



January 2016



Bridgeway Pointe News is a monthly publication for residents and families of Bridgeway Pointe, a tight-knit assisted living community located at 165 W. Galbraith Rd., Cincinnati, Ohio 45216. (513) 418-4370 | UCHealth.com/BridgewayPointe

JANUARY Calendar

- Jan. 8 Are You Smarter than a 2nd Grader?
1 p.m. | Club Room
- Jan. 10 Cincinnati Harpers' and Nancy Bick Clark
2 p.m. | Club Room
- Jan. 13 Price is Right
2 p.m. | Club Room
- Jan. 19 CCM Performance
2 p.m. | Club Room
- Jan. 27 Ron Newport
2 p.m. | Club Room

Resident Spotlight



Marilyn Carter

Marilyn was born in Cincinnati and grew up with her older brother and sister on McHenry Avenue in Westwood. At that time it was like being in the country!

The kids at school were all jealous of her because she could get candy from her father's grocery store. Marilyn remembers going to pick out her favorite cookies from a glass-fronted case-by the piece or pound, not by the package.

Marilyn's first job was at Sylvania Electric, a fun place to work! While at Sylvania, she met and married her husband, Bob, recently back from the Korean War.

Spotlight (*Cont.*)

Marilyn and Bob were married 53 years, and have two children, Bob, Jr. and Judy and two granddaughters.

One of her memories of raising her children centers around the sheep in the manger scene they set up for Christmas. Discontented with the normal placement of the sheep, Marilyn would find them hanging on the side of the manger, hidden behind it, or sitting on the peak.

Bob was a carpet installer until poor health forced him into deviating from his work. He invented and patented a carpet steaming tool and started up a carpet cleaning service. Marilyn's hobby was shopping at garage sales and antique shops, particularly for cut glass.

Marilyn's last professional position was with CCM, working 10 years as secretary for the orchestral and choral departments. Of all her jobs, this one (her last), and Sylvania (her first) were her favorites.

Marilyn's son-in-law had previously brought a coworker's mother to Bridgeway so when it came time to find a new home for Marilyn, the choice was obvious. Thank you Judy and Tom, we are glad you brought Marilyn here!



Carolyn Keppel	Jan. 7
Marjorie Fitzgerald	Jan. 8
B.K. Hutchison	Jan. 23
Bill Lawrence	Jan. 30



Residents and family

members: It's that time of the year again...if you have received a new insurance card, it is very important you get a copy to Kris as soon as possible to update your file. Kris will then distribute to the nursing offices for charting purposes.

Deficiency Free—4th Year in a Row

The Ohio Department of Health visited Bridgeway Pointe on Dec. 30 for our annual survey. Once again, we received a deficiency-free survey. This is the 4th year in a row with zero deficiencies!

Congratulations!

Deck the Halls

What a way to kick off the holiday season! The residents and staff got into the holiday spirit by everyone pitching in to decorate for the annual trimming of the trees. The residents and employees did a fabulous job making the trees look festive for everyone to enjoy. It was a wonderful holiday season!



Christmas Tea with Friends

What better way to spend the holidays but with friends and family! That is just what the residents did this past month at the annual Christmas Tea. Residents sipped on holiday tea favorites and enjoyed light refreshments while socializing with friends. It was a wonderful time to reminisce and reflect on all the fun we have had the past year here at Bridgeway Pointe.



Let It Snow

Even though it has not felt like winter here in Cincinnati, the residents decorated for winter by making terra cotta snowmen to be placed on their shelves outside of their apartments. As you walk around Bridgeway, check out our cute snowmen!



New Year's Eve Celebration

The residents shared many good memories of 2015 as they celebrated the new year listening to music by "Frank" while snacking on treats and toasting with sparkling cider to ring in 2016. Bridgeway Pointe is ready for all the new and exciting activities in 2016.



Come Give Chair Yoga a Try!

Would you like to do yoga but can't get down on a mat? Then Chair Yoga is for you! Certified Yoga Teacher, April Aloisio (pictured below), will lead the class while sitting in a chair, on **Tuesday, Jan. 26 at 2 p.m. in the Club Room.**

Yoga empowers your mind and strengthens your body as you move through a series of meaningful poses. Yoga also reverses the age process and encourages health.

April Aloisio, RYT



April began practicing yoga at the age of 45. She has studied different types of Yoga, beginning her journey in Chicago and returning to Cincinnati 15 years ago. April has worked in the health care field for the past 39 years as an LPN, specializing in geriatric care. April promotes health and wellness through the practice of yoga,

hoping to demonstrate to people of all ages, and with various physical limitations, that yoga movement, breath work and meditation can improve health as well as reverse the aging process.

"You're never too old to begin your practice."