



Enjoying all that retirement living has to offer.

Fresh Beet and Watermelon Salad



Eliza Jennings communities offer a variety of dishes for those seeking healthier dining options. This flavorful salad from Executive Chef Dan Copenhaver, Director of Dining Services, features a fresh take on two foods rich in nutrients and health benefits.

Steps

1. Roast beets in 375°F oven until tender and knife tip can be inserted easily, about 1 hour. Peel and dice beets when cool.
2. Peel and cut watermelon in ½-inch diced pieces.
3. Cut basil in chiffonade and gently fold together all ingredients in a large bowl.
4. Season to taste and let salad macerate for 30 minutes in refrigerator.
5. Adjust seasonings and serve.

This simple salad tastes like summer in a bowl with fresh watermelon, beets and basil, olive oil and vinegar. Serves 10.

Ingredients

2 lb. red beets
2 lb. seedless watermelon
1 bunch basil, cleaned
¼ cup olive oil
2 tbsp. cider vinegar
Salt and pepper to taste

INDEPENDENT LIVING

The Renaissance Retirement Campus

26376 John Road | Olmsted Township, Ohio 44138 | 440.235.7100

JUNE 2018



EXPERIENCE THE RENAISSANCE

Independent Living at the Renaissance is an ideal choice for those wishing to enjoy all that retirement living has to offer. Everything we do is guided by your preferences and choices, and we are dedicated to promoting health and well-being in every aspect of your life.

Renaissance villas and apartments offer tranquil views of our sprawling 100-plus acre campus, and a variety of flora and fauna. Walking paths and stocked fishing lakes complete the picturesque landscape.

Do you have questions about Independent Living at the Renaissance Retirement Campus?

To learn how you can design your new, personalized lifestyle, call Diane Banning at **440.235.7112**

Renaissance
RETIREMENT CAMPUS

An Eliza Jennings Community

Visit our website at elizajennings.org



RESIDENT SPOTLIGHT

Mother and Daughter Sara Weaver and Kathy Arterburn

Renaissance residents Sara Weaver and her daughter Kathy Arterburn have always enjoyed a close relationship. They were neighbors when they lived in Lemitar, New Mexico, a small, rural town about 70 miles south of Albuquerque. Now that they both live at the Renaissance Retirement Campus, they begin each day by chatting on the phone.

Sara was born in Lorain, Ohio, but when she married, she and her husband moved to New Mexico to raise a family. Sara loved her life in New Mexico, but part of her remained connected to Ohio. After a fall in 2012, Sara decided it was time to consider moving to a retirement community where she would have access to additional support if she needed it.

Her son, who lives in a West Side suburb, called and said, “Mom, we have found the place for you!” Sara and Kathy flew to Cleveland to visit the Renaissance Retirement Campus. Sara was immediately impressed by all the “pluses” she experienced: friendly, helpful staff; a tremendous variety of activities; lots of communal spaces for people to sit and visit with each other; and the positive attitudes and feedback of the residents. She moved into an apartment in January 2013.

A few years later, Kathy, who was still living in New Mexico, needed medical care following a fall. She found it at a Cleveland area hospital, and traveled back and forth from New Mexico for treatment. “When I visited Mom at the Renaissance, I realized what this community is all about,” said Kathy. “I saw how happy Mom was, and decided to move in, too!”

Kathy and Sara have their own apartments, complete with their own washer and dryer – an important amenity to both. “The staff took a personal interest in us, and provided what we needed,” said Sara.

Sara and Kathy are both retired teachers, but otherwise enjoy different interests and pastimes.

“The fitness classes and certified instructors are terrific,” said Sara, who also enjoys the large collection in the on-campus library and serves on the Renaissance Resident Association (RRA) Library and Welcoming Committees.

Kathy enjoys socializing, working on “community” jigsaw puzzles, and playing Rummikub. She chairs the Welcoming Committee, and serves on the RRA Dining and Operations Committees. Kathy also serves as a Renaissance Ambassador during promotional events, greeting and answering questions from prospective residents.

Both Sara and Kathy enjoy classical music: Sara attends the programs on campus, including world-class performances by guest Cleveland Orchestra artists and visiting music ensembles. Kathy takes advantage of transportation provided to off-campus programs at area venues. There are many historical and educational programs, as well. While Sara and Kathy enjoy pursuing individual pastimes and interests, they “bump into each other” often on campus, and eat dinner together daily in the Renaissance dining room. “The food could not be any better, and the menu offers

healthy choices,” said Kathy. “Eating out doesn’t compare to the meals here at the Renaissance, and the servers - who are high school and college students - are just terrific!”

Sara and Kathy enjoy their independent lifestyles at the Renaissance, and knowing that the other is only a hallway or a phone call away. “We’ve been close forever,” said Sara.



WHAT IS A LIFE PLAN COMMUNITY?

Life Plan Communities are residential settings which can accommodate a full continuum of care needs on a single campus.

Formerly known as Continuing Care Retirement Communities (CCRCs), today’s Life Plan Communities are different from other lifestyle options because they provide valuable peace of mind; residents are assured future care that

includes assisted living, memory care, skilled nursing, and rehabilitation services, located on campus, should they ever need it. Personalized in-home services are also provided through Eliza Jennings’ home health care, including therapy options. And as a not-for-profit community, the Renaissance offers the assurance of a home for life, even if a resident outlives their resources.

As a Life Plan Community, the Renaissance Retirement Campus offers choices to make aging the experience of a lifetime! Residents have options to maintain optimum health and fitness, pursue new opportunities, and design the lifestyle they choose to lead. The Renaissance offers home and apartment living with amenities, including maintenance-free living, transportation, world-class dining prepared by executive chefs, and stimulating social, recreational, and life-long learning programs, all on a 100-plus acre campus.

Life Plan Communities are about living life to the fullest!