

# 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.

**Monday, July 9 – 1pm**  
**CLUE Travelogue**– Dr. Charles Vigue – multimedia presentation on Egypt. *Village Green*

Jean Cherni, Certified Senior Advisor. Myths and misconceptions about the aging process. *Village Green*

**Monday, July 16 – 7pm**  
**Summer Concert** – Bristol Old Time Fiddlers. *Village Green*

**Wednesday, Sept. 5 – 2pm**  
**Vinnie Carr**– one man musical performance. *Jazzman Cafe'*

**Wednesday, July 25 – 10:30am**  
**Living with Less and Loving It**  
 Jean Cherni, Certified Senior Advisor. *Village Green*

**Wednesday, Sept. 26 – 10:30am**  
**Getting Ready to Move**  
 Maureen Campbell – H. Pearce Senior Living Services – listing and selling a home from start to finish. *Village Green*

**Thursday, August 16 – 7pm**  
**Summer Concert ~ Rhapsody in Blue, Gershwin Concert** by Paul Bisaccia, pianist. *Village Green*

### Open House Events

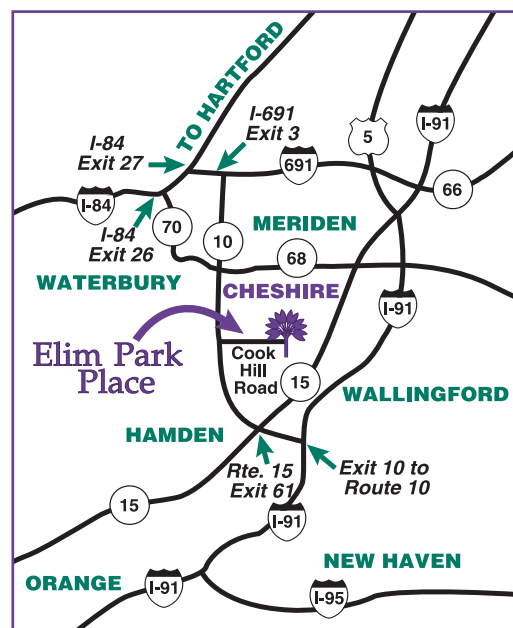
Tours and information session  
**Thursday, June 28** *How to plan a new life at Elim Park Place* 1pm  
**Wednesday, July 25** Learn about *Retirement Options* 1pm  
**Thursday, August 23** *Learn the Benefits of our Wait List* 10am

**Tuesday, August 21 – 7pm**  
**Elm City Banjo Band**– jazz concert. *Village Green*

**Wednesday, August 22 – 10:30am**  
**What's Age Got to Do with It?**

# Wait List Member Benefits

If you are interested in the wonderful lifestyle and peace-of-mind available at Elim Park, then join our waiting list and enjoy important benefits. In addition to holding your place, being a member of our waiting list locks in your entrance fee pricing for three years, or three refusals if a residence becomes available and you are not quite ready to move. Being a member also entitles you to dining privileges, invitations to entertaining programs, and special events, so you can experience first-hand life at Elim Park. If you would like to learn more or take a tour, call Margaretann Foster at 1-800-994-1776 or 203-272-7550. You can also visit us online at [www.elimpark.org](http://www.elimpark.org).



# FAN Mail

Friends and Neighbors Newsletter

Elim Park Place

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

Summer 2007



In my close to 30 years of service to Elim Park and its residents, I don't think I have ever been so excited and optimistic as I am today. We are seeing the much anticipated Wellness Center and Bethel Place projects taking shape physically. As much as these two new buildings will change Elim Park's landscape, their true impact will be felt far deeper. These additions will enable us to host a profound, future-altering revolution – the shedding of the idea that aging is inevitably marked by decline, and replacing it with a model of aging that focuses on wellness and vitality in body, mind and spirit. Today, we are glimpsing the future, and it is truly vibrant and exciting.

Ron Dischinger, President

## Construction Work on Wellness Center and Bethel Place Heats Up

The calendar shows that June is the official start of summer, when the temperature and summer activities begin to heat up. Likewise, at Elim Park, construction activity on the future Wellness Center and Bethel Place for worship and the performing arts is now in full swing.

A top-notch crew, under the leadership of FIP Construction, of Cheshire, is currently hard at work on the new Wellness Center and Bethel Place. Initial site preparation work is well underway. A major component of the early work is the closing of Elim Park's current chapel and erection of a temporary wall, which will allow the chapel to reopen as work on Bethel Place continues next door.

"We anticipate the chapel reopening very shortly," explained Rob Cota, Director of Independent Living at Elim Park. "It is important that our residents continue to have access to worship services and the great programming that takes place in the chapel while construction on Bethel Place continues."

According to Rob, plans call for the structural work for both the Wellness Center and Bethel Place to begin taking shape later in July, with a grand opening slated for late winter 2008.

In addition to the visible construction work, great progress is also being made behind the scenes. Elim Park and FIP officials are nearing an important decision on choosing a specialist contractor to build the Wellness Center's warm-water therapeutic pool for swimming and exercise.

"These are very exciting times at Elim Park," concluded Rob. "Our residents and the community at large have expressed a great desire to have centers for both wellness and performing arts available for their use. We are well on our way to fulfilling this wish."



Construction is underway at Elim Park!

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

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## Woodworkers Find a Home



The whirl of an electric saw and the smell of fresh sawdust are an elixir for Elim Park residents Bernie Kapitan, Bob Bristol and Rene Tompkinson (Shown above left to right.)

These men are among a group of avid woodworkers who have been able to pursue their craft in Elim Park's large, dedicated wood-working shop. The men can be

found almost daily in the shop working on projects for themselves and other residents.

"There is nothing quite like taking a piece of wood and creating a beautiful product," explained Bob. "This shop is a big part of my life. The fact that Elim Park had such a facility was the chief reason my wife and I moved here." 🌿



**Q.** Is strength training important for older adults?

**A.** Yes! Strength training, also known as resistance or weight training, is an essential part of a well-designed fitness program, and it has many benefits.

Muscle mass decreases as part of the normal aging process. Loss of muscle mass translates into loss of strength. We can expect to lose

up to 25 percent of muscle mass by age 70! Inactivity compounds the loss. Strength is important for performing activities of daily living (ADL) such as dressing, bathing, housework and shopping. Strength training helps offset the loss of muscle mass and strength, allowing ADL to be performed easily and prolonging physical independence. Strength training keeps bones strong by providing the stress necessary to increase or maintain bone density, reducing the risk of fracture. It also makes the body more sensitive to insulin,

## Seat of Honor

Your seat of honor awaits you in Nelson Hall at Bethel Place. As we near our \$6 million goal and groundbreaking has begun, please consider making a "Chairitable" gift. Each \$5,000 of your commitment can be recognized with one of our 350 theatre-style seats. For more information, call Carl Jahrstorfer, Director of Planned Giving, at 203-272-3547, ext. 172.



Tamyra Davis, Bill Meyerjack, John and Joan Mosher, purchasers of Nelson Hall theater seats.

which is beneficial to those who have or are at risk for diabetes. Strength training also controls body fat, boosting metabolism and burning calories! Lowering body fat decreases the risk of heart disease and certain cancers.

Strength training complements any exercise program, but there are specific guidelines and safety considerations that should be followed. Consult an exercise professional for the best advice.

- Barbara Womer, MS, Wellness Coordinator

## Reverend Ken and Gerry Milhous Find a New Garden to Nurture

This is the season for gardening. It is a time to plant seeds, watch them germinate and grow, and finally, bear fruit. Elim Park residents Reverend Ken and Gerry Milhous are gardeners extraordinaire, but not in the traditional sense. You could say that Ken and Gerry are "church planters."

The couple returned to the United States last year after spending 40 years in Japan as missionaries and starting five Baptist churches. They moved into Elim Park last summer thanks to the Mary Melby Grant Fund.

Japan was the last place Ken thought he would end up after finishing training at Fuller Theological Seminary in Pasadena, California. He moved to St. Paul, Minnesota to earn his degree in education at Bethel College. It was here, that he met his vibrant wife, Gerry, and fulfilling a dream to pursue missionary work, applied to the Baptist General Conference's Board of Foreign Missions.

"I told the board that Gerry and I wanted to go wherever the need was the greatest, but we preferred to not go to Japan," said Ken with a hearty laugh one recent morning. "In the end, they sent us to, where else - Japan, but looking back, it was the right place and the right time."

Reverend Ken and Gerry Milhous

Although Ken and Gerry encountered some hard times in their early years in Japan, they persevered, learned the Japanese language and often what seemed like strange customs, established important relationships with Japanese church leaders and laid the foundation for a very successful mission. While in Japan, Ken and Gerry also raised a family. One of their sons, Ken, is currently pastor of the Boston Japanese Christian Church in Somerville, Massachusetts. Their other son, Gary, lives and works in Tokyo.

These days, Ken and Gerry are anything but retired. Ken serves as an assistant chaplain, along with fellow Mary Melby Grant Fund recipients Reverend Harry Egner

and Reverend Dwight Campbell, to Elim Park's Director of Christian Ministry, Reverend Glenn Havumaki. The fund helps offset living expenses at Elim Park for retired pastors, chaplains or missionaries while enabling them to continue their important ministry with the residents and staff of Elim Park.

"I'm certainly not retired," explained Ken, as he stopped for a quick chat with "Pastor Glenn" while preparing for a busy day of visitations, including a trip to a hospital to minister to one of Elim Park's residents. "We're as busy as ever. Gerry and I love people. Elim Park is a very friendly place, and our neighbors here have become our friends." 🌿

