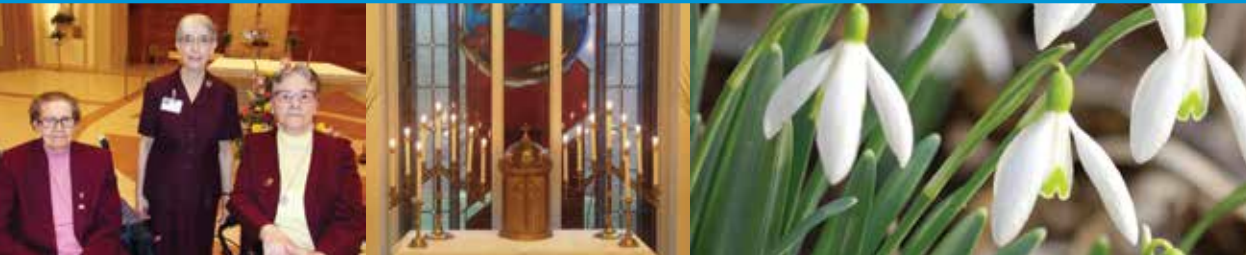




The HEART of Regina Health Center



SPRING 2017

MISSION

Regina Health Center provides compassionate and holistic health care services primarily for members of religious communities, clergy and for other persons needing supportive services or residential nursing care. Regina Health Center is a collaborative ministry sponsored by the Sisters of Charity Health System.

RESIDENT SPOTLIGHT

Thank God for Irish Sisters

Sisters Anne and Joan Walsh, SIW, have taken a long, winding road to get to Regina Health Center (RHC). Their father was a farmer in Limerick, Ireland, and the sisters loved to help around the home and farm. From an early age, they knew they were made to serve.

While in their teens, the local bishop announced that America was looking for nuns to help educate the growing population of Catholic children. Their father had already left for America to find new work. At the time, Ireland had many religious sisters and the young girls responded to the bishop's call for help.

.....
“This is what God wanted for us.”
.....

— Sister Anne Walsh, SIW

Four days before Christmas in 1948, they joined a group of about 20 young women who left their homes in Ireland for America to enter the order of the Sisters of the Incarnate Word (SIW). They attended college and then began teaching at various Cleveland Diocesan schools, eventually landing at the Incarnate Word Academy in Parma Heights, Ohio. Sr. Anne's favorite subjects to teach were English and history. Sr. Joan loved teaching reading and English, and loved to diagram sentences.

Their students regularly entered the local speech contest organized by St. Edward's High School—and they regularly won. When Sr. Anne was asked how they did it, she replied in her strong Irish brogue, “We were trained in poetry, speech making and reading in the green fields of Ireland! We were focused and dedicated.”

The sisters like to share fun stories about their early days as Sisters of the Incarnate Word, including a memorable trip to the Cleveland Zoo where they were dressed in full habit and headdress on a hot late spring day. They had to walk the students several blocks from the school to the zoo, which fit with their mantra of never giving up. “It was so hot,” said Sr. Joan.

continued on page 3



FILLING SOME BIG MEDICAL SHOES



In the last issue of *The Heart of Regina Health Center* newsletter, I wrote about how there's something different about Regina Health Center (RHC)—different in a good way. The compassionate, faith-based care we provide is evident everywhere, including the medical care residents receive.

The exceptional medical care provided wouldn't have been possible without the dedication and 23-year commitment of our medical director, Daniel Menyah, M.D. RHC was blessed to have Dr. Menyah serve as the sole medical director from the time our facility opened in 1993 until he retired from this role in 2016. In the skilled nursing industry, that type of longevity is often rare.

All skilled nursing facilities are required by state standards to have a medical director, with their primary role being oversight of the facility's medical program. Dr. Menyah went well above and beyond state requirements. He took great pride in being our medical leader, continuously looking out for the best interests of residents and RHC by staying connected to the latest research and trends in long-term care. He took the time to truly care about each and every resident. For that and much more, we are truly appreciative.

Welcome Dr. Mey Somasundaram

While we were sad to see Dr. Menyah leave the RHC family, we were pleased to welcome Mey Somasundaram, M.D., in his new role as medical director. It's obvious that he is uniquely qualified to fill the big shoes left behind; he's been an attending physician at RHC since 1998 when he joined the Sisters of Charity Health System as an internist in geriatric medicine for St. Vincent Medical Group.

That means he understands our mission and has extensive experience providing compassionate health care. Like Dr. Menyah, he's also an academic, constantly doing research and staying on top of the latest trends. As a good listener and someone who is always in a good mood, he has a very warm bedside manner that our residents really appreciate.

Welcome Dr. Somasundaram and welcome to another issue of *The Heart of Regina Health Center*. On these pages, you'll read about our ongoing commitment to provide residents with the compassionate and holistic health care services expected from a top-rated facility.

MARK C. YANTEK, LNHA

Executive Director, Regina Health Center

RESIDENT SPOTLIGHT: Irish Sisters *continued from page 1*

“But we did it. It’s what we came here for.”

Sr. Anne once attended an educational convention in Chicago and had the privilege of hearing Mother Teresa of Calcutta speak. Mother Teresa told them, “Go back to your classrooms, teachers. You have your Calcutta there.” Mother Teresa was beatified by Pope John Paul II in October 2003.

Sr. Joan’s compassionate nature can be attributed to Mother Brendan, a past superior of the congregation who influenced her through wisdom and gentleness. Sr. Anne’s actions can be attributed to her drive to make an impact on others. “The Spirit of God leads the way. My message to young people is to dream of making a difference in our world. You must hang around with God to do that,” said Sr. Anne.

Her favorite Beatitude is: Blessed are the peacemakers for they shall be called children of God. She said that Beatitude fit well with her career as a teacher. “I was often called to be a peacemaker, especially following the recess period,” said Sr. Anne.

Mark Yantek, RHC executive director, had the privilege of being a student of the SIW sisters. He said, “They were great educators. It’s why they came here from Ireland, and they did it very well.”

He also remembers times when he wasn’t the “perfect” student and the sisters “helped” show him the way. Mark said he is blessed to be in a position to help care for those who taught him on many levels since RHC is the home of many retired SIW sisters.

Sister Margaret Taylor, congregational leader of the Sisters of the Incarnate Word, said the order is proud to be one of the original 22 congregations to have come to RHC for health care in 1993 when the Sisters of Charity of St. Augustine converted a portion of their Motherhouse into a home for retired religious and clergy. Sr. Margaret served as director of admissions at RHC from 2001-2015. She continues her role at RHC as intercongregational liaison, ministering to the needs of religious and clergy.

Both Sr. Joan and Sr. Anne enjoy being residents at RHC. Sr. Anne can quickly tick off a list of what she likes. “I appreciate the cleanliness of RHC and all the activities. They have a terrific band of helpers. It’s a busy place. We can’t do it all. There couldn’t be a better place to be at this time in our lives,” said Sr. Anne. Sr. Joan added, “We love it here at Regina Health Center.” ♦



Sisters Anne and Joan Walsh, SIW, with Sister Margaret Taylor (middle), congregational leader of the Sisters of the Incarnate Word

“I pray that we will be long gone before the devil knows that we are dead!”

— Sister Joan Walsh, SIW



BACK FOR MORE

DONORS ESTABLISH MULTIPLE CHARITABLE GIFT ANNUITIES

Regina Health Center's Charitable Gift Annuitants keep coming back for more. After establishing one charitable gift annuity, many of these well informed donors come back to establish another one. Two annuitants have each established four charitable gift annuities. Why do they keep coming back? And why should you consider a Regina Health Center Charitable Gift Annuity?

1. RHC donors love and appreciate our mission.
2. A charitable gift annuity is a simple agreement between the donor and RHC. It is a gift to Regina Health Center.
3. RHC promises to pay reliable, fixed quarterly income payments for life for individual or joint annuitants.
4. Payout rates are higher than most bank certificates of deposit or dividends.
5. Income payments are backed by all of the assets of the organization.
6. The income rate is dependent on your age and whether it is an individual or joint annuity; immediate payout or deferred. The older you are, the higher the rate.
7. A portion of your annuity payments will be tax-free, and you will receive a charitable income tax deduction in the year that your gift annuity is established.
8. If you donate appreciated securities, you will also receive favorable tax treatment on the capital gain.
9. There are no fees to establish your annuity.
10. Income from your charitable gift annuity can help supplement retirement income, fund vacations, medical expenses or a multitude of other uses.
11. Since a charitable gift annuity is a gift, any remainder in your annuity will go directly toward RHC's mission of providing compassionate and holistic health care services to the members of religious communities, clergy and lay residents who live and rehabilitate here.
12. RHC gift annuitants also become members of the Regina Society, which was established to recognize donors who make a planned gift to benefit this ministry of the Sisters of Charity Health System.
13. Regina Society members receive recognition in the RHC newsletter and on the donor wall in the main lobby, and receive invitations to special RHC events.

If you've ever thought about doing more to help support RHC's mission, consider a charitable gift annuity. You will maintain some control of your asset since the annuity will pay you income for life while offering additional benefits. An annuity can be established with as little as \$10,000 for donors age 60 and above.

Call Maureen O'Neill-Laszlo at 330.659.5132 for more information and to order a personalized, no-obligation illustration showing the income and tax benefits you can gain. All requests are kept confidential and we honor all requests for anonymity.



Please consider leaving Regina Health Center in your will. You can designate funds for general operating or the Regina Health Center Endowment Fund. The proper beneficiary designation is:

**Regina Health Center
5232 Broadview Road
Richfield, Ohio 44286**

**Tax ID Number:
34-1722394**

Thank you!

SAMPLE IMMEDIATE PAYOUT \$20,000 CHARITABLE GIFT ANNUITY ILLUSTRATION

| AGE AT ESTABLISHMENT | FIXED ANNUITY RATE | EQUIVALENT RATE OF RETURN* | ANNUAL PAYMENT (PAID QUARTERLY) | INCOME TAX DEDUCTION |
|----------------------|--------------------|----------------------------|---------------------------------|----------------------|
| 65 | 4.7% | 6.9% | \$940.00 | \$7,226.60 |
| 70 | 5.1% | 7.7% | \$1,020.00 | \$8,389.00 |
| 75 | 5.8% | 9.0% | \$1,160.00 | \$9,300.60 |

SAMPLE DEFERRED \$20,000 CHARITABLE GIFT ANNUITY ILLUSTRATION

| AGE AT ESTABLISHMENT / PAYOUT BEGINS | FIXED ANNUITY RATE | EQUIVALENT RATE OF RETURN* | ANNUAL PAYMENT (PAID QUARTERLY) | INCOME TAX DEDUCTION |
|--------------------------------------|--------------------|----------------------------|---------------------------------|----------------------|
| 65/68 | 5.4% | 7.9% | \$1,080.00 | \$8,346.80 |
| 70/73 | 6.0% | 9.0% | \$1,200.00 | \$9,666.60 |
| 75/78 | 7.0% | 10.6% | \$1,400.00 | \$10,880.40 |

If you've ever thought about doing more to help support RHC's mission, consider a charitable gift annuity. You will maintain some control of your asset since the annuity will pay you income for life while offering additional benefits. An annuity can be established with as little as \$10,000 for donors age 60 and above.

Charitable Gift Annuity calculations are for illustration purposes only and should not be considered legal, accounting, or other professional advice. Your actual benefits may vary depending on several factors, including the timing of your gift. Illustrations based on cash for an individual in the 28% Federal Income Tax bracket.

**Equivalent Rate of Return shows an adjustment up due to tax-free portion.*

CAREGIVER SPOTLIGHT

Welcome New Activities Director Vicky Putt



Welcome (back) to RHC's new activities director, Vicky Putt, ADC, CDP, who re-joined RHC in November. The initials after her name signify that she is both a Certified Activities Director and a Certified Dementia

Practitioner, which means she has to meet exacting national standards set for her areas of expertise. These standards include academic education, activity experience, continuing education, national exams and ongoing qualification renewals for each.

Vicky previously worked at Regina Health Center in 2014 as an activities assistant. Since then, she has worked as an activities assistant and activities director,

most recently as the activities director at HCR ManorCare in Akron.

Vicky graduated from the University of Akron and worked for more than 20 years in social services. After her father became ill and moved into a long-term care facility, she became interested in activities for seniors and decided to go back to school to become an activities director. "I love my job," said Vicky. "It is a blessing to come to work every day enjoying what I do."

Vicky has an 11-year-old son, Riley, who is the "love of my life." They live with Vicky's mother, their Beagle, Penny, two cats, one hamster and one fish. In her free time, Vicky enjoys going to movies, seeing shows at Weathervane Theater and swimming with her son. ♦

VOLUNTEER SPOTLIGHT

Dynamic Duo: Dedicated Volunteers Bring Smiles and Good Cheer to Residents



Volunteers Dee Tanski (left) and Linda Dienes (right) with Sister Vera Lee Virant, OCD

After retiring, Linda Dienes began volunteering at Regina Health Center (RHC) in the summer of 2010. Dee Tanski started not long after, in the spring of 2011. Dee was paired with Linda when she first came to RHC. Since then, the two have formed a valuable volunteer team and friendship that brings cheer to residents and helps ensure the Holy-In-One golf outing is a success each year.

“It doesn’t take much to put a smile on faces. Residents appreciate everything we do,” said Dee.

While it might not take much to bring smiles to residents, Dee and Linda both do plenty around RHC every week that’s much appreciated by residents, residents’ families and staff members. They help transport residents to the chapel, dining room and activities, and both deliver food trays to residents and periodically help with activities, like art and resident socials. Linda also serves as a Eucharistic minister at Mass, and Dee helps with administrative duties in the nursing department and has formed a special bond with Sister Vera Lee Virant, OCD, with the two regularly walking together and talking.

For Holy-In-One, Linda and Dee spend many hours helping with administrative work to prepare for the event and then spend the day of the event as game spotters on the golf course.

Dee enjoys keeping residents on their toes to help keep their minds active. When volunteering in the memory care unit, she takes time to play games with the residents and uses a few mind exercises to help memory. She said she sincerely loves what she does with the residents who are most in need. “We always have fun together,” added Dee.

Dee serves as an informal volunteer recruiter, spreading the word about RHC at her Jazzercise class and when she’s out around town. She also does volunteer work for St. Basil the Great Catholic Church in Brecksville.

Linda does additional volunteer work at her parish, St. Albert the Great, as well as preparing and serving meals at St. Herman House in Cleveland’s Ohio City neighborhood and St. Augustine Church in Cleveland’s Tremont neighborhood.

She enjoys coming to RHC weekly for a variety of reasons, particularly because of the residents. “I love the people. They are great,” she said. “It’s a very spiritual place. I feel at home and connected to my faith. It’s a good place to be.”

Both Linda and Dee appreciate the cleanliness of the facility and that they can attend Mass when they volunteer. If not for other obligations, both said they would be at RHC every day. ♦

VOLUNTEERS NEEDED

Regina Health Center is fortunate to have many loving and dedicated volunteers that help the facility run smoothly and we cannot thank them enough. If you’re looking for rewarding, interesting volunteer opportunities, there are a variety of volunteer positions at RHC. Please call Jackie Clancy, volunteer coordinator, at 330.659.5128, for more information.

Celebrating Lent & Holy Week *By Father Thomas Gilles*



Holy Thursday culminates in the Mass of the Lord's Supper followed by a silent vigil before the tabernacle.

Each year, the Christian faithful are gifted with the sacred season of Lent. During these 40 days, we are encouraged to listen more intently to the word of God and to devote ourselves to prayer and good works. In this way, in a genuine spirit of repentance, we prepare ourselves to renew the promises of our baptism and enter fully into the joy of Easter.

Those of us who live at Regina Health Center (RHC)—priests, religious and devout faithful—have spent many seasons of Lent assisting others in reaping the full benefits of this holy season. With these tasks now behind us, we look forward to spending the weeks of Lent taking full advantage of the personal graces Our Lord has in store for us.

Besides gathering for daily Mass, we also look forward to attending the weekly Stations of the Cross. This beautiful devotion reminds many of us of the times when we, as little children, accompanied our families to this prayerful reflection on the Lord's painful journey to Calvary.

Lent at RHC also offers us opportunities for spiritual growth. This year, Sr. Donna Mikula, RHC director of pastoral care, invited two local theologians to address our community.

Sr. Rosemarie Carfagna, OSU, presented "What Does it Mean to be Holy?" and Fr. Michael Woost will introduce us to "The Holiness of Saint Teresa of Calcutta."

These devotions and presentations will prepare our hearts to receive the Sacrament of Reconciliation, which will be celebrated in a communal setting with individual confessions, prior to Holy Week.

The red vestments of Palm Sunday will herald the beginning of Holy Week at RHC. With blessed palms in hand, we will listen intently to the proclamation of the Passion of the Lord, desiring to accompany our Savior on the way to his saving death and resurrection.

On Wednesday of Holy Week, after sunset, we will celebrate Tenebrae. Solemn passages of Sacred Scripture and plaintive hymns will usher us into a personal experience of the spiritual darkness that Christ, the faithful servant of God, must have endured in his last days.

Holy Thursday will culminate in the Mass of the Lord's Supper followed by a silent vigil before the tabernacle. This time in the Lord's presence honors Christ's appeal to his friends that they watch and pray as he surrendered his will to the will of his Father for the salvation of the world.

Good Friday's somber tone will lead us into the Liturgy of the Lord's Passion, with the reading of the Passion, Solemn Intercessions for the whole world, Adoration of the Cross and Holy Communion.

Holy Week will conclude with the singing of vespers on Holy Saturday, along with the blessing of the Paschal Candle and the blessing and sprinkling of the Easter Water.

Having journeyed through Lent with sincere hearts, we will eagerly await the dawn of Easter morning, ready to sing out our alleluias to the Risen Savior, Jesus the Christ, and to share the joy of Easter with family, friends and the caring staff here at RHC.



Father Thomas Gilles has been a resident at RHC since 2013. He has been a priest of the Diocese of Cleveland since 1967 and will celebrate his Golden Jubilee of Ordination with the RHC community on May 20.



THANK YOU 2016 DONORS

The residents, staff and families who benefit from your generosity wish to thank the many loyal and dedicated donors who made gifts to Regina Health Center in 2016. They are recognized for keeping our special residents in their hearts and Regina Health Center at the forefront of their giving. In 2016, donors made gifts totaling \$714,000.

Gifts came through various fundraising activities, including the spring Grateful Hearts appeal and the fall Let There Be Light Christmas appeal, the Heart of Regina Health Center newsletter, Holy-In-One Golf Outing, estate and memorial gifts. Collectively, all gifts enable RHC to provide our vowed religious, clergy and lay residents with care that goes above and beyond. We simply couldn't do it without you. We congratulate all of the special supporters listed here for their kind and generous hearts that help make Regina Health Center such a special place for care. Please know that all benefactors are included in prayer at daily Mass in the Regina Health Center chapel. Please remember to pray for this ministry of doing God's work. Blessings to you and those close to you.

The donor listing on these pages represents Circle of Giving Society members of \$100 or more who made gifts in 2016, as well as those whose continued support has accumulated to milestone levels.

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In memory of Elizabeth Carraher
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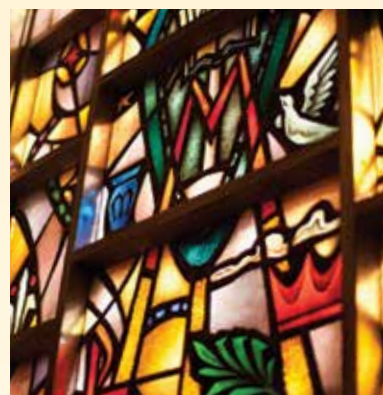
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We thank our many other donors who made thoughtful gifts to Regina Health Center in 2016. Please consider joining one of our Giving Circle Societies in 2017. We regret if we have inadvertently excluded or misspelled any names. Please call the mission support and donor relations office at 330.659.5132 so that we can correct any errors. Thank you.



April 20 CIRCLE OF ABIDING LOVE MASS AND DONOR RECOGNITION *(by invitation)*

June 19 HOLY-IN-ONE GOLF OUTING AT FIRESTONE COUNTRY CLUB *(Call Cheryl Dolego at 330.659.5142 to secure your sponsorship or visit www.holyinone.com)*

Please contact Maureen O'Neill-Laszlo at 330.659.5132 for more information about RHC events..

Busy RHC Residents Prepare Meals for the Homeless

RHC residents recently took part in a community service project, making more than 125 sandwiches for St. Herman House on Cleveland's west side. As part of a Lenten service project, St. Herman gives out meals to hundreds of homeless people daily. Chris Mis, RHC volunteer who oversaw the resident sandwich assembly line said, "This was a regular occurrence some time ago and now is being resurrected just in time for the observance of the Lenten season. So many of the residents have lived a life of service and this enables them to continue their vocation to serve others in need." Sister Xavier Gorman, CSA, a resident at RHC, has participated in the sandwich project before and was happy to give of her culinary talents again. Chris and his brother, Mike, purchased the ingredients and delivered the sandwiches to St. Herman House the following day.



Bishop Daniel E. Thomas Visits RHC

Bishop Daniel E. Thomas, apostolic administrator for the Diocese of Cleveland, took time out of his busy schedule to say Mass and visit the staff and residents at Regina Health Center. Bishop Thomas delivered a strong homily of encouragement and devotion for Christ. After Mass, he had lunch with several clergy and religious who live at RHC.

New Leadership Joins Sisters of Charity Health System



Thomas J. Strauss has been selected as the new president & CEO of the Sisters of Charity Health System, which sponsors Regina Health Center. Tom joined the health system from CEO Advisory Network, where he was the managing member and co-founder, providing health care consulting services. Previously, he led Summa Health System for 15 years. His extensive experience also includes leadership roles for Meridia Health System, Baxter Health Care Corporation and Allegheny General Hospital. Tom succeeded Terrence Kessler, who last June announced plans to retire from the position at the end of 2016.



Bishop Daniel Thomas poses for a photo with RHC's administrative staff. [back row center] Bill Vorndran, John Bush, Adam Gockowski [L to R] Shawn Mickle, Sr. Donna Mikula, OSU, Maureen O'Neill-Laszlo, Mark Yantek, Alisa Remy, Sr. Margaret Taylor, SIW, Barb Bobula, Bishop Daniel Thomas, Janet Cinadr, Vicky Putt, Sharon Bournigal, Joyce Haynes. (photo courtesy of the Diocese of Cleveland Communications Department).



18th Annual Holy-In-One

Holy-In-One is just around the corner. Monday, June 19, 2017, marks Regina Health Center's 18th annual Holy-In-One Golf Outing. The event again happens at Firestone Country Club. Thanks to Donley's for being the event sponsor and to all sponsors and participants who make this event so successful.

If you've been there before, you know this isn't just a great golf tournament. It's much-needed support, charity and generosity for the almost 150 vowed religious, clergy and lay residents who live and rehabilitate at RHC.

RHC would not be what it is without the support of our dedicated donors, including those who sponsor and participate in the Holy-In-One Golf Outing. So please sign up early, take advantage of the early-bird prices and secure your spot on the green. Sponsors at the \$2,200 level can play on the course of their choice. If you don't golf, join us for dinner and great auction prizes in the iconic Firestone clubhouse.

You can also try your chance at winning a dream vacation to Pebble Beach. The vacation for two includes airfare, 3-night stay in an ocean view room, two rounds of golf, rental car and a gift certificate to be used during your stay. Call Cheryl Dolego at 330.659.5142 to purchase tickets today as they go fast.

Signing up for the event is easy. Register online at www.holyinone.com or call Maureen O'Neill-Laszlo at 330.659.5132 or Cheryl Dolego at 330.659.5142.

WE CAN USE YOUR HELP!

As in years past, the live and silent auctions to be held at the Holy-In-One reception on June 19 will represent an important aspect of the event's success. In addition to providing golfers and dinner goers the opportunity to bid on a number of great items and experiences, all proceeds will benefit the residents of Regina Health Center, who rely on you for support. With that in mind, we hope you will help by donating or soliciting any of these popular items:

- Gift cards to Akron/Cleveland area restaurants or entertainment venues
- Golf items
- Sports memorabilia items
- Theater or concert tickets
- Browns, Cavs and Indians game tickets, and other popular sporting events
- Non-perishable gourmet food or wine gift baskets, or other themed gift baskets
- Bottles of wine
- Unique gifts and/or hand crafts
- Car care or spa day gift cards
- Jewelry

To contribute, please contact Cheryl Dolego at 330.659.5142 or cdolego@reginahealthcenter.org. Donations by May 15 are appreciated. As always, thank you for your generosity and support for this popular event. We cannot succeed without your help!

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330 659 4161
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WISH *list*

Thank you to the donors who gave either cash or other items in response to wish list items in our last newsletter. Several items were purchased to enhance the lives of the residents. Listed below are new items that have been requested from the residents or caregivers for resident use. We appreciate monetary gifts for use of the item designated. If an excess of gifts is received for a particular item, your gift will be directed to the annual fund to further our mission. Thank you for your support.

RESIDENT NEEDS

Universal TV remotes (*Remotes often are misplaced or broken*) \$10 each

CHAPEL AND PASTORAL CARE NEEDS

Hosts for one month \$70
Wine for one week \$25
Missalette for Residents \$6 each per year
Sanctuary Lamps \$20 per month
Candles for Advent Wreath \$70
Paschal Candle \$195
Donations to the Liturgical Music Fund for organists and song leaders

ACTIVITIES NEEDS

Donations in any amount to purchase art supplies for upcoming resident art projects.

VOLUNTEERS NEEDED

Volunteers needed to tend to the beautiful therapeutic gardens at Regina Health Center so residents can bask in the natural glory of God's creations. For more information about volunteer opportunities at RHC, please call Jackie Clancy, volunteer coordinator, at 330.659.5128.



REGINA HEALTH CENTER

A Ministry of the Sisters of Charity Health System

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