

# Anticipate More

SUMMER 2017

An Asbury publication dedicated to redefining the expectations of aging

## IS **Age** JUST A NUMBER?

Meet *This Chair Rocks'* Ashton Applewhite

Rating CCRCs  
*A Resident's Approach*

Summer Smoothie!

SEE SPRINGHILL: PAGES 7-10





# Greetings

from the Executive Director -  
**James G. Schneider**

**W**hat are your retirement living dreams? Are you ready to travel the world – or check our nation’s marvels off your list? Are you hoping to spend more time volunteering at organizations you admire, helping others in your community? Do you want to spend more time out with family and friends and less time working around the house?

Springhill Senior Living is filled with people who are doing the same – and whose dreams have changed based on new resources, opportunities and friendships they have found since joining the community. A number of Springhill residents continue to work in the professions they love, and many more are using their professional skills and desire to serve in new ways.

On May 1, Asbury Communities launched a social media campaign for Older Americans Month called “What’s Age Got to Do With It?” The volunteerism, community activism, hobbies, occupations, and energy of Asbury residents ages 65 to 95 will be brought to life in creative videos and photographs.

We know that age is a physical fact with ramifications. But we also know from what we see every day on our campuses, that age does not mean you stop being you – that you stop wanting to contribute or interact with the world around you.

We hope you’ll help us spread this message by sharing our campaign, which you can find on the Springhill Facebook page.

We also hope you’ll enjoy hearing from Next Avenue’s 2016 Aging Influencer of the Year, Ashton Applewhite on page 4. Her book “This Chair Rocks: A Manifesto Against Ageism,” tackles a topic near and dear to us.

I’ve learned many things from my years working at Springhill, but if there’s one thing that stands out above others, it’s that retirement is a time when people are excited to do more – not less.

I hope that this issue of Anticipate More will encourage you to think about how Springhill could help create those opportunities for you.



## Feature

**4** Can Age Be “Just a Number?”

## Asbury News

**3** How Helping Others Helps Yourself

**6** Chef’s Table Recipe

**11** The Book Shelf

**12** Taking a Closer Look at CCRCs

**14** Senior Living Options

## Springhill

**7** Resident Profile: ‘Hands-on Guy’

**8** Calendar of Events

**9** Move-In Coordination Services

**10** Keeping in Touch

## SpringhillErie.org

*Anticipate More* is published semi-annually by Asbury for those interested in Asbury’s services and for Asbury residents, associates and partners.

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To view a digital issue of this magazine, go to [www.SpringhillErie.org](http://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: 814-860-7042



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ASBURY.ORG

# How helping

# Helps Yourself

As a not-for-profit organization with a spiritual heritage, Asbury believes deeply in the importance of serving others.

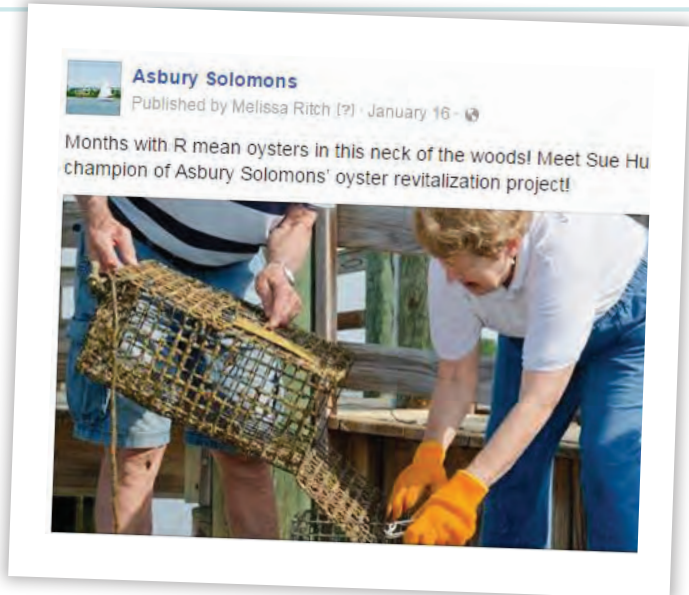
This spirit of service is evident across our seven continuing care retirement communities. Residents volunteer both on their campus and off. Associates organize food drives, holiday gift drives and support local community service organizations, often in collaboration with the residents they serve.

It would be the rare person who joined such activities for selfish reasons, but science actually shows that helping others does benefit your mental and physical health – as long as you do not overcommit yourself.

Why?

Helping others can make you feel more grateful for what you have. And when we feel appreciation and gratitude, we trigger chemicals that have a calming effect on our nervous systems, according to a University of California at San Diego study.

A Stony Brook University meta-study of 50 research projects on altruism found that people who were



sincerely altruistic were happier, healthier and in some cases, even had longer life spans.

Here's a look at just a few of the community service projects that took place at Asbury communities in the past year.

*continued on page 14*





## Aging Influencer of the Year – Ashton Applewhite

# Can Age Be “Just a Number?” I’d Say No.

The phrase has always made me uneasy, partly because it’s usually accompanied by a picture of an older person doing something considered “age-inappropriate,” like wearing a wacky outfit or doing something acrobatic. The bigger issue is that it trivializes something important. Age is indeed “only a number,” as long as that number reflects how many times we’ve circled the sun. Age is real. Age differences can’t be wished away, nor should they be.

Needless to say, it’s complicated, just like the discourse around telling people how old you are. It’s important to claim your age, and just as important to push back: to ask what difference the number makes in the questioner’s mind, and why? As we age, chronological age is an ever-less-reliable indicator of what a person is capable of or interested in, so it makes a certain sense to decline to identify with it. That’s one reason so many octogenarians maintain, truthfully, that

they still feel fifty, forty, or even thirty inside—that “age is just a number.”

### **The younger = better myth**

The other reason they feel that way is internalized ageism: the belief that younger = better and that their older selves have less value than their younger selves. That’s why fudging or disavowing our age is so problematic. It gives the number more power than it deserves. It distances us from our peers. And it reinforces ageist thinking, by implying that our years are something to be ashamed rather than proud of, and suggesting that capacities might erode or relationships founder if the number came to light.

### **‘Meet the Perennials’**

People can be far apart in years and have plenty in common, as we realize the minute we bust out of



## Green Tea & Blueberry Smoothie

*Brain- and body-boosting anti-oxidants make this smoothie a nutritional powerhouse.*

- 3 Tbsp. water
  - 1 green tea bag
  - 2 tsp. honey
  - 1 1/2 cup frozen or fresh blueberries (if fresh, add several ice cubes)
  - 1/2 medium banana
  - 3/4 cup calcium fortified light vanilla soy milk
1. Microwave water on high until steaming hot in a small bowl. Add tea bag and allow to steep for 3 minutes. Remove tea bag. Stir honey into tea until it dissolves.
  2. Combine berries, banana, and milk in a blender with ice crushing ability.
  3. Add tea to blender. Blend ingredients until smooth. (Some blenders may require additional water to process the mixture.) Pour smoothie into tall glass and enjoy!



# Springhill Views

## 'Hands-on Guy' Brings Lots of Bright Ideas to Springhill

A former mechanical engineer for Erie's Lord Corporation, it's rare for Leonard Schwemmer to see a process or object without looking for a way it could work better.

Since moving to Springhill, Len's ideas have led to several changes around the community.

So when Len found out that several of Springhill's most avid vegetable gardeners were no longer working in the resident beds above the campus pond, he set out to find a more convenient way for everyone – regardless of physical limitations – to play in the dirt.

### Accessible summer gardening

The result is a large raised bed located on a patio that overlooks the pond. But once Len started researching, a run-of-the-mill raised bed would not do. Instead, he formed a team with three other residents who dusted off old skills and learned some new ones in the Springhill woodshop.

The result is a sub-irrigated box roughly three feet high. Lined with vinyl, the box has perforated tubes in the bottom that hold water to form a reservoir that wicks water into the soil from below.

The garden worked like a charm, although the tomatoes were "a little

too prolific and kind of took over," Len laughs.

The community was so thrilled with the project, they commissioned another one for residents living in Springhill's personal care neighborhood.

"We are hoping to build another one next winter," Len says. "I've got my eye on some lumber."

### A desire to contribute

At 85, Len loves keeping his hands and mind busy. He recently reconvened his woodshop team to complete 12 bluebird nesting boxes to place around the campus, which also boasts a large butterfly garden established by a former entomology professor and resident.

He moved to Springhill four years ago following the death of his wife. Two years later, he ran for Resident Council, spurred by a desire to contribute. Last winter, Len decided to put a seldom-used pool table to use by creating the game of mini-bocce. Weekly, residents gathered for laughter and competition.

For 20 years, Len was a "snow-bird" in Florida and served on the governance board of that community. He sold the home in 2015.



*Len Schwemmer's "hands-on" attitude has resulted in quite a few creative enhancements to the Springhill campus.*

### A life on the lakes

An avid golfer and boater and former member of the Erie Safe Boating Task Force, Len and his wife spent lots of time cruising the Great Lakes. The most memorable trip was a 32-day cruise from Lake Ontario to Lake Huron through Canada and back to Lake Erie that included navigating through 52 locks.

Though his boating days are behind him, he still stays busy with community projects like the raised garden beds and attending trips to regional events and attractions, continuing education programs and working out in the Vitt Fitness Center.

"It's just wonderful here," Len says. "The staff is wonderful and the residents are friendly."

We think the same of him.

# Springhill Views

## 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](http://SpringhillErie.org).



### **Flights of Fancy – Audubon Society Event**

Thursday, June 8, 1 p.m. to 3 p.m.

Join us for a fun day of learning as local Audubon Society members discuss local bird species and lead a guided bird-watching tour around Springhill's beautiful pond and wooded paths. Afterwards, enjoy delicious refreshments and mingle with residents. Please bring binoculars for optimal viewing.



### **Summer Fashion Fling**

Tuesday, June 20, 1 p.m. to 3 p.m.

Enjoy a fashion show by Chico's, featuring perfect summer and early fall fashions and accessories. Afterwards, check out jewelry, scarves and other items from local retailers.



### **Barbershop Ice Cream Social**

Thursday, July 13, 1 p.m. to 3 p.m.

Beat the heat with ice cream while you listen to the sweet summer sounds of the female barbershop quartet "Fast Forward." There's nothing finer!



### **Springhill Open House**

Friday, July 21, 1 p.m. to 3 p.m.

Considering a move? Beat the winter blues by moving to Springhill this fall. Join our Open House to tour five different apartment floorplans, a Garden Home and our Personal Care neighborhood. Residents are opening their homes to show you how wonderful Springhill living can be.



## On the Move

### Move-In Coordination Services

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

If you keep that bright light at the end, 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 she does 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 eight 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 Resources 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.

# Springhill Views



## Meet The Marketing Team

Call 814-860-7042 for information on Springhill or for a personal tour. We would love to show you around! Or visit [SpringhillErie.org](http://SpringhillErie.org) to see our upcoming events and learn more about the freedom you gain from joining our community. Anticipate More out of life!



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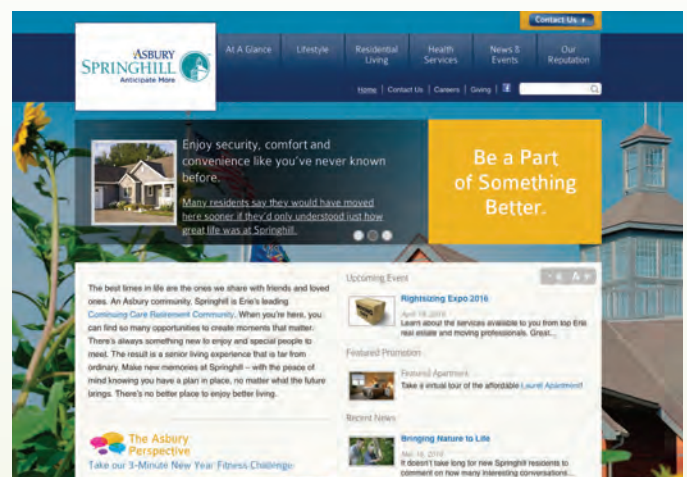


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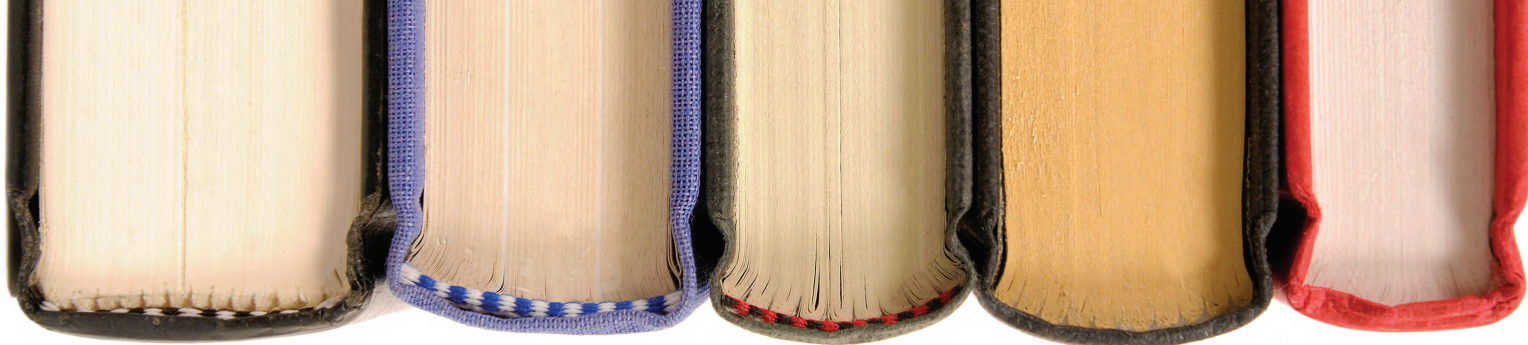


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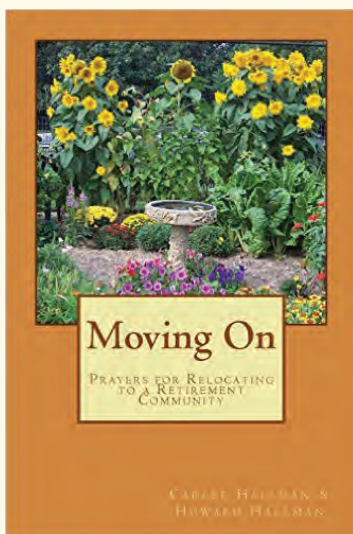
## Keep In Touch With Springhill



1. [SpringhillErie.org](http://SpringhillErie.org) for events, news and features about Springhill.
2. Have you liked us on Facebook? Visit [Facebook.com/SpringhillSeniorLiving](https://www.facebook.com/SpringhillSeniorLiving)
3. Share a digital issue of Anticipate More by visiting [SpringhillErie.org](http://SpringhillErie.org) and selecting Publications on the News & Events tab.
4. Share information about our 5-star rated ForestView Health Care Center's rehabilitative services, The Woodlands Memory Support, and our home care services at [SpringhillErie.org/Health-Services](http://SpringhillErie.org/Health-Services).
5. Get expert advice on senior wellness and caregiver support at [Asbury.org/AsburyPerspective](http://Asbury.org/AsburyPerspective).



# The Book Shelf



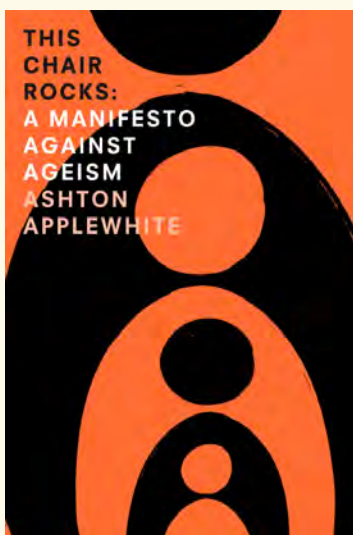
## Asbury Resident's Book Reflects on Moving

Even if you know the value and benefits of moving to a retirement community, the journey to get there is an emotionally challenging one.

When retired minister Carlee Hallman first broached the subject of moving with her husband, Howard, it was natural to turn her reflections and questions into prayers. They became a source of strength for her through the decision-making and moving process.

Now Asbury residents, Carlee and Howard have created a website called Prayers for Moving On and self-published a book on Amazon chronicling her journey and reflections.

*Take a peek at [PrayersForMovingOn.org](http://PrayersForMovingOn.org).*

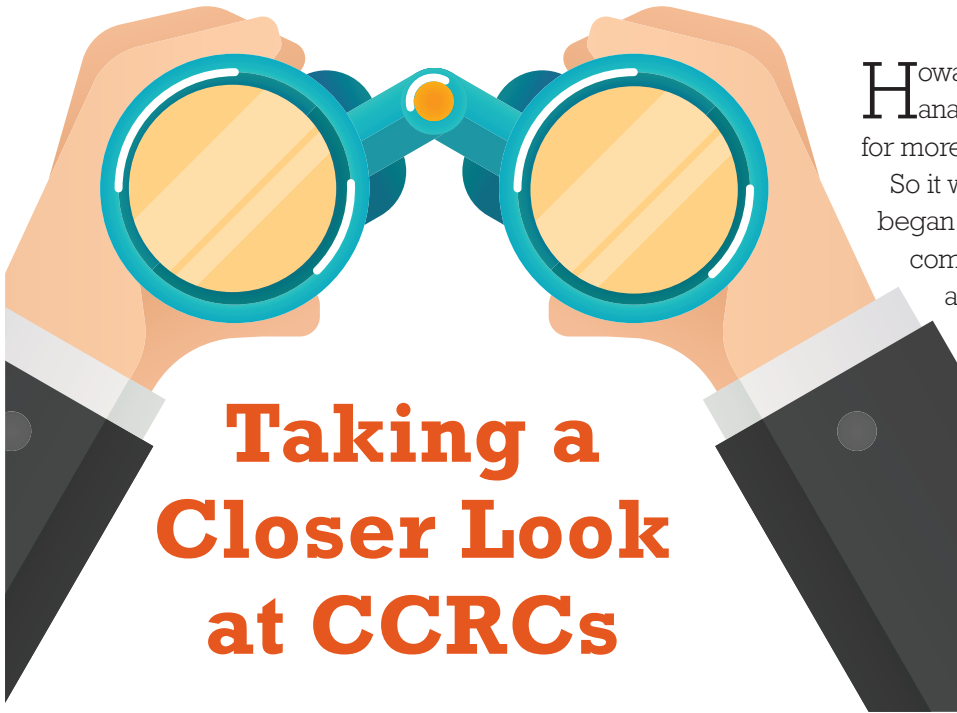


## This Chair Rocks – Against Ageism

Ashton Applewhite began “This Chair Rocks: A Manifesto Against Ageism” as a way of working through her conflicting feelings about growing older. Along the way, she became more attuned to our culture’s messages about aging, which invariably led up to “it’s bad to be old,” she states in the first chapter of her book.

Written to challenge the reader’s own assumptions along with society’s, “This Chair Rocks” looks at the roots of ageism, challenges many of the stereotypes that exist about our older years, and explores the concept of an age-friendly world.

*Read more at [ThisChairRocks.com](http://ThisChairRocks.com).*



# Taking a Closer Look at CCRCs

Howard Langdon is no stranger to quantitative analysis, having worked as a financial analyst for more than three decades.

So it was natural that when he and his wife Carol began looking at continuing care retirement communities at age 65, Howard would create a survey that allowed him to objectively assess each one.

Now as resident ambassadors at Asbury Solomons, on the Patuxent River in Calvert County, Md., Howard and Carol want to share their criteria with others going through the same process.

Though the form works best as a template that can be customized, the three-part evaluation process he outlines below has merit for all, they believe.

## STEP ONE



### See It for Yourself

Each visit started with the community's website, followed by a drive to the campus and surrounding vicinity. The Langdons used their list for this stage, but instead of using the 0 to 3 rating system, they simply checked the box if the community had the feature.

In this way, the couple cut their list in half. Then, they got serious.

## STEP TWO



### A More Formal Assessment

With the short list in hand, the Langdons contacted the marketing team at each community for formal tours and more in-depth question and answer sessions. After

each one, they requested the opportunity to have dinner with representative residents living at the community.

During this series of more formal visits that comprised the second stage of the process, they used Howard's list to rate each community from 0 to 3, with 3 being highest. A percentile score was then calculated for each of the seven categories and these were weighted equally for a final overall score.

That process helped further reduce their list. Now it was time for the third and most important stage, according to Howard.



Pictured, Howard and Carol Langdon

## Finding the Right Culture

“Probably the most useful information came just showing up unplanned and talking to the people we saw out and about,” Howard says. “We were surprised by how forthcoming people were; many invited us into their homes. At this point we were looking for confirmation of what we’d already been told during our more formal visits with staff and residents.”

Specifically, the Langdons were looking for a culture that felt right to them.

“We wanted a casual community where people had diverse backgrounds and interests, where there wasn’t a typical

resident,” Howard says. “We wanted to see how people really spent their time, what they were out doing on a typical day.”

When the Langdons finished their final analysis, Asbury Solomons was the winner. Howard was just shy of 70 when a river view cottage came open and they took it.

“We couldn’t be happier with our situation,” Howard says. “We spent a lot of time in the search process – probably more than many people want to – but it helped us effectively evaluate key features. In the end though, the most important part is evaluating the culture. You can’t do that with numbers. The people who live at the community are what makes it viable for you or not.”

### THE LANGDON’S CCRC SEARCH CRITERIA – RATED FROM 0 TO 3

#### Facility Features

Emergency Response  
 Independent Living  
 Assisted Living  
 Nursing Care  
 Dementia Care  
 Continuum/Lifecare  
 Exercise/Trainer  
 Flexible Meal Plan  
 Meal Quality  
 RV Storage  
 Vehicle Parking  
 Maintenance  
 Waiting List Process  
 Investment Options  
 Monthly Expenses  
 Management Expertise  
 Security

#### Community

Emergency Response  
 Volunteer Opportunities  
 Shopping access/quality  
 College Town  
  
**Facility Culture**  
 Caring Environment  
 Christian Focus  
 Cultural Diversity  
 Level of Informality  
 Balanced Resident Demographics  
 – Men/Women, Age  
 Resident Attitude  
 General Staff Attitude  
 Staff/Resident Interaction  
 Marketing Openness  
 Many Bi-Residential

#### Location

Near Vacation Home  
 Near Parents  
 Near Children  
 Near Navigable Water

#### Outside Health Care

Hospital Quality  
 Hospital Access  
 Referral Network

#### Water/Recreation

Convenience to Vacation Home  
 Boating Quality  
 Marina Availability  
 Emergency Response

#### Pet Friendly

Restrictions  
 Dog Park  
 Vet Services



Continued from page 3

### Asbury Solomons

With its waterfront location, environmental stewardship is a major focus at Asbury Solomons. In 2016, the community earned state and regional awards for its recycling efforts and continued a highly successful oyster bed restoration project off its breakwaters, hosting a fundraiser to purchase oyster “spat” and managing their growth until they can be transplanted.

### Bethany Village

Last year, residents and associates organized their 3rd annual Rock-A-Thon to raise money for the Alzheimer’s Association. On the designated day in September, visitors to Bethany Village will see teams of rockers stationed all over the campus. Festive, decorated rocking chairs are raffled off, too.

### Inverness Village

Residents and associates come together to take part in this community’s annual food drive for Catholic Charities of Tulsa. Last year’s event featured a race with backpacks filled with canned goods. This year’s wasn’t quite so strenuous, but Inverness Village successfully broke its own record for most food gathered with more than 11,400 pounds.

### Springhill Senior Living

Each Monday, four big-hearted residents converge on the Social Lounge to knit baby blankets for Erie City Mission, a local resource for homeless citizens. The group has been meeting for more than five years with new members cycling in and out, and has completed hundreds of colorful, soft blankets.

# What’s the Difference?

## Understanding Senior Living Options

Communities for older adults come in many shapes and sizes and comparing them all can feel a bit overwhelming.

Some are simply neighborhoods that provide homes with floor plans geared to those 55 and up. Others include a wellness center and events for residents and charge membership fees. Continuing care retirement communities offer residences, wellness programs and events and a full continuum of health care services on the same campus.

So how do you know which is the best option for you?

An important question to consider is whether the option you choose will work as well for you at age 85 or 90 as it does at 70 or 75.

On the following page is a short checklist we’ve compiled for you to use as you continue your search for your new home.

For a more detailed process created by Howard Langdon, of Asbury Solomons, see page 12.



**John Villforth** of Asbury Methodist Village in Gaithersburg, Md., shares the following advice.

“I think a lot of new prospective residents look at a place in terms of square footage, the buildings, the dining, and all that sort of stuff, but what turned me on was the people, the residents, the camaraderie. We looked at our apartment because we liked the view, but what we *really* like is being able to be associated with such talented, supportive people.”

# Touring Checklist

|  | Community Name                                     | Community Name                                     | Community Name                                     |
|--|--|--|--|
| <b>Engaging Lifestyle</b>  |  |  |  |
| People are out and about and are engaging with each other – and you.                 | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO |
| The Wellness Center is well-staffed and in use.                                      | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO |
| Many of the residents match your level of function and energy                        | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO |
| <b>Getting Around</b>  |  |  |  |
| Immediate area has plenty of shopping and entertainment opportunities nearby.        | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO |
| Campus has internal and external shuttle services.                                   | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO |
| Convenience shopping is within walking distance.                                     | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO |
| Mass transit is available  | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO |
| Hospitals and health care professionals are nearby                                   | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO |
| <b>Campus Grounds</b>  |  |  |  |
| Well-maintained grounds and building exteriors and interiors                         | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO |
| Plenty of walkways – both open and covered – from residences to main buildings       | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO |
| Plenty of well-maintained common spaces and rooms to meet and gather                 | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO |
| Resident events and programs are displayed in multiple areas – and they interest you | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO |
| Apartments in the assisted living and health care neighborhoods are well-maintained  | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO |
| <b>Residential Living Spaces</b>   |  |  |  |
| Updated residences or community is renovating and will share renovation plans        | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO |
| Residences have assistive features such as grab bars                                 | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO |
| Rooms are bright and spacious enough for your furniture                              | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO |
| Parking is adequate  | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO |
| <b>Staff</b>   |  |  |  |
| Friendly staff – and not just in the Marketing Office                                | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO |
| Staffing levels are adequate – particularly in assisted living and health care       | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO |
| Staff is dressed and speaks professionally   | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO |
| Staff members answer questions knowledgeably   | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO | <input type="radio"/> YES <input type="radio"/> NO |



# WHAT'S AGE?

got to do with it •



#ActYourAge

In celebration of Older Americans Month, Asbury is spotlighting people ages 65 to 95 who continue to enrich their communities through work or volunteerism, writing and staging musicals, publishing their first book, building their own airplane or even, in rare cases, jumping out of one. Help us change the way society views aging!



Join our campaign and be inspired at [Asbury.org/ActYourAge](https://www.asbury.org/ActYourAge)

