION: EXERCISE MATTERS!

- If you are overweight, surgery is a terrific reason to lose some, especially if you have osteoarthritis of the knee. A 2005 Wake Forest University study found that losing one pound took four pounds of compressive pressure off the knee joint. That equals 4,800 pounds of pressure per mile walked.
- Strengthening your upper body pre-surgery – if your surgeon recommends it – can help you maneuver better using crutches and assistive devices post-surgery.
- Flexibility and stretching exercises build up the muscles around your joints and improve your overall mobility.
- Lower-body strengthening exercises also increase mobility and help improve balance so you're less likely to fall.

Visit Asbury.org/AsburyPerspective to read more useful articles and tips from our wellness experts!

Have grab bars or other assistive devices ready. Have a plan for how you will get around.

If an adult child volunteers to help, have them speak to your surgeon about the length of time and types of help that will be required – particularly if there are complications. Make sure you are both comfortable with that.

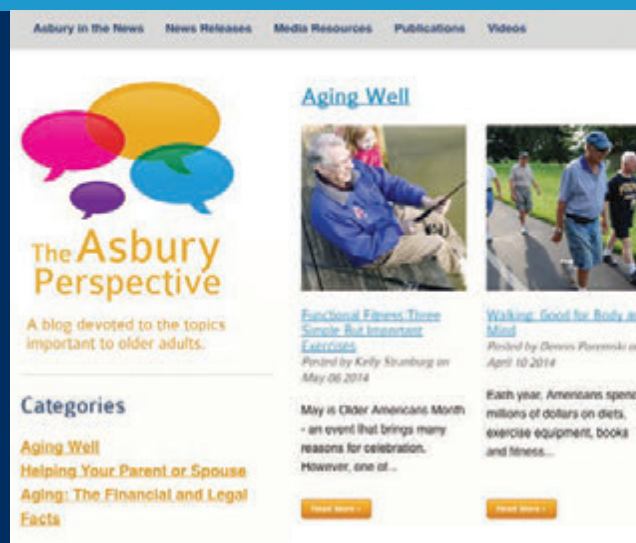
I always recommend setting up some visits from a home care agency prior to surgery. They can provide

GET A NEW PERSPECTIVE ON AGING

The Asbury Perspective

Practical advice, inspiring articles and resources written and compiled by some of the nation's top experts in aging – Asbury associates and residents.

Visit www.Asbury.org and tell us what you think.



A BLOG DEVOTED TO THE TOPICS IMPORTANT TO OLDER ADULTS

The Right Moves: Mary Stewart

Springhill resident Mary Stewart is not a sitter. A lover of the outdoors, Mary has hiked in state parks near the various cities she has called home and as far afield as England, Scotland and Spain.

But poor joint structure meant that by her 70s, she had already had two knee replacements and was facing a second hip replacement. Having recently moved back to Erie, Pa., to be near her siblings, Mary was faced with a challenging decision. Join her sister in a new house being built on the family's property or find a place that would provide the convenience and support to help her stay active and independent despite her mobility issues.

She chose Springhill and soon began working with Laurie Dart to prepare for her hip surgery. She began a series of pre-surgery exercises under the supervision of Springhill's physical therapy team.

"Mary is really the poster child for how to prepare for elective surgeries," Laurie says. "She had her bag packed for the hospital and for her rehab stay afterward. She had her Kindle loaded with books she wanted to read. And most importantly,



she focused on what the surgery would improve more than the challenges it would bring."

Though Mary says the pull to live with her sister was strong, she talked to her medical team prior to surgery about the reality of that – multiple levels, a large uneven yard, home maintenance. "They told me that wouldn't work well for me, and I had to acknowledge that they were right," Mary says.

The decision to move to an apartment at Springhill, where she enjoys a "lovely view" from her balcony and participates in yoga classes, also brought what she calls the most important step to preparing well for surgery – an experienced advocate such as Laurie Dart.

Having spent her career in hospitals, both on the clinical and administrative sides, Mary knew how important that was. "You need to have a plan in place for when you are discharged, but you also need to have an advocate who understands what your goals are and what it takes to get you there," she says. "You're really not in shape to advocate for yourself coming out of surgery."

transportation to follow-up medical appointments and help with bathing, cleaning the house or running errands. You can always cancel if you find you don't need them.

Pre-operative exercise is key

People who are facing elective surgery are also facing pain. But exercising is one of the most important aspects of self-care you can do. Sitting for long stretches increases joint stiffness. Even if it's just a few weeks before surgery, exercise will strengthen muscles and increase stamina and endurance. It is normal to receive pre-operative exercises for knee and hip replacements. Talk to your doctors before beginning any new exercises on your own.

It's all in the attitude

My superstar patients have one thing in common: they come prepared. They have a positive attitude about the surgery and its benefits, they have a plan in place for afterward, and they are ready to do the hard work that will come with recovering successfully. Rehabilitation isn't easy and there will be bumps in the road. Some days, the pain will be worse than others. Sometimes blood pressure elevates. The most successful patients take setbacks in stride and remind themselves that if they keep working hard it will get better.

Laurie Dart, R.N., is the Resident Care Manager at Springhill and Director of Admissions at Springhill's ForestView Health Care Center.

RIGHTSIZING

Creating a Home That Works for You

As we age, it's not uncommon to find ourselves living in a home that was originally purchased for very different needs. An important step to enjoying a long and healthy retirement is creating an environment that works today and will continue to work in the future.

Downsizing – or as we like to call it, Rightsizing – is a way to begin turning a challenging task into a manageable one. It can be liberating to de-clutter and simplify your life, particularly if your destination is a community where the demands of home ownership have been swept away.

TRY THIS EXERCISE: assess how you live in your home. No matter how many rooms we have, we spend most of our time in three of them – the kitchen, living area and bedroom. And within those rooms, we often utilize only a few pieces, sitting in a favorite chair by the bookcase, for instance.

STARTING YOUR RIGHTSIZING JOURNEY: imagine that you have no possessions. Next, make a list of what you would require to accommodate your lifestyle today – and one with no home maintenance duties.

- How many sofas, chairs and beds do you need?
- How large a dining table do you need?
- Which kitchen utensils and how many sets of dishes do you routinely use?
- Do you need a large garage if you no longer need lawn mowers, leaf blowers and a full set of home improvement tools?

CATEGORIZE TO SIMPLIFY: When your list is complete, take a look around. What must go will be apparent. Then, use colored post-it notes or stickers to divide items into three piles:

- Keep
- Give away or donate
- Toss

This allows you to prioritize and really consider the next steps. If you've been keeping that corner cupboard, china set or piano for children, talk to them. Make sure they still have room for and want those pieces.

SPACE SELLS: Even if you are not planning a move in the near future, beginning the Rightsizing process is a good idea. Open, airy rooms with plenty of space for people to maneuver around in make a home more attractive to buyers.

Bring in an objective set of eyes to look at your furniture and accessories. What would make the house look attractive to a buyer? What items will a realtor be likely to tell you to put away or toss?

Take a proactive approach to Rightsizing – and see how good it feels!





Seal of Approval

The CARF-CCAC Accreditation Difference

One of the most important ways that Asbury shows its dedication to quality and financial accountability is through its long-time participation in the only national accreditation program for continuing care retirement communities – the Commission on Accreditation of Rehabilitation Facilities and Continuing Care Accreditation Commission, known as CARF-CCAC.

Nationally, just 13 percent of continuing care retirement communities have earned this designation, and doing so is no small feat.

To achieve CARF-CCAC accreditation, an independent survey team conducts an on-site visit lasting three days, interviewing associates and residents, and poring through the hundreds of documents required to show its compliance with more than 600 measures of quality, including financial indicators that relate to long-term viability.

Once a community has earned accreditation, it participates in a review of financial indicators each year and accommodates an on-site evaluation by a survey team every five years.

Asbury's decision to voluntarily participate in this process demonstrates our commitment to continually improving the quality of our services – and the CARF-CCAC evaluation process helps serve as a guidepost and checkpoint to achieving our objectives.

Natalie Correll, a Retirement Counselor for Bethany Village, an Asbury community located in Mechanicsburg,



communicate those standards to such community vendors as pharmacies, health services providers and dining – and to demonstrate that they are operating at those same standards.

After the site survey, the community receives an Accreditation Report outlining each CARF-CCAC standard and a “grade” of conformance, partial conformance or non-conformance with each standard, as well as industry benchmarking data for comparison purposes. For areas where the community received a partial or non-conformance score, it must submit an annual report to CARF-CCAC (Quality Improvement Plan) demonstrating the work being done to meet that standard.

Nationally, just 13 percent of continuing care retirement communities have earned this designation, and achieving it is no small feat.

Pa., became certified as a CARF-CCAC surveyor after helping to lead her community's accreditation process.

“It takes the better portion of a year for a community to prepare well for the survey,” Natalie says. “It requires binders and binders of documentation to demonstrate that you are meeting the standards.”

In addition to holding the community accountable for meeting the organization's standards, CARF also requires it to

“This accreditation really shows that you are committed to continuous improvement in order to better serve the community's residents, families, associates and all other stakeholders,” Natalie says. “It is affirmation by a third party that you are setting and working to achieve goals in all of the different areas CARF-CCAC has designated as important markers of quality in this field.”

Reducing Caregiver Stress by Karen Bruner

Study after study has documented the heavy toll of caregiving. With it comes psychological and physical effects, and depending on the amount and level of care a person is providing, those effects can be quite severe.

My advice for reducing caregiver stress is short and simple. Following them often requires a complex, emotional struggle, but the stakes for doing so are high.

Ask for Help - and Don't Assume

Many of us have the feeling that we should be able to handle everything that comes our way. Often, that is coupled with a sense of duty and a concern that people will judge you if you don't take on this role. It takes a very strong person to look at the situation objectively and say, 'I need help.'

Many assume that even if you did ask no one would help because they're busy, too. You think you're imposing. But you have to keep in mind that you're not asking that person to take on the same level of responsibility you carry. It is also a mistake to assume that hiring a home care agency will be too expensive when it might be affordable to get assistance in some areas –particularly respite care.

Join a Support Group

This is a great first step in reducing the stress that comes with caring for others. You may say you don't have time, or can't get away but you can. It can become a real lifeline. A quick, online search will bring up support groups in your area for just about any condition.

Heal Thyself

When we try to do it all, there's always some aspect of our lives that has to give. With caregiving comes the possibility of social isolation. Exercise falls off which would otherwise be helping to reduce stress. Sleep deprivation and poor nutrition are common. Stress affects your heart and your brain, lowers immunity and can exacerbate chronic conditions such as diabetes and arthritis. Helping someone get up from a bed or move them onto a chair or commode raises the possibility of physical injury, too.

Memory Loss

When you're helping someone with memory loss, it's particularly challenging. You're dealing with a loss of communication skills plus the short-term memory loss and all that brings. That's even more challenging when the person is aware of the symptoms – as happens in the early stages of dementia. They become depressed, confused and

anxious. Sometimes people with dementia will hide items or forget where they put them and accuse you of taking them. That is very hard for a loved one.

Caregiver Resources

If you do not have the resources to bring in home care services, ask a friend, close neighbor or other family member to provide some respite time for you. Church members often are happy to do this. People want to help. Bringing in a friend or volunteer can be more difficult if someone is in the more advanced stages of dementia – typically that is where people begin looking at a home care agency or other living options. Yet churches and senior centers may have volunteers who have experience in less advanced stages.



Three Steps to Reducing Caregiver Stress

1. Acknowledge that no one can do it all.
2. Ask for help – and accept it.
3. Don't fall into the it's-my-way-or-the-highway trap.

Contact your local Office on Aging and let them know you're a caregiver and are looking for some resources for respite care. If the person is eligible for Veterans Administration benefits, depending on the need, they can be eligible for up to 30 days of free care. If they have long-term care insurance, check the policy because it may be covered. Medicare and Medicaid may cover some services. There is help out there.

Karen Bruner is the director of Bethany Village at Home, a licensed home care agency located in Mechanicsburg, Pa. Please visit BethanyVillageatHome.org for more information.

Asbury Home Services

AsburyHomeServices.org

Asbury Methodist Village at Home
serving Montgomery County, Md.

■ 301-216-4257 ■

Asbury Solomons at Home
serving Calvert County, Md.

■ 410-394-3073 ■

Bethany Village at Home
serving Cumberland County, Pa.

■ 717-591-8332 ■

Inverness Village at Home
serving Tulsa, Okla.

■ 918-388-3131 ■

Springhill at Home
serving Erie County, Pa.

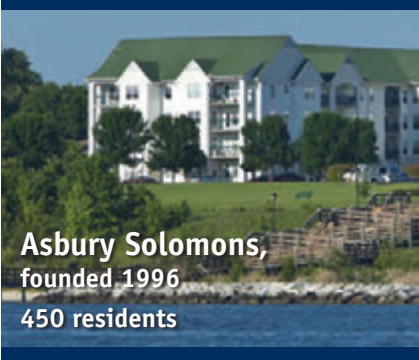
■ 814-860-7424 ■



Asbury Home Services
founded 2012



Asbury Methodist Village,
founded 1926
1,300 residents



Asbury Solomons,
founded 1996
450 residents



Bethany Village,
founded 1964
650 residents



Inverness Village,
founded 2003
400 residents



Springhill,
founded 1990
275 residents

ABOUT ASBURY

Asbury is an organization providing management services for a system of five continuing care retirement communities and home care services for older adults. For information, please visit, Asbury.org.

In 2012, Asbury launched Asbury Home Services, providing in-home care services for older adults living in the regions surrounding Asbury's retirement communities. For information, please visit, AsburyHomeServices.org.

Vision

As a nationally recognized leader in senior lifestyle opportunities, Asbury continually redefines the expectations of aging.

Mission

Our Mission is to do all the good we can by providing exceptional lifestyle opportunities to those we serve.

Core Values

- Commitment to residents, associates, volunteers and partners
- Stewardship and financial strength
- Quality and innovation
- Integrity

Asbury Communities, Inc.

20030 Century Boulevard
Suite 300
Germantown, MD 20874

301-250-2100
Asbury.org

**The spring
home selling
season is just
weeks away.**

**Are you
prepared?**

If you've thought about
downsizing and moving up to
a fresh lifestyle, don't miss our
exclusive event –

Rightsizing Expo 2015!
April 21, 1-3 p.m.



RSVP by calling 814-860-7042
or 800-755-6784 today!
Or RSVP online at
SpringhillErie.org.



See page 12 for more details!