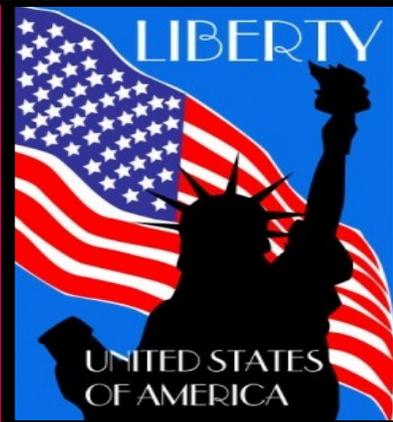


Our Lady of Fatima Villa

The Gazette — Summer

August 2012

*Assisted Living, Short-Term Rehabilitation and Skilled Nursing
Based on the Dominican Tradition of Compassionate Care*



Breaking News — Our Lady of Fatima Villa Receives Five Star Rating from State and Federal Inspectors

We had a wonderful Fourth of July Celebration this month. I am one of many who believe patriotism and the love for our country should be a year-long celebration. With Memorial Day over, the Summer Olympics on and Labor Day soon to come, summer does seem like the season to show our colors.



Patriotism is important to those of us here at Our Lady of Fatima Villa. We have many long-time as well as “new” Americans in our extended family. All are proud to call themselves Americans.

But patriotism isn't just about the flag, it's about being a good neighbor and an engaged citizen. I believe the most patriotic thing we can do is to help each other take care of ourselves and our families.

We can take pride in the blessings our organization gives to one another, much like we take pride in our country. I am proud to report that we have received the highest rating (5-star) from State and Federal Inspectors. This is a commendation and an important and prestigious award that signifies cleanliness, attention to our residents and compliance with regulations.

We have many new residents who have moved, or will be joining us. Our Lady of Fatima Villa is recognized as a hands-on-care facility whose staff treats residents with kindness and the same attention they would give their own much-loved family member.

We are blessed to live in the United States, which was founded on the principles of freedom and self-sufficiency. It is our patriotic duty as neighbors and citizens to ask our family, friends, colleagues and association if they've made provisions for their families.

We can help with future planning for health care. We encourage you to suggest that to those you love, whether they are young or elderly. It's never too soon to plan.

And congratulations to our staff for our new Five-Star Rating! I'm very proud of you all.

Bella Mahoney

President and CEO, Our Lady of Fatima Villa

Mary: Mother of the Church

Mary is the Mother of Jesus. She is also our Mother.

Fr. Adel Ghali in our Pastoral Care Department can be reached at 408.741.2967.

Jesus has given us Mary as our spiritual Mother. As He hung on the cross, Jesus told John to look upon Mary as his mother, this John who represented all of us.

Mary was present physically throughout the life of Christ- both by her mother's love and by her commitment to Him. It was a communion of faith, of hope and of charity. Mary's presence to her son is a model for us, since, through this mother, God becomes our brother and has given her to us as mother in order to identify us with Himself... We are humble children of this mother who has so profoundly adopted us in Him.... Hence, Mary is always desiring to bring forth her children to a greater Christ likeness. It is through Mary that we join in deepest intimacy with Jesus' heart, the heart of endless love.



Virgin Mary holding Baby Jesus

Mary, our Mother is ever with us guiding us, teaching us, caring for us, protecting us, loving us. With her maternal assistance we go to the Father through and with Christ in the Holy Spirit.

Mary, Our Mother, Enlighten the People of God on the way of faith, hope and charity!

**Fr. Adel Ghali
Chaplain**

Our Lady of Fatima Villa Receives 5 Star Rating as Best Of Nursing Homes 2012



Health-inspection, nursing staffing and quality of medical care determined Fatima Villa's 5 star rating

July 24, 2012, SARATOGA, CA – Our Lady of Fatima Villa has received a five star rating from Nursing Home Compare run by the federal Centers for Medicare and Medicaid Services.

The data for Nursing Home Compare comes from health inspections by state and federal agencies. Based on that information, an overall rating of one to five stars is assigned, depending on how well a facility does in the health inspections. Among other items, the rankings measure the provision of sufficient nursing staff and providing a high level of care.

"We are extremely proud of this rating. We give excellent, truly excellent care and we do that in a team effort," Bella Mahoney, President and CEO of Our Lady of Fatima Villa said.

Mahoney was honored to receive the information about the ranking and said she was proud of all the positive actions team members take to ensure all patients' needs get met.

"We make sure residents receive whatever they need - physically, emotionally and spiritually," Mahoney said.

The staff at Our Lady of Fatima Villa includes registered nurses, licensed practical nurses, a licensed social worker, physical therapists, physical therapy assistants, occupational therapists and assistants, speech therapists, activities coordinators, dietitian, certified nursing assistants, housekeeping, laundry, food service, administrative support staff and pastoral care.

"The staff is upbeat and positive." Mahoney said. "They work amazingly well together to meet the goals of our residents, whether it's walking 5 or 550 feet. They are an interdisciplinary team, using different skills for the good of the patient. Everybody works together."

Mahoney said three important areas the surveyors look at are: resident rights, quality of care and staffing. Our Lady of Fatima Villa scored high in all of those areas.

Here are more details about the CMS standards that determine a home's rating:

Health inspections. Because almost all nursing homes accept Medicare or Medicaid residents, they are regulated by the federal government and the states in which they operate. State survey teams conduct health inspections every 12 to 15 months. They also investigate health-related complaints from residents, their families, and other members of the public.

Five-Star Quality Rating. This rating system is based on continued efforts as a result of the Omnibus Reconciliation Act of 1987 (OBRA '87), a nursing home reform law, and more recent quality improvement campaigns.

Nursing home ratings come from: 1) Health Inspections, 2) Staffing measurements, 3) Quality Measures. A star rating is provided for each of these three sources, in case some areas are more important to you than others. Then, these three ratings are combined to calculate an overall rating.

Power Outage Caused by Woodpecker!

Who would have thought a cute little feathered woodpecker could have cause such a ruckus!

He was happily pecking away looking for worms (we guess) when he hit the power line and ...poof... there went the power!



Our Lady of Fatima Villa has its own emergency power generator, so many of you may not have realized the activity that went on. PG &E crews were here along with the Saratoga Fire Department to make sure we were safe and that our power was restored as quickly as possible.

It is good to know the Our Lady of Fatima Villa is a priority in any power outage or crisis. The Fire Department responds to us first, as they did in our recent power outage. They blocked the driveway so no vehicles would enter and be in danger.

Our generator is capable of producing power for 24 hours -- a new power backup system will enable us to run on auxiliary power for as long as a week.

We were without power for 12 hours, from 6pm to 6am – but things went on as usual and our fabulous kitchen staff switched the menu to BBQ that night!

Our staff is well prepared for any emergency. We periodically have drills, the fire department trains us and our staff goes to refresher courses.



CEO Pitches In Like Everyone and Shows She Knows How to Make Beds with the Best!



The CEO of Our Lady of Fatima Villa rolls up her sleeves and helps where and when she's needed!

Facts: "Sister Consuelo and Sister Esther arrived late one day at change of shift. Beds needed to be made with their own personal linens and staff had gone home--so I made the beds so they could sleep in their own beds instead of our guest rooms. The staff got a kick out of it!" — Bella Mahoney

News Bits and Pieces:

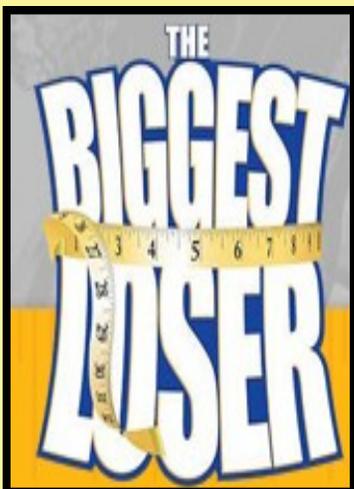
We'd like to include news about you, so please tell Roslan!

- ◆ **Michael Mahoney has booked a cruise to the Far East for him and Bella. No doubt he appreciates Bella as much as we do!**
- ◆ **Micaela Parsons, our dedicated CFO, had her week's vacation booked and yet, she called in to take care of work! That's dedication!**
- ◆ **Katherine Dietrich shared pictures of her past in Hermosa Beach where she lived with her husband and children for many years. A little known fact – her husband didn't like the ocean and only dipped his toe in the surf once! He was happy his family liked the beach!**
- ◆ **Jan Deffenbaugh's children are going to take a cruise to Italy. She's very proud of them.**
- ◆ **Activities Director Christina did a great job organizing Western Night. Wasn't she a gorgeous cowgirl with her decorated cowboy hat?**
- ◆ **Have you checked out the progress on our tomatoes in the Garden? With the warmer weather, we have harvested many sweet tomatoes!**

The Farmer's Market Comes to Our Lady of Fatima Villa



***We believe in being healthy,
so we brought the
Farmer's Market to
Our Lady of Fatima Villa!***



In the last Gazette we reported that our staff is working to set a good example for our residents and have started a Biggest Loser contest based on the popular reality television show.

Our goal is the same: to lose the most weight to become Our Lady of Fatima's Biggest Loser!

Latest report just in: The winner was announced on July 31....congratulations Christina Nielsen!! You are our Biggest Loser!



Happy Birthday to our Residents!



**We try to make everyone feel special at Our Lady of Fatima Villa,
especially on their birthday.**

**Birthday celebrants this season include the following
Assisted Living and Skilled Nursing residents.**

**We wish you the very best during the next year.
We hope you have a great year!**

Residents with birthdays in July, August and September are:

July

**Susan W.
Betty M.
Verna J.**

August

**Marcellene K.
Stella F.
Evelyn C.
Helen A.**

September

**Mary Alice D.
Larry T.
Genevive G.
Kathryn N.
Eui Yol L.
Dorothy G.
Alma S.
Jewell
Grace S.
Sister Roseanne**



Saratoga Rotary Club says Thank you to Our Lady of Fatima Villa Staff



Our Lady of Fatima Villa Staff pitched in and helped the Rotary Club of Saratoga with their debunking party. Roslan and company cut out “half Gordon” faces that members held up when outgoing President Gordon Case arrived as well as Rotary badges worn by all attendees. Party organizer Debby Rice said, “We could not have done it without the staff’s help! Thank you all so much! You made the party fun!”



Our Lady of Fatima Villa

Mission, Vision and Values Statements

MISSION

Devotion to the health of the community moves us to serve individuals and families with innovative, compassionate care grounded in the healing ministry of Jesus Christ.

VISION

Act justly, love tenderly and walk humbly with your God. (Micah 6:8)

We hold a vision of a Provident God who inspires us to:

- advocate for a just health care system
- create a happy, healthy God-centered "home"
- support a dignified life for the elderly person
- encourage and support families in time of need
- promote a loving and supportive end-of-life experience for each individual and family
- nurture a work environment that supports the personal and professional development of all members of our healing community
- sustain a close working community of staff, residents and friends
- commit to community education and involvement
- work for an on-going endowment for the sake of the mission

VALUES

We believe in the:

- ... Catholic tradition of health care founded in the charism of the Dominican Sisters of St. Catherine of Siena
- ... unique and intrinsic worth of each person
- ... care for the total person as created by God – mind, body, spirit
- ... primacy of the family and the need for community

Therefore we value:

- ... life and a dignified end-of-life experience
- ... compassion, kindness and respect
- ... integrity and accountability
- ... teamwork in serving residents and working with one another
- ... innovation in creating a safe, nurturing environment
- ... superior quality, cost-effective health services

Candlelight Dinner



We like to make our residents feel special here at Our Lady of Fatima Villa and what better way than a candlelight dinner with salmon and filet mignon, wine and music!



Candlelight Dinner



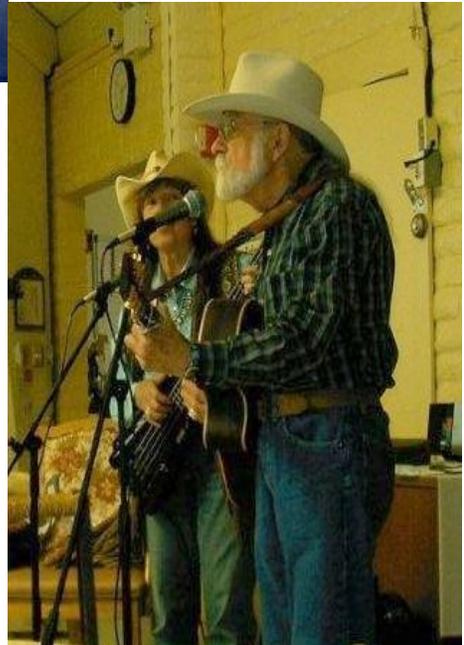
It was a lovely evening. Chef Jose outdid himself. The wine was wonderful as was the harp and flute music. Like a fine restaurant without the drive or hunting for parking!





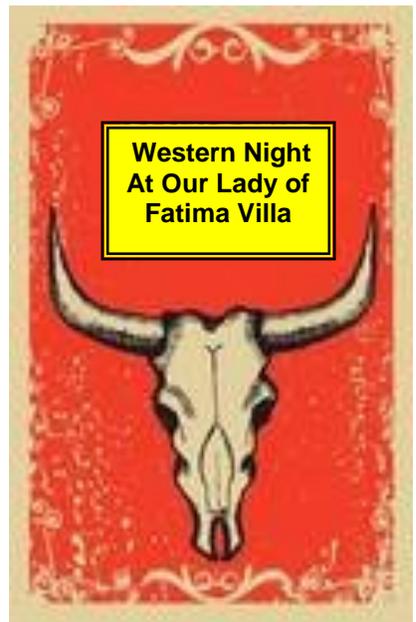
Western Night

Nothing like some good country western music to get people tapping their toes!



Western Night

We had our own wild west here at Our Lady of Fatima Villa. And the hats were fun!



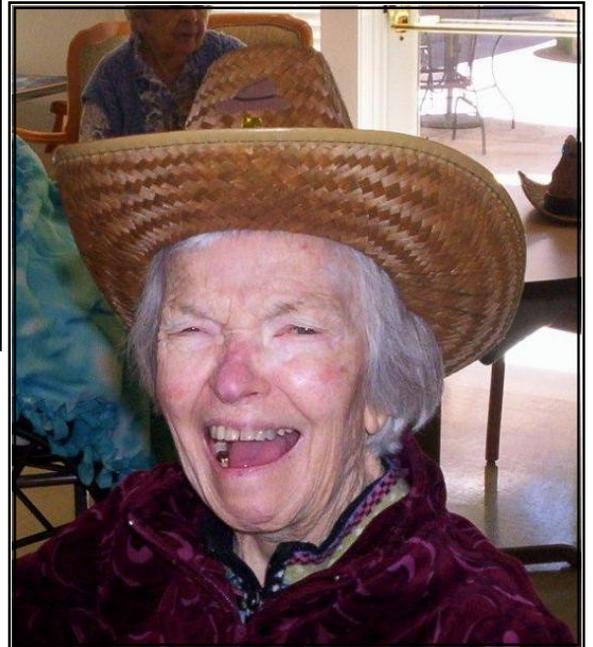
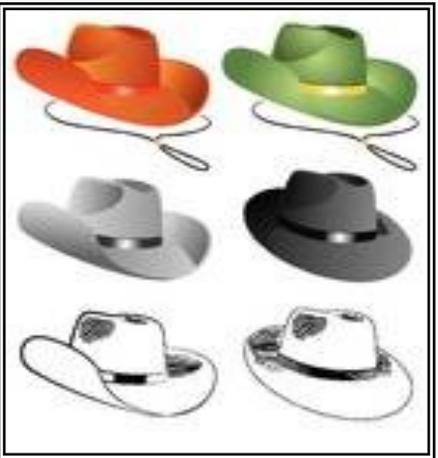


Cowboy Hat Decorating

To get ready for our Country Western Night, Christina and her crew organized a cowboy hat decorating session so everyone would be in high style!



Cowboy Hat Decorating



**Hat
decorating is
fun!**





Fourth of July



Fourth of July



Our Residents and Their Families Have a Lot to Say About Our Lady of Fatima Villa

On behalf of my beloved mother, Dr. Sh. Arani, or as she was known to all of us as “Ma Shokie”; my dear daughter Donna, our family and I would like to express our deepest appreciation to each member of the staff of Our Lady of Fatima Villa for their efforts and hard work.

This is Ma Shokie's daughter Lillian's letter of thanks to our staff. We are so pleased and proud of her comments, we want to show you her letter.

Thank you Lillian!

We will never forget the love and kindness that you have extended to my mother during this passage of her life.

We especially would like to acknowledge those mentioned here (in no particular order) who went out of their way to make this transition easier and offer my mother comfort and care.

Thank you Troy, Neil, Beela, Solomon, Yenny, Father Adel, Katherine, Venus, Ina, TanVeer, Asther, Melissa, Jessica, Lina, Suja, Merian, Terry, Alicia, Ada, Sonia, and Alona.

We also appreciate Sergio, Gloria, Nacho and his staff as well as Chef Jose, Julie and all the kitchen staff.

Your contribution, love and care made a world of difference.

“God bless all of you,” as my mother used to say.

With warm regards,

Lillian

I need help.
She needs help.
He needs help.
Mom needs help.
Dad needs help.
My sister needs help.
My daughter needs help.
My son needs help.
My friend needs help.
My brother needs help.
My boss needs help.
My cousin needs help.
My niece needs help.
My nephew needs help.
My granddaughter needs help.
My grandson needs help.

**We all need help sometime.
We're here when you need us.**



OUR LADY OF
*Fatima
Villa*

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FIVE STAR RATING

from State and Federal Surveyors.



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Call for a no-obligation tour.

20400 Saratoga-Los Gatos Rd., Saratoga, CA 95070 408.741.2950 www.fatimavilla.org

52 BRILLIANT WAYS TO STAY YOUNG

1. Greet everyone you meet with a warm smile.
2. Laugh out loud and often.
3. Find people who make you laugh and hang around with them.
4. Spend less time with people who don't laugh or won't laugh.
5. Watch movies and TV shows that warm your heart and make you laugh.
6. Be receptive and open your mind to new people, places, things and ideas.
Be interesting: don't blend in with the wallpaper.
7. Enroll in learning something new.
8. Set goals: both short-term and long-term
9. Find people who will support you in achieving your goals.
10. Express yourself to people who listen and believe you can reach your goals.
11. Severely minimize your conversations and time spent with people who rip holes in your goals and dreams.
You might have to make some new friends.
13. Take risks: each day, face a fear.
14. Develop the skill of being able to converse with anyone.
15. Make friends with people of all ages.
16. Give up being shy! Life is too short to be so self-conscious.
17. Give up talking about your age and everyone else's. We know how old you are.
18. Give up rules about how people "of a certain age" are supposed to be. Let yourself out of the "age box".
19. Stop judging what other people are "supposed to be" doing or not doing.
20. Stop gossiping. Your "friends" gossip about you as soon as your back is turned. Especially the gossiping that undermines and hurts people.
21. Stop complaining...about the weather, your environment, your health, etc.
22. Stop listening to other people complain. That's not a good use of your time.
23. Give up re-telling old stories from the past where you star as the "victim". This one change will lighten your heart. If you do nothing else, try this one on for size.
24. Stop trying to change people. We only change when we want to and when we're ready. Use your energy somewhere else.
25. Stop arguing for the sake of arguing. If this is your way of communicating with someone who's a "bad fit", either find a new way to communicate or move on.
26. Spend less time with friends who only want to talk about their problems...and yours. Do you really want to hear those tired, old stories again and again?
27. Give up being nosy. It isn't your "right" to know. Stop asking overly personal questions. Becoming intimate with someone is a privilege.
28. Stop answering other people's nosy questions. Just because someone asks you a question, doesn't mean you have to answer it.

52 BRILLIANT WAYS TO STAY YOUNG

Try One Today — You are Guaranteed to Feel Better!

29. Stop tolerating people, places and things that don't fit anymore. Notice how your mood shifts downwards around certain people or situations.
30. Listen to your body. Clenching teeth, fists or butt cheeks are not natural responses to being in relationship with another human being.
31. Walk tall and straight as you can. Don't plod as if you're walking with heavy burdens unless you are walking with heavy burdens.
32. Don't walk with your neck and head thrust forward like you're trying to win the race by a nose. You'll get there. Look your best when you do arrive.
33. Look people in the eye when you speak to them.
34. Extend your hand first and be friendly.
35. Find something new and different to talk about...like a new hobby you're passionate about.
36. Make friends with people who have different interests from you.
37. **Clear out friends (spend less time with) who complain about EVERYTHING!**
38. Say yes, when you mean yes.
39. Say no, when you mean no.
40. Use "maybe" sparingly. You know whether you want to or not. Why hold people up? Be brave.
41. Accept responsibility for what went wrong in the past. Stop blaming other people. Accept your role, forgive yourself and move forward.
42. Be gentle with yourself. Forgive yourself when you make a mistake.
43. Allow yourself to make mistakes when you're learning. Recover quickly and move on.
44. Be gentle with others. Allow other people to make mistakes and to learn from their experience.
45. Gather people around you who support your learning process.
46. **Remove people who taunt or tease as you're learning or trying new things.**
47. Find something to be passionate about. Something that you really love to do.
48. Find people to share your passion with. This might require you to make new friends.
49. Allow people to be different from you. Don't expect everyone around you to like the same things you like.
50. Get connected on social networks, like facebook, for instance. You'll be amazed
at how many people you know and how easy it is to keep up with them.
51. Surround yourself with everything and everyone who pleases you, to support your comfort and make you feel at home.
52. **you** Tell people you love them – often – and in a way that shows really mean it.



The Third “Tea with Bella”

You are all invited to the Teas held normally on the last Tuesday of every month at 3pm



There are good things that happen at our monthly “Tea with Bella”. We get to learn about other residents, ask questions of Bella and make suggestions.

Those who attended the June Tea had some great ideas to share with Bella:

Residents thought it would be good to shake up the dinner seating and move people around tables once a month so people could get to know each other.

They suggested a Welcome Coffee to get to know our new residents.

Katherine Dietrich volunteered to head up a hospitality committee.

It was suggested that we have a fire drill or an emergency preparedness drill.

All are good ideas and were appreciated!



Katherine Dietrich shared photos of her summers in Southern California’s Hermosa Beach.



There were hats, tea sandwiches and shared stories of favorite summer memories at the third “Tea with Bella” on June 30. President and CEO Bella Mahoney believes an afternoon tea is a good way for residents to get a chance to know her. And each other!

**Our new ad that will appear in “The Outlook”,
the Saratoga Senior Center Newsletter.**

Making the most of life through the Saratoga Senior Center:
Wonderful.

Having Our Lady of Fatima Villa health care:
Priceless.

We Care. For you and the ones you love.

We are proud to have received the highest



FIVE STAR RATING
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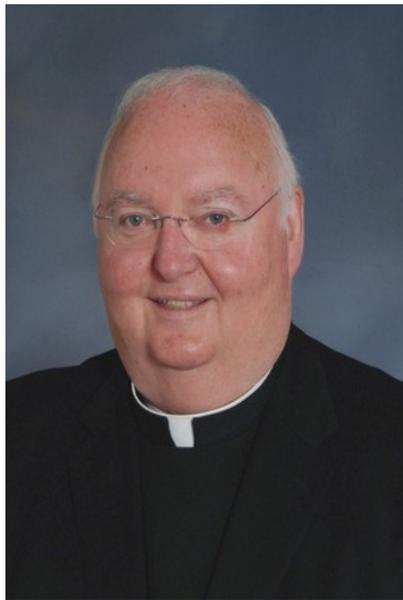


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**Bishop Patrick
McGrath,
of The Diocese of
San Jose,
visited Our Lady of
Fatima Villa
July 14th!**

**It was a wonderful
event with many
families and friends of
residents in attendance.**



The Bishop's Visit — July 14



At morning mass, Bishop Patrick McGrath spoke of the importance of the Blessed Mother Mary and how significant one single person can be in the lives of many. “Not only Mary, but you and me as well. God looks at us, not as a stranger, he knows us better than we know ourselves. We need to believe in our own worth, then to give ourselves to God. We respond to God’s love by treating each other well.”



The Bishop's Visit — July 14

Along with families and friends, a special visitor from Puerto Vallarta, Mexico, Ivan Applegate Curiel, attended Bishop McGrath's visit to Our Lady of Fatima Villa with his close friend and Fatima Villa Board Member, Ed Porter (pictured right) with Julie Stavros. Our Lady of Fatima Villa provided van transportation to Ivan during his visit to Saratoga.



A Mid-Summer Prayer



Dear Father,

In this season of warm days and long daylight,
Of birds singing at first light, and flowers bursting with color,
We are grateful to be alive.

Give us the wisdom to pause from our routines and enjoy
the simple things of this time of year...
To sit outside in the evening and listen to the
symphony of nature.

Let us lose ourselves in the beauty and bounty of
the earth you created.
May this be a time of rest, refreshment and renewal.

And, as we pause, let us not forget to enjoy time with you,
Lord.
May we be quiet enough to perceive your presence.

–Amen

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Skilled Nursing ● Respite Care
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