

# The HEART of Regina Health Center



**SPRING 2011**

*Regina Health Center provides excellence in health care and supportive services that enrich your life or the life of an elderly loved one. We are recognized as a center that promotes wellness, holistic health care, education and research in an atmosphere that reflects the core values of spirituality and shared community life.*

## A FRIEND GIVES BACK

### Giving goes both ways for Dr. Bob Eiben

For more than 60 years, Dr. Bob Eiben has been a friend of the Sisters of Charity of St. Augustine.

Dr. Eiben began his career as a pediatrician, specializing in infectious diseases. He ran the contagious disease ward at the former Cleveland City Hospital (now MetroHealth Medical Center). He also served as the pediatrician for Parmadale Children's Village in the 1950s and 1960s, which was administered and staffed by the Sisters of Charity of St. Augustine. Working at Parmadale was important to Dr. Eiben. "I was blessed to have the opportunity of caring for children alongside the kind and caring Sisters," he said.

In the mid 1950s, a social worker, Patricia Barrett, later to become Sr. Mary Patricia Barrett, CSA, spoke with Dr. Eiben about a child under her care. He became ill with polio and was admitted to Cleveland City Hospital. She sought Dr. Eiben's expertise because she wanted to visit the child in the hospital, but was worried about bringing the contagious disease back with her to Parmadale. She has always remembered Dr. Eiben's firm, but kind, response to her. "I take care of these children in the hospital and I go home every night to be with my own children. You do what you think is right," he said. She took his advice and visited the sick child, which brought him comfort.

Once polio was conquered, Dr. Eiben changed his medical focus and became a pediatric neurologist. At the time, there were only 32 pediatric neurologists in the country. He was

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## PROUD TO BE FIVE-STAR RATED



Providing quality, faith-based care has always been our calling, so we weren't surprised when Regina Health Center recently earned the Five-Star Quality Rating from the Centers for Medicare and Medicaid Services (CMS). The five-star rating signifies a "much above average" rating, and is the most respected rating a nursing home can receive. It is based on health inspections, staffing and quality measures.

The rating system helps consumers, their families and caregivers compare nursing homes more easily. To learn more, visit [www.medicare.gov](http://www.medicare.gov), click on "Facilities & Doctors" then click on "Compare Nursing Homes." This web site has detailed information on every certified nursing home in the country and allows direct comparisons among homes for quality.

We're also extremely proud that the families of our nursing home residents think highly of RHC. The Ohio Department of Aging conducted a written survey of families with nursing home residents. RHC rated in the top 6 percent of all Ohio nursing homes for family satisfaction out of nearly 1,000 nursing homes eligible to participate.

With such great news, we're happy to do a little bragging. We're also happy to brag about our short-term inpatient rehabilitation. We've increased our focus in this area over the past few years to meet a wider range of needs in the community, and the results have been good. RHC now has the resources, dedicated rehabilitation area and the latest equipment to provide a fast and safe return home for older adults recovering from illness, injury or surgery.

On another note, the proposed Ohio state budget will have a major impact on nursing homes with large cuts proposed to Medicaid reimbursements. RHC is already an efficient provider of services, so it will be challenging to absorb the cuts, but we'll do all we can to maintain excellence in the programs, services and quality care we offer. We'll continue to advocate for our residents and will monitor the situation and keep you informed.

Thank you for believing in our mission and for your role in helping us continue to be "Five-Star Rated."

Brian J. Flannery, NHA, MBA

Executive Director



## Staying Active

### RESIDENT CARE SPOTLIGHT



#### CARING FOR SWEET CHEEKS

If you ask Sr. Patricia Gardner, CSA, where she's off to on any Monday or Tuesday morning, she'll say with a smile, "I'm off to be with my sweet cheeks." Sr. Pat is referring to the infants she tends to at an Akron hospital.



In her retirement years living at Regina Health Center (RHC), Sr. Pat volunteers for the hospital by holding babies and comforting them while parents and families are away. She said it gives the families time to get something to eat or take care of other matters at the hospital. "The parents feel relieved that someone is there to look after their baby," she added. Sr. Pat also lends a helping hand to the nurses tending to many sick children throughout the day. When Sr. Pat isn't volunteering at the hospital, she volunteers her time at RHC as a committee member for the Holy-In-One golf outing and helping wherever else she can.

Caring for babies isn't new to Sr. Pat. As a member of the Sisters of Charity of St. Augustine (CSA), she spent her early years caring for the babies of unwed mothers at the De Paul Infant Home in Cleveland. She also tended to mothers close to giving birth, even rushing them to the hospital if needed. For one mother on the brink of giving birth, Sr. Pat had to speed to the hospital, which led to being pulled over. When the police officer realized the situation, he attached a police light to Sr. Pat's car and immediately escorted them to the hospital.

Sr. Pat continued her work with children at Parmadale, a home for children administered and staffed by the Sisters of Charity of St. Augustine. She still has contact with many who were under her care. One of the children became a religious brother and credits Parmadale for his upbringing. He now volunteers at RHC. Sr. Pat said her work at Parmadale was special. "It was a place where orphaned children felt cared for and loved," she said. Today, the little babies in the hospital are also feeling cared for and loved in the arms of Sr. Pat. ♦

named professor of pediatric neurology at MetroHealth Medical Center. He also served as a member of the initial board of trustees of the Sisters of Charity Health & Human Services (now Sisters of Charity Health System). He continues to stay in contact with Sr. Mary Patricia and other friends at Mt. Augustine and Regina Health Center.

When Dr. Eiben and his wife Annie wanted to donate to Regina Health Center (RHC), they chose to establish a charitable gift annuity. With a charitable gift annuity, their donation helps RHC continue its mission while providing the couple with an additional source of retirement income through annuity payments. When asked why they choose to donate to RHC, Dr. Eiben said, "I am indebted to these Sisters. It is the least I could do for everything they did for me. This is my way of giving back." ♦



Dr. Bob and Annie Eiben, longtime RHC supporters and Regina Society members

## Charitable Gift Annuities Offer Win-Win Opportunity

### ALTERNATIVE WAY TO GIVE PROVIDES INCOME FOR LIFE

For Dr. Eiben and his wife, as well as many others considering donating to Regina Health Center (RHC), charitable gift annuities offer a win-win opportunity. While they should not be compared to stocks, interest-bearing accounts or other investments, charitable gift annuities offer the appeal of secure, fixed payments for life, reduced taxes and the satisfaction of supporting a special mission. An RHC gift annuity is easy to establish, plus there are no legal or administration fees.

*Here are some possibilities:*

#### RELIEF FROM LOW INTEREST CDS

Do you have certificates of deposit that are nearing maturity? Consider converting CD funds to a gift annuity. Margie, age 79, has a \$10,000 CD that is maturing soon. She expects to get 2% interest on a new CD. Margie has long thought about making an important gift to RHC, which cared for her husband during his final illness. She decides to contribute the \$10,000 CD proceeds, at maturity, for a gift annuity that will pay her \$700 a year (7%) for the rest of her life. Nearly \$526 of her \$700 annual payments will be tax free during her life expectancy and she will also receive a charitable deduction of about \$4,786.

### SWITCH FROM STOCKS TO FIXED INCOME

Many RHC friends have had success in the stock market over the last two years as stocks have increased their value, but they may not be producing many dividends. Rather than sell such securities, you might consider transferring them to RHC in exchange for a charitable gift annuity. You would receive substantial payments for the rest of your life, plus a charitable deduction. Plus, any capital gains liability would be greatly reduced and could be reported in small annual segments over your life expectancy.

### AWAKEN SLEEPING SAVINGS BONDS

Many people own U.S. savings bonds that have stopped earning interest. These bonds (including all Series E bonds) should be cashed and the proceeds reinvested. Proceeds could also be used to fund a gift annuity that provides you with lifetime payments and a charitable deduction that can offset taxes on any interest you must report when the bonds are cashed.

### "EFFECTIVE PAYOUT RATE" FOR A \$10,000 CHARITABLE GIFT ANNUITY

The following table illustrates payout rates, charitable deductions and tax-free amounts for charitable gift annuities at various ages, assuming a transfer of \$10,000 and a 25% tax bracket for the donor/recipient. As illustrated, a donor's "effective" payout rate will be higher than the percentage shown in the second column.

Age	Recipient's Annual Payment	Tax-Free Portion	Taxable Income	Charitable Deduction	Effective Payout Rate
65	\$550 (5.5%)	\$362	\$188	\$2,801	7.2%
70	\$580 (5.8%)	\$402	\$178	\$3,605	7.8%
75	\$640 (6.4%)	\$463	\$177	\$4,252	8.9%
80	\$720 (7.2%)	\$543	\$177	\$4,898	10.3%
85	\$810 (8.1%)	\$646	\$164	\$5,609	11.9%
90	\$950 (9.5%)	\$782	\$168	\$6,168	14.3%

If you have always thought about doing more for Regina Health Center, please consider a charitable gift annuity that pays you income for life. Call Maureen O'Neill-Laszlo at 330.659.5132 or complete and mail the enclosed response card to receive a complimentary, no-obligation gift annuity illustration specific to your situation.

# Giving Thanks for 160 Years of Spirituality

BY SR. DONNA MIKULA, OSU, DIRECTOR OF PASTORAL CARE



*“Surely I can do this for God. I am free.” These were the words spoken by 24-year-old Louise Brulois, a postulant in the Augustinian Sisters at Saint Louis Hospital in Boulogne-sur-Mer, France.*

It was with these words that she said “yes” to Bishop Amadeus Rappe’s invitation to establish a hospital in Cleveland, Ohio. It was with these words that 160 years of ministry in health care, social services and education were made possible to celebrate today.

Louise could only speak such generous words because of her relationship with God. It was her continuous and constant prayer life that lead her in faith to know that

Sr. Donna Mikula, OSU (top right), Sr. Rita Louise Neader, CSA (top left), and Sr. Stephanie Kovach, CSA, (seated)

“with God, all things are possible.” It was because of her prayer life that she could leave her home in France to travel to this pioneer land with an unfamiliar language during a historically severe winter.

Today, the spirit of the foundresses lives on in the hearts of the Sisters of Charity of St. Augustine as they continue to develop their ministry at Regina Health Center, and dozens of other ministries in Ohio and South Carolina. Each step in the development of the ministry of services from the Sisters is planned, executed and developed with daily prayer for wisdom, grace, perseverance and resources to make the Gospel message an everyday life experience for thousands of children, women and men in need.

Their gracious hospitality is personified in their presence to all they meet and at each of their ministries—including Regina Health Center. Their motto “In all things charity” is truly the fruit of their prayer and openness to the Word of God taking root in their hearts and souls, and in their love for God’s people. We thank God for these women of prayer who continue to say: “Surely I can do this for God. I am free.” ♦

## The Charitable IRA is back for 2011

WHY CONSIDER GIFTING IRA ASSETS TO CHARITY? Heirs who receive retirement assets at your death may be subject to both income taxes and estate taxes, leaving much less to them. A direct transfer of IRA assets to Regina Health Center (RHC) is free of income taxes and preserves other tax-friendlier assets for your heirs.

To do a tax-free IRA transfer in 2011, you must be age 70½, gifts must not exceed \$100,000 per plan owner and transfers must be made from a traditional or Roth IRA. 401(k) and other pension plans are not eligible. Transfers will count toward your required minimum distribution and you will not have to include the gift amount as income. IRA gift transfers are not tax-deductible.

Please call RHC’s fund development office at 330.659.5132 for more information.

## RHC upcoming events

### June 20 HOLY-IN-ONE

Summer is just around the corner, which means the annual Holy-In-One golf outing will tee off soon. This fun-filled day of golf, food, contests and fabulous prizes is Monday, June 20 at Westfield Group Country Club. Raffle tickets are still available for a chance to win a trip to Pebble Beach in California. For more information and for sponsorship details, contact Rachel Rego at 330.659.5142 or visit [www.holyinone.com](http://www.holyinone.com).



### Aug. 4

#### CIRCLE OF ABIDING LOVE AND REGINA SOCIETY RECEPTION

Members of the Circle of Abiding Love are invited to enjoy an evening reception in their honor on August 4. The event includes a special Mass in the RHC chapel followed by dinner and beverages in the Madonna Garden. The Circle of Abiding Love is an annual recognition society that formally honors individuals who contribute \$1,000 or more each year to RHC or \$2,500 to the Holy-In-One golf outing. Members of the Regina Society will also be honored at this event. The Regina Society recognizes supporters who have included an estate provision to benefit Regina Health Center.

### Aug. 17 CAR CRUISE-IN

More than 60 classic cars are expected for the annual RHC Car Cruise-In, which is August 17 (rain date is August 24). Residents, families and guests are invited to attend and vote on their favorite cars. Vendors will be selling food and beverages, making the event an evening of nostalgic fun the whole family will enjoy. The event raises money for the RHC Activities Department.

### Oct. 5 FALL INTO FASHION

The annual *Friends of Regina Health Center* style show, boutique and luncheon—Fall Into Fashion, A Taste of Broadway—is scheduled for Wednesday, October 5 at the Embassy Suites in Independence. Fashions will be provided by Geiger’s Store for Women in Rocky River, and Belle Soiree and Sword Furs in Westlake. There will also be a variety of vendors, a raffle and silent auction. Last year’s event raised nearly \$17,000, and the net proceeds went toward RHC renovation projects. The event opens at 9:30 a.m. for boutique shopping with the luncheon at noon. A sellout crowd is expected. For tickets (\$40 each) or additional information, please contact Rita Burdick at 440.526.8570 or [raburdick@sbcglobal.net](mailto:raburdick@sbcglobal.net), or Betty Fortune at 216.398.5952 or [kbforch412@cox.net](mailto:kbforch412@cox.net).



## QUALITY RATINGS AND SATISFACTION SCORES REMAIN HIGH AT RHC

RHC recently earned the highest five-star rating in the areas of health inspection and overall quality from the Centers for Medicare and Medicaid Services (CMS). Nursing homes with five-star ratings are considered to have much above average quality. In a recent Ohio Department of Aging survey of families with nursing home residents, RHC rated in the top 6 percent of all Ohio nursing homes for family satisfaction out of nearly 1,000 nursing homes eligible to participate.

## PRESSURE ULCER PREVENTION PROGRAM IMPROVES RESIDENT CARE

RHC nursing staff members recently received award certificates through Medline’s PUPP program for undergoing and passing extensive training to enhance resident care focused on preventing pressure ulcers (sometimes called “bed sores”). RHC staff employed multiple interventions over four months, resulting in a dramatic increase in staff education and enhanced quality care by reducing this painful and serious condition. “We are very pleased with the results and our ongoing pursuit to provide the best care possible,” said Janet Cinadr, RHC director of nursing. “We feel that a lot of that has to do with increased staff education on identification of pressure ulcers when residents are admitted to the facility and the interventions we’ve put into place.”



## LEADINGAGE OHIO RECOGNIZES TWO FROM RHC AT ANNUAL CONFERENCE

LeadingAge Ohio, the advocate of not-for-profit services for older Ohioans (formerly known as AOPHA), honored RHC Board Member Eugene “Gene” Kramer and Safety and Maintenance Director William “Bill” Vorndran at its annual conference in Columbus last fall for significant contributions and efforts on behalf of seniors. Gene received the 2010 Board Member of Distinction Award. He has served on the board since 1997, including as board chair. He recently chaired the RHC Planning Committee, leading efforts to redraft RHC’s strategic plan. Gene is also active on the RHC Fund Development committee.



Gene Kramer (top) and Bill Vorndran

Bill received the Excellence in Caring – Indirect Award for his commitment to RHC and service to older Ohioans while engaging as a role model and mentor. He began working at RHC 37 years ago as a teenager in the dietary department. Even with more than 200 acres and 75,000 square feet of building maintenance facing him daily, he finds time to volunteer for RHC holiday parties and fund-raisers.

## FRIENDS GIVE THANKS AT ANNUAL THANKSGIVING EVENT

The *Friends of Regina Health Center* hosted a Thanksgiving celebration on the Sunday before Thanksgiving. The program included a Mass celebrated by Bishop Roger Gries, OSB, followed by dinner in RHC’s resident and guest dining room, and a short meeting to close out the year and recap a successful 2010 and plans for 2011. The *Friends of Regina Health Center* are volunteers committed to supporting the mission of Regina Health Center. They help raise funds for RHC, volunteer their time, talent, and treasure, and plan and attend parties and events for the residents, communicate to others the good works at RHC, and pray for the residents and staff. There are many benefits to being a member and all are welcome. *Please call Jean Metzger at 330.659.5138 for more information and to learn how to join.*



Akron's Peace Together Choir

## VOICES SOAR AT ANNUAL CHRISTMAS CONCERT

The residents, CSA congregation and staff extend a sincere thanks to The Peace Together Choir from Akron, Ohio, which provided the music for the annual RHC Christmas concert in early December in the main chapel. More than 100 residents, their families and RHC donors attended the special concert, which was followed by a reception with dessert, coffee and punch.



## RESTORING QUALITY of LIFE

*for the Area's Older Adults*

Recovering from illness, injury or surgery? Regina Health Center offers older adults comprehensive short-term inpatient rehabilitation services to help restore prior quality of life—providing exceptional care in a compassionate, faith-based environment. We also offer assisted living, geriatric outpatient therapy and skilled nursing services that are among the best in Ohio.

To learn more, call 330-659-4161 or visit [www.reginahealthcenter.org](http://www.reginahealthcenter.org)

★★★★★ Received the highest five-star rating for overall quality and health inspection from the Centers for Medicare and Medicaid Services in a federal survey of nursing home quality.

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RHCMail@ReginaHealthCenter.org



REGINA HEALTH CENTER  
A Ministry of the Sisters of Charity Health System



## Thank You Loyal Supporters

We are pleased to present the 2010 list of Regina Health Center donors. The list represents \$575,379 in contributions made between January 1 and December 31, 2010 from generous individuals, foundations, businesses, congregations and Holy-In-One golf outing supporters. From the bottom of our hearts, the residents and staff thank you for your enormous support. These gifts ensure:

- Our nursing staff continues to receive the vital training needed to provide residents with the best and most compassionate health care
- Residents will continue to participate in engaging activities, such as art and cooking classes, movie night, music therapy, and trips to cultural events and shopping
- Pastoral Care services can offer programs to meet the intense spiritual needs of our religious and laity
- The grounds and facility receive the proper upkeep to meet rigorous safety and health standards, and maintain the peaceful landscape that is so comforting to our residents

### 2010 DONORS

▼ *Represents Circle of Abiding Love donors who make annual gifts of \$1,000 and above*

† *Represents Regina Society members who have included an estate provision to benefit Regina Health Center*

\* *Represents deceased donors*

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*We regret if we have inadvertently  
 excluded or misspelled your name.  
 Please call RHC's fund development  
 office at 330.659.5132 so that we can  
 correct any errors. Thank you.*

## Farewell to a Dear Friend

The appearance of Margaret Anne Brosnan's name on plaques throughout the halls at Regina Health Center (RHC) serves as reminders of her strong support for RHC's mission. Her generous gifts were instrumental in renovating the Brosnan Barrett Room, where residents enjoy a variety of activities, including bingo, art and cooking classes. Anne's gifts also helped renovate the hair salon, enabling RHC residents to enjoy a moment of relaxation and pampering to the sounds of pleasant background music. Her generosity also supported the renovation of the rehab unit and assembly room, plus various other programs and services. Anne died in December 2010 and is sadly missed by her many friends at RHC. May her soul rest in peace.



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# WISH *list*

*Regina Health Center's residents, board of directors and staff extend deep gratitude to all who have generously contributed for items on the Wish List through our previous The Heart of Regina Health Center newsletters. Since our last newsletter, several new items have been requested from residents and staff who serve the residents' needs. Please help us continue to purchase items that will enhance our residents' lives and bring smiles to many faces!*

**PASTORAL CARE REQUESTS** *to enhance the spiritual needs of residents:*

Donations toward Regina Health Center retreat	\$100
Paschal Candle for Easter	\$165
Candles for Advent Wreaths	\$50
Speakers for Lent Series	\$500
Speakers for Advent Series	\$500
Flower Fund for Holidays	\$50
Roman Missal-Ritual Edition	\$170
<i>(donor's name to be entered in the missal)</i>	
Roman Missal-Chapel Edition	\$120
<i>(donor's name to be entered in the missal)</i>	

**NURSING REQUESTS** *to enhance the health care needs of residents:*

Pulse oximeter	\$387
Therapy equipment	\$100
Bedside mats to prevent injuries from falls	\$57

**OTHER** *to enhance the enjoyment of our residents and rehab patients:*

Rehab Unit patient television	\$500
Laminating machine for resident art and photos	\$268
Lazy Susans for resident dining tables	\$440

**PLEASE NOTE:** *We will make every effort to apply your gift to the Wish List item of your choice. At times, we receive an over-abundance for a particular item from many donors or it is underfunded, in which event, your gift will be applied to the general fund to support the vital mission of RHC. Thank you for your thoughtfulness and generosity.*

**FSC LOGO**  
(IN THIS GRAY)