

RDF Impact: Saint Paul Village



ERH and OCIC Partner to Support Senior Health and Wellness

In 2014, Episcopal Retirement Homes, Inc. (ERH) was awarded \$30,000 by the Ohio Capital Impact Corporation (OCIC) through its Carol Mount Peterson Resident Development Fund (RDF) for the continuation of its senior exercise program at Saint Paul Village and expansion of the program into other ERH Affordable Living communities.

The RDF funded the purchase of exercise equipment tailored to meet the needs of elders and provided the necessary capital for ERH to hire an on-site Wellness Coordinator, who serves as a hands-on personal trainer for residents. In addition to working with residents one-on-one, the Wellness Coordinator also administers fitness assessments and creates customized wellness plans for each resident based on their unique needs. Because of this program and the

dedication of the ERH staff, seniors living at ERH Affordable Living communities are able to stay independent for longer, and have the supports they need to live happier and more productive lives. According to one ERH resident “It’s been beautiful here. I have been able to sleep. They have everything here that I need to exercise the leg that I broke in May. My favorite thing about living here is that it’s quiet, peaceful, and everyone is friendly.”

For more information about how ERH is impacting their community, go to www.episcopalretirement.com

Making a difference for today's seniors.