



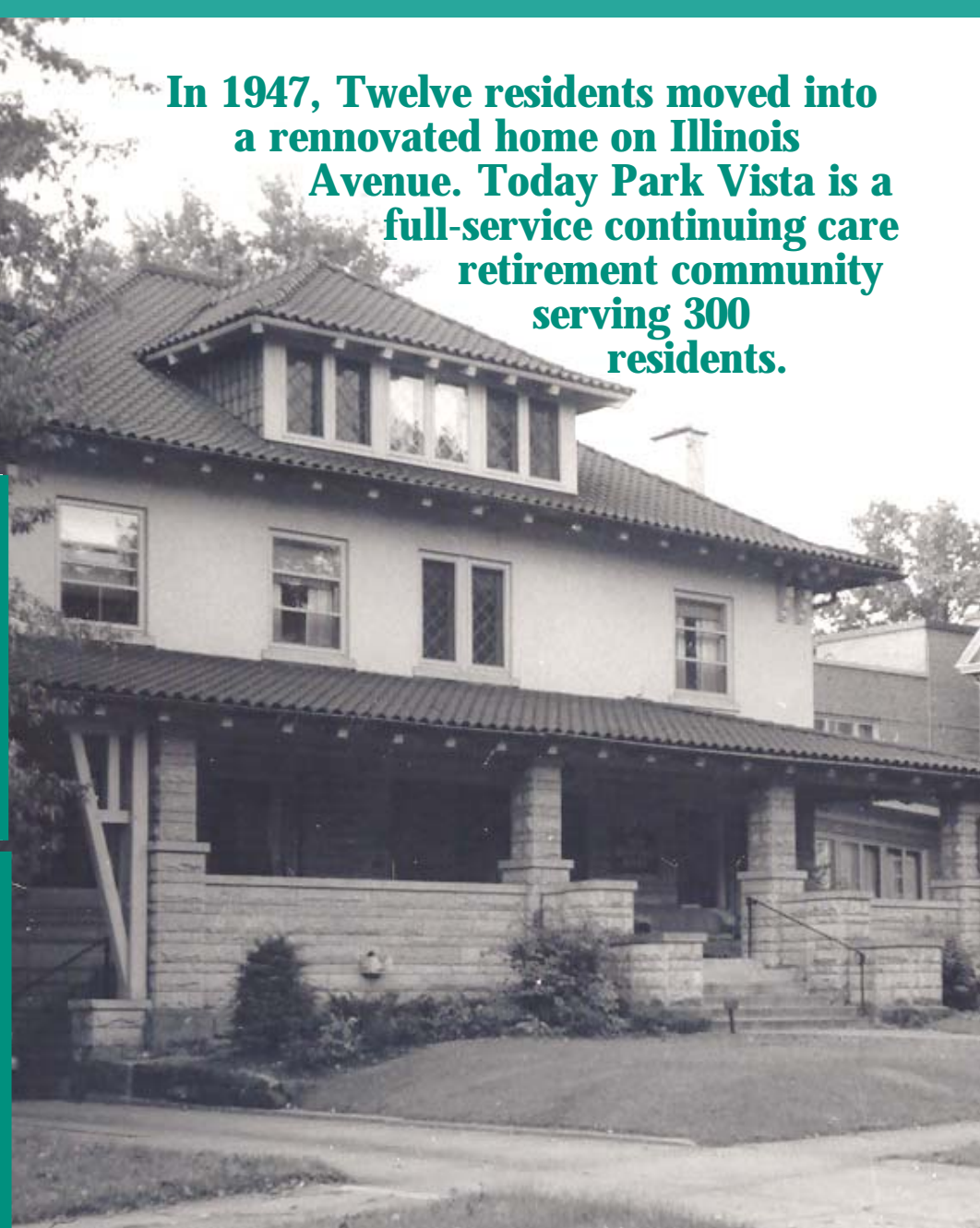
60th Anniversary Edition

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Courier *Serving Generations for 60 Years - 1947 to 2007*

Volume 15, Issue 1, 2007

In 1947, Twelve residents moved into a renovated home on Illinois Avenue. Today Park Vista is a full-service continuing care retirement community serving 300 residents.



The Park Vista Courier

The *Courier* is published quarterly for friends and supporters of Park Vista Retirement Community.

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We welcome your comments and suggestions. If you know someone who would enjoy receiving the *Courier*, please call us.

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Keeping the mission, the vision, and the promise



When walking past the portrait of Dr. Paul Gauss, pastor of the Westminster Presbyterian Church of Youngstown, which hangs in the hallway outside the Chapel, I am reminded of his vision to provide a home for older adults in our community. His vision was to provide a place where they would not have to worry about the hardships of living alone or in a frail condition, perhaps unable to care for themselves. His commitment to this vision and his hard work laid the groundwork for what Park Vista has become today.

It began in 1947 following the end of World War II when folks were listening to Glenn Miller, and if they were fortunate enough to have an automobile, it was usually black. Their thoughts were turning from the war toward the needs of their families and for Dr. Gauss, it was the needs of the elderly. His dream was realized when a converted home on Illinois Avenue in Youngstown opened with just twelve residents and grew to what Park Vista is today, a full-service retirement community with nearly 300 residents.

I was recently named Executive Director of Park Vista, and in accepting this position I realize the responsibility I have to continue the vision of Dr. Gauss. Yes, times have changed, but as Park Vista celebrates its 60th anniversary this year, the needs aren't a whole lot different and the mission, the vision and the promise remain the same.

My personal promise is to continue the *mission to provide older adults caring and quality services toward the enhancement of [their] physical, mental and spiritual well-being*, to keep the vision for the future always in my heart and to keep the promise that we will be here for our residents for as long as they need us—and we hope that's at least another sixty years!



The Reverend Dr. Paul Gauss, pastor of the Westminster Church of Youngstown, was the driving force behind establishing the retirement community on Illinois Avenue. His zeal challenged others in the community to raise funds for the purchase of the home. Two additional homes were purchased and connected in the 1950's.

When the combined homes were faced with overcrowding, Dr. Gauss proposed that a new building be built on Fifth Avenue directly across the street from Wick Park. This prompted the name Park Vista. His legacy is now a full-service continuing care retirement community serving about 300 residents.

Residents look back to the beginning of Park Vista



Park Vista resident Ella Johnson has a mission to reach out and help others.

In 1948, Ella Johnson began working at the Ohio Presbyterian Home on Illinois Avenue. “Back then, we did everything from helping out with serving meals to doing the laundry,” says Ella. In 1960, as several additional homes and connectors were added to serve more residents, Ella was asked to be Director of the Housekeeping and Laundry Department and became certified by the State of Ohio.

She remembers our founder, Dr. Paul Gauss. “He was a very dedicated man, always talking about the future and caring for older people,” says Ella. “One day he said to me, ‘You know one day we’re going to break ground so we can help more people.’”

Ella stayed on to see that promise fulfilled when residents moved to the new building on Fifth Avenue across from Wick Park in 1970. She retired in 1981, just one year before an additional building, Park Vista North was purchased. The place that Ella now calls home.

When Ella’s husband became ill and needed more care than she could provide at home, Ella thought it was time to move to Park Vista so she could be with him without going across town. “I’m the last of my family,” she said. “I wanted to take care of things while my brains were still working!” Not only does her brain still work, but her heart is working, too. Her life at Park Vista is a continual blessing to others. *See Ella Johnson, Page 4*

Helen Stambaugh was once administrator, now she lives in a villa on the Park Vista campus

When the three adjoined homes on Illinois Avenue were filled and space was needed for more residents, Dr. Gauss’ prediction came true and ground was broken for a new building on Fifth Avenue across Wick Park. Several years before, Helen Raschak (Stambaugh) joined the staff and began calling on people who might be interested in moving to Park Vista. You could say she was the first marketing person. Realizing they would need a licensed administrator, Helen was asked to take the eight-month program required by the State.

When the building was finally completed, preparations for the move began in December of 1970. “I thought we’d do it in one day,” laughs Helen, who gave all the residents boxes, tags and strings for packing up their belongings. Although moving the 66 residents went very smoothly, it took five days.

In the second year after the move, Helen thought a special event was needed that could become a signature event for Park Vista. One of her employees mentioned that her grandmother used to make apple butter outside in a kettle in the fall. “We got her recipe and some advice and held the first Apple Butter Festival,” recalls Helen. The event would become a tradition that remains to this day. Helen still oversees the making of the apple butter, soliciting the help of volunteers from Youngstown State University where Helen



The Apple Butter Festival has become an important tradition at Park Vista. The same recipe is still used and Helen still oversees the making of the apple butter.

See Helen Stambaugh, Page 4

ntroducing...
Our New Residents

Elsie Fox - moved from Boardman, Ohio; career as a secretary for James & Weaver.

Eli Kachaylo - moved from Warren, Ohio; career as a sheet metal worker.

Alyce & Geno Parisi - moved from Canfield, Ohio; Alyce, career as a homemaker; Geno, career as an excavating contractor.

Helen Shriver - moved from West Palm Beach, Florida; career as a beautician.

Dorothy Smegal - moved from Youngstown, Ohio; career as a phone operator for Ohio Edison.

Helen Spak - moved from Youngstown, Ohio; sales professional for Herry's Dress Shop.

Dorothea & Jack C. Trube, Sr. - moved from Youngstown, Ohio; Dorothea, career as homemaker; Jack, career as an administrative assistant.

Ella Johnson, Contiued from Page 3

Ella volunteers to accompany residents on medical appointments, and visits with residents in the Health Care Center, offering them companionship and sometimes a song. "I like to reach out and help people," she says. "It's part of my mission." Throughout her life she has volunteered for many organizations in the community. She also collects pop cans, removes the tabs for the benefit of Tod's Children's hospital while the rest of the cans are used by her church, Shiloh Baptist, to benefit many needy organizations and individuals.

As a former employee, volunteer and resident, Ella has a forty-year relationship with Park Vista. "They just can't get rid of me," she quips! And to Ella, we say, "You have been a wonderful blessing to Park Vista!"

Helen Stambaugh, continued from Page 3

maintains a scholarship fund. Helen has brought members of the golf, baseball, and basketball teams to help stir the delicious apple butter.

Helen was administrator at Park Vista for nine years, and many residents had grown to love her and were still talking about her when Mary Cochran became Executive Director many years later. Mary just had to meet this woman and arranged a meeting.

"During my conversations with Mary, I mentioned the long-range plan of building independent villas at Park Vista," recalls Helen. "At the same time, I was considering a move to a place where I would feel more secure." Soon Mary and Helen were walking the campus to find the best place for Helen's villa. Helen's was the first villa to be built on the Park Vista campus.

Living in a villa at Park Vista hasn't changed Helen's life. "I still do everything I always did," she says. And we're grateful she does!

Helen's generosity through The Arnold D. and Helen R. Stambaugh



Charitable Foundation has left its mark on many community organizations, including Park Vista. Helen was recently honored by Park Vista when contributions from the Foundation reached the million dollar mark. The Park Vista South lobby was named the Stambaugh Lobby and a plaque was hung in the lobby honoring Arnold and Helen's generosity to Park Vista.

Helen Stambaugh and Tom Hofmann, President of the OPRS Foundation with the plaque honoring Helen and Arnold.

CAMPUS EVENTS

Senior Health & Wellness Expo

Thursday, March 22
9A.M. - 2:00 P.M.

Join us for our 2nd annual Health Expo at Park Vista. We have added even more booths and some exciting new programs along with expanded food offerings to include a luncheon in the dining room.

Free Admission

Prizes & Giveaways

Food Concession

Look for our ads in local newspapers and fliers for more information. If you would like a flier mailed to your home, use the post card below or call 330-746-2944.



Come to the Breakfast Club

Topic: BOOK READING

Speaker: V.E. Bixenstine, author of *Purgatory Sands*, will talk about his book and the influence of the West on American culture.

Date: February 8, 2007 - 9:30 a.m.
RSVP to Cheryl Lloyd @ 330-746-2944, Ext. 1553

Topic: MACULAR DEGENERATION

Speaker: A representative from Retina Associates of Cleveland will speak about the prevention and latest treatments of macular degeneration.

Date: March 8, 2007 - 9:30 a.m.
RSVP to Cheryl by March 1, 2007

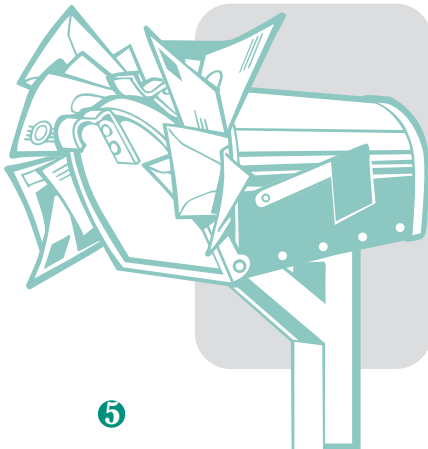
All Breakfast Club programs are held in the Gathering Room at Park Vista South, 1216 Fifth Avenue, Youngstown.

Looking for a place for your organization to meet? Eat? Need a program? No Problem! Just call us: 330-746-2944!

No dues, no membership--just come and have breakfast on us and enjoy the great programs and friendly

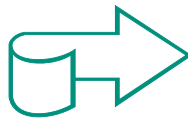


For information clip and mail this reply card. No postage is necessary. Or call us at 330 746-2944.



We'd love to hear from you!

We would be happy to send you more information about Park Vista. Please check your area(s) of interest.



Name _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____

- Independent Living Apartments & Suites
- Priority Membership
- Villas at Park Vista
- Eden Center Memory Care
- Assisted Living
- Rehab Center at PV
- Respite Stay
- Skilled Nursing
- Volunteer program
- Health Expo Information**

The Rehab Center at Park Vista of Youngstown

Conveniently located between St. Elizabeth Health Center and Northside Medical Center, Park Vista offers a continuum of care that provides a wide range of housing and services for seniors.

An integral part of the continuum is our 23-bed Rehab Center where care is provided for patients with a variety of medical and orthopedic problems. This unique Center is staffed with RNs who oversee patient care 24 hours a day, while experienced charge nurses and state-tested nursing assistants provide hands-on care.

Admission Information

The Rehab Center admits residents 24 hours a day, 7 days a week. For information contact Brenda Brady, Case Manager, at 330-746-2944, Ext. 1211; call her on her cell phone: 330-509-1284, or e-mail her at bbrady@parkvista.oprs.org.



Business reply card not available on line.

Please contact us at 330-746-2944 or through the web site.

New therapist brings Kinesio Taping skills



Amanda Papay demonstrates Kinesio taping on Rehab client Robert Eggleston.

Occupational Therapist Amanda Papay is the newest member of Park Vista's therapy team. Along with her experience working with geriatric residents, Amanda has a great love for her work and her clients. She sets goals to help them achieve their optimal level of functioning and is always looking for new ways to do it!

Amanda is also skilled in a therapy method called Kinesio taping. Using a special kind of therapeutic tape, Kinesio taping can be used to help control pain, increase movement, and decrease muscle spasms. Kinesio Taping is also very effective for reducing postoperative bruising and swelling - for example, after knee replacement surgery.

One example of success with Kinesio taping was when Amanda applied tape to a stroke patient. The woman had no noticeable movement in her hands. Testing revealed trace movement indicating that her muscles were firing and that she was a candidate for taping. Amanda applied the tape, stimulating the affected muscles, and as a result the client was able to grasp and release with her hands. The therapy team could then focus treatment on her coordination and hand movements to restore function.

Visit us at www.parkvista.oprs.org

A commitment to excellence-- accredited by the Continuing Care Accreditation Commission, sponsored by the American Association of Homes for the Aging.



Our mission is to provide older adults with caring and quality services toward the enhancement of physical, mental and spiritual well-being consistent with the Christian Gospel.

Naomi Natale would recommend the Rehab Center at Park Vista to anyone!

by Brenda Brady, Case Manager

I recently had the privilege of talking to Naomi Natale, a client of the Rehab Center at Park Vista. I was so impressed with her wonderful comments about her stay that I had to share them. Here they are in her own words:

I cannot find enough adjectives to describe the wonder of this place. From the nurse aides and nurses--everyone has been absolutely wonderful! The therapy department is outstanding and everyone there worked like Olympians. The therapists made us what we are--we are now standing, walking and moving. It is as though we are one big family.

The food is outstanding and there was never the same thing on the menu. We had lamb chops and shrimp! I could never even afford the types of food at home like I had here.

I would recommend Park Vista to anyone--in fact, I will tell everyone how wonderful it is here. I came here for rehabilitation, but I felt like I was in a grand hotel! I am so pleased with my stay. I thank God this place was pointed out to me. There's so much to do here; you feel like you are part of everything. I could never begin to thank everyone. I will be one of your biggest champions!

Thanks, Naomi, we appreciate your comments and support!

**The Rehab Center
boasts a 20%
increase in 2006!
*Thanks for your
referrals!***

Referrals from area physicians, hospitals and satisfied clients are on the increase. As our reputation grows, so have the number of people seeking rehabilitation at the Rehab Center.

"I'm pleased to report a 20% increase in people coming to the Rehab Center in 2006," reports Laura Gerst, Rehab Director.

"We are always searching for new ways to improve the outcome for our clients so that they can return to their lives as quickly as possible. Whether it's a new therapy technique or a new care plan devised by our team, we're here to help you with a speedy recovery."

Scheduling joint replacement surgery?

Therapy before surgery could speed your recovery

According to a recent study published in the *Journal of Arthritis & Rheumatism* (October 2006), patients who participated in a pre-surgical exercise program before hip or knee replacement, experienced a reduction in postoperative pain and the need for rehabilitation. If you are planning joint replacement, ask your doctor if therapy prior to surgery is right for you. Your doctor will help determine what therapy is appropriate for your situation.

Whatever your needs may be, Park Vista offers both inpatient and outpatient physical, occupational and speech therapy services and is a provider for many insurances including Medicare and Anthem Senior Advantage. Our caring staff will provide quality therapy services in a comfortable atmosphere. Whether staying at Park Vista's Rehab Center, or attending therapy as an outpatient, clients are certain to receive top-notch treatment.

For more information about our therapy services, contact Deanna Lane or Amanda Papay at 330-746-2944, Ext. 1301.

Photo Gallery



Clockwise: Senior fitness guru Eve Bevelacqua makes exercise fun at the "Trim and Fit for the Holidays" program held at Park Vista in November.



A camel on Fifth Avenue? Yes, at the Park Vista Living Manger. And there was a llama, donkey and rams, all part of Park Vista's annual gift to the community.



It was a sea of red when the Fifth Avenue Red Hatters dressed up for a wonderful Christmas program presented by "The Noteables" Above: Yvette Stanley and Virginia Axtmann; Below: June Brownlie and Elizabeth Gurley.



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Ohio Presbyterian Retirement Services

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