

MOMENTS

FALL 2024

SHARING MOMENTS. CONNECTING COMMUNITIES.

FROM THE PRESIDENT'S DESK



Creating a fulfilling life.

At Bayley Senior Care, our mission is to foster an environment where all aspects of wellness are nurtured. True well-being extends beyond physical care to encompass every dimension of life—intellectual, social, emotional, spiritual, vocational, financial, physical, and environmental.

We believe that each of these dimensions plays a crucial role in creating a fulfilling life. That's why we offer resources and support to help our community thrive:

- **Intellectual Wellness:** Engage your mind with educational programs, book clubs, and guest speakers.
- **Social Wellness:** Build connections through group activities, shared meals, and walks with friends.
- **Emotional Wellness:** Access support groups, pastoral counseling, and spaces for emotional expression.
- **Spiritual Wellness:** Daily Mass, interfaith services, and personal reflection time nourish the spirit.
- **Vocational Wellness:** Explore hobbies, volunteer opportunities, and new passions.
- **Financial Wellness:** Find peace of mind with financial seminars and one-on-one guidance.
- **Physical Wellness:** Stay active with fitness programs, rehabilitation, and wellness check-ups.
- **Environmental Wellness:** Enjoy our beautiful, accessible, and sustainable spaces designed for comfort.

As we enter this new year, let's embrace wellness as a shared journey. Together, we'll continue to grow, thrive, and support one another in every aspect of life.

Thank you for being part of the Bayley family.

With gratitude and warmth,


Bill Coury
PRESIDENT AND CEO

MERRY CHRISTMAS

Jingle all the way!

Join us to celebrate the holidays.

Bayley at Green Township

Thursday
December 12
4-6 pm

Music, light fare and spirits



THE TRADITION OF PINE, PINE CONES AND HOLLY

Pine and holly signify immortality. Cedar signifies strength and healing. Pine cones that decorate the wreath symbolize life and resurrection.

Save the Date



May 19, 2025
Western Hills Country Club

HOLLY PLANT



Did you know Holly is an evergreen plant, which means it does not shed its leaves in winter.

SHIRLEY'S JOURNEY

Transforming challenges into opportunities for growth

Shirley Reuter, a recent resident in our Orchards short-term rehabilitation program, has been singing Bayley's praises after her remarkable recovery from a fractured femur. Shirley's journey began unexpectedly during an outing with a friend to a greenhouse, where she experienced her injury. Living conveniently across from Mercy Health West Hospital, Shirley had heard glowing recommendations about Bayley, and its proximity was perfect for her family and friends from Indiana, Harrison, and Delhi to visit.

Her experience exceeded expectations from day one. Shirley shared how impressed she was with Bayley's dedicated therapists, nurses, and staff, describing everyone as pleasant, warm, and consistently friendly—even in passing. She especially appreciated the robust activity calendar, noting that it offered residents a wealth of engaging opportunities. Shirley was so inspired that she even took a copy to share with a friend whose mother resides in a different long-term care community, highlighting the difference Bayley makes.

Shirley's recovery progress astounded her doctor, who remarked that she was ahead of schedule—something Shirley attributes to Bayley's exceptional interdisciplinary team. Grateful for the care she received, Shirley is now a passionate advocate for Bayley and recommends it to anyone in need of rehabilitation services.

Her positive experience also inspired her to follow in her mother's footsteps and volunteer at Bayley, continuing the cycle of care and community that she found so meaningful during her recovery. Shirley's story is a testament to Bayley's mission of providing exceptional care and fostering lasting connections.

SHIRLEY WAS IMPRESSED WITH BAYLEY'S DEDICATED THERAPISTS, NURSES, AND STAFF, DESCRIBING EVERYONE AS PLEASANT, WARM, AND CONSISTENTLY FRIENDLY.

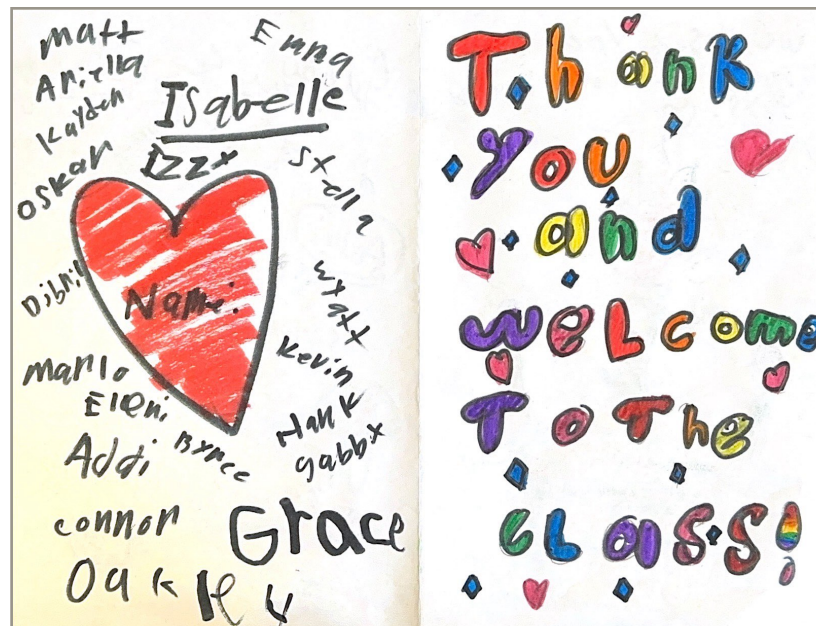
Brittany Frandsen, RN, Clinical Outcomes Coordinator, plays a vital role in fostering the compassionate, patient-centered environment that defines Orchards. "By collaborating with caregivers, therapy staff, social services, and our dedicated nursing team, we transform challenges into opportunities for growth and healing," explained Brittany. "We witness inspiring success stories like Shirley's daily, which reflect the strength of our mission-driven approach, where personalized care and teamwork lead to meaningful outcomes for our residents." These stories are a powerful reminder of the positive impact we strive to achieve in the lives of those we serve.

< SHIRLEY REUTER



COMMUNITY CONNECTION

ADOPT-A-CLASS



In October, Bayley launched the "Adopt-a-Class" mentorship program, pairing Bayley staff with 4th-grade students from Delshire Elementary. This initiative fosters community connection and reflects Bayley's commitment to emotional and social wellness.

Led by Karen Zimmer, Bayley's Activities Manager, the program offers students career insights, interactive activities, and mentorship in senior care. "When children feel seen, they know they matter, and that can truly change their path," says Karen, whose background in school-based therapy fuels her passion for this work.



"Mentoring fills our hearts as much as it helps these kids."

KAREN ZIMMER

Bayley mentors from various departments, including nursing, marketing, and pastoral care, join students monthly for educational activities. In October, a STEM lesson used a skeleton model to teach about bones. Future sessions will cover topics like nursing and marketing, with plans for a seniors' panel to foster understanding and challenge stereotypes.

The connections formed are heartwarming. Students have shared thank-you cards, and mentors report fulfilling experiences. "Seeing their excitement to learn is incredible," one mentor shared.

Mentorship at Bayley goes beyond teaching; it's about showing these kids they matter. Supporting local schools like Delshire Elementary aligns with Bayley's vision as a community pillar. The next session is December 19.

If you're interested in volunteering or sharing ideas, contact Karen Zimmer at Karen.Zimmer@BayleyLife.org

THE FITNESS CENTER

Whole person wellness

Going beyond physical health

At the heart of Bayley, The Fitness Center, located in the center of Bayley, has evolved into a thriving community that supports everyone's whole-person wellbeing, not just a place to work out. The center accommodates a wide range of skills and interests with its 50 weekly classes, which include everything from yoga and Pilates to intense boot camps and water aerobics. In October alone, members visited more than 2,900 times, demonstrating the central role fitness plays in the community.

"We aim to address the full wellness wheel," says Maureen Scheiner, Bayley's Director of Wellness. "Wellness goes beyond just physical health. It's emotional, social, spiritual, intellectual, and more." Bayley's approach encourages members to achieve a balanced lifestyle across these dimensions, recognizing that different seasons of life may bring different needs.

Adapting to Winter with Wellness in Mind

As winter approaches, the Fitness Center prepares by helping members stay engaged and active in spite of the chilly weather. Every January, a New Year Challenge encourages participants to put social interaction, sleep hygiene, and hydration first, promoting both physical and mental well-being. Members are encouraged to reconnect with friends, practice gratitude, and engage in mindful movement, aligning their routines with the season's needs.

The Bayley staff fosters a supportive atmosphere by greeting members by name, offering encouragement, and connecting on a personal level. "For some of our older members, this might be their only social interaction of the day," Maureen shares. This focus on social wellness helps reduce loneliness, providing an emotional boost that combats seasonal depression and enriches members' lives.

A Team Committed to Whole-Person Health

What makes Bayley's Fitness Center truly unique is its staff—a passionate team with diverse expertise and creativity. With backgrounds in Pilates, fitness instruction, and community events, they bring fresh ideas to Bayley's programming. Initiatives like the November *Get Off Your Cans* canned food drive, and the mindfulness-focused *Gratitude Walk* blends physical activity with community engagement and reflection.

These programs also encourage environmental wellness, urging members to experience nature as part of their health journey. "Our team continually brings ideas that resonate with our members," Maureen emphasizes, adding that the variety of programs keeps members engaged and motivated.

As Bayley expands its fitness offerings, Maureen's dedication to whole-person wellness ensures every member finds activities that support both physical and emotional well-being. This winter, the Fitness Center stands ready to help members find balance, foster connections, and face seasonal challenges with strength and resilience.

The variety of programs keeps our members engaged and motivated.



Bayley University

Bayley University is preparing for an enriching semester, offering 10 to 12 classes focused on the 8 Dimensions of Wellness. Members can look forward to topics in nutrition, environmental wellness, and mindfulness, all led by expert instructors and guest speakers. With courses that stimulate intellectual, emotional, and social growth, Bayley University goes beyond traditional learning to offer a deeper wellness experience.

Mark your calendars for registration this January! Bayley University invites members to explore new subjects, form connections, and engage in meaningful lifelong learning this semester.





BECOME A BAYLEY PARTNER

Create a legacy of compassion to enhance quality of life.

Cherishing the yesteryears, enriching today, and inspiring tomorrow are foundational principles of Bayley Senior Care’s mission. Our dedicated staff and caregivers work with an unwavering commitment to provide our residents with the highest level of care, living out the values of excellence, honesty, compassion, and respect in every interaction.

When you partner with Bayley, you help create a legacy of compassion and enhance the quality of life for our residents. There are many ways to support our mission, including Planned

Giving, Annual Support, Tributes and Memorial Gifts, joining the Mother Margaret George Society, Endowments, Stock/IRA gifts, and more. Your generosity ensures that we can continue to uplift and inspire the lives of those we serve, building a caring community for the future.

If you have questions, please visit BayleyLife.org/giving



LIFE IN EVERY MOMENT

990 Bayley Drive
Cincinnati, Ohio 45233

BayleyLife.org

NON-PROFIT ORGANIZATION
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ROSARY GROUP

A profound reflection

AT BAYLEY AT GREEN TOWNSHIP, SPIRITUAL WELLNESS IS BEAUTIFULLY EMBODIED BY THE RESIDENTS’ WEEKLY ROSARY GROUP, WHICH GATHERS IN THE CHAPEL. THIS DEDICATED TIME IS SPENT IN PRAYER, OFFERING INTENTIONS FOR ALL RESIDENTS, THEIR FAMILIES, STAFF, AND THOSE IN THE HOSPITAL. IT’S A PROFOUND REFLECTION OF THE SUPPORTIVE AND FAITH-FILLED COMMUNITY THAT BAYLEY NURTURES, ENSURING THAT SPIRITUAL CARE REMAINS A CORNERSTONE OF HOLISTIC WELL-BEING.



VOLUNTEER

Fostering meaningful connections



At Bayley, the volunteer program fosters meaningful connections that bring joy to residents and those who serve. Under the leadership of Volunteer Coordinator Kim, individuals have

many opportunities to share their time and skills, making a significant impact on residents’ lives. Whether assisting residents to the beauty shop or engaging in daily activities, volunteers support social bonds and provide cherished personal interactions.

Kim, who transitioned from a career as a college volleyball coach and athletic director, views volunteering as more than service—it’s about connection. “It’s just that one smile, that one hug, that one thank you that sets the tone,” she shares. Her dedication began while helping her aunt, a former resident, and grew into shaping Bayley’s volunteer program into a cornerstone of community support.

In October alone, volunteers contributed more than 1,300 hours, assisting with cognitive games, music sessions, holiday celebrations, and transportation. One recent highlight was a Reds-themed summer program, sparking nostalgia for baseball-loving residents. Weekly music gatherings remain a favorite, creating shared, lively experiences.

Kim encourages prospective volunteers to reflect on their unique talents and discover purposeful ways to serve. “Many people don’t realize their gifts or how valuable their time can be here,” she explains. “For volunteers, Bayley offers not only a way to give back but also a chance to gain a sense of fulfillment and purpose.”

Applications for Bayley’s volunteer program are available online, welcoming individuals of all backgrounds to bring warmth and kindness to the community.

MENTAL HEALTH AWARENESS

Balancing wellness

Imagine being a caregiver, balancing the needs of loved ones or clients while managing your own responsibilities. By day’s end, you’re drained—physically, emotionally, and mentally. For many, this exhaustion can lead to burnout. But how do we recognize it and prioritize wellness without guilt?

At a recent Bayley presentation, a Lindner Center of Hope speaker addressed mental health for associates, sparking conversations on self-care. Part of Bayley’s growing employee wellness program, the session encouraged reflection on mental well-being and offered strategies for managing stress, especially as winter approaches.



Recharge to continue to provide compassionate care.

“There’s such a benefit to having well employees,” said the event organizer.

“The philosophy is

clear: prioritizing mental health ensures better care for Bayley members. By prioritizing their own wellness, caregivers can recharge and continue providing compassionate care.”