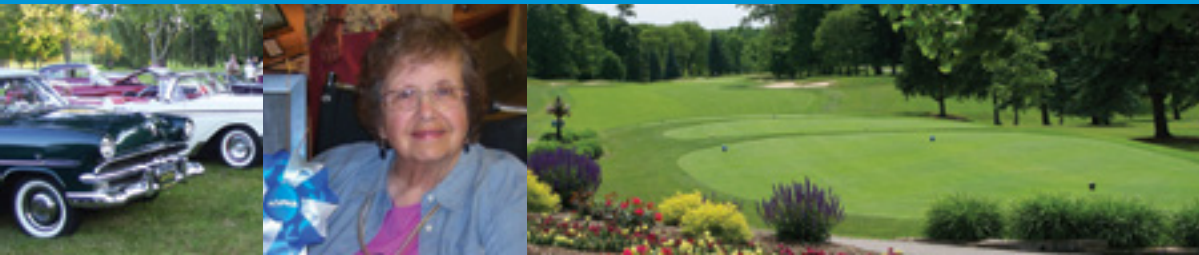


The HEART *of Regina Health Center*



SUMMER 2010

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.

ELEVENTH ANNUAL HOLY-IN-ONE EVENT RAISES RECORD FUNDS

More than a decade after teeing off, the annual Holy-In-One golf outing is more successful than ever. Thanks to 216 golfers, dozens of volunteers and great sponsors, the 11th annual outing helped Regina Health Center raise a record \$105,000 for resident care.

The event, which took place on June 21 at Westfield Country Club in Westfield Center, Ohio, featured a great day of golf, food, prizes and more.

Regina Health Center's leaders thank all participants of the event, as well as its many sponsors and prize donors, including Donley's, Dairymens, the Koch family, Congregation of the Blessed Sacrament, Cavanagh + Hoyt, the Yanke family, the Musca Family Charitable Fund, the Sisters of Charity Health System and the Daverio family.

Special thanks are extended to our golf committee, including Honorary Chairman Bishop Roger W. Gries, OSB, and Co-Chairmen Gerald Boldt and Joe McCarty.

continued on page 2

continued from page 1



Sister Kathy Andrews, CSA, takes a turn at the grill at the grill-your-own steak dinner.

Bob Hale from Benefit Auction Services leads a live auction during the dinner program. The auction raised funds to purchase a commercial-grade system to retain heat in hot meals served to bed-bound residents to ensure they have the same quality meals as all residents. The auction met its goal of raising \$10,000 to purchase the system.



Bill Adams, Mary Lou Adams, Chris Tenik and Joe Tenik



The Maurer & Company, Inc. team included (L to R) Rich Maurer, Joe Maurer, Cindy Maurer and Rich Maurer.

Mark your calendars for next year's outing. June 20, 2011 at Westfield Country Club. Please visit www.holyinone.com for more photos of past events and updates about the 2011 outing.



REGINA HEALTH CENTER INTRODUCES NEW LOOK



We are pleased to introduce a new logo for Regina Health Center. The logo embodies the universal Christian symbol of the cross, which is at the heart of everything we do, and is a strong symbol of devotion. Used across the Sisters of Charity Health System, this symbol recognizes that, together, the system's ministries shine as a beacon of hope by filling unmet health and human service needs—a hallmark of the Sisters of Charity of St. Augustine.

NEW LOOK, SAME MISSION



As you can see from the front page of this newsletter, Regina Health Center has taken on a new logo and a new look for our newsletter. We are excited to share this new look with you as we join with all 20 of the Sisters of Charity Health System's hospitals, foundations and outreach ministries who have adopted a similar logo. Together, we are leveraging the collective strength of the Sisters of Charity Health System to advance our individual and collective missions.

We now have a stronger, united voice in telling our unique story on how the organization impacts the areas of health care, philanthropy, social services, advocacy and elder care to heal individuals, families and communities. As an entire organization, the Sisters of Charity Health System touches the lives of more than 500,000 people each year.

While our look has changed, our mission to serve the needs of residents is stronger than ever thanks to everyone involved with Regina Health Center. Our Holy-In-One golf outing and fundraising event once again had a great turnout and raised record funds for resident care. In an environment of budget cuts and a tight economy, we rely on that kind of support to maintain excellence in the programs, services and quality care we offer.

Additionally, we welcome two new valuable resources to our philanthropic efforts. Christina Walker is the vice president of fund development for the Sisters of Charity Health System. She is working with Regina Health Center to bolster our fundraising capabilities even further. An interview with Christina about her new role is in this issue of *The Heart of Regina Health Center*. We also welcome Maureen O'Neill-Laszlo, RHC director of development, as our new in-house fundraising professional. More information about her new role is in this issue. You'll also find a touching story about the impact music therapy had on one of our residents, plus updates on upcoming events, news items and more in this issue.

As always, we are grateful for your support and invite you to continue your unique role in helping us carry out our important mission.

Brian J. Flannery, NHA, MBA

Executive Director

Spirituality and Aging

BY SISTER MIRIAM ERB, CSA

When you walk into Regina Health Center and visit our residents, there is a sense of peace and comfort that comes from their spirituality.



It stems from a deep prayer life and the respect that each resident receives from the staff. Spirituality helps to deepen relationships with God and one another, to accept sufferings, and to challenge openness to new possibilities.

In addition to many ways for residents to be spiritually nourished throughout the year, Regina Health Center offers an annual faith-based retreat. “Transforming Aging: Saying ‘Yes’ to the Call of Aging” was the theme of this year’s event, which was presented by Sister Ann Billard, OLM. Sr. Ann offered some important points, including that aging is new territory—it is a journey with others, but it is a personal inner journey where guidance from role models is important. She mentioned that aging is a time of letting go. Yet, hearing God’s message reassures that “God is with us on the journey.”

Aging provides the space to be less centered on self and more focused on others, and to offer a listening ear and words of wisdom. Above all, aging provides a special time to be grateful for all of God’s blessings and a time to be transformed in God’s love.

Reflecting on the retreat, Sister Cheryl Keehner, CSA, a temporary resident, said, “Here at Regina Health Center, community is a blessing we share with one another. While on retreat I began to appreciate wisdom as a gift we offer each other in community. Life has so many lessons to teach us.”

Resident Wilda Silvis said, “I was encouraged by Sr. Ann’s words and reminded of our Lord’s words, ‘Do not be troubled or afraid because I am with you.’” ♦

Staying Active

RESIDENT CARE SPOTLIGHT

MUSIC THERAPY HELPS DEMENTIA RESIDENTS SING A HAPPY TUNE

Music serves as a type of universal language, with people of all ages able to relate to it and enjoy it. From singing at daily Mass to participating in specialized music activities, music can have a powerful positive effect on older adults, which is why it's an important part of the Regina Health Center community.

For residents in the center's Special Care Unit for dementia, music is a way for them to express themselves and recall memories that music sparks to help overcome the isolation caused by Alzheimer's disease and dementia. Certified music therapist Brenda Calovini visits residents in the Special Care Unit once a week thanks to a special donation. (See related article "Never Done Having Fun.")

Residents typically sing familiar songs from their youth. They can choose a rhythm instrument to play along and are encouraged to trade instruments and interact with peers. Movement activities with colorful scarves are sometimes included.

.....
"Music makes personal connections with residents. Often as they start to sing, they start to smile, too."
.....

— Brenda Calovini, music therapist

"Music triggers words for them, so while language may be a challenge, when they sing, this isn't an issue. The words to songs often come back. Along with the words come memories and sometimes the words to voice those memories," said Brenda. ♦



Ann's mother, Carolyn.
Image created by Christine McNamara

Never Done Having Fun

BY ANN WILLIAMS

Before my mother, Carolyn, started showing signs of Alzheimer's disease 10 years ago, she was an extremely active, intelligent person who spent her life writing poetry, drawing, sewing, gardening, reading and playing the piano. As the disease progressed, the ability to enjoy each of these activities was taken from her, one by one. I tried to compensate by recruiting friends who would do activities with her. I didn't discover music therapy until later.

continued on page 9

Welcome New *Philanthropy* Staff



CHRISTINA WALKER :: VICE PRESIDENT, FUND DEVELOPMENT

Regina Health Center has a new resource in its fundraising efforts. Christina Walker has joined our parent organization, the Sisters of Charity Health System, as vice president, fund development. In this role, she is responsible for ensuring the long-term growth and expansion of a comprehensive fundraising program at the Sisters of Charity Health System and its 20 hospitals and ministries in Ohio and South Carolina. Christina will be working closely with Regina Health Center staff to extend the culture of philanthropy and enhance efforts to raise vitally needed funds. Previously, she served as director of development for The Cleveland Orchestra, where she oversaw record fundraising activities, including a \$10 million annual fund.

Editors of The Heart of Regina Health Center discussed with Christina the importance of philanthropy to our mission of providing compassionate and quality care for aging sisters, brothers, priests and laity.

HOW DO YOU FEEL ABOUT JOINING THE SISTERS OF CHARITY HEALTH SYSTEM?

I feel honored and privileged to walk in the footsteps of the Sisters of Charity of St. Augustine. I know my experience, skills, strengths and personal passions will be put to the best possible use across the system and at Regina Health Center.

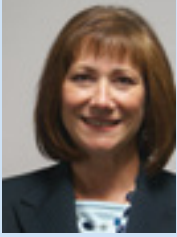
WHY IS PHILANTHROPY IMPORTANT TO REGINA HEALTH CENTER?

There is a growing gap between reimbursement for care provided by Medicaid and Medicare and the actual cost of providing the highest quality care to the deserving residents of Regina Health Center. There is no expectation that the gap will be closed in the years ahead. Regular philanthropic investment from people who share our mission and values is what makes the difference in the programs and services Regina Health Center is able to offer.

HOW CAN SUPPORTERS PARTNER WITH REGINA HEALTH CENTER IN PROVIDING THE BEST EXPERIENCE POSSIBLE FOR ITS RESIDENTS?

By remembering Regina Health Center through regular gifts through the annual Spring Appeal and Christmas Appeal—unrestricted gifts are highly important and very much appreciated. Aside from gifts of cash and securities, future support can be provided through deferred gifts such as will bequests, trusts, retirement asset and life insurance beneficiary designations, charitable gift annuities, and grants. We encourage our supporters to keep Regina Health Center and its residents in their hearts and prayers as we continue building a loving, faith-centered community.

CHRISTINA WALKER can be contacted at the Sisters of Charity Health System at 216.696.8401 or cwalker@sistersofcharityhealth.org.



MAUREEN O'NEILL-LASZLO :: DIRECTOR OF DEVELOPMENT

Regina Health Center also welcomes Maureen O’Neill-Laszlo as our new in-house fundraising professional. Previously, Maureen served as director of major and planned gifts for the Southwest Community Health Foundation, as well as director of endowment and planned giving for The Cleveland Orchestra.

Maureen’s new role at Regina Health Center includes facilitating deferred gifts, which offer individuals the ability to make gifts of a much greater significance, and in some cases retain income for life. One such option is a charitable gift annuity.

Giving that Gives Back

A charitable gift annuity is an agreement in which you exchange a gift of cash or securities for a fixed income for the rest of your life (or for the lives of two people). Cash gifts allow maximum tax-free payments; gifts of securities allow you to minimize capital gains taxes. Benefits of a gift annuity include:

- *Income for life*
- *Tax-free payout*
- *Tax deduction*
- *Capital gains tax savings*
- *Personal satisfaction*

Charitable gift annuities are a way to transform low yielding CDs or stock dividends into more attractive and higher paying income. The income from an annuity can supplement retirement or social security income, and can even be used to help cover health care costs.

For more information, call Maureen at 330.659.5132 or complete and mail the enclosed response envelope (please choose the option: “gift that provides income for my lifetime” and note your age).

BENEFITS OF A CHARITABLE GIFT ANNUITY FOR \$10,000*

Age	Payout Rate*	Annual Payment	Tax-Free Portion	Taxable Income	Charitable Deduction*
60	5.2%	\$520	\$348	\$172	\$1,619
65	5.5%	\$550	\$383	\$167	\$2,382
70	5.8%	\$580	\$422	\$158	\$3,289
75	6.4%	\$640	\$483	\$157	\$4,016
80	7.2%	\$720	\$561	\$159	\$4,728
85	8.1%	\$810	\$663	\$147	\$5,493
90	9.5%	\$950	\$798	\$152	\$6,089

*\$10,000 is the minimum to establish a RHC charitable gift annuity with a minimum age of 60 for immediate payout. Deferred gift annuities offer a higher payout. Payout rates are for a single life payout and are based on the suggested rates provided by the American Council on Gift Annuities. The charitable deduction is based on a 28% federal income tax bracket and an IRS Discount Rate of 2.4%. Rates are subject to change depending on the timing of your gift.



Classic Cars *Cruise* into RHC

Perfect weather greeted more than 60 classic cars for the Regina Health Center Car Cruise-In on August 18. The cars were on display on the front lawn for residents, staff and guests to enjoy and cast votes for their favorites. Residents enjoyed a barbecue, visited with car owners and strolled down memory lane. The three cars with the most votes won “people’s choice” trophies. The event raised more than \$800 for the RHC Activities Department.

Jerry Genter and his 1937 Cadillac won first place at the Car Cruise-In.
Craig & Annette Gorris' 1953 convertible came in second place.



Muscle cars were popular with the Car Cruise-In audience, which awarded Gary Smith and his 1979 Trans Am third place

continued from page 5

A few years ago, I was reading a bulletin board at Baldwin Wallace College about their music therapy program, which caused me to inquire. A music therapy student, Emily Applegarth, began visiting my mother weekly at her assisted living facility with a guitar, scarves and simple instruments.

Music brought mom so much joy that I sought out another music therapist, and found Brenda Calovini, a certified music therapist who had been doing professional music therapy for more than 20 years.

When mom moved to Regina Health Center's Special Care Unit in March, 2009, I was pleased to learn that her music therapists would be welcome. Mom was no longer very aware of her surroundings, but the incredible team on her floor did the best they could for her.

I'll never forget one of the last sessions she had with Brenda where mom, now not remembering many words, strummed the Omnichord and said, "Oh, that's beautiful." She would often say, "I like it" at the end of a song, even when she couldn't sing it.

When mom was with music, mom was mom. And there was love everywhere. Gone was the lost, frightened look in her eyes.

In the end, there wasn't much left for her, but I know the music therapy eased her pain. Knowing the joy she could receive from the music made me feel better. I'll never forget what she said to Brenda at the end of one session, near the end of her life. It was the last poem mom ever wrote.

Brenda told me, "It was kind of a joint effort. She said, 'never done' and I said, 'having fun.' She did often keep playing when the song was over and sometimes, I would go to take the drum and she would have a tight grip on it because she wanted to play more." ♦

.....
Residents of Regina Health Center's Special Care Unit enjoy the benefits of music therapy thanks to a seed grant from Ann Williams and her family in memory of her mother Carolyn, who passed away on Sept. 1, 2009. Additional donations to keep the program going beyond 2010 are most appreciated.

RHC *upcoming events*

Oct. 9 **FALL INTO FASHION**

The Friends of Regina Health Center are hosting their fourth annual Fall Into Fashion luncheon, boutique and fashion show Saturday, October 9. Because of the event's success, organizers have moved it to a larger venue—Embassy Suites Hotel in Independence. This year's event will feature a larger fashion show plus vendors selling boutique clothing, fashion accessories and more. Fashions will be provided by Geiger's Store for Women and Amy's Shoes in Rocky River, and Sword Furs. Proceeds help fund resident events and special projects at Regina Health Center. Another sellout crowd is expected, with less than 450 tickets available. *For more information or to make reservations, contact Rita Burdick at 440-536-8570 or raburdick@sbcglobal.net, or Betty Fortune at 216-398-5952 or kbforch412@cox.net.*

Oct. 23 **FAMILY HALLOWEEN**

Halloween means a big celebration at Regina Health Center for residents and their families, staff and volunteers. Children of each group are invited to trick-or-treat at resident doors, followed by a Halloween party with raffles, crafts, a haunted house, face painting and more from 2 to 4 p.m. on Saturday, October 23.

UNITED WAY RECOGNIZES REGINA HEALTH CENTER VOLUNTEERS

Fortunately for Regina Health Center, more than 100 volunteers make an incredible impact on the lives of residents throughout the year. Unfortunately, the United Way of Summit County Volunteer Center can only honor a handful of those volunteers. Four of our long-standing volunteers were recognized in April at the United Way's ninth annual volunteer celebration held in Akron, Ohio.

Volunteers recognized were:

Marti Garewal – Marti has faithfully led arts and crafts each Monday for residents over the past seven years, helping many of them win awards at the annual Advocate of Not-For-Profit Services for Older Ohioans (AOPHA) art and writing exhibition.

James Goebel – When Regina Health Center needs a lamp repaired, a plug installed or a clock fixed, Jim is there. A retired electrician, Jim has consistently volunteered in the maintenance department eight hours a day, twice a week for the past six years.

Bob and Sharon Rivera – Married 40 years, Bob and Sharon have spent those years volunteering on many different levels. Both are Eucharistic Ministers and for the past nine years, they have volunteered almost daily at Regina Health Center.

EMPLOYEES SHINE BRIGHT AT AOPHA LUNCHEON

Five Regina Health Center employees were recognized in April at the Advocate of Not-For-Profit Services for Older Ohioans (AOPHA) STARS Employee Recognition Luncheon. Congratulations to our 2010 STARS (pictured left to right) Michael Dzion, transportation driver; Angela Iacona, RN; Jacqueline Clancy, activity assistant; and Joanne Parrish, LPN. Sharyn Risko, STNA, is not pictured.

Hosted by the AOPHA, the annual luncheon recognizes front-line employees who were nominated by fellow staff members, residents or resident families for their exemplary service to residents.



The United Way honored RHC volunteers (L to R) Jim Goebel, Bob Rivera, Sharon Rivera and Marti Garewal



CREATIVITY ON DISPLAY AT ART & WRITING EXHIBITION

Residents work all year painting, writing, sculpting, knitting and more to have their masterpieces ready for an annual art and writing competition sponsored by Advocate of Not-For-Profit Services for Older Ohioans (AOPHA). Regina Health Center residents submitted 67 entries, winning 32 ribbons across a variety of categories at the Northeast Ohio region competition in June. The winning entries will go on to AOPHA's statewide competition in early September.

Congratulations to all winners, including first place winners:

Jacqueline Rhoney—Fine Art 2

Sister Therese Rodriguez, SIW—Special Fine Art

Bernice Lipski, Frances Stack, Sister Victoria McQuaid, CSJ, Maryann Robitan, Dorothy Ewanko—Special Cooperative Art

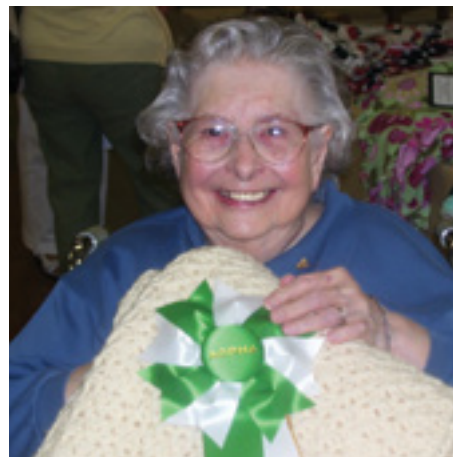
Helen Sliwinski—Special 3-D

Jean Simeone—Poetry

Sister Ruth Ann Patrick, CSA—Prose Fiction

Sister Mary Elizabeth Noel, OP—Prose Nonfiction

Regina Health Center Writing Group—Cooperative Writing



Sister Mary Coletta Polk, CSJ, and her afghan won a ribbon in the woven arts category



(From left to right) Sister Ruth Kerrigan, CSA, displays her Picasso-inspired artwork; Jacqueline Rhoney with her winning painting; and Rose Froelich shows off the hat that won her a ribbon in the wearable art category

REGINA HEALTH CENTER
5232 BROADVIEW ROAD
RICHFIELD, OHIO 44286
reginahealthcenter.org

Nonprofit Org.
U.S. Postage
PAID
Cleveland, OH
Permit No. 2364

WISH *list*

Regina Health Center's leader and staff extend deep gratitude to all who have generously contributed funds or items on our resident wish list. Help us continue to be a blessing to our residents by helping us obtain several needed items. We would be grateful if you could donate special funds to help purchase these items, or purchase them new in coordination with Volunteer Coordinator Marty Craig at 330.659.4161 ext. 5128. We are also seeking volunteers to share their time and talents.

RESIDENT NEEDS

- ✦ Portable chest freezer for resident garden parties and socials (\$200)
- ✦ Three digital cameras for resident use (\$150)
- ✦ Nintendo Wii games for the computer lab (\$50-\$75)

VOLUNTEERS NEEDED

- ✦ Computer art teacher to teach residents fractal art in the RHC computer lab
- ✦ Volunteers to help support the volunteer office, staff the resident store, help with special projects and provide one-on-one visits with residents, including taking them outside to garden areas

PLEASE NOTE: *If the item has been purchased by another donor at the time of donation, we will use the money toward an area of greatest need.*

