

The HEART of Regina Health Center



SPRING 2020

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.

Continuing the Legacy of Compassion and Care in the Time of COVID-19

A LETTER FROM THE EXECUTIVE DIRECTOR



As we all have been adjusting to a new “normal” during this crisis, I hope you and your families are staying safe and healthy. Here at Regina Health Center, our staff has been working hard to provide residents with as much sense of normalcy as we safely can.

We began preparing for possible changes on the horizon back in January by working with the Centers for Disease Control & Prevention (CDC) and the Ohio

Health Department (ODH) when the first reports of COVID-19 were being diagnosed in the United States.

Our number one priority has always been and continues to be the health and safety of our residents, caregivers and all staff. Here are just a few of the many steps we have taken to mitigate the risk of exposure:

- Providing staff with the tools needed to monitor resident’s health to help detect possible health issues before symptoms manifest.
- Suspended all outside visitors, including family members, friends, delivery persons, volunteers, non-essential staff and those attending daily Mass.
- Prior to being admitted for work, all essential workers must answer a coronavirus questionnaire and have their temperature assessed.
- All group activities, including Mass, were cancelled.

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EXECUTIVE DIRECTOR *continued from page 1*

The Brighter Side

COVID-19 has certainly altered life here at Regina Health Center and for those with loved ones here who can't see them, but that doesn't mean we can't still have a little fun and stay connected virtually. The Regina Health Center Activities Department has done a great job making sure residents stay engaged and as active as possible. Each day they continue to find new ways to keep residents enriched and involved.

They deliver a daily chronicle with fun facts and brain games; host "Thursday socials on the road" by delivering special treats and wine and cheese to resident rooms; have daily newspapers and new puzzles and arts and crafts materials available for each unit; and more. We have also added video calling tools like FaceTime, Zoom and Facebook Messenger for residents and families to combat social isolation and to stay connected. Pastoral Care has greatly increased the amount of live-streamed and internet-based programming to ensure the residents' spiritual needs are met.

Renovations Wrap Up

Also on the brighter side, we're thrilled to announce that the more than year-long renovation project at Regina Health Center is now complete! Renovations wrapped up with the completion of updated restrooms outside of the chapel. Resident rooms, hallways, common areas, dining areas, nursing stations and more were updated, making for more cheerful surroundings and better quality of life for residents. Through careful construction planning, we were able to minimize resident disruptions.

We continue to be proactive, investing in our facility to ensure the comfort of everyone, which includes behind the scenes with a new backup generator. The new generator is essentially a backup to the existing backup generator. This redundancy is important to ensure we never lose power if the electricity goes out. It will also deliver supplemental electricity to our HVAC system to keep our air conditioning running on warm, muggy summer days when there's a higher chance the electricity can go out.

While the COVID-19 pandemic has created many challenges at Regina Health Center, we are thankful that we have been able to weather the storm with everyone pitching in so we can provide the same compassionate care we always have.

We will continue to follow ODH and CDC guidelines to keep everyone safe and will take our directive from the State of Ohio in determining when some of our restrictions can be eased and deciding if planned events can continue as scheduled.

No one knows exactly what the future holds, but we look forward to the day when we can see everyone again and welcome loved ones and friends back to Regina Health Center.

Stay safe and be well,

DEACON MARK C. YANTEK, LNHA
Executive Director, Regina Health Center

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RESIDENT SPOTLIGHT ::

Deacon Joe Helps the Homeless During COVID-19 Pandemic

The St. Paschal Baylon Helping Hands Ministry in Highland Heights has never missed a weekly delivery of meals and supplies to the homeless in Cleveland since it was founded by Regina Health Center resident Deacon Joseph Bourgeois, SSS (Congregation of the Blessed Sacrament) in 2008—and that even includes Christmas day.

While the COVID-19 pandemic has shut much of the state down, it hasn't shut down the urgent needs of the homeless. When volunteers from the Helping Hands Ministry went out Wednesday, March 18, they learned from those they were serving that some of the other meal delivery groups had not been able to continue their efforts.

Deacon Joe, who is CEO of the Helping Hands Ministry, immediately got to work. With COVID-19 concerns, he has essentially been restricted to his room at Regina Health Center (RHC) for his safety and health. But, that hasn't stopped him from helping the homeless and serving as an amazing example of everyone doing their part and serving others during this uncertain time.

As soon as Deacon Joe learned some of the others serving the homeless weren't able to make it out, he began advising his volunteers from afar, asking for additional financial donations and working with the Northeast Ohio Coalition for the Homeless (NEOCH) to increase their delivery days to twice a week.

Deacon Joe has secured funding from such generous nonprofits as St. Paschal Baylon Church, Highland Heights Lions Club, RHC and local merchants to be able to begin to fulfill this additional need.



RHC serves some of the most vulnerable citizens in this pandemic—religious, clergy and senior residents from all over the region. Deacon Joe is part of this vulnerable group, but has remained an example of dedication, inspiration and outreach even from the confines of his room.

Helping Hands Ministry was founded at St. Paschal Baylon parish in Highland Heights; with Deacon Joe and the current ministry chair, Bob Ukovic, and many other dedicated volunteers who continue serving the homeless population of Cleveland. ♦

To learn more about the ministry, visit [Facebook.com/SPBoutreach](https://www.facebook.com/SPBoutreach)

RESIDENT SPOTLIGHT ::

Sr. Xavier Gorman, CSA, to Celebrate her *100th Birthday*



When Sister Xavier Gorman, CSA, took her final vows to serve the Sisters of Charity of St. Augustine, Franklin Roosevelt was about to become the first president to be elected to a third term. The United States had not yet entered World War II. And, the

average price for a new car was \$850. The year was 1940.

Sr. Xavier celebrated a major milestone last year in a service-filled, faithful life—her 80th Jubilee. She is ready to celebrate another major milestone in June—her 100th birthday.

The story of the Sisters of Charity began in 1851 when the first Sisters of Charity of St. Augustine (CSA) arrived in Cleveland from France to begin as Catholic health care nurses. As the CSA Congregation grew, the sisters

continued to respond to unmet community needs of the changing times. The Sisters of Charity of St. Augustine established hospitals, schools and dozens of health and social service programs in Ohio and South Carolina. The health care ministry of the Sisters of Charity Health System has an extensive history of innovation and quality.

After taking her final vows in 1940, Sr. Xavier's professional and spiritual life's work began with ministering to orphans and unwed mothers. After serving at Parmadale Children's Village, St. Ann Maternity Hospital and DePaul Home, she coordinated the infirmary at Mt. Augustine. Sr. Xavier then spent many years at St. Vincent Charity Medical Center in pastoral care. She has been a resident at Regina Health Center since its beginning in 1996. She is an independent and active resident on the assisted living floor.

VOLUNTEER SPOTLIGHT ::

Making it Better for Everyone

EAGLE SCOUT LEADS PROJECT TO BRING ADA-COMPLIANT PICNIC TABLES TO RHC

"If I can make something better for someone so that life can be easier, that is what I would like to do," said Alex Caldwell, a North Royalton High School senior and Eagle Scout candidate from Boy Scout Troop 175 in Brecksville. Alex needed to develop and execute a project to successfully complete the requirements to become an Eagle Scout.

Alex looked around his community and discovered Regina Health Center (RHC) had a need for new ADA-compliant picnic tables in the Madonna Garden. Alex met with Bill Vorndran, RHC maintenance director, and developed a plan to replace older picnic tables that were not user friendly to individuals in wheelchairs.

The two discussed what would be useful for residents and staff to enjoy outdoor events, meals and nature in the garden.

Alex set off to work on the research, design, fundraising and building of these picnic tables for "all" to enjoy. Alex, with the help of his parents and Boy Scout troop leaders and members successfully raised funds for the project. This included a sponsorship from Sietins Precision Inc. (his parents' company), holding a car wash at a local Discount Drug Mart and support from RHC. The project took about two months from start to finish. The design of the tables followed ADA requirements for easy access for wheelchairs.



“God has been good to me, so kind and generous. I’ve had a wonderful life,” said Sr. Xavier, who radiates peace and well-being to those she feels privileged to serve in her retirement years. “I am grateful for all the women and men I’ve met and served with and the friends that I have made over the years.” ♦

“We celebrate and know that all things are possible with God. The example of a life well lived and loved well is so profound and evident from Sr. Xavier.”

Sister Judith Ann Karam, CSA
Congregational Leader of the Sisters of Charity of St. Augustine



“If I can make something better for someone so that life can be easier, that is what I would like to do.” – Alex

The tables are higher and the benches are cut in half to conveniently move in and out as needed for anyone to enjoy the space.

“The cedar wood tables and benches are weather treated and are a major improvement from the original tables that had done their jobs for many years and were ready to be retired,” said Bill Vorndran. “I was happy to see this update for our residents and staff.”

Alex has been involved with scouting since he was young and is now well on his way to earning Eagle Scout status. After graduating, he plans to attend either Cleveland State University or Vanderbilt University. He said he is grateful to have discovered RHC and be able to help “everyone” enjoy the outdoor Madonna Garden a little more with the new picnic tables. ♦



(Top) Alex explains the new tables to residents; (Bottom) The Most Reverend Nelson J. Perez, Bishop of Cleveland with Catholic Community Foundation event attendees enjoying the new picnic tables in the Madonna Garden.

Thanks and Gratitude

Regina Health Center continues to be blessed by generous supporters and friends. With help from nearly 806 individuals, corporations and foundations, we were able to raise nearly \$700,000 in 2019. 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.



THANK YOU 2019 DONORS

The donor listing on these pages represents Circle of Giving Society members of \$100 or more who made gifts in 2019, as well as those whose continued support has accumulated to milestone levels.

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A Win-Win Strategy Couple Makes Donations Directly from IRA and Establishes C



For his entire life, Tom Seeman has had a connection to the Sisters of Charity of St. Augustine. His aunt, Sister Margaret Mary Pero, CSA, was a member of the congregation. He remembers seeing her at family events when he was younger. When she moved to Columbia, South Carolina, to work at Providence Hospital, the Seeman family spent one

summer vacation visiting her, even staying in a hospitality cottage provided by the sisters.

“The sisters brought our meals to us and acted as guides as the family toured the attractions surrounding Columbia. Their

hospitality was fantastic, and it was one of the best summer vacations of my youth,” said Tom.

Sr. Margaret Mary moved back to Northeast Ohio after her time in Columbia to be the director of practical nursing at Timken Mercy Hospital in Canton (now Mercy Medical Center). Tom and his family continued to visit Sr. Margaret Mary in Canton. Years later, she moved to the Mt. Augustine Motherhouse, which also houses Regina Health Center (RHC). After Sr. Margaret Mary passed away, Tom and his wife Gwen made a donation to RHC. Gwen was invited to tour RHC and was very impressed with what she saw.

They decided they wanted to do more to help. Once they started taking minimum required distributions from an IRA, they began to donate directly to Regina Health Center through a qualified charitable distribution, which can lower adjusted gross income.

“We wanted to give to a worthy ministry while also lowering our

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Receive a Tax Deduction and Make a Gift that Pays You Back for Life

Tom and Gwen Seeman have discovered what many other donors have—the benefits of a Regina Health Center Charitable Gift Annuity. You can help secure your future and the future of Regina Health Center's mission with a charitable gift annuity.

Rates up to 9.0%! You qualify if you:

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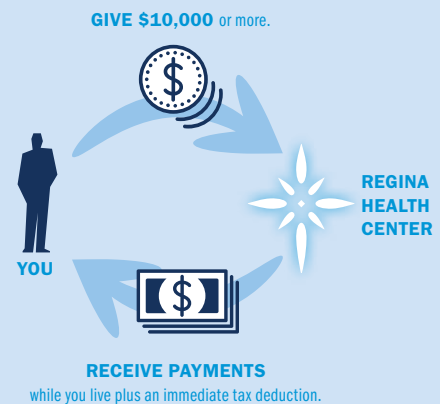
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7.8%	Age 85	5.1%	Age 70
6.8%	Age 80	4.7%	Age 65

Charitable Gift Annuity to Save on Taxes and Earn Income

income taxes," said Tom. "We fully support Regina Health Center in providing housing and health care for the retired clergy and religious sisters of the diocese. These individuals labored tirelessly to do God's work with faith that God would take care of them as they aged. Everything about Regina Health Center is first class."

Tom and Gwen decided to take their giving to an even higher level through a charitable gift annuity—while also receiving a financial return and becoming members of the Regina Society. Membership in the Regina Society is open to individuals and couples who make a planned gift to Regina Health Center, bequest in their will or a gift of more than \$10,000 (over their lifetime or one-time gift).

"Gwen and I have waited to purchase a charitable gift annuity until we felt the rate of return was much better than we could get elsewhere with the same level of security. In our case, it makes great financial sense. The fact that it is a donation to one of our favorite charities is just a bonus," he said. ♦



Call Colleen Corrigan Day 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.

*Rates shown are for a one-life annuity and are effective 4/1/20. Rates may change. The minimum age is 65 and minimum gift amount is \$10,000 cash or securities. No commissions or fees are paid.



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In Honor of:

Sisters of Charity of St. Augustine

We thank our many other donors who made thoughtful gifts to Regina Health Center in 2019. Please consider joining one of our Giving Circle Societies in 2020. 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.

CARES Act Increases Charitable Giving Impact for 2020

The Coronavirus Aid, Relief, and Economic Security (CARES) Act was signed into law in March. It is a \$2.2 trillion stimulus plan that includes enhanced charitable giving incentives and funding opportunities for charities. The inclusion of expanded charitable giving incentives is a critical acknowledgement by the federal government of the essential nature of the services nonprofits like Regina Health Center provide.

More than ever, Regina Health Center's vulnerable residents are facing extraordinary threats to their health and wellness. Regina Health Center caretakers and staff are the true heroes in this pandemic, rising to the challenge, facing the fear, and adding the needed PPE and safety precautions to their daily routines. Getting through this time has been a courageous team effort, led by strong faith, hope and leadership.

New Charitable Deduction Limits

The CARES Act includes a temporary universal charitable deduction, which means taxpayers who do not itemize their deductions can take a one-time deduction of up to \$300 for gifts made to charitable organizations in 2020 (\$600 for a married couple). It is an "above-the-line" adjustment to income that will reduce your adjusted gross income (AGI), which lowers taxable income. If you have already made your donation since Jan. 1, that contribution counts toward the \$300 cap.

Required Minimum Distributions (RMD) Waived for Most Donors

Required minimum distributions (RMD) for individuals over age 70½ are suspended until 2021. This includes distributions from defined benefit pension plans and 457 plans. Donors directing a qualified charitable contribution (QCD) to Regina Health Center this year (up to \$100,000 per individual) will still reduce their taxable IRA balance subject to income tax. This allows all taxpayers, itemizers and non-itemizers alike, to direct gifts from the IRA to Regina Health Center in a tax-efficient manner.

For more information, please contact Colleen Corrigan Day, Mission Support and Donor Relations, at 330.659.5132 or cday@reginahealthcenter.org.

This information is not intended as legal tax advice. For such advice, please consult an attorney or tax advisor.



Holy-In-One Golf Outing NEW DATE Tuesday, August 25

We are looking toward a hopeful future and have made the decision to push the Holy-In-One Golf Outing to late summer.

DATE CHANGE for Holy-In-One 2020

TUESDAY, AUGUST 25, 2020

FIRESTONE COUNTRY CLUB

SHOT GUN START AT NOON

REGISTRATION BEGINS AT 10 A.M.



Based upon guidelines from the state of Ohio and Firestone Country Club, we will determine closer to the event date if the post-golf cocktail hour and dinner or heavy appetizer/bar event will happen.

This may be a golf only event with auction and Fund-A-Need online only. Look for more details soon.

Holy-In-One is the largest fundraising event for Regina Health Center. The support you and so many generous donors give during this event is essential for our organization. However, we understand if you are not able to participate this year and hope you can rejoin us in 2021.

Register your sponsorship and foursome today at www.holyinone.com

WIN A TRIP FOR 2 TO PEBBLE BEACH® OR A \$5,000 CASH PRIZE *(Trip must be taken before June 2021)*

Purchase Pebble Beach® raffle tickets for \$100 each. Only 200 will be sold. The drawing will take place at the Holy-In-One banquet reception on Tuesday, August 25.

The winner has the choice of taking the trip to Pebble Beach or receiving a \$5,000 cash prize. Thank you to Yanke Bionics for the continuing support of this one-of-a-kind opportunity.

Call Cheryl Dolego at 330.659.5142 or visit holyinone.com to purchase tickets today.

Vacation for two includes*: Roundtrip airfare to California for two · 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

*Some restrictions may apply.



Holy-In-One Warmup at Topgolf

What a great way to warm up for Holy-In-One 2020 by spending an afternoon in February at Topgolf in Independence. Thank you to the 120 golfers who participated. This is scheduled to be an annual event. Look for the February 2021 date to be confirmed in the fall newsletter.



Welcome New Director of Nursing



Marlene "Marti" Shivak, RN, has joined Regina Health Center as director of nursing. In this role, Marti oversees day-to-day operations of the nursing department and staff, and directs and supports the nursing team as they care for residents to ensure the delivery of high quality, compassionate nursing care. Marti has more than 35 years of experience working in skilled nursing and nearly two decades of experience leading the nursing departments at several skilled nursing and assisted living facilities in Northeast Ohio.

Welcome New Pastoral Care Director



Mary Takacs has joined Regina Health Center as the new pastoral care director. She joins RHC from St. Martin of Tours Catholic Church in Valley City, Ohio, where she served as education coordinator, director of religious education and pastoral minister. She was responsible for all faith formation, including PSR, Sacramental preparation, RCIA and individual spiritual direction. In her role as pastoral care director, she ensures the provision of pastoral care to residents, their loved ones and to staff to meet their spiritual needs.

Janet Cinadr Retires after 19 Years as Director of Nursing

Thank you *Janet Cinadr* for serving as director of nursing for 19 years! Janet retired at the end of January. Executive Director Mark Yantek said about Janet's many years at Regina Health Center, "Since 2001, Janet truly made a difference in the lives of our residents. Her remarkable



boundless energy, compassionate heart and leadership dedication is greatly appreciated. On behalf of the board of directors and everyone here at Regina Health Center, we congratulate Janet on her retirement and thank her for making such a difference for so many people."

Sister Donna Mikula, OSU, Retires as Director of Pastoral Care



After nearly 13 years of ministry as director of pastoral care, *Sister Donna Mikula, OSU*, retired earlier this year to Merici Crossings, the residential home of the Ursuline Sisters. Sr. Donna grew up in the Ohio City area of Cleveland. She entered the Ursuline Sisters of Cleveland after high school and has been a member for 55 years. She served in multiple ministries during that time, including as a junior high teacher and principal in diocesan elementary schools, parish pastoral minister and more. Sr. Donna said she compared being at Regina Health Center to having her own parish.

"I never cease to be touched most deeply by the affirmation of the residents for what I do for them. What they don't realize is that they, God's holy people, do much more for me."

Sister Donna Mikula, OSU

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RHC *Upcoming events**

Wednesday, August 5

ANNUAL CAR CRUISE-IN

(Rain date is Wednesday, August 12); All are welcome at this popular annual event that 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).

**All events are contingent on Ohio's COVID-19 guidelines. Check reginahealthcenter.org for the most current information.*

Tuesday, August 25

21ST ANNUAL HOLY-IN-ONE GOLF

OUTING AT FIRESTONE COUNTRY CLUB

Registration begins at 10 a.m.

Tee-off at Noon. Call 330.659.5132 for sponsorship information or visit www.holyinone.com.

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 community needs below:

HOLY-IN-ONE AUCTION & RAFFLE ITEMS

Gift items that can be used for the online and silent auctions, and raffles at the annual Holy-In-One fundraiser, such as: bottles of wine or other spirits for the bar cart raffle, gourmet foods, sporting goods and collectibles, small appliances, gift cards or certificates for local restaurants, boutiques, repair services or online purchases, unique art or decorative pieces.

HOLY-IN-ONE GOODIE BAG ITEMS

Looking for a way to promote your business? Just donate 250 of the same items that we can place in each golfer's bag to showcase your organization! In the past, items have included golf balls, golf tees, ball markers, sunscreen, hand sanitizer, lip balm, note pads, pens, snacks, eyeglass/screen cleaners, bandage dispensers, etc.

Contact Cheryl Dolego at 330.659.5142 or cdolego@reginahealthcenter.org to make arrangements for pick up or delivery, or if you have questions.

We are extremely appreciative of your ongoing support!



REGINA HEALTH CENTER

A Ministry of the Sisters of Charity Health System



Please Like us on Facebook. We frequently share resident events and 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.

WRITERS/EDITORS

Brad Hauber
Colleen Corrigan Day

CONTRIBUTING WRITERS

Cheryl Dolego
Melysa Foster

DESIGN

Diane Roberto



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