

The HEART of Regina Health Center



SUMMER 2022

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.

2022 Golf Outing Honoring Bishop Roger Gries is August 18



Bishop Roger Gries, OSB, has a strong connection to the Sisters of Charity of St. Augustine that goes back many decades when his mother was a member for a time. He also has a strong connection to Regina Health Center and the Holy-In-One Golf Outing, where he has been instrumental in helping the event be a success since it began 23 years ago.

Action Management Services stepped up as the lead Title Sponsor for 2022 and wanted to honor Bishop Gries by naming this year's event the Holy-In-One Golf Outing Honoring Bishop Roger Gries, OSB. The golf outing is Thursday, August 18, at the renowned Firestone Country Club with a 1:30 p.m. start followed by dinner, drinks, prizes and an online auction and resident-need fundraiser to expand the Madonna Garden..

The collaboration of the Fedeli Group, Folk Foundation (Karen Daverio) and M&M Management round out the support of the title sponsorship. Once again, S.A. Comunale is the Event Sponsor and Yanke Bionics sponsors the Pebble Beach Raffle.

Bishop Roger attended Benedictine High School and graduated in 1954. He was professed a Benedictine monk on July 11, 1957, and was ordained a priest on May 18, 1963. Following his ordination, he earned a Master's Degree in Education from Loyola of Chicago. He served Benedictine High School as teacher, coach, bus driver, principal and president from 1964-2001.

After serving as Abbot for 20 years, Bishop Roger was preparing to retire from this position when he received the invitation from Pope John Paul II to serve as Auxiliary Bishop of Cleveland on April 3, 2001. He was ordained bishop on June 7, 2001.

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A few of Regina Health Center's dedicated and caring staff members.



ADJUSTING TO THE NEW NORMAL

A LETTER FROM THE EXECUTIVE DIRECTOR



The phrase “adjusting to the new normal” has received a lot of use over the past two years. I would argue that it has been overused, but it is very apt as the theme of my letter in this issue of *The Heart of Regina Health Center*. It’s a phrase spurred by the pandemic and how it affected the way we lived with and adjusted to life with the coronavirus.

In our case, I’m not referring to COVID, although that still is one of many concerns that are top of mind. No, I’m referring to another issue that has received a lot of attention—the “great resignation”—that was brought on in large part because of the pandemic. Organizations and companies across most industries have been impacted, some more than others. In 2021, more than 47 million Americans quit their jobs, according to the Bureau of Labor Statistics. It’s the most resignations on record.

While some of our caregivers chose to leave during the pandemic, thankfully, it has not affected our quality of care. It has created challenges that we have had to work to overcome, but we have been able to stay fully staffed and continue to earn a CMS 5-Star Quality Rating for staffing. In fact, the Ohio Department of Health (ODH) finished its annual survey of Regina Health Center on April 21 and they reaffirmed that our staffing levels are “much above average.”

There are simply not as many people applying for health care positions as in the past, which is not unique to Regina Health Center. To overcome this challenge, we have become more creative in our employee searches by casting a wider net to find talent beyond the channels that were more than adequate for recruiting in the past. We have also increased pay to keep our dedicated caregivers on staff and to attract new caregivers. Even with these challenges, we have been able to stay fully staffed.

Another “new normal” is the ever-widening gap between our cost of care and the reimbursement we receive from Ohio’s Medicaid program. Our care costs—including caregiver compensation—continue to increase while reimbursement lags far behind, which has an increasingly negative impact on our budget.

Despite these challenges, we continue to adapt and adjust. We remain as committed as ever to fulfilling our mission of providing compassionate and holistic health care services to meet the needs of every single resident, whether from religious communities or lay people.

As always, we are here in the present while having an eye to the future to ensure our mission will not change.

Deacon Mark C. Yantek, LNHA

Executive Director, Regina Health Center

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Pictured (left to right), Fr. Richard Gonser, Bob Gries, and Bishop Roger Gries

In March 2012, on his 75th birthday, he submitted a letter of resignation to Pope Benedict XVI as required by Church Law. After one year and seven months, Pope Francis accepted his resignation on November 1, 2013.

This resignation relieved him of diocesan administrative duties. However, he has continued to function as a bishop in whatever way he could to assist Bishop Perez and now Bishop Malesic with confirmations, jubilees, funerals and other celebrations. Bishop Roger turned 85 in March.

Bishop Roger's participation in golf as well as connecting many new donors and friends to Regina Health Center has been critical to raising the essential dollars needed to support residents who call Regina Health Center their home.

23rd Annual Holy-In-One GOLF OUTING

REGINA HEALTH CENTER

Firestone COUNTRY CLUB

A great course for a great cause!

Our 23rd Annual

HOLY-IN-ONE GOLF OUTING

Honoring Bishop Roger Gries, OSB

Thursday, August 18th, 2022
at Firestone Country Club

\$395 Individual Golfer • \$1580 Foursome

Shotgun Start at 1:30PM
Includes Lunch and Dinner

For more information or to buy your ticket today:
HolyInOne.com • (330) 659-5132

All proceeds directly benefit residents at Regina Health Center.
Sponsorship opportunities still available.

“Over the 23 years that he has been involved with Holy-In-One, we have been able to purchase new medical equipment, resident beds, a new van and last year secured gifts to build an outdoor pavilion in our Madonna Garden. We are grateful to Bishop Roger for his many years of support and are thrilled he is being honored at this year’s golf outing through the generous support of Action Management Services as the lead Title Sponsor and our many other generous sponsors.”

— Mark Yantek, Executive Director

O Virgin Mary, Faithful Mother who never refuses to come to the aid of your children; Mother whose hands never cease to help, because they are moved by the loving kindness that exists in your Immaculate Heart, cast your eyes of compassion upon me, and see the snarl of knots that exists in my life. You know all the pains and sorrows caused by these tangled knots. Mary, my Mother, I entrust to your loving hands the entire ribbon of my life. In your hands there is no knot which cannot be undone.

Most holy Mother, pray for Divine assistance to come to my aid. Take this knot (mention need) into your maternal hands this day; I beg you to undo it for the glory of God, once and for all, in the name of your Divine Son, Jesus Christ. Amen



Mary Undoer of Knots Helps Residents Connect and Get “Untangled”



RHC Residents participating with the prayer group

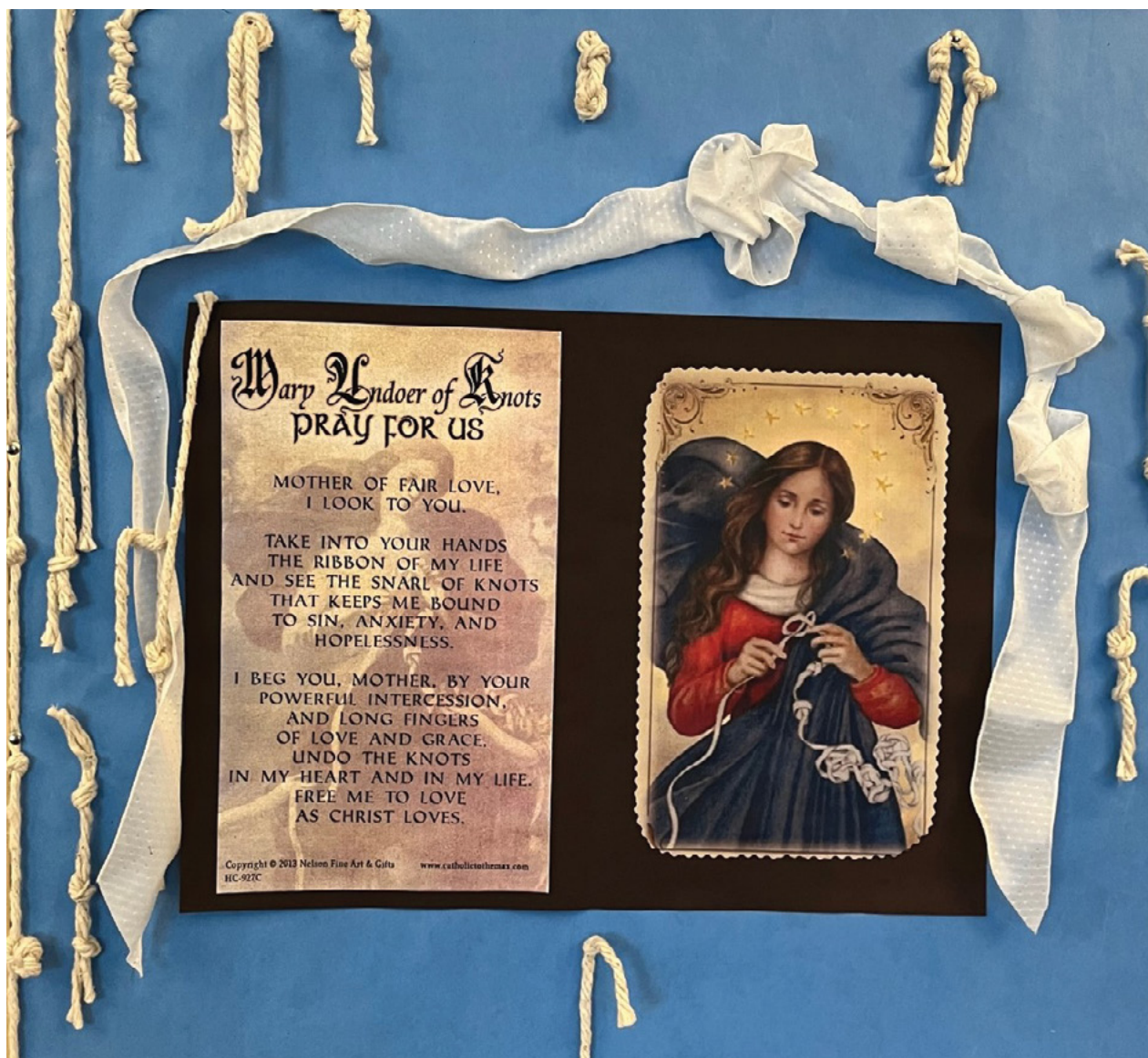
We all have knots in our life. Knots that have been put in front of us, knots that have been inherited, knots that we have created. How we deal with these knots—untie them, go around them, live with them, or cut them off—are tools we all need to learn and develop. Our Blessed Mother Mary Undoer of Knots is here to help. If you

have not heard about Her, continue reading about this resident spiritual program that was started at Regina Health Center last year.

In the fall of 2019, Regina Health Center welcomed five new Sisters’ of St. Joseph of the Third Order of St. Francis (SSJ-TOSF) from Wisconsin. The SSJ-TOSF Sisters were adjusting well to their new home when the whole world changed with COVID and the shutdown of 2020.

The Nursing, Activities, Pastoral Ministry and Administrative staff all stepped up to the call to do as much as possible to connect, engage and energize residents during these difficult months. One of the new sisters, Sister Lucy Brukiewicz, SSJ-TOSF, yearned to feel useful and continue to give her gifts and talents. She wondered how she could help.

Sr. Lucy first approached Sandy Platt, activities associate, and they created the “Awesome Board,” which recognizes residents for accomplishments or milestones. They then teamed up with Ellen Barber, pastoral ministry associate to develop a spiritual program for the community. Mary Undoer of Knots has a long history of prayers, novenas and teachings. Sr. Lucy and Ellen



Prayer Board created for the "Mary Undoer of Knots" residents group

later created a program for residents to meet weekly to learn, reflect and engage in spiritual growth and to pray for healing.

Sr. Lucy had an extensive background in healing and education. In her professional life, she was a spiritual director, and did vocational training and education of students with special needs. She also had more than 35 years working with a team of doctors at a spiritual healing center.

Sr. Lucy, Ellen and Sandy developed the plan, created support materials and laid out a monthly schedule. Residents were invited and excited about this spiritual journey focused on Mary Undoer of

Knots. The meetings began in 2021. A knot board was created (see photo). The program continually brought several residents together to share, support and comfort each other.

“Sr. Lucy yearned to build a life here, connect with others, share openly, pray with us, and hoped to heal as well as heal others in the name and power of Jesus. She had a lot of gifts and talents to share,” said Ellen.

In March 2022, Sr. Lucy had a short illness and died peacefully at Regina Health Center. She was a resident for only a short time, however, her impact and memory will not be forgotten as The Mary Undoer of Knots group continues. ♦

National Skilled Nursing Care Week Celebrates Creating and Nurturing Connections

National Skilled Nursing Care Week is held annually to recognize the essential role of skilled nursing care centers in caring for America's elderly and disabled. Established by the American Health Care Association in 1967, the week-long observance starts each year on Mother's Day and is celebrated through the following Saturday. The 2022 theme for the week, which was held May 8-14, celebrated the essential role that skilled nursing care centers and staff play in Creating and Nurturing Connections for residents.

In keeping with the theme, Regina Health Center had a variety of activities and surprises all week to celebrate and thank caregivers for their dedicated work throughout the year. We also asked families to be part of the week by letting caregivers know just how much they are appreciated. Here are just some of the comments from grateful families.

Thank you for the care you give our Ursuline Sisters. We appreciate the staff who give selflessly for others. — Laura B.

God Bless you and all you do! Our families and loved ones appreciate you. — Kathleen H.

A huge Thank You to the caring staff at Regina Health Center. — Kathleen K.

Thank you for all you do to continue to provide high-quality care to the residents of Regina Health Center. — Melanie H.

Regina has the Best Nurses Ever! Thanks for taking care of my mom Dorothy D! God Bless. — Sandi O.

EXTRA CARE MAKES A FAMILY WEDDING EVEN MORE SPECIAL

Joanna, a resident at Regina Health Center, was able to attend her first granddaughter's wedding with some extra help from caregivers. Following are excerpts from a letter her son Joseph wrote expressing thanks for the assistance.

"I want to express my family's deepest gratitude to the staff at Regina Health Center. Specifically, the extra care the staff took to make a recent family wedding very memorable for my mother. Her granddaughter was married at St. Mary's of the Immaculate Conception in Wooster, Ohio. Our family made plans to bring my mother to the church for the wedding ceremony. This would not have been possible without all of the help and assistance provided by the caregivers at Regina Health Center. This was my mom's first grandchild to be married and she was especially excited to be a part of this wonderful day. The caregivers at Regina Health Center made it even more special by taking the extra time and extra steps to ensure her day would be memorable for the entire family. Please share my family's deepest appreciation with all of the caregivers that take those extra steps to make these moments possible."

— Joseph H. and Family

Thanks and Gratitude

Regina Health Center is grateful to continue to be blessed by generous supporters and friends. With help from 1,213 individuals, corporations and foundations, we were able to raise \$1,006,113 in 2021. Your gifts go toward the care of the aging religious, clergy and lay residents who count on your support. Know that you and those listed as deceased are prayed for at daily Mass in the Holy Family Chapel at Regina Health Center.

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We thank our many other donors who made thoughtful gifts to Regina Health Center in 2021. Please consider joining one of our Giving Circle Societies in 2022. We regret if we have inadvertently excluded or misspelled any names. Please call the mission support and donor relations office at 330.659.5142 so that we can correct any errors. Thank you.

REHAB SPOTLIGHT

Short-Term Inpatient Stay Helps Patient Get Back on Her Feet

After fracturing her pelvis, Anita Zaccaro was unable to return home after a hospital stay and spent 10 days recovering at Regina Health Center. Following is her account of the experience she had and the care she received.

Midway through a great group workout this past summer, I took an unfortunate spill and ended up with a fractured pelvis. After my initial emergency room visit at St. Vincent Charity Medical Center, my x-rays dictated my next move. Five days of bedrest. That was not the news I wanted to receive. Being the physically active person that I am and the amount of work on my desk, I started questioning how would I be able to manage everything. The incredible nurses and rehab staff put my worries to rest. They set me up in a lovely room with downtown Cleveland as my backdrop, a laptop and I managed just fine. Upon completion of my bedrest, I was informed my injury required some more TLC. Honestly, I just wanted to go home, seeking semblance of normal. This just wasn't possible. I am extremely grateful for Sr. Miriam Erb for referring me to Regina Health Center.

So, off I went, trading my city view for the Richfield countryside where I would navigate the next 10 days of my journey. From the instant I arrived, the admitting staff had me feeling welcomed and comfortable, all of my anxiety just fell by the wayside. I would love to name everyone individually because every single person had an impact on my stay. The nursing department went



above and beyond to make sure I was well fed, looked after and reassured. This was my first experience with an injury of this magnitude and it was strange not being able to take care of myself. I would never have been able to do what they did for me at home. The rehab department gave me the personalized attention needed to deal with my injury, maintained by medicine, calmed me when frustration set in and praised my progression. They prepared me for my transition to home, provided me with the necessary medical equipment and I felt confident on my own.

I sincerely thank the entire staff at Regina Health Center for their dedication to making lives better. I am back exercising and feeling great. I continue to do the recommended rehab exercises and can't say enough thanks to everyone there.

Anita Zaccaro is the payroll manager for the Sisters of Charity Health System and a 24-year employee of St. Vincent Charity Medical Center.



GET YOUR TICKETS TODAY!

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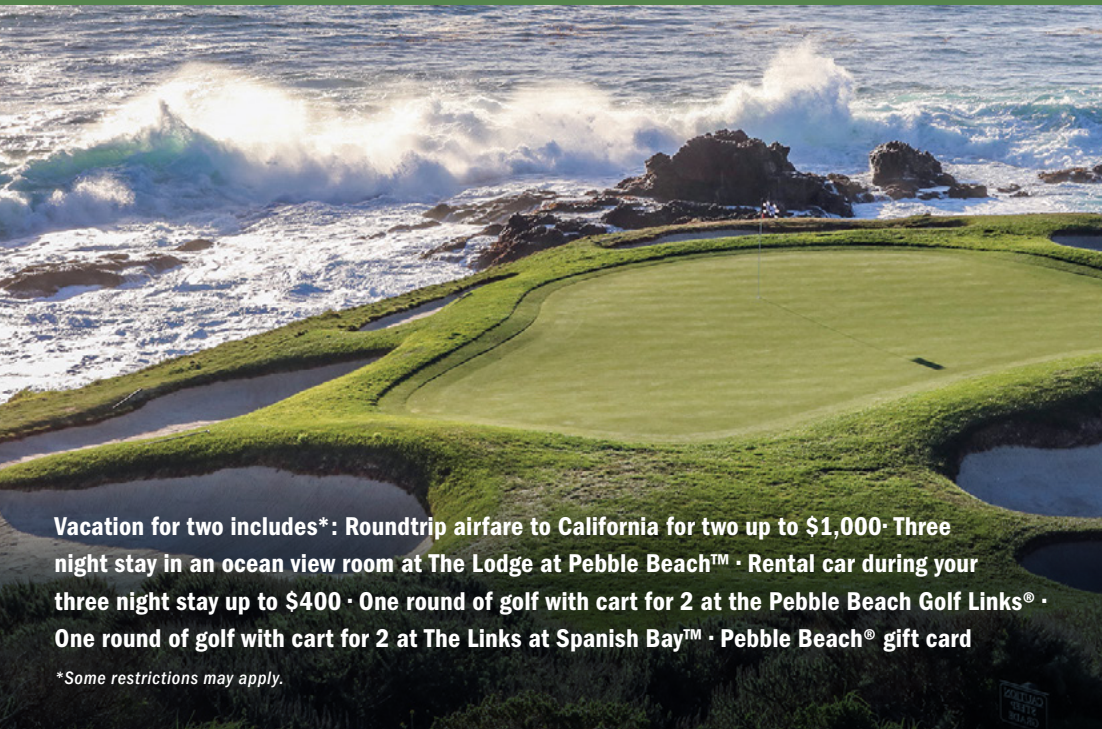
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Drawing will be held Thursday, August 18 at the Holy-in-One Golf Outing (winner need not be present)
Purchase tickets at holyinone.com

For more information, call 330.659.5142



PEBBLE BEACH® TRIP SPONSORED BY YANKE BIONICS: \$100/TICKET, \$9,000 VALUE



Vacation for two includes*: Roundtrip airfare to California for two up to \$1,000 · Three night stay in an ocean view room at The Lodge at Pebble Beach™ · Rental car during your three night stay up to \$400 · One round of golf with cart for 2 at the Pebble Beach Golf Links® · One round of golf with cart for 2 at The Links at Spanish Bay™ · Pebble Beach® gift card

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(ONLY 200 SOLD)
Purchase Pebble Beach® raffle tickets today for \$100 each. Only 200 will be sold. The drawing will take place at the Holy-In-One outing on Thursday, August 18. Thank you to Yanke Bionics for the continuing support of this one-of-a-kind opportunity.

To purchase tickets, call Leyden Mendez at 330.659.5142 or visit holyinone.com (click on Online Auction/Raffle Tickets)

RHC news and events



Resident Community Service Project Raises Funds for Ukrainian Family

 The April 2022 Resident Community Service Project raised funds for the family of Treatment Nurse Lana Gerashenko, whose family is living in the middle of the Ukrainian conflict. Residents bagged and labeled donated baked goods, and staffed the bake sale table for an afternoon. Many thanks to the caring staff, families, visitors and donors who enjoyed an afternoon treat and generously opened their hearts and wallets, raising \$2,584! The Activities Team presented the money to Lana and she was beyond grateful. She shared photos of her eight nieces and nephews who are living with nine adults and 13 additional extended family members under one roof. Please keep Lana, her family and all the families suffering at the hands of war violence at this time in our world in your thoughts and prayers.



July 20

ANNUAL CAR CRUISE-IN
(July 27 rain date); This popular annual event features an assortment of polished classic and muscle cars (open to the public). A special donor picnic will happen at the Cruise-In (by invitation).

August 18

SAVE THE DATE! 23RD ANNUAL HOLY-IN-ONE GOLF OUTING

Firestone Country Club. Secure the course of your choice (north or west) with a sponsorship. Call Colleen Corrigan Day at 330.659.5132 or register online at www.holyinone.com



Holy-In-One Warm Up at Topgolf

Thank you to the more than 160 golfers who participated in the third annual Warm Up to Holy-In-One at Topgolf on a mild winter Sunday on February 27. The event, auction and raffles raised more than \$8,000 in net revenue of critical funds to support the Holy-In-One Golf Outing, which happens August 18. Save the date for the 4th Annual Holy-In-One Warm Up on Sunday, February 26, 2023.



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WISH *list*

The Wish List continues to be a success for those wishing to help in a specific way. We thank the Wish List donors who gave cash or gifts-in-kind in response to our last newsletter request, and share our current needs below:

HOLY-IN-ONE AUCTION & RAFFLE ITEMS

Gift items that can be used for the online auctions and raffles at the annual Holy-In-One fundraiser. Fine wine and spirits are needed. Gift cards for locally owned/premier restaurants, Amazon or Visa gift cards are also needed.

ORDER OUT/EAT-IN PROGRAM

Donations would be appreciated to enable residents to enjoy carryout lunch from their favorite restaurants as a special treat.

PHYSICAL THERAPY

Table-Mate Ultra tables – folding TV tray table – these are very useful for and much needed by shorter residents since they are lightweight, easy to move and fit in tight spaces.

Contact Leyden Mendez at 330.659.5142 or lmendez@reginahealthcenter.org to make arrangements or if you have questions.

Thank you for supporting the Regina Health Center mission.



Please Like us on Facebook. We frequently share resident events, photos, organizational news and employee recognitions.

NEWSLETTER CREDITS

The Heart of Regina Health Center newsletter is published in the spring and fall to keep our supporters and residents updated on the many wonderful people and things that take place here every day.

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