



Healthy Aging Information

We have all your aging needs covered

Choose Assisted Living for Your Health and Safety

There comes a time when you as an aging adult with your adult children and relatives must consider major life changes based on your health, safety and independence, especially when physical challenges render it unsafe to live at home. As we remain in our homes, our surroundings do not always accommodate changing physical and mental needs. Falls are a major cause of injury to those living at home alone. Each year, one in every three adults age 65 and older may experience some type of fall. Statistics from the CDC are telling:

- Serious falls can increase the risk of early death
- Falls are the most common cause of traumatic brain injuries
- Falls can initiate an ongoing fear of falling, limiting activities, reducing mobility and loss of physical fitness
- Older whites are 2.5 times more likely to die from falls
- Women are more likely than men to be injured in a fall
- Over 90% of hip fractures are caused by falls



Ross Wilkoff, Director of Assisted Living Services at the Stone Gardens Assisted Living Residence on the Menorah Park Campus said assisted living may be your safest bet because:

- Exercise and activities programs are more readily available
- You receive well balanced meals
- Residence staff can assist when needed
- Better access to the visiting medical services such as on-site nursing or visiting geriatricians, podiatrists, audiologists, dermatologists, optometrists or ophthalmologists, urologists, neurologists, dentists, physical therapists, occupational therapists, speech therapists, lab and pharmacy services
- Emergency assistance is more readily available
- Opportunities for socialization, cultural and educational programs
- Some assisted residences offer complimentary transportation

Ross Wilkoff, Administrator of Stone Gardens Assisted Living, has served as Administrator there since 1997. His attention to detail and solid leadership of a well-trained staff has created in Stone Gardens an award winning, loving home and a strong community with high-quality programs and services. Ross is a recipient of the Ohio Assisted Living Association's Honoring Excellence Award, and Stone Gardens has received Excellence in Service Awards from the Advocate for Non-for-Profit Services for Older Ohioans. For more information on assisted living, call 216-831-5452 www.stonegardens.org, or email rwilkoff@menorahpark.org