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St. Columban's *Today*

St. Columban's On The Lake Retirement Home

Spring 2008



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A Season of Promise

By Sr. Corona Colleary,
Administrator

The New Year is always multifaceted; full of promise, excitement, joy, and uncertainty.

As the season of spring signals rebirth and promise, we are mindful that our attitude will play an



enormous role in how we handle what lies ahead for each of us. A positive attitude will brighten even our darkest days. Much lies ahead for St. Columban's in the year 2008. Our resident family continues to be involved in a myriad of exciting and rewarding programs offered in our Wholeness and Wellness Program. We anticipate that the New York State Department of Health will once again offer financial assistance to help make longtime dreams a reality. Plans are underway for the numerous programs, events and improvements to our home. We are energized to make this year the best ever in the history of St. Columban's. This year also marks the 52nd Annual Columban Sisters Spring Festival, so mark the date on your calendars and join us for a day of fun on Sunday June 1.

► On the Cover: Residents prepare for our St. Patty's Day parade, an annual event and one of the many wintertime activities at St. Columban's on the Lake, p 4-5.

Kick Start Summer At Spring Festival!

Annual Event Supports Worldwide Missions

Sunday June 1 marks the 52nd Annual Columban Sisters Spring Festival. The event will be held on the grounds of St. Columban's on the Lake Retirement Home and begins at noon with large array of exciting booths and tasty treats including Chiavetta's Chicken Barbeque. The annual festival is a sure sign that summer is just around the corner. Our festival committee and numerous volunteers have been busy all year planning, preparing and insuring that this year will be memorable. Come out and try your luck on the many games of chance; sample some delicious summertime treats or take home

some mouthwatering homemade baked goods. The Columban Sisters Annual Spring Festival has something for everyone. Proceeds from the event support the Columban Sisters worldwide missions. The work of the dedicated Sisters take them to places around the globe including Chile, China/Hong Kong, England, Ireland, Korea, Burma (Myanmar), the Philippines, Scotland and the United States. The day will culminate with the awarding of \$5,000.00 in cash prizes from our annual raffle.

Each issue of St. Columban's Today highlights an area where the Columban Sisters minister. You will be given an opportunity to get a firsthand glimpse of how your support helps those less fortunate.



► Irish dancers are just one of the many attractions at the Columban Sisters 52nd Annual Spring Festival on June 1.

Wholeness and Wellness Program Celebrates Five Years of Success

The year 2008 marks the fifth consecutive year for the Wholeness and Wellness Program at St. Columban's on the Lake Retirement Home. We have been blessed in past years with financial support from NYSDOH in making this program so successful. Financial generosity and the in-house talent of our Wholeness and Wellness team have created an environment of safety, satisfaction and well being that is unparalleled in adult care in our community.

Exercise Room Coordinator, Amanda Brown G.P.N. and Activities Director,

Jane Ball oversee a myriad of activities and programs designed to stimulate a wide array of social, physical, emotional, spiritual and vocational interests. Achieving these individual goals energizes our entire resident family.

Nutritional guidance and a "take control" approach to self-monitoring individual needs are offered under the direction and leadership of Mary Damiano, M.S., R.D., C.D.N. Mary visits with residents on a one-on-one basis and creates an atmosphere of trust, independence and result-oriented goal-setting. Residents are educated in

a variety of topics including, diabetes, high blood pressure, weight control and high cholesterol management issues.

The focus for the Wholeness and Wellness Program this year is to build on past accomplishments, while increasing awareness, interest and individual results. Educating and involving family and friends in all the components of the program will be an immeasurable asset in motivating and stimulating interest and participation. Family and friends will also be able to see first hand how this results-oriented program impacts the quality of life for their loved one.



▶ Resident Gert Pagano shows off the St. Joseph's bread she baked herself.



▶ Resident Margaret Huff (l) and her crafting partner proudly display a handmade patchwork quilt.



▶ Residents Jean Currie (l) and Luella Briggs socialize in the coffee shop.

Wintertime Activities Create Warm Memories

As the cold winds blew and snow fell, the resident family at St. Columban's on the Lake kept warm with an array of wintertime activities and programs. Jane Ball, Activities Director plans a myriad of social, spiritual, educational, physical, vocational and just fun things to do each month. The calendar is full of exciting and rewarding activities that keep everyone energized and entertained.

As this year's winter season approached, residents gathered around the fireplace in the residents lounge and took in the sights as the home was prepared for Christmas with twinkling lights, nostalgic decorations, seasonal music and the holiday aroma of fresh baked treats. New Year celebrations and merriment began the year of 2008, and soon the home was filled with Valentine decorations and

sweetness everywhere. The pre-Lenten celebration of Shrove Tuesday, also known as Mardi Gras, was filled with party festivities and making merry. Soon shamrocks were popping up and Irish sights and sounds filled the home as the gloomy days of winter melted before our smiling Irish eyes on St. Patrick's Day, with Easter not far behind. The warm memories made this winter will linger for many seasons to come.



► The King and Queen of Mardi Gras (Evelyn Martin and Sam Weber) take their royal stroll.

Volunteers Needed

If you would like to be a volunteer at St. Columban's, contact Jane Ball (Activities Director) at (716) 934-4515

Make A Difference...

in the lives of others for years to come...
Make St. Columban's part of your planned giving, contact us at (716) 934-4515

Visit Us On The Web

www.stcolumbanhome.org

► Coloring Easter eggs is child's play with our youngest volunteer, Isabel.



► Betty Rosten is a wee bit Irish on St. Patty's Day.



► Resident Angie Porpiglia displays a new twist on the traditional Easter bonnet.



► Residents are treated to a Christmas concert.

Exercise Room Gains Popularity Under New Leadership

Amanda Brown has been an integral team member of our dedicated staff for the past few years. Her love of the elderly and desire to make their lives fulfilling and rewarding prompted her to enroll in nursing school and pursue an education to become an L.P.N. Upon graduation from nursing school in June of 2007, Amanda informed us of her desire to make a difference in the lives of each resident through the Wholeness and Wellness Program. Her outgoing personality, compassion and love in caring for all were a natural fit for taking the Wholeness and Wellness Program to new heights.

Amanda soon found herself involved in a myriad of courses in preparing

for her L.P.N. licensing, certification in the E.I.M. assessment process and certification as a Senior Fitness Leader. With all these disciplines under her belt, she catapulted into action and has energized the entire resident family to become involved in interests which will make the golden years more interesting and rewarding. Her infectious smile and zest for challenges foster an atmosphere that motivates the most hardened skeptic to try something new. To date she has engaged over 48% of the resident family in a structured physical exercise program. Amanda has been instrumental in helping residents pursue their interests in the familiar as well as the unfamiliar. Residents

often remark, “She makes you want to try something new.” “I’m not afraid of the unknown as long as Amanda is by my side.” “She encourages me and that makes me want to do more and try harder.” Amanda is an inspiration and teaches us that we all have the ability to improve in any aspect of our lives.



▶ Amanda Brown (l) measures resident Evelyn Martin's progress.



▶ Amanda (r) demonstrates proper use of exercise equipment.

St. Columban's Wins Top Prize With Grape Festival Float

On Sunday September 16, 2007, the 40th Annual Festival of Grapes Parade was celebrated in Silver Creek, New York. Residents, staff and volunteers from St. Columban's on the Lake Retirement Home participated in this community tradition. Staff members under the leadership of John Stonefoot, Laura Karin, Jane Ball, Lisa Cuccia, Cathy DeLand, Kathy Saden, and Mary Jane Wasmund designed and executed a magnificent float that earned them "first in show". The handcrafted float, resembling an eight quart basket, was filled to overflowing

▶ Residents Betty Herr (l) and Fran Aronica stand to greet parade onlookers.



with vibrant balloons in hues of purple arranged as grape clusters. Participants riding on the float were dressed in shades of lavender, complete with handcrafted velvet chapeaus adorned with faux grapes and leaves. Tossing candy to onlookers, the "Seniors with Grape Spirit" and their assistants kept the crowd entertained and energized. Even our golden

retriever, Buddy, decked out in a majestic royal purple cape was on board for the ride down Main Street. It was evident to all, that residents at St. Columban's have much to offer the community and they are thankful for the support and love they receive in return.

Volunteer Keeps Things Running Smoothly

Although relatively new to the St. Columban's family of volunteers, Carlene Pawlak has already made a huge impact on the volunteer program offered to our resident family.

Carlene, a former member of our dietary staff and a registered nurse, offered her support as a volunteer to Activities Director, Jane Ball. Carlene's desire to be involved in quality life experiences for the elderly has made her an integral member of the dedicated volunteer base. Preparing arts and crafts, assembling baking ingredients and joining in dance are just some of the many activities Carlene is

involved in. She offers tremendous support to Jane in making sure that all the necessary components of each and every project and event are ready, so each member of our family has the ability to enjoy each program to its fullest potential. Carlene is proof positive that you can take the person out of St. Columban's, but you cannot take St. Columban's out of your life.



▶ Carlene (standing second from left) and residents proudly display results of an arts and crafts project.



▶ Love is in the air at the Valentine Tea, one of the many enjoyable activities at St. Columban's on the Lake.

ST. COLUMBAN'S

On the Lake

RETIREMENT HOME

St. Columban's on the Lake Retirement Home was established in 1970 by the Columban Sisters whose experience and dedication in caring for people is well-known in the health, education and social work fields. St. Columban's offers retirement living for senior singles and couples of all faiths, private rooms in a beautiful, lakeside setting and accommodations to suit a variety of budget needs.

To add a name to our newsletter mailing list, call 716-934-4515. For more information, visit www.stcolumbanshome.org.

St. Columban's on the Lake
 Retirement Home
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