

# The HEART of Regina Health Center



SPRING 2018

#### MISSION

*Regina Health Center provides compassionate and holistic health care services primarily for members of religious communities, clergy and for other persons needing supportive services or residential nursing care. Regina Health Center is a collaborative ministry sponsored by the Sisters of Charity Health System.*

## 25 Years of Responding to Unmet Needs with the Highest Quality Care

Regina Health Center welcomed its first residents in May 1993, but the seeds of meeting unmet community needs were planted more than 166 years earlier when the Sisters of Charity of St. Augustine (CSA) came to Cleveland from France in 1851 to begin Catholic health care. They served as the city's first public health nurses and opened its first hospital in 1852.

As the CSA Congregation grew, the Sisters continued to respond to unmet needs of the changing times. The Sisters of Charity of St. Augustine established hospitals, schools and dozens of health and social service programs in Ohio and South Carolina.

Mt. Augustine, which now houses Regina Health Center (RHC) and the Sisters of Charity Congregational offices, was built as the motherhouse for the CSA Congregation and opened in 1957. In the 1980s, the need to care for religious being discharged from hospitals was steadily increasing, which was becoming beyond the scope of most congregations to provide appropriate skilled care.

#### Laying the Foundation

Sister Rosemarie Robinson, CSA, delegate for religious, and the Conference of Religious Leadership (CORL) began discussing the health care needs of religious communities. CORL includes representatives of the congregations of religious men and women serving in the Diocese of Cleveland. They brought in the Catholic Health Association to study the needs of the

*continued on page 5*





## CREATING A MORE BEAUTIFUL, COMFORTABLE HOME TO CELEBRATE 25 YEARS



How would you feel if one of our esteemed Regina Health Center (RHC) residents told you, “Thank you for caring enough to make my home more beautiful and

comfortable?” If you are like most people, you would probably feel elated that something you did had a deep impact on another in need.

There are many benefits to being charitable, and according to an article in *Psychology Today*, there is a “warm glow” theory that holds that people like making their own decisions to give. Many derive pleasure from helping another. Other studies claim that philanthropic individuals live longer. Hmm, there might be something to this!

In 2018, you will have many opportunities to experience the “warm glow” as RHC continues planning to embark on a much-needed renovation project in conjunction with our 25th anniversary. The original motherhouse, Mt. Augustine, was built and furnished in 1956. While the building is structurally sound, and the expansive grounds remain beautiful, RHC needs a significant investment to modernize the rooms where residents live and rehabilitate, and where care is provided. Some furniture in the nursing care rooms dates to the original motherhouse. In addition, the personal and common living areas are in need of improvement.

Although final costs are not yet in, some of the renovations in the first phase include:

- Update resident rooms with new beds, dressers, window treatments, lighting, flooring and fresh paint

- Renovate the dining and common living areas with new tables, chairs, paint, lighting and flooring
- Remodel the expanded rehabilitation room and add needed equipment

Because this is a large undertaking, we are taking our time to properly plan to ensure the best outcome with the least disruption to residents and staff. Replacing resident furniture in the skilled nursing area will be the first initiative as we continue to plan for the more complex renovations.

While we have been wise stewards of money to have a reserve fund that we can use to begin renovations, your 2018 gift is still important because it will ensure that we can repay our reserve fund and have funds available for the general operations of RHC.

Beyond the “warm glow” you can experience by making a gift in 2018, you can also participate in some of our special 25th anniversary year activities—particularly a gala anniversary event on September 8 (an invitation will go out as the date draws near).

Everyone here at Regina Health Center greatly appreciates you being with us for all or part of our first 25 years and looks forward to your continued loyalty as we celebrate this important milestone. We look to the next 25 years of providing compassionate, exceptional care to those who need it most in a beautiful, comfortable home.

A handwritten signature in blue ink that reads "Mark C. Yantek". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

**MARK C. YANTEK, LNHA**

*Executive Director, Regina Health Center*

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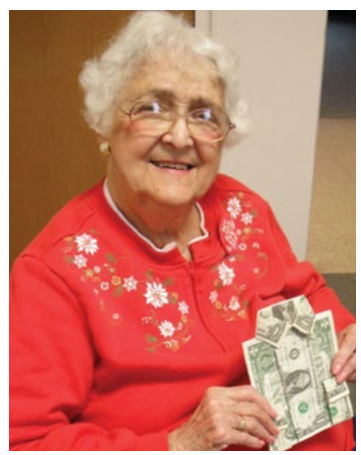
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*Pictured with Regina Health Center resident Dorothy Gordon are (L to R) her sister Helen Shur, Sr. Elizabeth Shur, CSA, and her mother, Elizabeth Shur (Dorothy is on the far right).*

## RESIDENT SPOTLIGHT

# Continuing to Do What She Loves



As a young adult, resident Dorothy Gordon really looked up to her older sister, Sister Elizabeth Schur, CSA (formerly Marie Bernard). “When I was young, I wanted to follow in Sr. Marie’s [Dorothy’s reference to her] footsteps in

everything she did. Sr. Marie was the kindest sister that anyone could have,” explained Dorothy.

When Sr. Elizabeth came to live at Regina Health Center (RHC) in 2012, Dorothy visited often, participating in bible study and Mass with her sister. After a frightening driving experience in 2014, Dorothy decided it was time to move to RHC and be closer to her sister. Reunited, they were paired at the hip, sitting together for meals, attending Mass and bible study, and sharing their love of art with other residents through art classes. Dorothy and her sister spent two wonderful years together until Sr. Elizabeth passed away in 2017.

Although her sister is no longer by her side, Dorothy continues to enjoy her time at RHC. When her family is not visiting, Dorothy can be found just about anywhere but in her room. She enjoys “painting

my face and never having a hair out of place,” as she describes her daily routine, before leaving her room to visit with friends throughout the building, walk all three floors daily for exercise, attend Mass daily in the RHC chapel and participate in arts and crafts programs. She also leads an art class, Art with Dorothy, the first Monday of every month and she enjoys resident outings to shop in the community.

Dorothy and her sister grew up in Akron, Ohio. She went on to study art at the Cleveland Institute of Art and then teach art for 25 years at all grade levels within the Akron Public Schools. She married her husband Walter at St. Bernard Catholic Church in Akron. They raised five children, who each attended school at St. Sebastian Parish in Akron, where the family also belonged to the parish.

After retiring, Dorothy joined St. Hilary Parish in Fairlawn, Ohio. She served as the driver for a group of girlfriends, picking them up and going to Mass every morning and sharing an occasional meal out with them. She also enjoyed arts and crafts in her spare time.

Dorothy has been at Regina Health Center for four years and said she values the faith-based atmosphere and dedicated staff. “Regina Health Center’s residents and staff are wonderful and my home is safe and clean. I would recommend Regina Health Center to anyone in need of a great home,” she said. ♦





Regina Health Center welcomed its first residents in May 1993, but the seeds of meeting unmet community needs were planted more than 166 years earlier.







religious in the area. The study concluded that there should be a collaborative effort to provide long-term health care services for the aging religious in Northeast Ohio.

Having hospitals in the area and capacity at Mt. Augustine, the Sisters of Charity of St. Augustine responded by agreeing to convert part of the Motherhouse into a state-of-the-art nursing facility to serve the aging religious.

On behalf of CORL, Sister Mildred Baker, IHM, visited all congregations to speak to sisters about their health care needs. At the same time, the Sisters of Charity of St. Augustine began evaluating the project to determine the feasibility of such a major ministry. With a team focused on fundraising, construction, staffing, clinical care and more, a detailed project plan was developed. The plan was presented to the Sisters of Charity of St. Augustine General Chapter and it was approved.

“The demand was there to develop RHC and there was a desire of religious congregations to participate,” said Sister

Judith Ann Karam, CSA, congregational leader of the Sisters of Charity of St. Augustine. “From the beginning, it has been a truly collaborative process. We formed an inter-congregational advisory group, even to the point of asking for input on selecting paint colors. We also looked at what each day would be like at this new facility to respect the needs of each congregation and found ways to incorporate the individual order’s community life priorities.”

After a previous ministry role was completed, and she took on as CSA Council member, Sr. Judith Ann worked full-time with the team in developing and implementing plans for RHC. Sr. Mildred also came on board as part of the planning team. Sr. Judith Ann and Sr. Mildred returned to the participating congregations to share the vision for RHC, even with Bishop Anthony Pilla joining them on a couple of visits.



*Sister Judith Ann Karam, CSA, congregational leader of the Sisters of Charity of St. Augustine.*



*2003: Celebration of the 10th anniversary of RHC. (L to R) Sr. Miriam Erb, CSA; Richard and Rosemary Corcoran; Sr. Mary Dorothy Tecca, CSA; Sr. Mildred Baker, IHM*









May 16, 1993: Members of the participating communities displaying their community symbols before the dedication Mass



Each member of the Inter-congregational group developed plans for their individual congregations around making decisions to participate and preparing for their members' admission. These plans were then shared with the group. A group of physicians from Cleveland, Akron and Canton gave input into the clinical program of RHC and selection of a medical director.

As many as 22 orders within Northeast Ohio collaborated with the Sisters of Charity of St. Augustine to ensure that their aging religious would receive the highest caliber health care services, along with supportive programs that would keep them spiritually, mentally and socially engaged.

#### **Welcoming the First Residents**

After working hard to raise more than \$7.5 million to renovate and convert the facility, including more than \$6 million from the Sisters of Charity Saint Ann Foundation, RHC opened its doors in 1993. The opening and energy of all involved made an impression on Sr. Judith Ann.

"I'll never forget, the Sisters of St. Joseph had 16 sisters come to RHC. They did a marvelous job preparing their sisters to live here, putting quilts from congregational members in each one of their rooms to make them feel at home and connected," she said.

Twenty-five years later and RHC is still thriving. Sr. Judith Ann attributes that to the staff, congregations, families, volunteers and supporters. "The heart and hand of this ministry are the staff and volunteers. We know how our own sisters are cared for, and we know that everyone here is treated with such respect. RHC is a 5-star facility because everybody is a part of this ministry," she added.

In discussing this milestone year and looking ahead to the future, Sr. Judith Ann returned to the collaborative effort that has remained strong for so many years:

*"The anniversary is a celebration of all the people who have made RHC work and made it what it is today. RHC will continue to respond to new needs and I know the mission will continue where we can still provide the highest quality, God-centered care and service to residents. We celebrate the past and look forward to the future, and truly thank God for everyone who has been a part of the RHC community." ♦*

— Sister Judith Ann Karam, CSA



# With Heartfelt Gratitude to Our Loving Supporters

Regina Health Center (RHC) continues to be blessed by generous supporters and friends. With help from nearly 900 individuals, corporations and foundations, we were able to raise \$700,000 in 2017. Your gifts go toward the care of the aging religious, clergy and lay residents who count on your support. Here are just some of the ways your dollars helped last year:

- General operating support—much needed as reimbursements from Medicaid do not cover the cost of resident health care
- Purchase of new beds for residents
- Much-needed expansion of the rehabilitation room
- Pastoral care services for residents, families and staff
- Purchase of several patient lift devices and mattresses through the Holy-In-One auction
- Training for nursing staff and other resident care staff to stay current on the latest and newest methods for care and therapy
- A robust schedule of activities to keep residents entertained, engaged and connected to their friends and community members
- Resident shopping trips and scenic drives
- Special chair yoga sessions for residents on a bi-weekly basis funded by a private donor; in 2018, chair yoga sessions are taking place weekly due to additional funding by a family foundation
- Weekly music enrichment sessions to engage residents in song and reminiscing, and another joyful opportunity to connect with fellow residents

**ON BEHALF OF THE RESIDENTS, STAFF AND THE RHC BOARD OF DIRECTORS, PLEASE KNOW THAT YOU HAVE OUR DEEPEST GRATITUDE FOR YOUR SUPPORT. WE HAVE ALWAYS BEEN ABLE TO COUNT ON OUR LOYAL FRIENDS AS WE WORK TO PROVIDE HIGH-QUALITY HEALTH CARE FOR THE RESIDENTS WE SERVE. THROUGHOUT THE YEARS, HUNDREDS HAVE BENEFITED FROM YOUR GENEROSITY.**

RHC continues to have a high percentage of filled beds, a testimonial to the great care provided by our celebrated care-giving team. We hope you will continue to include RHC in your annual giving plans. As you do your estate planning, may we suggest that you include Regina Health Center in your will or trust or as the beneficiary of an insurance policy or retirement plan. These types of gifts will continue to live beyond your lifetime and ensure that this ministry of the Sisters of Charity of St. Augustine will continue for many years to come. One close friend said, “If Regina Health Center didn’t exist, it would need to be created.” We are already here. Let’s keep it going! And remember, you are in the daily prayers of our residents.



# THANK YOU 2017 DONORS

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*We thank our many other donors who made thoughtful gifts to Regina Health Center in 2017. Please consider joining one of our Giving Circle Societies in 2018. We regret if we have inadvertently excluded or misspelled any names. Please call the mission support and donor relations office at 330.659.5132 so that we can correct any errors. Thank you.*

## Help Us “Spruce up the House”

We welcome special support in this milestone 25th anniversary year to help us “spruce up the house” through our much-needed renovation project, with plans to update resident rooms, renovate the dining and common living areas, and more [see the executive director’s letter on page 2 for more details]. Here are a few ways that might make it easier for you to help in 2018.

**CHARITABLE IRA** — If you are 70½ or older, you can make a direct transfer to charity from your Individual Retirement Account (IRA) up to \$100,000 per individual. Your rollover will count toward your required minimum distribution and you will avoid income tax on the amount of the gift transfer.

**LONG-TERM APPRECIATED SECURITIES** — Instead of making a gift with cash, a check or credit card, consider making a gift with long-term appreciated securities (securities you have held for over one year) and avoid the capital gains tax.

**INITIATE A MONTHLY DEDUCTION** from your checking or savings account or from your credit card to spread your annual giving throughout the year.

Because the RHC Board of Directors is placing high importance on the renovation for an improved and safer resident experience, they are prepared to take funds from the coveted reserve fund to begin the project. The reserve fund was established and built to help RHC sustain an overwhelming circumstance such as loss of revenue from a market downturn, growing health care costs, damage to the building or some other unplanned event. The hope is to replace the fund as promptly as possible. Your 2018 gift will not only help support the renovation project, it will ensure that RHC’s reserve fund stays intact by replacing the removed funds to begin this costly project.

All donors who make a gift in 2018 will be eligible to designate their gift to support the renovation project or for the general operating fund, which is where most gifts are applied. Since it is imperative to raise annual funds for the general operations of RHC, you can also designate your gift to be applied to both funds. Anything you can do will be greatly appreciated. If you can do more this year, the renovation will offer added security and peace of mind in a new and improved Regina Health Center. Thank you for your support.

**Call Maureen O’Neill-Laszlo at 330.659.5132 for more information or to discuss giving options. Donate online at [reginahealthcenter.org](http://reginahealthcenter.org).**



## Skilled Therapy Team Promotes Maximum Level of Independence



There are many reasons why someone needs therapy—after surgery, broken bones, a heart attack, stroke, arthritis, respiratory distress and more. Whatever the reason, Regina Health Center has a multi-disciplinary team that includes nursing, social services, therapy and spiritual/social programming to deliver a holistic approach to rehabilitation. The team provides exceptional resident care and clinical excellence in

delivering comprehensive rehabilitation services to enhance daily living skills and restore prior quality of life.

**All services and treatments are prescribed by a physician and implemented by trained staff and licensed professionals. Comprehensive rehabilitation services include:**

**PHYSICAL THERAPY**—helps increase strength, balance and mobility, and decrease pain and discomfort. The goal is to return to normal activity, and is necessary before the reintroduction of any exercise programs after an injury. The focus is on movement safety to prevent future injuries.

**OCCUPATIONAL THERAPY**—focuses on performing everyday activities, such as feeding and dressing. Transferring and positioning techniques are taught to help participants live more safely and independently. Basic home skills, such as laundry, cooking and microwave use, are also taught. There’s even a caregiver education component to help families assist their loved ones safely.

**SPEECH THERAPY**—provided by a licensed, certified speech-language pathologist, these services are designed to help improve communication and clarity of speech. The focus is on identifying strategies to help with memory, as well as breaking down and organizing information to ease the decision-making process. Speech therapy can also help with swallowing disorders, including dietary planning.

Join RHC Therapy Director Jennifer Quill on April 25 at noon as part of the RHC Lunch and Learn Series to find out more. Jennifer will be presenting on “The Benefits of Therapy Services.” Visit [www.reginahealthcenter.org](http://www.reginahealthcenter.org) or the Regina Health Center Facebook page for more details about the Lunch and Learn Series. ♦

## April 19

CIRCLE OF ABIDING LOVE MASS AND DONOR RECOGNITION CEREMONY *(by invitation)*

## April 25

LAUNCH OF LUNCH AND LEARN SERIES  
*Presentations on a variety of important senior living topics will be held monthly at noon for community members. Presentations are free and open to the public. See our Facebook page or [www.reginahealthcenter.org](http://www.reginahealthcenter.org) for monthly topics. RSVP today at 330.659.4161.*

## June 18

HOLY-IN-ONE GOLF OUTING AT FIRESTONE COUNTRY CLUB  
*Registration begins at 10 a.m. Tee-off at Noon. Call 330.659.5132 for sponsorship information or visit [www.holyinone.com](http://www.holyinone.com).*

## Aug 18

ANNUAL CAR CRUISE-IN *(August 29 rain date); an assortment of polished classic and muscle cars; open to the public. There is a donor picnic on the same date by invitation.*

*Please contact Maureen O’Neill-Laszlo at 330.659.5132 for more information about RHC events.*



## Women and the Word Series

Sister Donna Mikula, OSU, pastoral care director at RHC, hosted the Women and the Word series for residents, family members and the community during the Lenten season. The Women and the Word series was initiated by Father Lou Papes, a retired priest in Cleveland, after experiencing several religious and lay women giving their perspectives on life, faith and death. Fr. Lou decided to gather a team of women of faith, who developed Women and the Word, a preaching initiative in honor of Sister Mary Lavin, a Carmelite sister. Sr. Mary Lavin (1929-2016) was an inspiration to her Carmelite community and to all who knew her and treasured both her contemplative spirit rooted in the Sacred Scriptures, as well as her powerful witness of the challenges of the Second Vatican Council in the life of the Church.

The Women and the Word series creates a welcoming and supportive environment for the preaching of the Sunday Scriptures from a woman's perspective. The initiative offers a series of weekly preaching on the readings for the upcoming Sunday by women of faith with a guided reflection and sharing. The series provides an opportunity to hear the Word of God from the unique perspective of the lived experience of women ministering in the Church to prepare the mind and heart for the proclamation of the Word at

Sunday's Eucharist. "Providing high-quality spiritual programming for our residents is a priority at Regina Health Center. This series was very well received by all who attended," said Sr. Donna.

## Richfield Chamber of Commerce Names RHC Business of the Year



The Richfield Chamber of Commerce named Regina Health Center the Richfield Business of the Year for 2017. The chamber presented the award at its annual banquet and meeting in January, with the award given for demonstrating success, being recognized in the health care industry regionally and nationally, being a good citizen in the community, and for making an economic impact on Richfield and the region. "It is a tremendous honor to be named business of the year, especially considering how many exceptional businesses there are in our community," said Regina Health Center Executive Director Mark Yantek. "It is also a testament to the hard work of our 220 employees and their commitment to provide quality, compassionate care, which has led to Regina Health Center receiving several other recognitions over the past year."

**WIN A TRIP FOR 2 TO PEBBLE BEACH® IN CALIFORNIA!**



Purchase Pebble Beach® raffle tickets for \$100 each. Only 200 will be sold. The drawing will take place at the Holy-In-One banquet reception on June 18.

Call Cheryl Dolego at 330.659.5142 to purchase tickets today.

Vacation for two includes\*: · Roundtrip airfare · Three night stay in an ocean view room at The Lodge at Pebble Beach™ · Rental car during your three night stay · One round of golf with cart for 2 at the Pebble Beach Golf Links® · One round of golf with cart for 2 at The Links at Spanish Bay™ · Pebble Beach® gift card

*\*Some restrictions may apply.*



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# WISH *list*

*Thank you to our Wish List donors who donated either cash or items in response to the Wish List requests in our last newsletter. Several items were purchased because you responded. Listed below are new or popular repeat requests from the residents or caregivers for resident use. We appreciate monetary gifts unless noted otherwise. If an excess of gifts are received, your kind gift will be directed to the annual fund to further our mission of care and compassion.*

## ACTIVITIES DEPARTMENT

The Order Out/Eat In Fellowship Lunch Program has gained popularity with residents. **We are accepting gift cards to local restaurants** so residents can participate in an occasional treat from their favorite restaurants. You can also make a donation designated for this purpose.

**RAFFLE BASKET ITEMS** (can be holiday-themed or everyday use items)

**Gift basket proceeds benefit the activities programming for residents.** Anyone is eligible to enter to win a basket... residents, staff and visitors to RHC. Call Vicky Putt 330.659.5154 for more information.

## HOLY-IN-ONE GOLF OUTING RAFFLE

**Raffle basket items are needed for the Holy-in-One Golf Outing on June 18.** At the 2017 Holy-In-One event, the raffle raised \$18,260 for resident care and winning bidders walked away with terrific prizes. We are looking for donations of restaurant gift certificates, tickets to sporting or entertainment events, sports memorabilia, instant lottery tickets, craft beers, and good wines. Call Cheryl Dolego at 330.659.5142 to schedule a drop-off or pickup time of your donated item.

## PASTORAL CARE

Flower fund for funerals and holy days throughout the year — \$35 each  
Communion hosts for one month — \$80  
Communion wine for one month — \$150  
Advent candles for Advent wreath — \$85

**Thank you for supporting the Regina Health Center mission.**



Please Like us on Facebook. We frequently share resident events and photos, organizational news and employee recognitions.

## NEWSLETTER CREDITS

The *Heart of Regina Health Center* newsletter is published in the spring and fall to keep our supporters and residents updated on the many wonderful people and things that take place here every day.

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REGINA HEALTH CENTER

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