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St. Columban's *Today*

St. Columban's On The Lake Retirement Home

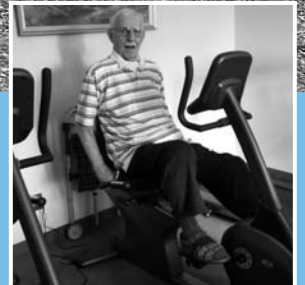
Fall 2009



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Inside This Issue:

Looking Back, Looking Ahead

By Sr. Corona Colleary,
Administrator

It seems hard to believe that I have been part of the quality life experience at St. Columban's on the Lake Retirement Home for over 40 years. So very often during the last four decades I have been asked by residents, family members, staff and volunteers... "How old were you when you came to St. Columban's?" With a glimmer in my eyes I respond "a very very young girl!" Arriving a few years before the retirement home opened, Sister Fran and I were responsible for orchestrating all of the renovations, licensing and compliance issues to transform the former St. Columban's Junior Seminary into St. Columban's on the Lake Retirement Home. On May 1, 1970, we officially opened the doors of St. Columban's on the Lake Retirement Home. As we now plan to celebrate 40 years of service to over 700 elderly men and women in our area, we are mindful that our success is the result and effort of countless dedicated individuals. Take time to read all that has happened this year at St. Columban's and of our dreams and plans for the future. We are looking forward to our 40th anniversary year in 2010 and we're excited to share with you this monumental milestone in our history!



On the Cover:

- ▶ St. Columban residents enjoy lively conversation and a beautiful view of Lake Erie in the new gazebo.

53rd Annual Spring Festival Draws Record Crowds

Sunday, June 7, 2009 marked the 53rd Annual Columban Sisters Spring Festival. Proceeds from the yearly event support the missionary works of the dedicated Columban Sisters around the globe. In this challenging economic climate, we are thankful for the financial support from many in the Western New York area. We are also blessed with over 200 dedicated volunteers who take time out of their hectic daily schedules to offer assistance to this worthwhile cause. Due in part to this strong base of loyal support, we have been blessed with over a half century of financial assistance to support those in need, the less fortunate, and the elderly and young in the distant lands of Chile, China/Hong Kong, England, Ireland, Korea, Burma (Myanmar), the Philippines, Scotland and the United States. This year, special emphasis was on offering financial support to the Columban Sisters to help build schools and establish education for the tribal mountain Subaanen children in the remote village of Midsalip in the southern portion of the Philippines.

The record-breaking day culminated with the awarding of \$5,000 in cash prizes. The smiles, laughter and family fun were a true indication that this yearly happening at St. Columban's has something for everyone and creates memories that will last a lifetime.

Each issue of St. Columban's Today features a special insert which highlights an area where the Columban Sisters minister and gives you a firsthand glimpse of how your support helps those less fortunate.

2009 Spring Festival Raffle Winners

Grand Prize: Thomas Lopez

First Prize: Phil Welka

Second Prize: Bob Lozowski

Third Prize: Patti De Tommaso

Fourth Prize Winners:

Richard Clarke

Cecilla Feeley

Casy Mazurek

Phil Welka

Marian Grothe

Joan Bingenheimer

James Gugino

Aloisius Kaus

Darlene Cooley

The Sibels

St. Columban's Prepares for 40th Anniversary

Saturday May 1, 2010 will mark the 40th Anniversary of the official opening of St. Columban's on the Lake Retirement Home. The 50-plus acre site was originally purchased by the Columban Fathers in the early 1900's. In the mid 1920's they built



St. Columban's Junior Seminary, a preparatory school for 8th to 12th grade young men who had an interest in studying for the priesthood.

Five Columban Sisters joined the Columban Fathers soon after the Junior Seminary was opened in the late 1920's. The Sisters helped the Columban Fathers in the day-to-day running of the Junior Seminary. In the late 1960's, the number of young men

studying for the priesthood was in decline. The Columban Fathers saw the usefulness of the building in the hands of the Sisters and transferred ownership of the building and grounds to the Columban Sisters. It took two years to renovate

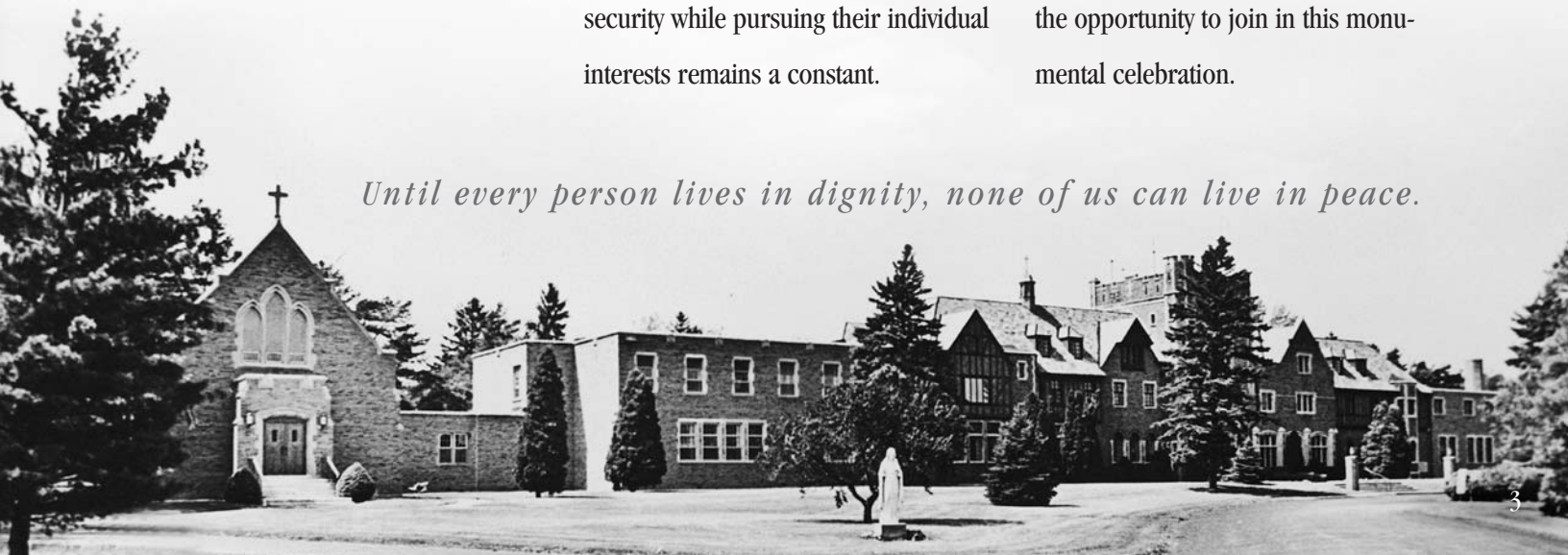
the building, and on May 1, 1970 the Sisters welcomed the first residents to their new home.

Over the years, St. Columban's on the Lake has been home to more than 700 men and women of all faiths and walks of life. Although the building and staff may have changed over the years, the mission and philosophy of offering elderly men and women the opportunity to live in comfort and security while pursuing their individual interests remains a constant.

St. Columban's has the unique distinction of having an administrator who has been with the home since it was conceived. A number of the dedicated staff have been with the home for between 15 to 30-plus years. This helps to strengthen and give credibility to the exceptional service and care offered in the home. Preparations are underway to celebrate the 40th Anniversary of St. Columban's on the Lake Retirement Home.

Acknowledging our past, present and future will be the highlight of this year-long celebration. The numerous men and women who played an integral role in our success and growth, along with all those who currently are actively involved in our mission to the elderly and those who will play a part in our future will be honored and have the opportunity to join in this monumental celebration.

Until every person lives in dignity, none of us can live in peace.



► St. Columban residents discuss *To Kill A Mockingbird* with students from the Fredonia State Volunteer Program.



The Big Read

St. Columban's hosts second annual Big Read Program

In the Spring of 2009, St. Columban's on the Lake Retirement Home in conjunction with the Anderson Lee Library of Silver Creek, and the Fredonia State College Volunteer Program participated in the "The Big Read". This initiative sponsored by the National Endowment of the Arts (NEA) was designed to foster an appreciation of reading by providing books and reader's guides, accompanied by group discussions, as part of a cooperative and community based program akin to a large scale book club. The National Endowment of the Arts also distributed free DVD copies of the film to "To Kill a Mocking Bird" starring Gregory Peck and Robert Duvall, in an effort to involve those individuals who would be less inclined or able to read with ease.

Residents and community members met at St. Columban's and were treated to a "Traditional Southern Dinner" prior to the viewing of the movie. Since the locale of the movie

is set in the South, a home-style meal with Southern favorites including fried chicken and sweet potato pie was served to create a special atmosphere and time for socializing.

Following the meal, residents gathered in the lounge. Alice Harford, Librarian at the Anderson Lee Library and Randy Gadikian, Director of the Reed Library at SUNY Fredonia and recipient of the grant which made "The Big Read" possible in Chautauqua County, provided background information regarding the author and gave a brief overview of the Pulitzer Prize-winning book and Academy Award-winning film. This presentation was extremely memorable and enjoyable for the resident family of St. Columban's since many of them had lived during the era in which the book was set. Their connection with the timeframe of the novel enabled them to offer input to others, building a real sense of community, connecting generations and keeping the history of small towns alive in a very personal way.

In cooperation with the Chautauqua Region Community Foundation and the Chautauqua-Cattaraugus Library System, this was the second annual Big Read Program across both Chautauqua and Cattaraugus counties. Following the presentation, a discussion was held allowing the participants to share in a spirited conversation regarding this time-honored classic.

The Fredonia State Volunteer Program subsequently organized a weekly opportunity for residents to read the print version of the movie and enjoy additional stimulating and entertaining conversations, thus encouraging and rekindling reading as a favorite pastime. Large print books and books-on-tape allow all to participate despite their particular limitations. We are thankful for all who volunteered their time and talents to make this opportunity available to the men and women who call St. Columban's home.

Pen Pals Span The Generation Gap

A new venture this year was the initiation of the Pen Pals Program at St. Columban's on the Lake in conjunction with Cassadaga Elementary School. Each resident was paired with a child from Ms. Trish Pecuch's second grade class. The children, with the assistance of their teacher, created a Pen Pals Memory Book with the child's photo on the cover. Hand drawn pictures and an opening letter from the child were sent to the residents in advance of their initial meeting. Residents wrote each child back and told them a little about themselves. As the letters traveled back and forth, the inquisitive youngsters began to ask more and more questions about the residents and their lives. Just before Easter, the Pen Pals had the opportunity to meet at an Easter Egg Hunt. Residents filled plastic Easter eggs with assorted candies and hid them strategically in the activities lounge to entice the eager young hunters. Prior to the end of the school year, the youngsters were once again reunited with their senior Pen Pals at an Ice Cream Social held in their honor. The smiles were abundant and the memories will last a lifetime!



▶ Young Pen Pals at the fountain in St. Columban's courtyard.



▶ Pen Pals of all ages gather at the Ice Cream Social.



▶ Pen Pals, young and old, enjoy conversation before the Easter Egg Hunt.

Out And About With Mabel



► Mabel Warner (left) and resident, Gloria Wells find some bargains at a local shopping center.

When we think of volunteers at St. Columban's we instantly think of Mabel Warner. She has been with us for over 19 years. Mabel began as a volunteer visiting with residents and providing rides to and from doctor appointments. Her love for the residents and her ability to interact with them blossomed into her volunteer role today.

Mabel assists residents who need transportation for various errands and activities. She can be found early on Mondays hitting the local shops with residents looking to scoop up the bar-

gains or pick up that special item they just can't live without. Of course, any excursion without a trip to Tim Hortons just wouldn't be complete!

Mabel was born and raised in Silver Creek. For eight years she resided in the Gowanda – Perrysburg area. She has two daughters; Christine Kennedy of Silver Creek and Kathleen Ferri of Jamestown. Mabel is currently enjoying quality time with her daughter Christine and son-in-law Ted in Silver

Creek. Initially Mabel worked for 12 years at Petri's Bakery while her children were younger. She also enjoyed working for 24 years for the NYS Thruway Authority and retired in 1990.

Mabel turned 81 years old this past June and we are blessed to have her as part of our St. Columban's family. Her smile and positive attitude are contagious and we are thankful for her presence in our lives.



As we approach the closing months of the year, we begin to prepare for the upcoming holidays. At St. Columban's on the Lake Retirement Home, plans and preparations take place all year long to insure a memorable and awe-inspiring moment in time. All seasons

Dreaming of a St. Columban's Christmas

and holidays are celebrated with flair, but no holiday has the visual impact of Christmas at St. Columban's. Volunteers dream up and design truly magnificent holiday decorations, transforming our home into a Christmas Winter Wonderland. A nostalgic winter village, complete with miniature houses, children skating, and holiday guests visiting friends is the focal point of the first floor hallway.

Beautiful and uniquely decorated Christmas trees adorn special niches. Yards of fragrant pine garlands

embellish the hallways, mantels and stairwells. Hundreds of thousands of twinkling lights and illuminated figurines shimmer for all to see. The true meaning and spirit of the season is brilliantly displayed in the beautiful crèche and nativity displays. A towering fresh pine is displayed in the Residents Lounge and is adorned with over 2000 twinkling white lights and heralding angels. Make a visit to our home part of your Christmas memories this year! Call 716-934-4515 for more information.

Come And See What's New

New windows save energy, enhance home

The year 2009 has brought many changes to St. Columban's on the Lake. The replacement of over 75 outdated windows with new, energy efficient windows was made a reality through the generosity and support of friends and benefactors. The new windows were selected to blend architecturally with the traditional and classical elements of the home. Maintaining the architectural integrity of the home in relationship to its history in the community always remains at the forefront of all renovations and improvements we consider or execute.

More exercise equipment for growing Wholeness and Wellness Program

On May 15, 2009, St. Columban's on the Lake received a grant from the Northern Chautauqua Community Foundation (NCCF) in the amount of \$1,700 to purchase additional exercise equipment in support of the our Wholeness and Wellness initiative. This funding stream will enable us to purchase a new and much needed additional recumbent bicycle. In the past two years, resident participation in a structured exercise program has risen from 25% to almost 80% . We are extremely thankful to the NCCF for their continued support of our mission in the care of the elderly men and women of our community.

New gazebo brings enjoyment to all

A new maintenance-free 12-foot gazebo graces our grounds and is situated near the lake overlooking the beautiful, scenic vistas surrounding the home. This new addition to our home offers endless opportunities for residents to enjoy the beautiful waters of Lake Erie while socializing with family and friends. New paved walkways with user-friendly seating further enable unlimited access by our residents and guests to more than 50 acres of waterfront property which is uniquely St. Columban's on the Lake. *(See cover photo of the new gazebo.)*

Air conditioning project keeps us cool

In the early days of Spring 2009, St. Columban's on the Lake was awarded a \$75,000 grant though the New York State Department of Health (NYSDOH) Adult Care Facility (ACF) Air Conditioning Initiative. This funding stream will allow St. Columban's to air condition all resident rooms and additional common areas within the home. Due to the physical constraints of the 80-year plus old home, a number of energy efficient cooling units were installed to facilitate the process and keep all residents comfortable, no matter how hot and humid the summer weather may become. Working with our plumbing and electrical contractors we were pleased that the entire project was completed prior to the warm weather season. The entire St. Columban's family is extremely thankful to the NYSDOH for their continued financial support of our mission to the well elderly.



▶ John Stonefoot (Ground Maintenance) insures a seamless fit during the initial phase of the window replacement project.



▶ Oliver Hooge, 100 years young, keeps fit through participation in the Wholeness and Wellness Program.



▶ Installation of one of the main air conditioning units under the watchful eye of our plumbing contractor.



► Retirement life at St. Columban's is "purr-fect", warm, cozy and inviting.

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.

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