



# ST. DOMINIC VILLAGE

*A Senior Care Community*

CELEBRATING **40** YEARS

ISSUE 2 • VOLUME 4 • WINTER 2015

## The St. Dominic Village FROM OUR HOME TO YOURS *Voice*

St. Dominic Village Rehabilitation and Nursing Center • The Assisted Living at St. Dominic Village •  
The Independent Living at St. Dominic Village • Angel House • Pope Saint John XXIII Priest Residence

### Message from Amy...



Happy New Year everyone! I hope that the holidays and the end of 2014, brought everyone a great deal of peace, renewal and happiness with family and friends! Thank you again to everyone who came out and supported our residents during their many Christmas events! It is such a joy to see how happy our residents are when they are surrounded by people who care about them.

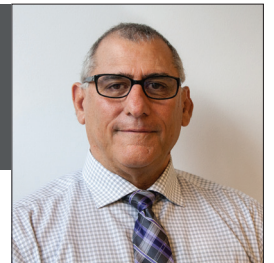
I think a new year is always an exciting time! A fresh start, but also a time to reflect upon the past! That is no different here at St. Dominic Village! 2015, will be our 40th Anniversary. In this newsletter you will read about our rich history. We are so proud of the four decades that we have been able to serve seniors in our community. Over the last 40 years we have been able to expand our services to meet the needs of a broader spectrum of seniors, from Independent Living to the Rehabilitation/Healthcare Center. We are so proud of the spectrum of services we are able to offer our community. Spiritual, healthcare and social programs truly set us apart from our competitors and are what make this campus so special to so many of us.

In moving forward to the next 40 years, my hope is that we remain true to our mission of serving seniors with the compassion of Christ. I am also looking forward to making some cosmetic changes to our campus and facilities. These changes will be gradual, but hopefully will make a huge difference to the residents that currently call this home, and for those we are yet to serve.

I encourage everyone to get involved this year. Whether through volunteering with our residents, becoming involved with our Committees and Board, or attending one or more of our many fundraising events, each individual can make an impact here at St. Dominic Village. My door is always open and I would love the opportunity to discuss ways for everyone to find their niche here.

*Amy Shields, LNHA  
Chief Executive Officer*

### Letter from Chairman Mr. Frank Rizzo



Greetings,

God bless you all as we enter a very exciting year at St. Dominic Village. While 2014 was a year filled with many success stories for us, it was also an interesting year as we transitioned from our former CEO, to new management under our current CEO Amy Shields. It was a year that forced us all to take a deep breath as the Board of Directors re-focused and re-committed to strategic goals. It was also a year that saw some very hard work from Staff, as St. Dominic Village gained a 4 star rating; transforming it into one of the premier retirement communities in the Houston area. So it comes as no surprise for me to say with all confidence, that in 2015 we will only build on that success.

St. Dominic Village is a Catholic community that provides a continuum of quality care with dignity and the compassion of Christ. This is our mission and this is what the future holds for our community, a continuation of quality care as we work toward our goals for 2015. Quality is what sets St. Dominic Village apart from our competitors and that quality goes beyond just care givers. From top to bottom, quality is something all staff members at St. Dominic Village strive for, and we see it evident not only throughout each department, but from our volunteers and consultants as well.

*Continued on page 2*

Of course none of this would be possible without the efforts of the people who work at St. Dominic Village. On behalf of the Board of Directors, I would like to say thank you to all of our employees, the fruits of your labors are evident in the smiles on the faces of our residents. Your efforts have not gone unnoticed and we are all very proud of your accomplishments.

I'd also like to say a special thank you to our donors and supporters, without you, our mission would be a tremendous struggle. Because of your kindness we are able to accomplish something very unique at St. Dominic Village. We are glad you share our vision of providing quality care and appreciate all the support you have given us. We look forward to a continued relationship as we move forward and from our heart to yours, you are truly special.

Finally, to our residents; thank you for allowing us to serve you here at St. Dominic Village. As we move into 2015, keep in mind that we are in this together and are looking forward to the opportunity to make you even more satisfied this year than you were last year. You are what drives our passion and we are committed to giving you the best care possible.

Thank you for reading this message. St. Dominic Village will be striding forward this year and we are happy you have taken the time to get involved in our mission. From that perspective I am reminded of the New Testament verse in James 2:14, "What good is it, my brothers and sisters, if you say you have faith but do not have works? Can faith save you?" Whether you are an employee, resident, volunteer, or donor, being involved is really the only way St. Dominic Village will stride forward; so please, stay connected and get involved, we would hate for you to miss an opportunity to be a part of something great.

Respectfully,

Frank Rizzo

Chairman of the Board of Directors  
St. Dominic Village

Top: The groundbreaking for the retirement center was Dec. 1, 1979. Shown are Msgr. Dexter George, Jack Earthman (architect) and Bishop John Morkovsky.

Bottom: Construction of the Nursing Home, February of 1981

## St. Dominic Village to Celebrate 40th Anniversary

By Lisa May, Director of Archives & Records  
Archdiocese of Galveston-Houston

St. Dominic Village may be preparing to celebrate its 40th anniversary, but its roots go back to the start of the 20th century. In 1906, the Dominican Sisters opened St. Agnes Academy on the outskirts of downtown Houston, and they also bought property along Alameda Road. Twenty years later, the Dominicans moved their motherhouse from its original site in Galveston to the Alameda property. Two decades after that, in September of 1945, the Sisters received a charter to open Sacred Heart Dominican College, a liberal arts college for women. With the University of St. Thomas, it was one of only two Catholic colleges in the Diocese.

In 1974, facing declining enrollments and a large debt, the Dominican Sisters made the difficult decision to close the college at the end of the next academic year. The official date of closing was May 11, 1975. In January of that year, Bishop John Morkovsky announced a three-year campaign to raise \$3.5 million, "to purchase Dominican College and convert it into a Diocesan Center with emphasis on the Home for the Aged." As part of the campaign, a film was produced to be shown in parishes, with the ambitious goal of reaching everyone in the Diocese. Sadly, no copy of this film seems to have survived.

Bishop Morkovsky had for many years been concerned about affordable housing for the elderly, especially those on a fixed income. But he had more than just shelter in mind. As the campaign materials stated, "To make certain that the aged of this

Diocese are not isolated or moved to rooms to live out their days in loneliness, our Bishop decided to use the 17 acre campus to be purchased as a total Diocesan Center, combining facilities and activities for the young, for the deaf, for the aged - in short, for everyone in the Diocese."

As a first step in that process, the former college dormitories, Rosary and Siena Halls, were renovated. In August of 1975, they opened as an independent-living facility, under the direction of an "administrator of housing & programs for the elderly." Plans were also made for a \$1 million nursing home, "to provide complete, long-term care for 100 persons."

Bishop Morkovsky and what was then the Senate of Priests (now the Presbyteral Council) also had in mind the needs of retired priests in the Diocese. In May of 1977, Msgr. Joseph Fiorenza, then the Chancellor of the Diocese, announced on behalf of the Bishop that a committee would be formed "to continue to study the feasibility of a retirement home for priests." Two years later, on December 1, 1979, Bishop Morkovsky broke ground for the facility on the St. Dominic Center grounds. It would include rooms for eight residents, as well as communal areas and a small chapel. Construction moved quickly and

the building was completed in July of the next year. The summer of 1980 also brought the completion of St. Dominic Nursing Home, a 120-bed facility.







The next year of 1981 would bring several milestones. Both the nursing home and the priests' residence, named for Pope John XXIII, were blessed by Bishop Morkovsky in July that year. As part of the ceremonies, Mass was celebrated in the center's new Warren Chapel. Honoring Jack and Dorothy Warren "for their generosity and encouraging support," it had been completed in April. That fall, the Diocese acquired an additional 9.7 acres on the site from the Dominican Sisters.

The facilities at St. Dominic Center soon increased with the new property. In 1990, a 10-suite addition to the Pope John XXIII Priests Residence was completed. It was blessed the same day as the new diocesan buildings on the site, the Cameron Retreat Center and the Chancery, as well as the St. Vincent de Paul House. Over the next few years, the retirement home would add buildings to accommodate residents needing different levels of care. The first, in 1992, was Dorothy Hall. In 1996, Maloney Hall, the gift of Estelle and Davis Maloney, provided assisted living and nursing care for priests and religious. Later that same year, Charlotte Hall opened, built with grants from the Scanlan and Cameron Foundations, the Cameron gift in honor of Charlotte Cameron.

In 1999, the Diocese made the decision to merge its elder-care facilities, St. Dominic Nursing Home, St. Dominic Residence Hall, and Pope John XXIII Residence, into one community, St. Dominic Village. The goal was to create "a continuum of care," in the words of Susan Stromatt, then the Director of the Secretariat of Social Concerns for the Chancery. As she told the Texas Catholic Herald at the time of the merger, "People can move in here and live independently, knowing that if they ever do need nursing home care they can stay here . . . they won't have to move." Two years later, the dedication of the St. Dominic Village Tower added additional facilities for independent and assisted living.

St. Dominic Village takes as its motto, "Caring for our elders with the compassion of Christ." To assist in that ministry, it has always relied on the generous support of donors and volunteers, in addition to the work of the dedicated staff. In 2001, the St. Dominic Village Patron Corps was established, with two goals. The first is to provide funds for "extras" such as exercise equipment and furniture for common areas. A rose garden and fountain honoring Corps member Rose Carrabba was dedicated in 2006. The second goal of the Patron

Corps is to promote the Village around the Archdiocese. One of the major fundraising events for the Village is the annual "Bishop Rizzotto Golf Classic," the first of which was organized under the sponsorship of Auxiliary Bishop Vincent Rizzotto in 2003.

St. Dominic Village continues to expand its services in providing the continuum of care. Earlier this year, a 14-bed skilled nursing unit opened for short-term rehabilitation. And in September, Daniel Cardinal DiNardo joined Archbishop Emeritus Joseph Fiorenza, Auxiliary Bishop George Sheltz, and Auxiliary Bishop Emeritus Vincent Rizzotto, to break ground for the new "Archbishop Joseph A. Fiorenza Priest Retirement Residence." It is scheduled to open in the fall of 2015.

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Clockwise: Clem Wead, manager of the gift shop. - December of 1976

The photo of the dedication of Warren Chapel by Bishop Morkovsky on July 26, 1981

Dorms of St. Dominic Village, renovated in the summer of 1975.

The dedication of Dorothy Hall by Bishop Fiorenza.



# St. Dominic Village Spiritual Schedule

## ORDINARY TIME BEGINS

- 18 Sunday - Second Sunday in Ordinary Time
- 22 Thursday - Holy Hour of Prayer for the Legal Protection of Unborn Children – 1:00 p.m.
- 25 Sunday - Third Sunday in Ordinary Time

## FEBRUARY 2015

- 1 Sunday - Fourth Sunday in Ordinary Time
- 2 Monday - Feast of the Presentation of the Lord with Blessing of Candles – 8:15 a.m.
- 3 Tuesday - Memorial of St. Blaise with Blessing of Throats – All Masses
- 7 Saturday - Order of Malta Archdiocesan Mass for the Anointing of the Sick – 10:00 a.m. at Co-Cathedral of the Sacred Heart
- 8 Sunday - Fifth Sunday in Ordinary Time
- 15 Sunday - Sixth Sunday in Ordinary Time

## LENT BEGINS

- 18 Wednesday - Ash Wednesday
- 20 Friday - Stations of the Cross – 3:00 p.m.
- 22 Sunday - First Sunday of Lent
- 27 Friday - Stations of the Cross – 3:00 p.m.
- 1 Sunday - Second Sunday of Lent
- 6 Friday - Stations of the Cross – 3:00 p.m.

- 8 Sunday - Third Sunday of Lent
- 13 Friday - Stations of the Cross – 3:00 p.m.
- 15 Sunday - Fourth Sunday of Lent - Laetare Sunday
- 19 Thursday - Solemnity of Saint Joseph, Spouse of the Blessed Virgin Mary and Patron of the Universal Church
- 20 Friday - Stations of the Cross – 3:00 p.m.
- 22 Sunday - Fifth Sunday of Lent
- 25 Wednesday - Solemnity of the Annunciation of the Lord
- 27 Friday - Stations of the Cross – 3:00 p.m.

## HOLY WEEK BEGINS

- 29 Sunday - Palm Sunday of the Passion of the Lord
- 30 Monday of Holy Week
- 31 Tuesday of Holy Week

## MARCH 2015

- 1 Wednesday of Holy Week
- THE TRIDUUM (from sundown on Thursday until sundown on Sunday)
- 2 Thursday - Mass of the Lord's Supper – 7:00 p.m.
- 3 Friday - The Passion and Death of the Lord (Good Friday) – 3:00 p.m.
- 4 Saturday - Vigil of Easter – 7:00 p.m.
- 5 Sunday - Resurrection of the Lord – 10:00 a.m.

EASTER SEASON CONTINUES THROUGH PENTECOST

## MASS FOR THE ANOINTING OF THE SICK



**ORDER OF MALTA**  
FEDERAL ASSOCIATION, U.S.A.  
HOUSTON REGION

Co-Cathedral of the Sacred Heart • 1111 St. Joseph Parkway, Houston, TX 77002

For more information on Mass schedules and to register for the Anointing Mass, please contact:

Patricia Egerman, Coordinator, Spiritual Care & Volunteers  
Phone: 713-741-8718 • Fax: 713-748-168305 • [pegerman@stdominicvillage.org](mailto:pegerman@stdominicvillage.org)



## A Prayer for the New Year

What shall I ask for the coming year  
What shall my watchword be  
What should you do for me, dear Lord  
What can I do for thee?

Lord, I would ask for a holy year  
Spent in your perfect will  
Help me to walk in your very steps  
Help me to please you still.

Lord, I would ask for a trustful year  
Give me your faith divine  
Taking my full inheritance  
Making your fullness mine!

Lord, I would ask for a year of love  
O let me love you best  
Give me the love that never fails  
Beneath the hardest test.

Lord, I would ask for a year of prayer  
Teach me to walk with thee  
Breathe in my heart the Spirit's prayer  
Pray you your prayer in me!

Lord, I would ask for the dying world  
Stretch forth your mighty hand  
Your truth proclaim, your power display  
This year in every land.

Lord, I would ask for a year of joy  
Your peace, your joy divine  
Springing undimmed through all the days  
Be your days of shade or shine.

Lord, I ask for a year of hope  
Looking for you to come  
And hastening on that year of years  
That brings us home to you.

Herald of Light

## UPCOMING EVENTS

**February 6 at 1:30 p.m.**

Valentine's Day Dance  
co-sponsored with the Office of Aging

**March 12**

2015 Bishop Rizzotto Golf Classic  
BlackHorse Golf Club

**May 11 at 6:30p.m.**

An Evening with the Bishops

HAPPY

New Year

## Day of Prayer for the Legal Protection of Unborn Children

Thursday, January 22

January 22 is the anniversary of Roe v. Wade and has been formally named as the "Day of Prayer for the Legal Protection of Unborn Children." On this day St. Dominic Village will celebrate the Mass for Giving Thanks to God for the Gift of Human Life.

As this is also a day for Adoration of the Blessed Sacrament in Warren Chapel, we will have a Holy Hour of Prayer for the Protection of Unborn Children beginning at 1:00 p.m.

## Blessing of St. Blaise

Tuesday, February 3

*"Through the intercession of St. Blaise, bishop and martyr, may God deliver you from ailments of the throat and from every other evil. In the Name of the Father, and of the Son and of the Holy Spirit"*

On Tuesday, February 3rd, we celebrate the Memorial of St. Blaise. Legend has it that while Blaise was being taken into custody during a persecution of Christians, a distraught mother, whose only child was choking on a fishbone, threw herself at



his feet and implored his intercession. Touched at her grief, he offered up his prayers, and the child was cured. Consequently, Saint Blaise is invoked for protection against injuries and illnesses of the throat.

At St. Dominic Village on this day the blessing of St. Blaise will be given at all Masses: two blessed candles are held in

a crossed position by a priest near the throat of the faithful while the blessing of St. Blaise is invoked.

## St. Joseph Day at St. Dominic Village

Thursday, March 19

St. Joseph Day Table - An Age-Old Italian Tradition

Saint Joseph is one of the most beloved saints among Italian-Americans. As the patron of workers and the protector of the family, he is honored with a feast on March 19.

According to legend, there was a famine in Sicily many centuries ago. The villagers prayed to St. Joseph, foster-father of the Infant Savior, and asked his intercession before the throne of God. Their prayers were answered. With the ending of the dreadful famine, a special feast of thanksgiving was held in commemoration of the Saint. This celebration became tradition. Wealthy families prepared huge buffets. They then invited the less fortunate people of the village, especially the homeless and sick.

Join us in Charlotte Hall Social Area after the 8:15 a.m. Mass as the St. Dominic Village St. Joseph Table is blessed and we share food and fellowship in honor of St. Joseph. Bring your favorite St. Joseph Day food! All financial contributions are welcome and, in keeping with the tradition of a St. Joseph Table, go to the Society of St. Vincent de Paul to provide for those less fortunate.



## Fast and Abstinence During Lent

**A**sh Wednesday is February 18th this year. Ash Wednesday and Good Friday are days of fast and abstinence. Fridays of Lent are days of abstinence.

Fasting is obligatory for all who have completed their 18th year and have not yet reached their 60th year. In other words, anyone 60 years or older is not required to fast at all. Please note, if you are fasting, fasting allows a person to eat one full meal. Two smaller meals may also be taken, not to equal one full meal.

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the 'paschal fast' to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

Abstinence (from meat) is obligatory for all who have reached their 14th year. Fridays in Lent are obligatory days of complete abstinence (from meat) for all who have completed their 14th year.

Through our works of prayer, fasting, and abstinence, let us heed the Prophet Joel's exhortation to return to God with our whole heart (2:12)."

## Fasting and Feasting

*By William Arthur Ward*

*Lent can be more than a time of fasting. It can also be a joyous season of feasting. Lent is a time to fast from certain things and to feast on others. It is a season to:*

*Fast from judging others; feast on Christ living in them.*

*Fast from emphasis on differences; feast on the unity of all life.*

*Fast from apparent darkness; feast on the reality of light.*

*Fast from thoughts of illness; feast on the healing power of God.*

*Fast from words that pollute; feast on phrases that purify.*

*Fast from discontent; feast on gratitude.*

*Fast from anger; feast on patience.*

*Fast from pessimism; feast on optimism.*

*Fast from worry; feast on appreciation.*

*Fast from complaining; feast on appreciation.*

*Fast from negatives; feast on affirmatives*

*Fast from unrelenting pressures; feast on unceasing prayer.*

*Fast from hostility; feast on non-resistance.*

*Fast from bitterness; feast on forgiveness.*

*Fast from self-concern; feast on compassion for others.*

*Fast from personal anxiety; feast on eternal hope through Jesus.*

*Fast from discouragement; feast on hope.*

*Fast from lethargy; feast on enthusiasm.*

*Fast from suspicions; feast on truth.*

*Fast from idle gossip; feast on purposeful silence.*

*Fast from thoughts of weakness; feast on promises that inspire.*

*Fast from problems that overwhelm; feast on prayer that undergirds.*

*Fast from everything that separates us from the Lord; feast on everything that draws us to the Lord.*

“As Prioress of the Dominican Sisters and on behalf of all the Dominican Sisters in Houston, our heartfelt congratulations on your 40th Anniversary. It was a sad moment when we had to sell Dominican College, but we knew it would be used in a new way in the service of God. And it certainly has! All the wonderful ministries that are present in St. Dominic Village are a testament to that reality. We are especially grateful for all levels of care that are provided. Our sisters benefit from therapy after surgeries and others for long term care. We remain grateful and keep the Village in our prayers.”

— Carol Mayes, O.P.  
Prioress, Dominican Sisters

We are working with Sr. Mary Magdalen, archivist for the Dominican Sisters to bring you more historical information on St. Dominic Village.

## Palms to Ashes

As we prepare for Lent, we make plans to collect last year's blessed palms and burn them into ashes which will be placed on our foreheads on Ash Wednesday. Look for the container in Warren Chapel at the beginning of February and place your blessed palms in it. On Wednesday, February 11th, weather permitting; we will have a Ritual Palm Burning outside of Warren Chapel.

## Changes coming to Assisted Living Dining....

*By Lynn Gillespie, IL/AL Administrator*

**D**ecember brought some changes to the Assisted Living Dining room to enhance the residents' dining experience. We looked to, Rey Garcia, our new Food Service Director and Chef to help us establish a new serving plan that would allow for a more individualized service. Staff will also be trained in some easier and more efficient ways to serve and clean tables. We have some new china and are looking for glassware that will be easy to hold yet not too heavy when filled with a beverage; it is a tricky issue. This is also an issue with cups; things of the aging process that we want to solve successfully. We are looking at table linens, aesthetic enhancements, and a positive atmosphere for dining. The food for Assisted Living is prepared in the main kitchen and brought over in insulated carts then placed in the steam table, on my wish list is a new steam table!! We will be continuing this process into the New Year.

## Love to shop online?

Consider AmazonSmile & Make a Contribution to St. Dominic Village, A Senior Care Community

When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to St. Dominic Village.

So the next time you shop Amazon:

1. register at smile.amazon.com
2. choose St. Dominic Village
3. shop

It's that simple! For more information, visit, smile.amazon.com.

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# Happy Birthday, Baby!



## January

Margaret Arnold  
Katherine Burda  
Jose Cabral  
Iola Crawford  
Veronica Daniluk  
Mary Ann Fanning  
Nina Faulkner  
Leocadia Fusilier  
James Hamlin  
Eugene "Gene" Lynch  
Maurine Markewich  
Margaret "Peggy" Mellody  
Naomi Moore  
Elvira Pesina  
Reba Perry  
William Pickard  
Theresa Plunkett  
Kenn Rodriguez  
Fr. Joe Rousell, Jr., C.S.B.  
Michael Ruppert  
Oscar Walker  
Michael Young

## February

Fr. Gabre Adhana  
Efren Batungbacal  
Mary Baxter  
Virgie Clue  
Frances Dupree  
Izola Gite  
Mary Macey  
Norma Potier  
Karlene Rhinier  
Van Roberts  
Geraldine "Gerrie" Steward  
Rose Stranahan  
Mary Welhoelter  
Bernice Wolters

## March

Doug Baxter  
Marjorie Bieter  
David Clark  
Robert "Bob" Frank  
Helen Guthrie  
Melville "Mel" Gutierrez  
Theresa Jarrell  
LC Jones  
Mary Langley  
Patricia Leblanc  
Mildred Lewis  
John Mitchell  
Martha Parful  
Jose Sanchez  
Beatriz San Pedro  
Sergio San Pedro  
Cheryl Sollid  
Annie Sprta  
David Vaughn  
Gertrude Welsh



## Letter from Fr. Carl Belish, CSB

Dear Lynn,

I said Mass at Warren Chapel on Friday, the day after Thanksgiving. I asked a couple of the ladies who were attending the Mass whether they had spent Thanksgiving with their families or spent it at St. Dominic's. Both of them had stayed at St. D's for Thanksgiving and both of them remarked that they had such a good time! They were glad they spent the day "at home" rather than be with family.

Thank you and the staff for making St. Dominic's such a friendly place and making those ladies have such a wonderful holiday.

And thank you so much for all you do and have done for us Basilians.

Sincerely,

Fr. Carl Belisch, CSB

### A Rare "Find"

In the last seven years which I have spent in St. Dominic Village, I am lucky to report that I have met a "Potpourri" of residents who have a great deal to offer and who draw a unanimous vote!

Ergo, I should like to introduce to you our professional "in house" nurse, Susan McDaniel. In all that she does she her quiet, humble way situation thoroughly. How very lucky we us! The next time you needing a flu shot, take calm, cool and collected a potentially stressful Holy Spirit, presents a Susan McDaniel.



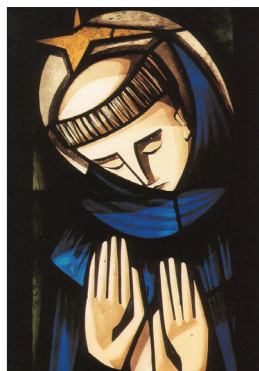
accomplishes greatly in after having analyzed a with a doctor or an official. are to have her here with need her services, such as a minute to observe how her approach is. Therefore, happening, joined by the successful solution to our

As for me, I have told Susan publicly that if anytime she is going anywhere, to please let me know, because I want to go with her! Smile! And may God bless you always, Susan.

Respectfully submitted,  
Gina A. Pettinati

# TRIBUTES & DONATIONS

Please note that the cross in front of a name represents a memorial gift to a deceased loved one.



+ Mary Abramcik  
Ms. La-Verne Burch  
+ Rose Babaian  
Dr. and Mrs. Richard Babaian  
+ Frederick William Bischoff  
Annunciation Orthodox School  
Mr. James Hamilton Miller  
+ Joseph P. Bobb  
Mr. and Mrs. Jerry E. Bruley  
Ruth Ann Boyd  
Mr. and Mrs. Jeff Sengele  
+ Frank G. Chavez  
Bishop Wendelin J. Nold Assembly  
+ Msgr. Joe Crosthwait  
Mr. and Mrs. Gustave Mistrot, III  
Betty Daily  
Mr. and Mrs. Domenic Dell'Osso  
+ Millie Dampf  
Mr. Donald Dampf  
Alyce Fahy  
Mr. and Mrs. Peter Quinn  
Julia Fojo  
Ms. Isabel Sanchez  
+ Victoria Galvan  
Mr. and Mrs. Johnny Hendricks  
+ Josaphine Gilmore  
Ms. Ada Francescon  
+ Ina Claire Haynes  
Ms. Janet H. Box  
+ Kay Hebinck  
Ms. Shirley Westbrook  
Berney Hebinck  
Positively Houston, Inc.  
+ Vicki Horecka  
Advance Midstrem, L. P.  
+ Robert Lee  
Mr. Edgar Sharp, Jr.  
+ John Lopez, Jr.  
Mr. and Mrs. Joe Baiardi  
Ms. Dollie Contreras  
Mr. Steven Kelly  
Mr. and Mrs. Leopold Moreno  
Ms. Mary Moreno  
Ms. Fran Walsh  
+ Uncle Louie  
Ms. Gina Baccaro-Sigman  
Ruby and Doris Mach  
Deacon John Singer  
Josie Martinez

Mr. and Mrs. John Martinez  
+ Ellen Milam  
Ms. Mary Lou Daniel  
+ Zorina Najarian  
Mr. Paul Norris  
Mary Frances Najarian  
Dr. and Mrs. Charles DeJohn  
Msgr. Fred O'Conner  
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Fr. Roy Oggero  
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Ms. Zee Klein  
Bishop Rizzotto  
Ms. Ann Cashiola  
Mr. and Mrs. Jay Chaffee  
Ms. Evelyn Franz  
Ms. Colleen Jennings  
Mr. and Mrs. Michael Kaney  
Mr. and Mrs. Joe Matejka  
Mrs. Joe Talamantez  
Dr. and Mrs. Guillermo Trabanino  
Margarita Saenz  
Ms. Maria Garcia  
Natalie C. Sample  
Ms. Susan Sample  
Gloria Sawka  
Ms. Marian Nimon  
+ Viola Shu & +Thomas O'Toole  
Ms. Linda O'Toole  
+ Mr. Lewis Senese  
Ms. June Woroski  
+ Viola Shu  
Ms. Ellen W. M. Gray  
Anna Sprta  
Mr. and Mrs. Raymond Krajca  
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+ Candelaria Vasquez  
Ms. Irene Vasquez-Mauch  
Gladys Viltz  
Mr. Kathleen Mitchell  
Gertrude Welsh  
Mr. Don Welsh  
+ Mary Weisensel Woodard  
Ms. Ginny Cunningham  
Ms. Barbara DeWitt  
Ms. Tanya Dominguez  
Gretchen Stephens Holdings Trust  
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Ms. Phyllis Heinrichs  
Ms. Patricia Lassen  
Mr. and Mrs. Wayne Marchand  
Michael and Michele Davis Family Fund  
Mr. and Mrs. Brian Redd  
Ms. Nancy Slattery  
Mr. and Mrs. Donald Venker  
Ms. Christine Wagener  
Dr. and Mrs. J. L. Williams

## Annual Bake Sale Nursing Home

Mr. and Mrs. Daniel Wilson  
Mr. and Mrs. Joe Egan  
Mr. and Mrs. John Sellers  
Mr. and Mrs. Mark Newell  
Mr. and Mrs. Paul Scharf  
Mr. and Mrs. Ronalds Manning  
Mr. and Mrs. Rudolf Marent  
Mr. and Mrs. Thomas Bevans  
Mr. and Mrs. Thomas Koval  
Mr. John F. Hammond  
Mr. John Milutin, P.C.  
Mr. Robert F. Van Cleve  
Ms. A. Pinet McBride  
Ms. Anna Sprta  
Ms. Bettye White  
Ms. Dona Cornell  
Ms. Emily Ponte  
Ms. Frances Schneider  
Ms. Julia Reyser  
Ms. Lynda Eichler  
Ms. Lynn Schriber  
Ms. Patricia Egerman  
Ms. Ruth Gonzalez  
Ms. Zee Klein  
Rev. Msgr. Frank Rossi

## Christmas Appeal 2014

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Dr. and Mrs. Edward Poa  
Dr. and Mrs. Guillermo Trabanino  
Mr. Albert Suhor  
Mr. and Mrs. Bryant E. Parker  
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Mr. and Mrs. John Stranahan  
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 Ms. Alberta Rogers  
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 Ms. Ann Cashiola  
 Ms. Colleen Jennings  
 Ms. Cynthia Fernandez  
 Ms. Ellen W. M. Gray  
 Ms. Evelyn Franz  
 Ms. Isabel Sanchez  
 Ms. Janet H. Box  
 Ms. Jo Therese Phalen  
 Ms. Kathleen Mitchell  
 Ms. La-Verne Burch  
 Ms. Linda O'Toole  
 Ms. Maggie Mercier  
 Ms. Maria Garcia  
 Ms. Marian Nimon, Jr.  
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*Consider remembering a birthady or anniwersary  
 with a gift to St. Dominic Village.  
 For more information: Call the Development  
 Department at 713-391-2685*

*Please call Emily Ponte, editor of the St. Dominic  
 Village Voice at 713.741.8722 to contribute stories  
 or photos, or to make suggestions as to what  
 articles you would like to see. Please accept our  
 apologies for any misspellings or errors. We will  
 offer any corrections in the next edition.*

## Q &amp; A

## Sharing Memories: The First Officers of St. Dominic Village; Msgr. Frank Rossi, Burney Hebinck and Susan Stromatt

**Q | Why did you decide to incorporate?***Susan Stromatt*

- a) To provide a continuum of care for elders by connecting the three existing elder care facilities and adding an assisted living facility.
- b) To provide economy of human, physical and financial resources, e.g., one Executive Director, one administrator, one director of nursing services, one overall budget, etc.
- c) To establish a board of directors to provide policy and financial guidance and fundraising.

*Burney Hebinck*

Archbishop Fiorenza made the decision to combine and restructure various components of SDV

*Msgr. Rossi*

The Archdiocese wanted to be able to clearly articulate that there was a commitment to the loving care of our elders by providing a campus with facilities that provided a continuum of care. Thus when one heard the words "St. Dominic Village" you knew it was a place where senior members of our community would be cared for in a Catholic environment. By having the Village completely dedicated to the care of the elder population, more avenues for financial support from foundations were available.

**Q | What was your vision for St. Dominic Village?***Susan Stromatt*

My vision for St. Dominic Village was to provide a HOME for elders, a safe

environment within a community of their peers in which they receive quality care at a reasonable cost. A home in which they could age in place surrounded by caregivers with whom they were familiar. Additionally, married couples could receive the appropriate level of care in separate facilities located on the same property. This proximity allowed them to visit each other regularly.

*Burney Hebinck*

To care for the elderly with the compassion of Christ, serving as the only Catholic retirement/nursing home in the ARCHGH

*Msgr. Rossi*

The vision for St. Dominic Village was to provide a campus dedicated solely to the loving care of elders in a Catholic environment. With a continuum of care, someone who became a resident when they were able bodied and independent would be able to remain on the same campus as they needed assisted living or nursing home care. Having stability for residents was of utmost importance.

**Q | What were those early meetings like?***Susan Stromatt*

The early board meetings were filled with getting to know each other, approving by-laws, establishing budgets and laying plans for the future. They were both creative and exciting.

*Burney Hebinck*

Hardworking, cooperative, challenging and productive

*Msgr. Rossi*

As with any new endeavor, the early meetings were spent looking at the "big picture" of how we wanted to lovingly care for our residents and provide for them at any stage in their aging process. It was only after achieving clarity on the vision and mission that we were able to begin to look at facilities, functionality and fundraising.

**Q | What is your favorite memory?***Susan Stromatt*

My favorite memory was the first senior management retreat at Circle Lake Retreat Center. Such retreats were not a part

of the experience of most of the senior management. They cooperated but, as I was to learn later, were terrified and did not know what to expect. It turned out to be a great bonding experience for everyone, enhanced working relationships and was the beginning of the formation of a truly well-functioning team.

*Burney Hebinck*

Being elected first Chairman by the Board of Directors and helping to form a sound foundation for St. Dominic Village

*Msgr. Rossi*

Because St. Dominic had a functioning nursing home and independent residence before the incorporation of St. Dominic Village, we had the presence of residents on campus when we met. These wonderful women and men had a keen interest in the work of the Board and were very willing to give "unsolicited advice" on what we should do and how we should do it. Some of my favorite memories are having residents walk into our meetings and telling us from their experience what we should be doing.

**Q | Any instrumental people you would like to recognize?***Susan Stromatt*

Instrumental in the formation of St. Dominic Village was Archbishop Joseph Fiorenza, Msgr. Frank Rossi and Mr. Tom O'Toole. Archbishop Fiorenza was unwavering in his support and guidance with every aspect of the development of the Village. Msgr. Rossi, then the Diocesan Chancellor, represented the Archbishop on the Board of Directors and was invaluable in his participation in the conversations of the Board. Tom O'Toole, the Diocesan business manager at the time, provided sound financial guidance as we developed budgets, financial reports and issued bonds to build the new Assisted Living facility. These men were my mentors throughout the years that I served as Executive Director.

*Burney Hebinck*

Susan Stromatt as the most influential, helpful and inspiring mentor any Chairman could have hoped for



**Msgr. Rossi**

My first memory of St. Dominic was in 1975 soon after Bishop Morkovsky had purchased the property from the Houston Dominican Sisters and began to office some of the chancery departments on the campus. One department was Youth Ministry, of which I was a teen leader. The founding director of the diocesan campus met with us teen leaders and encouraged us to financially support the renovation of the dorms for senior living and the construction of a nursing home for elder care. I clearly recall donating to this cause as I thought of my own grandparents and would want them to have a nice Catholic retirement residence to live in if they so desired to do so. I have been a supportive fan of St. Dominic Village ever since.

**Q | What is it about St. Dominic Village that makes it unique to elder care?**

**Susan Stromatt**

St. Dominic Village is unique in its Catholicity. Residents include priests, nuns, and lay persons. Mass is celebrated daily in Warren Chapel, several times a week in the nursing home and in the Assisted Living facility. The Village would certainly appeal to Catholics but is open to all regardless of race, color or creed.

**Burney Hebinck**

Catholic, Christian atmosphere with kind, caring and competent staff and administration.

**Msgr. Rossi**

St. Dominic Village is unique in that it is the only Catholic elder care facility owned and operated by the Archdiocese. Because St. Dominic Village is identifiably Catholic, the faith and morals of the Catholic faith are actively present at the campus. There is a chapel for daily and weekend Masses; priests to celebrate the sacraments of the anointing of the sick and reconciliation; the moral principles of health care and end of life are known and supported; and there is an aura of spirituality that permeates the campus.

**Q | Why is taking care of our elders important?**

**Susan Stromatt**

Providing care for elders in a community environment is important primarily because they deserve the best. In today's world, it becomes more necessary because so many of their family members work full-time jobs and are unable to provide either the physical care or socialization their elders need. Being homebound all day without anyone can be a very lonely experience.

**Burney Hebinck**

They are our special members of God's community and need and deserve the respect, nurturing and honored treatment their years have earned.

**Msgr. Rossi**

The loving care of our elders is fundamental to the social justice teaching of the Catholic Church. The Lord gave us the command to have a preferential option of care for the most vulnerable in our society. The very young and the very old tend to be the most vulnerable. To lovingly care for our elders is an expression of the dignity they deserve as humans and a tribute to those who lived their lives caring for others. The residents of St. Dominic Village have earned our love, respect and care, and they deserve our love, respect and care.

**Q | If you had the opportunity to talk to each Parish about St. Dominic Village (and ask for their support of the mission), what would you say?**

**Susan Stromatt**

I would stress all the strengths of SDV – Mass every day within walking distance and in a community of peers. A home with great care and activities on a beautiful campus. Location near and part of the Texas Medical Center.

**Burney Hebinck**

I would tell each Parish that they should support the mission of St. Dominic Village because I can give personal and unqualified testimony of the wonderful care St. Dominic Village gave my 96 year old mother, her sister (my Aunt Helen Jones), my father-in-law Ed Tanner and dozens of other clients

and friends I have referred to St. Dominic Village – all of whom have gratefully thanked me and many times expressed their appreciation and admiration of the extraordinary kindness and care the St. Dominic Village Staff have provided to make their “final years” more comfortable and pleasant.

**Msgr. Rossi**

The parishes of the Archdiocese of Galveston-Houston should actively support St. Dominic Village as an expression of their fulfillment of the mission of the Lord, as well as an honoring of the former parishioners who now call St. Dominic Village their home.

**Thank you for your vision!**



“I’m thankful for everything that God has given me, because of it weren’t for my beliefs, I wouldn’t find the people that help me through life, starting with, of course, and my wasn’t

and for in the her life, be here I am. I Patrick’s year



Holy Week. So, I’m trying to take up where she left off and trying to do things for people. That’s a little summary. I could go on and on. ”

- Carl Southern as quoted in the November 25th edition of the Texas Catholic Herald

# St. Dominic Village Voice Interviews: Dorothia Denkins and her Mom

**Q | What led you to St. Dominic Village?**

**A |** My mother worked here first when it was the Dominican College, then when it became St. Dominic Village. She needed someone to work in the evening, and I needed a part time job because I was going to TSU at the time. So this was God's plan for me to follow my path to bigger and better blessings.

**Q | What made you stay?**

**A |** The joy within my heart that I felt interacting with seniors. It is a pleasure to see their faces light up when you talk with them.

**Q | What roles have you served?**

**A |** Well my first job was working part time in the laundry, then I worked as the ward clerk on Station 2 until one day Ruth Stanley asked if I ever thought of becoming an Activity Director. At the time I had never heard of an Activity Director. She told me to find out about the classes and go take the course and I did. They were planning on opening two more units (station 3 & 4), and she felt that I would be very good as an Activity Director for the stations. Last but not least, I am the Activity Director for the Independent Living area. My saying is that I can always learn something new because you never know what God has planned for me next.

**Q | What do you like about your job?**

**A |** Activity Directors are not just playing games with the residents we are more: we are a Doctor, a Nurse, a shoulder to lean on, an ear to listen when no one else will, and a heart healer when it is broken. We are God's chosen ones for this position. You find yourself being that person that looks forward to seeing them every day. Some don't have family close around them so they like to treat you as their family and I feel they are a part of my family too. The residents bring a lot of joy to my job. It may be a kind word, a smile or just a hug, but they make my day a joyous day.



**Q | What is it about the place and the people that has inspired you?**

**A |** My coworkers have been a pleasure to work with. The atmosphere is a homely one where as everyone is on a first name basis. That says a lot about the work place.

**Q | What is your fondest memory? Why?**

**A |** My fondest memories are when I worked on station 4 as the Activity Director. The ladies would fold the laundry and we talk about how they would sew their children's clothing. They would talk about the material they used back then. Time would pass and they did not realize that they were folding the same clothes over and over until we were finished. We were too busy talking and having fun! Another favorite memory is when I took the IL residents on a trip to College Station for the first time to see the Christmas lights there. It made the residents faces light up and they talked about it for months, so every year we look forward to going back to see what have they added on.

**Q | What do you want people to know about St. Dominic Village?**

**A |** St. Dominic is a very caring place; it cares about the dignity and respect of the residents and the employees. We are all family here no matter what your background, your faith or your job is.

**Q | Why are activities important?**

**A |** Activities are important because as people get older their bodies and mind slow up. An activity helps them stay happy, healthy and independent as they grow older. It's important they remain active in their daily lives, to continue to do the same activities as they have done all of their lives. Activities help them stay independent as they get older. I feel good inside knowing that I am able to keep them HAPPY.

**Q | What are your memories of the Dominican College**

**A |** Well, I must have been around 8 or 9 years old when my mother would bring me and my sister here. I would go to visit the science lab - it was very interesting to me

to see all the jars filled with different items. Some days the girls would take us to the soda fountain, which is now the gift shop. We would go swimming in the pool during the day with them.

**Q | When you grew up, why did you want to stay and work for St. Dominic Village**

**A |** You go where God leads you. He brought me here at a young age knowing that I would return years later to work with our seniors.



**Q & A with Ms. Laura Denkins:**

**Q | What do you remember about the Dominican College?**

**A |** The girl's lived in different rooms and some were from other countries. There was this one young lady that would stop and talk with me for hours every day.

**Q | What is your favorite memory?**

**A |** One year they had an end of the year party for the young ladies who were leaving. It was around the swimming pool and we BBQ'd and had a good time with the staff and the young ladies.

**Q | How long were you with the College?**

**A |** Well, I worked there for 7 years before they closed down.

**Q | How did you make the transition from the College to St. Dominic Village?**

**A |** When the College closed down Mr. Gentempo, the director at the time, asked me to stay and be over the housekeeping department of the new senior building. Years later, the Director called me in and told me that they were going open a nursing home. He asked me if I would be over the laundry and housekeeping department there.

**Q | What was your role?**

**A |** Head Housekeeper for the College and the Senior living building. Supervisor for the laundry and housekeeping department of the nursing home

**Q | How long were you with St. Dominic Village?**

**A |** Over 30 years

*Thank you!*





Vu "Docker" Tran  
HR/Payroll Manager

# Employee OF THE MONTH



EMPLOYEE OF THE YEAR  
Yolanda Stewart

EMPLOYEE OF THE MONTH  
DECEMBER  
Sr. Maria Hernandez



NOVEMBER 2014

Dorothia Denkins



Congratulations to HCSG employee Ms. Emma Dixon who is retiring after serving the St. Dominic Village community for over 20 years!



Board treats the staff to a cookout to celebrate our 4 star rating

## St. Dominic Approaches it's 40th Anniversary

By Meg Pohodich, Director of Marketing

As St. Dominic Village approaches its 40th anniversary, we would like to recognize some of our more tenured residents. We have three residents that have been part of the St. Dominic Village family for over 22 years! Rose Stranahan, Martha Parful, and Eleanor Tuffly have all had front row seats to watch the changes across campus over the past couple of decades, including watching buildings come down and go up. "When I moved in, Dorothy Hall was brand new. The Nursing Home wasn't here yet but we still had the old dorms from the College," says Mrs. Stranahan.

St. Dominic Village sits on 27 acres at Holcombe and Alameda where the Sacred Heart Dominican College used to be. Dorothy Hall was built in 1982 and still serves as a home for 35 independent living residents and houses 14 Angel House rooms for patients (and their families) receiving treatment in the Texas Medical Center.

"When I first came here, I lived in Sienna Hall, the old dorms," says Mrs. Tuffly. "I used the bathroom at the end of the hall, just like

we were in college!"

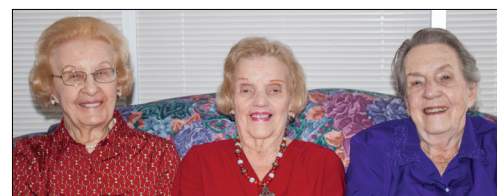
The Village has come a long way since the community bathroom days. With the addition of assisted living and the Rehabilitation and Nursing Center, it is now a full continuum of care so that residents can truly age in place. The retirement residence for priests, Pope John XXIII, is also an important part of our campus and mission, and will continue with the new Archbishop Joseph A. Fiorenza Retirement Residence (to be completed in 2015).

Mrs. Tuffly has referred three residents that have come to live at St. Dominic Village. She says the Christmas party is our nicest event and she enjoys it the most. "My family has always enjoyed it, and the music adds so much to it. The Christmas tree with the blue lights and the decorations outside this year are great!" She has volunteered in the gift shop and for the past 17 years has worked at the cashier in the dining room.

Of all the benefits of living at St. Dominic Village, Mrs. Stranahan enjoys the comfort of knowing she is not a burden on her

family. She also fondly remembers all of the friends she has made over the years, some who have already come and passed on. She remembers one of her first friends when she moved to St. Dominic Village. "She kind of eased me in. I still miss her, even though she's been gone a long time." She recalled all of the hard work and time she spent organizing and taking care of the resident library, which we are very much appreciative of! It is now too physically taxing to volunteer in the library but she finds other activities to fill her time.

We love and appreciate all of our residents and are honored that these three have chosen to call St. Dominic Village home for the past 22 years and hope there are many more to come!!!



Martha Parful, Eleanor Tuffly, Rose Stranahan



# We are Family

*We are Family* is not only a great song from 1979 by Sister Sledge, it's also what takes place every day at St. Dominic Village. We are a true community, a family made up of residents, staff, board, committees, volunteers and the relatives who visit. We share a bond as we strive to ensure the dignity of each person as we care for elders with the compassion of Christ. The photos below represent months of parties, festivities and everyday life around campus. Thank you for your support and commitment to St. Dominic Village and to the retired priests, religious sisters and the men and women who call St. Dominic Village home. The next time you get an invitation - join us!









# WE ARE FAMILY CONT.





# Independent and Assisted Living

By Lynn Gillespie, IL and AL Administrator

New Year's, Valentines, St. Patrick's Day -- a great way to start 2015 !!

A Happy New Year to all and a big Thank You to all who make our holidays so special at the Village - At the center of our celebrations, daily thanks to God for all our blessings, surrounding these prayers -- lots of decorations, good food, great programs, and, most importantly, our Village family ... clergy, residents, families and friends.

A quick glance back at Oct, Nov, and December - an outing to the Cathedral of the Sacred Heart with a special tour led by Bishop Vincent Rizzotto. It was a special presentation for the residents as he was chair of the committee charged with securing all the religious statuary for the cathedral. In October, Adoration of the Blessed Sacrament included a Holy Hour for Life; Blessing of the Pets on the Feast of St. Francis of Assisi. The prayers service known as Lecio Divina was introduced to the residents and takes place on the 5th floor of the Tower in that peaceful setting. November brought us the celebration of All Saints' and a beautiful All Soul's day service directed by Patricia Egerman, Coordinator for Spiritual Care. Residents and Staff brought photos and mementos and we honored our loved ones in prayer and song. Our traditional Veteran's Day Mass and celebration was well attended and our Veterans were rightly commended. Our Thanksgiving Day Mass is a time for reflecting on our blessings, and was followed by a delicious traditional Thanksgiving Dinner complete with Turkey, carved in the dining room, and all the trimmings.

Advent Wreaths and Prayer services reminded us to 'Prepare Ye the Way of the Lord' and set the spirit of all the Christmas celebrations to come together to form a bountiful receptacle for the love surrounding the birth of the Christ Child -- Mass ... Vigil and

Christmas morn celebrated in the beautiful surroundings in Warren Chapel as well as the Assisted Living and Rehabilitation and Nursing Center; choirs with heavenly music, St. Dominic Village Chorus performances, Open houses, Santa's arrival, scrumptious food, time spent with friends and family..... all filled us with the joys of the season without leaving our Village !! New Year's 2015 rang in with great fervor at 7:00 p.m. - we beat everyone else to the New Year's toast for a good 2015 for all! Other spiritual activities include: Ave Maria Rosary making group that is supplying rosaries to many outside communities in need of them; The Serra Club Prayer Group who send up prayers for those in religious life also send cards to seminarians; Daily rosary prayed especially for our residents in special need; bible study and Communion services.

We concentrated on programs with good health tips for the wintertime; safety in your room as well as on weather strewn roads; learned about laughing Yoga and the benefits of a good chuckle; Tai'Chi; Drumming for Health and lots of Trivia to keep us sharp.

On to 2015 with great enthusiasm... Who knows what the New Year holds so we start off in the best way on January 1 by asking Mary the Mother of God, on her feast day, to bless our future. Plans we are making include..... new exercise paths; pedometers for all who would like them to walk the Village; redesigning our exercise room and Art Room II; and perhaps a separate room for showing movies.

Our activity directors will be trained to facilitate a program called "A Matter of Balance" that "emphasizes practical strategies to reduce fear of falling and increase activity levels" from National Council on Aging. We have this opportunity through the Harris County

Office of Aging through the kindness of Kathy Bingham, Director of the Office of Aging and our Board Member. Thank you, Kathy.

February will bring great fun at the Valentine Dance on February 6th and continue with Happy Hearts time - many activities dealing with Valentine's from crafts to trivia to parties to good movies to stay out of the cold! February 18th - Fat Tuesday - will bring our Mardi Gras party where we will "Let the Good times Roll" before beginning our Lenten journey of prayer .....

Although during the time of Lent, March will bring the thought of spring so we will be planting, praying for warm weather, and on March 17th a time for celebrating St. Patrick's Day by singing great Irish Songs having a celebration where everyone is Irish for a 'wee bit of time.

Please check out calendars online and join us when you can..... May 2015 bring you and yours many blessings of good health, peace and joy.

“As you wander through our many gardens, you'll see lovely flowers welcoming you in every season, as do doves, pigeons and little squirrels. It's a pleasure to leisurely stroll through these unique magnificent, well-kept landscapes, no matter in what kind of weather. One sees many saintly statuettes, little hanging bird houses on many species of trees and sparkling fountains leading your way. This is always a happy, peaceful place. These become your gardens, your house with its spacious dining and recreational areas. You will be living and loving it here at St. Dominic Village.”

- Anna Maria Migliore

## The Wellness Center

By Susan McDaniel, R. N., Wellness Manager - Independent and Assisted Living

During October and November, the residents were receiving the Flu Immunizations as a courtesy from the Village. We feel offering the Flu Immunizations without charge to our residents is a preventative measure to ward off illness. We will continue to offer the Flu Shots until Spring.

If an effort to keep our residents enjoying optimum health, we continue to offer programs that address nutrition, safety, and well-being. Some tips to help with everyday living during the upcoming months:

**Hydration:** It is very important to increase your intake of water during the months that are cooler and more time is spent inside in a heated environment. If you are used to drinking a cup of coffee in the morning, during these months, it is important to also add a glass of water. A good trick is to fill glasses with water in the morning and be sure you have finished the water by the time you go to bed. Some signs that you are not getting enough water – known as dehydration – is that you are more tired than usual, have a headache, experience more

indigestion, experience muscle and joint aches or cramps, experience constipation and urine is a darker color than normal. It is also important to dress for the cooler weather and some tips are:

1. Dress in layers so as to be comfortable outdoors and indoors.
2. Make sure you cover your neck and chest area
3. Wear heavy socks – wool is good
4. Always wear a hat and gloves with going outside.

To avoid slips and falls at any time, especially in bad weather:

1. Wear shoes with non-skid surfaces and fit correctly
2. If you use a walking cane, replace with tip with a new rubber tip so that it will not become slippery on a wet surface,
3. If you use a walking cane or walker ‘sometimes’ be sure to take it with you with the weather is bad even if you “don’t think” you need it. Safety first !!

## AED Defibrillators required

By Robbie Bradford, R.N., Chief Nursing Officer

It is a requirement of the Texas law and the regulatory department that oversees nursing facilities to have in the facility automated AED's installed. SDV has purchased and is in the process of installing the AED's and providing training to staff on campus should there be a need to use an AED defibrillator. They are located throughout the campus in various locations.

Automated external defibrillators, or AEDs, are a medical product that many people have heard of, but might not know much about. An AED defibrillator can be used during sudden cardiac arrest (SCA). SCA generally occurs when a person's heart stops beating due to ventricular fibrillation. When this happens the victim's ventricles (the lower pumping chambers in the heart) begin beating erratically and out of rhythm. If a person's heart beat is not returned to normal quickly by being “defibrillated” their chances of survival can drop 7 to 10 percent for every minute during the time their heart is not beating normally. If the SCA is not treated within minutes, the person can die. Having an AED defibrillator close at hand can make it possible for anyone trained in their use, including non-medical personnel, to treat a heart attack victim and increase their chances of survival.

AEDs have been designed to make resuscitation easier for lay people, even those with no medical training, to perform. Adhesive electrodes that are connected to a computer within the automated defibrillator are placed on a person's chest. Once they are attached to the SCA victim the computer checks the heart's rhythm and calculates whether or not defibrillation is needed. If it is, a recorded voice will instruct the person administering treatment to press the AED's shock button. They are safe to use and are 100% accurate in evaluating the heart rhythm and determining whether a shock should be applied.

The AED's are located at each nurses station at the RNC, the main dining room of IL and Charlotte Hall.

## Visiting Nursing Center Station 3 and 4

On stations 3 and 4 our residents are our number 1 priority. The care provided is highly individualized to meet the special needs of each of our residents. It is truly heartwarming to witness the compassion that is carried by each of the professional caregivers here on stations 3 and 4 and it is reflected in the smiling faces of our residents and family members. The team strives each day to maintain the best possible quality of life for the residents here. Though with each new day there comes a new challenge, the staff on stations 3 and 4 are determined put forth nothing less than our best. The SDVNH core values provide a strong foundation and stand to remind us of why we chose the healthcare profession.

Station 3 provides a unique opportunity to care for retired priests who have dedicated their lives to God and the community. This is an experience that I will always hold dear.

We welcome our families to participate in the care planning process each week in order to ensure that our resident's needs are being met.

### Wish List

That each of our residents and their families have a merry Christmas and a safe and happy New Year.

Station 3 and 4 Unit Manager,  
Debbie Trotter LVN

## What is Restorative?

By Renota Gaudet, Director of Restorative Care

St. Dominic Village provides a Continuum of Care. Under this concept resident care services are aimed at assisting the resident to gain or maintain functionality and self care, which is the ability to take care of themselves.

The 1987 Omnibus Reconciliation Act (OBRA) requires the facility provide to “each resident the necessary care and services to attain or maintain the highest practical physical, mental, and psychosocial well being in accordance with the comprehensive assessment and plan of care.”

*continued on page 19*



### What Does The Director of Restorative Do?

The role of Restorative Manager manages the daily activities for the Restorative Care program.

The role of Restorative Nursing Aide provides restorative care services under the direction of Rehab Program Manager and clinical oversight Restorative Manager.

### What are Restorative Care Services

- Assist or promote the resident's ability to gain or maintain functionality
- Incorporate the Interdisciplinary Team's assessment and treatment of resident
- Carried out under the direction of Nursing (DON)
- Provided by trained Certified Nursing Assistant
- Have measurable goals and objectives
- Are evaluated regularly
- May be provided in groups of 4 or less

## “ Be Proactive Not Reative to Our Residents Needs ”

### What Restorative Care Includes:

- ROM-Active and passive
- Eating or swallowing
- Transfer
- Amputation or prosthesis care
- Walking
- Communication
- Dressing or grooming

### Favorite Story:

Husband and wife: The husband was bed bound and his wife had a stroke. Her problem was she could not stand or walk. All she wanted was to stand by her husband's bed lean over and give him a kiss. WOW. The day came with tears in my eyes when she stood, walked with a hemiwalker, leaned over his bedside and gave him a Kiss. The simple things in life.

*Renota Gaudet, Director Restorative*



## What is Rehabilitation?

Rehabilitation is the clinically driven treatment where the goal is to achieve maximum functional level of independence for the patient. It is teamwork where Rehab team, Nursing team and Physicians collaborate to achieve the goals for the patient and treating complex medical conditions. We evaluate, make individualized care plan and treatment protocols, Discharge planning to attain the highest level of Rehab potential and be able to return to prior level of living before the hospital stay.

We treat the medical conditions like but not limited to stroke, musculoskeletal/orthopedic disorders, traumatic brain injury, neurological impairment, spinal cord injury, Cardio-pulmonary disorders, Amputations, post surgical patients.

### What are the various types of equipment used

We use lot of manual therapy (hands on approach) on the hi-low automatic mat table, balance boards, exercise balls, SCIFIT bikes, therabands, weights, parallel bars, standing frame, different kind of modalities like but not limited to Interferential Interferential current, Transcutaneous electrical Muscle stimulation, Ultrasound (used for Pain management, muscle stimulation, increase blood flow, reduce edema) Hot packs for Pain management and strengthening. Therapeutic peg boards, Therapeutic putty and all functional daily living activities with training of assistive aids/devices if needed.

### What type of therapy do you offer

We provide Physical therapy, Occupational

*By Preeti Sawarbandhe, Director of Rehabilitation*

therapy and Speech therapy. We have 3 full time Physical Therapists 1 Physical Therapy Assistant, 1 full time Occupational Therapist, 2 PRN Occupational therapists and 2 Certified occupational therapy assistants, 1 full time Speech Therapist and PRN staff to assist during weekend treatments and evaluations.

### Tell us about outpatient therapy

We provide outpatient therapy for in-house residents of St. Dominic village Assisted living and independent living only at this time.

### How can someone participate

All therapy treatments are physician ordered. In order to participate in therapy we need physician orders or script that the therapy services are needed or warranted. Insurances are verified before we start the evaluations and treatments.

### Quotes from residents

- “I was able to return home because of Rehab”
- “They do excellent job”
- “It was a great experience”

### Any story that stands out

We have a resident “A” who was bed ridden due to neurological deficit. The therapists worked on his sitting and standing balance, transfers, used the modality, all kinds of therapeutic activities, pre gait training. Currently is able to stand for atleast 30 min in standing frame, able to take 2-3 steps with the help of placement of the foot and therapists verbal and physical cues. He is able to transfer with 1 person assist. ST also worked with him with vita-stim (modality) and different techniques which

helped him tremendously for swallowing and speech.

We have a resident “B” who was in hospital due to infection. When she came to our facility, was very weak unable to communicate, walk due to weakness the nursing staff were using a Lift to transfer her. After rehab for around 30 days she is able to transfer with minimal assist, able to walk again with roller walker with assist. She is able to communicate better as the speech therapist used vita-stim for her speech and swallowing which helped her tremendously. She is highly motivated and has positive attitude towards life.

She said “it was a miracle”.

Somebody has quoted:

Think about how far you have come  
“TODAY” and how much farther you will go  
“TOMMORROW”- unknown

“The body achieves what the mind believes”  
— unknown

Seeing the finish line and have strength and faith to achieve it—is what we do!!

Preeti Sawarbandhe, MPT  
Director of Rehabilitation





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