

February 2022

# everyday.

Celebrating the work we do here.

## CommonSpirit Health Mission Statement

As CommonSpirit Health, we make the healing presence of God known in our world by improving the health of the people we serve, especially those who are vulnerable, while we advance social justice for all.

Compassion | Inclusion | Integrity | Excellence | Collaboration

## A message from our President and CEO.

Dear Partners in Mission:

Working in senior care can sometimes be demanding. Yet, heartwarming “perks” often keep us going: a smile from a resident whose day you’ve brightened, a family’s high praise for comforting words, or a co-worker who makes work fun.

During February when heart symbols are plentiful, I’m reminded that our hearts are at the core of our ministry. It’s not only the care we provide, but also the *caring* for one another that counts. That’s why I’m proud to announce our new Employee Emergency Fund, which demonstrates our compassion for you; see p. 3 for details.

Thanks to each of you for continuing to give heartfelt meaning to our mission.

Warm regards,



Prentice O. Lipsey  
President and Chief Executive Officer

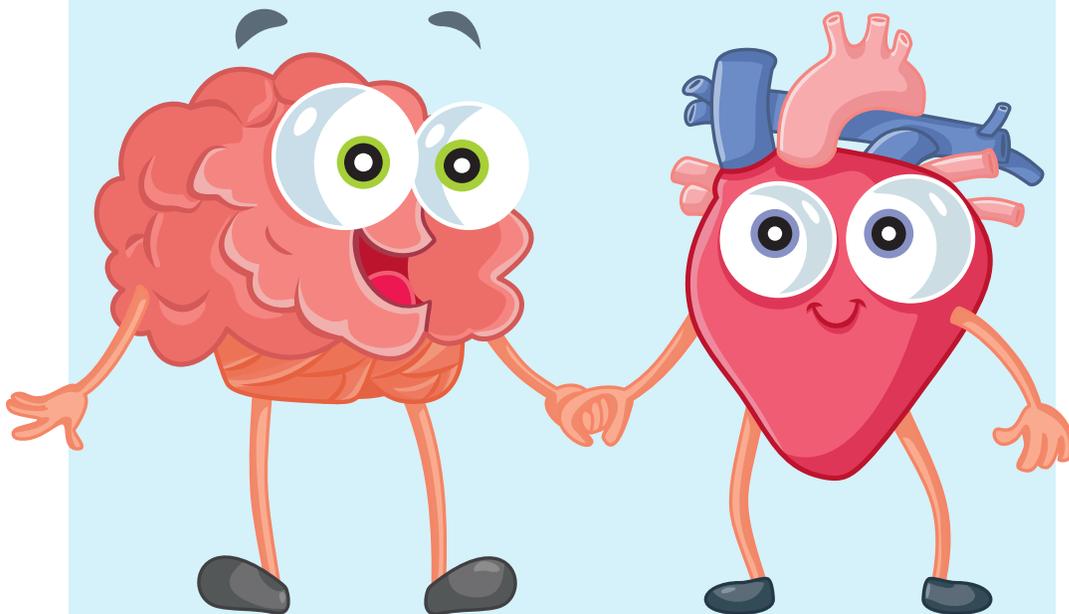
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# Are you heart smart?

During National Heart Month, learn more about hearts with this quiz. (Answers on p. 13.)

1. Whose heart beats fastest?  
(A) an athlete's, (B) a newborn baby's or (C) someone in love
2. When do heart attacks most often occur?  
(A) Saturday afternoons, (B) Sunday nights or (C) Monday mornings
3. Which body part is about the same size as your heart?  
(A) fist, (B) stomach or (C) foot
4. How long are all of your blood vessels combined?  
(A) 789 miles, (B) 2,850 miles or (C) 60,000 miles
5. What is a normal resting heart rate per minute?  
(A) 40 – 60 beats, (B) 60 – 100 beats or (C) 90 – 120 beats
6. Which animal's heart rate is about the same as yours?  
(A) a cat, (B) a pig or (C) a horse
7. Which creature has the smallest heart?  
(A) a mosquito, (B) a wasp or (C) a hummingbird
8. On which day of the year do most heart attacks occur?  
(A) Thanksgiving, (B) Christmas or (C) Super Bowl Sunday
9. Which has the largest heart?  
(A) a whale, (B) a giraffe or (C) an elephant
10. In what year was the first open heart surgery performed?  
(A) 1799, (B) 1893 or (C) 1946



## February *It's a Date. Let's Celebrate!*

National Heart Month

National Cancer Prevention Month

Black History Month

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14 – 20 Random Acts of Kindness Week

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- 1 Feast of the Common Good
- 2 Groundhog Day
- 4 National Wear Red Day
- 11 World Day of Healing
- 13 Super Bowl Sunday
- 14 Valentine's Day
- 20 National Love Your Pet Day
- 21 President's Day



# Employee Emergency Fund launches.

CHI Living Communities is pleased to roll out an organization-wide Employee Emergency Fund, available starting February 1, to help employees with unplanned, catastrophic events.

"This new fund further demonstrates our abiding commitment to our mission," states Prentice O. Lipsey, President and CEO. "So much can happen in life that is out of our control. As a faith-based organization, we want to make sure we're equipped to compassionately help employees during major emergencies."

"We've been working for several months on the fund's criteria and raising seed money to make sure these funds are available to qualified employees regardless of their worksite," says Sr. Nancy Surma, OSF, Vice President of Mission Integration, who has oversight of this initiative.

"Although a few of our campuses already had similar funds, we want a unified CHI Living Communities' fund so our value of compassion is consistently demonstrated everywhere," explains Sr. Nancy. "In addition to applying the same criteria when reviewing applications, combining our resources across our organization will also better ensure funds won't be depleted anytime soon."

A special leadership campaign called "Simply Give" was held in December 2021 that provided CHI Living Communities' 40 leaders – those who are directors and above – the opportunity to make tax-deductible contributions to help launch the Employee Emergency Fund.

"I'm very grateful to report we received a very generous response from our leaders," says Sr. Nancy.

"Without hesitation, they answered the call by donating more than \$10,000 in support of our employees."

To be eligible for the Employee Emergency Fund, an employee must meet several criteria, such as being employed with CHI Living Communities for at least one year, either as a full- or part-time employee; having no corrective action for the past year; and being up-to-date on Relias courses.

After the employee meets with their Director of Mission Integration to complete an application form, it will be submitted to the Home Office Fund Review Committee. The employee's name and campus will be omitted from the form to ensure their confidentiality and an unbiased review.

If an application is approved, funds will be given to parties such as a landlord to pay rent, instead of directly to the employee; this enables the individual to receive full

benefit of the funds without having to pay taxes, plus ensures funds are used as intended.

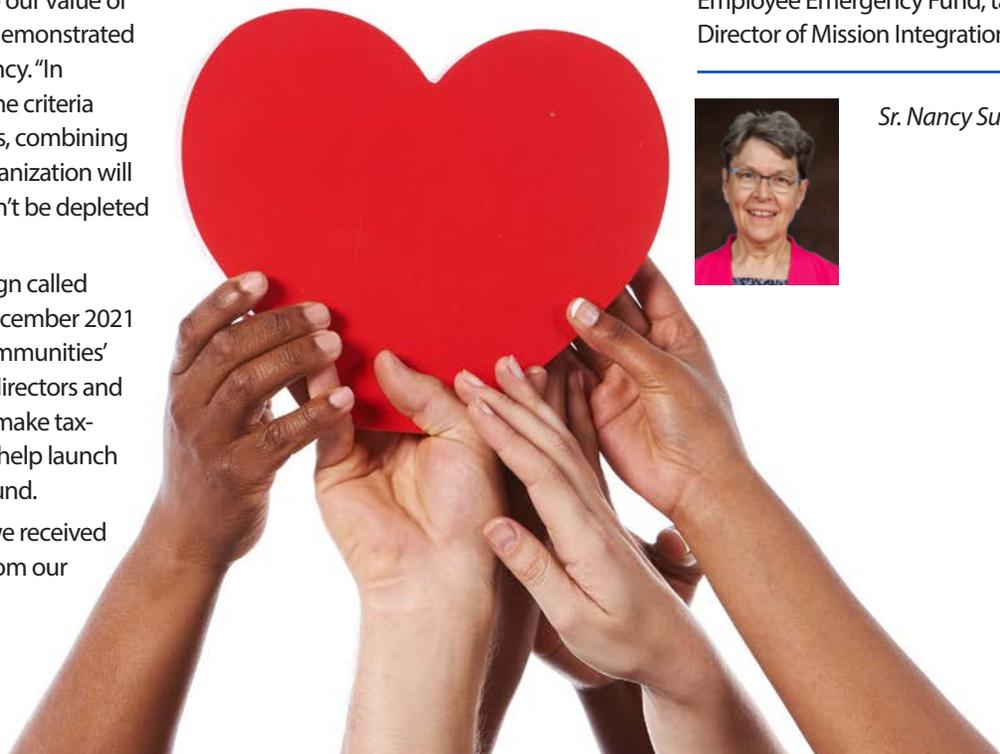
"The Employee Emergency Fund is meant to help an employee with a devastating event, such as a tornado or fire that's displaced them from their home; a debilitating illness; or another type of unexpected, serious event," Sr. Nancy says. "It's not meant to help with routine bills or for those who have ready access to other assistance."

If you'd like to make a donation to the fund to help a co-worker, you may use the payroll deduction form available from your Director of Human Resources. You may donate any amount; and, can make a one-time contribution, have your donation deducted from several paychecks over time, or make ongoing donations every pay period.

For more information about the new Employee Emergency Fund, talk with your Director of Mission Integration.



*Sr. Nancy Surma, OSF*



Getting to know our people:

# The key to finding love at any age.



If you still haven't found the love of your life, take heart. You can find your Valentine at any age.

Tom Settlemyre and Sharon Stuart did. The two Gardens at St. Elizabeth residents in Denver, CO, explain how they ended up getting engaged recently.

A retired pastor of 50 years, Tom and his wife, Jan, had moved to The Gardens after she fell the day before Thanksgiving last year. He lived in Independent Living, but Jan—afflicted with Alzheimer's—needed 'round-the-clock care in Assisted Living. Soon afterwards, 79-year-old Tom sadly lost his beloved bride ... after 57 blissful years of marriage.

"Unlike Tom, I had been in an unhappy marriage – for 37 years," says Sharon, who's 78. "When my husband died two

years ago, I honestly felt content to live the rest of my life alone."

Tom recalls first noticing Sharon on December 21, 2021 when they attended a play downtown. He asked if he could sit with her, and she agreed.

She, however, remembers first noticing him earlier: "We have raised gardens on campus and I wanted some of his basil. I called him but don't think he knew what I was talking about."

Still in pursuit of his basil, Sharon met Tom in the hallway and asked if he might like some of her marinade. "He replied, 'I already have what I need,' and kept right on walking," she says.

Despite having had her marinade rejected, Sharon soon agreed to sit next to Tom at that play. "I never intended

to ask her out again after that night," he confesses. "But, I found her to be captivating! We decided to meet again – for meals and other campus activities, and one thing just sort of led to another."

"Tom soon started taking my hand," she recounts. "Three of my close friends began asking what was going on. I told them I honestly had no idea – and I *didn't!*"

Then at Christmastime, Tom took something up to Sharon's apartment and—wearing his heart on his sleeve—admitted, "Every time I see you, I'm more in love."

Because this was less than one month after that first "play date," Sharon was a bit dumbfounded. "I remember thinking, *What is he talking about?!*" The more she got to know him, however, the more she realized Tom was a person of great integrity and genuinely kind.

She also admits she was quite impressed her handsome gentleman caller had lived such an interesting life! That included driving the bus in high school, living in a mortuary with his brother during college, embalming a few dead bodies and even driving an ambulance. ("It was a very small town," she explains.)

Something else she admired? When they were all on the couch together, Tom wrapped her dog in a little cozy to keep her warm. "He and my Charlie Girl have become real comrades," concedes Sharon. "I don't even get mad when he feeds her food from his plate!"

Wondering if she should commit herself to Tom, one day she asked God for a sign—to have Tom take off his wedding ring. The very next day, Tom called to say he had taken off his wedding band. Astonished, Sharon remarks, "I had not worn mine for 12 years. God restored my ability to love through Tom."

[continued on page 13](#)



Sharon may like to wear the key to her apartment on a lanyard, but it's Tom who holds the key to her heart.

*Referral Compensation Reminder:*

## Refer friends for cash, other rewards.

Know someone who may be a great addition to your team? Be sure to take advantage of our new Employee Referral Compensation program!

For each new team member you refer and is hired, you will earn 50 cents per hour following six months of employment by the new employee.

This is a *permanent* way to put more cash in your paycheck ... up to over \$10,000 per year!

"Our goal is to reward employees who help us find other great team members," says Joan Longhin Howard, Vice President of Human Resources. "By summer we'll evaluate this program, yet even if we need to make some changes to ensure it's effective, employees will continue receiving their referral compensation for the remainder of their employment with us."

The sooner you begin recommending friends, family members, or co-workers you met at previous workplaces, the more money you can earn ... so act *soon*!

"This new program not only rewards employees for referrals, but also should help us better maintain adequate staffing levels," notes Joan. "That will help reduce stress among our caregivers and improve overall employee satisfaction. Plus, work is always more enjoyable when you're working alongside friends!"

For complete details about the new Employee Referral Compensation program, talk with your Human Resources Director.



*Joan Longhin Howard*

# Madonna Manor earns national award.

Congrats to Madonna Manor in Villa Hills, KY, on earning second place in *Senior Housing News'* 9th annual Architecture and Design awards in the category of Active Adult!

"This accolade brings national attention to CHI Living Communities for our forward-thinking designs that accommodate a more sophisticated lifestyle that many seniors today attain before retirement and want to continue enjoying," states Prentice O. Lipsey, President and CEO.

Vice President of Business Development Tim Dressman, who had oversight of the design firm chosen for Madonna Manor's Brownstone project, agrees: "Today's seniors are looking for more than just safety in senior housing. They also want trendy designs that feature lots of amenities and high-end finishes."

Madonna Manor's Phase 1 Brownstone construction included a two-story build with 24 Independent Living residences, plus 10 two-bedroom, condo-style duplexes with two-car garages.

Slated for completion in August this year, Phase II Brownstones will offer 48 additional residences, with beautiful views of the Ohio River, sizable rooms, outdoor balconies and patios, underground parking and other amenities. A third phase of construction is planned for completion in 2024, and will include 17 additional duplexes, totaling 34 residences.

"I'm very proud our efforts to innovate senior living options are being recognized," says Prentice. "Our long-term strategy is to continue providing seniors with safety, convenience and innovation in housing."

"I also want to commend Madonna Manor's Executive Director, Denise Corrou, and her entire team for their unwavering commitment to offering their residents outstanding care based on our faith-based mission," he adds.



# Applause, applause!!

Providence Care Center in Sandusky, OH recently celebrated two staffers for milestone years of service: **Jeff Jordon**, Director of Maintenance, 10 years; and **Yvonne Taylor**, Activity Assistant, five years. Congrats to them both! Employees who remain with us for many years help to ensure the care we provide our residents is consistently exceptional.



*Jeff Jordon*



*Yvonne Taylor*

What does **LaFern**, a **St. Leonard** resident in Centerville, OH, have in common with a convertible car, *Reader's Digest*, an electric blender, water skiing and treating diabetes with insulin?

Easy-peasy lemon squeezy: She was born the same year each of these first made history ... 100 years ago! We wish LaFern and *all* of our resident centenarians continued good health and much happiness.



*LaFern marks another historic milestone.*

In Denver, CO, **Gardens at St. Elizabeth** community members deserve recognition for their generous donations to Boulder Wildfire Relief, assisting fellow Coloradans who were displaced by the most destructive fire in Colorado's history on Dec. 31; more than 1,000 homes were lost. The campus raised \$3,000 in donations, in addition to collecting and delivering four loads of supplies, including clothing, housewares and other sundries. We salute their compassion taking action.



*Gardens at St. Elizabeth contributions for Coloradans who lost their belongings to fire*

Here's the doggone truth: When you're a pint-sized puppy, most people find you simply irresistible! At least that's what **Charlie** must have felt during his first week as the youngest member of Madonna Manor in Villa Hills, KY.

Continually passed from one co-worker to the next, the cute canine companion proved more popular than pigskin on Super Bowl Sunday. Welcome to our CHI Living Communities family, Charlie!



*After continual cuddling from co-workers, Charlie needs a nap.*





# Investing in your future.

At CHI Living Communities, your 401(k) Retirement Savings plan is an important part of your total benefits package.

"All employees are eligible for our 401(k) plan, whether your status is full-, part-time or PRN," states Maureen Issenmann, Director of Payroll and Compensation. "The company automatically enrolls you at the rate of 4% after 60 days, plus also matches 50% of up to your contribution of 6% once you become match-eligible.

"For instance, if you contribute 6% of your total eligible wages, the company adds an additional 3% once you're eligible," she explains. "Therefore, 9% of your annual total wages are invested in your 401(k) plan."

*Note: Every February your contribution is automatically increased by 1% until you are contributing up to 10% of your eligible pay (except for those employees auto-enrolled during the past six months).*

If you want to change the amount of your 401(k) contribution at any time, have questions, or wish to opt out of the plan, **contact Fidelity at 800.343.0860.**

"The more you invest in this plan using pre-tax dollars, the more you can grow your investment for the future. Even if it's just a few dollars a pay, over time it can really add up," says Maureen. "Most people can't live comfortably on Social Security alone when they retire. Our Retirement Savings plan is a good way to build a nest egg."



Maureen Issenmann

## In the know.

### Employee reminders:



#### Tune in.

Remember to watch President and CEO

Prentice O. Lipsey's latest Town Hall video, available at [www.HomeIsHere.org/townhall](http://www.HomeIsHere.org/townhall) (and on YouTube—search for "CHI Living Communities"). Learn about Prentice's three major goals for 2022 and how we'll achieve each, including addressing staff shortages and ensuring great customer service.



#### Send in.

Have a question or comment for President

Lipsey or another senior leader? Email it to [communications@chilivingcomm.org](mailto:communications@chilivingcomm.org) and you'll receive a personal reply in about one week.



#### Turn in.

As we strive to recognize more outstanding employees, please help us identify them! Nominate a co-worker for this quarter's Exceeding Expectations award. The deadline is March 21, with forms available at each campus plus available [here](#).



#### Log in.

By the end of January, all employees should've received their W-2 form at work (or in your home mail if you're a Home Office employee). As an added convenience, you also may print your W-2 using the ADP portal. (For help logging into the portal, ask your supervisor.)

*Employee Wellness:*

# Is it anxiety ... or a heart attack?

You suddenly wake up sweating. You struggle to breathe. You feel nauseous or your heart is racing. Should you call 911 ... or wait for symptoms to pass?

Because signs of a panic attack are very similar to those of a heart attack, how can you tell the difference? Learning their subtleties may help save your life ... or someone else's.

Although chest pain can be present during both panic and heart attacks, it often is different. During a panic attack, chest pain is usually sharp or stabbing and limited to the middle of your chest. Pain from a heart attack may feel more like a tight fist or squeezing sensation; and, while it may start in the center of your chest, heart attack pain can move down your arm, or to your jaw or shoulder.

The length of symptoms usually vary, too. A panic attack can be very intense yet last only 30 minutes or so. Heart attack signs tend to last longer and get worse over

time – chest pain may be only mild at first, but then become severe after a few minutes.

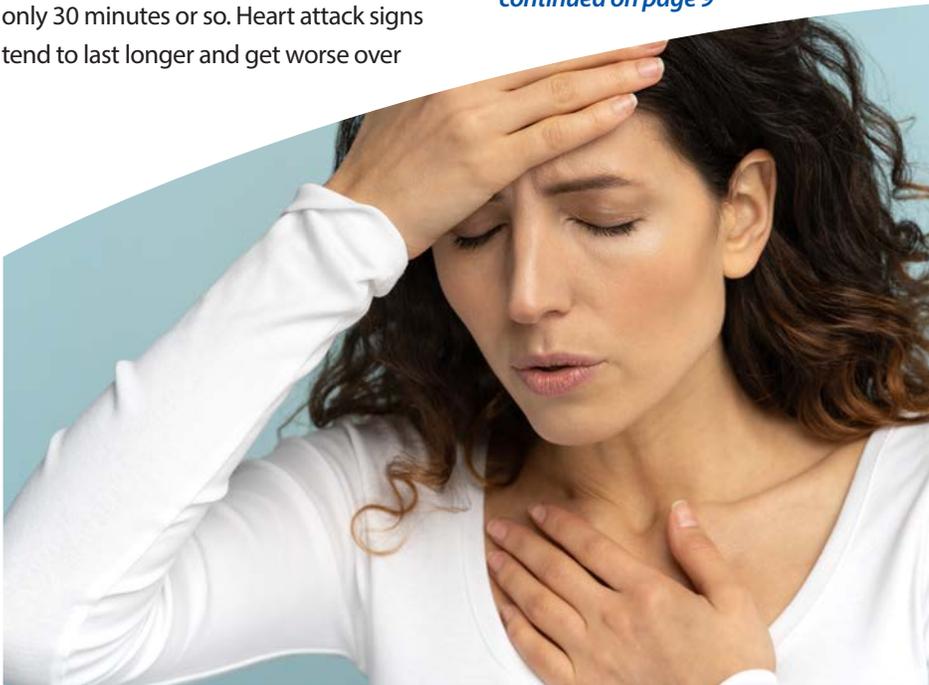
When should you seek help?

“Especially if you’re a man over age 45 or a woman over 55, call 911 if chest pain is sudden and severe, especially if it moves down your arm or into your jaw,” says Paula Keller, RN, Regional Clinical Director – West.

“Never feel foolish if you seek help and it turns out to be a false alarm. A trip to the ER is well worth the assurance your life isn’t in danger,” she adds. “Women especially may hesitate to get help, yet they’re twice as likely to die from a heart attack.”

If you have recurring symptoms you think are caused by anxiety, make an appointment with your health care provider.

*continued on page 9*



## A sense of relief.

To reduce symptoms of a panic attack, use this 5-4-3-2-1 exercise.

Find a comfortable place to sit. Take a few slow, deep breaths. Then, focus on each of your senses, one at a time. Specifically, identify:

- 5 items you see.
- 4 items you feel.
- 3 sounds you hear.
- 2 items you smell.
- 1 thing you taste.

This exercise really does help – it distracts your mind while redirecting your attention.

**Employee Wellness:**

**Is it anxiety ... or a heart attack?** *continued from page 8*

Panic Attack	Heart Attack
Sharp, stabbing pain in middle of the chest	Squeezing pain and pressure in the chest
Sudden onset, or brought on by stressful thoughts or upsetting news	Sudden onset, or onset during physical exertion, such as climbing stairs
Pain that gets better over time	Pain that gets worse over time
Symptoms that are over within about ½ hour	Pain that doesn't go away, and that may spread from the chest to the arm, jaw, or shoulder blades
Shortness of breath	Shortness of breath
Sweating	Sweating
Shakiness	Nausea or vomiting
Tingling hands	
Racing heart beat	

“There are many ways to reduce or even eliminate anxiety,” says Paula. “Those might include talking with a psychologist or licensed social worker, practicing meditation, getting regular exercise and enough rest, or taking medication.”

Employees feeling stressed are encouraged to talk with their Mission Integration and Spiritual Care Director, who can offer guidance and suggest resources. Also, employees and their family members can find support through the Employee Assistance Program. Contact 800.538.3543 or [www.signalap.com](http://www.signalap.com) 24/7.

Regardless of what’s causing your symptoms, take heart. Help is only a call away.



Paula Keller

# In the air, everywhere.

Love may be in the air, but so should laughter: It’s been scientifically proven to be good for heart health! Do have a Happy Valentine’s Day.

1. What did the cook say to his date?  
*“This may sound cheesy, but you’re the gratest.”*
2. Do skunks celebrate love?  
*Of course! They’re very scent-imental.*
3. What do you call two lovebirds?  
*Tweet-hearts.*
4. What’s a good line to use for Internet dating?  
*A modem.*

5. What did the tutor say when a student tried using a Valentine to improve his grade?  
*“Thanks, but it’s still a ‘Be Mine’-Us.”*
6. How do phones get married?  
*They exchange rings.*
7. What did one slice of toast call the other?  
*“You’re my butter half!”*
8. What did the chef give his wife for Valentine’s Day?  
*A big hug and a quiche.*
9. What did the volcano tell his sweetheart?  
*“I lava you.”*
10. What did the pharmacist prescribe for his date?  
*More Vitamin me.*



11. What do you call a small Valentine?  
*A Valentiny.*
12. What did the paper clip say to the magnet?  
*“I find you very attractive.”*
13. He asked if she had a date for Valentine’s Day.  
*She replied, “Yes. It’s February 14.”*
14. What Valentine candy is never on time?  
*Choco-late.*
15. What did the oars ask the boat?  
*Are you up for a little row-mance?*

# And the winners are ...

Hearty congrats go to the 20 CHI Living Communities employees across the U.S. who were selected from among 35 nominations for our 4th quarter 2021 *Exceeding Expectations* award.

Each received the coveted *Exceeding Expectations* lapel pin to wear as a sign of special recognition, plus a customized certificate signed by President and CEO Prentice O. Lipsey.

## 4th Quarter 2021 winners included:

### *Bishop Drumm, Johnston, IA*

Steve Salisbury, Maintenance Tech

### *Franciscan Care Center, Toledo, OH*

Ebony McLemore, RN

### *Franciscan Villa, South Milwaukee, WI*

Dorothy Host, Director of Nursing, Assisted Living

### *The Gardens at St. Elizabeth, Denver, CO*

Jorge Balderamma, Dining Services Director

Michelle Holden, QMAP

### *The Gardens of St. Francis, Oregon, OH*

Christopher Browning, Cook  
Jayme Fronk, STNA

### *Linus Oakes, Roseburg, OR*

Peggy Neely, Receptionist

### *Madonna Manor, Villa Hills, KY*

Sharon Dougherty, Administrative Assistant

Melissa Johnson, STNA/Scheduler

Judy Van Auken, Housekeeping Director

### *Namaste, Colorado Springs, CO*

Marlene Dewitt, Housekeeping

Bitay Doe, LPN

Justin Packer-Hopke, Nurse

Patrick Reid, CNA

Robert Woerner, Maintenance Tech 1

Bernice Yeboaa, Dietary Aide

### *St. Clare Commons, Perrysburg, OH*

Cathy Cousino, Receptionist

Julie Cuprys, RN

Joni Huls, Nurse

Each winner was selected for consistently demonstrating our five values: compassion, inclusion, integrity, excellence and collaboration.

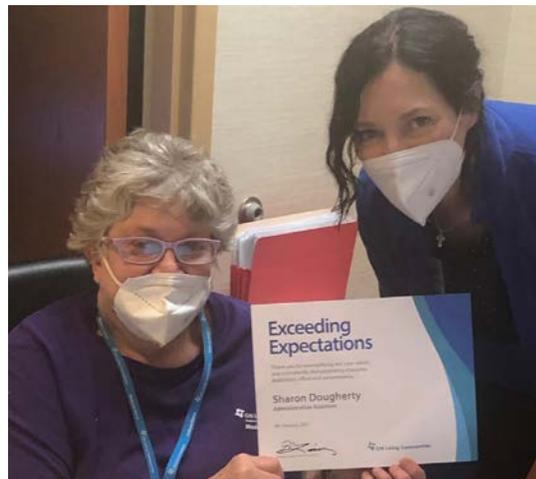
Wrote family member Peggy Bergey, who nominated Sharon Dougherty, "Sharon is a huge asset to Madonna Manor. My sister has lived on campus since 2004 and can't speak. Sharon always takes time to figure out what Pat needs and gets the job done."

"When our Dietary Director left without notice, Chris Browning really stepped up to the plate for our Dietary staff," comments Brandon Webb, Executive Director at The Gardens of St. Francis, about the cook. "He keeps a positive attitude above all else, and demonstrates compassion and collaboration daily."

States Deanna Dunaway, Director of HR, about another Gardens of St. Francis winner, "Jayme Fronk has been a blessing to our home. She doesn't complain, and understands the residents are our No. 1 priority. It's not all about the money, and Jayme shows that every day through her compassion."

Co-worker Emily Guth, STNA, agrees: "Jayme is so good with the residents – always so nice, gentle and sweet. She is a pleasure to work with."

The next deadline for nominations is Monday, March 21. Forms are available at each campus, and also [here](#). (Be sure to follow all instructions on the nomination form, including having your HR Director sign it.)



*Pictured top left: Sharon Dougherty (left) with Executive Director Denise Corrou*

*Top right: Christopher Browning*

*Bottom: Jayme Fronk with Executive Director Brandon Webb*

# Spreading humankindness.

Random Acts of Kindness Day is Thursday, Feb. 17.  
How will you honor it?

Leaders at our Linus Oakes' campus in Roseburg, OR, recently decided to celebrate their employees by creating a Staff Kudos Board. Within only 11 days, co-workers, supervisors and residents filled it full of praiseworthy comments!

"We provided cards to campus community members to help shine some light on team members, and the response was instantly overwhelming," comments Donna Shears, Director of Human Resources.

"That type of rapid response proved we have so much to celebrate at work, including our everyday heroes," says Donna. "Despite the pandemic and so much other negative news that's been featured by the media in recent months, this opportunity lifted many spirits."

Has a stranger, loved one or co-worker unexpectedly done something for you in recent months that sent your spirits soaring?

Consider "paying it forward" any day of the year with random acts of humankindness, such as:

1. Donate a couple pairs of new socks to a homeless shelter.
2. Invite another driver to change lanes or cut in front of you in traffic.
3. Handwrite a thank-you note to someone for something they did years ago.
4. Give blood.
5. At a drive-thru, pay for the order of the vehicle behind you.
6. Call your mom or dad, just to say "I love you."
7. Scrape ice from a co-worker's windshield, or shovel snow from a neighbor's sidewalk.
8. Give three compliments to complete strangers.
9. Tuck a love note into your partner's/ child's pocket or lunch bag.
10. Bake cookies for a new neighbor.
11. Send a letter or care package to someone in the military. (Visit AnySoldier.com.)
12. Schedule a pedicure for yourself ... because self-love is being kind, too!

COVID is contagious, but so is humankindness.



Linus Oakes' Employee Kudos Board was quickly filled in celebration of awesome employees.

Google Workspace:

# What to expect during training.



On Monday, March 14, CHI Living Communities is going live with Google Workspace. If you use a computer to complete your job duties, a variety of training will be offered.

There are three phases of training to help you prepare. (Note: Most instructor-led training is planned to occur after we go live, when you have access to the Google Workspace tools.) This is what you'll learn during each phase:

- 1) **Pre-Go Live Prep – One week before our Go Live**  
Day 1 Preparation, how to log in, basics of Google navigation
- 2) **Getting Started in Google Workspace – Week 1 with Google**  
Chrome profile management, intro to Gmail, Calendar, Drive and Chat
- 3) **Advanced training – Week 2 in Google**  
Google Workspace application “deep dives” and setting customization

Watch for an email in late February that will provide the Google Workspace training schedule, plus links so you can attend. Please try to make time to attend!

If your schedule doesn't enable you to attend training sessions, note:

- All training sessions are recorded and will be available to you soon after the session; and
- There also will be alternative training options, such as short videos and tip sheets for your use.

Also, remember that you will have Google Guides (volunteer co-workers) on site to help you 1:1 when you're learning. Thanks to our nearly 100 CHI Living Communities employees across the U.S. who have stepped up to this task!

Want more info now? Check out the [Google Workspace Learning Center!](#) (The “Switch from Microsoft” section is a great place to start.)

If you have any feedback or questions about Google Workspace or training, please use this [form](#).

Leaning in to customer service:

## New pharmacy services for residents.

As we continually strive to improve the care and services we provide to our residents, pharmacy services soon will be provided by PharmScript.

“This company offers several unique features, such as systems that can eliminate medication errors, greater access to medications and increased pharmacy consultations,” says Heather Rehmer, Vice President of Operations. “Even though most residents and their families are used to using retail pharmacies, PharmScript should offer them cost-savings, as well.”

### Among PharmScript's advantages:

- Service 24/7/365, so residents have better access to their medications;
- Numerous deliveries per day, at no cost to our residents;
- Extensive consulting by a licensed pharmacist;
- Special systems that reduce medication errors and waste;
- An experienced billing department to answer insurance questions; and
- Emergency systems so residents have prompt access to their medications, regardless of the time or day.

“We're fortunate to be able to offer these improved services as we continue focusing even more on exceptional customer service,” states Heather.



Heather Rehmer



An added “boost” for your health ...

# Up your guard to keep COVID down.

Although we all hoped for relief from the pandemic this year, reports of the rapid spread of the Omicron variant has flooded the news again recently.

Public health officials expect to see a significant increase in hospitalizations during the next few weeks due to COVID-19 and the flu. Because the Omicron variant is incredibly contagious, within the past month it has accounted for 95% of all U.S. cases.

“The best defense against getting seriously ill is to have *all* doses of a COVID-19 vaccine,” advises Ja’Nay Crippen-Derry, Vice President of Clinical Operations. “We continue to urge boosters for our employees and residents so our campuses don’t see an uptick in cases like the rest of the country most likely will soon.”

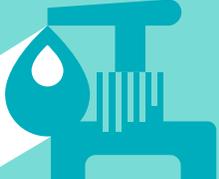
The CDC recommends boosters five months after a second Moderna or Pfizer vaccine. For the Johnson & Johnson vaccine, the CDC recommends a booster two months after vaccination.

“Also, please remain vigilant about properly wearing PPE, plus continue washing your hands often and remain socially distant,” says Ja’Nay. “We know colder weather brings on much more illness annually because so many more people are indoors. It’s extremely important each of us keeps our guard up because the coronavirus continues causing fatalities.

“If you have any questions about the vaccine, when to get your booster or workplace protocols, please ask your supervisor or Regional Clinical Director,” she adds. “Your health is very important to us.”



Ja’Nay Crippen-Derry

<p><i>Wear a mask to cover your nose and mouth.</i></p> 	<p><i>Wash your hands often for at least 20 seconds.</i></p> 	<p><i>Stay 6 feet apart from others while running errands.</i></p> 
<p><i>Avoid crowded places.</i></p> 	<p><i>Avoid touching your nose, eyes and mouth.</i></p> 	<p><i>Use hand sanitizer if there’s no soap and water.</i></p> 

## The key to finding love at any age.

*continued from page 4*

Indeed, the couple believe faith is key to their relationship. They each see Christ in each other. “If you want to find love, find Christ,” offers Sharon. “He will give you desires of the heart.”

What further sealed the deal for her was Tom’s sensitive side – he asked both of her children for her hand in marriage. The two plan to tie the knot this summer.

Why get hitched? “We both believe that to enjoy all the benefits of a true marriage, we need to make a commitment,” states Tom.

Sharon is a bit more explicit: “We’ve both decided to wait until after marriage. But, I have to tell you, he’s a *good* kisser!”

Luckily, Jane Woloson, Executive Director, confirms the couple already has been added to the campus’ wait list for a larger apartment to share after they’re married.

“Everyone at The Gardens at St. Elizabeth has been so kind and encouraging! When we eat in the dining room, for instance, I’ll look over and see two dietary servers making hearts with their hands,” laughs Sharon.

“You may never think a senior living community would be the place to find a mate. You just need to be open and look for the good in everyone,” says Tom. “I think the Lord brought us together, and He still has a lot more in store for our future.”

### Answers to heart smart quiz on p. 2:

- |      |       |
|------|-------|
| 1. B | 6. C  |
| 2. C | 7. B  |
| 3. A | 8. B  |
| 4. C | 9. A  |
| 5. B | 10. B |

*From the Chef's Kitchen:*

# Super Bowl Chili Corn-chip Pie.

Although National Chili Day is Thursday, Feb. 24, you may want to make this recipe early – for Super Bowl Sunday on the 13th. Often served at concession stands, this recipe is popular among sports fans. If you want to make a healthier version, substitute no-salt tomato paste, low-sodium beef broth and fat-free sour cream.



## Ingredients

Cooking spray, such as Pam  
1 pound ground beef / sirloin  
1 ¼ cups onion, chopped  
2 Tbsp. minced garlic  
½ tsp. cumin  
½ tsp. ground red pepper  
1/8 tsp. salt  
1 Tbsp. tomato paste  
1 cup beef broth  
1/3 cup water

1 10-oz. can diced tomatoes and green chiles, undrained  
4 oz. lightly salted corn chips, such as Fritos  
½ cup sharp cheddar cheese, shredded  
1/3 cup sour cream  
½ cup green onion tops, sliced (green portion)

## Directions

1. Heat large skillet over medium-high heat, then coat pan with cooking spray.
2. Add beef to pan and saute for 5 min., stirring to crumble. Remove cooked beef and drain.
3. Wipe pan clean with paper towels, then add onion and saute for 4 min., stirring occasionally.
4. Add garlic and saute for 1 min., stirring constantly.
5. Stir in beef, cumin, red pepper and salt.
6. Add tomato paste and cook for 1 min., then add broth, water and tomatoes; bring to a boil.
7. Reduce heat and simmer for 15 min. or until slightly thick; occasionally stirring.
8. Remove from heat and place 1 oz. chips in each of 4 bowls (or pour one 4.25 oz. bag of Fritos onto serving platter and pour remaining ingredients on top, serving immediately).
9. Top each with 2/3 cup beef mixture, 2+ Tbsp. cheese and 1 Tbsp. sour cream.
10. Then, sprinkle each with 2 Tbsp. green onions.

*Munch a bunch ... and may the better team win Super Bowl 56!*

# New Denver residences to open soon, many already reserved.



*The new Assisted Living Memory Care residence on The Gardens at St. Elizabeth's campus is set to open this spring.*

Construction is still on track for completion by spring of the new Assisted Living Memory Care residences at The Gardens at St. Elizabeth in Denver, CO. Twelve one-bedroom Assisted Living residences are on the first floor, and 18 studio Assisted Living Memory Care units are on both the second and third floors.

"Residences will include on-trend paint colors, granite countertops, large bathrooms and other highly sought-after materials and amenities," says Tim Dressman, Vice President of Business Development.

"These elements ensure residents are not only comfortable in their new homes, but also safe. While we always want to offer attractive, inviting features, our No. 1 priority is to provide each of our seniors with a secure environment," he notes.

"We're so pleased to expand our campus with these beautiful new residences," states Jane Woloson, the campus' Executive Director. "We already have 26 of the 36 Memory Care residences filled. And, all 12 of the Assisted Living residences are reserved, with seven on a wait list.

"One-hundred percent of our campus' residences have been full recently, and I expect this new build also will be entirely full not long after opening," says Jane. "Community need is there, plus our Gardens at St. Elizabeth team has a long-standing reputation for providing outstanding care. I'm very proud of their dedication to our ministry."

*- Photos provided by Jane Woloson*



*Numerous fireplaces will provide comfortable, warm surroundings for residents and families alike, important for Denver's cold, snowy winters!*



*Roomy bathrooms with walk-in showers will help ensure residents' safety.*



*Kitchens include modern finishes, such as granite countertops and white cabinetry, favored by senior consumers.*

# Love makes the world go 'round ...

And friends make the ride worthwhile!



Providence Care Center,  
Sandusky, OH



The Gardens at St. Elizabeth, Denver, CO



Bishop Drumm, Johnston, IA



Madonna Manor,  
Villa Hills, KY



The Gardens of St. Francis, Oregon, OH



Riverview, Fargo, ND



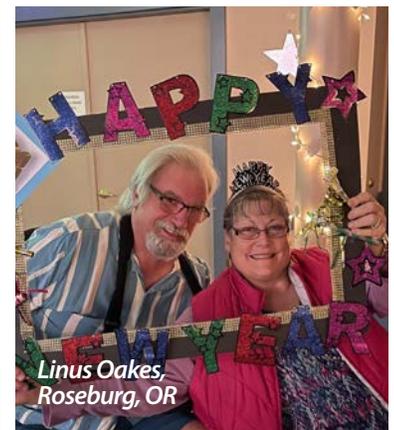
The Gardens at St. Elizabeth,  
Denver, CO



Riverview, Fargo, ND



St. Clare Commons,  
Perrysburg, OH



Linus Oakes,  
Roseburg, OR



Madonna Manor,  
Villa Hills, KY



St. Leonard, Centerville, OH



Providence Care Center,  
Sandusky, OH

# A prayer for love.

*As we approach Valentine's Day, hearts appear everywhere. While love is an important part of romance, it also should speak of commitment and perseverance – loving others in good times and especially during hard times, when love often is needed the most.*

Lord,  
Thank you for making us capable of romance.  
Thank you for the feelings we have when we're in love,  
For the happiness of weddings, and  
For the unsurpassed joy that comes from romance that lasts decades.  
More importantly, thank you for love that surpasses our emotions ...  
For the committed love of parent for child,  
Of Husband for wife,  
And of friend for friend.

Thank you for loving us,  
A love that claims us and never gives up on us.  
Thank you for revealing this love through Christ –  
In His life and death,  
And in His words and deeds.

Help me to love others deeply from the heart.  
Help me to love others sacrificially and consistently.  
Help me to love when it's easy,  
And especially when it's hard.  
May I love others as you have shown me.

Thank you, Lord, for love.



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**Our People. Our Excellence. Our Future.**

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