

Our Lady of Fatima Villa

The Gazette — Summer

July 2013

*Assisted Living, Short-Term Rehabilitation
Skilled Nursing and Respite Care*



What a beautiful Spring this has been. We are certainly fortunate to live in the Valley of the Heart's Delight. I would encourage you all to visit our almost-next-door-neighbor, The Saratoga Historical Museum. It is a treasure trove of our Valley and Saratoga's history, one that Our Lady of Fatima Villa is an integral part of.



In the last issue of the Gazette, we introduced our refreshed logo. Over the next year or so, you will see that logo introduced in signs, brochures, cards, ...wherever our current logo is found. We will be doing a "soft launch", meaning that we will phase in the new logo when and where it makes sense. We won't be throwing out useful items just because the "old" logo is featured... We'll be fiscally conservative and introduce the new logo on items when their shelf life is through.

OLFV contracted with an agency to produce our "refreshed logo" and that same agency is working on revamping our website. We expect our new website to be up and running around the end of June. We are all pleased with what we've seen and are eager to show it to you and the public.

We received a recommendation from the agency that we use a template for our newsletter – one that is similar to templates used by senior communities throughout the country. We made a decision not to use a newsletter template. The reasons have to do with the feedback we receive on the Gazette, which is very positive. You and other readers tell us that you like the "hominess" of the Gazette; that you like the large type that is easier to read; that you like the photos. It reminds me of the age of live television – you knew there were real *people behind the production* because there were a few mistakes! You tell us that you like the fact that it is friendly and homey.

So we are going to keep the current format of the Gazette. We hope you agree with our decision. I'd like to hear what you think.

It's been a busy Spring/Summer so far. We have many new residents and we are very happy to have them join Our Lady of Fatima Villa family. That brings up another point. Our official name, Our Lady of Fatima Villa, seems to be long enough that many people shorten it. We are called Our Lady, Villa Fatima, the Villa, Fatima and every combination you can imagine. We will continue to use Our Lady of Fatima Villa but thought it would be a good idea to suggest a shortened name that was consistent. That name is Fatima Villa — a shorter alternative to our official name.

New logo, new residents. It's a wonderful time of the year here at Our Lady of Fatima Villa, also known as Fatima Villa! Very best summertime wishes to you all,

Bella Mahoney

President and CEO, Our Lady of Fatima Villa

Can You Spot the Errors??

We thought we would have a little fun with our readers! There are six errors (on purpose) in this Gazette. Let Roslan at the front desk know which ones you've found and your name will be entered in a drawing — you may win a prize! It's all in good fun.

Example: there are 3 differences in the photo below. Can you spot them?
Hint — there are six in addition to these three samples!



In This Issue



Resident Trudy Vanderpyl was Featured

- ◆ **Trudy is a Star**
- ◆ **Fourth of July Plans**
- ◆ **The Bishop's Visit**
- ◆ **Honoring Our CNAs**
- ◆ **Parish Ads**
- ◆ **Sister Gemma's Jubilee**
- ◆ **How to Relieve Arthritis**
- ◆ **Saying Goodbye to Christina and Margret**
- ◆ **Cinco de Mayo Photos**
- ◆ **Dealing with Stress**
- ◆ **Birthdays**
- ◆ **Strawberry Day Photos**

One of the Many Reasons Our Lady of Fatima Villa Named as a Top Nursing Home in the US: We have more staff-per-resident than required!

Our Lady of Fatima Villa has been named one of the “Top Nursing Homes in the Country” by US News & World Report. We have also received a five star rating by state and federal surveyors. We are extremely proud to have been recognized for our compassionate and superior quality health care.

One of the many reasons we received these prestigious designations is that our patient-to-staff ratios exceed the minimum standards required by State and Federal regulations! The regulations read:

“Nursing facilities are required by federal regulation to meet minimum standards, which require a minimum of one registered nurse on duty eight hours per day, seven days a week. Facilities must also have sufficient nursing staff to provide nursing and related services to attain or maintain the highest practicable physical, mental, and psychosocial well-being of residents. Facilities must also provide sufficient numbers of licensed nursing personnel to provide care on a 24-hour basis to all residents in accordance with resident care plans.”



We are glad that US News & World Report agrees with many of our patients and their families and has named us one of our country’s “Top Nursing Homes”. We want our community to know — have you seen the banners at our entrance?

We Are Free In Christ



**Our Lady
of Fatima**

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

Millions of Americans celebrate the Fourth of July holiday because it represents their freedom as a nation. This freedom is a precious thing, bought with the sweat, toil and blood of countless Americans who fought to obtain it . And many are still fighting to secure it.

But even as we treasure our freedom as Americans, we are moved to consider a greater freedom: freedom in Christ.

"If you abide in my words, our Lord declares, you are truly my disciples, and you will know the truth, and the truth will set you free." (John 8: 31-32). The saving truth that Jesus speaks of brings ultimate freedom from sin, death, law, selfishness, pride, greed, a life of futility, tyranny of hate, bitterness and cruelty. This freedom came at a high price — His death on the cross. It's the freedom that will enable us to love God and neighbor.

Now that freedom has been given to us by Christ, it becomes our goal and responsibility to love as Jesus loved; to help as Jesus helped; to serve as Jesus served; to heal as Jesus healed. United to Him, we grow in love, wisdom, compassion, forgiveness and mercy.

Faith in Christ is the only way to protect our freedom in Him: the Word of God, the Wisdom of God. What matters in this life of faith is our union with Jesus Christ and of loving one another as He loved us till the end. The evidence of true faith will be genuine love that bears fruits that last forever.

Freedom Quotations

"That this nation under God, shall have a new birth of freedom-and that government of the people, by the people, for the people, shall not perish from the earth." Abraham Lincoln.

"My suggestion is that Jesus is very close, if you have the kind of eyes that is free from attachment and you can recognize Him at any-time and anywhere." Thich Nhat Hanh.

God Bless America!

May God bless our Leaders, society, homes, communities of faith with peace, love, faith and hope in His promises.

Saratoga News Business Column Applauds Our Lady of Fatima Villa Being Named a “Top Nursing Home in the Country” by US News & World Report

BUSINESS

Plenty is going on in Saratoga’s historic Judge Foster Building

NEW BUSINESS IN TOWN: Evergreen Landscaping has just opened its offices in the Village. Specialists in general landscaping, the staff can redo your yards—front and back. You can check out their work at the Foothill Club.

Owners Jay Fettgather



DEBORAH RICE

and Judith Piper did a great job on the garden landscape project donated by the late and generous Miles Rankin. They just moved to Saratoga from Cupertino and have been designing and planting for 25 years. Jay is a longtime local, having graduated from Del Mar High School. Call them at 408.978.7179.

JUDGE FOSTER BUILDING: You’ll find Evergreen Landscaping in the historic Judge Foster Building. The restored building is a proud part of Saratoga history. It’s right behind Florentine Restaurant and is owned by Gene Zambetti. Gene’s family was a longtime owner of Hillview Cleaners.

Also in the Judge Foster Building is Pat Richard Insurance, now run by Pat’s daughter Carey Richard. Nice to keep it in the family!

EVENT PLANNERS BUSINESS GROWING: At Your Request is a Saratoga-based business that has planned events and weddings for more than 15 years, with rave reviews. Partners Pam Dunnett and Reiko Iwanaga began working with nonprofits on fundraising banquets and events. The business expanded into weddings—throughout the Bay Area to Carmel and Santa Barbara.

Lately, their work has taken a healthy food-centered twist after Ecopia Farms asked for their help. Ecopia Farms is a new, urban indoor farm that grows produce in a sustainable manner using 95 percent less water and less land.

The company’s artisan lettuces, microgreens and herbs are favorites of top local restaurants Plumed Horse, Le Papillon, Alexander’s Steak House, Cin Cin and Dio Deka. With the produce now available to consumers, Reiko and Pam have been hired to introduce Ecopia Farms to local consumers. To date, the two have held tasting events at Williams Sonoma’s Artisan Markets and Bluxome Winery. Contact At Your Request at 408.867.2546.

THE PERFECT JOB FOR YOU? Palladino & Associates can help you discover your insights and strengths that can steer you toward the perfect career. Connie Palladino, Ph.D. and Sherry Herriott, M.A. just presented a workshop at the Enterprise Leadership Conference titled “A Snapshot of You” for 100 high school juniors and Rotary volunteers.

The session helps answer such questions as: What motivates me? Why am I unique? The answers help build leadership and relationship skills and can be applied in life, school and work. The consultants conduct team building workshops for businesses. Connie also maintains a private career counseling practice. Visit cpalladino.com.

NATIONAL ACCLAIM FOR LOCAL BUSINESSES: Our Lady of Fatima Villa and Saratoga Retirement Community have been listed by U.S. News and World Report among the Top Nursing Homes in the Country. Congratulations! It’s nice to know that we have the best of

senior care right in our hometown.

HIGH ACHIEVERS: Union Bank, Argonaut Center, recently celebrated a milestone. Since opening in September 2011, the Saratoga office has officially become the fastest growing and most successful de novo office in the bank’s nearly 150-year history.

The Saratoga team exceeded the bank’s five-year growth target in less than one year and is on pace to double that figure this summer. The staff’s success has been recognized by the executive leadership team. Tim Wennes, vice chairman and chief retail banking officer of Union Bank, treated the staff to a celebratory dinner here in town at The Plumed Horse. The team is very proud of its success and thanks the Saratoga community.

MORE HIGH-TECH ACHIEVERS: Saratoga’s own tech leader, Roku, continues its hot streak. We reported that it was one of the “hot” companies at this year’s CES show. It has now signed a deal with IGN Entertainment, a San Francisco-based leader in video games media, to give its 5 million users instant access to IGN content, including original web series, video reviews, game help walk-through videos and exclusive live streams.

The IGN app is available free to all Roku users across all supported Roku player models in Canada, the Republic of Ireland, the U.K. and the U.S. Roku is located at Cox and Saratoga avenues.

If you have business news, we’d like to hear from you. Contact Deborah Rice at deborahcoburnrice@gmail.com.

The media recognizes Our Lady of Fatima Villa! This article appeared in the Saratoga News — We pulled out the mention and highlighted it below to make it easier for all to read!

National Acclaim for Local Businesses. Our Lady of Fatima Villa has been named by US News and World Report to their list of “Top Nursing Homes in the Country.” Congratulations! It’s nice to know that we have the best of senior care right in our hometown.

Sister Gemma Celebrates Her 70th Jubilee With Us!

Sister Gemma Fisher is a fairly new resident of Our Lady of Fatima Villa. She joined us on April 11, having moved from the Sisters of the Holy Names Convent in Los Gatos. We're happy to have her with us.

Her 70th Jubilee on June 2 was honored with a Eucharistic Celebration at the Convent of the Holy Names. This is quite an accomplishment and we congratulate Sister Gemma. Here is what she had to say:

“As I celebrated my 70th Jubilee on June 2 I thank God for my vocation call to be a Sister of the Holy names, my religious community and rich ministry opportunities over the years. I thank God for your love, friendship and support. How blessed I am!”

“As you may know, for the past four years, our SNJM community has been doing long range planning at our Los Gatos convent to plan for future care of our 67 sisters. The resulting decision was to sell the property and relocate the Care Center sisters to Our Lady of Fatima Villa.”

“Thank you for your presence in my life. I promise you my prayers.”

— Sr. Gemma

We'll Miss You Christina and Margret!



It's not easy to say goodbye to old friends. Christina Nielsen, our much-loved Activities Director, and Margret Stoup, our much-appreciated Human Resource/Payroll Administrator are leaving. We will miss them and wish them the very best.



Our Refreshed Logo

You may notice a difference in the logo for Our Lady of Fatima Villa. Our Board of Directors, along with our staff took a look at our logo and felt a little updating and “refreshing” was appropriate. You will see that the overall look and feel remains true to Our Lady of Fatima Villa, with a few subtle changes. We hope you like it!



Previous logo



Refreshed logo



Previous business card



New business card

***Our Lady of Fatima Villa Staff
Wants You to Stay Healthy and
Learn How You Can Manage Stress***

You can have a healthier heart by making small changes in your lifestyle. Managing your emotions may help, because some people respond to certain situations in ways that can cause health problems for them. For instance, someone feeling pressured by a difficult situation might start overeating and gain weight. Finding more satisfactory ways to respond to pressure will help protect your health.

What is stress?

Stress is your body's response to change. It's a very individual thing. A situation that one person finds stressful may not bother someone else. For example, one person may become tense when going to the doctor; another person may find that a source of relaxation and joy to connect with someone who's known your history. What causes fear in some, such as meeting new people, may be fun for others.

Exercise helps you let go of stress! It makes you feel stronger and healthier. It helps control your weight and makes your heart pump better.

How does stress make you feel?

It can make you feel angry, afraid, excited or helpless.

It can make it hard to sleep.

It can give you aches in your head, neck, jaw and back.

It can lead to habits like overeating or drug abuse.

You may not feel it at all, but your body may be suffering from stress.

***Our Lady of Fatima Villa Staff
Wants You to Stay Healthy and
Learn How You Can Manage Stress***

How can I live a more relaxed life?

Some of life's events can be upsetting. Remember that it's not the outside force, but how you react to it inside that's important. You can't control all the outside events in your life, but you can change how you handle them emotionally and psychologically. Here are some good ways to cope:

- ♦ **Take 15 to 20 minutes a day to sit quietly, breathe deeply and think of a peaceful picture.**
- ♦ **Try to learn to accept things you can't change. You don't have to solve all of life's problems.**
- ♦ **Talk out your troubles and look for the good instead of the bad in situations.**
- ♦ **Engage in physical activity regularly. Do what you enjoy — walk to get your big muscles going. Letting go of the tension in your body will help you feel better.**
- ♦ **Don't overeat and don't smoke.**
- ♦ **Think ahead about what may upset you. Some things you can avoid. For example, spend less time with people who bother you or avoid situations you know will upset you.**
- ♦ **Change how you respond to difficult situations.**
- ♦ **Be positive, not negative.**
- ♦ **Learn to say "no." Don't promise too much.**
- ♦ **Give yourself enough time to get things done.**

How can I learn more?

Talk to your doctor, nurse or other health-care professionals. If you have heart disease or have had a stroke, members of your family also may be at higher risk. It's very important for them to make changes now to lower their risk.



Reunion —

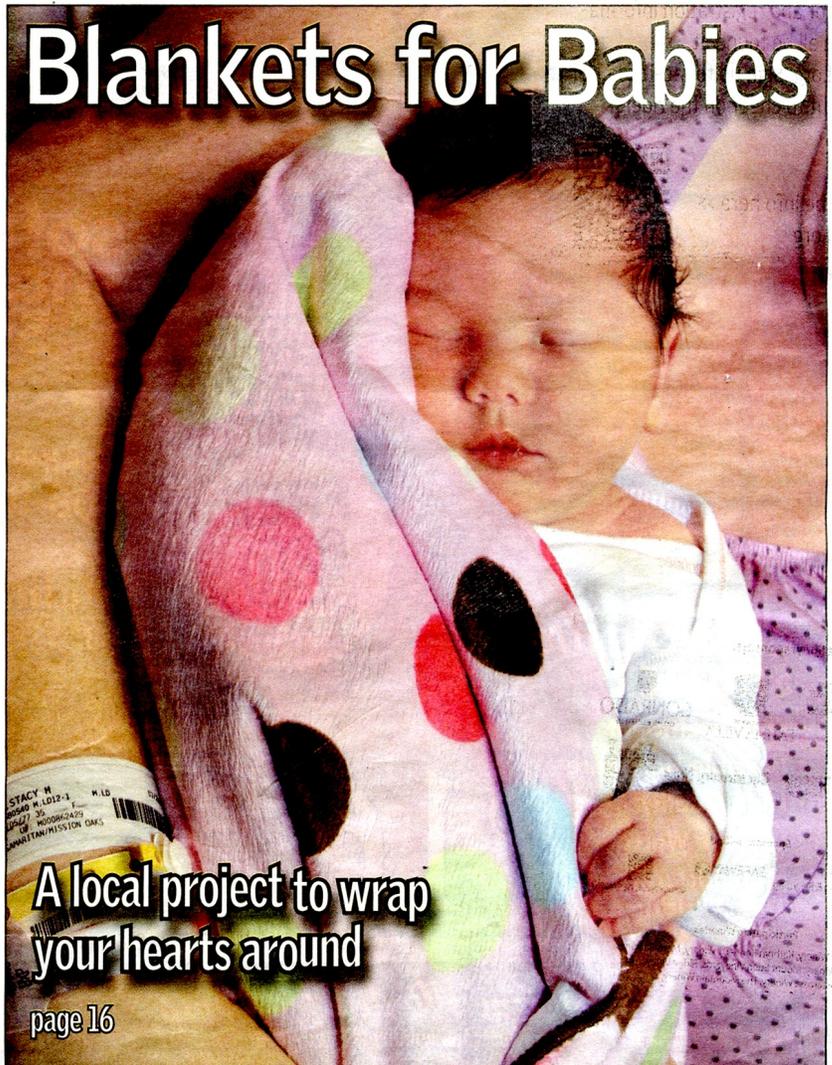
One of our former rehab patients — Ruth Coburn — came back to visit our staff to thank them for taking such good care of her. Lina and Ruth were happy to see each other. How nice!

LOS GATOS
WEEKLY TIMES
 An edition of the San Jose Mercury News
 www.community-newspapers.com

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**Our Own
 Cover Girl!**
**This article ran in
 the
 SJ Mercury,
 Los Gatos
 Weekly,
 Campbell
 Resident and |
 Saratoga News.
 It may be a little
 difficult to read,
 but we wanted
 you to see what
 was published!**

Blankets for Babies



**A local project to wrap
 your hearts around**

page 16

Two-day-old baby Gianna Moody is wrapped in a new baby blanket her family recieved from Project Baby Blanket, sponsored by local Rotary clubs.

PHOTOGRAPH BY GEORGE SAKRESTAD

A Mediatrix Group NEWSPAPER

Our Own Cover Girl!
Trudy Vanderpyl!
Trudy's generous knitting has
made her a local celebrity!



Trudy Vanderpyl, 89, knits scarves that will be delivered to new moms at local hospital maternity centers. Vanderpyl has had only use of one hand since birth due to being afflicted by polio.

Stitch by Stitch

Trudy Vanderpyl knits scarves that will keep newborns warm

By DEBORAH RICE

Photographs by GEORGE SAKKESTAD

Stitch by stich, Trudy Vanderpyl is slowly knitting a scarf. The color isn't important to her; it's the cause that truly

matters. Vanderpyl, 89, has decided to lend a hand in helping babies born into needy families. Once com-

pleted, her scarf will be added to a Saratoga-Los Gatos Assistance League "baby bundle," which also includes blankets, diapers toys

and books. The bundles will then be donated to less fortunate families. As the scarf takes form, Van-

derpyl says, "I've been knitting all my life." But it isn't easy for her.

Blankets, page 17

Blankets

Continued from page 16

Vanderpyl learned how to knit as a girl in Holland in the 1920s despite having been afflicted with polio. One of a family of eight children, she remembers her mother hiding knitting needles from her, worried that she might injure herself.

"I found them anyway and taught myself to knit with one hand," she says. "I've been knitting ever since."

Knitting for the baby bundles gives her a purpose, she says.

"It gives you the satisfaction of being able to make something that somebody needs. And after all, I do have free time," Trudy says with a smile.

Thanks to Vanderpyl, a resident of Our Lady of Fatima Villa in Saratoga, the league's bundles will contain warm woolen scarves, the perfect size for babies or small children.

"I can't believe how fast she works," said Christina Nielsen, assisted living activities director at Our Lady of Fatima Villa. "Seniors like Trudy want to feel use-

ful. They want to give back. Trudy will knit for hours and hours, and then give her work away to little babies she'll never see. That's true giving."

All families appreciate it when the community welcomes their newborn. When a baby is born to a needy family, quite often the bare essentials are not available. Wrapping a baby in a blanket made with love gives them a warm welcome to our world.

Many premature infants and less fortunate babies will be keeping warm thanks to the efforts of the local Assistance League and Rotary Clubs.

Hundreds of baby blankets have been donated by Saratoga, Los Gatos and Los Gatos Morning Rotary clubs through a project known as Project Baby Blanket. These small blankets will be one of the first things to touch the skin of countless newborns, and there will be more for families to take home, thanks to this project.

The Baby Blanket Project was the brainchild of Kathi Hamilton, a loving mom and grandmother who wanted to make a difference.

She is the wife of Rotary Dis-

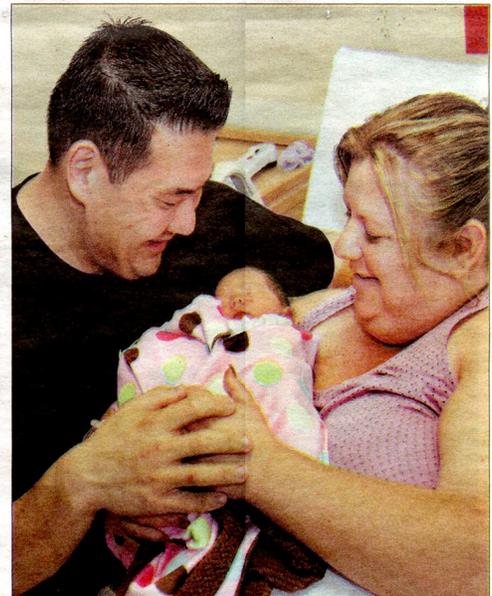


Project Baby Blanket coordinator Kathi Hamilton, left, and Avis La Grone, president of the Rotary Club of Los Gatos, help package some of the hundreds of baby blankets that will be donated to area hospitals.

Blankets, page 18



Kathi Hamilton, far left, Cupertino resident and project coordinator for Project Baby Blanket; Wes Toy, president of the Saratoga Rotary Club; Avis La Grone, president of the Los Gatos Rotary Club; and Sue McSorley, president elect of the Los Gatos Morning Rotary, help package some of the hundreds of baby blankets that will be donated to area hospitals.



New parents Stacy and Scott Moody are happy to receive a new baby blanket after the birth of their daughter, Gianna, at Good Samaritan Hospital.

Follow up: This article was so popular — it ran in the SJ Mercury, LG Weekly, Campbell Resident and Saratoga News. The reporter received over 35 very positive emails to the story and offers to help with the project.

Blankets

Continued from page 17

trict 5170 Gov. Joe Hamilton, whose duty it is to visit 53 clubs in an area spanning Oakland to San Juan Bautista. Traditionally, the spouse accompanies the governor on these visits. Kathi Hamilton agreed to accompany her husband if she could do something significant that could justify her time.

Hamilton has had a lifelong passion for babies. She's never met a baby she hasn't fallen in love with. She decided to launch a project that would help new mothers and their newborns, and Project Baby Blanket was born.

Checking, she found that hospitals are always in need of receiving blankets—a soft, lightweight blanket used to wrap and swaddle new babies right after birth. Receiving blankets can also be draped across a baby in a stroller for warmth, used for layers in baby bedding, spread on a surface for a quick diaper change, folded over the shoulder for burping or used to cover a baby for privacy while breastfeeding.

"We found a need," Hamilton



Sue McSorley, president elect of the Los Gatos Morning Rotary, and Wes Toy, president of Saratoga Rotary, help box up baby blankets that will be donated to area hospitals.

says. "Having a worthwhile idea is one thing. Having it succeed is another."

During her 53 visits, Kathi asked Rotary clubs for small dona-

tions for her project. Little did she realize the amazing and positive response she would receive. Over the past year, nearly 4,000 baby blankets have been collected for

distribution.

"I never expected such a response," she says, adding that she'll have packaged more than 4,000 blankets by the time the project is finished. "Blankets have literally filled my garage and spare bedrooms. I'm flabbergasted."

Out of the 53 Rotary Clubs in the district, Saratoga and Los Gatos Rotary clubs stepped up and donated 10 percent of the total number of blankets.

The blankets will be distributed to Good Samaritan Hospital, El Camino Hospital in Los Gatos and the Saratoga-Los Gatos Assistance League. They, in turn, will give the blankets to babies where there is a special need.

"What better way to enter the world than to be cuddled in a soft blanket? Many, many new babies will benefit," said Paul Christensen, president of the Los Gatos Rotary Club. "This project is a wonderful example of Rotary taking those who need help and wrapping them in warmth and love."

Distribution of the blankets has just begun, but already women who were given the blankets have expressed their appreciation.

Little Gianna Moody was among the newborns to receive a blanket through the Project Baby Blanket program.

Stacy and Scott Moody of Campbell chose Good Samaritan Hospi-

tal to deliver their first child, and after Gianna was born on March 25, they were surprised with their special gift.

"[They] provided us three beautiful blankets to choose from," wrote Stacy in an email. "We chose the pink blanket, and we love it. It was so nice to receive such a wonderful gift."

For Scott, though, it was a reminder of something that happened many years ago when he was born in South Korea.

"[He] was abandoned at a police station when he was a newborn," wrote Stacy. "He was then taken to a local orphanage; it was there that he was given a baby blanket."

"Every child in the orphanage was given a blanket that they were able to take with them when they were adopted. It was a hand-stitched patchwork blanket. It was something he kept for many years."

No doubt families receiving blankets offered by the Rotary clubs and the Assistance League will cherish their gifts, too.

"Good Sam serves a very wide cross-section of our community," says Leslie Kelsay, vice president of marketing and communications at Good Samaritan Hospital. "For any family with a premature infant, or one with major health complications at birth, having a baby in our NICU is an emotionally challenging time. Something as simple as a handcrafted receiving blanket tells them their community cares about them and their child."

"Regardless of their economic circumstances, the gift of a blanket is a small moment of joy in very difficult times," she says. "Our friends and neighbors in the West Valley have big hearts, and these lovely blankets show how much they care for the smallest among us. Each time we're able to provide one of these blankets to a Good Sam family, we think of the larger community extending its support."

It may be an unassuming piece of fabric, but for many needy babies and their families, these baby blankets represent the generosity and caring that is woven into American lives.

To donate yarn to Trudy Vanderyl's knitting project, contact Our Lady of Fatima Villa at 408-741-2950. To donate to Rotary's Blankets for Babies, contact deborahcoburnrice@gmail.com.



Elsa Ayento-Wilkins of Good Samaritan Hospital delivers a baby blanket to new parents Scott and Stacy Moody for their 2-day old baby Gianna. Stacy and Scott Moody said they were thrilled to cuddle their newborn Gianna in a new baby blanket.

Follow up: We received many offers of yarn for Trudy. Here is one photo of a yarn delivery! The yarn filled a Santa Claus size bag! And there are more — Trudy clearly touched many hearts!



Bits of News

We invite you and your family to post bits of news in your newsletter! Please let us know about special celebrations, family news, and outings. We care about our residents, staff and their families and would like to publish any photos and events you'd like to share! Please let Roslan know.



City of Saratoga Chooses Fatima Villa Food Services to Cater Dinner at Hakone!



“Our Lady of Fatima Villa catered Saratoga’s Annual Commission Dinner. Our City has 5 commissions (Planning, Library, Parks and Recreation, Traffic Safety, Heritage) and a Trails committee and they are honored once a year at a dinner. This year it was attended by 90 persons; each commissioner was honored and a lovely time was had by all. The food was great!”

— Jill Hunter, Mayor of the City of Saratoga



Our Lady of Fatima Villa Honors CNAs at Special Lunch



There are many people who have helped us attain the distinction of being name as "One of the Top Nursing Homes in the US" by US News & World Report. Our CNAs play an important role in that honor.

On June 18th, we honored them at a special luncheon.

You may not know exactly what they do!

A certified nursing assistant, or CNA, helps patients or clients with healthcare needs under the supervision of a nurse. The individual who carries this title needs strong work ethic and ability.

Often the nursing assistant serves as eyes and ears, relaying information between patients and nurse. Nursing assistants fulfill basic quality of life-needs for our residents. They have daily contact with patients and gather information about patients' conditions, which they transmit to their supervisors. A CNA's workload can become intense and fast-paced, but the human contact and ability to help those in medical need is a strong motivating factor.

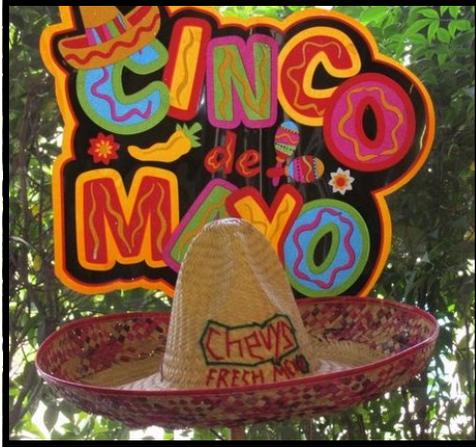
We have an outstanding team of CNAs here at Our Lady of Fatima Villa and we appreciate them!



"In celebration of CNA week, a potluck was held to honor our staff. They are one in a million and we appreciate all the help they provide and for their love and compassion for our residents."

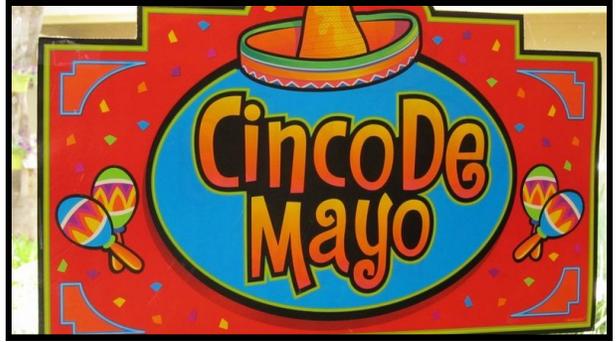
— Ina Otah D.S.D





Once again, residents of Our Lady of Fatima Villa were treated to an entertaining and delicious Cinco de Mayonnaise Celebration!





Music, good food and friends made for a happy celebration!



Relieving Arthritis

Arthritis, which means joint inflammation, causes pain, stiffness, and swelling in the joints, such as the fingers, neck, back, hips, and knees. Osteoarthritis, the most common form of arthritis, is swelling of the joints caused by the wearing down of joint tissue and cartilage. Osteoarthritis affects the weight-bearing joints of the arms and legs, such as the knees, hips, shoulders, elbows, ankles, and thumbs, and often can be improved by joint replacement surgery. Rheumatoid arthritis is a long-term disorder that can involve the major organs of the body. It causes painful swelling of the legs, arms, and spine. The disease may get worse over time and lead to irreparable joint damage.

The pain caused by arthritis can affect how a person functions in the home and workplace.

Occupational therapists can suggest modifications to help people with arthritis to work and live independently while avoiding stress to the joints.

What can an occupational therapist do?

Make custom splints to rest or support limbs.

Design adaptive equipment or recommend devices to help functionality in daily activities.

Evaluate the home and suggest changes and modifications to make arthritis easier to live with.

Advise what exercises can relieve the pain of arthritis and which activities should be avoided.

Determine the psychological effects of arthritis, such as depression and emotional stress resulting from lack of sleep because of pain, disfigurement, or an inability to complete certain meaningful tasks.

Occupational therapists can recommend coping strategies to combat emotional effects.

What can a person with arthritis do?

Wrap foam, cloth, or tape around the handles of objects to cushion the grip.

Avoid lifting heavy objects by using carts or carriers with wheels to move even small items.

Use jar openers to avoid twisting the fingers and hands.

Pace yourself. Separate daily tasks, including leisure activities, into manageable amounts, and take breaks when necessary.

Need more information?

All forms of arthritis are serious and can affect many aspects of a person's life, including leisure activities. If you would like to consult an occupational therapist, practitioners are available. Contact your doctor or our front desk at Our Lady of Fatima Villa(?) for more information.

Occupational therapists and occupational therapy assistants are trained in helping adults with a broad range of physical, developmental, and behavioral conditions in addition to arthritis, such as low back pain, mood disorders. Occupational therapy practitioners also advise people in preventing falls, and help clients in wellness techniques that may prevent injury and disease.



Residents' Monthly Birthdays



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 birthday!!

Residents with birthdays in May, June and July are:

May

1 Janice D.
3 Alvira D.
5 Lawrence H.
11 Leona W.
12 Aili C.
**13 Sr. Catherine
Irene**
**14 Angela G.
Ruo X.**
27 Caroline Wong

June

3 Thomas O.
6 Phoong L
15 Dorothy W.
**16 Sr. Miriam
Jeanne**
18 Bette B.
22 Sadruddin A.
25 Lim Hwa P.

July

5 Susan W.
**13 Betty W.
Sister Deborah C.**
19 Ray A.
27 John S.
**31 Sister Nora Christian
Betty M.**



Our Lady Of Fatima Villa in Our Community

Saratoga Senior Center Sponsorship

Our Lady of Fatima Villa believes in being involved and supporting our community. We are proud to continue our close relationship with the Saratoga Senior Center. Our Lady of Fatima Food Services catered a BBQ at the Senior Center on June 26.

On June 27, Chef Jose led our catering team at an Open House for the Saratoga Senior Center Adult Day Care— photos below. “This food is delicious” comments were heard loud and often!



Susan Huff, Director of the Saratoga Senior Center (second from left above) posted this sign on the hors' d'oeuvres table. In case you can't read it, it says, "Saratoga Adult Care Center would like to thank Our Lady of Fatima Villa for the sensational appetizers provided for you this evening."

We'd like to introduce you to a new and very nice new face here at Our Lady of Fatima Villa. We thought you'd like to read a personal message sent to you.

**Please Welcome Nutrition Care Manager
Yvonne Kong, MS, RD**

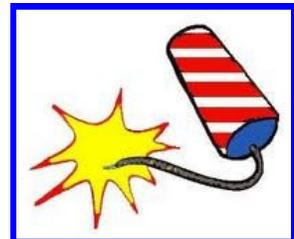
"I grew up in Cupertino and have always had a passion for nutrition. I attended California Polytechnic State University where I received my Bachelor's Degree in Nutrition and a minor in Biology. After working for a year, I was accepted into a master's degree/dietetic internship program at Benedictine University in Lisle, IL, and graduated in December 2012. My Master's Degree is in Nutrition and Wellness. I moved back to California in December, took my Registered Dietician exam in March and then got hired at Our Lady of Fatima Villa as the Nutrition Care Manager. I am very excited to be starting my career at such a wonderful community. The staff and the residents are always friendly and welcoming. Please feel free to ask me if you have any other questions or would like to know more about me!"



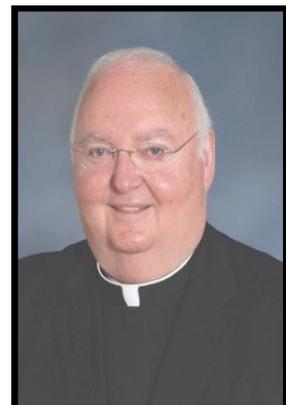
— A personal message from Yvonne Kong

Upcoming Events

July 4th — Families and friends are invited to celebrate our country's birthday!



July 13 — Please plan to join us as Most Revered Patrick McGrath, Bishop of the Diocese of San Jose presides at our 10:30 am outdoor mass celebrating our Annual Patroness Feast of Our Lady of Fatima.



Our Lady Of Fatima Villa in Our Community

Our Mission Statement encourages us to support education in our community. We believe education is more than math and physics, it is also the arts. For the second year, Our Lady of Fatima Villa was proud to sponsor the West Valley College Theater Gala. This year's production was "Sweet Charity" and we did our part to help the West Valley Charitable Foundation with the growing-in-fame Our Lady of Fatima Chocolate covered Strawberries. They disappeared in a Broadway flash!

STYLE

Our Lady of Fatima Villa Sponsors Tony-award winning *Sweet Charity*, performed by West Valley College Students and benefitting West Valley College Theater Arts and Student Programs

COVERING THE ARTS AND LOCAL FEATURES

Wine, berries, play make for a 'Sweet' night

'Sweet Charity'
on stage at WVC

By DEBORAH RICE

What started as a fundraiser three years ago has become something of a tradition on the West Valley College campus in Saratoga.

And the tradition continues on April 20 with the return of the Broadway Dinner Theater Fundraiser for the West Valley College Foundation.

This year the dinner theater production will feature the Tony Award-winning musical *Sweet Charity*, with more than 30 talented students singing and dancing on the West Valley stage in the play directed by Amy Zsadanyi-Yale.

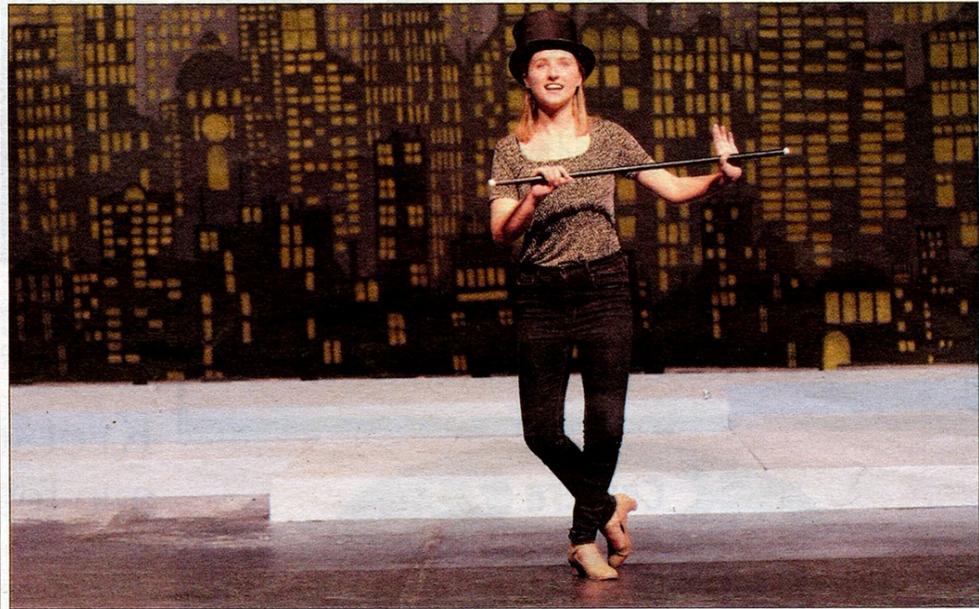
Playing the lead role of Charity, a dancer-for-hire at a Times Square dance hall, is Kayla Empson.

"Kayla is dynamite," said Brad Weisberg, chairman of the West Valley College Theater Arts Department. "She carries the show."

Empson recreates the role made famous on Broadway by Gwen Verdon and later in film by Shirley MacLaine. The play, based on the book written by Neil Simon, was choreographed by the legendary Bob Fosse, who later directed and choreographed the film.

Fosse's wife, Verdon, played the lead role on Broadway, where it ran from January of 1966 to July of 1967 and was nominated for 12 Tony Awards. The film version starring MacLaine was released in 1969.

The dinner-theater fundraiser—which featured *Pippin* last year—has proven a successful event at West Valley, and a popular part of the show is the se-



PHOTOGRAPH BY GEORGE SAKKESTAD

West Valley College will present 'Sweet Charity' at its Broadway Dinner Theater Fundraiser on April 20. Kayla Empson, rehearsing a scene for the upcoming production, plays the lead role of Charity.

lection of an audience member to appear in the night's finale.

Saratoga city councilman Chuck Page will auction off the opportunity, just as he did during *Pippin* a year ago.

"I had so much fun last year that I was happy to when I was asked to do it again," says Page. "West Valley College is such an asset to our community. I want to do all I can to support their programs for college and even high school students that train our next generation of leaders."

Also returning this year are the popular chocolate-covered strawberries provided by Gala sponsor Our Lady of Fatima Villa.

"We believe in supporting worthwhile organizations in our

community," said Our Lady of Fatima CEO and president Bella Mahoney, "and West Valley College is a treasure."

The cost of the dinner theater is \$45 per person, which includes wine and hearty appetizers, and the chocolate-covered strawberries at intermission.

"The theater gala is a wonderful opportunity for the college to open its doors and showcase not only the incredible talents of our students and faculty, but also to embrace the community support so essential to our continued success," said Brad Davis, interim college president.

Ginger Drake, professor emeritus from the department of theater, will serve as the evening's

master of ceremonies. Drake taught for 32 years at West Valley College and was the department chairwoman for 12 years.

"Ginger is such a great performer and so popular that I'm afraid she'll steal the show," said Weisberg. "She's fabulous in front of a crowd and I'm sure former students and faculty members will love to see her back on stage."

The dinner-theater gala, which is open to the public and benefits theater arts at West Valley College, will be held on April 20, 6 p.m., in the theater on the school's campus, 14000 Fruitvale Ave. in Saratoga. For more information, visit westvalleycollege.eventbrite.com or call 408.741.2097.

Spreading the Good Word About Our Lady of Fatima Villa to the Local Parishes

We are so proud to have been named by US News & World Report as one of "The Top Nursing Homes in the US" that we want our neighbors (many of them your old neighbors!) to know of the excellent care they can expect for themselves and/or their loved ones. We are putting a series of advertisements in the local parish bulletins. Parishioners at St. Mary's in Los Gatos, Sacred Heart in Saratoga, Church of the Ascension in Saratoga and Our Lady of Peace in Santa Clara will see some of the following ads over the next year.




Your parents wanted the best for you...

Now it's your turn to make sure they have the best health care.



Please call to discuss our care options.



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Now it's your turn to make sure they have the best health care.



Please call to schedule a tour and talk about how we can care for you or your loved one.



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U.S. News and World Report names Our Lady of Fatima Villa one of the "Top Nursing Homes in the U.S."

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Teas With Bella Prove Very Popular

About a year ago, we began a monthly event called “Tea with Bella”. On the last Tuesday of the month at 3pm, residents and their guests are invited to sit down over a cup of tea, finger sandwiches and perhaps some cookies or scones. Ideas and memories are exchanged and residents can ask Bella any question they may have. It has become a very popular event. This past “Tea” had over 300,000,000 participants! Please plan to join us!



Bella introduced Faye Manning, our new Activities Director to the Tea Group

***Next Tea with Bella
Tuesday, July 30, 3pm.
Don't Miss it!***

Strawberry Days at Our Lady Of Fatima Villa



With our Valley's rich agricultural history, what better way to greet the summer season than with a feast of strawberries! Chef Jose and staff prepared some delicious strawberry dishes that seemed to put smiles on everyone's faces!





Record Number Attend This Month's "Tea With Bella"
We were privileged to see another side of our talented CEO Bella Mahoney. It reminded us all that there are many dimensions to all of us.

Ask questions and volunteer some information about yourself. You'd be surprised how small the world is and how much we have in common. You just have to find a way to discover what that is!



Short Term Rehabilitation patient Ruth Coburn returned to join this month's Tea With Bella. Ruth was a patient who came to us after a serious respiratory hospitalization. She came reluctantly, but, much more importantly, left with tears in her eyes. "I never thought I would ever see my mother reluctant to leave a rehab/nursing facility. The staff was so kind to her, first on her list of things to do when she could was to come back for a visit," said her daughter Deborah Rice.

"Everyone — residents and staff were so kind and made me feel so welcome. I was overwhelmed with the genuine kindness I felt," said Ruth.

"I had fabulous therapy during my stay. I must admit I was discouraged coming in. The staff convinced me I could regain strength and get back to much of my old self. My goal was to go home to my daughter's home. I'm there, happy and making my own meals and pulling 'my weight' in the kitchen. I am thankful for the great care I got with Fatima Villa's Rehabilitation Team."

*- Ruth Coburn 97, 4-week Rehab patient,
January 2013, now living with her daughter*



At the June Tea with Bella, a record number of attendees got a chance to see our CEO as they had never seen her before! Bella and 12 other Saratoga Rotarians dedicated 2 weeks traveling to Guatemala with a medical and volunteer team that performed 116 surgeries on children with cleft lips and cleft palates. Bella shared a DVD that was made from one of the two missions Bella has been on. She has performed many duties as volunteers often do, but her strength to the team has been her translation skills. Bella does more than translate words, she translates emotions — caring, trust, and understanding. And she is in a medical environment that the parents of these children have never experienced. So medical terms are a challenge in any culture. I saw Bella hugging parents and children — she gave them trust in our team, that we would take care of their child. Not only does she have the talent, compassion, knowledge — but she’s fun! We did have some tears, a lot of good laughs, and most importantly, we changed the lives of 166 children and their families. It’s not often in life you can be a part of that impact.”

— Deborah Rice 2008 Rotaplast Mission Director, Saratoga Rotary



It was a packed house at the June “Tea with Bella” as she shared a slide show of one of her Rotaplast Medical Missions, where she helped 116 children begin a new life having had cleft lips and/or palates surgically corrected by Rotary volunteers.



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"Top Nursing Homes in the U.S."
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