

The HEART of Regina Health Center



FALL 2013

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.

RHC WELCOMES NEW EXECUTIVE DIRECTOR MARK YANTEK

Regina Health Center (RHC) welcomes new Executive Director Mark Yantek, who has extensive experience leading skilled nursing and assisted living facilities. Mark began in his new role in July, just prior to Brian Flannery retiring after serving as executive director since 1995.

Mark joined Regina Health Center from his role as administrator of Rae-Ann West Park, a skilled nursing and rehabilitation center in Cleveland. He previously served as executive director at Life Care Center in Elyria, Ohio. There, Mark led a facility-wide remodeling plan and helped the facility receive consistent four-star quality ratings from the Centers for Medicare and Medicaid Services, which identifies excellent nursing facilities across the country. He also previously served as administrator at Bradley Bay Health Center in Bay Village, Ohio.

“Mark has extensive experience in leading skilled nursing and assisted living facilities to excel in providing excellence in care and service to our residents. This commitment to quality, coupled with a strong faith-based background, makes him a great fit to carry on the God-centered mission, vision and values of Regina Health Center.”

— Sister Judith Ann Karam, CSA, former president & CEO of the Sisters of Charity Health System

Mark is a 1986 graduate of Borromeo College Seminary. He also took graduate courses at St. Mary's Seminary. He became a licensed nursing home administrator in 1994. ♦

BLESSED TO LEAD

Q&A with Mark Yantek, Regina Health Center's New Executive Director

Mark Yantek joined Regina Health Center in July as the new executive director. Mark has extensive experience leading skilled nursing and assisted living facilities, and has worked in the long-term care industry for more than 25 years.

Q: What appealed to you about being the executive director of Regina Health Center (RHC)?

A: Having worked in long-term care for 25 years, I'm thrilled and blessed to be working in a faith-based environment. RHC is unique with our focus on serving the needs of religious and clergy, as well as others seeking a faith-based setting. I feel fulfilled and affirmed in my work every day. In fact, I don't think of it as "work" at all—I'm blessed to be called to this ministry.



RHC's new
Executive
Director
Mark Yantek

Q: Why do you think you're a good fit for RHC?

A: I'm passionate about our ministry: "to extend the healing mission of Jesus," and I'm passionate about excellence in health care. When you focus on the first, the second part naturally falls into place. The opportunity to work in a faith-based ministry feeds my soul while I pursue career excellence.

Q: How is RHC different than other nursing homes where you've worked or visited?

A: The focus of the staff is one thing that makes RHC different. People really care here. You can tell that it's more than just a job to them.

Q: 2013 mark's RHC's 20th anniversary. What have you learned in your brief time here about RHC's proud history?

A: Those who first conceived the idea of creating a multi-congregational ministry—including Sr. Judith Ann Karam, Sr. Miriam Erb, Sr. Joan Gallagher and others—were visionary. When the Sisters of Charity of St. Augustine (CSA) opened Mount Augustine for this new outreach, they knew they were creating something unique and special. And the staff of RHC contributes to that every day. So many of our staff have been with us for years and years, some since the very beginning. If they weren't so dedicated and motivated by their love for the residents and this ministry of the CSAs, they wouldn't have been here so long.

Q: How will RHC continue its success for the next 20 years?

A: Thanks to Brian Flannery, a strong board of directors and the leadership of many others, RHC is in very good shape today and we are ready to really take off. The challenge now is to position RHC for continued success and growth in the next 20 years. When our board of directors established the Regina Health Center Endowment Fund, they laid the groundwork for us to continue providing 5-star care into the future. Growing the endowment fund is a challenge, but our supporters and benefactors have always ensured that RHC is able to provide excellent care. Preserving our heritage is a labor of love.

Sisters of Charity of St. Augustine Undergoes Leadership Change



Sister Miriam Erb, CSA, (left) served as congregational leader of the Sisters of Charity of St. Augustine for 12 years. Sister Judith Ann Karam, CSA, (right) became the new leader over the summer after serving as president and CEO of the Sisters of Charity Health System for 15 years.

Having served as president and CEO of the Sisters of Charity Health System for 15 years, Sister Judith Ann Karam, CSA, was elected to the position of congregational leader for the Sisters of Charity of St. Augustine earlier this year. Because of the election, Sister Judith Ann stepped down as the health system's president and CEO in July. Also elected to serve were Sister Katherine Andrews, CSA, as first assistant, and Sister Marian Durkin, CSA, as councilor.

The Sisters of Charity Health System is the parent corporation of the entities founded by the Sisters of Charity of St. Augustine, which today include Regina Health Center, five acute care Catholic hospitals, an assisted living facility, three grantmaking foundations, and six health and human services organizations in Ohio and South Carolina.

Together with the elected team, Sister Judith Ann is focused on community life, ministry, spirituality and the temporal affairs of the Sisters of Charity of St. Augustine. In response to the leadership transition, Terrence Kessler was appointed as the interim president and CEO of the Sisters of Charity Health System. He previously served as general counsel and several other leadership roles within the Sisters of Charity Health System. ♦

The leadership of the Sisters of Charity of St. Augustine: (from left to right) Sister Judith Ann Karam, CSA, congregational leader; Sister Katherine Andrews, CSA, first assistant; and Sister Marian Durkin, CSA, councilor





ANNIVERSARY EVENTS MARK 20 YEARS OF FULFILLING THE PROMISE OF CARE & COMPASSION



Rita Burdick and Sister Miriam Erb, CSA, display their skill at a casino table at the special anniversary fundraising dinner.

The Most Reverend Roger W. Gries, OSB, Auxiliary Bishop of Cleveland, spoke to guests about the importance of RHC's new endowment fund for the future.

Regina Health Center (RHC) celebrated 20 years of care in style with several special events for residents, supporters and caregivers during 2013. The celebration events kicked off with a party for RHC staff that included lunch and a special anniversary gift. In August, residents enjoyed a full-day celebration. The day began with Mass celebrated by The Most Reverend Richard Lennon, Bishop of Cleveland, followed by a luncheon for residents and their families and friends. *The Friends of Regina* volunteers supplied 20th anniversary cakes and threw a casino-themed party where residents gambled with play money. The room was buzzing with laughter and sportsmanship.

Supporters and friends came together for another casino-themed party September 28 at the historic Silver Grille at the Higbee Building in downtown Cleveland. The Ritz-Carlton catered dinner for the event, which raised nearly \$80,000 from sponsorships, a silent auction, raffles, casino games and additional gifts for RHC's new endowment fund.

The Most Reverend Roger W. Gries, OSB, Auxiliary Bishop of Cleveland, served as honorary chair and RHC board member, Katie Koch, served as chair. Circle of Abiding Love Society members enjoyed a special reception before the event to meet RHC's new Executive Director Mark Yantek, new RHC Board President Dave Simia and newly elected members of the leadership team for the Sisters of Charity of St. Augustine.



Heather Stoll and Adrian Stover from the Sisters of Charity Health System (top); and MJ Poltorek and Katie Koch, chairs of the 20th Anniversary Committee

Bishop Gries thanked everyone for their generous hearts and spoke about the importance of RHC's new endowment fund for the future. All guests received a commemorative booklet created just for the occasion. The booklet included artwork and writings by RHC residents, plus photos and details about the ornate stained glass windows in the RHC chapel.

Heartfelt thanks go to The Dominican Sisters of Peace, the event's lead Spirit Sponsor, and Heart Sponsors Katie and Bud Koch. Special thanks also to Kathy Welsh, Lynn Yanke and other committee members who worked tirelessly to secure many tremendous auction prizes. Several RHC residents attended thanks to a generous table sponsorship by Lynn and Mark Yanke. ♦

Anniversary Sponsors

Thank you to RHC's many anniversary sponsors for helping us fulfill the promise of care and compassion:

Spirit Sponsor

Dominican Sisters of Peace

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Katie and Bud Koch

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RHC Resident Table Sponsors

Mark and Lynn Yanke

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Joseph C. and Cindy G. Maurer

New Video Puts RHC in the Spotlight

To help celebrate 20 years, RHC recently debuted a new video featuring residents, family members, staff and leadership sharing the RHC story. Learn the history and see RHC's courage, compassion and quality in action in this brief video. Visit www.reginahealthcenter.org to see the video.

Let us know what you think by emailing moneill@reginahealthcenter.org.



RESIDENT SPOTLIGHT

Reluctant Roommates Become Best Buddies

Luck was clearly on the side of Jo Mileca and Betty Unger the day they were brought together to share a room at Regina Health Center (RHC). Betty had been at RHC for a couple of weeks and was hoping for a private room. To her disappointment, no private rooms were available so she and Jo became roommates. It quickly became apparent to Betty and others that being roommates with Jo was a blessing in disguise.

“Sharing a room was a match made in heaven,” said Betty’s niece Candy Young. The two were quickly drawn together well beyond just living in the same room.

Betty refers to Jo as mama because according to her, “Jo takes good care of me.” Candy agrees that

Jo is a good caregiver and laughs when she hears Jo direct Betty to eat and drink properly. Jo will tell her, “Yes, you have to do everything I tell you to do.”

“If you don’t know what the good Lord has in mind for you, you just may need to tie someone’s shoes.”

— Candy Young (niece of Betty Unger)

Betty in turn helps Jo, especially when it comes to the routine of tying her shoes. Because Jo cannot reach down to tie her own shoes, she will bring her leg up as high as possible and Betty will bend down as far as she can until they meet in the middle to complete a perfectly tied shoe.

Mike Mileca, son of Jo Mileca (seated middle), treats his mother to birthday cake along with Betty (seated left) and family.



“They are a great support for each other and they have a great support system,” said Candy. Jo’s son Mike Mileca regularly brings fresh fruit and always makes sure there is extra for Betty. He even calls her Aunt Betty. Candy and her mother Delores (Betty’s sister) also visit regularly and bring special treats and baked goods for both women.

Betty and Jo watch daily Mass from their room through RHC’s closed-circuit television system and they enjoy watching Cleveland Indians games together. The enjoyment Betty and Jo get from each other is clearly infectious on the assisted living floor, as visitors regularly stop by their room to sit

and chat at length. A priest who lives on their floor likes to visit the pair frequently, referring to them as “the twins” and their room as the “jolly room.”

On more than one occasion, Jo has said that she does not want to be at RHC without Betty and that she needs to be there for Betty. She explained, “My mission in life is to take care of Betty.” Candy added, “And it’s Aunt Betty’s mission to tie Jo’s shoes. You’re never too old to find love or to live your mission in life.” ♦

Shortly after the writing of this article, Betty Unger quietly passed away.

SPIRITUALITY AND AGING

Spirituality brings meaning and hope to residents and staff, which is why it is such an important part of the services Regina Health Center (RHC) provides. From daily prayers and Mass to the beautiful grounds and gardens, and the way the staff treats each resident with respect and compassion, spirituality creates a peaceful and loving home for everyone at RHC. Below are some thoughts about spirituality at RHC from Sister Donna Mikula, OSU, RHC’s director of pastoral care.

It’s 7:40 a.m. and I walk by the chapel to see a resident in front of the statue of the Blessed Virgin morning after morning in faithful daily devotion. Beginning at 10:10 a.m., the congregations begin to gather for private prayer before daily Mass at 11 a.m.

Throughout the rest of the morning, afternoon and evening, our residents take time to be quiet with their God, Creator and Savior. For 50, 60, 70 and even 80 years, this activity of daily prayer and quiet devotion has made these men and women the holy and faithful people they are today.

Prayer, Mass and Sacraments are an integral part of daily living at RHC. It is as important to our residents as their daily medication and meals. The peace and grace of such lifestyle is noticed by visitors the moment they walk into RHC. Truly it is a house of God! ♦

Thoughtful Gifts Yield Benefits for Donors

By Joseph C. Maurer, CPA

Donors make charitable gifts for many reasons. They may have a genuine concern for the charity they are supporting or the charity has touched their life in an important way. You are reading this newsletter because you have supported Regina Health Center (RHC) in some way. We know how generous you are, and there are ways you can be repaid for your generosity. RHC Board Member Joseph C. Maurer, CPA, provides some suggestions below to make your 2013 charitable giving even more meaningful.

Most people judge their ability to donate to charities like RHC by the current balance in their checkbook. However, bequests are considered one of the most common types of gifting because the assets are no longer needed and in many cases, there are no out-of-pocket expenditures. There are alternative strategies that allow families to assist their favorite charities without compromising their current financial security.

GIFTING LIFE INSURANCE

Life insurance, purchased with the charity as both the owner and beneficiary of the policy, can create an amplified gift that costs pennies on the dollar. The gift of an existing policy by a mature family without the need for the death benefit will allow the charity to sell or surrender the policy and can create an immediate impact instead of waiting for a death benefit. There may also be current tax benefits for donations of life insurance.

TAX-FREE RETIREMENT PLAN TRANSFERS

Qualified retirement plans (IRA, 401k, 403b, etc.) may be taxed at rates of more than 50 percent when passed on to heirs, yet can be transferred tax free to a charity. Tax-free treatment is granted to anyone age 70½ or older on current, direct transfers up to \$100,000 from traditional IRAs to public charities (direct from IRA trustee to charity). This particular tax break, originally scheduled to expire at the end of 2011, was extended to the 2012 and 2013 tax years.

ASSET TRANSFERS

Appreciated real estate, securities or closely held business interests gifted in advance of their sale can mitigate the capital gains tax while creating a meaningful gift for the charity.

TRUSTS & ANNUITIES CREATE INCOME

Charitable remainder trusts and charitable gift annuities can create income for the donor at rates above those available in the financial marketplace, while creating an immediate charitable deduction and the potential for deferring or eliminating capital gains taxes. Charitable lead trusts and retained life estates can maintain the benefits of an asset or transfer of assets to heirs at a reduced cost or tax free while making a gift to charity at the same time. The IRS discount rate on charitable lead trusts is at a very low level, making it more likely that the family will receive the assets back tax free with higher appreciation than if gifted without the trust.

These strategies can be complex, so always consult a trusted CPA or tax attorney.

Joseph Maurer is a certified public accountant with Maurer & Associates in Solon, Ohio. He specializes in tax planning and financial consulting to individuals and medical professionals. For more detailed information, contact Joe at 440.498.9488 or Maureen O'Neill-Laszlo, RHC's director of development, at 330.659.5132.

RHC *Tribute Gifts*

GRATEFUL HEARTS

The Grateful Hearts Tribute Program was established so donors can make a meaningful gift to support Regina Health Center and at the same time, remember or honor a loved one. In 2012, RHC received more than 467 gifts to honor or memorialize loved ones and friends. Listed below are the names of those who are given tribute followed by the names of the contributors. Regina Health Center thanks the generous donors who make gifts to the Grateful Heart program. We congratulate those who have been honored, and extend our deepest sympathy to those who are grieving the loss of a loved one. Our prayers are with all who are listed here—living and deceased.

IN MEMORY AND HONOR

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REGINA SOCIETY WELCOMES TWO NEW MEMBERS

Regina Health Center has recently been listed as a beneficiary in the estate documents of two grateful resident family members. We sincerely thank these thoughtful and generous individuals and welcome them as new members of the Regina Society.

Candy Young
Delores Young

Candy and Delores join the following like-minded individuals who have included RHC in their estate plans. We pray for the Regina Society members who have passed away.

- Rita Burdick
- Marie A. Christopher
- Mr. and Mrs. Richard Connelly
- Dr. Robert M. Eiben
- Karen Frey
- Joseph* and Ruth Graskemper
- Margaret Keehner*
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- Edward J. Spirko
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- Wenceslaus Vozobule*
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We regret if we have inadvertently excluded or misspelled any names. Please call RHC's fund development office at 330.659.5132 so that we can correct any errors. Thank you.

Leave a Lasting Legacy

REMEMBER REGINA HEALTH CENTER IN YOUR WILL

Please remember Regina Health Center (RHC) in your will. Planned gifts have been responsible for more than \$3 million received by generous individuals whose lasting wish was to provide for the mission of RHC. Individuals who include a provision to benefit RHC will be invited to be members of the Regina Society. The Regina Society was established to steward those who have gone to great lengths to remember RHC after their lifetime. Regina Society members will forever be in the prayers of the religious and lay residents at RHC.

Appropriate beneficiary designation is: **Regina Health Center 5232 Broadview Road, Richfield, Ohio 44286**

For more information about including RHC as a beneficiary of your estate or about other planned giving opportunities, including charitable gift annuities that pay income for life, please call Maureen O'Neill-Laszlo at 330.659.5132.

CAREGIVER SPOTLIGHT

RHC Nurses Travel to Boston for End-of-Life Care Training

Nurses spend more time with patients and families facing the end of life than any other health professional. Expert nursing care has the potential to greatly reduce the burden and distress of those facing life's end, and the ability to offer support for the many needs of patients or residents and their families. With that in mind, the End-of-Life Nursing Education Consortium (ELNEC) project was created as a national education initiative to improve palliative care.

RHC's Director of Nursing Janet Cinadr and Cora Perez, RN, attended an ELNEC "train the trainer" event in Boston over the summer to enhance their ability to teach end-of-life-care techniques to other

nurses at RHC. The cost of the trip and training course were generously covered by Joanie Belair, daughter of resident Lois Soss who passed away earlier this year. Joanie also accompanied Janet and Cora on the trip.

As her family was experiencing end-of-life issues, Joanie said she became passionate about helping others understand that the end-of-life experience can be better for those who are dying and their families. She said the trip to Boston was a way to thank RHC's nurses for providing her mother with "wonderful care and love" and so Janet and Cora could receive the materials needed to train RHC staff so residents and families have the best end-of-life experience possible. ♦

"We learned at the conference that RHC is already doing so many things right And now we can look forward to RHC being a leader in end-of-life care." — Joanie Belair, RHC supporter



Holy-In-One Has Another Strong Finish

Holy-In-One 2013 on June 17 at Westfield Group Country Club was another successful event, with more than 200 golfers enjoying a day of golf, food, fellowship and much more. Special thanks to the generosity of Dairymens and Donley's, who again were the Holy-In-One Event Sponsors. Golfers, volunteers and diners commented on how much they enjoyed the full day that culminated with an awards banquet and live auction. Congratulations to Greg Finkler, who won the Pebble Beach vacation sponsored by Yanke Bionics.

"Holy-In-One has been enormously successful for Regina Health Center (RHC). It is not only our premier fundraising event, it is a friend raiser. Our loyal golfers continue to introduce new golfers each year who return in subsequent years," said Maureen O'Neill-Laszlo, RHC director of development. "We have been netting more than \$100,000 per year thanks to our generous sponsors, auction donors and auction winners. The Resident Need auction brought in close to \$20,000 alone." ♦



Award-winning art by an RHC resident

RESIDENTS EXCEL AT ART AND WRITING EXHIBITION

RHC's residents proudly displayed their creativity at the annual LeadingAge Ohio Resident Forum Art and Writing Show. Congratulations to all of RHC's talented residents who entered the show, including those listed below who received awards.

- **Sr. M. Joachim, OSU** Honorable Mention for Poetry
- **Leonard Zmiejewski** Third Place for Fine Art
- **Jackie Rhoney** First Place for Photography
- **Mary Ondrejka** Second Place for Woven Art
- **Sr. Ruth Ann Patrick** Honorable Mention for Woven Art
- **Sr. Ruth Ann Patrick** First Place for Computer Art
- **Larry Nau** Second Place for Special 3D Art
- **Sr. Sienna Ward** Second Place for Special Fine Art

Other awards were given for group work in the categories of story teller and special cooperative art.

RHC STAFF RECEIVE WELL-DESERVED RECOGNITION

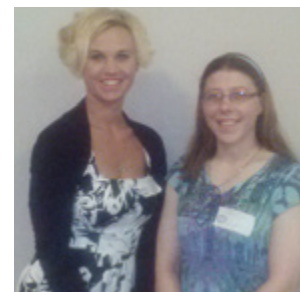
The Regina Health Center staff continues to be recognized for their exceptional service and commitment. The following employees recently received recognition:

Cara Tuzzolino, STNA

was awarded a \$2,500 Caritas Nursing Scholarship. The Caritas Nursing Scholarship was established in recognition of Sr. Mary Patricia Barrett, CSA, for her role in leading the development of the Sisters of Charity Health System. The tuition scholarship is awarded to four individuals in the health system after they have been accepted or enrolled in an accredited nursing program. Cara is a state tested nursing assistant and will graduate from Cuyahoga Community College in 2014 with an associate degree in nursing. Cara continues to work on evenings and weekends at RHC while attending school full time.

Svitlana Gerashchenko

was selected for a 2013 LeadingAge Ohio Foundation Nursing Scholarship. The award is given to those who seek to further their careers in the not-for-profit services for older Ohioans.



Kristine Houdek, STNA and Lisa Clark, STNA

were invited to the 36th Annual Nursing Assistant Convention and Recognition Program in Akron to be on a nursing assistant panel. The panel was structured to encourage others by sharing their successes. Kristine and Lisa talked about the recent award received by Regina Health Center from the Ohio Department of Aging for family satisfaction as an important quality indicator and an important part of person-centered care.

Janet Cinadr, DON

was awarded the Career Technical "Spirit of Service" Award from the Cuyahoga Valley Career Center (CVCC). The award is given to an individual that has demonstrated an exemplary level of personal or corporate commitment either to individual programs or to the overall success of CVCC as evidenced through their actions, contributions, volunteerism or other characteristics that clearly demonstrate positive efforts and actions.

RHC *upcoming events*

June 16 Holy-In-One Golf Outing Moves to Firestone Country Club

The 15th annual Holy-In-One Golf Outing is moving to the legendary Firestone Country Club in Akron. Join us Monday, June 16, 2014, for this premier golf outing at its new location. Holy-In-One is Regina Health Center's major fundraising event. Since its inception, the event has raised more than \$1 million for the care of religious and lay residents who receive 5-star health care services. We look forward to seeing you next June.

REGINA HEALTH CENTER
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WISH *list*

The items listed below are a few things that will help enhance the lives of Regina Health Center residents. If you wish to make a gift for the purchase of a specific Wish List item, please make a notation on the remittance envelope. We will make every effort to apply your gift to the Wish List item of your choice. At times, we receive an overabundance for a particular item 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.

RESIDENT NEEDS

Regina Health Center always strives to create an atmosphere that is warm and inviting, and to provide a home-like feeling for all residents. Resident lounge areas are currently undergoing a makeover, including new paint and furniture. Items needed include:

- | | |
|--|---------|
| – Tennis balls for resident walkers | \$100 |
| – Advent wreath candles | \$50 |
| – Paschal candle | \$200 |
| – Altar bread and wine—approximately a one year supply | \$2,000 |



REGINA HEALTH CENTER

A Ministry of the Sisters of Charity Health System

Please note: Information contained in this newsletter is offered for general information and is not to be interpreted as legal or professional advice. Please consult with your attorney or tax advisor for information specific to your situation.

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