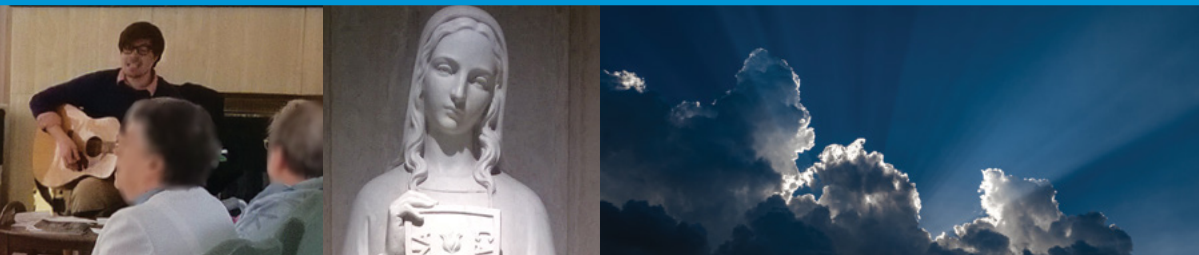


# The HEART of Regina Health Center



**SPRING 2015**

*Regina Health Center provides excellence in health care and supportive services that enrich your life or the life of an elderly loved one. We are recognized as a center that promotes wellness, holistic health care, education and research in an atmosphere that reflects the core values of spirituality and shared community life.*

## RESIDENT CARE

### Always Active: Music, Art and Yoga Add to the Mix of Activities Available for Residents

It's not uncommon for Regina Health Center residents to be taken back in time by polka king Frankie Yankovic or jazzman Jimmy Dorsey. Or to bring out their inner Vincent van Gogh. Or to be in meditative yoga poses.

Providing a wide range of activities at Regina Health Center (RHC) is a key component of promoting holistic health and positively impacting quality of life—and music, art and senior yoga are just some of those activities.

..... *“All of our activities are designed to promote human dignity and improve the quality of life.”*  
..... — Chris Therens, director of activities .....

Yoga is the newest activity for residents and has been a big hit, with an average of 18 to 20 residents participating every other Wednesday. Yoga at RHC has been modified to encourage residents to sit rather than stand or lie on a floor mat, and is designed to increase movement and energy, reduce anxiety through relaxation, deep breathing and meditation, and manage or reduce pain. After a yoga session, one resident said, “I woke up this morning in so much pain. I didn’t know how I would make it through the day, but now I feel so much better.”

Yoga instructor Lisa Wittman said yoga for older adults has additional benefits and she is encouraged by the results. “The residents always do their best and they try everything. We talk each time about stopping if it hurts and breathing if it’s uncomfortable. Socialization and laughter are key elements to a sense of well-being and belonging, and there are plenty of both at the yoga sessions. This class is an absolute joy and I see progress.”

*continued on page 14*

# EMBRACING OUR SPIRITUAL PRESENT AND FUTURE



.....  
**BECAUSE OF  
THE UNIQUE  
NATURE OF  
RHC, PASTORAL  
MINISTRY IS AN  
INTEGRAL PART  
OF WHAT WE DO.**  
.....

Pastoral ministry is at the heart of Regina Health Center (RHC). In so many ways, at every level and in every department, pastoral care is the basis of everything we do.

In visible ways, such as daily Mass and recitation of the Rosary, to more subtle ways, such as employee orientation sessions and meetings begun with prayer, the support and enrichment of each resident's faith life guides our decisions and actions.

We begin each year with a theme that both reflects our values and guides our planning for religious events and observances throughout the year. The theme is chosen by the mission and values committee of the RHC Board of Directors. The committee, composed of directors, residents and volunteers, convenes each spring and fall to serve as the "guiding star" for our efforts on behalf of the RHC residents.

Because of the unique nature of RHC, pastoral ministry is an integral part of what we do—every bit as important as nursing or dining services—in its own way. Thanks to a generous grant from the Sisters of Charity Foundation of Cleveland, we added a part-time pastoral ministry associate, Paulette Popovich, to supplement the efforts of Sister Donna Mikula, OSU, who serves as RHC's director of pastoral care.

Together with RHC's management team and the Sisters of Charity of St. Augustine, Sister Donna works to create a comprehensive program of pastoral ministry that ensures each resident's spiritual needs are met.

In this issue of *The Heart of Regina Health Center*, you'll read about all the ways we compassionately serve our residents through a combination of caring and faith.

As you'll see, our mission is at once both simple and profound: To extend the healing ministry of Jesus Christ.

A handwritten signature in dark ink that reads "Mark C. Yantek". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

**MARK C. YANTEK, LNHA**

*Executive Director, Regina Health Center*

# GRATEFUL TO GUIDE

**BY DAVID SIMIA, PRESIDENT,  
REGINA HEALTH CENTER BOARD OF DIRECTORS**

Our board members and I are regularly tasked with making decisions that impact the quality of life for residents, as well as addressing the many challenges of today's health care and nursing care world. We are elated to be guiding an organization that is so well run with the Sisters of Charity Health System at the helm.

Regina Health Center (RHC) achieved several important goals in 2014. Among them, RHC maintained its highly rated quality of service that continues to enrich the daily lives of our elderly residents. The Centers for Medicare and Medicaid Services again gave RHC the highest Five-Star Quality Rating for nursing care. RHC was also listed among the top 10 nursing homes in Ohio for family satisfaction. These accomplishments are directly attributable to the strong commitment and core values of spirituality of our compassionate, skilled management and staff, the caring families of our residents and the generosity of our dedicated donors. We are thankful for all that you do.

We also wish to recognize the *Friends of Regina Health Center* for their contribution of time and resources. Funds raised at the 2014 Fall Into Fashion Show and Luncheon will help cover a good portion of the cost to renovate the activity room where RHC residents and guests find much enjoyment. Finally, our board members once again demonstrated their total commitment to RHC. We are grateful for their time, financial support and valuable input in the overall guidance.

Regretfully, four board members concluded their final terms in 2014. We give special thanks to Richard E. Christie, M.D.; Most Reverend Roger W. Gries, O.S.B.; Phillip J. Guban and Kathleen (Katie) Koch. Their service, support and dedication have been enormous. We truly appreciate all of their contributions to improving the quality of life for so many.

Gratefully, Bishop Roger and Katie Koch will continue serving RHC. Bishop Roger will assume the new leadership position of spiritual moderator and continue as honorary chair for the Holy-In-One Golf Outing. Katie will continue to serve on the important mission support and donor relations committee, assisting in maintaining positive donor relations and increasing donor growth.

We are fortunate to welcome the addition of four new board members. Lynn Yanke, Father Walter H. Jenne, Michael Bohan and Elizabeth P. Macintyre, M.D. have all graciously agreed to join our board. We are thankful for their dedication and willingness to help guide the future growth and sustainability of our God-centered home for our aged. They each bring a wealth of experience and knowledge.

We look forward to 2015 and many more accomplishments.

## **Regina Health Center Board of Directors**

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## VOLUNTEER SPOTLIGHT

# Knights in Shining Armor



The Knights of Columbus from the Immaculate Heart of Mary (IHM) Parish in Cuyahoga Falls, Ohio, have been making life a little brighter at Regina Health Center (RHC) for the past eight years.

According to Richard Sestokas, grand knight of the third degree and past faithful navigator of the fourth degree, the IHM Knights of Columbus are a strong, faithful and dedicated council whose core values are to “give back to the people who have helped us.”

The group focuses on a few volunteer projects, helping the mentally challenged, seminarians and the residents at RHC. “Regina Health Center has a very special place in our hearts. Many of us have sisters there who taught us in school. One of the sisters was a spiritual adviser to my wife Theresa and me. Once you’ve been to Regina Health Center, it remains in your heart,” said Richard.

Several members regularly come to RHC to clean wheelchairs and help with garden, grounds and building maintenance. One highlight of their efforts happens each November, when a group arrives at RHC with spouses, children, friends and pizza in hand to put

up and decorate more than 20 Christmas trees.

Although the spirit of Christmas is always at RHC, the lighted trees give the ambient and festive feeling that warms the hearts of residents, staff and visitors alike. “What the Knights don’t see is the ongoing joy and smiling faces of residents as they go from room to room to see the beautifully decorated trees. Regina Health Center becomes a Christmas wonderland because of the good works of a few caring individuals,” said Maureen O’Neill-Laszlo, director of mission support and donor relations at RHC. “Then to top it all off, they return in January to take down their magic. It is amazing what they do for others.”

In addition to their manual labor, the IHM Knights of Columbus have an annual poinsettia fundraiser at their parish, with proceeds earmarked to be used for the area of greatest need at RHC. “The fundraiser becomes a parish affair,” said Richard. “The congregation knows Regina Health Center and they are happy to help out. We are one big Catholic fraternity and we have the manpower to assist.” ♦



“Regina Health Center has a very special place in our hearts. Many of us have sisters there who taught us in school. One of the sisters was a spiritual adviser to my wife Theresa and me. Once you’ve been to Regina Health Center, it remains in your heart.”

— Richard Sestokas, volunteer

(top right photo) The IHM Knights of Columbus bring their families and friends to RHC each November to put up and decorate more than 20 Christmas trees. Pictured are Ashley, Theresa and Richard Sestokas, and Billy Kuhns (right). (bottom photo) IHM Knights of Columbus with their families and friends.

Several of the Christmas trees that the Knights of Columbus decorate at RHC are at the end of their life and should be replaced. To donate a new or gently used artificial Christmas tree, please contact Chris Therens, director of activities, at 330.659.5154.

“I encourage all to say the Rosary every day to transform their lives. Mary is the Mother of God, the Mother of the Church. Consecrate yourself to Our Lady.”

— Father James M. Cassidy

# Glorifying the Lord through our Blessed Mother



Maybe it was a coincidence that Father Jim Cassidy moved to Regina Health Center (RHC) following a stroke in 2014. Or maybe it was divine intervention.

He was no stranger to RHC or the Sisters of Charity of St. Augustine (CSA). He had been to RHC many times to visit with other priests who were residents. Fr. Cassidy’s history with the sisters extends back many years, when a close member of his family was treated for alcoholism through Rosary Hall at St. Vincent Charity Medical Center in Cleveland, which is another ministry of the Sisters of Charity Health System.

Sister Mary Ignatia Gavin, CSA, who worked with the founding fathers of Alcoholics Anonymous, helped get his family member the appropriate help. Fr. Cassidy said, “From the care my loved one received at Rosary Hall, he never had another drink. I owe that to Sr. Ignatia and also the Carmelite Sisters who prayed for him.”

Fr. Cassidy has another connection with RHC in that Regina is the name for the Queen Mother. He went on to share his devotion to the Blessed Mother and now he attributes much that has happened in his life to her, including becoming a priest.

During his younger years, Fr. Cassidy toiled shoveling coal on the ore boats of Lake Erie. He went on to serve in the U.S. Army during the Korean War. He remembers his

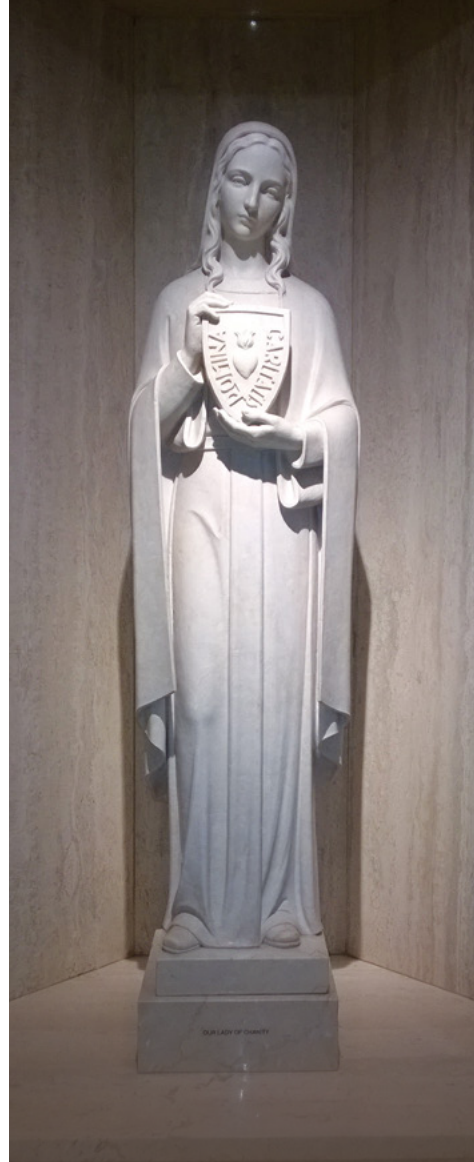
loving grandmother telling him that she was having two Masses said for him. One Mass was so that he would not have to go overseas during the war, which he did not have to do. She would not give a reason for the second Mass, but Fr. Cassidy believes it was for him to become a priest.

While serving the country, he prayed the Rosary and attended Mass daily. “It was a calling. It was something I just wanted to do,” he said. Fr. Cassidy was ordained a priest in 1961, becoming inspired by the works of Bishop Fulton J. Sheen, who touched the lives of millions worldwide through his work on radio and television. When Bishop Sheen was conducting retreats for priests, Fr. Cassidy inquired about attending, and to his amazement, he received a call from the bishop who personally invited him to come to the retreat in Pennsylvania. “It was like a dream come true. I was able to attend the retreat and spend time getting to know the bishop,” said Fr. Cassidy.

Fr. Cassidy served in many parishes throughout his priesthood, including Annunciation parish in Akron, Holy Name Parish in Cleveland, St. Adelbert In Berea, St. Francis of Assisi in Gates Mills, St. Mary’s in Lorain, St. Joseph in Ashland and finally as the pastor of St. Edwards Parish in Ashland from 1980 until his retirement in 2010. He credits his strong and loyal congregation and the growth of the parish to his devotion to the Blessed Mother.

Fr. Cassidy said he enjoys being a resident at RHC. “The care here is wonderful. The nurses and aides are wonderful. I can attend Mass every day. The food is wonderful and I can pray the Rosary every day.”

He is confident he made the right decision to become a priest. When looking back on his life, Fr. Cassidy said, “If I lived over again, I would want to be a priest.” ♦



## CONSECRATION TO MARY

*My Queen and my Mother, I give myself entirely to you; and to show my devotion to you, I consecrate to you this day my eyes, my ears, my mouth, my heart, my whole being without reserve. Wherefore, good Mother, as I am your own, keep me, guard me, as your property and possession [and keep me in the love of your divine son Jesus.] Amen.*





# 2014 DONORS

## THANK YOU LOYAL SUPPORTERS

*As we enter this time of spring renewal, many reflect on their own gifts as they witness God's gifts of budding trees and flowers and gentler breezes. At Regina Health Center, we take this opportunity to reflect on the kind and gentle hearts who are responsible for enabling us to continue five-star health care in a loving and supportive environment. Due to the nature of caring for religious and those who cannot afford their own health care, Regina Health Center must raise funds to make up the deficit that occurs when reimbursements do not cover the cost of providing appropriate health care. Listed below are the names of all individuals and organizations who made gifts of \$100 or more in 2014 to support RHC's mission. We welcome them to the Circle Giving Societies. We are forever grateful for these many generous friends and thank all of our supporters who made gifts in 2014.*

### LIFETIME BENEFACTORS

A special thanks to our most generous donors whose accumulated lifetime giving has exceeded \$25,000 for individuals and \$50,000 for foundations and organizations.

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- SOAR!
- Summa Health System
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## REGINA SOCIETY

Regina Health Center thanks the Regina Society members who have thoughtfully included an estate provision for RHC through either a bequest, charitable gift annuity, beneficiary designation or other form of planned gift or who have made accumulated gifts of \$10,000-\$24,999.

### PLANNED GIFTS

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Rita A. Burdick  
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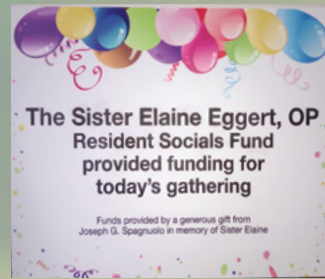
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 Jane and Lt. Col. Dominic Rinaldi  
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 Lillian and Sgt. Luis Rodriguez  
 William C. Roemer  
 Dominic Ruby  
 Susan Rudin  
 Scott Rupert

## ICE CREAM FOR EVERYONE IN LOVING MEMORY OF SISTER ELAINE EGGERT



*Sister Elaine Eggert, OP, had many fans from her days of teaching in several Cleveland and Akron Catholic schools. Joseph Spagnuolo was one*

*her biggest fans, keeping in touch with his beloved teacher throughout the years and through her residency at Regina Health Center (RHC).*

*Sr. Elaine moved to RHC in 2008. She loved attending resident socials that took place throughout the year. She especially loved ice cream socials. When Joe learned about RHC's resident socials, he began making annual gifts to help support the costs. He visited Sr. Elaine frequently and took her out for ice cream whenever possible. For her birthdays, Joe would bring in a large birthday cake so that all residents could share in the birthday festivities. When Sr. Elaine passed away in 2013, he approached RHC's mission support and donor relations department to discuss what he could do in her memory. After some thought, Joe established the Sr. Elaine Eggert, OP, Resident Socials Endowment Fund.*

*"The fund is in appreciation to all religious for their efforts," said Joe. The income from the endowment fund helps offset the cost of socials, enabling the activities staff to be more creative in their planning and to increase the frequency of socials. In 2014, residents enjoyed ice cream socials, wine and cheese socials, a hot chocolate social, polka party, and several holiday parties. "The activities staff thoroughly enjoys planning the resident socials and no one leaves without a huge smile on their face," said Chris Therens, activities director. "So that the residents remember Sr. Elaine, we put a sign at the entrance of each event that reminds them that the socials are made possible by a gift in her memory." ♦*

Susan and John A. Rusnaczyk, Jr.  
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 Louise and Richard Salamon  
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**FOUNDATIONS & ORGANIZATIONS \$300-599**

Aetna Foundation  
 Area Agency on Aging  
 Carmel of the Holy Family  
 Contractors Choice Inc.  
 HW&Co.  
 Infinity Construction Company, Inc.  
 Laura R. and Lucian Q. Moffitt Foundation  
 Light of Hearts Villa  
 Ohio Assisted Living Association  
 Oswald Companies  
 Par Electrical Contractors, Inc.  
 Sports & Shirts

*\*Deceased*

**GRATEFUL HEARTS SOCIETY — PERMANENT TRIBUTES**

**ACCUMULATED TRIBUTE GIFTS OF \$5,000+**

Patrick J. Brosnan  
 Mary Barrett Brosnan  
 Margaret Anne Brosnan  
 Elizabeth Carraher  
 Donald A. Gedeon  
 Mary Ellen and John Grecol  
 Ruth Marian Raybuck  
 Lois Soss

*We thank the many other donors who made thoughtful gifts to Regina Health Center in 2014. Please consider joining one of our Circle Giving Societies in 2015. 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.*

**EVERYONE WINS WITH A CHARITABLE GIFT ANNUITY**

The Regina Health Center Charitable Gift Annuity program is a simple way to support Regina Health Center (RHC) and a clever way to supplement retirement income for life. Some of the benefits include:

- Reliable fixed income for your life and/or your spouse's life
- Payout rate is based on your age
- Charitable income tax deduction in the year of your gift
- Income tax incentives in subsequent years
- Satisfaction of supporting one of your favorite charities

Charitable gift annuities are easy to establish with quarterly fixed income payments beginning immediately. Rates are usually much higher than bank certificates of deposit (CDs) and in most cases, higher than dividend income. Remember, a charitable gift annuity is a gift that will ultimately support the religious and lay residents who call RHC home while benefitting you during your lifetime. Below is a table that illustrates how a charitable gift annuity may benefit you.

**SAMPLE BASED ON \$10,000 CASH SINGLE LIFE CHARITABLE GIFT ANNUITY**

Age	Annuity rate	Annual payment	Charitable deduction
70	5.1%	\$510.00	\$4,001.70
75	5.8%	\$580.00	\$4,502.80
80	6.8%	\$680.00	\$4,965.10
85	7.8%	\$780.00	\$5,621.60

*\*Charitable deduction is based on an IRS discount rate that changes periodically and is limited to 50% of adjusted gross income for cash gifts or other ordinary income assets; 30% for long-term capital gain assets. \*\*This information is for illustration purposes only and should not be considered legal or other professional advice. Benefits may vary depending on your age and the timing of your gift.*



# REGINA HEALTH CENTER CIRCLE GIVING SOCIETY LEVELS AND BENEFITS



## DONOR GIVING CIRCLE SOCIETIES

### **CIRCLE OF GENTLE COMPASSION** \$100 INDIVIDUAL; \$300 ORGANIZATION

- *The Heart of Regina Health Center* newsletter mailed twice per year
- Recognition in *The Heart of Regina Health Center* newsletter
- Invitation for two to Car Cruise-In and Donor Picnic

### **CIRCLE OF UNFAILING HOPE** \$300 INDIVIDUAL; \$600 ORGANIZATION

- All of the above *plus* an invitation to RHC's Christmas Concert

### **CIRCLE OF DEEP PEACE** \$500 INDIVIDUAL; \$1,000 ORGANIZATION

- All of the above *plus* an invitation to the Circle of Abiding Love Mass and Donor Recognition Ceremony

### **CIRCLE OF ABIDING LOVE** \$1,000 INDIVIDUAL; \$5,000 ORGANIZATION

- All of the above *plus* a photo with Bishop or Celebrant of the Liturgy, a Circle of Abiding Love lapel pin and recognition as a leadership Circle of Abiding Love member in marketing materials

### **CIRCLE OF ABUNDANT JOY** \$5,000+ INDIVIDUAL; \$10,000+ ORGANIZATION

- All of the above *plus* invitations to exclusive RHC events



**LIFETIME BENEFACTOR** Recognizes individuals whose accumulated giving has reached \$25,000 or more; organizations that reach accumulated giving levels of \$50,000 or more. Benefits include:

- Invitation and special recognition at the Circle of Abiding Love Mass and Recognition Ceremony
- Commemorative gift
- Invitation to exclusive RHC events
- Recognition in marketing materials as a Lifetime Benefactor member



**REGINA SOCIETY** The Regina Society was established to recognize donors who make an estate provision to benefit RHC through a will bequest, beneficiary designation, charitable gift annuity, life insurance, retirement assets, trust arrangement or other types of deferred gifts. Also recognizes donors with accumulated cash gifts of \$10,000-\$24,999. Benefits:

- Invitation and special recognition at the Circle of Abiding Love Mass and Recognition Ceremony
- Beautiful Circle of Abiding Love ornament
- Invitations to special RHC events
- Recognition in marketing materials as a Regina Society member



**GRATEFUL HEARTS TRIBUTE SOCIETY** Recognizes donors with accumulated giving of \$5,000 in honor or in memory of an individual.

- Recognized individuals being paid tribute
- Recognition in *The Heart of Regina Health Center* newsletter
- Permanent tribute listing in Regina Health Center Chapel





# Do You Wish You Could Do More?

Many caring and giving individuals sometimes think that their “small” gift doesn’t mean very much to the charity. This is simply not true since EVERY gift makes a big difference by pooling with others to create a partnership of like-minded people who are greatly responsible for the success of the organization. However, when you are no longer here, who will replace that regular check that helped the charity do just one more thing for the mission?

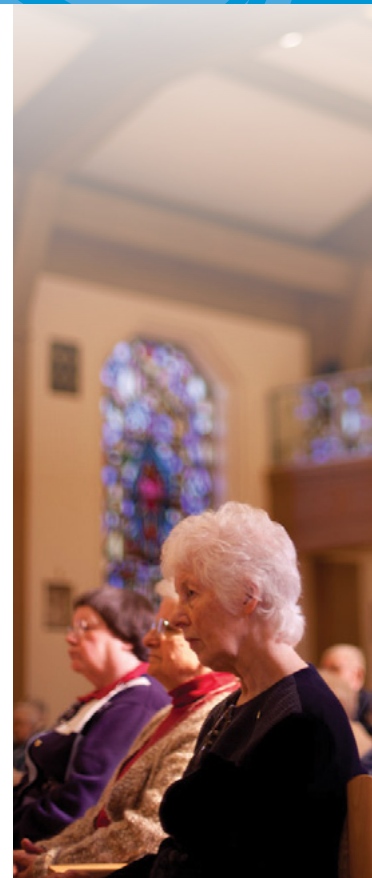
If you are considering updating your will, you may also want to give thought to the charities you now support. Your current gifts may be effective in providing food for an additional week to a hunger center, supporting a cure for heart disease or cancer. Maybe you help support Regina Health Center’s important mission of caring for the elderly religious and lay residents who feel blessed to be in a compassionate, God-centered health care environment. Whatever you support will stop abruptly unless you take measures now to designate a portion of your assets through a will bequest, trust or other planned giving vehicle.

By leaving an estate gift through your will or trust, or through a beneficiary designation of bank accounts, Individual

Retirement Accounts, life insurance and other financial accounts, you may be able to make a significant contribution to Regina Health Center while retaining full control of your assets during your lifetime. It makes sense to update your will periodically to ensure that all of your wishes will be fulfilled. While in the process, consider leaving a bequest for those charities that mean so much to you. It will give you a sense of well-being and peace of mind knowing that your beloved charities will receive support beyond your lifetime.

If you have already included Regina Health Center in your estate plan or are considering an estate gift, please complete and return the enclosed remittance information indicating your intentions or call Maureen O’Neill-Laszlo, director of mission support and donor relations, at 330.659.5132.

In 2014, Regina Health Center was blessed to be the recipient of four new bequest commitments, and was designated as the beneficiary in three separate estates. All benefactors are remembered in prayer during daily Mass. We pray for the souls of the departed who so thoughtfully and lovingly remembered Regina Health Center in their final estate plans. ♦

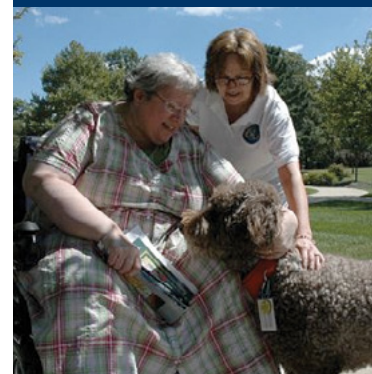


*Please use the following information when including Regina Health Center in your will or beneficiary designation:*

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

**Tax ID Number:**  
34-1722394

*Designate your gift for either the general fund for immediate use or the endowment.*



# A LOVING FATHER— *A Grateful Family*

*Gayle Campbell, daughter of late resident Charles (Chuck) Kishman, felt compelled to send this beautiful letter of gratitude to Regina Health Center. Thank you Gayle for allowing us to share it with The Heart of Regina Health Center readers.*

DEAR REGINA STAFF,

*I want to thank each of you, and those employees who are no longer there, who were involved in the care of my father, Chuck Kishman, during the past three years that he lived there. I feel so blessed that he was in your loving care, after I could no longer take care of him in my own home. The peace I felt there each time I entered the doors was a true comfort for me, knowing he was safe.*

*After losing his gift of conversation due to Parkinson's disease, he became the "silent observer." I just wanted to tell you who he was before he became "the man in the hall exercising with the stick." His home, family and friends came first. In his construction business, he was very generous, often offering free services to those who couldn't afford to pay. An only child, he was very loyal and caring to his parents, making it possible for them to stay in their home, despite failing health. He was friendly, outgoing and kind to everyone he met. When my mother was in a nursing home, not only did he visit her every day of the five years she was there, but he also made daily visits to many others who lived there. He never went to a bank, restaurant or store that someone wasn't calling his name, to say hello. Not only was he a devoted father to his three children, he couldn't resist pinching a cheek of any youngster within his reach.*

*Although he was not Catholic, he was close to the Catholic community in Vermilion, Ohio, where he lived almost his entire life. He remodeled St. Mary's Church there, as well as the rectory and convent and he also built the Catholic school attached to the church. This was a huge source of pride, in a time where the church gave contracts only to its parishioners.*

*Chuck and I had a few standing questions and answers that were part of our parting ritual after our daily visits. One routine question was, "Dad, are you happy here, is there anything you need? And he would always answer, "No, I don't need a thing, they take care of everything here. If I can't live with you, then I am happy I am here." His answer speaks to the entire staff of Regina Health Center, particularly those working on 2C!*

*I thank you all for your gentle hands, your kind words and your loving care of my father, and I know he appreciated each of you. He may not have remembered your name, but his face always lit up when he saw your face. I know he is in God's loving hands now. I once read that heaven is a place where we go back to the happiest times of our lives. I picture him there, dancing with my mother, waving hello to all those who went before him, and thanking God for his blessed life.*

GOD BLESS YOU ALL. YOU WILL ALL BE IN MY DAILY PRAYERS.

*Gayle Campbell*



*Music Enrichment is just one of many activities at RHC that promote holistic health and positively impact quality of life.*

## ALWAYS ACTIVE *continued from page 1*

Music Enrichment is offered once a week through Music Therapist Ben Turner, who works with up to 25 assisted living or nursing home residents during one 45-minute session and up to 10 special care unit residents in another 45-minute session. Ben uses familiar music, including religious hymns, to encourage residents to interact and reminisce about what the music means to them. In one session, participants sang “My Bonnie Lies over the Ocean.” Several residents began talking about a time that they visited the ocean or went overseas to Ireland and Hawaii.

“It is always fulfilling to hear the residents sing together, watch them participate in movement and instrument playing, to hear their laughter, and the many ways that they encourage each other,” said Ben. “Residents in the special care unit look forward to the visits and often say, ‘We’ve been waiting for you.’ They laugh and show joy in interacting with one another.”

Cleveland State University music therapy students provide additional Music Enrichment activities. This

semester, one student works with five residents weekly in the special care unit. Last semester, three students worked with assisted living residents. The students apply music appreciation, encourage residents to sing and play instruments, and promote socialization.

Volunteer Art Therapist Sister Ellen Themes, OSU, visits twice a week to provide art appreciation and opportunities for residents to create their own art through sketching, painting, sculpting or any medium they choose. Much of the artwork residents create is entered in the LeadingAge Ohio Art and Writing Show, and has won numerous ribbons.

“There is always something special happening in the activity department, providing so many beneficial ways for residents to stay active,” said Chris Therens, director of activities. “All of our activities are designed to promote human dignity and improve the quality of life.” ♦

*Music therapy is made possible by generous funding from an anonymous foundation. Yoga is made possible thanks to Pamela Erb-Melville and the Ursuline Sisters of Cleveland.*

# RHC *upcoming events*



## April 23

CIRCLE OF ABIDING LOVE DONOR MASS AND RECOGNITION CEREMONY

6:00 P.M. *(By invitation)*

## June 15

HOLY-IN-ONE GOLF OUTING

Firestone Country Club

10:00 A.M. Registration and lunch

12:00 P.M. Shotgun start

Call Nancy Ilg at 330.659.5142 or visit [www.holyinone.org](http://www.holyinone.org)

## August 19

CAR CRUISE-IN AND DONOR PICNIC

6:00 P.M. *(rain date August 26)*

Everyone is invited to the Car Cruise-In.

Call Chris Therens for information about registering your car at 330.659.5154



## RHC in Top 1% in Ohio for Nursing Home Family Satisfaction

Regina Health Center (RHC) was in the top 1 percent of all Ohio nursing homes in the recently released Ohio Department of Aging family satisfaction survey. With a score of 95.12 out of 100, RHC placed ninth among more than 960 nursing homes surveyed.

The annual family satisfaction survey is conducted by an independent research group on behalf of the Ohio Department of Aging. The survey asks a family member or friend of each nursing home resident about his or her perception of the facility's activities, administration, meals and dining, direct care, nursing and other factors that affect his or her family member's life in the facility.

*"I cannot express how proud I am of the staff of RHC for their commitment to excellence for these superlative results on the family satisfaction survey. In the past year alone, they have also achieved a perfect, deficiency-free survey for both assisted living and skilled nursing from the Ohio Department of Health, and again earned the highest Five-Star Quality Rating from the Centers for Medicare & Medicaid Services (CMS)." — Mark Yantek, executive director*

RHC has also been named one of the best nursing homes in the country by *U.S. News & World Report*, as well as maintaining the Five-Star Quality Rating from the CMS, which is a rating only a small percent of all nursing homes in Ohio receive.

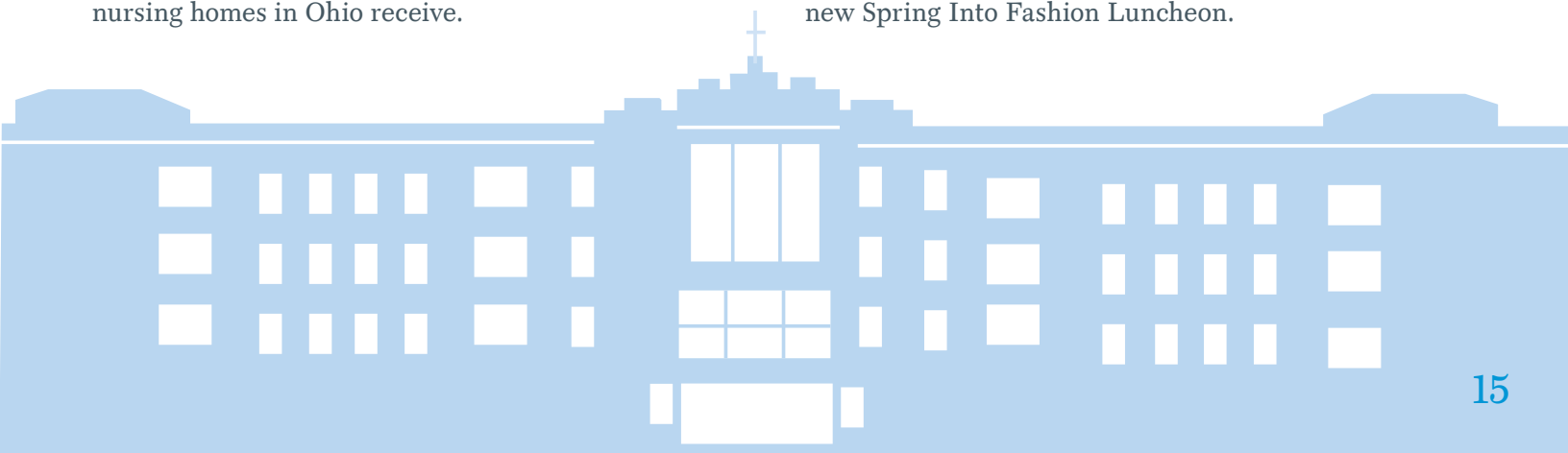


## Fall Into Fashion Raises \$19,600

The *Friends of Regina Health Center* held its annual Fall Into Fashion Luncheon in October at the Embassy Suites in Independence. "The luncheon and show was one of our best," said Rita Burdick, president of the *Friends of Regina Health Center*. "Our members were wonderful hard workers and everything was done in precision and was first class." The event raised \$19,600 with proceeds earmarked to increase the size of the resident activity room. Funds raised in the past from the luncheon have been designated for remodeling and upgrading of various spaces throughout Regina Health Center.

The group will have another Invite a Friend to Tea event on April 22 at Regina Health Center. The social event will also include an opportunity to purchase jewelry, jackets, purses and more. Members are encouraged to bring a guest to help further spread the good word about RHC and the work and mission of the *Friends of Regina Health Center*. "In 2014, these friend-raising events helped to recruit eight new members who have been great and active working members," said Rita.

The group recently made the strategic decision to postpone the next annual luncheon and fashion show until May 2016. Plans are underway to present the new Spring Into Fashion Luncheon.



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# WISH *list*

*Thank you to our Wish List donors who either donated cash or items in response to wish list items in our last newsletter. We were able to purchase new irons for residents and several gifts came into our pastoral care department for items for the chapel. Listed below are items that have been requested from the residents and care givers for resident use.*

## **Q-CHORD FOR MUSIC ENRICHMENT SESSIONS**

The music enrichment program has become a powerful tool in helping residents with memory impairment and for facilitating group sing-a-longs and collaboration. Residents have the ability of making their own music with the Q-chord enhancing their music enrichment activities. Each donation of \$240 covers the cost of one Q-Chord.

## **CHRISTMAS TREES**

Donations of new or gently used artificial Christmas trees will help the Immaculate Heart of Mary Knights of Columbus continue bringing joy to residents and staff. Please contact Chris Therens, director of activities, at 330.659.5154 to donate.

*At times we receive more gifts than needed for a wish list item. Please know that funds not needed for wish list items will be applied to the general fund.*



REGINA HEALTH CENTER

*A Ministry of the Sisters of Charity Health System*

*Please note: Gift planning and financial information contained in this newsletter are offered for general interest and is not to be interpreted as legal or professional advice. Please consult with your attorney, financial or tax advisor for information specific to your situation.*

*Regina Health Center has chosen to print responsibly on paper containing post-consumer recycled fiber.*