

Our Lady of Fatima Villa

The Gazette — Spring Edition

March 2013

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



US News and World Report Names Our Lady of Fatima Villa as a Top Nursing Home in the US

I have just returned “home” from a wonderful vacation that my husband, Michael, planned. It was truly magical to see Asian cities and countries that I had heard and read about. The photo on the right was taken in Vietnam and just seeing it brings back smells and sounds of that beautiful country.

Time away from normal routines gives us a chance to reflect and refresh our internal batteries. I enjoyed the trip, but it is true, “there is no place like home”. I’m glad to be back here at Our Lady of Fatima Villa with all of you.

I am thrilled to share with you the news that the very well respected magazine, US News and World Report has named Our Lady of Fatima Villa as one of the top nursing homes in the country. This is a very prestigious honor and comes on the heels of our five-star rating by state and federal surveyors. It reflects our commitment to exceptional care for our residents. Our staff deserves much credit for this distinction. It was wonderful homecoming news.

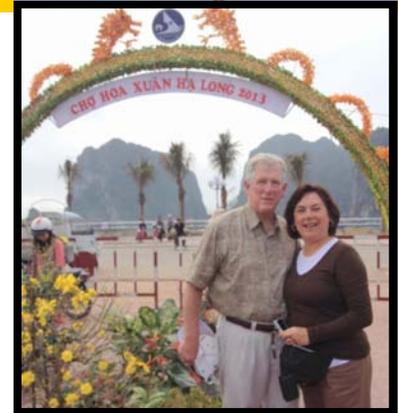
I would also like to share with you our new logo. It may look very familiar, however, you will notice that it has been “refreshed” with new type fonts and layout. This revised logo was done with the blessing of the Dominican Sisters who were involved in the design and decision process. We hope that it reflects a clean, sophisticated facility and yet carries the tradition established by the Sisters many years ago. The words Praise, Bless, Preach are key to the Dominican sect. The oak leaves are a key part of Saratoga. We hope that you like the modified look of our logo. It will begin to appear in our literature and signage.

Lastly, we are excited about the Sisters of the Holy Names joining our family here at Our Lady of Fatima Villa. You will see some photos of our visit to them and their visits to us later in this newsletter. We’ve also included an article from the San Jose Mercury News that explains their move. I know you will join me in warmly welcoming them to our home.

It’s an exciting time here. I thank you all for your support and friendship.

Bella Mahoney

**President and CEO
Our Lady of Fatima Villa**



Michael and I are at Halong Bay, a popular travel site, located in Quang Ninh province, Vietnam. The bay features thousands of limestone karsts and isles in various sizes and shapes.

A Lenten Reflection



Our Lady of Fatima

Lent is a season of conversion, a turning, a returning to the God revealed in Jesus, a God who is gracious, merciful, and rich in kindness. Often we stray from the center of our being, getting caught up in distractions that divide our hearts and souls. Like the lost sheep, we drift from the fold and, in our loneliness, hear the call to come home.

The purpose of Lent is then to confront us with ourselves, leave behind our "sins", and grow closer to God. For this, we need a change of heart.

Joel the prophet passes on God's message : return to the Lord with your whole heart. We do that by putting into practice the 3 imperatives : pray, fast, give alms. In prayer we lift our minds and hearts to a God who is slow to anger , rich in compassion and relenting in punishment. By fasting, we train our wills to do the will of God. Fasting, by sharing our bread with the hungry; and from all that causes despair, disrespect, arrogance, hurts and self-righteousness. And, by almsgiving, we reach out to those in need through financial assistance and social service. It is not sufficient just to do these things; we must do them in a certain way-wholeheartedly.

The motivation behind these three Lenten practices is to be seen by God who can read the heart and reward the good intention.

Wishing you a holy season of Lent blessed with spiritual renewal, closeness to God and faithfulness to the Gospel: the Good News about God's love, mercy, life and salvation to the world.

Father Adel Ghali

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

Our Staff Honors Ash Wednesday



You may have noticed the crosses on the foreheads of staff members as they honored Ash Wednesday and the beginning of Lent. The ashes are a reminder from our Lord that we are “dust, and to dust you shall return”.

Let God Set Your Agenda For Lent

As we begin the penitential season of Lent, we have Jesus' assurance that God will repay our sincere acts of prayer, almsgiving and fasting. We wonder what that "payment" might be for you and me. What is it that I most need during this sacred season? What should I ask God to give me?

Lent can be a good time to make an inventory of our lives, recognize our faults, mistakes, sinfulness and ask God for specific kinds of help. But it is also a good time to trust that God knows what we need most and accept whatever He considers the best "payment" for our various penitential acts.

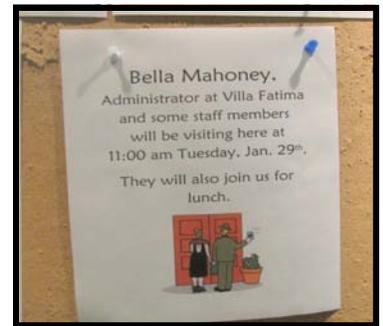
We may experience deep peace; or a lively sense of God's presence; or we may be moved to reconcile with a family member or friend; or we may be drawn to volunteer/help at a parish food pantry; or... God can move our hearts in any number of ways. This Lent, let us accept whatever comes from the hands of God who knows what is best for us.

Lord, help us in this sacred season to grow in your love; to serve others with humility and joy; and to walk faithfully in your ways.

Fr. Adel Ghali

Our Lady of Fatima Villa Visits the Sisters of the Holy Names

We will soon be welcoming new residents from the Sisters of the Holy Names from Los Gatos. The article that appeared in the San Jose Mercury News on the next page explains the decision to sell their property. Our staff visited the Sisters at their residence. We know you will join us in welcoming the Sisters to Fatima Villa!



Sisters of Holy Names Will Sell Los Gatos Property, Return Land to Residential Use

By Dick Sparrer , San Jose Mercury News (reprint)

It had to be a tough decision for the Sisters of the Holy Names when the order left the Warm Springs district in Fremont to move to Los Gatos just after World War II. But as tough as that decision must have been to purchase the property up on Prospect Avenue back in 1945, the decision to sell it has been even more difficult.

Still, that's just what the sisters will do. They plan to sell the bucolic 11.8-acre property and return it to the neighborhood that surrounds it.

"Because of the residential character of the neighborhood, we are currently planning to return the property to its traditional pattern, consistent with the surrounding neighborhood, the existing zoning and the town's General Plan," according to a press release from the order.

"We really want to work with the town and our neighbors," said Sister Mary Pat LeRoy, who has chaired the multi-year, long-range planning effort. "We want to try to make this as peaceful as possible."

The site can accommodate up to 21 half-acre lots, but there will likely be fewer than that when the project is completed.

The sisters living on the campus--the younger ones in residence as well as those aging sisters needing long-term care--will find new homes, thanks to partnerships created with Our Lady of Fatima Villa in Saratoga and Merrill Gardens, an active living retirement center in Campbell.

Moving the convent residents was not the order's first choice, though.

"We had originally hoped that we could find a partner to build a full service continuing care facility," said Sister LeRoy. But, she added, while they pursued that option, it slowly became apparent that such a project would be prohibitively expensive. So the question became, how could they afford to care for their aging sisters while still focusing on their mission--education.

"We all know someone who is planning and caring for an aging parent, grandparent or family member. In our case, the sisters are a very large family," said Sister LeRoy. "We are ensuring the highest quality, long term care and housing for our aging sisters and the continuation of our mission, ministry and service to the community."

Faced with that responsibility, and the financial commitment they would need to address since the sisters receive no outside funding, but must support themselves, the decision became very clear.

"With all of the changes in health care, our needs are now different," said Sister LeRoy. "We needed a longer term plan for our property."

Our Lady Of Fatima Villa in Our Community

Trudy Knits for Less Fortunate Babies and Their Moms



Our residents are truly wonderful people. That's not a surprise to our staff, but it is nice to be able to share some stories about our kind and generous residents.

Trudy Vanderpyl was born in Holland to a large family of knitters. Trudy was born with polio, but that didn't stop her. Even though her mom hid the knitting needles from her because she didn't want Trudy to hurt herself, Trudy taught herself to knit with one hand.

She's been knitting ever since. Her lovely wool scarves are for sale at our Corner Store.

Recently, Trudy found that the Saratoga Rotary Club and the Saratoga -Los Gatos Assistance League were joining to deliver "baby bundles" to less fortunate families. The bundles are made up of blankets, diapers, toys....and thanks to Trudy, will have some nice warm woolen scarves.

What a wonderful thing Trudy is doing to put her skills to good use for babies and their families.

We're proud of you Trudy!



Our Lady Of Fatima Villa Welcomes The Sisters of the Holy Names

We will soon be welcoming new residents who will be joining us from the convent of the Sisters of the Holy Names in Los Gatos. You may have noticed smiling faces when they visited Our Lady of Fatima Villa. We are looking forward to their move in, which is expected to be around the first of April. Please give them a very warm Our Lady of Fatima welcome!



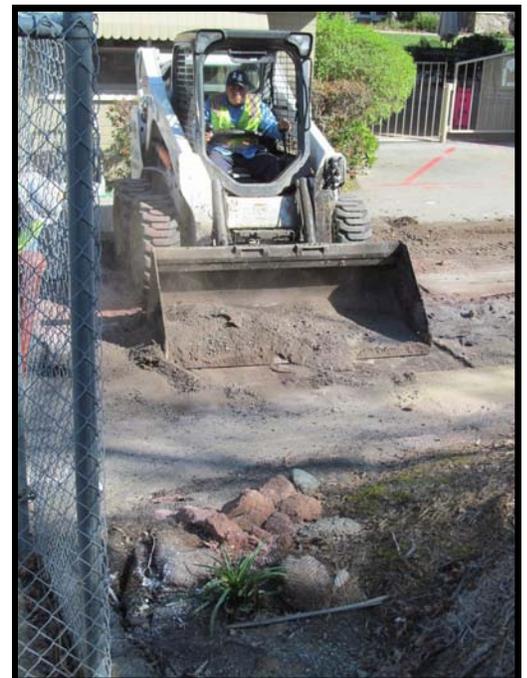
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celebrate Easter at Our Lady of Fatima Villa!
Mass will be held at 10:00
Easter Egg Hunt 2:30 pm

Our Lady of Fatima Villa Campus News

The Additional Parking Spaces Will Be Worth Some Inconvenience!

As you and your guests likely know, we continue to undergo construction in our parking lot. We apologize for the inconvenience. However, the good news is that we will gain twenty new parking spaces. Project Manager Richard Navarro of CMI Construction said, “Our Lady of Fatima Villa has many visitors. We wish there was some way to avoid delays and detours during our renovation. We’ve done our best to speed up the process and the end result should make it all worthwhile.”

The project involves installing new underground pipes and moving existing power and telephone lines.



Our Lady of Fatima Villa Staff Polishes up CPR Skills



A Look Back at the Proud History of Our Lady of Fatima Villa



From the San Jose Mercury, 1960's

Sister Mary Lawrence Kilmer recently celebrated 60 years in the Congregate of Saint Catherine of Sienna of the Dominican Sisters of Kenosha, Wis. The chapel in which she sits is part of the convent at Our Lady of Fatima Villa in Saratoga, soon to be torn down.

Reprint from the San Jose Mercury News

Your parents wanted



the best for you...



They made sure you
always had the best care.



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

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5 Spiritual Practices for Aging Well

An edited article originally written by Lewis Richmond: www.twitter.com/lewrichmond

The new field of "happiness studies" focuses on the objective measures and causes of happiness. Researchers have found factors that reliably increase happiness as we age:

Gratitude. When asked what they like about being older, people often answer "Gratitude," then say what they are grateful for: grandchildren, good health, free time, wearing what they want, the chance to travel, and give back to the community. Why not try an exercise we'll call the "thank you" prayer. It's easy – just repeat the words "thank you" silently to yourself and watch what comes up. It's amazing how many and how readily images of gratitude come to mind.

Generosity. It's scientifically proven: giving back and helping others makes us feel happier and more content. Giving is a universal spiritual value taught by every religion, and the desire to give back naturally increases as we age. It is part of our role as community elders -- something we can do into our sixties, seventies, eighties and beyond. Giving is truly a spiritual practice, and it naturally lifts our spirits.

Reframing. Aging includes its share of reverses, losses and sorrows. What makes the difference is our attitude about them. If a bad knee means we can't jog anymore, we can take up swimming. If we lost money in the recession, we can cherish what we still have. If we become ill, we rejoice when we recover. Focus on the positive aspects of the present, rather than regrets of the past and worries about the future.

Curiosity. Curiosity is an important attitude to cultivate as we age. There's a tendency to hunker down in old familiar routines. It's good to resist that temptation. Physical exercise grows new muscle, mental activity grows new brain cells, emotional engagement lifts the spirit. Curiosity keeps us young; we need to cherish it. If you haven't seen a friend in too many years, reach out. Children are naturally curious, and we can be too.

Flexibility. Things change as we age, and some of those changes are irrevocable. Our youthful stamina is gone forever; a dying friend will never return. In the face of these changes, it's important that we not become rigid and stuck in our ways. With every reversal comes new opportunity. No matter what the issue, no matter how big the problem, there is always something constructive that you can do. Never give up, never let aging get the better of you. This is how the "extraordinary elderly" do it -- the ones who have beaten the odds to enjoy their life to the end.

The Spiritual Life. A spiritual perspective on aging is not just for personal transformation; it is a medicine for longevity and health. Research shows people with active church or spiritual involvement live on average seven years longer than those who don't.

These five practices for aging well really work; science says so, common sense says so, and every religion says so. We deserve to enjoy our aging; it is our reward in the continuing adventure of living a full and wholesome life.

Ruth Coburn Celebrates Her 97th Birthday With Us!



“I am 97+ years old and for as long as I can remember, I’ve told my daughter never to put me in a nursing home. But when I was released from the hospital after a bad case of the flu, my doctor and my family (and even I) knew I could not go back to my own home. I loved my stay here and was happy to celebrate my birthday here. Everyone was so kind and attentive. I felt loved and I shed a few tears when it was time for me to leave my friends in Rehab and go home.”
– Ruth Coburn, Saratoga Resident for 50+ years

“I’m smiling so broadly in this photo because I can hardly believe what I’m hearing..that my mother-in-law doesn’t want to go home!”

“I have seen firsthand the difference at Our Lady of Fatima Villa. Both of my parents were in Care facilities. My father was in a facility where procedures are cold and scripted. My mother’s last years were spent in Skilled Nursing and at her condo with 24/7 care. In both cases my parents lost their spirits; they felt loss of control.

The difference with Fatima is that OLFV is patient -centric; it’s the extra 20% that makes a huge difference. They take the time to ask who are you? And what can we do to help you? The patient feels as though she is in charge.

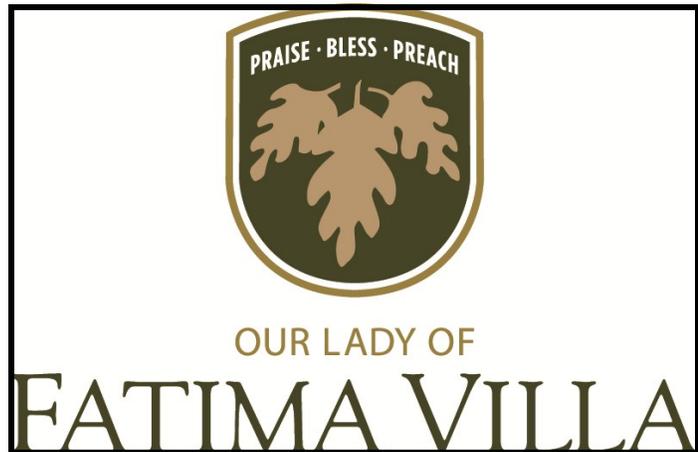
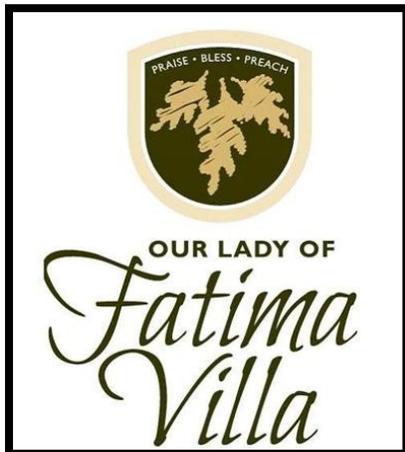
When my mother-in-law’s case went to the hospital, she was a cog in their gear train. She wasn’t eating and was getting ready to die. She transferred to Fatima and she has a goal, is gaining weight and preparing to go to her home. Fatima is listening to her and is helping her achieve her goal. She is talking, walking and her spirits are back. In the mindset of seniors, being heard is huge.”

-- Dr. Tom Rice, Ph.D.



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!



**Celebrate Easter with us!
Please invite your family and
friends to
celebrate Easter at
Our Lady of Fatima Villa!
Mass will be held at 10:00
Easter Egg Hunt 2:30 pm**

Curb Appeal Staff Celebration!



Our Staff is very important to Our Lady of Fatima — we are a family. In recognition of their hard work, a monthly “curb appeal” contest has been on-going for several years. The objective: to let our employees know how much we all appreciate and acknowledge their dedication and loving care of our residents.

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Why Love is So Important

Love is a universal feeling, which is felt by every living being on this earth. Do not be surprised when I say 'living beings' because it is not just an attribute of human beings. Plants and animals everyone is acquainted with this strange emotion. Though there is no definition to describe this unique feeling of love, it is characterized by a sense of attachment and affection towards somebody or something. So strong is the feeling that it is said that it makes the world go around. If you are still wondering why is love so important in our lives, the answer is that it satisfies the emotional needs of human beings.

Human beings have an innate quality of giving and feeling love. Moreover, it is even related with our biological structure. It is this feeling of love, which is responsible for the existence and maintenance of the society. When a baby is born, parents forget about their hunger, sleep, as they are so much in love with their child. The sweet ecstasy of love enables the man to accomplish tasks that would not have been possible without its powers. The enigmatic emotion exceeds all boundaries and has great potential of changing lives of the people.

The majesty of the feeling is such that it allows humans to treat each other with kindness and compassion. In fact one can say that there are a number of emotions bred by love. It might be any relation binding us together; love is ubiquitous in different forms. A passionate lover's kiss, a tender mother's touch, a fatherly concern or a brotherly, sisterly affection, everything expresses love. It is by the virtue of this emotion that sages have found eternal peace and enlightenment, as no love is superior to love for the Almighty, who has bestowed upon us its mercy in the form of this gentle feeling, which no matter how fragile, is the very foundation of life.



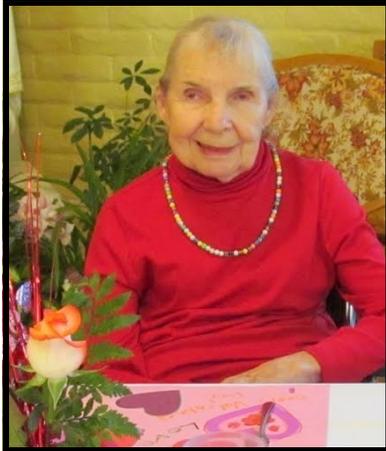
Valentine's at Our Lady of Fatima Villa 2013



There were many visiting Our Lady of Fatima Villa around Valentine's Day. Children came and decorated, favorite musicians entertained, and families and friends helped to spread our own special brand of love and joy!



Love was definitely in the air this Valentine's Day at Our Lady of Fatima Villa



Chef Jose outdid himself with a special Valentine's dinner!



Spring is a good time to care for hearts

Heart disease is the leading cause of death for both men and women, but heart disease is preventable and controllable.

Every journey begins with one step, whether it's walking or preventing heart disease.

Heart disease is a major problem. Every year, 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths. Heart disease is the leading cause of death for both men and women.

Heart attack symptoms

The five major symptoms of a heart attack are

- Pain or discomfort in the jaw, neck, or back.
- Feeling weak, light-headed, or faint.
- Chest pain or discomfort.
- Pain or discomfort in arms or shoulder.
- Shortness of breath.
- If you think you're having a heart attack, call 9-1-1 immediately.



The term "heart disease" refers to several types of heart conditions. The most common type in the US is coronary heart disease, which occurs when a substance called plaque builds up in the arteries that supply blood to the heart. Coronary heart disease can cause heart attack, angina, heart failure, and arrhythmias. There is good news—heart disease is preventable and controllable.

One Step at a Time

As you begin your journey to better heart health, keep these things in mind:

- **Don't become overwhelmed.** Every step brings you closer to a healthier heart.
- **Don't go it alone.** The journey is more fun when you have company. Ask friends and family to join you.
- **Don't get discouraged.** You may not be able to take all steps at once. Get a good night's sleep. Do what you can tomorrow.
- **Reward yourself.** Find fun things to do to decrease your stress.

Plan for Prevention

You can help prevent heart disease by making healthy choices and managing any medical conditions you may have.

- **Eat a healthy diet.** Choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables—adults should have at least 5 servings each day. Eating foods low in saturated fat, trans fat, and cholesterol and high in fiber can help prevent high cholesterol. Limiting salt or sodium in your diet also can lower your blood pressure.
- **Maintain a healthy weight.** Being overweight or obese can increase your risk for heart disease. To determine whether your weight is in a healthy range, doctors often calculate a number called the body mass index (BMI). Doctors sometimes also use waist and hip measurements to measure a person's body fat.
- **Exercise regularly.** Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week.
- **Monitor your blood pressure.** High blood pressure often has no symptoms, so be sure to have it checked on a regular basis. You can check your blood pressure at home, at a pharmacy, or at a doctor's office.
- **Don't smoke.** Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quit as soon as possible. Your doctor can suggest ways to help you quit.
- **Limit alcohol use.** Avoid drinking too much alcohol, which can increase your blood pressure. Men should stick to no more than two drinks per day, and women to no more than one.
- **Have your cholesterol checked.** Your health care provider should test your cholesterol levels at least once every 5 years. Talk with your doctor about this simple blood test.
- **Manage your diabetes.** If you have diabetes, monitor your blood sugar levels closely, and talk with your doctor about treatment options.
- **Take your medicine.** If you're taking medication to treat high blood pressure, high cholesterol, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something.



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 year!

Residents with birthdays in February, March and April are:

February

Ana M.
Gail L.
Dorothy H.
Ruth G.
Fortunata L.
Anna O.
Lai Wen
Nellie Y.
Sr. Cor Marie M.

March

Pearl W.
Gloria O.
Nancy B.
Nordis W.
Trudy V.
Rosemary A.
Leona M.
Margret S.
Helen A.

April

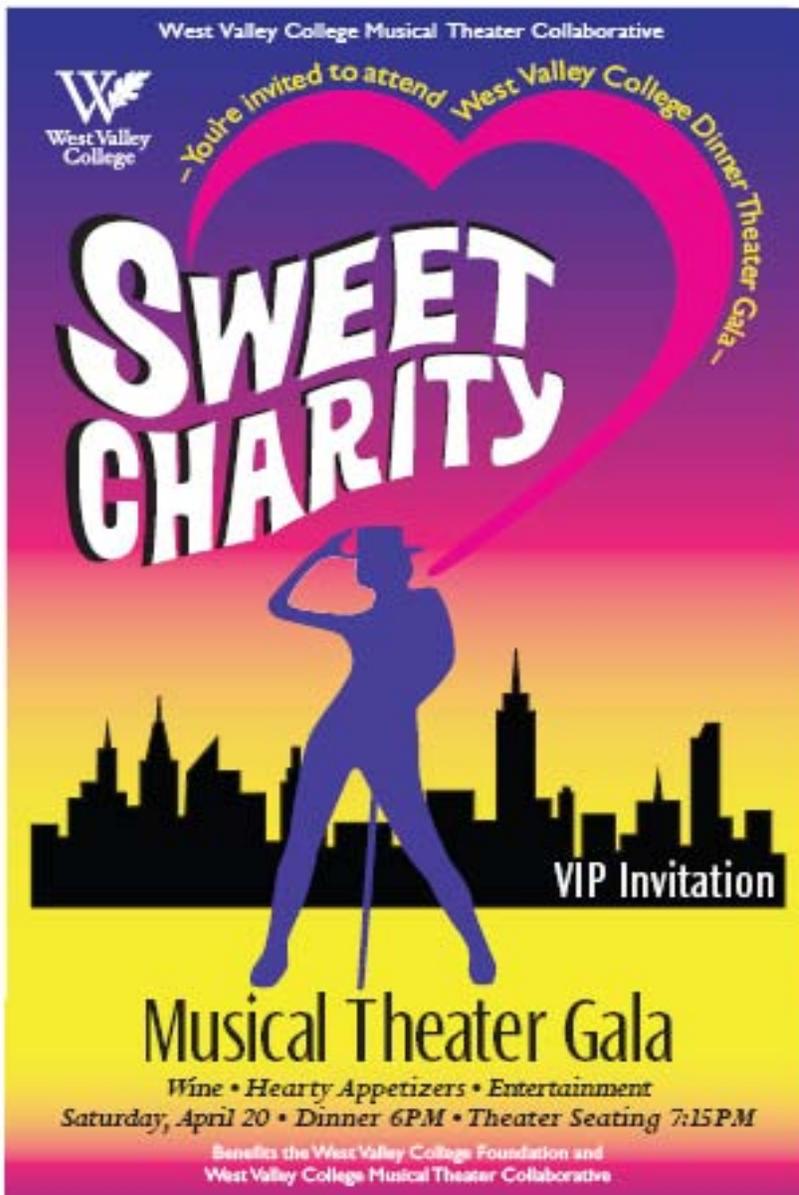
Anna Betty H.
Gladys C.
Yunjung H.
Barbara Y.
Norman F.
Audrey A.
Leland S.



Our Lady Of Fatima Villa in Our Community

Sweet Charity Sponsorship

Our Lady of Fatima Villa believes in being involved and supporting our community. We are proud to once again sponsor the talented students of West Valley College in their production of the Tony award winning musical “Sweet Charity”. It’s the role Shirley McLaine made famous. Please bring your family and friends to this wonderful event.



April 20

6pm

**Hearty Hors
D'oeuvres**

Wine

Games

Music

\$45 per person

**All to benefit
the students.**

Our Lady Of Fatima Villa in Our Community



Our banners—and our staff—wished Saratogans and passers-by a Happy Valentine's Day!

Candlelight Dinner was a Blazing Success!

We couldn't resist the pun — but the dinner was a hit! Candlelight, wine, beautiful harp music and Chef Jose and his staff's fabulous five star cuisine. Our residents said they "LOVED" it!



Did you know we have a **Corner Store**??



In case you need a card, a present, perhaps a good book, our Corner Store may be a good place to check out. Located on AL1, and near the piano, our store has some unique items. Some are hand made, like Trudy's woolen scarves! A wonderful and convenient place to shop! Please stop by. The store is open on Tuesdays at 3pm, as well as on -request!

FYI — cash can be paid although it is not required. The total can be added to the residents' monthly bill if cash is not handy!



Trudy's Scarves are a Hit with Local Pi Phi's

You read about Trudy's scarves on page six, so you know that she will be knitting for babies! Her scarves were a hit with the local San Jose Pi Beta Phi Alum Club. The club met for a bunco night and several of Trudy's scarves were purchased!



Our Lady Of Fatima Villa in Our Community

Please invite your family and friends to join us at this wonderful event — sponsored by Our Lady of Fatima Villa!

SARATOGA ROTARY ART SHOW



Saratoga Market by Liz Lyons Friedman

West Valley College
Sunday, May 5 • 9 to 5pm

Great Art, Wine Tasting, Food and Entertainment

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We thank our Art Show sponsors:



***US News and World Report Names
Our Lady of Fatima Villa One of the
“Top Nursing Homes “in the United States***



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