



VILLA VOICES

SUMMER 2019



Light of Hearts Celebrates 30 Years



Regina Brett inspires the crowd with her stories and history with Light of Hearts Villa and her mom.



Light of Hearts Villa celebrated its 30th anniversary with a sold-out anniversary gala

on April 26. Guests enjoyed cocktails and dinner; a wine pull, gift card raffle and sideboards; and an inspirational speech from renowned author Regina Brett. Sr. Judith Ann Karam, CSA, congregational leader of the Sisters of Charity of St. Augustine, and Thomas Strauss, president & CEO of the Sisters of Charity Health System, also spoke at the gala. In addition, guests learned about future enhancements to Lumen Lane, the Light of Hearts Villa memory care unit, and then generously donated \$50,000 to help create a dedicated activity center and special programming for memory-care residents. ♦



Enjoying their evening at the gala are Jan Murphy, Valerie Hawkins, Tom Strauss, Melissa Rogers, Thom Rogers, Mark Coteleur and Sr. Judith Ann Karam, CSA.

THANK YOU FOR 30 YEARS OF COMPASSIONATE CARE.

Bob & Jean Smolko

In memory of Bonnie Ignaczak,
George & Mary Ignaczak, Tom & Rose Smolko

Intergenerational Programming

SHARING TALENTS AND SMILES WITH RESIDENTS

Intergenerational programming—which is bringing different generations together for activities and events—has been a big hit at Light of Hearts Villa, with a number of groups and individuals engaging with residents over the past several months.

Beyond the positive reaction of LOHV residents, studies have underscored the importance of intergenerational programming. Generations United, a non-profit whose mission is to improve the lives of children, youth and older people through intergenerational collaboration, public policies and programs for the enduring benefit of all, has studied this programming.

Some benefits they uncovered include:

For Older Adults

- Older adults learn new innovations and technologies from their younger counterparts.
- Older adults who regularly volunteer with children burn 20% more calories per week, experienced fewer falls, were less reliant on canes and performed better on memory tests than their peers.
- Older adults with dementia and other cognitive impairments experience more positive effects during interactions with children than they did during non-generational activities.

For Children

- Interacting with older adults enables youth to develop social networks, communication skills, problem-solving abilities, positive attitudes toward aging, a sense of purpose and community service.
- Youth involved in intergenerational mentoring programs are 46% less likely to begin using illegal drugs, 27% less likely to begin using alcohol and 52% less likely to skip school.
- Children and youth gain positive role models with whom they can interact on a regular basis.

For the Community

- Intergenerational programs bring together diverse groups and networks and help dispel inaccurate and negative stereotypes.
- Children, youth, and older adults are less alienated while the community recognizes that they can be contributing members of society.
- Intergenerational programs promote the transmission of cultural traditions and values from older to younger generations, helping to build a sense of personal and societal identity while encouraging tolerance.

If you know of a group who may have talents to share, please have them call Anne Messer, director of life enrichment at 440.232.1991 ext. 514, to learn more and schedule a date to visit.



Light of Hearts Villa received visitors from Bedford High School, Gilmour Academy, Good Samaritan College, Notre Dame College, St. Barnabas and Wadsworth High School.

Seton Safety Net Food Closet Bridges a Gap for Seniors in Need

For seniors in the Bedford community in need of a helping hand when their fixed income doesn't quite meet their needs and the cupboard stands bare, the Light of Hearts Villa Seton Safety Net Food Closet is there to help. During these times of need, Sr. Regina Kusnir, SC, director of campus ministry, and Robert Evans, social work coordinator, step in to help seniors who have contacted a county agency for assistance and have been referred to Seton Safety Net.

The name comes from St. Elizabeth Ann Seton, who was an American-born saint. She was a wife, mother, educator, nurse, widow and founder of the first American religious community for women, the Sisters of Charity, whose members today help staff Light of Hearts Villa.

Seton Safety Net for Seniors receives an average of 800 requests for help each year, with summer, winter and holidays being the highest need times of the year. Donations come from many groups, organizations, churches, companies and individuals to sustain the need. The Ohio Catholic Federal Credit Union Garfield Hts. branch recently held an employee food drive, donating non-perishable foods, pasta, cereal, canned fruits and vegetables, as well as cash. This is a simple way to get involved and help those less fortunate.

For more information about the Seton Safety Net or to donate, please contact Sr. Regina Kusnir or Robert Evans at 440.232.1991. ♦



Richard, an 87-year-old veteran and resident of Bedford, visits with Robert Evans and appreciates the assistance that helps him to get through the week.



Ohio Catholic Federal Credit Union's Garfield Hts. Branch Manager Kelly New and Outreach Coordinator Dean Robinson present Sr. Anita Maroun with a full cart of canned and boxed items. They also presented a cash donation from their employees for the Seton Safety Net Food Closet.





SPONSOR SPOTLIGHT

The Sisters of Charity Health System

SISTERS OF CHARITY HEALTH SYSTEM OVERSEES 168-YEAR LEGACY OF COMPASSIONATE CARE

If you've driven through downtown Cleveland, you've probably seen St. Vincent Charity Medical Center sitting just southeast of Cleveland State University. Right across the street is a smaller building with a bright blue "Sisters of Charity Health System" sign at the top.

How is this related to Light of Hearts Villa? In multiple ways, because Light of Hearts is a sponsored ministry of the health system.

According to the Catholic Health Association of the United States, sponsorship of Catholic health care involves promoting and assuring Jesus' healing mission. Those who sponsor are responsible for the continued viability of the health care ministry, promoting its ongoing mission and animating its life.

The Sisters of Charity Health System was established in 1982 as the parent corporation for the sponsored ministries of the Sisters of Charity of St. Augustine

in Ohio and South Carolina. The Sisters of Charity of St. Augustine, since founding in 1851, continues a faith-based legacy of high-quality, compassionate care in partnership with its co-ministers, who are the heart and hands of the ministry.



The 5 core values of the Sisters of Charity Health System

The health system became the sole sponsor of Light of Hearts Villa in 2014. From 2001-2014, the health system and the Sisters of Charity of Cincinnati jointly owned Light of Hearts Villa. The two organizations formed an innovative collaboration in 2001 to enhance elder services in Northeast Ohio with a shared sponsorship of the facility, which was opened by the Vincentian Sisters of Charity in 1989. Today, the Sisters of Charity Health System solely owns two Catholic hospitals: St. Vincent Charity Medical Center and Mercy Medical Center in Canton, Ohio, as well as Regina Health Center in Richfield, Ohio, which provides skilled nursing and assisted living. The health system also oversees three grantmaking foundations in Cleveland, Canton and Columbia, South Carolina, each of which works to address the causes and consequences of poverty. The health system also has multiple other health and human services and education-related organizations in Ohio and South Carolina.

"In the spirit of the Sisters of Charity of St. Augustine, the mission of the health system is to extend the healing ministry of Jesus to God's people and serve as a beacon of hope devoted to healing and addressing the unmet needs of individuals, families and communities," said Sister Judith Ann Karam, CSA, congregational leader of the Sisters of Charity of St. Augustine. "Light of Hearts Villa is a perfect fit with this mission by providing faith-based care and an enhanced quality of life for older adults."

To learn more, visit sistersofcharityhealth.org ♦

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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

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SHARING HER LOVE OF ART



The progression of Hannah's painting, "Sunset Over the Sea"



Growing up, Hannah Clasen loved hanging out with her sisters. They would often pull out crayons and coloring books or paper and colored pencils. From those early days Hannah loved how she felt when doodling and drawing different scenes and sketches. Little did she know then it would begin her road of learning more skills and educating herself on the meaning of the many forms of art and what it can do for others.

Since joining the Light of Hearts Villa (LOHV) Life Enrichment staff in the spring of 2018, Hannah has put her love of art and her education to good use in many of the activities with residents. When asked what she tries to portray in her own paintings, she said, "I enjoy painting and want to bring out an emotion. Those emotions have feelings attached to them and some of those feelings are attached to memories. Art can be very expressive, meaningful and therapeutic."

Hannah has shared her talents and love of art with two pieces she has painted for LOHV, which are both hanging in the dining room. The first one she completed in April is called "Sunset Over the Sea," which is an abstract painting featuring several bold, vivid colors that bring life and meaning to the painting. (See the in-process photos (to the left) to see how the painting progressed over the five weeks she worked on it.). The second painting, "Misty Morning," shows the sunrise through a wooded area as a soft, colorful mist is being burnt off.

Residents have enjoyed both paintings and expressed their appreciation of Hannah's talents, making comments like "they're great", "she's very talented" and "I love them. They were made for us."

Hannah is a counseling and art therapy graduate student at Ursuline College. Her paintings have been in juried art shows as well as school and community events. In her role as a life enrichment assistant, she conducts a variety of resident activities. Anne Messer, director of life enrichment praised Hannah. "She stepped right in working with residents and staff alike. Hannah is very talented and portrays confidence and a very caring nature in her work. She brings creativity and a positive attitude to our team," said Anne.

In addition to her duties at LOHV, Hannah will begin an internship at University Hospitals using art therapy to help cancer patients use their creativity to help the healing process. ♦

NEWS *and* NOTES



ANNIVERSARY MASS A large crowd attended the 30th Anniversary Mass & Reception in February to celebrate the many accomplishments and vision of Light of Hearts Villa.



EMPLOYEE RECOGNITION LOHV honored several staff members celebrating their 5th year anniversary at an employee recognition ceremony. Pictured are Dennis Koher, Marina Baskin, Sr. Sandy Emrich, HR Director Kathleen Rizer, Rayanna Hinkle, Carin Andrzejewski, Jeri Romanski and Executive Director Breanne Cavileer.



15 YEARS Executive Director Breanne Cavileer celebrates with Marie Usko on her 15th year at LOHV.



RENOVATION Executive Director Breanne Cavileer and Director of Life Enrichment Anne Messer show off the transformational remodel of the grand parlor area outside the dining room. The renovation brought new carpeting and sunscreen shades, fresh paint, floating shelves, framed pictures of residents and a 75"-flat-screen television connected to Netflix.



THANK YOU Ginny, an LOHV resident, spent several days working on thank you cards for all anniversary gala attendees.



ENRICHMENT Hannah, one of LOHV's many talented life enrichment coordinators, took residents through a retreat-style (interpersonal) evening session of mindful art. They listened to two different styles of songs. They stopped after each song and were asked to stay quiet, stay in the moment and then draw or write expressing their thoughts or emotions felt from the songs. This is just one of the many activities LOHV uses to work with residents on keeping their focus.



CRAFTY Easter brought a fun and creative activity, creating door decorations or in some cases, a unique spring hat.



FLEA MARKET Volunteers gather for a lunch break on the last day of the recent summer flea market. Many thanks to all the volunteers who helped throughout this very successful event. The leftover items were donated to Another Chance of Ohio. This faith-based non-profit serves men, women and children throughout Cuyahoga County and the Greater Cleveland area.

JOIN HANDS DAY

Many volunteers were on hand for Join Hands Day in May, doing a spring clean-up, planting new flowers and playing bingo with residents.

The First Catholic Slovak Ladies Association had a nice group on hand to assist with activities throughout the day.



GREAT PERFORMANCE Residents love these ladies from the Macedonia Recreation Line Dancers. They come by every couple of months and put on a great performance.



BARNYARD GAMES A fun afternoon of barnyard games, which included a chicken toss, mock milking station and horse racing.



OUTDOORS

Residents have been enjoying the back patio this summer with happy hour and many other entertaining activities.



Check our Facebook Page under Light of Hearts Villa for the latest updates on Villa happenings.



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UPCOMING *events*

Light of Hearts Villa provides independent and assisted living, memory and respite care. Below are some upcoming events. For more information, call 440.232.1991.

October 13 12 - 5 p.m. *Fall Fest dinner fundraiser. Dinner, raffle, craft fair and more. For more information contact Rosanne Drake at 440.232.1991 ext. 560 or Rosanne.Drake@LightofHeartsVilla.org*

December 7 *Christmas decorating day; families and friends welcome; pizza lunch; please RSVP by Dec. 1 to Anne Messer at 440.232.1991 Ext 514.*

December 14 1:00 p.m.
A Christmas Celebration. Sponsored by the First Catholic Slovak Ladies Association for residents followed by Mass at 4 p.m.

March 25, 2020 *Artificial Intelligence; Healthcare Ethical Complications and Concerns with Dr. Jim Collins; 3 CEU Seminar*

April 18, 2020 *All School Reunion for all Lumen Cordium Alumnae*



**30th ANNUAL
FALLFEST**
LIGHT OF HEARTS VILLA
OCTOBER 13, 2019

November 1 7:00 p.m. — *Mass for deceased Lumen Cordium alumnae*

November 7 6:30 p.m. — *Mass of Remembrance for our deceased residents*

November 28 9:30 a.m.
Thanksgiving Mass

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.

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