



VILLA VOICES

WINTER 2018

LIGHT OF HEARTS VILLA WELCOMES NEW EXECUTIVE DIRECTOR BREANNE CAVILEER



Light of Hearts Villa welcomes new Executive Director Breanne Cavileer, who is a licensed nursing home administrator (LNHA) and a certified dementia practitioner with more than a decade of experience leading skilled nursing and assisted living facilities.

Breanne started in her new role on December 17, following the retirement of Elizabeth (Betty) Hickle. Previously, Breanne was the executive director of Elmcroft of Medina, an assisted living and Alzheimer's care facility. While there, Elmcroft of Medina

received deficiency-free surveys for two years in a row and received high scores in associate engagement. She also was executive director of Emeritus at Canton and the administrator at Rudwick Manor Special Care Center in Cleveland.

“Breanne has proven to be a skilled leader in her executive roles in Northeast Ohio and is devoted to continue our faith-based mission to provide the best possible experience to residents, family members and employees,” said Thomas J. Strauss, president and CEO of the Sisters of Charity Health System. “Betty Hickle left in place a solid leadership team and Breanne is an ideal choice to continue moving Light of Hearts Villa along the successful path Betty developed in carrying out the faith-based mission of this valuable ministry in the community.”

“The board of Light of Hearts Villa sought an executive director that had a proven track record and could bring clinical expertise to serve the residents of Light of Hearts,” said Carol Szczepanik, board chair of Light of Hearts Villa. “Based on Breanne’s experiences and background, we are confident that she will continue to enhance services to meet the needs of our residents.”

:: OUR MISSION

We are devoted to providing premier senior residential living and community outreach services. Through our faith-based values, we affirm the integrity of each person and encourage them on their journey of aging.

Lighting the way for senior care.

Make the Holidays Special

We all enjoy those magical moments that just happen during the Christmas season.

Here are a few fun tips from Light of Hearts Villa staff to make the holidays—and any time of year—special and more memorable for all.



MAKE YOUR VISITS SPECIAL

When visiting your loved one, do something special and encourage their participation. Here are just some ideas:

- Get them out of their room.
- Play cards in the game area.
- If you have the talent, tickle the ivory on one of the pianos available.
- Invite other residents to play or sing-a-long.
- Talk about family traditions and carry some of them out.
- Go to the café and share a treat, have a beverage and enjoy some laughs.
- Be positive and upbeat, bring a board game, look through family photo albums—just spending the time is special to them.

TAKE THEM OUT

Getting mom or dad out of their apartment and the building, if possible, can be uplifting for all. Do simple things, like:

- Take them out for some hot chocolate and a ride to see the lights.
- Take them to hear a local church choir at one of the many performances during the holidays.
- Visit with the grandchildren and let them see the excitement they're enjoying.
- Visit with family and old friends they haven't seen recently.



ENCOURAGE THEIR PARTICIPATION

Residents being active in Light of Hearts Villa and outside activities is important to having a meaningful Christmas season. If you have time off and can stop by when an activity is happening, please join in and participate with your loved one. Activity schedules are available at the front desk. Meet some of the other residents, have fun and enjoy a beverage in the café.

For our residents, being engaged and spending time with family and friends during the holidays, and any time of year, is truly time well spent. ♦



The Gilmour Academy Make A Difference Club and band members.

The “Make A Difference Club” Does Just That



M.A.D. Club founder Madison Wagner and Santa sharing a gift and cheer with resident Grace Valore.

The M.A.D. (Make A Difference) Club is an organization of students working together to build enthusiasm within their schools and outside in the community by joining in a movement of creative ideas and volunteer time to make a positive difference in the lives of others. The founder of this club, Madison

Wagner, and friends in the club have certainly made an impact at Light of Hearts Villa.

Over the past several weeks, the M.A.D. Club from Gilmour Academy has brought plenty of cheer to residents and staff. Most recently, they hosted a Christmas party complete with decorations, cupcakes, Christmas cookies, chips, beverages and music performed by members of the Gilmour Band. They provided each resident with a present and had prize drawings throughout the afternoon for beautiful Afghan blankets, ornaments and other gifts.

The group also assisted Light of Hearts Villa staff at the Halloween Party, bringing lots of smiles, treats and a sing-a-long dance routine performance. The group stayed through cleanup and helped with transporting residents back to their rooms.

The M.A.D. Club began in 2015 at the Academy of Saint Bartholomew. It initially started as The Peanut Butter & Jelly Society with 48 members making peanut butter and jelly sandwiches and delivering them to the West Side Catholic Center for the homeless. From there, the pilot program continued to be successful and the Make A Difference Club was founded.

Currently, the M.A.D. Club has established chapters at St. Bartholomew, Gilmour Academy and several other Northeast Ohio high schools and elementary schools where students continue to make a difference in the lives of others. ♦



BalloFlex Fitness Program Brings Smiles and So Much More

When the Balloflex Fitness program was reintroduced to residents in May, little did anyone know what its impact would be. Life Enrichment Director Anne Messer knew the Light of Hearts Villa staff and residents would quickly take a liking to residents enjoying the upbeat pace and being energized by the exercise program.

I was able to keep my spirits up, stay fit and still do what I love during one of the most difficult periods in my life” said Julie.

Julie, a competitive triathlete, yoga, Zumba and dance instructor, turned to exercising in a seated position after the accident. What she discovered was this form of exercise strengthened and toned her body, as well as her mind and spirit. Julie began to share this knowledge, developing the BalloFlex Fitness program. The program is currently in more than 100 senior living facilities, and growing nationally to include every age group, all of whom can benefit and be inspired through fitness.

Light of Hearts Villa was one of the inaugural sites to offer BalloFlex three years ago. Anne witnessed the life and enthusiasm it brought to residents, which helped make participation high. After taking a break for a year due to budget constraints, Anne reached out to Julie to see about the program returning. With Julie’s blessing, they worked out a plan. Anne sent

BalloFlex is a dance exercise program performed in a seated position created by accomplished athlete and fitness expert Julie Buckeye. The program is centered on increasing strength and flexibility to the abdominal and core area while exercising to upbeat, high-energy music.



Julie Buckeye

“The BalloFlex Fitness program gave me a new lease on life after a serious car accident that limited my mobility. I’ve been active my whole life and the thought of having to give up sports and dance almost sent me into a deep depression. Thanks to BalloFlex,

Diann and Ann Marie, two of our life enrichment coordinators, to become certified BalloFlex instructors. Since July, BalloFlex has become a weekly 30-40 minute workout with great attendance.

“It brings the residents excitement and happiness. It is something they look forward to and brings them fitness and a sense of accomplishment when the session is complete.”

—Anne Messer, life enrichment director

SPREADING THE WORD ON SOCIAL MEDIA

BalloFlex has also brought Light of Hearts Villa much notoriety through Facebook and in the social media world. Families enjoy seeing the workout videos and share them with their family and friends. It has helped the Facebook page increase “likes” nearly 70 percent since the spring and continues to rise monthly. Diann and Ann Marie recently included the “Hang on Sloopy” Ohio State version song to their workout. It was sent out on two different videos over Facebook and has been viewed by nearly 13,000 Buckeye fans.

Simply type in the Facebook search bar “Light of Hearts Villa” and enjoy the many posts of this engaging activity that has energized residents. ♦



WAYS TO GIVE

There are many ways for individuals, companies and foundations to achieve their philanthropic goals through support of the Light of Hearts Villa mission of providing premier senior residential living and community outreach services in a loving, faith-based environment. A secure online donation form is available at lightofheartsvilla.org.

Additional giving options, which may offer current or future tax benefits, include:

- Gifts of appreciated securities
- Retirement asset and life insurance beneficiary designations
- Bequests
- Event sponsorships
- IRA charitable distributions
- Grants

For more information about these or other giving options, please contact Fund Development Manager Rosanne Drake at 440.232.1991 ext 560 or rosanne.drake@lightofheartsvilla.org.

NEWS *and* NOTES

RESIDENTS ENJOY QUALITY OF LIFE PROGRAMMING

Light of Hearts Villa offers a broad range of quality of life programming, which affirms a commitment to the dignity and fullness of life. Here's a look at two of those activities—this fall's Halloween party and September prom.



Congratulations!



Karen Champa, assistant director of dietary, assistant chef, received the 2018 OALA (Ohio Assisted Living Association) Honoring Excellence Award.

Betty Hickle retired in October after five years serving as executive director.



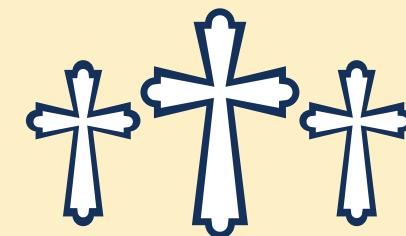
NATIONAL DAY OF ENCOURAGEMENT

The day after 9/11 is known as a National Day of Encouragement. This year, on September 12, Light of Hearts Villa had a Mass and reception, inviting the Bedford safety forces, giving them thanks for all they do for residents and the facility. Anne and Diann from life enrichment also delivered a tray of treats to the UH Bedford Medical Center Emergency Room.



FALL FEST

Nearly 500 attendees enjoyed a beautiful day, food and friendship at Fall Fest 2018 supporting the Sr. Helen Scasny, SC Benevolent Fund, which provides for residents who outlive their financial resources. Thank you to all our generous supporters.



In Memoriam

With sadness, we pray for our residents who have gone to the Lord and extend our heartfelt condolences to their families.

Ruth Anielski	1/2018
Wanda Menzel	1/2018
Jean Szymen	1/2018
Raymond Hlavaty	2/2018
Dimitri Leondarides	3/2018
Jean Masek	4/2018
Patricia Marzec	5/2018
Nicholas Seekely	6/2018
Mildred Stankie	7/2018
Jean Wisniewski	7/2018
Esther Baczkowski	7/2018
Victoria Marsolek	9/2018
Joanne Sikich	9/2018
Beatrice Miskow	9/2018
Margaret Hlavaty	9/2018
Myrna Munsey	10/2018
Olga Zelei	10/2018
Rose Gizzo	10/2018
Florence Kennedy	11/2018
Antoinette Paradise	11/2018
Freda Trocchio	11/2018
Anne Bender	11/2018
Rose Marie Jaces	12/2018

UPCOMING Events

Join Us in Prayer and Celebration:

Wishing you a Merry Christmas and a Happy New Year!

January 1, 2019
9:30 a.m. New Year's Day Mass

January 5
4:00 p.m. Feast of the Epiphany Mass

April 10
9 a.m.-12 noon Ethics of Medical Marijuana Use In Health Care
Dr. Jim Collins, 3 CEU Seminar
RSVP no later than March 25
to 440.232.1991 ext. 506



LIGHT of HEARTS VILLA

A Ministry of the Sisters of Charity Health System

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AS A PEARL'S BEAUTY ENHANCES WITH AGE... SO TOO HAS OUR MISSION.

Save the date

APRIL 26, 2019

*to attend the Light of Hearts Villa
30th Anniversary Gala*

Guest Speaker:

Regina Brett, Journalist & Author

Landerhaven

6111 Landerhaven Drive
Mayfield Heights, OH 44124

Please contact:

Rosanne Drake

*440.232.1991 ext. 560 or
rosanne.drake@lightofheartsvilla.org
for more information.*



LIGHT of HEARTS VILLA

A Ministry of the Sisters of Charity Health System

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