

Calendar of Events

All programs are open to the public and subject to change. To join us, please call 1-800-994-1776 or 203-272-7550 for reservations.

Wednesday, June 25 - 7 pm
Cheshire Community Band
 Nelson Hall

Monday, July 14 - 7 pm
Signs of the Times
 Nelson Hall

Tuesday, July 22 - 7 pm
Bristol Ole Tyme Fiddlers
 Nelson Hall

Tuesday, August 5 - 7 pm
Just Cuz Jazzman's Cafe deck
 and green

Tuesday, August 19 - 7 pm
Elm City Banjo Band Nelson Hall

Open House Events

Plan for your future and discover a new life at Elim Park.

Join us for information sessions, tours of apartments and living accommodations, our community rooms, our new Wellness Center and Bethel Place - Worship and Performing Arts Center. Come, meet some of our residents and enjoy refreshments.

- Wednesday, June 25 - 1 pm**
- Wednesday, July 23 - 10 am**
- Wednesday, August 20 - 10 am**
- Wednesday, September 24 - 1 pm**
- Wednesday, October 29 - 10 am**



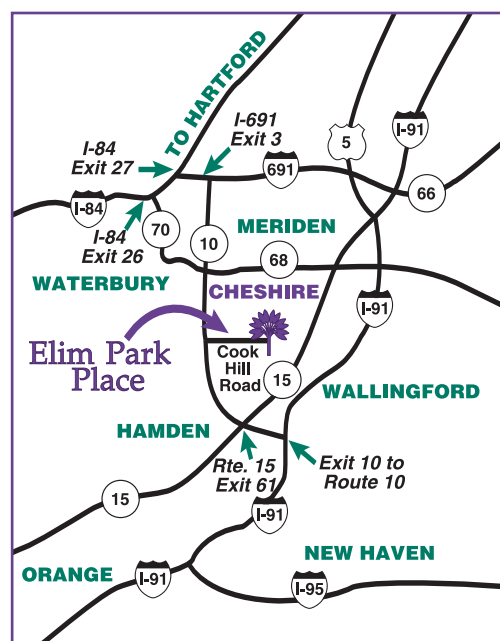
Elim Park Place
 140 Cook Hill Road, Cheshire, CT 06410

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 New Haven, CT

Consider yourself invited.

Elim Park invites you to come visit our campus and get a taste of what life is like at Elim Park - nothing compares to experiencing it in person.

We will take you on a tour of our community and provide you with information about our *Healthability*® wellness program with its extensive array of resources. This innovative, all-encompassing approach to wellness can help individuals maximize independence and realize greater fulfillment in their lives. To arrange a tour, please call Margaretann Foster at 1-800-994-1776 extension 156 or 203-272-7550. You can also visit us on-line at www.elimpark.org.



Cheshire's Not-For-Profit Nationally Accredited Continuing Care Retirement Community Summer 2008



Across the Generations

A.H. Nelson was integral in the founding of Elim Park in 1906. Through 3 generations and 100 years, the family has followed in his footsteps and remain committed to Elim Park's mission.

Jacob Nelson, son of A.H. Nelson, served as treasurer on the Board of Directors. A branch down on the family tree, Hilmer Nelson, served as a member of the Board for more than four decades, and is still actively interested in our community!

To honor his family's contributions to Elim Park, Hilmer Nelson has made a generous donation to benefit Bethel Place~ Worship and Performing Arts Center. To express our deep gratitude to their contributions to Elim Park, we have named our new auditorium, Nelson Hall.

"History continuing into the future" are the words written in stone in our main foyer. The Nelson family's commitment has been and always will be part of the fabric of Elim Park Place.

Ron Dischinger, President

Elim Park Dedicates Two Wonderful Spaces!

On June 7, 2008 Elim Park hosted the dedication ceremony of its new Wellness Center, and Bethel Place ~ Worship and Performing Arts Center, and the celebration is still going strong.

Open since April, the Wellness Center, with a heated indoor pool, strength and cardio training machines, not to mention a spacious area for group exercise classes, has been enjoyed by Elim Park residents. Bethel Place is the combination of Nelson Hall and the existing Christ Chapel of Elim Park.

The two new spaces support the Elim Park philosophy of promoting wellness of the mind, body and spirit of the residents. "This is something we've been anticipating for quite a while," shared Rob Cota, Administrator of

Independent Living. "We all can now enjoy the fruits of our labor."

Nelson Hall can seat more than 300, offering plenty of space for Sunday worship, lectures and a variety of performances. A committee was formed including residents, staff and members of the Cheshire community to work out details during the construction phase of the project. Difficult decisions were addressed regarding the lighting, sound, seating and more.

Such attention to detail was top priority in these two large projects. Elim Park wants to ensure that residents will enjoy them for years to come. Bravo!

To arrange a tour of Elim Park and the new additions, please call (203) 272-7550, ext. 156.



Dotty Khuel Enjoys Life at Elim Park

For more than 30 years, Dotty Khuel lived in the shoreline town of Branford, Connecticut. She treasured her active lifestyle, enjoying walks along the beach and swims in Long Island Sound. She resisted moving because she thought she would have to give this all up, but then she found Elim Park, her home for the last 18 months. "We have such wonderful people here," Dotty exclaims. "I have much less stress in my life."

On an almost daily basis, Dotty looks forward to visits from her granddaughter, Austin Castaldi, and her two-year-old great grandson, Richie. Austin and Dotty are well known throughout

Elim Park. The trio is often found walking through the halls or stopping by Jazzman's Café.

Austin is thrilled that her grandmother has found a safe place to maintain her active lifestyle. In fact, some of her visits are difficult to time because Dotty keeps such a

"This is a great place. The people are wonderful here."
Dotty Khuel



Dotty Khuel shares a joyous moment with her granddaughter and great grand son.

busy schedule. She is in the Ladies Red Hat Society, and attends many of Elim Park's regularly planned outings, such as theater trips, dinner events and the Silver Screen Classic Movies, to name a few.

"My grandmother takes some time out to go to the exercise classes," said Austin. "She likes the new heated pool, even though it's much warmer than Long Island Sound."

Several of Dotty's friends from Branford have also moved to Elim Park. For the last two years, they've continued their New Year's celebrations together, just as they had done in Branford. "We try to keep quiet," Dotty said. "Not everyone likes to stay up late, but we have a great time." 🐦



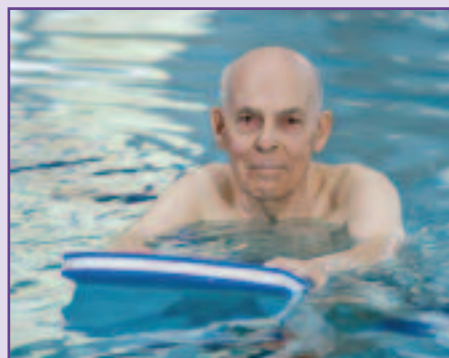
Q. What are the health benefits of swimming?

A. Swimming is an excellent way to stay fit. It can increase one's flexibility and endurance. Swimming and other aquatic exercises are also good for those who may find land-based exercise difficult.

Water has properties that make it a supportive and soothing place for exercise. With the buoyancy of water, the effects of gravity are not as strong as they are on land,

therefore, it's easier to move about. Water reduces the stress on joints, muscles and bones, making it a great exercise for arthritis sufferers.

At the same time, water provides resistance to all submerged parts of the body. Due to this resistance, results from an aquatic exercise program are generally seen faster than in land-based activities.



When coupled with appropriate equipment such as noodles and water weights, an aquatic exercise routine can be adjusted for an individual's level of fitness.

The Elim Park pool remains at a temperature around 86 degrees fahrenheit to help relax joints and muscles. Exercise participants find that they have a greater range of motion in the pool. The temperature and the pressure of the water can also help improve blood flow throughout the body, which often reduces swelling.

*Barbara Womer, MS
Wellness Director*

Learn about our HealthAbility® program.

Elim Park Expands the Future Residents Club

Members of Elim Park's *Wait List* have many opportunities to feel welcomed into our community as they wait for an apartment to become available. As of August 1, however, their waiting experience will be greatly enhanced as they will be offered membership opportunities in the Wellness Center programs!



Jazzman's Cafe deck is an inviting spot to share time with old friends and new acquaintances.

These benefits will allow "wait listers" to enjoy the pool during open swim times and use of the

exercise machines at their convenience. They will also have access to the locker rooms and whirlpool, and will be able to purchase massage and reflexology services, as current residents do.

"The *Wait List* Program helps participants to become more familiar with us," said Margaretann Foster, Director of Marketing. "We really want them to interact and blend into the Elim Park community."

Members of the *Wait List* already enjoy the Diners Club, which includes three complimentary meals at Park Place Dining Room scheduled at their leisure. Members can purchase more meals, if they choose. They are invited to several luncheons as well as multiple off-site trips.

Wait list members are always welcome at Jazzman's Café for a lunch or snack, for a walk around the property, or to stop by to talk

Future Residents Club Benefits

Wellness Center Programs
Diners Club
Luncheons
Off-site Trips
Jazzman's Cafe



*Park Place Dining Room
Chef, Stephen Vazzano*

with Elim Park staff and residents. The average resident visits Elim Park several times before they move in. "Future residents know they can stop by whenever they want," said Margaretann. "It allows us to get to know them better. We learn about their interests, and therefore, we're better prepared to help them make a smooth transition into their new home."

To learn more about our *Wait List* and the programs we offer, please call our Marketing Office at 800-994-1776 ext. 156. 🐦

