



Summer 2020

INSIDE: 2019 ANNUAL REPORT

Linkage



Bright, Bold Future for Episcopal Church Home

Master Plan to bring new vision
for ERS mission to serve seniors in Louisville



PROUD WINNER
11 YEARS

ERS

Episcopal Retirement Services

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ON THE COVER

Episcopal Church Home and Episcopal Retirement Services announced exciting changes that have begun at the ECH community to enrich its legacy of serving older adults. Photograph by Gary Kessler

EDITOR'S NOTE:

Many of the photos published in this edition were taken prior to the COVID-19 outbreak and do not depict the physical distancing that ERS staff, volunteers, and residents are maintaining.

ERS Communities & Services

Premier Retirement Communities

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

Affordable Living Communities

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

Community Services

*Deupree Meals On Wheels
Living Well Senior Solutions
Parish Health Ministry*



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We Welcome Your Comments

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Linkage is Available Online

To better serve you, Linkage magazine is available via e-mail and on the Episcopal Retirement Services website at EpiscopalRetirement.com. If you would like to be removed from the Linkage mailing list, please call (513) 271-9610.

Make A Donation Online

For your convenience, donations are accepted online at

EpiscopalRetirement.com/donate.

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



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Linkage is published by *Cincinnati Magazine* on behalf of Episcopal Retirement Services.

Master Plan Underway to Bring a Bold Vision to Louisville Campus

Changes will enrich the Episcopal Church Home mission and legacy of serving older adults. *By Kristin Davenport*



Dudley Square residents like Weezie Walker and Sue Ann Padgett are looking forward to the additions to their neighborhood including a beautiful club house with a fitness center.

The Episcopal Church Home (ECH) and Episcopal Retirement Services (ERS) have announced exciting changes coming to the ECH community over the next three years. These changes will enable ECH to renew its mission and legacy of serving older adults in a person-centered, innovative, and spiritually based way as well as respond to the demands of market trends and consumer preferences.

ERS typically puts into action a Master Plan about every ten years. The project tapped into market trends and evaluate current and future resident needs and preferences. The results of this process will lead to renovations, the construction of new buildings, and the establishment of new services. ECH has a storied tradition of meeting the needs of older adults in the Louisville area. Typified by the

construction of the healthcare building on Westport Road in the 1970s, the expansion of the campus to include memory care neighborhoods in the 1990s, and the development of Dudley Square patio homes in the 2000s, ECH has innovated and fulfilled several Master Plans throughout the years.

ERS and ECH leaders joined industry experts to assemble the Master Plan team. This group has been hard at work for more than a year defining the parameters of the project, collecting demographic data, studying market trends and consumer preferences, and creating a facility assessment to develop a plan.

We are excited to share that ECH has developed a bold vision to reimagine the campus for its current and future residents. ECH will do this by creating



The design and planning has begun for a new dining room concept that will be centrally located in the main healthcare building.

more intimate, person-centered healthcare households that meet consumer preferences and will be supported with dynamic programming and therapies. We will also expand the number of independent living patio homes along with additional amenities not seen at ECH in the past. Based on the facility assessment, demographics, and competitive data, and our desire to continue to offer high-quality care for our residents and families, we have come to the difficult conclusion that the original healthcare building is no longer sustainable and we will be making the following upgrades to the ECH campus:

Skilled Nursing: We will create smaller, more personal neighborhoods that will meet the needs of our residents should they require care. We will have two households for those that need long-term care or short-term rehabilitation. These rooms will offer the privacy residents desire but also quaint common areas for dining and activities to maintain social engagement with other residents and staff.

Personal Care Memory Care: We will create

a more intimate environment for residents with cognitive loss who require personal care services. ECH will feature two neighborhoods that will offer a suite of memory support services developed by ERS to keep residents stimulated and engaged. Our Living Well Memory Support services will feature programs such as art, music, cognitive, and physical therapies that are designed to meet residents' person-centered needs on a daily basis.

Personal Care: We will feature personal care apartments, which will be constructed between the current administration/memory care building and the chapel, that will better meet the desires of consumers who have become accustomed to larger spaces and better amenities than ECH currently offers.

New Patio Homes: We will add new patio homes where the original healthcare building currently stands and two new model homes to the eastern side of the green space within the current Dudley Square footprint. These spacious patio homes will feature the latest in design features for older adults who are seeking a retirement

See a map of our master plan for the Episcopal Church Home at our website: [ERSLIFE.info/ECH-masterplan](https://erslife.info/ECH-masterplan)



Beverly Edwards, ECH Executive Director

with the backdrop of quality personal care and skilled nursing services should their healthcare needs change. We will also build a new clubhouse on the green space on the west side of the current Dudley Square footprint. This new feature will provide a gathering area for residents to participate in activities and events as well as state-of-the-art wellness equipment to support our residents who want to remain active and healthy.

The cornerstone of our community, St. Luke Chapel, will remain where it currently sits on the campus and continue to offer interdenominational services for all of ECH's residents and the community. Additionally, a new and exciting dining venue will be created in the administration building that will cater to the entire campus and offer the latest in dining trends to our residents and guests.

These exciting changes began in the Spring of this year and will end in approximately three years. We will continue to provide information as the project advances, and will do everything we can



Despite the global COVID-19 pandemic, construction has begun in the former Reed neighborhood.



to make the transition as smooth and problem-free as possible for our residents as we create a better living experience for them along with an enhanced work environment for our staff.

We understand you will have additional questions about the renovations and the impacts it may have on yourself or your loved one. We commit to meeting with our residents and family members on a regular basis, particularly as important milestones in the Master Plan process present themselves. Should you have questions please contact Beverly Edwards, Executive Director of ECH, at 502.736.7802 or by email at bedwards@erslife.org. ■



To protect our loved ones, we have to protect everyone.

Rise to the Occasion!

ERS and the community partner to meet each challenge of the COVID-19 pandemic. *By Kristin Davenport*

This pandemic has been described as a marathon, but no one knows if we are on mile five or mile fifteen.

To keep it all in perspective, ERS is giving real-time updates and tracking the success stories.

Get our real-time updates at episcopalretirement.com/coronavirus.

Updates for ECH at episcopalchurchhome.org/coronavirus.

For more inspiring stories, please visit episcopalretirement.com/rise.

The ERS pandemic scrapbook will reflect back to when circumstances appeared at their worst, yet the ERS staff, donors, residents, and families came together to rise to this occasion.

The boundless creativity has come from every corner of the ERS universe. The organization has relied upon being agile and responsive. The uplifting stories from the spring until now are numerous, but here are just a few examples of the ERS spirit.

When life gives you lemons...

The adage “when life gives you lemons, make lemonade” has proved too accurate for the pandemic. When our fitness centers closed, the ERS wellness directors said, “How can we do this differently and still provide the daily physical exercises and some fun and motivation?” They introduced Zoom classes and ‘The Dirty Dozen,’ twelve exercises that residents should do daily.

Our life enrichment directors reinvented all their offerings from Zoom presentations by guest speakers to hallway bingo, to name only a few. The residents have been just as creative, and they used their ingenuity to inspire staff with signs, poems, and

jokes, and they kept their meetings and happy hours safe by doing them virtually.

Make them laugh and smile!

Another theme at ERS communities is the costumes. The ERS staff (and a few residents) have dressed as superheroes, tacos, cupcakes, clowns, the Easter Bunny, a leprechaun, and the Statue of Liberty to name just a few.

The residents have been treated to a summer carnival, including games and prizes, Nerf target practice, physically-distanced chair volleyball with masks and gloves, daily trivia games, and window visits with goats, bunnies, and miniature horses.

Even the Compliance Team got into the act, showing their acting and dancing skills with their lively lip-synch video of Big and Rich’s “Stay Home,” which playfully tells the world, “We’re all in this together. No, friend, you ain’t alone. All you gotta do is stay home!” Watch it at ERSLIFE.info/stayhome.

Help from new and old friends.

The ERS Emergency Response Fund was launched to support the needs that arise as a result of the COVID-19 pandemic. The fund has helped residents in Affordable Living, Deupree Meals On Wheels clients, and ERS staff who have worked tirelessly to serve elders. To date, more than \$312,000 has been donated to support and sustain the ERS team and residents.

To chronicle the food and fund donors, the mask makers and delivery volunteers, and numerous other friends of ERS will take many more pages. Look for this in our next Linkage edition.

Until it is safe to come together in person, ERS will continue to promote and uphold the health of residents, staff, and families. ■



Living Well Senior Solutions Creates Connections

When Dr. Roger Smith wanted to organize his photography, he turned to Living Well Senior Solutions' Susan Miller. It was the solution he needed, from a person he knew as his Aging Life Care™ Coordinator. *By Feoshia Davis*



The Living Well Senior Solutions team: Susan Miller, Care Coordinator; Betsy Babb, RN, Care Manager; Pam Ward, RN, Care Manager; Cynthia Herman, LSW, Care Manager; Peggy Sowders, Program Director; Darlene Kubik, Care Coordinator

What starts out as a job can bloom into a friendship. That often happens when ERS Living Well Senior Solutions care coordinators are matched with clients for concierge-type services such as grocery shopping, running errands, picking up medications, or spending quality time together.

Care Coordinator Susan Miller began working with Deupree House resident Dr. Roger Smith shortly after he began experiencing temporary mobility issues. They would often chat during her visits to his home. That's when she learned that during Dr. Smith's military service, he took up photography as a hobby.

"It started as him telling stories about his photos, taken in his early years. He had a story behind every one. That storytelling blossomed into a project," Susan says.

During the Korean War, Dr. Smith was drafted into the Army Medical Corps but later received a deferment because he was training in surgery. However, three years later, he was activated and stationed in Germany in an old seven-bed German hospital. He later realized the hospital had a darkroom in its basement, which he assumed was used by the German Army to make maps from airborne pictures. So, he decided to begin using the darkroom

to make his pictures.

"It was really the first time I had time for a hobby. My wife and I would drive around on the weekends in Europe. My wife especially loved Paris," says Dr. Smith, a surgeon.

Sixty years later, he still had a large collection of beautiful photos from his time in Europe. The years had taken a toll on them. Susan and Dr. Smith worked together to organize and restore the photos over several months.

In late January, eight of his restored photos of people and scenes in Europe were displayed during a showing at Deupree House. It was the culmination of months of work.

Dr. Smith has recovered from his earlier mobility issues, but Susan still continues to visit with him. Now, he often goes grocery shopping with her. Sometimes they go out to eat.

"I like to say I do anything a daughter would do. It's a very personal and special service," Susan says.

Living Well Senior Solutions Aging Life Care™ Professionals offer personalized solutions, decision guidance, and support resulting in a bridge between the older adult, family members, and support services. They are experts at identifying issues that may need to be addressed and help make decisions based on each person's unique circumstances. ■

Ways of Working

This is the sixth and final story in a series that illustrates our Core Values. Inclusion means many things at ERS. In memory care, “Inclusion” is the goal of creating safe and welcoming places for those experiencing cognitive memory loss. We are proud to launch our Center for Memory Support and Inclusion to share and promote this goal. *By Amy Brownlee*



Brandi and Bob regularly attend the Memory Cafés and enjoy meeting new people. Bob has met people who remind him that he once had great skill as a negotiator. Making connections adds relevance to his life beyond his diagnosis.

What does it mean to be included? For nearly anyone, it can mean connection and enrichment. When we are included, we feel accepted and understood—even loved. But for older adults suffering from Alzheimer’s and other dementias, inclusion can mean all that and a great deal more. Isolation and loneliness are a part of life

for many of these older adults and their caregivers, especially when they do not have access to safe places or social groups that make them feel included. At Episcopal Retirement Services, we are striving to create these inclusive spaces for everyone with our new Center for Memory Support and Inclusion.

Made possible by a \$250,000 grant provided by



Megan Bradford, Director of Strategic Initiatives for ERS (left) and Shannon Braun, LISW-S, Director, Center for Memory Support & Inclusion are providing dementia-inclusive training for the public library staff.

the Sutphin Family Foundation and an individual donation, this Center will benefit the further development of the Dementia Inclusive Cincinnati initiative.

One of the goals of The Center is to help people have positive interactions out in their communities, whether they're in a library, church, or bank, or at the grocery store. We are actively working with community and business partners at these and other locales to create customized programs that build support for people with dementia.

"There's a difference between friendly and *inclusive*," explains Megan Bradford, Director of Strategic Initiatives. "People talk about being 'dementia-friendly,' and ERS has taken that one step further to say it means something else to be 'inclusive.' It takes intention." That means it's not quite enough just to share a smile or to simply be polite. To create truly inclusive places for people with cognitive memory loss, we have to change our own behavior, especially when the situation turns frustrating. "Instead of reacting," explains Bradford, "you have an intentional response."

That intentional response is based in the best practices that ERS staff have been honing for years. And with our Center for Memory Support and Inclusion,

ERS seeks to amplify those lessons to the rest of the city. "Our goal is that people living with early to moderate dementia can find welcoming places in their community so that they can live at home longer," says Bradford. "And the biggest component of that is socialization."

The good news is that these concepts are simple. Just remember the "Three Rs:" *They are always Right. Our job is to Reassure and Redirect.*

"You start by adopting a mindset that the person in front of you is always *right*," explains President & CEO Laura Lamb. "Because you can't change their reality." Step one is the hardest, Lamb says, but "no one has ever won an argument with someone with dementia." This simple change in our response—from persistence to accommodation—can transform a stressful experience into a positive one.

Our next job to fulfill this goal is to *reassure* the person that their problem will be solved. This can be as simple as suggesting that a computer glitch is responsible for the confusion, and that they could do you a favor by coming back later to try their request again. And the final step—should the first two stall—is to redirect. "You pivot," Lamb says. "An example might be somebody is upset that they can't find their daughter. They're 90 years old and your reassurance is not going to work. In that case, we teach people to pivot: If they're looking for their daughter they probably want to talk about their daughter. So you say 'Oh, well, tell me about your daughter. If I'm going to help you find her, I need to know about her.' You're redirecting."

Finally, when ERS talks of "creating safe and welcoming places," we're also talking about people. "That could be in your neighborhood, or that could just be the way that you live your life," says Bradford. "To say 'I'm going to be a safe, welcoming resource for people.' " ■

If you would like to receive a copy of our new Values and Ways of Working, please call the Support Services Office at (513) 271-9610. Visit episcopalretirement.com/values to view or download a copy. Learn more about The Center by visiting theERScenter.org.

Dear Friends,

Most days, 2019 feels like a decade ago, not a matter of months past. Put the pandemic days on pause for just a moment, and revisit with me the successes of Episcopal Retirement Services (ERS) in 2019. As an organization, we have traveled many miles toward our brighter future. Let's reflect on our progress.

We grew the number of people we serve, providing services to more than 4,300 elders and their families within ERS communities. We also shared our expertise in the region through strategic partnerships and we brought renewed energy to the battle against ageism. The annual report on the following pages highlights our financial success. We reflect on stories of ministry that unfolded at our communities and with outreach services for the region. Here are vital updates as we look forward to significant progress in 2020 and beyond:

- **Episcopal Church Home (ECH):** The affiliation of ECH and ERS included the development of a Master Plan. A team of board members, staff, and business partners worked on the plan in 2019 and announced the Master Plan earlier this year. Read the details on page 3 of this magazine.
- **Affordable Living by ERS:** We earned Low-Income Housing Tax Credits to renovate communities in New Carlisle and Wilmington and to build Scheper Ridge, in Florence, Kentucky. Renovations have continued at New Carlisle Village, Madison Villa, and renovations began at The Manse in Walnut Hills.
- **Memory Care:** ERS received two major gifts totaling \$250,000 to create the Center for Memory Support and Inclusion™. This includes the Dementia Inclusive Cincinnati (DIC) initiative, aimed at establishing Cincinnati as the most dementia inclusive city by 2025. A team of ERS staff developed a revolutionary program called Yes, And!™, an improv training workshop. The program is designed to teach tangible skills to caregivers for meeting their loved ones where they are when they experience symptoms of cognitive loss.
- **Middle Market:** The ERS Board and staff developed a model to explore a middle-market community. With our construction partner Ridge Stone Builders, we broke ground on a pilot to serve the middle market in Perrysburg, Ohio. We have been hard at work identifying the right service model for this under-served marketplace. The first patio homes were ready for residents in May of this year. Look for more information about this innovative new model later this year.

2019 was a substantial success. Thus far, 2020 has been a challenge beyond all measure. We are continually grateful for the strong leadership of our volunteer board for their guidance and support. And to every resident, family member, donor, and partner, thank you for your active support and continued commitment to ERS and our mission.



Sincerely,

A handwritten signature in blue ink that reads "Laura R. P. Lamb".

Laura R. P. Lamb,
President & CEO

Episcopal Retirement Services is expanding its mission to improve the lives of older adults through quality senior living communities and community-based services throughout Ohio, Kentucky, and Indiana.

16,325

Individuals served through ongoing support or impacted by community outreach programs.



The Affordable Living by ERS communities

- | | | |
|----------------------------------|--|--------------------------------|
| A Canterbury Court | I Thomaston Woods | Q Westminster Court (2) |
| B Cambridge Heights | J Thomaston Meadows | R Marlowe Court |
| C St. Paul Village I & II | K Green Hills Affordable Living | S Maple Knoll Meadows |
| D St. Pius Place | L Trent Village | T Madison Villa |
| E Shawnee Place | M Walnut Court | U New Carlisle Village |
| F The Elberon | N Central Parkway Place | W The Manse |
| G Forest Square | O Knowlton Place | X Scheper Ridge |
| H Parkview Place | P Prairie Oaks Village (4)
Prairie View, Friendly Center,
Prairie Oaks & Mulberry Place | |

2019 Overview and Financial Report

Balance Sheet

For the years ending December 31, 2019 and 2018

Assets	2019	2018
Current Assets	\$26,527,000	\$21,773,000
Marketable Investments	\$36,693,000	\$40,929,000
Fixed Assets	\$189,464,000	\$196,997,000
Beneficial Intents in Endowments	\$34,558,000	\$29,458,000
Other Assets	\$5,969,868	\$2,377,000
Total Assets	\$293,211,868	\$291,534,000

Liabilities	2019	2018
Current Liabilities	\$14,009,000	\$22,590,000
Unamortized Entrance Fees	\$27,319,000	\$26,111,000
Long-Term Debt	\$82,359,000	\$82,511,000
Other Liabilities	\$8,858,000	\$4,972,000
Total Liabilities	\$132,545,000	\$136,184,000

Net Assets	2019	2018
Permanently Restricted	\$29,728,440	\$25,484,000
Temporarily Restricted	\$8,766,428	\$8,654,000
Unrestricted	\$122,172,000	\$121,212,000
Total Net Assets	\$160,666,868	\$155,350,000
Total Liabilities & Net Assets	\$293,211,868	\$291,534,000

Condensed Statement of Revenue and Expenses

For years ending December 31, 2019 and 2018

	2019	2018
Operating Revenue	\$60,122,000	\$61,651,000
Operating Expense	\$(70,750,000)	\$(68,479,000)
Net from Operations	\$(10,628,000)	\$(6,828,000)

	2019	2018
Non-Operating Revenue (Expense)	\$8,491,000	\$1,379,000
Total Net Income	\$(2,137,000)	\$(5,449,000)

2019 Contributions and Commitments

\$1,001,179

Good Samaritan Mission Annual Gifts

\$263,111

New Programs and Capital Projects

\$45,950.73

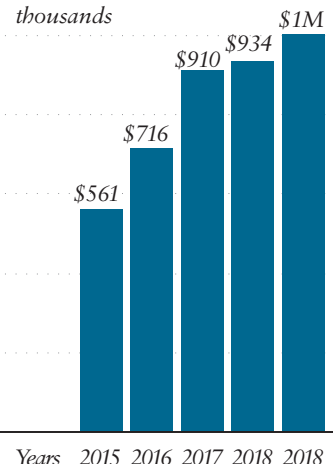
Realized Planned Gifts in 2019

\$250,000

Gifts in support of the ERS Center for Memory Support and Inclusion

Growth in Giving to Good Samaritan Mission

Donations in thousands



The Good Samaritan Mission Fund

\$3 Million

Total Ministry Costs

\$1.7M

Residential Financial Aid

\$541,596

Affordable Living by ERS

\$312,499

Spiritual Care

\$217,475

Parish Health Ministry

\$54,416

The Staff Assistance Fund

\$37,525

Deupree Meals On Wheels

\$33,882

Community Outreach programs

\$23,804

Volunteer Coordinators

\$17,509

SAIDO Tuition Assistance

\$11,718

Partners In Care Fund

Ministry through community outreach programs

11,456

Individuals impacted

9,136

Parish Health Ministry Contacts

1,072

Parish Health Ministry Training Attendees

680

Refresh Your Soul Attendees

568

Community Education Event Participants

Ministry for residents or through on-going support

4,869

Individuals served

2,174

Affordable Living Residents

365

Independent Living Residents

172

Assisted Living Residents

950

Skilled Nursing Care Residents

632

Meals On Wheels Clients

35

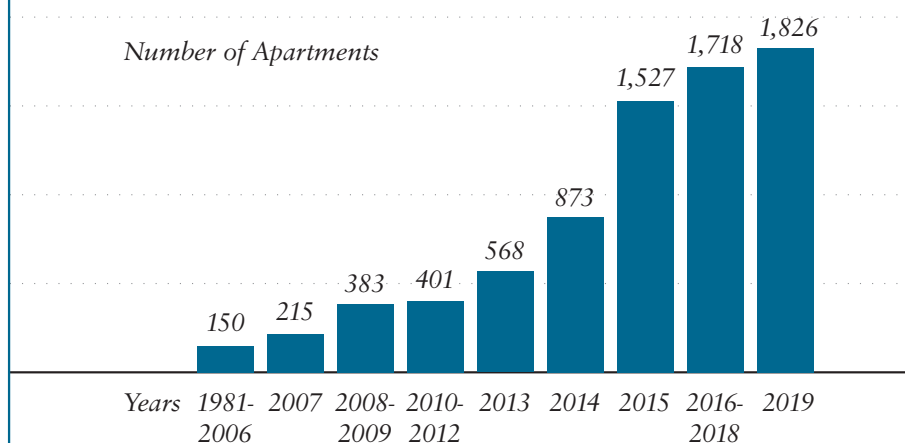
Living Well Senior Solutions Clients

541

Student Experiences

Growth in Affordable Living by ERS

Number of Apartments



PHM Offers Dementia-Inclusive Church Training Program

Caring for someone with dementia can be a frustrating and emotional experience, particularly if the care partner and individual have a personal relationship.

That's why sessions facilitated by Dementia Inclusive Cincinnati for Parish Health Ministry (PHM) organizations worked to provide best practices for caregivers and a place where they could learn to engage with people with dementia more positively.

Dementia Inclusive Cincinnati is an ERS-led initiative in partnership with The Alzheimer's Association, Greater Cincinnati Chapter and the City of Cincinnati to establish Cincinnati as the most Dementia Inclusive City in America by 2025. Exploring new ways to provide training was the top goal for the group in 2019, and the pilot program at five churches trained nearly 600 members.

A Personal Look at the Pilot Program

"There was so much I thought I knew that I actually didn't," said Heidi Knellinger, who attended the Dementia Inclusive Cincinnati & Parish Health Ministry training sessions offered at Knox Presbyterian Church coordinated by their Parish Nurse Pam Ward.

As a physical therapist, Heidi has 35 years of patient care under her belt and subsequently prides herself on her ability to communicate and listen to others' needs. Heidi frequently visits her aunt with dementia.

"She had a companion who pretty much took care of everything for her. When he passed, we suddenly realized that she couldn't do much on her own. I felt like I had a handle on it," Heidi reflects, "I was hoping to learn one or two things at the training session."

Heidi says she was astounded by just how much she actually learned, and how this knowledge would transform her visits with her aunt.

"I would ask her what she had for lunch every time I visited, thinking this was an innocent question. In the workshop, they explained just how exhausting a question like that could be for someone with dementia." Heidi says she appreciates all of the suggestions



Heidi Knellinger attended Dementia Inclusive training sessions at Knox Presbyterian Church. Parish Nurse Pam Ward has led the efforts at Knox to launch the pilot program with PHM.

The following churches participated in the pilot:

St. Timothy Episcopal Church
Sts. Peter and Paul Catholic Church
Knox Presbyterian Church
St. Anthony Catholic Church
The Episcopal Church of the Redeemer

she gleaned from the program and now knows to avoid triggering questions and topics. "It makes our time together so much more relaxed and meaningful. I follow her lead in the conversation now and go wherever she takes me."

Shannon Braun, director of the ERS Center for Memory Support and Inclusion will be planning additional training opportunities. "The pandemic has given us all an opportunity to better understand and empathize with those who feel isolated, she said. "We have a renewed passion to educate churches about dementia and help them reach out and support their most vulnerable parishioners. We look forward to safely utilizing technology and distance learning to keep spreading the word." ■ —Feoshia Davis

High Tech Can Also Be High Touch

A telehealth project connects Affordable Living residents at Maple Knoll Meadows with nurse practitioners in training.

By Val Prevish



Chuck Doarn, Director of the Telehealth Certification program at the College of Medicine and Debi Sampsel, Director of Telehealth at the UC College of Nursing

Residents at Maple Knoll Meadows took part in a unique study last year that may have been an uncanny forecast of things to come in our age of social distancing. Through a project in partnership with the University of Cincinnati, independent living residents could engage in health coaching with nurse practitioner students via remote robotic access.

While the coronavirus crisis has brought remote technology to the center of social interaction, back in the fall of 2019, it was not a virus, but rather a desire to stretch limited health care resources that led to the idea for the project, says Jenni Miller-Francis, Director of Resident and Health Services.

“We focused on health promotion,” says Miller-Francis. “Nurse practitioner students were able to

connect with residents through a telehealth robot for coaching sessions about exercise and healthy eating.”

The health care professionals wondered if interaction with a provider through a robot would prove to be a barrier or a unique draw for residents who took part in the study.

“Some of those who participated were hesitant at the start,” says Miller-Francis. “As the project progressed, however, they got used to it and were even able to develop a rapport with the provider.”

Debi Sampsel, Director of Telehealth at the UC College of Nursing, says the project helps provide a road map of how telehealth could be used in the future in facilities such as independent living communities or nursing homes to improve the health of older adults while efficiently managing practitioners’ time.

“We wanted to find out how well this could work,” says Sampsel. “How accepted is it by residents? How efficient is the technology—could residents hear the provider and could they feel properly served by an experience like this?”

Although the full results of the study are not yet complete, Sampsel and Miller-Francis say residents’ reaction to the telehealth experience was encouraging.

“After the coaching, many of the participants had a better understanding of the importance of fitness and they started using the fitness center much more,” says Miller-Francis. “We did see a positive outcome.”

Sampsel says seeing how telehealth can lead to improved health outcomes will enable more people to have access to high quality care across a broad spectrum of age and socioeconomic backgrounds.

“This helps to bridge any gaps in care that are caused by a lack of access to practitioners,” she says. “It will give us a better opportunity to improve care for all older adults.” ■

Deupree Meals On Wheels Feeds the Body and Spirit



The Rev. Darren Elin and his wife Sarah began volunteering with Deupree Meals On Wheels in 2019.

There are two major benefits of volunteering for Deupree Meals On Wheels: giving and receiving. Giving back to one's community can create a greater sense of purpose when you know you're doing something meaningful each day. Volunteering is not just about the self, it's about how we can improve others' lives—both our loved ones, and other people in our community.

Deupree Meals On Wheels has a fantastic group of volunteers who come from a variety of different backgrounds and over 14 different ZIP codes in Hamilton County. Their dedication and commitment have made a significant impact on the very positive relationships that we develop with the clients.

Last year more volunteers joined our program, thanks to an introduction to the program by Sarah Skinner, who shared a ministry spotlight and then invited people to consider giving their time. In 2019, ERS had 79 Deupree MOW volunteers from the ages of 30 to 80, all of whom want to give back.

"I wanted to get involved and expand my 'hands-on' volunteering," said St. Thomas Rector, The Rev.

Darren Elin. "While I serve on the ERS Board's affordable living committee, it is even more of a blessing that this is a ministry in which my wife, Sarah, was very interested in helping, so we were able to deliver meals on a route together on Fridays."

For thousands of people in the Cincinnati region, the desire and need to age in place can come with challenges. The basic need for warm and healthy meals is just one part of the care ERS delivers through Deupree Meals On Wheels. Our operation focuses on client satisfaction with the quality of our services and excellence with the meals. Clients tell us the food we deliver is delicious, but we know they also enjoy the friendly visit.

ERS, Deupree Meals On Wheels, and its volunteers invest the time to listen to each client and accept that each senior has unique wants and needs. The support that we provide enables them to remain living in their own homes, where they want to be. Our delivery and support are typically a nutritious meal, a friendly visit, personal items they can't easily access, and a quick safety check. ■

Dudley Square Residents Give Back to ECH and Beyond



Jerrylynn and Jim Norsworthy both find it rewarding to volunteer for Episcopal Church Home.

Volunteering is a key part of living a fulfilled life. Whether serving at church, or assisting the wider community, most people spend some hours volunteering, which can be an important part of positive aging.

ERS supports its residents and their volunteer efforts, and encourages them to get involved as much as they'd like. In our independent living neighborhood, Dudley Square at Episcopal Church Home in Louisville, residents are full of volunteer ideas and keep busy while giving back to the community.

Some of our residents, like Jim Norsworthy, have volunteered their time to make improvements to Dudley Square and ECH, for residents there. For example, Jim created a book about the community when some of his friends moved to Dudley Square. He

compiled important things he learned about the community to help new residents settle in. He shared the document with other residents who added their insights. Now called *Your Dudley Square Book*, his work is still printed for new residents.

Other residents have helped improve communication around the neighborhood, as well. Barbara Roche and Gladys Ford created a publication called *Around the Square* that included feature stories by residents.

In addition to the Dudley Square book, Jim also created a resident-only email group. It's a closed group, with only residents who want to be included, and it can be used both as a messaging service from the organization, but also from residents to the group. Some residents who

don't have email have provided the name of a relative who will get the email on their behalf and then call the resident with the updates.

Jerrylynn Norsworthy has also spent time volunteering in the greater community. A retired teacher, Jerrylynn has focused on supporting young children. She has taught Sunday school to first graders, as well as Bible school to students of all grade levels. She has also volunteered at St. Francis-In-The-Fields Episcopal Church for years, preparing for Sunday services.

Volunteering is an excellent way to not only keep active but also to make a positive difference for the community. At Dudley Square, residents can live purposely and give back to their ECH neighbors. ■

2019 Samaritan Circle

The Samaritan Circle is comprised of individuals who generously support ERS' annual ministry needs met through The Good Samaritan Mission Fund and/or special project and capital needs of ERS with a donation of \$1,000 or more.

Platinum Level: \$10,000	Bronze Level: \$1,000–\$2,999		
Mary Ellen Baude	Anonymous	Melvin and Diana Haas	Eli and Ilona Perencevich
Tal ⁺ and Alan Gast	Richard ⁺ and Lee Adams	Anne W. Harrison	Jewel Porter [^]
Tate ⁺ and Anne Greenwald	Donna Allmandinger	Nancy Ike	Tom ⁺ and Sarah Regan
Gary and JoAnn ⁺ Hagopian	Janet F. Andress	Kathy Ison-Lind [^] and Bill Lind	George and Bette Rehfeldt
Al and Sandra Harris	Stephanie Antoun [^]	Stephen Altschul and Caroline James	Will and Karen Reid
Jack M. Kirby [*]	St. John [*] and Gay Bain	Mr. and Mrs. Andrew MacAoidh Jergens	Tom and Earlene Retford
Elizabeth Lilly ⁺	St. John Bain and Claire Solot-Bain	Emily Johann	Bryan [^] and Krista Reynolds
Emily Romney	Leah Bird	Harry Kangis ⁺ and Julia Hawgood	Bruce and Margot Rowe
Linda and David Stetson	David and Joy [^] Blang	Janet Kindel	Marianne R. Rowe
Gold Level: \$5,000–\$9,999	Sandy C. Bolek-Putman and Mark Putman	Vivian B. Kline ⁺	Dr. Elizabeth Goessel-Rule
Ben ⁺ and Ann Blemker	Jon B. ⁺ and Jeanne Boss	Linda Klump ⁺	Wallace E. Sarraan
Stephen and Susan Cross	Eleanor Botts	Paula Kollstedt ⁺	John and Susan Schmidt
Stanley A. Hooker III (Tad)	Denise Bowell [^] and LuAnn Carpenter	Michael ⁺ and Kathy Krug	Richard ⁺ and Madelyn Setterberg
John [*] and Lynne [*] Hopple	Megan [^] and Dan Bradford	Joyce Kupfer-Mulderig and James Mulderig	The Revs. Bruce ⁺ and Susan Smith
Noel ⁺ and Angela Horne	Wilson Breiel	Elaine Kuyper	Virginia B. Smith
William ⁺ and Elizabeth Knodel	James and Kathy Brockman	Corky Ladd	Albert ⁺ and Liza Smitherman
Jeffrey and Laura [^] R. P. Lamb	Jaqualine S. Brumm	Chuck ⁺ and Peggy ⁺ Landes	Walter and Patricia Smitson
Jeff ⁺ and Jeanette March	Anthony Bruns ⁺	Christine LeBlanc	Emerson Stambaugh [^] and Michael Abernathy
Jack Martindell	Ann V. Bullock	Alishia Lee [^]	John F. Stevenson [*]
Marilyn Sesler	Tara Carr	Jean Lemon	Carol Stoecklin
Rhonna ⁺ and Mark Shatz	Fran Christensen ⁺	Glenna Light	Bernie ⁺ and Kathy Suer
Gates Smith ⁺	Gordon Christenson	Robert and Josephine Linkins	Ann Swanson
Karen Smith and Paul De Marco in memory of Joan Smith	Richard Cocks	The Rev. David B. Lowry	Barbara Talbot ⁺
Steve and Liz Sudberry	Barry Cors	Rory [*] and Marge ⁺ Malone	Mary Tanke
Silver Level: \$3,000–\$4,999	Jodelle Crosset	Bobby and Rachel Maly	Peter and Amy Tanke
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Chet Cavaliere	Sonia Daoud	Alton R. Mayo	Emme L. Todd
Lissy Fabe and Chris Taylor	Lillian R. Dartnall	W. Nash McCauley	Frank [^] and Ginny Uehlin [^]
Elizabeth Grover	Alex and Kristin [^] Davenport	Robert and Nancy McCormick	Grace I. Ulm
Summers Hunter	Marjorie E. Davis	Brenda A. McEntyre [^]	Nancy VandenBerg
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Jeff and Eileen Schomburger	Roger and Michelle ⁺ Foy	The Rev. Christopher Neely	John and Elizabeth Williams
Robin ⁺ and Geoff Smith	Jack [*] and Nancy Gottschalk	Eric and Suzanne Nielsen	John [*] and Frances Williams
Doug and Kathy Spitler	Patricia A. Greulich	Thomas H. Ottenjohn	Anne N. Wilson
Joan [^] and Stephen Wetzel	Dennis and Pam Gruesser in memory of Elizabeth Rose Gruesser	Dick and Ellie Paulsen	Dan ⁺ and Nan Witten
Janie P. Williams in honor of Dr. James M. Garvey, Jr.		Richard and Joan Paulsen	Doug and Ellen ⁺ Zemke
		Jennifer Payne ⁺ and Todd Stevens	

(+) Denotes an ERS 2019 Corporate, Foundation or Affordable Living Board or Committee Member (^) Denotes an ERS 2019 Staff Member (*) Denotes an individual who passed away in 2019 or 2020

2019 Community Partnerships

ERS is grateful to the following foundations, corporations, churches and other organizations that made contributions last year.

Gifts of \$100,000 and above:

H.B., E.W. & F.R. Luther
Charitable Foundation
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Gifts of \$1,000–\$4,999

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2019 Living Legacy Society

The Living Legacy Society recognizes friends who have informed us that they have included ERS in their will, estate plans, or other deferred gift arrangement. We are grateful to these donors for helping ensure that ERS continues to serve older adults for years to come.

Anonymous (6)
 Gay and St. John* Bain
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 Frank and Ginny Uehlin
 Pat and Bill Victor*
 Mrs. Helene Warrenner*
 Mr. James Wersching
 Mrs. Mary E. West*
 Jack and Elizabeth Williams
 Anne and Samuel Wilson

(<) We are pleased to welcome these individuals who joined the living Legacy Society this past year.

(*) We are deeply saddened by the loss of our friends who passed away in 2019 or 2020. We would like to extend both our condolences to their families and friends and our humble appreciation for the legacy they have left by including ERS in their estate plans.



More than 400 guests, many dressed in "Wonderland" attire, were entertained, inspired, and educated about the urgent need to support ERS and our innovative memory support services. In attendance were Rev. David Lowry, Lillian Dartnall, JoAnn Hagopian, Linda Holthaus, Gary Hagopian, Tom and Sarah Regan.

Photograph by Michael J. Snyder

2019 Episcopal Church Home Donors

The Episcopal Church Home would like to recognize the following contributors for the extraordinary kindness and generosity they have expressed in 2019 through their philanthropic investments of \$1,000 or more.

Gifts of \$20,000–\$99,999

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Mayann Mathis
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Fred and Ann Mudge
David and Penny Pearson
Frederick B. and
Ayako I. Phillips Foundation

Gifts of \$10,000–\$19,999

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Anna Beth Reid
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Howard Schneider
Reverend Alfred R.
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Pollard Foundation
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Todd Attorneys
Beargrass Fund
Pat O'Donnell
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Schardein Mechanical

Gifts of \$1,000–\$4,999

Walter and Maude^{*} Baker
Les and Janet Brooks

Morton Society Members:

The John P. Morton Society celebrates founder, John P. Morton by recognizing individuals who have remembered Episcopal Church Home in their estate plans.

Rev. Dr. Georgine Buckwalter
James W. Chandler
Stephen and Barbara Ellis
William B. Grant^{*}

Sarah Few^{*}
James R. Hendon
Keith R. Knapp
Robert B. Nesmith

Anne S. Vanderburgh⁺
Virginia L. Woodward

(*) We are deeply saddened by the loss of our friends who have passed away, but we continue to remember them in our hearts for the impact they have made on our ECH community. We are forever grateful for the legacies they have left by including ECH in their estate plans.

(+) Denotes a 2019 Board or Committee Member (^) Denotes a 2019 Staff Member

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