

# Front Porch NEWS

MARCH 2011

## *We are Leading Age*

As of January 25, 2011, the American Association of Homes and Services for the Aging (AAHSA) is now LeadingAge. The new name is the result of a call from the association's board in 2008 to explore a name change to coincide with AAHSA's 50<sup>th</sup> anniversary in 2011. The association conducted a brand research initiative that included a member survey, focus groups and input from state associations. Members overwhelmingly approved the new name in a vote conducted last July.

"LeadingAge offers a strong and distinct voice for our not-for-profit members as we strive to expand the word of possibilities for aging," said Win Marshall, LeadingAge board chair. "Together, we will lead in innovative practices that transform how we serve our aging population, cutting-edge initiatives to develop services that meet older adults' needs and preferences, and advocacy to advance the interest of the aging consumer."

"LeadingAge is a challenge for our future and an acknowledgment of the leadership path our members have walked together since our founders met in New York 50 years

ago," said Larry Minnix, LeadingAge President & CEO. "It represents our joint promise to inspire, serve and advocate for older adults across the country."

Ten state associations will join LeadingAge in changing their names. As of February 1st, the Association of Ohio Philanthropic Homes, Housing and Services for the Aging (AOPHA) became LeadingAge Ohio, reflecting the role of the association and its members in being at the forefront of innovation in providing quality housing and health care services for Ohio's older and disabled population.

Founded in 1937, LeadingAge Ohio is a nonprofit organization that represents approximately 400 nonprofit long-term care organizations located in more than 150 Ohio

The logo for LeadingAge features a stylized green heart shape above the word "Leading" in a green, sans-serif font. The word "Age" is in a larger, bold, black, sans-serif font. A trademark symbol (TM) is located at the top right of the word "Age".

Green Hills  
Retirement Community  
6557 US 68 S.  
West Liberty, Oh  
(937) 465-5065  
[www.greenhillsrc.org](http://www.greenhillsrc.org)

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## *Surprise, Surprise, Surprise!*



*Pastor  
Cheryl Siegenthaler,  
Green Hills Chaplain*

The month of March is such a tease! It can be wild and crazy or gray and somber. One day has crocuses peaking through the ground that tomorrow will be snow-covered or ice-pounded. One is never quite sure of what will greet us each morning—rain (freezing or otherwise), a little snow, some sunshine, or wind. There is always the wind. By this time of the year we have pretty much had it with snow. Just ask those who remove it from our sidewalks, driveways, and roads. Now we have the month of high winds, which are bitter rather than invigorating. Yet there will come a day in the midst of our “weather despair” that will be unseasonably warm, and the breeze will be just right for flying kites. “Surprise, surprise, surprise” (in the trademark words of the Gomer Pyle character)! It’s a time of year best described by the lyrics of a Beth Nielsen Chapman song: “every December sky must lose its faith in leaves/And dream of the spring inside the trees.” March 20<sup>th</sup> marks the first day of spring this year, and we’ll be more than ready for the spring we’ve been dreaming of. One thing we can say about March is that it carries an element of surprise in its days, and how interesting that can be!

Ash Wednesday is March 9 this year. It is the day before Mardi Gras, which is one

big party with New Orleans being the epicenter with its floats and parades, costumes and masks, and all the rich food one could possibly consume. That’s why it is sometimes called “Fat Tuesday.” Besides eating, the traditional purpose of this day was to confess one’s sins and receive absolution, which labeled it Shrove Tuesday. Regardless of what you call it, the day precedes the beginning of Lent—a season when we engage in the spiritual practices of fasting, providing for the poor, prayer, and penitence—all in preparation for Easter.

And within those practices, we usually uncover some surprises. While many of us think of fasting as merely giving up chocolate or soft drinks or too much TV viewing, it is a practice which can teach us to

simplify our menus and our routines. In a small way, as we do with less, we free up resources for others to use. In our discipline of fasting, we are led to redirect some of the abundance we enjoy. It is in sharing our wealth, whatever form it takes, with those in need where we might discover a surprise. More often than not, in blessing others, we often find ourselves blessed as well. My prayer is that you will be surprised not only by March but also by God in large and small ways.

*Pastor Cheryl*



## Exercising to Music Keeps You Upright



The elderly suffer from an alarming epidemic. A third of people over 65 fall at least once a year. Half of those fall more frequently. Exercise can help, especially when they exercise to piano music. That’s right, the elderly gain a better sense of balance when they exercise to piano music. The research was published online in the *Archives of Internal Medicine*. [Andrea Trombetti *et al.*, “Effect of Music-Based Multi-task Training on Gait, Balance, and Fall Risk in Elderly People”]


Scientists in Switzerland recruited 134 adults—average age about 75. For six months, half took a weekly hour-long class that focused on balance. They worked out to the piano, changing movements in response to changes in the beat. The exercises go progressively more difficult. The other group continued with their regular activities for six months.

Then the two groups switched. Those who worked out to tunes improved their gait and had longer and more stable strides. Overall, the first music-exercising group experienced had as many falls as the control group. But when the control group started striding to songs six months in, they gained the same benefits. Ninety-six percent of the participants exercising to the dulcet tones of the piano were women. So it remains to be seen if piano music can help men stay upright, too.

Cynthia Graber reports—Scientific Americana podcast November 23, 2010

~~ Join the fun ~~

Exercise with Susie at the Aquatic & Fitness Center  
each Monday, Wednesday, and Friday  
at 9 a.m.



Congratulations to  
**Elinor Dowden**  
who was the gift  
basket winner from  
the Wellness Clinic  
for January.

Be sure to visit the Wellness Clinic  
located across from the Bakery in the  
Community Center. The Clinic is open  
Monday—Friday 10 a.m. to Noon.

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**Senior Independence  
Presents...**

**Fall Prevention &  
Home Safety**

March 15th

2 p.m.—Recreation Center

6 p.m.—Foundation Hall

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## LeadingAge™ ...continued

towns and cities, as well as those providing ancillary health care and housing services. Member organizations serve more than 50,000 elderly Ohioans daily and employ more than 20,000 persons statewide.

Not-for-profit providers of senior services include senior housing, both subsidized and market rate, adult day care, home- and community-based services, assisted living and skilled nursing. A majority of members are faith-based and provide many or all of these services.

LeadingAge Ohio is a member-driven organization, with leadership elected by peers from around the state. The leadership team is composed of the Board of Directors, including executive committee officers; regional directors, responsible for organizing in-district member meetings; and delegates, who represent AOPHA at our national organization. Strategic committees, action councils and special interest groups comprised of members from around the state help to develop and oversee governing policies and positions.

Over the years, Green Hills has benefited by membership in AAHSA and AOPHA. In addition to outstanding educational opportunities and advocacy on legislative issues, membership has provided Green Hills' staff with the opportunity to network with other service providers throughout Ohio and the country. The connections and perspective offered by membership has given Green Hills a wide state and national viewpoint that is vital to a single site organization. We are excited to be a part of LeadingAge.

Mike Ray, Green Hills President & CEO, is a member of the LeadingAge Ohio Board of Directors and other Green Hills staff members are involved with various committees lead by the state association.

Annual competitions will now be known as **LeadingAge Ohio Stars** and the **LeadingAge Ohio Art & Writing Competition**.

For more information, go online to [www.leadingage.org](http://www.leadingage.org) or [www.leadingageohio.org](http://www.leadingageohio.org)



### The **GREEN** Philosophy

*"I pledge to **GIVE**, **RESPECT** and **ENGAGE** those we serve while we **ENCOURAGE** choice and **NURTURE** one another."*

Green Hills will officially kick off its journey into Person-Directed Care on March 9th. Look for more information on this model of care in future issues of *Front Porch News*.

## *An Eggs - ceptional Spring*



Spring Equinox, also called the Vernal Equinox, is the first day of spring. It falls on either March 20th or 21st, and, on this day, there are exactly 12 hours of light and 12 hours of darkness. The sun will continue to climb higher in the sky in the Northern Hemisphere, and the days will get longer and longer (by approximately one minute per day) until the first day of summer.

Eostre (pronounced E-ostra) is the Pagan holiday that celebrates the return of spring. Eostre gets its name from the Pagan goddess of dawn and fertility of the same name. The Christian celebration of Easter, also celebrated around the time of the Spring Equinox, gets its name from Eostre.

Some people believe that at the exact time when winter turns to spring, you can stand an egg on its end. Does it work? Believe it or not, it often does. However, it is probably not due to the equinox but rather to the peculiarities of the egg. Most scientists agree there is no astrological reason for the phenomenon, and that some eggs will stand on their ends at any time of the year.

## *A Miraculous Return*



On March 19, a crowd will gather to hear the church bells ring at the mission of San Juan Capistrano in Southern California. This is St. Joseph's Day, but it is also the day that hundreds of swallows return to the mission after flying six thousand miles from Argentina.

Why do these swallows fly to the mission? Legend states that an angry innkeeper destroyed their mud nests along the rivers that flow nearby. The swallows found refuge in the old church and have returned to make their homes there every year. Lately, however, the number of swallows has decreased dramatically, but that does not stop thousands of people from enjoying the Swallows Day Parade and from visiting the mission in the hopes of glimpsing the miraculous return of the swallows of San Juan Capistrano.

## *In Living Color*

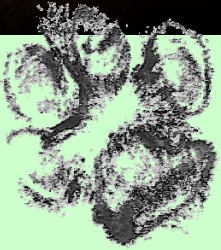


*The CT-100 model color television had a viewing screen measuring about 9 x 11 inches.*

On March 25, 1954, RCA unveiled the CT-100, the world's first color television intended for widespread use. It went on sale the following month. In 1954, the television set cost \$1,000, the equivalent of over \$7,000 today. That's a lot of money when the year 1954 saw only one network, NBC, providing sixty-four total hours of color programming. This high price tag might explain why sales never reached the heights RCA was hoping for.

It wasn't until the 1960s that color television became both affordable and desirable. Disney, wanting to broadcast its programs in color, moved to NBC. Its popular *Walt Disney Presents* program was renamed *Disney's Wonderful World of Color*. Finally, people had a reason to watch color television. By 1972, the sale of color sets surpassed that of older black and white TVs. Only one hundred and forty CT-100 sets exist today, and of these only a handful are in working condition.

### Tanner Tails



In March 1951, firefighters all across the nation adopted a new mascot to help teach kids about fire safety and prevention. Sparky the Fire Dog, a friendly Dalmatian dressed in a firefighter's jacket and helmet, spread this important message on television and in story books.

Sparky became a legendary fire dog when he was just a puppy. One day, he was sitting near a fence outside a local school. He loved to watch the children play, and one day he decided to follow some children home. Tired from the long walk, after all he was just a puppy, he rested beneath a tree, but it did not take long before he smelled smoke and woke up to find the children's house on fire. This smart puppy ran to the local fire station and barked and whined until the firefighters followed him back to the burning house. The firemen extinguished the fire and saved the family, and afterwards they found the Dalmatian puppy wet and shivering under a tree. Realizing that this was no ordinary dog, the firefighters adopted him and named him Sparky. From that day on Sparky lived at the fire station and was considered a hero.

Dalmatians have a long history of working alongside firefighters. These dogs were initially used to protect horses that pulled old-fashioned stage coaches. Dalmatians ran alongside the horses while they pulled, and the dogs even slept with horses in their stalls to prevent thievery. This horse and dog bond was so strong that firefighters used them during the days of horse-drawn pump trucks. Dalmatians, as guides to the fire, kept the horses calm and focused. Once at the fire, they acted as guard dogs. As the days of horse-drawn pump trucks faded away, the presence of a Dalmatian in the firehouse persisted. Some say that the Dalmatian's trademark black spots are really smears of soot left after a raging fire.



### March Birthdays

Patricia Barbee	Center	01
Albert Sparaco	Center	02
Alsa Ingram	Center	05
Elva Bollack	Center	09
Lucille Daugherty	Inn	11
Evelyn Kuba	Apartments	12
Crystal Wagner	Center	12
Joy McDonald	Inn	12
Janis Barrett	Center	13
Phyllis Coey	Apartments	15
Richard Groves	Apartments	15
Henry Raymond	Inn	15
Faye Fisher	DayBreak	15
Mary Harvey	Center	16
Carolyn Rehm	Center	16
Marcene Traucht	Inn	17
Lois Pyle	Inn	17
William Henry	Apartments	22
Betty Snell	Center	24
Mary Lou King	Inn	31

### Intergenerational FUN!

