

here.



*Remembering our Values
Mission-focused*

*Welcome
CHI Living Communities
Adds Three Locations*

*Impacting Heart Health
Enhanced Cardiac Rehab*



here.

Statement of Purpose

The purpose of CHI Living Communities is to nurture the healing ministry of the Church by providing comprehensive and spiritually enriching services for seniors of all faiths. Fidelity to the Gospel urges us to emphasize human dignity as we create healthier and more vibrant living communities.

Vision Statement

As a ministry of the Catholic Church, we will lead the transformation of health care to achieve optimal health and well-being for the individuals and communities we serve, especially those who are poor and vulnerable.

Philosophy Statement

CHI Living Communities believes in improving the quality of life of those we serve by providing services in a professional and Christian manner, in accordance with our mission, purpose and core values.

Core Values

Reverence

Profound respect and awe for all of creation, the foundation that shapes spirituality, our relationships with others and our journey to God.

Integrity

Moral wholeness, soundness, fidelity, trust, truthfulness in all we do.

Compassion

Solidarity with one another, capacity to enter into another's joy and sorrow.

Excellence

Preeminent performance, becoming the benchmark, putting forth our personal and professional best.

COVER IMAGE > Sr. Diana Lynn Eckel, Director of Mission Integration, St. Clare Commons, Perrysburg, Ohio
Story on page 2

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For more information, please contact our office at 567.455.0414.

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welcome.



**When we say *home is here*,
we truly mean it.**

As simple as it may sound, this statement helps guide our staff on a daily basis and is the platform for decisions we make. Our focus is to build and enhance relationships with residents and their family members to make a real difference in their lives and to truly make home here.

One of the things that differentiates CHI Living Communities from other senior living providers is the integration of mission into the work we do. In this issue of ***here*** you will read about the exemplary work of our team members and see examples of how we are building and enhancing relationships with others while focusing on mission.

On behalf of the entire organization, we appreciate your interest in CHI Living Communities as we create healthier and more vibrant living communities.

Rick Ryan
PRESIDENT/CEO

here.

Remembering Our Values

Mission-focused

In our skilled care center there was a Native American woman who asked me if “I pray for people” and I responded “I did.” Then she asked, “Can I pray for you?” She proceeded to pray in her native language. Then, she translated for me her prayer. It was beautiful. Then, I prayed for her.

This is just one of the many stories that has touched the heart of April Young, as Director of Mission Integration and Chaplain for Bishop Drumm Retirement Community in Iowa.

Mission Integration plays an important role in all CHI Living Communities (CHILC). It is just one of the many ways we are unique from other senior living communities.

What is Mission Integration? “Mission Integration is the conscience of the organization’s efforts to keep everyone focused on mission, core values, heritage and our Catholic identity. It is everyone’s responsibility but we designate one person to be the visible reminder to everyone else,” according to Sr. Nancy Surma, OSF, PhD, Vice President, Mission Integration for Catholic Health Initiatives (CHI).

Directors of Mission Integration serve as keepers of the traditions and heritages of the religious congregations that founded CHILC campuses. They include the Sisters of St. Francis of Sylvania for the Ohio and Kentucky campuses, the Presentation Sisters at Riverview in North Dakota, the Sisters of Mercy at Bishop Drumm in Iowa and Linus Oakes in Oregon, the Franciscan Sisters of Little Falls at Franciscan Villa in Milwaukee, and the Sisters of Charity of Cincinnati at The Gardens at St. Elizabeth and Namasté Alzheimer Center.

“Everything we do is about mission. Every person is a child of God and deserves dignity.”

JOE THIBODEAU
DIRECTOR OF MISSION INTEGRATION
ST. LEONARD



They carry on that work proudly. “Remembering our values, who we serve, why we serve, carrying on the heritage of the Sisters of Mercy – remembering that we are a campus with a rich history for caring for the most vulnerable,” according to April.

What makes a good Director of Mission Integration?

Some of the characteristics Sr. Nancy looks for are someone deeply grounded in his or her own spirituality; someone who relates to others on a personal level and can inspire them; and someone with good grounding in theology, an understanding of the Catholic Church and who can convey that information.

All CHILC Directors of Mission Integration have earned degrees in various pastoral ministries or have extensive religious experience. However, their backgrounds and life experiences differ: a computer salesman, a secretary, a religious Sister and former missionary, a fundraiser turned massage therapist; but each has a passion for serving the minds, bodies and spirits of others.

“We need to help everyone remember why we are here and who we are here to serve – mind, body and spirit. We need to touch on the divinity in each of us and help care for the whole person,” explained April.

Sr. Jordan Schaefer, OSF, Director of Mission Integration and Chaplain for Franciscan Care Center in Toledo, Ohio would agree. “For both residents and employees we are all about their needs.”

She does an assessment of residents and family members to see how things are going. “We are all about meeting their needs – mind, body and spirit for both the residents and their family members.”

Joe Thibodeau has been involved in pastoral ministry at St. Leonard in Dayton, Ohio for nine years starting as a spiritual care associate then serving as spiritual care manager and for the last two years as Director of Mission Integration. His spiritual care duties were 90% supporting the residents, today his work is 90% supporting employees. Joe stills makes rounds every day to take the time to stop and chat, and go wherever needed for residents and employees.



*"We are all about meeting their needs –
mind, body and spirit
for both the residents and the
family members."*

SR. JORDAN SCHAEFER, OSF
DIRECTOR OF MISSION INTEGRATION

here.

Mission focused

"Everything we do is about mission. Every person is a child of God and deserves dignity. Every job serves our mission whether you are cutting the grass, serving in a nursing role or assisting our residents in another way. We are all doing God's work. We all want to be here. Mission is number one. We give people comfort and support at the end of their lives."

An important role of Mission Integration Directors is in employee orientation, education and reinforcement of the core values.

"So much of our work is keeping the core values of reverence, integrity, compassion and excellence alive. Helping all the workers, the nurses, STNAs, therapists and other personnel understand that they all have value here. As St. Francis practiced, we are defined by our actions," explained Sr. Jordan.

"The greatest challenge for the whole team is to work hand-in-hand together, keep our spirits on fire for the mission, be a healing presence to all and use our mission and values as a rightness on how we care for one another," she added.

Marga Callender, Director of Mission Integration and Chaplain at Namasté Alzheimer Center would agree. It is especially important with the staff of Namasté because they work with the behavioral challenges of residents dealing with dementia and Alzheimer's related diseases. It is very person-centered care.

Marga works with the staff to bring alive the core values to help maintain their open hearts and to assist them in dealing with and in better understanding residents' frustrations and erratic behaviors. "Our staff loves our residents and wants to do the best for them," she explained.

Although directors and chaplains pray with residents and serve as their confidantes, the approach is different dealing with someone with Alzheimer's or dementia.



Front row (left to right): Valarie Kepler (CHI), Jenny Rheault (Riverview), April Young (Bishop Drumm), Marga Callender (Namasté), Sr. Joy Barker, OSF (St. Clare Commons), Sr. Jordan Schaefer, OSF (Franciscan Care Center), Krista Powers (Madonna Manor).

Back row (left to right): Joe Thibodeau (St. Leonard), Ryan O'Rourke (Franciscan Villa), Mary Houston (St. Leonard), Sr. Nancy Surma, OSF (CHI), Aram Haroutunian (The Gardens at St. Elizabeth), Rebecca Hilton (Providence Care Centers).

Not pictured: Sr. Diana Lynn Eckel, OSF (St. Clare Commons), Sally Roth (Providence Care Centers)

"Namasté sits on beautiful grounds. Just taking a person outside to experience nature you can see their eyes open and light up as they hear the geese or see a deer. It is spiritual care in a whole another way." According to Marga, it is another way to do God's work.

Marga draws inspiration from the chapel services they hold. "Residents respond to the old prayers and hymns they know so well. Watching the response of our residents is satisfying and significant to me."

Although the rewards are many, there are challenges.

"The harvest is plenty, but laborers are few. The work is always there. One more person to see, one more note to send, when to do my best and when to try again tomorrow," explained April.

One of those challenges can be death as residents who have become family face the end of life journey.

"We have the privilege of walking with people on the difficult aspects of their final journey," said Sr. Jordan.

"Many times I feel like an escort, assisting residents to their journey home to God," added Joe.

Marga works with families throughout the process and with some even after death where she continues to be a listening ear and a shoulder to cry on. However, for all the pain at times she deals with, she says, "this job has been life giving to me."

"I always say the light switches in America look different from the light switches in Europe, but they both turn on the lights. I'm always interested in how someone's light gets turned on," explained April.

Through mission integration, we turn the lights on with everyone we touch.



Tales from the Heart

Tales from the Heart share employee stories on how they meet God in their everyday work in ordinary situations, encounters or experiences. Stories can do one or more of the following:

Provide a glimpse into the spirituality of the people who are part of CHI Living Communities.

Witness to the internal faith individuals bring to the workplace.

Advance one's faith or commitment to our Catholic senior living communities. Reveal God's divine presence.

Illustrate how such a lived spirituality impacts our care delivery and/or environment of service in a senior living community.

Convey how one finds meaning in what one does or experiences the actions of the Spirit in one's work life.

Respond generously to opportunities for service and what enrichment one discovers in relationships with one another in ministry.

Reflect our mission and/or our core values of reverence, integrity, compassion and excellence.

Praying Profoundly

By Krista Powers, Director of Mission Integration

Upon joining the team at Madonna Manor, the first priority was to saturate myself in relationships. Individual names and stories would take time to resonate, yet being present was the simple and sincere strategy I immediately employed. On day three, I found myself in the safe confines of our Memory Care household. Some residents were peacefully resting, while others seemed to be eager to pace and share what came forth as nonsensical words. Part of the pain of a dementia diagnosis is letting go of who a person once was – organized thoughts, degrees of independence and perhaps even personality characteristics.

I was asked to visit with Louise, a woman with eyes that seemed to pull downward with perceived sadness. The aides shared that she was distressed this particular afternoon and it would be helpful to have someone offer her individual attention. As I joined Louise on her walk down the hallway, I learned she was focused on getting to church. To her, it was Sunday morning and time for all faithful souls to spend time in prayer. Fortunately, I could accommodate her desire to some extent. I offered to walk with her to our chapel and spend time in prayer.*

As we entered the dimly lit space, Louise questioned why all the seats were empty. I shared that just she and I were going to spend time together in prayer that seemed to satisfy her wonderment. For several moments, we sat in silence. Louise's eyes glistened in a way I had not yet witnessed and her mouth curled up at the edges to create a beautifully peaceful facial expression. After a bit, I suggested we pray the Lord's Prayer together. Louise was eager to join. At the end, she offered an organic prayer of her own, a simple two or three sentences. As she concluded her prayer, the final words echoed throughout my being, "...and may we end the day in love with you [God]."

Dementia may demand letting go of a lot, yet not all is lost to our loved ones. Louise's profound prayer continues to remind me of the beauty of God's love in our everyday lives. Indeed, may we both start and end our days in love with you, God!

*Names changed to respect privacy.

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Socialization for happier, healthier lives

Keeping seniors socially active can be as important to their health as taking their medicine, exercising and eating right. According to experts, spending time with others leads to longer and higher-quality lives for everyone.

At CHI Living Communities we understand the importance of socialization, and so we offer a variety of social activities to stimulate conversation and help develop friendships.



The Gardens at St. Elizabeth | Denver, Colorado

Extraordinary Speakers in Ordinary Time

The slower days of summer and fall, which correspond with “Ordinary Time” in the liturgical calendar, seemed like an ideal time to bring a renewed focus to spirituality at The Gardens of St. Elizabeth.

“I was aware of many extraordinary speakers that I could tap into,” said Aram Haroutunian, Chaplain and Director of Mission Integration. “So the idea of Extraordinary Speakers in Ordinary Time came to me.”

The speakers’ series is held the second Tuesday evening of each month and has been met with tremendous appreciation among staff, patients and community members. The presentations are far from a typical bible study.

Aram asked area speakers what they are most passionate about spiritually and their responses led to a variety of topics. “One of our speakers, Christina Oleske, a leader at the Center for Contemplative Outreach, discussed our dynamics which help bring meaning and purpose as we age: Slowing, Reviewing Life, Passing on Wisdom and Letting Go,” said Aram. “The audience really connected with this.”



Sr. Marilyn Carpenter, from the Benet Hill Monastery talked about the Sankofa, an African symbol of a bird with feet forward and its head looking backward with an egg into its mouth for new life. She explained the concept of “leaning into my future,” and “gleaning wisdom from my story.”

Another presentation by Dave Meserve focused on life’s rhythms.

“Dave talked about how in the life of God’s people, God has instituted some natural and community based “rhythms” which keep us grounded and centered,” explained Aram. “These rhythms can be daily, weekly, monthly, and seasonally. He took us back into the Old Testament to find the origin of some of these rhythms, then looked at the New Testament to see how the Church has observed some of these, and then offered examples for us to practice.

“Our community is known for its rich, spiritual community life.”

“The folks here loved this presentation, and it also made us aware of the rich community life we have with so many of these kinds of rhythms in place.”

“Our community is known for its rich, spiritual community life,” said Aram. “Our campus has at its center a historic chapel built in 1897, where we hold daily Mass, as well as a weekly inter-denominational service and other services. It’s one of the reasons why people move here. We want to offer a variety of activities that feed the souls of our folks here.”

The Gardens at St. Elizabeth, located in historic north Denver, offers a unique retirement community lifestyle that encourages the bond of faith through a variety of spiritual, social and cultural opportunities. The campus offers independent and assisted living options.



St. Clare Commons | Perrysburg, Ohio Art with Dr. Rosalie

Music is quietly playing in the background and all the budding artists are busy putting paint to paper. For some of the participants this is their first time ever painting and they are enjoying every moment of it. They are members of the weekly Thursday afternoon art class at St. Clare Commons.

Dr. Rosalie Politsky, a former Associate Professor and Chair of the Division of Art Education and Art Therapy of Bowling Green State University, uses her more than 30 years of teaching experience to work with the seniors. Her protégées fondly call her, "Dr. Rosalie."

"Dr. Rosalie is very positive and patient with us. I like the class and it is a privilege to be here," said Ginny Johnson. When asked if she had ever painted before, she chuckles, "Heavens no."

Dr. Rosalie provides a relaxing, safe, respectful and aesthetically stimulating environment in which the residents of St. Clare Commons in assisted living and skilled nursing may experience, create and respond to the visual arts and related arts disciplines.

She develops her classes around the four major art domains – art criticism (describing, analyzing, interpreting and judging art), art history (famous artists, art periods and styles), aesthetics (philosophy of art) and art production (studio or art making).

Attendance at her class has almost tripled in size since it started in January 2016, once others started seeing the results and hearing about Dr. Rosalie. The artists had their first Christmas Art Exhibition that allowed the other residents to see the exciting activities that take place in the art program.

Pat Deca has been with the program since it started. "I thought it was something I would enjoy. I find it very relaxing. Quiet. You can absorb it in more than one way. We learn not only to paint, but how to relax," explained Margaret Guess. "There is no competition. We go at our own pace."



Dr. Rosalie Politsky (standing) looks over St. Clare Commons Ginny Johnson's technique as she paints her tree picture.

"These seniors are an inspiration to all to step out of your comfort zone and try something new."



St. Clare Commons artist loved painting ceramics for holiday village.

Dr. Rosalie puts in numerous hours a week preparing and teaching the class. She provides opportunities for integrating the visual arts with music, movement and poetry. The program is constantly evolving and she is striving for more interaction with guest artists and speakers, field trips to exhibits and even getting students involved in possibly local art exhibitions to showcase their talents.

In addition to painting, the class has done tree collages utilizing colored paper, scrapbook paper and glue, painted ceramic houses to create a Christmas village, made beautiful cards and so much more.

These seniors are an inspiration to all to step out of your comfort zone and try something new just like Guess. "I never had an art lesson in my own life. I encourage people to take a class."

Located in vibrant Perrysburg, adjacent to St. John XXIII Catholic Community and a multitude of shopping and dining options, St. Clare Commons offers assisted living, memory care, skilled nursing and rehabilitation.

here.



The Commons of Providence | Sandusky, Ohio Sensational Social Saturdays

Education doesn't always have to be academic or work-driven. Sometimes it can just be a fun way to connect with the community. That's what The Commons of Providence has done with their Sensational Social Saturday programs.

Every third Saturday of the month, adults of all ages gather to learn how to plant a garden pot, create a wreath for their home, or cook up some super summer picnic dishes.

The Commons of Providence teamed up with local businesses including its own Chef Doug for the Saturday programs. He shared tantalizing tailgate recipes for his presentation and the community will have a chance to learn how to make pierogis for the holidays with the help of Marilou Susko, journalist, food writer, culinary educator and author.

"Sensational Social Saturdays have proven to be very popular," said Jane Windisch, Admissions and Marketing Director of Assisted Living and Memory Care. "The programs are free and each one has been filled to capacity. They not only appeal to the senses, but also to the idea of having fun while we learn. It's been a wonderful way to connect with our community."

Located on two beautiful campuses near the coast of Lake Erie, The Commons of Providence and Providence Care Center provide an array of senior living services in the Franciscan tradition of quality care.





Franciscan Care Center | Toledo, Ohio

Flag City Honor Flight Northwest Ohio

Hundreds of people line up to form an Honor Guard each time the Flag City Honor Flight returns to Toledo Express Airport with a group of veterans who have traveled to Washington D. C. to visit the Armed Forces memorials.

There is rarely a dry eye as the veterans emerge from the plane to a joyous welcome from family, friends and volunteers.

"It is a very powerful and emotional experience for everyone," said Scott Arkebauer, Marketing Director for Franciscan Care Center. "It gives me goose bumps every time."

Since 2012, Franciscan Care Center has provided an "All American Meal" for the veterans and their families upon the Honor Flight return. A resident of Franciscan Care Center, who was also a veteran, had traveled on the 2011 Flag City Honor Flight and FCC decided it wanted to do something for all the veterans who return from this honorary visit.

The chef at the Franciscan Care Center prepares a meal, usually hot dogs, chips, cookies, soft drinks and waters, for up to 500 people at the conclusion of the flights. FCC staff and volunteers then help serve the meal to the veterans, families and friends.

"This illustrates our core values of reverence and compassion," said Jim Melia, Administrator, Franciscan Care Center. "It means a lot to all of us to offer this simple thank you to our veterans. They have taken care of us through their service and helped guarantee our freedom. We want to show them that we support them, and will never forget them."



The Flag City Honor Flights, based out of Findlay, Ohio, are offered to the veterans of World War II, the Korean War and the Vietnam War. In addition to visiting the Armed Forces memorials, the veterans also watch the changing of the guard at Arlington National Cemetery and visit the Iwo Jima Memorial.

"It's a very powerful and emotional experience for everyone."

"The veterans thank us for coming to welcome them and offering them a meal," said Jim. "But we are truly honored to offer this outreach and let them know how much they mean to all of us."

Franciscan Care Center, located in Toledo, Ohio, is a residential and rehabilitation facility for the care of the elderly and those in need of extensive rehabilitation services. In a compassionate environment, FCC provides care that enhances the person: mind, body and spirit. Franciscan Care Center offers skilled nursing and post-acute rehabilitation programs.

here.

Welcome to the family

CHI Living Communities recently welcomed three new communities to the organization. Each offers unique programs to fit their individual populations, while sharing the same commitment to CHI Living Communities' core values: reverence, integrity, compassion and excellence.



Franciscan Villa South Milwaukee, Wisconsin

On any given day at Franciscan Villa, you are bound to see Cooper, the resident facility dog, officially greeting and happily taking healthy treats from children and adults alike. Cooper shares office space with the activity staff at Franciscan Villa, but he's usually busy offering canine comfort and companionship to anyone he encounters throughout the day.

Franciscan Villa was a pioneer in intergenerational programming, and has woven that programming into its continuum of care for over 25 years. With an onsite Child Day Care Center, which serves children of employees and the community at large, Franciscan Village allows children and residents to interact in powerful and meaningful activities and encounters.

Franciscan Living Communities offer:

- Franciscan Villa. A 150-bed skilled nursing facility.
- Franciscan Courts. A 39-unit independent living apartment complex
- Franciscan Gardens. A 48-unit assisted living apartment complex with care services.
- Francis House. A 64-unit memory care assisted living facility.



Linus Oakes

***Linus Oakes
Roseburg, Oregon***

Linus Oakes, an independent living community, is known for its focus on family, affordability and fun. Residents have the options of:

- Cottages for Active Lifestyles. Located in 15 multi-unit buildings, the cottages resemble single-family home and are designed to provide an easier transition from home to retirement community living.
- Apartments for a Comfortable Retirement. Located in two, multi-story apartment buildings: Laurelwood Lodge & Oak Lodge. Laurelwood Lodge is connected to Oak Lodge by a skybridge so residents never have to go outside to come to dinner or social activities.

The Linus Oakes' grounds offer a wide range of healthy and fun activities, including a putting green, wood shop, off leash-dog park, library, walking paths and the Oak Lounge which offers complimentary morning coffee and complimentary hors d'oeuvres and wine on Friday and Saturday afternoons.

***Riverview
Fargo, North Dakota***

Started by the Presentation Sisters as a retirement community in 1987, Riverview has expanded its services and programs to nurture the healing ministry of the Church with an emphasis on human dignity and social justice with a commitment to healthier communities.

Riverview offers a variety of apartment plans and amenities to accommodate nearly every lifestyle and budget. They offer Assisted Living options in all their buildings, so that residents can transition from Independent to Assisted Living without the trouble of an in-house move.

Riverview's options include:

- Independent Living. Apartments with spacious design options
- Assisted Living. Available in all buildings.
- Crosshaven, 24-hour assisted living. Provides higher levels of care and creates a sense of community in a neighborhood model of care.

While the Presentation Sisters are no longer the primary sponsors of Riverview, they still visit the campus.



Riverview

here.

Franciscan Care Center Impacts

Cardiac Care

"It's important after a person experiences an acute cardiac event that the patient and their families implement a healthy lifestyle. Our Enhanced Inpatient Cardiac Rehab program encourages patients to explore all aspects affecting heart health and get professional support in their recovery as well to help reduce risk factors for future heart problems," said James Melia, Administrator of Franciscan Care Center (FCC).

Believed to be the first in the area, the Enhanced Inpatient Cardiac Rehab program is under the direction of a board-certified cardiologist and is designed to help improve the well-being of individuals who have experienced an acute cardiac event. A team approach is used to maximize performance, to achieve optimal independence, and to get an individual back to their normal lifestyle in the transition from the hospital to home.



Cardiologist Ahd T. Nahhas, MD, FACC, FSCAI, ABVM and Christina Miller, CNP from The Toledo Clinic Department of Cardiology are working with the FCC Cardiac Rehab Team. One advantage

of the program is that Dr. Nahhas and Ms. Miller take time from their intense office and hospital schedules to see patients right on the FCC campus.

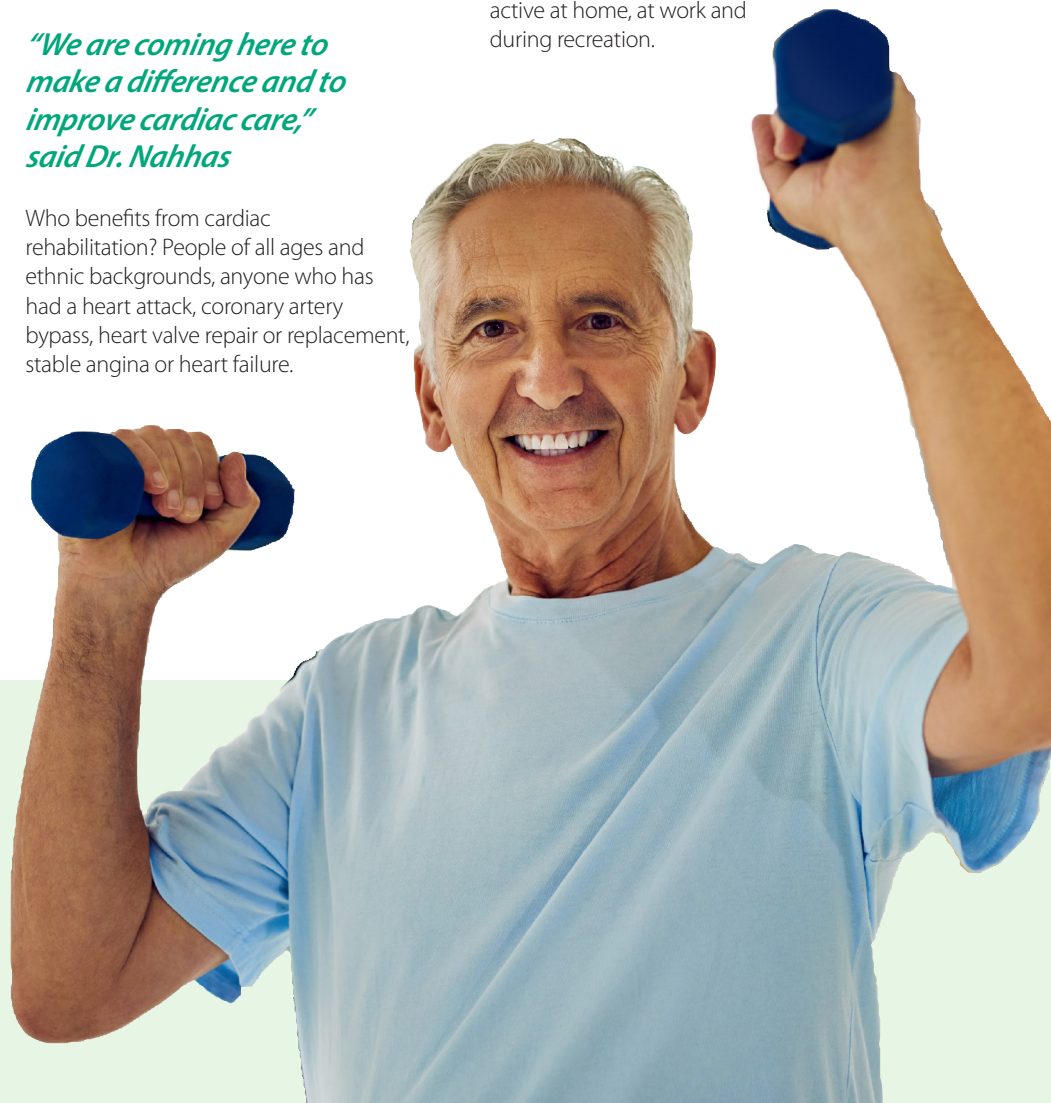
According to Dr. Nahhas, he knows of no other program in the area that provides the intense oversight and education that the FCC Program provides.

"We are coming here to make a difference and to improve cardiac care," said Dr. Nahhas

Who benefits from cardiac rehabilitation? People of all ages and ethnic backgrounds, anyone who has had a heart attack, coronary artery bypass, heart valve repair or replacement, stable angina or heart failure.

The Enhanced Inpatient Cardiac Rehab program is geared around cardiac education, development of an exercise program, heart wholesome meals, healthy lifestyle changes, medication management and home safety. Cardiac education is provided by licensed nurses, therapy professionals and nurse practitioners on topics that range from healthy lifestyle changes to stress release.

Physical activity is an important part of a healthy lifestyle. Under the guidance of the cardiac program, residents work with FCC rehabilitation services on physically improving their health through therapy and an exercise program. Therapists assess and develop an individual's program based on overall health i.e. high blood pressure or severe heart disease and their physical activity level. They instruct them how to be active at home, at work and during recreation.



Franciscan Care Center's registered dietitian sets up a heart healthy meal plan with fresh seasonal products and menus while staying at the center. But it doesn't stop there, the dietitian also provides assistance in teaching and training residents how to eat heart healthy when they leave. Education is provided on diet choices, cooking at home and foods to avoid when eating out. The Cardiac Rehab program works with residents to help them learn to safely administer their own medications as well as advise on what to do should symptoms present themselves. The clinical team also monitors each resident's meal for any adverse food and drug interaction.

Each patient receives a home evaluation so he or she can return back safely with the ability to manage successfully in their home environment. Recommendations are made as to any equipment or home modifications that may be necessary. Education is provided on how to accomplish common household chores with the use of any adaptive equipment, if required.

Patient education goes beyond addressing just the physical needs of the residents but also their emotions and correlating factors. Discussions range from how to handle stress to facing their personal emotions after a cardiac incident. It helps residents face issues as quitting smoking and limiting alcohol consumption. It takes into consideration any other correlating health issues a resident may need to consider such as diabetes or being overweight. It strives to address all the related issues.

In addition to seeing residents at bedside at FCC, Dr. Nahhas provides ongoing education for the staff. "We can impact patient care with this program. FCC has the right set up, the right people and are committed to the program," explained Dr. Nahhas.

"Our goal is that over time the lifestyle changes residents make during their stay at FCC will become routine and encourages them to have an active, healthy lifestyle that helps reduce the risk for future heart disease," explained Mr. Melia.



Reduce Your Risk for Future Heart Disease

Heart Healthy Breakfast Suggestions

Start the Day

- Whole Banana or Apple
- Low Fat Yogurt
- Oatmeal
- Cream of Wheat
- Raisin Bran
- Bran Flakes
- Cheerios
- Shredded Wheat

Main Course

- Fresh Fruit and Yogurt Plate
- Egg Beaters Omelet with Veggies and Swiss cheese
- Turkey Bacon or Sausage

Grains

- Wholegrain/whole wheat toast or English Muffin
- Multigrain pancakes

Condiments

- Margarine
- Sugar-free Jelly
- Sugar-free Syrup

Beverages

- Skim Milk
- Choice of juice
- Decaf Coffee or Tea

here.

Good Food. Good Life.

Favorite recipes from some of our talented chefs.



From the kitchen of
Madonna Manor

Our Chef's Broccoli Almond Cranberry Salad

4 ½ cups fresh broccoli, cut into small florets about 2 heads of broccoli

5 slices center cut bacon, cooked and crumbled

¼ cup red onion, finely chopped

⅔ cup dried cranberries

½ cup sliced almonds

⅓ cup roasted sunflower seeds

1 cup sharp cheddar cheese, cut into very small cubes (or shredded if you prefer)

Bring a pot of water to boil. Chop broccoli into very small florets and set aside. Fill a large bowl with cold water and a cup of ice cubes.

Add a generous pinch of salt to boiling water and add broccoli. Boil for 20 seconds. Drain broccoli and transfer to prepared bowl with ice water. Let broccoli sit in cold water for a few minutes, until cool. Drain and lay broccoli out onto some paper towels to drain. Allow to continue air drying while you prepare other parts of the recipe.

To a small mixing bowl, add poppyseed dressing ingredients, then whisk together until smooth and combined. Set aside.

Add finely chopped red onion to a small bowl of cold water and let sit 5 minutes, then drain. This takes some of the "bite" out of the raw onion.

To a large mixing bowl, add dried broccoli florets, bacon, drained raw onion, cranberries, almonds, sunflower seeds, and cheddar cheese. Toss with citrus poppyseed dressing (start with about half the dressing, and increase to your liking).

Cover with plastic wrap and refrigerate for at least 30 minutes. Toss and serve.

CREAMY CITRUS POPPYSEED DRESSING:

⅔ cup canola mayo (or regular full-fat mayo)

1 Tbsp apple cider vinegar

3 Tbsp granulated sugar

Zest of 1 small lemon

Zest of ½ orange

1-2 Tbsp lemon juice freshly squeezed

½ Tbsp poppy seeds
pinch of black pepper





From the kitchen of
Providence Care Centers

Chef Doug's Divinely Delicious Fudge

36 Servings

- ¾ cup cocoa powder
- 3 cups sugar
- 1/8 teaspoon salt
- 1 ½ cups whole milk
- ¼ cup butter, softened
- 1 teaspoon vanilla



Grease an 8x8-inch pan. Combine first four ingredients in large saucepan. Over medium heat, stir with a wooden spoon until it comes to a boil. Once it comes to a boil, remove the spoon and do not stir any more. Boil until the temperature reaches 240° on a candy thermometer. Remove from heat. Fold in butter and vanilla, do not stir. Cool at room temperature until it reaches 110°, then stir with a wooden spoon until it loses its gloss and is very thick, this may take 20 to 30 minutes. Pour into greased pan. Chill in refrigerator until firm. Cut into 36 pieces. Store in an airtight container.



Congratulations!

St. Clare Commons recently joined the growing list of CHI Living Communities that have earned accreditation by The Joint Commission.

Accreditation demonstrates compliance with national standards for health care quality and safety, and is a voluntary process that is above and beyond what is required by federal and state mandates.

CHI Living Communities believes that by undergoing the accreditation process, its campuses will enhance the quality of care and improve the culture for the safety of residents.

CHI Living Communities accredited by The Joint Commission:

Franciscan Care Center

Madonna Manor

Providence Care Center

St. Clare Commons

St. Leonard



From the kitchen of
Riverview

Apple Dumplings

Riverview celebrated its 30th annual Apple Dumpling Day on October 9 and served more than 1,800 Apple Dumplings.

12-4x4 squares puff pastry

12 baking apples, 3-inch diameter, peeled, cored

FILLING

Mix together:

- 1 cup brown sugar
- 1 cup white sugar
- ¾ cup raisins
- 1½ teaspoons cinnamon
- ½ teaspoon nutmeg
- ¾ cup pecan pieces

EGG WASH

- 1 egg
 - 1 teaspoon milk
- Beat together lightly.

Place apple on pastry square; brush 1-inch around the pastry with egg wash. Fill center of apple with filling mixture. Fold one corner over center of apple. Repeat with remaining corners. Pinch folds shut. Brush top with egg wash. Place on wax paper or parchment-lined sheet pan. Bake at 350 degrees until crust is golden brown and apple tender – about 50 minutes. Remove from pan while hot. Serve warm with caramel sauce and/or ice cream.

CARAMEL SAUCE

Melt 1 cup butter in pan. Add 1 cup heavy cream and 1 cup brown sugar; blend. (You can also add any left over filling mixture). Bring mixture to a boil and then simmer for a few minutes until ready. Remove from heat. Enjoy.

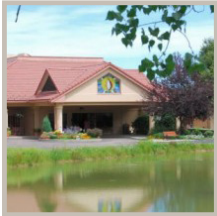
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Vice President of Finance



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Vice President of Human Resources



Nancy Surma, OSF
Vice President of Mission Integration
Catholic Health Initiatives

ABOUT CHI LIVING COMMUNITIES

CHI Living Communities is a subsidiary of Catholic Health Initiatives (CHI). CHI Living Communities provides comprehensive care in a variety of living options, including independent and assisted living, skilled nursing, memory care and rehabilitation services.

To learn more about our locations across the country and their various offerings, visit www.homeishere.org.

ABOUT CATHOLIC HEALTH INITIATIVES

Catholic Health Initiatives, a nonprofit, faith-based health system formed in 1996 through the consolidation of four Catholic health systems, expresses its mission each day by creating and nurturing healthy communities in the hundreds of sites across the nation where we provide care. The nation's third-largest nonprofit health system, Englewood, Colorado-based CHI operates in 17 states and comprises 100 hospitals, including three academic health centers and major teaching hospitals as well as 30 critical-access facilities; community health-services organizations; accredited nursing colleges; home-health agencies; living communities; and other facilities and services that span the inpatient and outpatient continuum of care. In fiscal year 2017, CHI provided more than \$1.2 billion in financial assistance and community benefit for programs and services for the poor, free clinics, education and research. Financial assistance and community benefit totaled approximately \$2.1 billion with the inclusion of the unpaid costs of Medicare. The health system, which generated operating revenues of \$15.5 billion in fiscal year 2017, has total assets of approximately \$22 billion. Learn more at www.catholichealthinitiatives.org



CHI Living Communities

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