

THE VILLAGE VOICE

ISSUE 2. SPRING 2019

THE FIRST
EVER SPRING
LUNCHEON!

VILLAGE
HAPPENINGS

A MESSAGE
FROM AMY

ST. DOMINIC VILLAGE
A Senior Care Community



A MESSAGE FROM AMY



Amy Shields, CEO

As our 2018 – 2019 fiscal year comes to an end, I find myself in a time of reflection. I've taken the time to look back and see where we had success in the past year, and where we could strive to improve moving forward. Some of our great successes in our 2018 – 2019 fiscal year included:

- The Rehabilitation and Nursing Center achieved a 4 Star Rating with The Centers for Medicare/Medicaid. This is the score by which all facilities are ranked, and the maximum that can be achieved is five stars. The Nursing Center has worked very hard for this achievement!
- We cared for an average of 425 residents across all areas of care. It is such an honor to be home to so many, and a rehabilitation source for others that need short term rehab after a hospitalization.
- We had another fabulous Bishop Rizzotto Annual Golf Classic, raising over \$120,000 for our residents.
- Our Evening with the Bishop's event was so successful that it raised more funds than ever before. It's grown so much that we will be moving to a larger venue this year at The Parador, on September 30, 2019.
- The St. Dominic Village Spring Luncheon was the first fundraiser to be held on our campus, and it sold out in its inaugural year. We raised \$30,000 with the help of our Spring Luncheon attendees.
- We adopted two campus pets! Our white lab, Hunter, and our calico cat, Miss Kitty, are bringing countless hours of joy to our residents and staff.
- Changes in the nursing center included hiring a new Assistant Administrator (Bryant Sam) and a part-time Infection Control Nurse (Jan Norris). Dr. Reyser and Dr. Oomen, are now serving as our dual Medical Directors, and we also hired five new RNs. All of this is exciting because it increases our clinical capabilities and allows us to be able to care for more residents.

In the new fiscal year, starting July 1, 2019, we are looking for ways to increase the number of residents that we serve. I ask that you all keep St. Dominic Village in mind for anyone who might need placement within our continuum of care. We provide compassionate senior care for both short and long term needs. I also ask that you please keep St. Dominic Village residents, staff, and volunteers in your prayers for a prosperous new fiscal year!

Amy Shields

713-741-8701

ashields@stdominicvillage.org



Amy Shields with RNC residents, enjoying a Spring picnic.



RNC residents, enjoying a Spring picnic.

"YOU CAN'T RETIRE FROM PLANTS"

By Monica Snell



Ms. Kay in front of the RNC

Ms. Kay is an independent living resident who came to St. Dominic Village in the fall of 2012. "These plants needed help when I first got here," she remembers.

Since moving in seven years ago Ms. Kay has taken on the role of resident gardener. Over the years, she's sought opportunities to improve the landscape of our 27-acre campus by planting and repurposing flowers. She's even personally donated foxtail ferns and decorative rocks, some of which sit right outside the Nursing Center. "It makes me happy to do these things," she shares.

Ms. Kay is also responsible for the beautiful greenery outside of Dorothy Hall. "I think these were from an Easter service in Warren Chapel many years ago," she tells me as we make our way through the campus.

"I didn't have a house with a big garden, but I always had plants, anywhere I lived. In 2000 I retired from HISD's accounting department, after 22 years, but I kept working in gardens because you can't retire from plants."

Being involved in and serving her community have been constants throughout Ms. Kay's life. "Many years ago, I helped Mayor Kathy Whitmire plant trees in the Brasewood medians," she said. In between her retirement and moving to St. Dominic Village, she also volunteered at St. Vincent de Paul and the Christian Community Service Center.

As time begins to take a toll on her physically, it hasn't come close to aging her spirit. Years of gardening and caring for plants have left Ms.

Kay with a curvature in her spine, and it's been getting more and more difficult for her to spend long periods of time in the St. Dominic Village gardens.

"I wish more people would get involved with the beauty of this place," she said, "we need more volunteers that know what they're doing in the garden to help take care of the landscape here so that the plants don't suffer."

If you, or someone you know is interested in helping continue the traditions that Ms. Kay has put into place, please feel free to come by and bless us with your green thumb.



Ms. Kay next to a rose bush that she planted years ago.

FAITH, LOVE, AND SERVICE

By Monica Snell & Jean Northey



Ms. Lois enjoying an AL activity.

Ms. Lois has been a very active assisted living resident since moving to St. Dominic Village back in 2016. Despite having some physical limitations, she keeps a busy social calendar and enjoys many of our weekly resident activities.

She loves to try her luck when it comes to playing Bingo on the third floor. She also prays the rosary, channels her inner Picasso during art class, and participates in chair yoga. "Marion, the Activities Director, does a really good job of including all the residents," shares her daughter, Jean.

One of the first things that drew Ms. Lois and her family to St. Dominic Village was the daily mass schedule, followed closely by the friendly staff. "We're grateful for the caring staff and volunteers at St. Dominic Village, and we hope to have many more years here," says Jean.

Ms. Lois is a native Texan, born in Palestine where her father worked for the Railroad. She attended Texas A&I University, where she met her husband, Beed. Together they were blessed with five children, 12 grandchildren, and six great-grandchildren.

She has dedicated her life to serving her family, her community, and her parish. She is a Charter Member at St. Ambrose, where she served and was active in Golden Youth, Adoration, and St. Vincent de Paul Society. She also enjoyed baking for the church groups and was known for her delicious homemade cookies, banana bread, and muffins.

Before moving to St. Dominic Village, Ms. Lois

volunteered at Memorial Hermann Northwest Hospital and the Manna Thrift Store. She was also a Red Hat Lady who hosted monthly luncheons in her home, for many to enjoy.

As Houston's only Catholic continuum of care facility, we strive to provide high quality senior care to residents who have lived their lives in service of others. We recognize that Ms. Lois has done a lot to give back to her community, and are committed to providing her with a peaceful, loving home where she can age with grace and dignity.



Ms. Lois showing off her Bingo prize bag.



Ms. Lois at our 2018 Christmas party with daughter, Jean.

"GREETERS OF THE VILLAGE"

By Monica Snell

If you've recently stopped by for an afternoon visit in the Rehabilitation and Skilled Nursing Center (RNC), chances are that you've probably seen Ms. Joyce and Hunter sitting up front.

Ms. Joyce has been an RNC resident for a little more than three months, and she's created a vast network of friends since her arrival. "All the nurses here are my daughters," she shares with a smile, "they make me feel special."

After facing some medical concerns, Ms. Joyce's doctor recommended that she consider moving to a facility where she could receive 24-hour care. This is Ms. Joyce's second stay at St. Dominic Village, and we're honored that she considers us her "only option" when deciding on a facility.

Her first time around, she came in for a rehabilitation program that lasted about nine months. "If you count both times, I've been here for a whole year," she states.

"I have fun here. If I wasn't here, I would be bored. Here, we have all this entertainment, and I have lots of friends. I'm almost 90, but I still like to listen to music and dance. Well, I like to move my shoulders. Staying active helps me keep my mind off of my health issues."

When asked about the religious component, Ms. Joyce shares, "I'm not Catholic, but I still enjoy attending mass. I used to be a little apprehensive about nuns and priests, but coming here gave me a whole new perspective. Everyone here is so good, and so friendly."

Ms. Joyce's upbeat attitude and positive outlook spread joy to many on our campus. "I really like spending time in the front of the building. I like to see the people and the cars go by," she says. She spends most days at the RNC entrance, petting Hunter and welcoming the visitors that stop by. She enjoys it so much that she's proclaimed herself our unofficial Greeter. "Me and Hunter are

the Greeters of the Village," she tells me.

"I really love that there are animals here. I have a sweet calico kitty at home named Serena. My family has brought her to visit me a few times, and when they leave, I just want to chase after the car. I'm so glad that I have Ms. Kitty to love. She lets me pet her, just like Serena does. I also really enjoy Hunter. I come up here and say goodnight to him every day."

When asked about what she would say to anyone considering St. Dominic Village, she simply answers, "This is the perfect place."



Ms. Joyce sitting outside of the RNC, with Hunter.

THE BISHOP RIZZOTTO GOLF CLASSIC By Monica Snell

This year's Bishop Rizzotto Golf Classic went off without a hitch! Not even the little bit of rain that we encountered could stop our golfers and volunteers from enjoying the day at Wildcat Golf Club.

The day started with golfers checking in at 11 a.m. After check-in, players went on to pickup their Oakley backpack full of goodies, and their box lunch from Tony Mandola's Gulf Coast Kitchen. Once everyone was set, golfers were sent off to their starting holes with a prayer from our board member, Jim Davis.

As the day went on, Bishop Rizzotto circled the course, visiting with golfers. He was accompanied by long-time friend Susan Stromatt, who planned and executed the first ever Bishop Rizzotto Golf Classic while she was Executive Director of St. Dominic Village.

The day concluded with a delicious fish dinner catered by Ragin' Cajun, and an awards ceremony to congratulate our first, second, and third place winners.

We'd like to thank all of our sponsors: Marek Bros., Raye G. White, Carl & Lois Davis, Clay Walker, Sharon Shelton-Pease, Reverend Monsignor Fred O'Connor, Westpoint Lincoln, Ken & Sarah Fisher, Healthcare Services Group, Tony Mandola's Gulf Coast Kitchen, Ragin' Cajun, and Silver Eagle Distributors for their continued support of our biggest fundraiser of the year, and for their commitment to our mission of "Caring for Our Elders with the Compassion of Christ."

We look forward to beginning our plans for an even bigger, better event next year. Mark your calendars for the 17th Annual Bishop Rizzotto Golf Classic on March 26, 2020!

TOURNAMENT WINNERS

LAKES COURSE WINNERS

Closest to the Pin

Bryan Harkness

Longest Drive

Chuck Enriken

1st Place (Net)

Mendyk, Buck, Matthis, Blacksone

1st Place (Gross)

Hernandez, Tibbetts, Tibbetts

2nd Place (Net)

Entrekin, Garcia, Enfonte, Enriken

2nd Place (Gross)

Hamm, Perez, Smith, Carter

3rd Place (Net)

Krummel, Carr, Maddox, Anderson

3rd Place (Gross)

Cloutier, Rotan, Schoellmann, Carter

HIGHLANDS COURSE WINNERS

Closest to the Pin

Patrick Owens

Longest Drive

Patrick Owens

1st Place (Net)

Taylor, Messner, Staudt, Sauer

1st Place (Gross)

Elliott, Miller, Cain, Fitzgerald

2nd Place (Net)

Caruso, Davies, Davies, Davies

2nd Place (Gross)

Conner, Durbin, Yardley

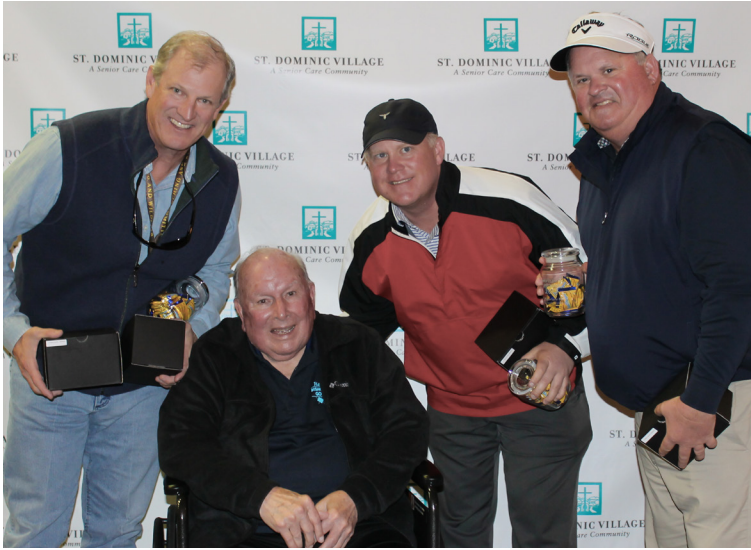
3rd Place (Net)

Hightower, Bulian, Hightower, Collins

3rd Place (Gross)

Owens, Valenta, Sullivan, McShane

"Caring for Our Elders with the Compassion of Christ"



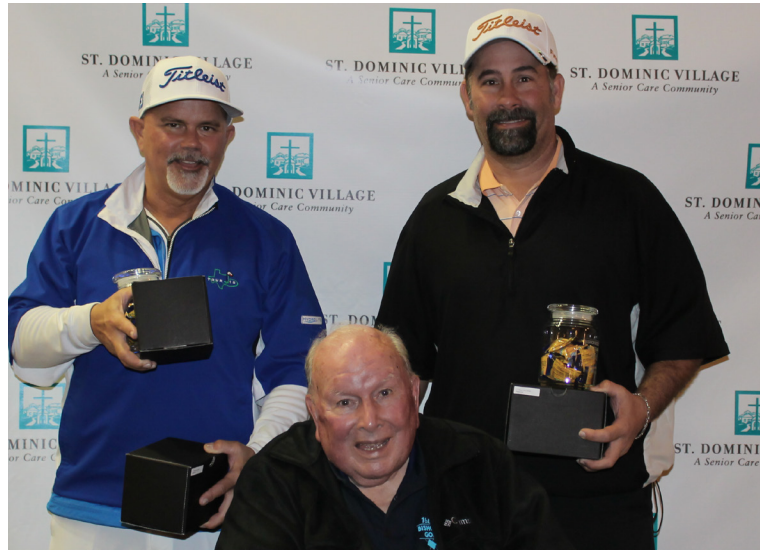
Highlands 1st Place.



Highlands 1st Place.



Lakes 1st Place.



Lakes 1st Place.



A foursome after visiting the Liquor Pull table.



*The winner of our Deshawn Watson signed football raffle.
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THE FIRST EVER SPRING LUNCHEON

By Monica Snell

St. Dominic Village hosted the first ever St. Dominic Village Spring Luncheon on April 11, 2019. This was the first fundraiser to be held on our campus, and it was a great success, selling out in its inaugural year!

The idea for a Spring Luncheon was first conceived by our Development Committee almost a year ago, and it was truly amazing to see everything come together so well. We wanted to create an event that would bring people to our campus, where they could see the needs of our residents first-hand.

Part of this initial idea included having a guest speaker that could draw guests in, and help deliver our mission in a touching way. There was no one better than Sarah Harmeyer from Neighbor's Table for the job. Sarah's gift of gathering strangers to create a community resonated greatly with our mission of "Caring for Our Elders with the Compassion of Christ." She shared her testimony with our luncheon guests, and helped spread a message of love, humanity, and faith.

Aside from having Sarah's insights, we also asked resident Mary Williams to speak. Her overwhelming charm lit up the room as she shared stories of her family, her decision to come to St. Dominic Village, and the community that she's found as a resident here.

Once everything was said and done, our event raised a total of \$30,000 for our Resident Subsidy Program! We're deeply grateful to everyone who purchased tickets, entered our raffle, purchased centerpieces, and donated to sponsor a resident. We're also grateful to our amazing staff volunteers who helped bring this fundraiser to life.

With the support of our wonderful friends and families, we plan to continue hosting this event annually. We'll see you next year, at the second annual St. Dominic Village Spring Luncheon.



Independent living resident, Ms. Phyllis, playing during check-in.



Sarah Harmeyer on stage.



St. Dominic Village residents checking guests in.



Diane Davis (third from left) with friends.



Amy Shields with Speaker Sarah Harmeyer.



Board member Judith Raines (fourth from left) with friends.



Board Chair, Michele Malloy, with Director of Development, Kim Elliott.



Board memeber Kathy Bingham (far right) with the Office of Aging.



SDV staff volunteers.

WAYS TO SUPPORT SDV

By Monica Snell

Keep us in Mind

If you or someone you know is looking for an independent living, assisted living, or rehabilitation and skilled nursing facility, tell them about us! We would be honored to care for your loved one in our fun, loving, faith-filled community. We also have respite care for those seeking short-term stays, and Angel House rooms which provide an affordable, peaceful place for those who are receiving treatment in the Texas Medical Center and their families.

Volunteer

We love our volunteers! If you're looking for a way to give back, come visit our campus to read to our residents, call a game of Bingo, help transport RNC residents to and from mass, and more. Learn more about our volunteer sign-up process on the next page (pg. 11).

Write a Review

Are you a St. Dominic Village resident, or have you enjoyed a short-term stay on our campus recently? Tell us all about your experience, and share your feedback with our online community. We'd love to hear from you on Facebook, Google, Yelp, or Caring.com.

Donate to Sponsor a Resident

Our development department is charged with raising funds to fill the \$1.5 million gap between our meidcaid reimbursement and the actual cost of care. Make your donation to sponsor a resident by mailing a check to our Development Department or donating through our secure, online portal. Every donation counts, and brings us closer to reaching our fundraising goals. Learn more at <https://stdominicvillage.org/donate>.

Attend any of our upcoming events!

UPCOMING EVENTS

*The Annual
St. Dominic Feast Day
† Celebration †*



3:00 p.m. | Open House
4:00 p.m. | Mass
5:00 p.m. | Dinner
6:00 p.m. | Bingo

August 8, 2019

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*10TH ANNUAL
Evening with the Bishops*

SAVE THE DATE

30

SEPT 2019

HOW TO VOLUNTEER

By Monica Snell

As we get closer to summer, we'd like to outline our volunteer process so that anyone interested in joining the St. Dominic Village family is fully equipped to come in and volunteer. Many high school and college students are required to complete a specific amount of service hours, and we're more than happy to accept their helping hands.

Complete the Online Application

The first step to coming in to volunteer with us is to complete an online application. It can be found under the "How You Can Help" tab on our website. It only takes a few minutes, and once it's done you'll be well on your way to becoming a St. Dominic Village Volunteer!

Attend a Volunteer Orientation

It is very important that you attend an orientation after completing the online form. You can find the full orientation schedule at the bottom of our "Volunteer" page on our website.

Pass a Background Check

Because we are a senior care facility, we require that you pass a background check in order to be able to interact with our residents. We take senior abuse very seriously, and go to great lengths to protect our residents and families. After you attend a volunteer orientation, it takes two to five business days for the background check to clear.

Volunteer

Once you're done with the application, orientation, and pass the background check, you can come in and get to work! Please note that anyone under the age of 16 needs to be accompanied by an adult, who has also completed our volunteer process, in order to volunteer with us.

If you have any questions regarding our volunteer process, feel free to contact Patricia Egerman at 713-741-8718 or email pegerman@stdominicvillage.org.

A WORD FROM OUR RESIDENTS

"I was very concerned and afraid to come here at first, but within a week I started to feel at home. Everyone here is so nice and warm – I feel like it's a family. Just like in any other family there are some people that you like more than others, but when someone is upset or hurting everyone gathers around them. I joined a Scrabble group that meets in the evenings. I can't imagine being any other place." – P.J. J.

"I'm Baptist, and I think this a really good place to be if you're a Christian. I think that the people who come here come to help each other. I've been here for six years, and given a choice to be here or go somewhere else I would choose to be here. We play games, we come together, go to mass, and if you need anything all you have to do is ask the front desk." – Theresa J.

"I love being here because it's so peaceful, and I can pray and go to mass every day. When I came here, a little less than a year ago, I was with my husband. He's now deceased, but I stayed here because I feel safe. I feel like he placed me here to make sure that I would be okay. Everybody is really nice and friendly. I really like it." – Beatrice C.

"This is such a lovely place. I love living here. We have friends, we have activities – everything we need. Sometimes I wonder if I deserve to be here, it's so wonderful." – Lorraine C.

NURSE'S STATION

As we age we suffer many losses. Increased medical problems, lack of finances, and changing relationships are just a few examples. These can affect how we view ourselves and relate to the world around us. After a period of adjustment, many older adults can regain their emotional balance, but others may develop depression.

Depression is not a normal part of growing older. In fact, studies show that most older adults feel satisfied with their lives, despite having more illnesses or physical problems. However, important life changes may cause feelings of uneasiness, stress, and sadness.

Although there are many common symptoms of depression, it may be more difficult to recognize them in older adults because they can show symptoms differently than a younger person. Treatment choices also differ for each person, and sometimes multiple treatments must be tried to find one that works.

SYMPTOMS OF DEPRESSION

- Persistent sad, anxious, or "empty" mood.
- Feelings of hopelessness, guilt, worthlessness, or helplessness.
- Irritability, restlessness, or having trouble sitting still.
- Memory difficulties or personality changes.
- Fatigue, loss of appetite, trouble sleeping.
- Often wanting to stay home, rather than going out to socialize or doing new things.

If you or someone you love feels depressed or shows any of these signs, make an appointment to see a doctor or mental health professional as soon as you can.

From "Depression in Older Adults," 2017.

To learn more visit <https://www.nia.nih.gov/health/depression-and-older-adults>.

EMPLOYEE *of the Month*



CHIOMA NWABOUKU

**CNA, PRN
JANUARY 2019**



MONICA SNELL

**DEVELOPMENT ASSISTANT
FEBRUARY 2019**



MARTINS UTOMI

**LVN, STATION 1
MARCH 2019**

VILLAGE HAPPENINGS



Prize winners from the St. Dominic Village Easter Egg Hunt.



Visitors enjoying the music at our Valentine's Day Dance.



RNC resident, Ms. Elvira, enjoying a picnic.



Hunter hanging out with the RehabCare team.



RNC resident and a family member playing Bingo.



Ms. Kitty sunbathing in the library.

CELEBRATING SUCCESS

By Amir Tariq

Name: Mr. Buenrostro

Admitting Diagnosis: Acute respiratory failure

Admission Date: Apr. 2019

Discharge Date: May 2019

Discharge Location: Home

Mr. Buenrostro admitted to SDV from a prolonged hospital stay for respiratory failure where he was put on a ventilator for breathing. He arrived in a state of recovery and an attitude of achieving personal wellness.

Mr. Buenrostro required caregiver assistance for bed mobility, transfers, ADLs and walking. He admitted to St. Dominic Village requiring 4.0 liters of continuous oxygen as he would get short of breath with sustained physical tasks.

Mr. Buenrostro worked consistently with his therapists to increase his overall strength, mobility, endurance, and to decrease his body's dependency on additional oxygen. He can now walk using a walker and toilet himself safely as

a result, and plans to continue working towards his wellness and weight loss goals.

He was discharged from St. Dominic Village to his home, where he lives with his loving, supportive family. We wish him well with his health and are glad to know that he plans on maintaining a healthy lifestyle.



Mr. Buenrostro with his therapists.

For more information on how you can request a patient assessment from our RehabCare partners, contact Amir Tariq, DOR-PTA at 713-741-8726 or amir.tariq@rehabcare.com.

OUTPATIENT REHABILITATION

Have you lost some degree of independence with daily activities, mobility, or experienced decreased range of motion?

Are you looking for rehab care due to stroke, injury, surgery, or hospitalization? Are you scheduled for an upcoming surgery, and could benefit from gaining strength before the procedure? Have you recently lost strength and function due to illness or a fall?

We can help you get back to normal, or get to a new normal, with as much function as possible.

Let us evaluate and provide you with an individualized treatment program to increase independence and function.

713-741-8726
rehabcare.com



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A Senior Care Community



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50% OFF RESPITE CARE

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For more information call Tanya Owens at 713-440-3413

Thank You

FOR YOUR GENEROUS GIFTS IN SUPPORT OF OUR MISSION, FROM JAN 2019 - MAR 2019

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