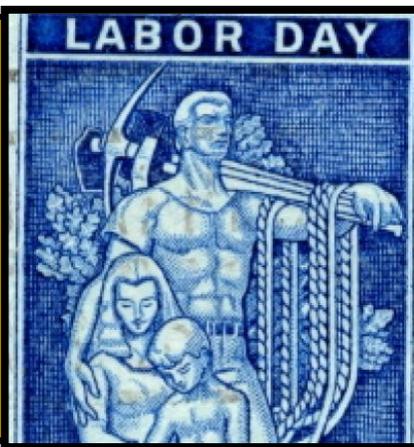


Our Lady of Fatima Villa

The Gazette — End of Summer

September 2012

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



Let's Honor Our Staff and Call September "Labor Month"!

On September 3rd we celebrated Labor Day. For a lot of people, Labor Day means two things: a day off and the end of summer.

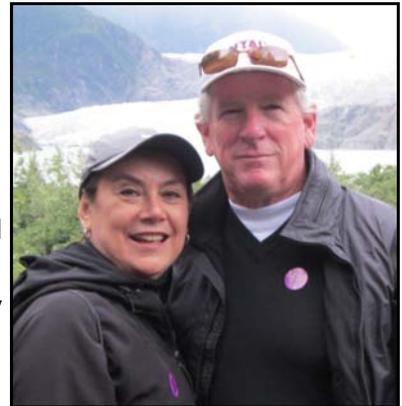
But let's stop and remember why it is called Labor Day. This holiday is set aside as a day of rest to pay tribute to the contributions and achievements of working American men and women. It's a yearly national acknowledgment to the contributions workers have made to the strength, prosperity, and well-being of our country. Celebrated as a federal holiday here in the United States since 1894, all Government offices, schools, organizations and many businesses are closed. It's important that we honor our staff this time of year. They put in long hours, and are dedicated to the health and well-being of our residents.

Our new Five-Star Rating, which we are extremely proud of, came as a result of our staff's dedication. Our staff is made up of almost one hundred people — some you see everyday, and some you never see. You may see our highly-trained skilled nursing staff who provide full-time care, seven days a week. But there are many who you may not see regularly. A lot of work goes on the behind scenes so the rest of us are able to do our jobs.

As President and CEO, I am extremely proud of our staff. Whether you see them or not, I can tell you that each and every one demonstrates excellent customer service, and positively represents Our Lady of Fatima Villa. They show a true commitment to our organization's mission statement. I'd like us to honor our staff this entire month — let's call it "Our Lady of Fatima Villa Staff Recognition Month"!

Our staff shows *respect* to all employees and residents, *excellence* in their job performance, and demonstrates *acceptance* and *compassion* for all. Our Lady of Fatima Villa values its dedicated employees. We honor and acknowledge our employees for their dedication to serve others through Christ-centered ministries which promote hope, dignity, and purposeful living.

Our Lady of Fatima Villa will be a trusted leader in the provision of human services that model God's love, core values, respect, excellence, acceptance, compassion and honesty for many years to come.



Bella and Michael Mahoney on their summer vacation to Alaska

Bella Mahoney

President and CEO, Our Lady of Fatima Villa

Reflections on Love

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

Love is gentle, love is tender. Love gently encourages those to whom life seems hopeless. Love sensitivity tends to the needs of those who are so often and so easily forgotten. Yes, the gentleness of love manifests itself in these and in many other ways, and, in so doing, imitates the gentleness, the tenderness of Jesus Himself.

Love is secure. A person who properly loves is in touch with one's true self and realizes that he or she is tremendously loved by God. Such a person feels secure in the exercise of love towards others. He or she feels secure enough to extend love towards others in various ways, even when little or no love is returned.



This painting of St. Faustina receiving the image of The Divine Mercy is found on the ceiling of Christ the King Church in Ludlow, Mass.

Love is affirming. By the very fact that one loves another, the other is encouraged to be and to become according to his or her uniqueness. A person who is loved is encouraged to develop his or her uniqueness, to feel more at home with oneself, and to accomplish further the special mission in life that only he or she can fulfill.

The more love matures, the more it concentrates on the present. Love welcomes each day with a fresh joy and a renewed gratitude to God for the opportunity to once again be and become for Him and others. Love realizes that it does not fully possess the past or the future- it can only fully grasp the present, and appreciate the preciousness which "the now " offers.

"For I am certain of this : neither death nor life, no angel, no prince, nothing that exists, nothing still to come, not any power, or height or depth, nor any created thing, can ever come between us and the love of God made visible in Christ Jesus Our Lord." (Rom 8:31-39)

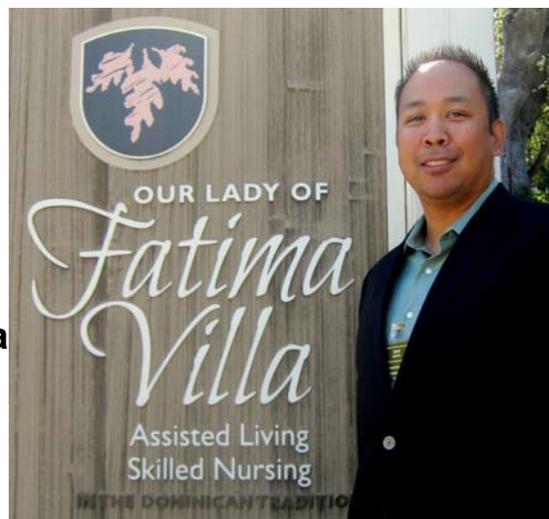
**Fr. Adel Ghali
Chaplain**

Dave Santos Brings Years of Experience to Director of Admissions Appointment

Say hello to Our Lady Of Fatima Villa's new Director of Admissions.

Dave Santos comes to us with an impressive background in both Assisted Living and Skilled Nursing admissions.

He says that he learned about Our Lady of Fatima Villa from another staff member who "raved about the quality of care given to residents and what a wonderful place it is to work".



Dave loves to talk to residents and hear stories about life-defining memories. So if you see him in the halls, he'd be happy to talk to you!

Here are two messages from Dave:

To the Staff at Our Lady of Fatima Villa: "I'd like to thank you for the warm welcome. Everyone has been so kind and helpful, which has made my transition into my new position very effortless on my part. The environment in which we work in feels more like a family and I look forward to working with everyone to help Our Lady of Fatima Villa reach its full potential.

To our residents: "I look forward to reaching out to you and getting to know you better. My office is located on Level One and I have an open door policy, so feel free to stop by if you have any questions or concerns. "

An Autumn Prayer

O God of Creation, you have blessed us with the changing of the seasons.

As we embrace these autumn months,

May the earlier setting of the sun remind us to take time to rest.

May the crunch of the leaves beneath our feet remind us of the brevity of this earthly life.

May the steam of our breath in the cool air remind us that it is you who give us your breath of life.

May the scurrying of the squirrels and the migration of the birds remind us that you call us to follow your will.

We praise you for your goodness forever.

— Amen.

Our Lady of Fatima Villa Receives Five Star Rating!

We reported in the last Gazette that Our Lady of Fatima Villa has received 5 star rating. This is a very high honor for our staff. It is worth pointing out how very few health facilities receive this honor from State and Federal Surveyors.

To illustrate what we mean, here are some statistics:

- ◆ California has a total of 1230 licensed Skilled Nursing Facilities
- ◆ Only 3.7% of SNFs in CA have a 5-star rating

Mahoney and Parsons Attend Industry Conference, Receive Congratulations on Five-Star Rating



*President and CEO
Bella Mahoney*

Our Staff regularly attends industry conferences and meetings and is often asked to speak at these events.

President and CEO Bella Mahoney and CFO Micaela Parsons attended the California Association of Health Facilities

(CAHF) in Foster City in mid-August to keep abreast of industry trends. They received compliments and congratulations on receiving a highly coveted five-star rating from state and federal surveyors.



CFO Micaela Parsons

CAHF's provides leadership and education for long-term health care professionals. CAHF promotes excellence and integrity in the health care industry. The meetings provide an opportunity to network and share experiences and information.

Local Deputy Sheriff Plays Good Samaritan to Our Lady of Fatima Staff Member



Sheriff Laurie Smith



We are lucky to live in a community where law enforcement officials are kind hearted and truly take care of its residents — and our staff!

One of our dining staff member's car broke down on the freeway on the fast lane. She ran across to the shoulder, was picked up by a sheriff, and the sheriff drove her all the way to work!!!!!! Wasn't that nice? It's nice to hear a positive story about our sheriff's department.

Thanks to our County Sheriff Laurie Smith (pictured left) and her 1800 deputies. While Laurie wasn't the sheriff who delivered our staff member, she is the head boss and no doubt their actions reflect her leadership.

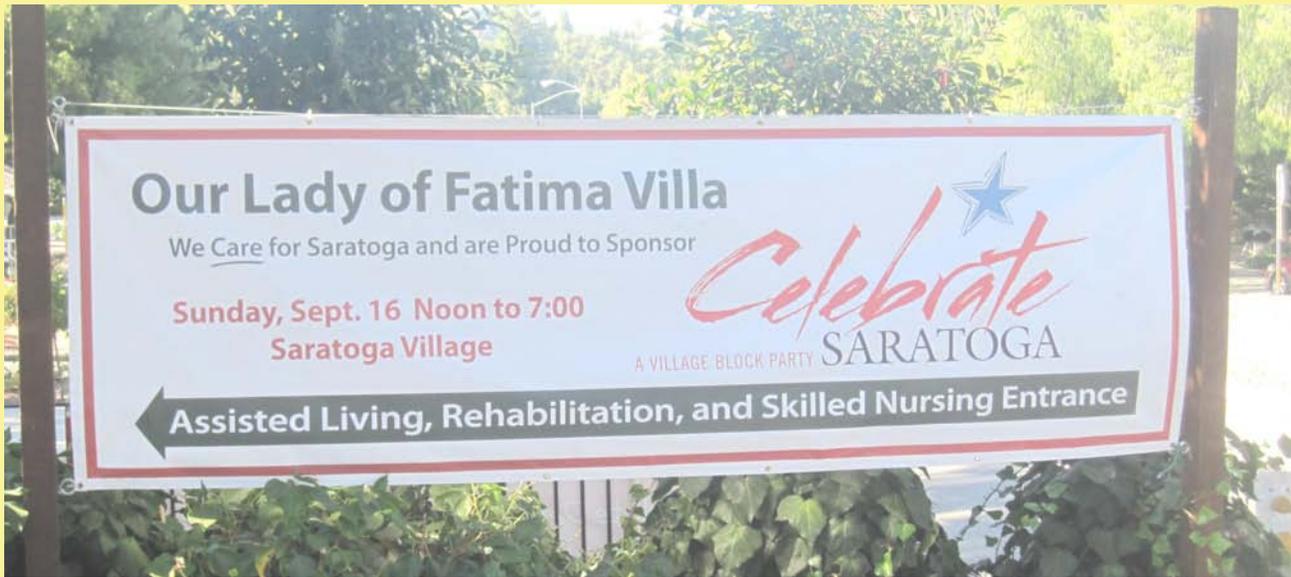
News Bits and Pieces:

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

- ♦ ***Bella and husband Michael Mahoney just returned from a well deserved week-long cruise to Alaska (see their photo on page one)!***
- ♦ ***Our Assisted Living Outing to San Francisco included a visit to our resident Barbara DeLuca's favorite restaurant — read more about it on page eight of this newsletter.***
- ♦ ***Activities Coordinator Josephine did a great job organizing Luau Night — didn't Margret look authentically Hawaiian?***
- ♦ ***We will be hosting a Halloween Trick or Treat Night — invite friends, family and neighbors!***

Our Lady of Fatima Villa Sponsors Celebrate Saratoga

Our Lady of Fatima Villa was proud to sponsor Celebrate Saratoga on Sunday, September 16th and helped promote the event with a banner at our entrance. We think Saratoga is a great place to live and work. We believe in being an active participant in our community!



Quote of the Month:

“Life can only be understood backwards, but it must be lived forewards.”

Soren Kierkegaard





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
September, October and November are:

September

Larry T.
Kathryn N.
Eui Yol L.
Dorothy G.
Alma S.
Jewell
Grace S.
Sister Roseanne
Brokha G.

October

Carolyn L.
Bob P.
Katherine D.
Lillian S.
Annette O.
Dolores S.
Lois B.
Pauline S.
Michael R.

November

Angel L.
Chuck W.
Genevive G.



Barbara DeLuca Honored at Her Favorite San Francisco Restaurant — Franchino!

By Christina Nielsen

I wanted to share with you some information about our last outing in Assisted Living. You may know that we have weekly outings... sometimes just lunch but other times we do picnics, museums, movies, scenic drives, etc. We just had one on August 31st to San Francisco.

Resident Barbara DeLuca was born in San Francisco and lived there all her life. Barbara lived in the same neighborhood in North Beach until she moved down to Our Lady of Fatima Villa 4 years ago. During the last 20 or so years she lived in San Francisco, she ate out at one particular restaurant at least 3 times a week. The restaurant, Franchino's on 347 Columbus Avenue, is a fabulous family-owned Italian restaurant in the heart of North Beach. Barbara told me on several occasions how wonderful it is. Well, for my birthday at the end of June, I was staying in San Francisco for 3 days and decided to have dinner at Franchino's with my friends. I asked Frank and Josephine, the owners, if they knew Barbara, and they were so thrilled to know that I knew her and her whereabouts. They hadn't seen her in a few years, and they said that she was like family to them. They even remembered the first day she came in, where she sat, and what she ordered. I explained who I was, and that I take a group of residents out to lunch every week, and I asked if I could bring Barbara and our residents to their restaurant for lunch. Josephine told me that they are not normally open for lunch, but for Barbara, they'd do anything!



Well, long story short, I contacted Josephine to see about bringing Barbara and a group in for lunch. She was wonderful... she told me, just pick the date and we will open the restaurant! So on August 31st, Todd O'Donnell and I took a group of 6 residents to San Francisco. After a lovely scenic drive through the City, we went to Franchino's for lunch. We got to witness a lovely reunion between Barbara and Josephine, and we had the restaurant open just for our group. They hired a cook for the day and the residents were able to order anything from the menu. Barbara got her old favorite, the "Gnocchi with Pesto Sauce". Also, one of Frank and Josephine's daughters, who works at the restaurant in the evening, even came by on her lunch break from her other job because she heard that Barbara was coming. Everyone had a wonderful time, and it was great to see Barbara so happy back in her old neighborhood. We also drove by her old flat so that everyone could see where she used to live.

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



This is Tom Wilson's daughter Gail's letter of recognition and thanks to our staff. We are so pleased and proud of her comments, we want to show you her letter.

Thank you Gail!

Our Lady of Fatima's Mia Astar Performs at Davies Symphony Hall!

Mia Astar, one of our outstanding Certified Nursing Assistants in Assisted Living, is a very talented lady.

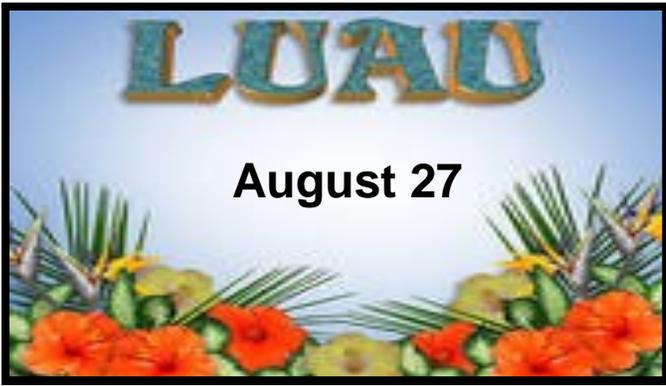
Gail Wilson, whose Dad, Chuck Wilson is one of our residents submitted this photo and story:

“Mia plays violin with the Redwood Symphony. Earlier this month my mom and I went to hear Mia and friends play at Davies Symphony Hall in San Francisco. The featured selection was Berlioz' Requiem. It was a wonderful performance. We enjoyed it very much.

On a separate and related note, my father in law, Chuck Wilson, really enjoys Mia. She is so very kind and attentive to him, bringing him stories of her very interesting life. Hearing about Mia, and Blanche DuBois, her pet, makes life more enjoyable for Chuck. We managed to take Chuck to one of Mia's concerts last year. It was a very special outing for him.”

— Gail Wilson





Tikis, hula, leis and the word is that everyone who attended had a lot of fun at Our Lady of Fatima Villa's Luau on August 27th. Mahalo Josephine for a wonderful event!



8 WAYS TO BE HAPPIER

Try One Today — You are Guaranteed to Feel Better!

What can you learn from your jolly, always-smiling friends? A lot, say researchers. From saying "thank you" to letting bygones be bygones, these eight secrets of happy people may help you be happier, too.

It's a mystery for the ages: Why are some people happy and others less so?

Scientists may never fully understand it — and that may be because much of it has nothing to do with science at all. Studies show that if we engage in the established behaviors of happy people, we will be happier, says Sonja Lyubomirsky, PhD, professor of psychology at the University of California, Riverside, and the author of *The How of Happiness: A Scientific Approach to Getting the Life You Want*. "Of course, there are caveats," she says. "You have to pick a strategy that fits your personality, goals, and resources and put effort into it."

If you knew the secrets of happy people, could you practice them and become happier yourself? It's worth a shot!

Look for the Positive

"Happy people are more likely than unhappy people to perceive themselves, as well as the world around them, positively," says Lyubomirsky. This also translates into seeing the future with optimism. The key here, she says, is to write down your hopes for the future, create goals and mini-goals, and go for them. Along the way, identify any thoughts that seem to be pulling you down and replace them with more positive versions to be happier.

Nurture Relationships

Not only do friendships and family relationships make you happier, the data also suggests that strong, supportive relationships help you live longer, notes Lyubomirsky. But relationships do take a little work. Proven strategies for happiness are to make time for the ones you love or people you would like to get to know better; share in other people's successes with your own delight; show appreciation for the people in your life; and do something every week to support or further someone else's dreams.

Be Physically Active

If you need one more reason to get up and get moving, here it is: You could be happier with regular exercise. Exercise is a proven method for preventing or managing negative emotions. You could get even further along the way to happiness if you can work out with a group, building relationships even as you start to feel better about your life and your body. The key to success is making a regular appointment with yourself to work out — and sticking with it.

8 WAYS TO BE HAPPIER

Try One Today — You are Guaranteed to Feel Better!

Express Gratitude

Send thank-you notes — not just the obligatory kind, but heartfelt letters. Gratitude is a great antidote to anger and bitterness. Expressing sincere gratitude for someone in your life in a letter actually makes you happier, even if you can't actually send or share the letter. Further, practicing gratitude for the little and big gifts in your life can push you along the way to happiness. Try writing down three to five things you are grateful for each week.

Offer Help to Others

Happy people are often among the first to lend a hand. And while they probably aren't stepping up purely because it makes them feel good, the reality is that being helpful does allow you to feel better about yourself, which helps you be happier. It also strengthens your social networks and gives people another reason to like you. Remember to find ways to be helpful that suit your personality and overall lifestyle, so that you will make helping out a regular habit.

Forgive

Forgiveness is a tough — and deeply personal — subject. However, people who can forgive generally have higher self-esteem and more joy and happiness in their lives. While forgiving someone in person may not be possible or advisable, you can still practice forgiveness by writing a letter (even if you don't send it) or imagining what it would be like to forgive them in person. It might help to think about times in your life when you have been forgiven.

Take Pleasure in Small Things

Savoring the big and little joys in your daily life increases self-esteem and may even protect against negative emotions, creating a buffer against stress. This particular habit includes reminiscing about happy times in your past, enjoying the little details of your daily life, taking time for a unique pleasure or a moment of beauty, and allowing yourself to fully appreciate even the bittersweet moments. You might want to create a "happiness album" of pleasurable memories.

Make Spiritual Practice a Habit

Religious or spiritual practice can help you get through hard times, give meaning to the good and bad days of life, and help you see the way to happiness more clearly. If you can join a spiritual group with similar beliefs, you will reap the benefits of social connections and experience greater happiness in your life. Lyubomirsky recommends regular prayer or meditation with a focus on seeing the spiritual in everyday life as a way to begin.

Please Join Us for "Tea with Bella"
You are all invited to the teas held on the last Tuesday
of every month at 3pm held at AL Level One



Barbara Y. and Pastor Betty



Above:
Sister Esther,
Helen A. and
Sister Consuelo



Right: Angeline L.

Below: Bella and
Margaret S.



Dora R. wears this butterfly hat well!



There were hats, tea sandwiches and shared stories of favorite summer memories at the fourth "Tea with Bella" on July 30. President and CEO Bella Mahoney was happy to welcome Margaret Scholla, Sister Patricia O'Leary and Sister Cor Mary Monje.



Left — Caroline W. enjoys reading the Gazette!



Right: Marion F. shows off a wonderful dish she made in craft class.

Our monthly Teas with Bella have proven to be very popular and the number of attendees is growing each month. It is a wonderful time to get to know each other better. Here are some bit and pieces of news from the Tea we thought you might enjoy! Barbara Y. says, “It’s nice to have this tea!”

We met Pastor Betty who helps Father Adel and has been involved with Our Lady of Fatima Villa since she was 8 years old!

Flora/Bob P. were happy to report that “no news is good news”!

Margaret S. just moved back from Los Angeles. Her son is a Jesuit Priest at Santa Clara University. Many of our residents have said how wonderful it is to have her back!

Tea was held during the Olympic Games and tea participants were asked their favorite Olympic sport:

Bob	Track	Sister Ester	Tennis, diving
Bella	Gymnastics	Barbara	I like everything!
Jan	Gymnastics		

Question for Bella: “We heard that the parking lot was being expanded?”

Bella’s Answer: “Yes, that is correct -- the parking lot project is ongoing and will give us some additional parking spaces.”

What was your first summer job?

Katherine Picking peaches and apricots in Suisun Valley

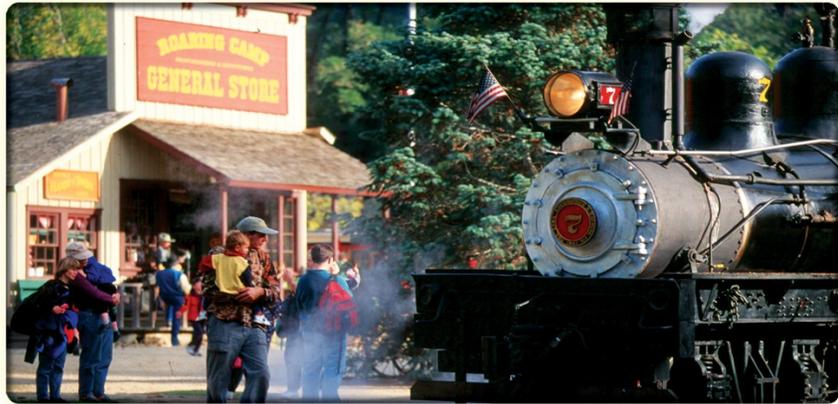
Jan Packing cherries in Washington

Kathryn Being Secretary for Sisters of Carondelet

Bob Selling peanuts in the Sears store in Cleveland, Ohio

Bella Working on the tomato harvest in Dixon. We had many tomato fights, but I still eat and like tomatoes!

Outing to Roaring Camp and Big Trees Railroad in Felton a Great Time for All!



It was a return to the days of steam trains and railroad travel as a group from Our Lady of Fatima Villa traveled to the Roaring Camp & Big Trees Railroad in Felton. It is a narrow gauge tourist railroad in California that starts from the Roaring Camp depot in Felton, California and runs up steep grades to the top of nearby Bear Mountain, a distance of 3.25 miles. The travel is through a redwood forest.

The steam engines date from the 1890s, and are the oldest and most authentically preserved narrow gauge steam engines still providing regular passenger service in the United States.

The American Society of Mechanical Engineers designated three engines at Roaring Camp and Big Trees Railroad as National Mechanical Engineering Historical Landmark #134 in 1988.



Marion Figari said that her nephew lived close to the Roaring Camp Railroad and that she had always wanted to ride on the train, but never had. She was so excited to have the opportunity to do so on our outing.

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The way to happiness.

Having Our Lady of Fatima Villa care when you need it:
Priceless.

We Care. For you and the ones you love.

We are proud to have received the highest



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