

# Resident **TESTIMONIAL**

“ My aunt and uncle lived in a place like this and I wanted the same for myself, not to worry about what would happen to me. After my husband died, I was alone for six years with plenty of social life. I spent two years looking at some different communities and really prioritized a continuum of care and exercise classes. At Wesley Ridge, you’re taken care of for life. I feel totally safe and secure here, I can live very independently here as a single woman. I feel empowered to do things my way. I have two cats, which is just wonderful for companionship, I’m at the pool two days a week, and there are so many things here to keep me busy!

I load up my car with a few ladies and go to dinner here every week, the food is absolutely delicious! Even though I’m Catholic and go to mass on Sunday mornings, I like to go to Vespers services here in the winter as well. The pastoral care team is so supportive and welcoming. I feel very comfortable going to chapel here, it’s nice that we have all these things available at Wesley Ridge if you can’t go to them outside the community. I might not be able to go to my church anymore one day, and I’m happy I have the option to go to chapel at Wesley Ridge. I put my money towards pastoral care and it means so much to have people that really care for you. Even my daughter feels supported by the pastor after some very hard experiences, and I’m so grateful for that. It doesn’t matter what religion you are, it’s important to have that spiritual support here. I feel the people we have here are very down to earth home town folks. It feels like home, I love it! I also like having an extra bedroom when my sister from Texas and friend from Colorado come to visit.

The associates care and want you to be here for the rest of your life. They give a lot of wellness seminars to help us stay independent, like balance and fall prevention. Having home health services keeps you independent in your way and age well on your terms. I’m a very independent person, I’m 86 and still driving and going to the pool and staying busy. The therapy services here are fantastic! I’ve had to come for my knee arthritis, my arm, and a bad injury where I lost muscle mass and had a hard time driving, and I’ve been happy all three times! The whole place is cheerful, everyone you interact with is very pleasant, and the therapy was customized to work for me and get me back on my feet. I didn’t mind going, I felt challenged and like the work was manageable at the same time.

I’m in book club, attend a weekly program bonding with others sharing about our lives, go to the craft show once a month, and try to take two or three trips a month. We’ve done day trips to places I’ve never been across Ohio. I retired back in 1998 early so my husband and I could travel, and now I do profit and loss for every job once a week at my son’s company, and now I’m also in the work finance group because of my experience in banking. It keeps me alert and makes me feel like I’m contributing.

Come while you can enjoy things, there’s so much to do! You want to be able to go do things and meet people, start looking now! Get on the waitlist and you can always say no to opportunities that are available, but that way you’re ready.

My kids are very happy I’m here. It was important to have autonomy and I got to choose, and I chose very well.

I love the nature that surrounds us. We get the most beautiful sunsets and visits from deer, turkey, woodpeckers, all kinds of wildlife! My neighbors love to text about that and were fortunate to have the Blacklick Woods behind us.

~ **Barb F.**

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