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[www.hydeparkhealthcenter.com](http://www.hydeparkhealthcenter.com)

[www.dramakinetics.org](http://www.dramakinetics.org)



## FRIENDS AND FAMILY NEWSLETTER

FEBRUARY 2013

### Hyde Park Health Center Receives Dramakinetics Grant

Hyde Park Health Center partners with Dramakinetics to inspire residents through movement, rhythm and music.

Dramakinetics received a grant for the project from The Cambridge Charitable Foundation on behalf of The Willard and Jean Mulford Charitable Fund. The Dramakinetics team work with residents of Hyde Park Health Center who have cognitive impairments for the purpose of exploring methods of self-expression through rhythm and movement.

The grant funds the program for ten weeks and will be offered to Assisted Living and Long-Term residents in the Fountains memory support neighborhood of Hyde Park Health Center. Stephanie Antoun, Executive Director, is thrilled about this exciting opportunity: "We are so fortunate to receive this grant and have the opportunity to offer our residents an innovative and specialized activity program."

Dramakinetics is a performing arts program that incorporates music, movement and theatre activities to meet the social, inter-personal and creative levels of



## 2013 Hyde Park Health Center Calendars Now Available!

**Featuring monthly scenes with  
our very own residents!**

**Call now to order your 2013  
calendar!**



## New Position Announcement

Hyde Park Health Center is excited to announce Sarah Ostrow as the new Director of Assisted Living. Sarah will be responsible for the marketing and admissions of Assisted Living, as well as overseeing the various departments that work within both the Terrace and Fountains (memory support) Assisted Living. Sarah has been with Hyde Park Health Center for two years, and is a licensed nursing home administrator in the State of Ohio. Interested in Assisted Living? Please contact Sarah at 513-272-5573.



## Terrace Candlelight Dinner

Every month, the Terrace Assisted Living Residents enjoy the culinary arts of our chef as he takes them around the world with a special menu from each region. They have traveled to France, Cuba, and Ireland, just to name a few. Family are welcome to join in the fun!

BASICS. BASICS is a biophysical model that supports the abilities and caring relationships of the residents with Alzheimer's-type dementia in long-term care.

The Dramakinetics method is a planned series of movements accompanied by appropriate musical selections that encourage sensory integration, improved circulatory function, and social interaction. Dramakinetics' sequenced activities set up a pathway to the unconscious emotions of the participants. Residents are encouraged to express themselves and recall memories as they hear familiar music. Being involved in a program such as Dramakinetics will empower participants to emerge from the barriers imposed by Alzheimer's disease and related dementias. Movement and music can act as the interpreter for the residents' inner world picture without the use of verbal communication.

For more information about Dramakinetics please visit [www.dramakinetics.org](http://www.dramakinetics.org)

## Calendar of Events February- March

### **A Special Bouquet for your Valentine Awaits!**

Call now to schedule a tour of Hyde Park Health Center in February and we'll send a Signature Bouquet to your Valentine!

### **Selling Your Home in a Down Market**

Thursday, March 14th-5:30-6:30 p.m.  
in the Terrace Auditorium.

Attend and learn staging secrets and how to maximize your sale price. Esteemed real estate professionals Molly Reidel, Keller Williams and Jo Potvin will share their knowledge to help you sell your home! Free and open to the public. Appetizers will be served. Call 513-272-5573 to reserve your spot now!

### **Parkinson's Support**

Lead by Sarah Stahr with ForeverFitness Cincinnati

Sarah Krumme Stahr has worked with Parkinson's clients for nearly 10 years. She understands the symptoms of the disease and has designed exercise programs specific to the needs of individuals with PD. She combines the information, research and experience she learned from leaders in the field of exercise and PD and

February 27th at 6:00 p.m. Woodlands Dining Room

Be sure to R.S.V.P. to Angela at X5401



## Past Events Recap

On December 13th Hyde Park Health Center hosted a Candlelight Dinner for the local community residents. The delicious dinner prepared by Chef Ken offered sample items from each of the recent monthly Candelight Dinners enjoyed by Terrace Assisted Living residents. Guests enjoyed tasting the different foods and learning about all Hyde Park has to offer!



## Enneagram Class

Second Thursday night of the month from 7-9pm  
Join us to support each other as we build awareness about ourselves using the Enneagram.

The Enneagram is a powerful and dynamic personality system that describes nine distinct and fundamentally different patterns of thinking, feeling, and behaving. As you discover your personality type you will also discover what

also what she has learned from her own clients. Sarah has the background and unique skills to teach individuals with Parkinson's disease.

## PWR! Moves Class; Saturdays 11:15AM-12:15PM

This program is a 1-hour group exercise class for individuals with Parkinson's disease with minimal to moderate levels of disease severity. This class consists of a series of targeted movement exercises that are PD-specific and are designed to optimize learning and plasticity. The goal of individuals in this class is to not only improve their performance in class, but also learn to recognize when they need to self-correct their slow/small movements for better mobility, posture, and balance in everyday life.

## Stretch Class; Fridays 3:30PM-4:15PM

This program is a 45-minute group stretch class for individuals with most levels of disease severity and is able to be modified for most participants. This is a gentle and relaxing series of stretches involving all muscle groups. Much of the class is spent in a chair, but there are optional stretches in the standing and lying down positions. The goal of this class is to address the symptoms of stiffness, rigidity and postural problems that are associated with PD in a comforting, social environment.

## ALS Support Group

Lead by the ALS Association, Central and Southwestern Ohio Chapter  
Second Monday or every month at 6:00p.m.

Support groups are a great resource for people to maintain control over their lives, to give and take the wisdom and experience that comes from living with a devastating illness. Support groups exist entirely for you, the person with ALS, and your family or loved ones. Here is a list of some things ALS support groups provide:

- A forum to share information and practical experience, whether it's learning how to improve physical function, discussing new drug trials, or experiencing the latest augmentative technologies all geared to helping you live more fully with the disease.
- A safe place to allow your emotions to speak for you. The group offers an unparalleled opportunity to learn how other people cope with various problems similar to yours, to see that patients and family members are not completely unique, and that others experience the same type of feelings and emotions about the disease as you do.
- An educational gathering spot where speakers and caregivers address subjects of major interest and exchange; how to incorporate physical and occupational therapy into your life; how to counteract problems in swallowing and chewing; safeguards that can help you avoid pulmonary complications; and ways of coping with depression and caregiver "burnout", among many other topics.

motivates you, your coping strategies, and insights into your own personal development. The Enneagram will also allow you to relate to your spouses, children and co-workers with greater objectivity and compassion. The fee is \$20, all are welcome.

Please contact Sue Jones at 513-984-6067 for more information.

- A place to witness firsthand the constant miracle of people continuing to live productive, fulfilling lives in spite of having ALS.

For more information please contact Yvonne Dressman 859-781-8555

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