



VILLA VOICES

FALL/WINTER 2021

LUMINARY ILLUMINATIONS

VIRTUAL EVENT RAISES MORE THAN \$65,000

:: 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.



A team of local musicians joined Luminary Illuminations to play a worship set for residents and the online audience.

Light of Hearts Villa shone a light on loved ones and heroes with a special luminary at a virtual event on September 16 called Luminary Illuminations, which raised more than \$65,000 for the Sister Helen T. Scasny SC Benevolent Fund. The virtual event was held during National Assisted Living Week (September 12-18) to honor those who make life a bit brighter for others while supporting residents through donations.

“A sincere thank you to our incredible community who helped us raise just over \$65,000. Whether you participated in the online auction or raffle, made a luminary tribute gift in honor or in memory of a loved one, or were one of our generous event sponsors, you helped us exceed our goal of raising \$60,000.”

— Breanne Cavileer, Executive Director

For the event, which was broadcast on Facebook, the Light of Hearts Villa chapel was lined with luminaries with each loved one’s name. The live broadcast was dedicated to honoring each person, while sharing a heart-warming tribute video to residents and staff, and hearing about the heroes being honored through donations. On September 18, Mass was offered for all of those who contributed to the fundraiser.

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#weGIVECATHOLIC
with the Catholic Community Foundation November 30, 2021
Northeast Ohio's Online Day of Catholic Giving

ON
#GIVING
TUESDAY

LIGHT of HEARTS VILLA



A NOTE FROM THE EXECUTIVE DIRECTOR

All Giving is Big

Dear Friends,

We continue to be blessed by those who want to do more to support the ministry of Light of Hearts Villa and bless those we have the privilege of serving. I spoke with someone recently who apologized for only being able to make what they perceived as a small donation to the Sister Helen T. Scasny, SC Benevolent Fund. It's honestly a statement I hear often, and I can't explain enough how every single donation makes a difference in the lives of our residents here at the Villa.

Someone once said to me, "If you think you are too small to be effective, you have never been in bed with a mosquito." I'm going to start reminding anyone who apologizes for a "small" gift—those simply do not exist.

The donations have come in so many different ways this year and a few you will read about in the coming pages. We've been blessed to receive significant sponsorship gifts from the Ursuline Sisters of Cleveland and Home Instead Senior Care and grants from the Koch Foundation, Sisters of Charity Foundation of Cleveland and the SC Ministry Foundation. We've had supporters provide lunch and donuts for staff, special goody bags for residents and more. The list goes on...

I think one thing myself and our team here has learned this year is that "If you don't ask, you don't receive." Countless times we've made very purposeful asks, and someone answers the call with a "yes." It has been so comforting in the midst of what is still such an uncertain time, to know we have these people who will rally around us not only in giving, but in prayer and moral support.

A donor said to myself and another team member recently the following quote and it has really stuck with me: "No one is more cherished in this world than someone who lightens the burden of another." – Joseph Addison.

Until we can welcome you all in safely again for community activities and more, I hope you enjoy reading in the coming pages about the blessings that Light of Hearts Villa has received this year, the honoring of staff members, activity highlights and so much more. We try to encompass all that "life at the Villa" has to offer in these newsletters, our monthly Happenings at the Heart emails, through our social media posts and more.

Thank you for reading this special newsletter, for caring, for praying and for helping us to fulfill our mission every single day. We couldn't do this without you.

With a grateful heart and abundant love,

Breanne Cavileer, LNHA, CDP
EXECUTIVE DIRECTOR

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To watch a recording of the event, visit lightofheartsvilla.org and click on "News and Events" then "News Releases"; the Light of Hearts Villa Facebook page under videos; or, the Light of Hearts Villa YouTube channel.

LUMINARY ILLUMINATIONS SUPPORTS SISTER HELEN T. SCASNYS, SC BENEVOLENT FUND

All proceeds from the Luminary Illumination event are making a big difference in the community by going directly to the Sister Helen T. Scasny, SC Benevolent Fund. This fund was designed to uphold the mission of Light of Hearts Villa by providing funding to support the residents who may have outlived their financial resources. Following are answers to two of the most common questions regarding the fund.

When might someone need help from the Sister Helen T. Scasny, SC Benevolent Fund?

As we age, we may look to move in to a senior living community where we can continue to age in place with dignity; all while having access to different levels of care that we may require through the aging process. If residents, by no fault of their own, deplete their resources and no longer have sufficient resources to sustain their residence, the Sister Helen T. Scasny, SC Benevolent Fund has sought to serve them with funds to help subsidize the cost of rent and personal care charges.

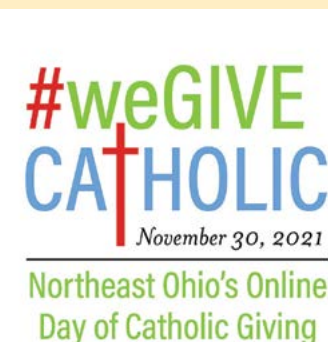


In these instances, residents are able to apply for assistance. Their finances are reviewed, and qualified residents are eligible to receive the appropriate support needed.

Who funds the Sister Helen T. Scasny, SC Benevolent Fund?

The Sister Helen T. Scasny, SC Benevolent program relies on the support of individual contributions, foundations, bequests and other fundraising efforts. Donations are graciously accepted in any amount and can be made at any time of the year. If a donor chooses, a donation can be made in honor of a special occasion or as a memorial tribute for a life well-lived.

At Light of Hearts Villa, we seek to attract board members, employees and residents committed to doing the right thing—in recognizing and fulfilling our responsibilities to 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.



#weGiveCatholic on November 30

If you didn't get a chance to participate in the Luminary Illuminations event to support the Sister Helen T. Scasny, SC Benevolent Fund—or even if you did—please save the date for #weGiveCatholic on November 30. You can donate online anytime that day between 12 a.m. and 11:59 p.m. at wegivecatholic.org/organization/lightofheartsvilla or by mailing a check in the enclosed envelope before November 30, 2021.

Last year, we raised more than \$7,000 to support the Sister Helen T. Scasny, SC Benevolent Fund and this year we are aiming even higher. Our #weGiveCatholic goal is \$10,000 and every bit will help reach this goal. The more people that participate, the greater chance that Light of Hearts Villa will win special cash prizes from the Catholic Community Foundation. Please spread the word, donate and help us reach our goal of \$10,000 on #weGiveCatholic Giving Tuesday!

CAREGIVER SPOTLIGHT

Overnight Shift Offers Flexibility and Other Benefits for Caregivers

When most people are getting ready for bed, overnight wellness staff are getting ready for work. To many, this might sound strange, but for them, it's just another night on the job. While many people have the perception that working overnight can have challenges, there are many benefits that most people haven't considered.

For those with children, like Shanda Barrera, LPN, working overnight has given her the chance to be there for her kids' events, sports games, concerts and more. She has been able to balance her work schedule with her sleep schedule and her kids' schedules.

Shanda has been working overnight shifts at Light of Hearts Villa for 11 years. She said she has always enjoyed the flexibility of working overnight. "When you have small kids at home, that are going to school, you don't miss out on anything. Any activity they have, you're there and you can help them with classwork when they come home from school, doctor appointments, you can be there."

She said she appreciates the family time that working overnight has allowed her to enjoy. "In the daytime, you can have family dinner and everything, and then you come to work while the kids sleep. Even now with the kids being more grown, I still enjoy night shift and am able to participate in family functions like everyone else."

Working overnight also offers a unique and impactful role in the care of residents. "I love working night shift because it feels extra special that our small but close group keeps things running while people are asleep. It's nice being able to comfort a resident and provide peace of mind that someone is always here for them."

"I of course feel close to the residents that I have known for years, but it is always a pleasure to meet each new resident that comes to live at the Villa. It kind of feels like I work in a place that is filled with our grandmothers and grandfathers. It is fulfilling to be thanked by a resident and to know that we are there to help them," she added.



Shanda Barrera has been part of the overnight wellness staff at Light of Hearts Villa for 11 years and enjoys the flexibility the position provides.

To avoid burnout while enjoying life and working an overnight shift, self-care is important. Shanda maintains the balance in her life by making sure she keeps a routine. She stresses the importance of eating properly and having set times to sleep throughout the day. Working overnight can challenge those who do it to find a creative new routine while also needing to be able to adapt, and it can be rewarding in ways that many might have never realized.

"Light of Hearts Villa is a special place. Being faith-based and God-centered brings a certain kind of person here. Over the years, I've developed a strong bond with my co-workers and we make sure each of us love and care for our residents like we would our own family."

—Shanda

Whether you want to explore working overnight or know someone who does or you prefer to stick to day shifts, you can find your future at Light of Hearts Villa here: lightofheartsvilla.org/contact-us/careers. ♦

RESIDENT SPOTLIGHT

Rita Flask Hits the Jackpot at Light of Hearts Villa

A Light of Hearts Villa resident for nearly four years, Rita Flask first made her way to Bedford in 1944. She was born April 20, 1929, in Michigan, where she enjoyed growing up and attending school. When friends introduced her to a man named Martin, she fell in love and moved with him back to his hometown of Bedford, Ohio, in 1944.

Martin worked as a postal worker and together they had three boys: Martin, William and John. In 1950, they opened a Bedford staple, the Glendale Sweet Shop. The shop was a delicatessen that also had treats like ice cream, candy, an old-fashioned soda fountain and more.

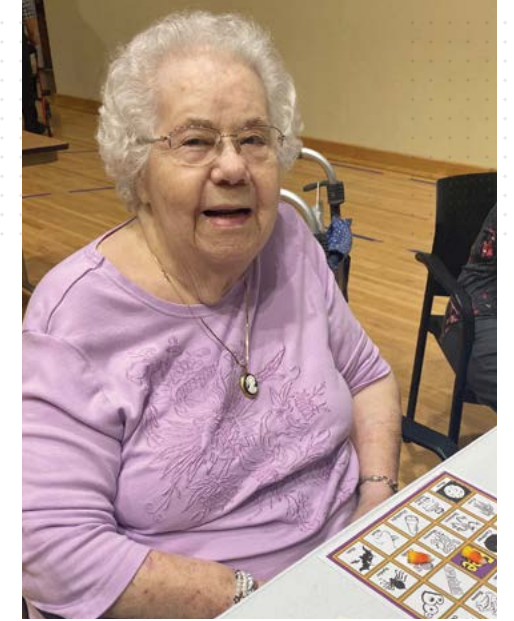
Rita worked hard running the shop for nine years. She sold the shop to her brother Raymond when she also got a job at the Bedford Post Office as a clerk. Her brother kept the shop in the family until it closed for good in 1989.

Rita and her late husband Martin would be married 74 years this year. Her passions including visiting casinos with her sons, cooking and gardening.

Rita chose Light of Hearts Villa to move into after several friends in the Bedford community spoke highly of it. She made one visit, which is all she needed. She decided right then that Light of Hearts Villa would be her new home.

Rita's favorite activity at Light of Hearts Villa is bingo and her favorite meal is ribs.

"I just love living here honestly. Everything about it is so nice: the people, the building, my room. There's always something going on whether the activities or Rosary or Mass. It just feels like home," said Rita. ♦



Rita's favorite activity at Light of Hearts Villa is bingo and she enjoys going to casinos with her sons.

6 Care Options and the Differences Between Them

The last issue of *Villa Voices* featured an article that highlighted the differences between for-profit and non-profit assisted living communities. The article received tremendous feedback, so we decided to share a bit of information on the differences between several care options.

At Light of Hearts Villa, we provide assisted living, memory care and short-term respite services. Other long-term care facilities include independent living options and skilled nursing. It is important that people looking for care options choose the best fit to meet their specific care needs. Here's a quick overview of the different options.

Living Alone

You are self-sufficient and able to live on your own at home with confidence.

Home Care

You want to live alone but are finding it more difficult to manage and you don't mind relying on agency assistance.

Independent Living

You like living independently but enjoy having access to assistance when needed and living in a social community.

Assisted Living

You want to live independently but not cook for yourself; you like to be around people and socialize; you need some personalized help with grooming, housekeeping, etc.

Assisted Living Memory Care

You have memory loss and cannot manage safely at home any longer, and you can benefit from specialized programming and care.

Nursing Home

You have complex medical needs and require 24/7 nursing care.



A “Fishy” Donation Brings Therapeutic Benefits of an Aquarium to Lumen Lane



Long-time supporter Cornelia Hodgson answered the call to bring the benefits of an aquarium to memory-care residents in the newly expanded Lumen Lane.

An aquarium is a piece of living furniture that provides a watery world of aquatic creatures. Aquariums bring a unique aesthetic to the décor of a memory-care area and can help stimulate the mind and curiosity of the viewer. The colors, motion and sounds can serve as a form of therapy to relax the resident. In fact, a 1999 study done by researchers at Purdue University found that placing fish tanks in dementia units of long-term care facilities has links to aiding in reducing disruptive behavior and even improving the eating habits of those suffering with the disease.

So why do researchers believe fish tanks are having such an effect? The bright colors and movement of the fish, plus the rhythmic hum of the aquarium, provide sensory stimulation to patients that they may not have received before. It is also theorized that being around water leads people’s mind to being in a calmer, almost meditative, state.

When the staff at Light of Hearts Villa were working on the final touches of the newly expanded and renovated Lumen Lane Memory Care Neighborhood, they realized they needed a fish tank for all of the reasons listed above. They weren’t quite expecting

the costs to be so high—between the tank itself, the fish, habitat, food and maintenance, there wasn’t room in the budget.

When long-time supporter Cornelia Hodgson learned of this “want” for the new area, she answered the call. She wanted to sponsor the cost of the new 100-gallon saltwater fish tank and name it in memory of her mother, Elizabeth Bromboz, who was a former resident.

“Light of Hearts Villa is such a special place in so many ways so I love to give back. As soon as they presented the fish tank idea, I was happy to do it. It’s such a great idea that will impact the residents in a beautiful way,” said Cornelia.

Now, the new tank is a staple in the Max Hickle Activity Center and Cornelia has left a lasting legacy on Light of Hearts Villa knowing that the residents will be able to reap the many benefits from this colorful, therapeutic piece of living furniture for years to come.

If you’re interested in hearing more about sponsoring specific items to benefit residents, please reach out to Amy Huntley at amy.huntley@lightofheartsvilla.org or 440.232.1991 ext. 524. ♦

Garay Simon Uses His Trust to Ensure His Love for Light of Hearts Villa Will Endure

Garay Simon’s connection to Light of Hearts Villa stems from his childhood. Garay grew up in Maple Heights and went to school at St. Peter Chanel and his two sisters went to Lumen Cordium High School. When Lumen Cordium became Light of Hearts Villa, some of his fondest memories are how the nuns at the school would visit his grandmother, who lived in a retirement community in the neighborhood.

“I just always felt such great energy in and around that place—something I can’t quite put my finger on but there is something different about Light of Hearts Villa.” – Garay Simon

So when Garay moved to California in the 1970s, he vowed to always stay connected to this little piece of home.

Garay regularly donates to Light of Hearts Villa, enjoys reading the “Happenings at the Heart” monthly emails and the *Villa Voices* newsletters, and calls to check-in from time to time. As he was recently working on his trust and its beneficiaries, he knew he wanted to include Light of Hearts Villa so that his love and appreciation could always live on in some way.

“People like Garay really remind us here at the Villa of why we do what we do. To have that kind of a special impact on every person who encounters the Villa is the goal. People here truly do strive to make God’s love visible and it’s so encouraging to know Garay felt it and so many others feel it,” said Executive Director Breanne Cavileer. ♦

Including Light of Hearts Villa in Your Estate Plan

Your estate documents are a powerful tool for ensuring that your assets pass to those you love and to the charities that mean so much to you and your family, which Garay Simon recognized.

With the Light the Way Legacy Society, you make provisions today that will meet the needs of tomorrow for residents. The Light the Way Legacy Society is a special group of supporters who have chosen to make a lasting commitment to Light of Hearts Villa and its residents through a variety of estate-planning tools, including a bequest in a will or trust, charitable gift annuities, charitable remainder trusts, IRA designates, gifts of life insurance and much more.

Light of Hearts Villa honors the Light the Way Legacy Society members by listing their names on a special plaque, on our website and in the *Villa Voices* newsletter. In all instances, we honor the wishes of those members who want to remain anonymous.

Current Members:

- Phyllis Barone
- Stanley Caplinsky
- Victor and Roberta DeMarco
- Elizabeth Hickle
- Russell Robert Konst
- Garay Simon

If you have already named Light of Hearts Villa as a beneficiary in your personal planning or to become a member of the Light the Way Legacy Society, please contact Amy Huntley in our Development Office by calling 440.232.1991 ext. 524 or email amy.huntley@lightofheartsvilla.org.

We encourage you to consult with an estate planning professional or financial advisor to evaluate tax and financing planning strategies.

The proper beneficiary designation is:
Light of Hearts Villa
283 Union St.
Bedford, OH 44146

Tax ID Number: 34-1619270

National Assisted Living Week 2021: Compassion, Community and Caring



Light of Hearts Villa Life Enrichment Team— (l to r) Diann Kubinski, Kathy Orchard and John Keating (Anne Messer, not pictured)

Established by the National Center for Assisted Living (NCAL) in 1995, National Assisted Living Week (NALW) provides a unique opportunity for residents, their loved ones, staff, volunteers and the surrounding communities to recognize the role of assisted living in caring for America’s seniors and individuals with disabilities. The annual observance encourages assisted living communities around the country to offer a variety of events and activities to celebrate the individuals they serve, as well as to help educate members of the public about this distinctive aspect of long-term care.

This year’s theme was “Compassion, Community and Caring” for the week of September 12-18, which was perfect for recognizing the compassion every staff member brings to the residents, as well as the impact they’ve made in the midst of so many unknowns during the past year.

While residents engage daily through the Light of Hearts Villa Life Enrichment Program, NALW provides even more opportunities for residents during this special week. Led by the Life Enrichment Team—Anne Messer, Diann Kubinski, Kathy Orchard and John Keating—Light of Hearts Villa hosted a variety of activities to celebrate team members and residents by coordinating fun games, delicious treats, service awards, Light of Hearts Villa jeopardy and more to recognize the compassion and care found within the community.



Here are a few of the ways that residents and staff celebrated:

Celebrate the 1950s Party

We kicked off National Assisted Living Week with a special kind of party with Elvis music, throwback goodies, treats and a fun photo shoot. Residents were singing along with the songs and enjoying fellowship.



Fiesta and Homemade Salsa

Residents enjoyed margaritas and fresh, homemade salsa and a cooking demonstration by Life Enrichment Assistant John Keating. Of course, they all gave his salsa five stars!



Kindness Rocks!

Residents enjoyed painting their very own “kindness rocks” with pretty colors and meaningful messages. Residents got creative with glittery paints, metallic paints and all sorts of colors.



Worship and Luminaries

As part of the special week, we also held the Luminary Illuminations virtual fundraiser. A special worship set and reading of the luminaries made for a unique experience for staff and residents.

“National Assisted Living Week is such a fun and highly anticipated week for residents and staff. During this special time, we go above and beyond for our community. This week paves the way for our community to come together and create wonderful memories.”

— Anne Messer, director of life enrichment.



Celebrating Career Milestones

Each year during National Assisted Living Week, employees who have reached significant career milestones are honored during a special gathering. Four employees were honored this year.

5 Years of Service:

Tianna Moses, Wellness Team

“I have so many nice things to say about the Villa honestly. Five years went by so quickly. I truly love the residents here and the friendly environment. It means a lot to have a workplace that cares about you and feels comfortable.”



15 Years of Service:
Bruce Stewart, Dietary Team

“The special part about working at the Villa is having the pleasure to interact with such a caring group of residents and staff. The environment is like no other.”



30 Years of Service:

Chef Ray Dorman, Director of Dining Services

“The best part of my job is knowing that I make a positive impact on people’s lives every day.”



15 Years of Service:

Sister Sandy Emrich, SCN, Director of Human Resources

“As I reflect on celebrating 15 years at LOHV, I am filled with much gratitude for these years I ministered among the employees, residents, families and all whom I served during this time. We shared many joyful moments along with the challenging times together. It was a pleasure sharing my days with these amazing people that made/make LOHV a better place. Their compassion and commitment to our communal mission is overwhelming. The Sisters have also been a great source of support to me. It has been a profound blessing for me at this turn in my journey to be a part of this holy place. As St. Vincent de Paul tells us: ‘We have to make our occupations holy. We do this by seeking God in them. We do our work to find God in it rather than to just get it done.’”

“Congratulations to our employees who have reached milestone years! It’s a pretty special feeling to work in an environment where there is so much longevity on our teams and we are glad to celebrate these accomplishments.”

— Executive Director Breanne Cavileer

NEWS and NOTES



Planting Parties

Thanks to a generous donation of an assortment of seedlings this summer, residents enjoyed planting in the garden boxes on the back patio. Kale, peppers, tomatoes and some flower seedlings thrived this summer and they have loved watching them grow and helping to maintain them.



Dining Room Opens in early August

After a year and a half of eating in their rooms, residents are now able to enjoy meal times together again and the Light of Hearts Villa Dietary Team is ecstatic to serve them in the dining room and enjoy that fellowship.

Lumen Cordium and St. Peter Chanel All-Class Reunion

Some residents enjoyed a beautiful fall day at the Lumen Cordium and St. Peter Chanel all-class reunion in September. As the nonprofit charity of choice for the event, Light of Hearts Villa gratefully accepted a donation on behalf of the alumni.



Throwback Tea Party

The ladies of Light of Hearts Villa had a throwback “Remember When” tea party! The activities team made the party all about things specific to Cleveland, including Dorothy Fuldheim, Mr. Jingeling, Betsy McCall sewing patterns, paper dolls and a piece of cake from Archie’s Hough Bakery. They were even surprised to receive their own little ovens based off the ones that Silver Grill used to give with kid meals—filled with circus peanuts, flavored candy sticks, butter mints and Charles Chips.

Leadership Transition at Sisters of Charity Health System

The Sisters of Charity Health System (SCHS) announced in October that its president & CEO, Thomas J. Strauss, will step down from his position effective December 31, 2021, after five years of service to the mission and ministry of the Sisters of Charity of St. Augustine. Janice G. Murphy, MSN, FACHE, will step into the role of president & CEO of SCHS effective January 1, 2022. Jan has served as president & CEO of St. Vincent Charity Medical Center since August 2019. Each one of us at Light of Hearts Villa extend the most heartfelt “thank you” to Tom for his incredible leadership and compassion these last five years and wish him all the best in his future endeavors.





LIGHT of HEARTS VILLA

A Ministry of the Sisters of Charity Health System

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LIKE US ON FACEBOOK!

We frequently share resident events and photos, organizational news and employee recognitions!

Villa Voices is published to keep our supporters and residents updated on the many wonderful people and things that take place here every day.

WRITERS/EDITORS Amy Huntley/Brad Hauber
DESIGN Diane Roberto

WISH *list*

ACTIVITIES DEPARTMENT

- Sponsor a special resident Christmas gift at \$50 each
- New Photo Printer at \$250
- New Projector at \$600

MEMORY CARE

- Donations toward calming sensory wall art (6) \$200 per art piece

OPERATIONS

- Sponsor a special staff thank-you gift for Christmas at \$50 each

To make arrangements or if you have any questions about one of the wish list items, contact Amy Huntley at amy.huntley@lightofheartsvilla.org or 440.232.1991 ext. 524.

We are extremely appreciative of your support. **THANK YOU!**

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