We Are Family!

Over 50 years ago, Holy Family Manor was founded as a home where "love of God and love of neighbor abounded."

Today that mission of love is demonstrated in the philosophy of "Person-Centered Care", where each resident is given care developed specifically for their individual needs.

The residents are treated like a member of the family – and encouraged to thrive in a wholesome, loving environment where they can be true to the person God made them to be.

With Person-Centered Care, we look to help the resident achieve what we call "Increased Purposeful Awareness" – the ability to function and comfortably carry out their daily routines. Says Susan Regalis, Administrator of Holy Family Manor, "We look at how they spent their days – recently and in the past – and what their interests were. Then we use this knowledge to customize a holistic approach to care for that individual."

"Some residents enjoy listening to iPods with their favorite music playlists compiled by their family." Lance says, "We are also looking to expand the use of technology to include playing old home movies or allowing residents to Skype with family."

"One of our residents had lived in New York City and used to go out to clubs every evening." Lance says, "She didn't want to eat during normal dining hours. So she'd join us for a light supper every evening. She was served cranberry juice in a wine glass and felt more comfortable because she was back in her old routine."

For many residents, music is a big part of their daily routine. Lance says, "Some residents play musical instruments. One resident entertains with his harmonica as residents gather in the dining room for meals. Another plays his violin for his wife. Currently, one of the residents is a nun who enjoys playing the piano for Mass. Her adult life was spent as a cloistered nun but she has adapted to her new family at Holy Family Manor with the help of music and art."

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Paul Bauder enjoys playing the harmonica with encouragement from Activities Aide Donna Lawrence.
Short Term Rehabilitation Success Story
By James Gallé

Brenda Snook is an active fifty-five year old woman, who enjoys cooking, baking, shopping and volunteering her services to others. Back in December of 2013, Brenda was having severe pain in her right hip which was making it difficult to maintain her active lifestyle. Brenda was astonished to find out she needed a procedure to repair her right hip. After surgery and a brief hospital stay, Brenda was informed by the hospital’s case manager that she would require short-term rehabilitation. Brenda knew right away where she wanted to go. “I told the case manager the only place I would go for short term rehab would be Holy Family Manor! I have been there before and know what they can do. All of the staff from the administration team, the nursing staff, the therapy staff, the social services team, activity staff and the dining services team are fantastic.”

At first, Brenda admits, “the therapy was hard because I was in a lot of pain.” However, that did not last long. With the help of the nursing staff and the therapy team, Brenda was walking with very little pain, and on her way home. In fact, Brenda completed her therapy within eight short days. Brenda said, “The therapy team at Holy Family Manor was wonderful! I looked forward to going to therapy every day. It actually made my day. I really enjoyed physical and occupational therapy, especially baking cookies! I think it is a great idea Holy Family Manor offers therapy seven days a week.”

Brenda also enjoyed the activities at Holy Family Manor. “The activities team really tried to get to know me, and find out what my interests were. There were lots of activities to participate in.” Brenda especially enjoyed spending time with Activities Director Rose Lance. “Rose is such a loving and caring person.”

It was an honor to have Brenda return to Holy Family Manor for short-term rehabilitation. She has become a big part of our family here. According to Brenda, “I highly recommend going to Holy Family Manor for short term rehabilitation. When I arrived, I could barely walk, and eight days later I was on my way home.” Brenda continues to visit and plans to become a volunteer in the near future. Way to go Brenda!

Spiritual Care with Arms Wide Open

Faith is alive and well at Holy Family Manor, according to Zachary Wehr and Edward Maldonado, who have been spending time with residents at Holy Family Manor as their apostolate in seminary training to become Roman Catholic priests and who, as part of a corps of ministers and volunteers, enrich an active support system for residents, family members and friends at Holy Family Manor.

Spiritual care is a big part of the holistic approach to care says Chaplain Fr. Cliff Bishop, and it’s not just for Catholics at Holy Family Manor. While many people receiving care are of the Catholic faith tradition, there are also Lutherans, Baptists, Greek Orthodox, and people who have no particular expression of a faith life. “We open our arms to everyone,” says Father Bishop, “and work with many ministers from the surrounding community to ensure that the spiritual needs of our residents are met, no matter what life stage they are experiencing.”

Regardless of what your faith life has been” says Wehr “there is something you will find at Holy Family Manor.”

Residents with so-called “Sundown Syndrome” can fade in the evening as their brains struggle to process stimuli like sounds and growing shadows. Holy Family Manor’s Silver Stars program brings those residents together in a warm, comforting environment. With about 5 residents per staff member, the residents get the time and attention they need. “The mood is relaxed and quiet, with plenty of good light. Silver Stars can also help new residents who are slowly acclimating to life at Holy Family Manor. Person-Centered Care is possible through a commitment of the entire staff at Holy Family Manor. “Engaging activities are everyone’s responsibility 24 hours a day,” Regalis says. “We work as individuals and collectively as a staff – like a big family caring for one another.”

Honorng Our Employees

CSHHCs, Inc. managers congratulate Employee of the Year Nancy Sumacca (center), Nurse of the Year Taisia Amnahswan (left), and Nurse Aide of the Year Lucinda Winstead (right). Congratulations and thank you for your caring and dedication to service.

Board Member Spotlight

Jared J. Markowitz CPA

After retiring from a successful 34 year career as a financial manager at Air Products and Chemicals, Inc. Jared Markowitz has joined the Board of Directors of Catholic Senior Housing and Health Care Services, Inc. Jared has always felt that leadership in service is an important value, and has himself served in numerous volunteer roles in his parish, St. Ann Emmaus, and at Central Catholic Theological School. Having had experience with a Catholic nursing home when his father was in need, Jared was drawn to serving the needs of the CSHHCS community. “The elderly today come from a service generation”, says Markowitz. “It’s important to them that all they’ve done to build the vibrant community we have, and give back in their service.”

Continued from cover...

Other residents connect to the work they used to do in their careers. “One resident was a former nurse who has never happier than when she sat at the nurse’s station,” says Lance. “She would organize papers and give direction to some of our aides!”

Spirituality and social programs also play a huge role. Residents can attend daily Mass or Protestant services. They can go out into the community: visit restaurants, and vote in elections. Residents often make connections among other residents and volunteers, finding friends from work, childhood or school or making new friends.

Residents participate in social events throughout the year, like “Breakfast with Santa.” For the annual Easter Egg Hunt, residents dye 120 dozen eggs. For the Summer Picnic, residents shock corn for 500 people.

“When residents contribute to these events, it helps them feel valued and important,” Lance says, “It helps them become more socially engaged. Some of our residents were socially isolated at home, and they truly come alive at Holy Family Manor. It’s a fresh start, a new beginning.”

Person-Centered Care is wonderful for everyone, but it’s especially valuable for a resident with dementia. For a resident who might be confused and unsure, Person-Centered Care helps them feel more comfortable – and can reduce the need for sedatives and other medications.

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