

Plans for *Riverbend* on the Horizon

Elim Park is abuzz with the announcement of its newest neighborhood, *Riverbend*. You may wonder, “Why is Elim Park expanding... again?” The answer lies in the distinction between a place to live and a lifestyle. “We’re not in the real estate business. We offer seniors a positive lifestyle change,” says Elim Park President, Ron Dischinger.

By keeping ahead of the curve with exceptional programming, a culture of wellness and plenty of options for the active and the adventurous, Elim Park maintains a high occupancy and a strong future resident wait list.

“Our vision of expansion is *Riverbend*, a brand new neighborhood of apartment residences,” says Rob Cota, Independent Living Administrator for Elim Park Place. Plans for *Riverbend* include forty spacious apartment homes with three floors of luxurious living, central lounges, and underground parking. “It promises spectacular views and accessibility in a peaceful riverside setting,” adds Cota.

Each apartment home will be personalized to suit your needs and preferences, from the beautiful crown-molded ceilings to the cabi-

netry and countertops in your gourmet-inspired kitchen. Central air cooling and hot water baseboard heat maintain desirable temperatures all year round. Additional walk-in storage spaces ensure you have all the room you need to preserve precious belongings.

Although the apartment homes are stunning, the vibrant new lifestyle also attracts residents. We invite you to explore Elim Park Place from *Riverbend* to *Mountain View*, where residents enjoy gourmet fine dining, personalized wellness/exercise programs, exciting entertainment, trips and activities. Nurture your spirit at worship services in the new chapel and performing arts center. Experience a new community of friends and neighbors along with the reassurance that your needs will always be met.

At *Riverbend*, you’ll see reflections of all that makes life brilliant and beautiful. Discover more than a new place to live, discover a whole new life at Elim Park Place! 🐦



Strong Enough to Bend

I headed out for an early morning run, after hurricane winds bombarded us the night before. Large branches littered the roads, but the trees, wet with dew, were happily leaning over in the morning breeze. The reason they’re still standing: they’re strong enough to bend.

In much the same way, Elim Park has weathered its share of storms, resilient even in a downturned economy. While we continue to enhance our lifestyle, an established Board of Directors oversees our financial picture with conservative measures.

Adhering to our core values, we pledge fiscal responsibility to those we serve, and in doing so, position ourselves for continued growth. So grab your jacket and ride the wind over to Elim Park, where the future is firmly rooted, and a wonderful life is just beginning.

Ron Dischinger, President



Q. What are the benefits of aquatic exercise?

A. Water exercise has always been a favorite form of activity with older adults, and it is particularly beneficial for them. The benefits of aquatic exercise include increased muscular strength, cardio-respiratory (heart and lung) fitness, flexibility, and balance. Similar benefits can be attained in a land class, but the water offers unique benefits.

Water provides natural resistance which strengthens muscles. The warm-water environment is especially good for improving strength in those with arthritis, due to the buoyancy of the water unloading the joints. Aquatic equipment such as dumbbells and noodles may be used to increase the intensity of strength

exercises for those desiring a more vigorous workout.

The buoyancy of water also allows for aerobic exercise without impact, improving cardio-respiratory fitness while protecting joints. Water pressure helps maximize lung volume while breathing, aids venous circulation and reduces edema.

Stretching and balance exercises can be performed in the water without fear of falling on a hard surface. Aquatic exercise is a great way to stay fit, but most importantly, it's FUN!

*Barbara Womer, MS
Wellness Director*



Making Waves at Elim Park

If you visit the Wellness Center on Thursday and Friday afternoons, you'll likely see children splashing around in the pool.

The youngsters are part of Cheshire Fitness Zone's Pediatric Aquatic Therapy Program.

Program Director, Craig Goldstein says, "Our practice had envisioned an aquatic therapy program to treat a range of conditions from sports injuries to cerebral palsy and neurological impairments. Elim Park's new Wellness Center seemed to be the perfect arrangement to bring the program to fruition. The location is convenient for the parents, the staff is friendly, and the pool is easily accessible. And more importantly, the children enjoy it!"

Elim Park is pleased to share the Wellness Center with the greater Cheshire community.


Jazzin' It Up on Opening Night

The Performing Arts Committee's September 18 concert was a real show-stopper. The 2009-2010 Premiere Entertainment Series season opener was hosted by Elim Park and FIP Construction. The audience was captivated by the ragtime and jazz music of *Elite Syncopation*. The popular quintet performed Ellington to Joplin,

Charlestons to Foxtrots. The evening included an elegant reception sponsored by USI Connecticut.

Touring the United States for over a decade, *Elite Syncopation* performs unique interpretations of late nineteenth century and early twentieth century jazz. Bassist and Artistic Director, Roy

Wiseman commented, "Our goal is to recreate historically authentic performances of landmarks from the early twentieth century." Gary Chapman, Ettie Luckey, Perry Elliot and Liz Smith complete the quintet.

Call 203-699-5495 for more information about the Premiere Entertainment Series. 

Voice of the Residents *“The cost of liberty is eternal vigilance.”*

When new construction temporarily shut down the resident computer lab without warning, residents immediately approached the Resident Council and voiced their concerns. Two days after the council met with the Elim Park administration, a solution was reached and the computers were relocated.

Current Chair of the Resident Council, Frank Miner, says the goal of the council is to bring issues to the management. “Our primary purpose is to do what we can to enhance the enjoyment of residents and represent their interests. We are the voice of the residents.”

Each Elim Park neighborhood is represented on the council and these members are assigned to projects or committees. The committees encourage non-council residents to participate and take initiative within the Elim Park community.

Also the Welcome Committee, for example, escorts new residents to dinner in an effort to make them comfortable. The members also brief them on all the programs and activities at Elim Park.

The Food Committee never misses an opportunity to meet with Executive Chef, Steve Vazzano, to review the food selections, dietary concerns and menu planning. Minutes of their meetings are posted throughout the buildings to keep everyone informed of new food developments. Adele Hazard, former Food Committee Chair, says she “loves food” and “having a fun attitude about it” helps maintain the good rapport between the residents and the staff. She describes one of her favorite programs, Lobster Fridays: “Residents signed up in



Food Committee member, Adele Hazard and Resident, Jean O’Hara discuss menus with Chef Frank.

advance for lobsters and the chef would order them fresh and prepare them for us. It was glorious! The chef has been very open to what we want to do. He really listens.”

It seems that two-way communication is the key to success. Past Chair of the Resident Council, Don Bunger, believes that Resident Council meetings paired with the monthly Resident meetings with the President provide a nice balance between the big picture and the small details. “We combine philosophies to achieve compromise.” 🐦



Resident Council member, Frank Minor, former Council member, Don Bunger and Jean O’Hara review a meeting agenda.

Calendar of Events

All programs are open to the public and subject to change. To join us, please call 800-994-1776 or 203-272-7550 Ext. 183 for reservations.

Tuesday, October 6 - 12:30pm
Bruce Hazard. Musical - instrument master. **Jazzman Cafe**

Wednesday, October 14 - 7pm
The Riverboat Ramblers - New Orleans Jazz, Swing, Cajun, Zydeco music. **Nelson Hall**

Tuesday, October 20 - 7pm
Kenya Safari, documentary - Rich & Joan Hamel. **Nelson Hall**

Tuesday, October 27 - 1:30pm
Whole Person Wellness Barbara Womer, **Nelson Hall**

Thursday, November 19 - 11am
Annual Holiday Cooking Demonstration Live demonstration-tastings! Tours available at **12:30pm**

Saturday, December 5 - 9am - 3 pm
Annual Christmas Festival
 Music, brunch, craft sale, bake sale, tag sale and kid attractions

Wednesday, December 9 - 1:30pm
Holiday Eating Tips- Guidelines by Barbara Womer, **Chapel**

Monday, December 14 - 7:30pm
Cheshire Symphony Holiday Concert Senior/child \$5, general admission \$10. **Nelson Hall**

Friday, December 18 - 7:30pm
Concora. Christmas in the Americas Adult \$10, Couples \$15, Residents, \$5. **Nelson Hall**

Wednesday, December 23 - 7pm
CT Yuletide Carolers. **Nelson Hall**

Open House Events

Information, tours of apartment homes, community rooms and Wellness/Exercise Center. Refreshments. Please RSVP.

Tuesday, September 22...1pm

Wednesday, October 28...10am

Thursday, November 19...12:30pm

Saturday, December 5...1-2:30pm

Riverbend Neighborhood

Elim Park is looking for people who are NOT ready yet! *Riverbend*, our newest neighborhood, is projected to open in about two years. This means people who are not ready to move at this time, are the right folks to consider *Riverbend*.

Sign up now and get the benefits of our no-risk, no obligation Charter Membership Program, which includes significant savings on entrance fees, incentives like underground parking and generous health care credits, and the opportunity to **lock in fees!**

Plan for your wonderful future now and choose the location, size, style and floor plan that are exactly right for you! Call Margaretann Foster at **1-800-994-1776 extension 156 or 203-272-7550.**



Elim Park Baptist Home, Inc. DBA

Elim Park Place

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