Casa Sant’Angelo ready for development in Miramar

South Florida’s newest concept in retirement living, Casa Sant’Angelo, sponsored by the Archdiocese of Miami and developed by Catholic Health Service, has been approved for development by the State of Florida. This approval is an important step in the ongoing development of a retirement community that will offer a catered lifestyle designed to enrich the health, wellness and spiritual quality of its residents. America’s aging population is experiencing unprecedented growth but is ill prepared to meet the housing needs of seniors, according to a recent report by Harvard’s Joint Center for Housing Studies and the AARP Foundation. The U.S. News & World Report has published statistics from the Census Bureau which documents how there are more than 40.3 million people age 65 and older in the United States, up 5.3% from 2000.

As the first Archdiocesan retirement community in South Florida, Casa Sant’Angelo will provide an exceptional living experience for independent seniors in Miramar, including personalized services, active lifestyle offerings and life long learning. There will be 75 beautifully designed independent living apartments, 13 assisted living units and 24 memory support units featuring resident-centered care, in addition to in-home health services should the need ever arise. The spacious apartments are part of a close-knit community that includes numerous and varied activities, manicured gardens, a swimming pool, spa, wellness and fitness amenities, scheduled transportation, dining options including a restaurant with chef-inspired cuisine.

“After several years of careful planning and due diligence, it is gratifying to see this project take an important step forward toward becoming a reality,” said Joe Catania, President and CEO of Catholic Health Services. “Seniors in South Florida have expressed strong support for the type of community we will be offering at Casa Sant’Angelo. We are delighted to see our mission, as well as the mission of the Archdiocese of Miami, reflected in this new retirement community that offers a worry-free living experience where residents can age in place while retaining their dignity, independence and enhance their quality of life.”

Inspired by the principles of living better physically, spiritually and socially, Casa Sant’Angelo will be an intimate neighborhood limited to 75 upscale residences. Located on 5.25 acres, it is scheduled to open in 2017.

Continued on .................................................................Page 2
Casa Sant’Angelo is on the campus of St. John XXIII Catholic Church, just west of I-75. It is conveniently located minutes from a host of interesting venues for entertainment, education and dining opportunities, such as the Miramar Cultural Center - Artspark, the Shops at Pembroke Gardens, Florida International University Broward campus, and nearby parks for outdoor activities and sports. Designed by the C. C. Hodgson Architectural Group, Casa Sant’Angelo will be built by JWR Construction Services, a company which specializes in creating senior living communities. This is the first non-profit continuing care retirement community built in Broward County in the last decade.

Interested individuals are invited to join the “Casa Club” to receive exclusive invitations to all pre-opening events and be provided priority Founding Member status on the future Casa Sant’Angelo Resident’s Council. For more information, please visit www.casasantangelo.org or call (954) 447-1122.
Street named in honor of Centro Mater founder

Families, children, staff and visitors will now enjoy seeing the sign which used to say only SW 4th Ave., include the name of the beloved founder of Centro Mater. On March 19th it became “Sister Margarita Miranda-Otero, RSCJ Way”!

The street naming ceremony took place at 418 SW Fourth Ave., the corner of where she first founded Centro Mater, an after-school program for children who we refer to as latch-key kids. From its humble beginnings, Centro Mater has grown to five high quality and fully accredited centers in Little Havana and Hialeah. Since 1968, the organization has assisted more than 50,000 children and their families.

Miami Mayor Tomas Regalado, Miami Commissioner Frank Carollo, Commissioner Francis Suarez, Miami Archbishop Thomas G. Wenski, and Centro Mater alumni were present to celebrate the occasion and to share personal anecdotes of their personal experiences with Sister Miranda.

The street naming process began when Madelyn Rodriguez, program director of Centro Mater sent a letter to the mayor and commissioners, requesting the special recognition. Commissioner Carollo presented the resolution to the city commission and it was approved unanimously.

“Growing up, I would always hear my mother speak about Mother Miranda’s admirable work,” said Octavio A Verdeja Jr., chair of the Centro Mater Foundation. “Now as chair of the foundation, it’s an honor to take part in celebrating her legacy with this street dedication and a privilege to assist in continuing of her vision.”

Centro Mater was founded in 1968 by Sister Miranda, R.S.C.J. in order to accommodate the educational and development needs of the many Cuban children and families who arrived in Miami during that time. By providing day care and an after school program for these children, Sister Miranda and her volunteer staff were able to alleviate one of many hardships faced by the newly arrived refugees.

Centro Mater was the first child care services center in Florida to combine a pre-school, a charter school K to 6th grade, before-and-after school programs. Centro Mater is one of the few programs that serve families with children from infancy to school age on the same site providing programs and services that insure optimal educational opportunities for all children regardless of race, creed or religious affiliation.
This winter members of the CHS Post-Professional Geriatric Physical Therapy Residency Program participated in the State Championships for the Florida Senior Games held in Ft Myers, FL. This event is part of the National Senior Games, a 19-sport, biennial competition for men and women 50 and over. Residents and faculty from St. Catherine’s performed a set of screens to assess the overall health and fitness of a sample of participating seniors. Using the SAFE (Senior Athlete Fitness Exam) model developed by Becca Jorde, PT, DPT, GCS, Certified MDT of the University of South Dakota; a series of stations were set up at the Track and Field events location in the morning and at the Pickleball event in the afternoon. PT Residents Cheyenne Chrzanowski, PT, DPT; Jacob Dorman, PT, DPT; and Debra Frisch, PT, DPT were joined by Program Director Greg Hartley, PT, DPT, GCS, CEEAA, and Program Coordinator Gemma Longfellow, PT, MSPT, GCS in evaluating four key areas that define health/fitness: cardiovascular health, flexibility, strength, and balance/mobility. Participants received feedback on their performance and suggestions for maintaining or improving their overall fitness.

It was inspiring and rewarding to see these successful aging adults who perform as elite athletes in their chosen sports. Imagine a 100 year-old gentleman taking a medal in the javelin throw… or a 76 year-old woman realizing at age 64 that she had a gift for running and going on to become one of the top female runners in the world for her age group. Participating in events like this is a great way for physical therapists and other healthcare providers to bring awareness to the importance of maintaining fitness as we age and to supporting an active and healthy lifestyle in older adults. CHS plans to have the physical therapy residents who are specializing in geriatrics attend this event annually.

To learn more about the Florida Senior Games, please go to:

Contributed by Debra Frisch, PT, DPT
Carol Hylton, Administrator of Catholic Home Health Services of Broward and Miami-Dade, is the CHS Hero in many ways!
Carol has been a real champion in reducing hospital readmissions for Medicare beneficiaries in our community. Over six years ago, she recognized a growing need in making meaningful inroads towards this effort and working through the FMQAI has become a driving force within CHS to build a community-based organization, bringing about a coalition with this common vision.

Carol has been part of the Catholic Health Services family since 1995, when she began her journey as assistant director of nursing at St. John’s Nursing Center at the CHS North Campus. Shortly thereafter, she transitioned to director of professional services at Villa Maria Health Care Services. In 1998 she was promoted to administrator of Catholic Home Health services of Miami-Dade and since 2005 she has been at the helm of the combined CHS home health agencies. Early 2013, Catholic Health Services announced that Catholic Health Care Transitions Services, Inc. has been approved by CMS as a Community-based Organization to provide care transition services aimed at reducing readmission rates to hospitals.

During Carol’s leadership at Catholic Home Health Services, the organization consistently ranked in the top 95th percentile among Medicare certified agencies for clinical outcomes and readmission rates. Home Health Compare scored the agencies as performing considerably better than state and national standards. Based on these achievements, Carol was selected to participate in the National Hospitalization Reduction Study conducted by Briggs, Fazzi & Associates and National Association for Home Care, where she shared best practices for reducing readmissions and improving care transitions with the steering committee.

“Thanks to the great success that Carol has had with CHCTS, Catholic Health Services is in a unique position, working directly with local participating hospitals on their patient discharge planning to help ensure that their patient’s transition to the next correct level of care is successful, avoiding readmission to the acute care hospital. Carol and her team’s commitment and accomplishments reflect very well on the Archdiocesan post-acute care system of services” says Joseph Catania, CEO of Catholic Health Services. We are pleased and proud that Carol Hylton won as this year’s South Florida Health Care hero.
Through a variety of system-wide energy conservation initiatives, CHS is committed to supporting the wellness and sustainability of our environment. In addition to ensuring substantial saving in electrical and water usage at each facility, last year Catholic Health Services shredded and recycled almost 72 tons of paper!

Recycling paper takes 60% less energy than making paper from raw materials. It creates 74% less air pollution and 35% less water pollution. Americans throw away 4.5 million tons of office paper each year. That’s enough to build a wall of paper 12 feet high from New York to Los Angeles.

One ton of recycled paper saves:
- 17 trees
- 300 gallons of oil
- 7,000 gallons of water
- 4,100 Kilowatt hours of electricity
- 5.3 cubic yards of landfill space
- 60 pounds of pollutants

---

**Easiest Ways to Cut Your Energy Use in Half**

**Turn Off the Lights**
Be mindful about shutting lights off when you leave a room. If you have a forgetful family member or roommate, paste reminders on the switch plates or consider installing motion-detector switches.

**Install Ceiling Fans**
Install ceiling fans in the rooms you use most often. They’ll help keep you cool in the summer while your AC works less or not at all. In the winter, switch them to turn clockwise to circulate the warm air rising up to the ceiling back down into the room.

**Show Your Fridge Some Love**
The refrigerator is one of the biggest energy-users in your home, and if it was built before 1993, it’s a huge energy hog. Clean the coils of your fridge every six months to keep it running efficiently, and take up unused space with jugs of water, which hold in the cold.

**Plug Air Leaks**
Replacing windows is often the least cost-effective step you can take to save energy, so seal air leaks around doors and windows instead with caulk and weather stripping. Also, consider putting up insulating curtains, pasting low-e film to the window glass, and installing storm windows or plastic window films to further cut down on heat loss in winter.

**Eliminate Phantom Load**
Many electronics still suck energy even when they’re turned off--such as powering that little clock on your microwave when it’s not in use. Unplug your electronics or plug them into a power strip and switch it off to save on this “phantom load.”
Villa Maria Nursing Center and St. John’s Nursing Center were recently recognized by the American Health Care Association (AHCA) for achieving all four goals in the AHCA Quality Initiative Recognition Program at the AHCA Quality Symposium in Austin, Texas (Feb 23-25, 2015).

Of all the participants who met one or more goals nation-wide, Villa Maria Nursing Center and St John’s Nursing Center each reached the highest achievement, Tier IV recognition along with 10 other nursing homes in Florida and only 153 nation-wide (1.6% of all nursing homes).

The American Health Care Association (AHCA) is a non-profit federation of affiliate state health organizations, together representing more than 12,000 nursing centers, assisted living, developmentally disabled and sub-acute care providers that care for the millions of elderly and individuals with intellectual and developmental disabilities each day. There are currently approximately 9,600 Skilled Nursing Facility provider members.

The Quality Initiative Recognition Program, in its second year, honors those nursing homes that achieved one to four goals that are designed to further improve quality of care in America’s skilled nursing centers.
1. **Safely reduce the number of hospital readmission with 30 days during a SNF stay by 15%**
2. **Reduce turnover amount nursing staff by 15%**
3. **Increase the number of customers who would recommend the facility to others up to 90%**
4. **Safely reduce the off-label use of antipsychotic drugs by 15%**

Achieving Tier III recognition were St. Anne’s Nursing Center and Villa Maria West Skilled Nursing Center. (8.4% of all nursing homes achieved this honor) In addition to being recognized at the Quality Symposium, both Tier IV and Tier III achievers will be included in a national press release highlighting the program and the centers will be featured in Provider magazine and/or on the AHCA Provider Website.
Let’s Celebrate!!!

April is...

- Autism Awareness Month
- National Humor Month
- Occupational Therapy Month
- April 7 – World Health Day
- April 12-18 - Healthcare Volunteer Week

May is...

- Stroke Awareness Month
- Arthritis Awareness Month
- Better Hearing and Speech Month
- Employee Health & Fitness Month
- Mental Health Month
- High Blood Pressure Education Month
- Older Americans Month
- May 6-12 Nurses Week
- May 10-16 Nursing Home Week

About Nurses...

Somebody asked: “You’re a nurse?”

“That’s cool, I wanted to do that when I was a kid. How much do you make?”

And the nurse replied: “I can make holding your hand seem like the most important thing in the world when you are scared. I can make your child breathe when they stop. I can make your father survive a heart attack. I can make myself get up at 5 am to make sure your mother has the medicine she needs to live. I work all day to save the lives of strangers. I make my family wait for dinner until I know your family member is taken care of. I make myself skip lunch so that I can make sure that everything I did for your wife today is charted. I make myself work weekends and holidays because people don’t just get sick Monday through Friday. Today, I might save your life. How much do I make? All I know is that I make a difference!”

During National Nurses Week, May 6 to 12, and throughout the year, Catholic Health Services is proud to celebrate the role our nurses play in delivering the highest level of quality care to our patients and residents. We thank them for their skill, dedication and commitment to the CHS Mission and for all they do to deliver a Higher Quality of Life to those in their care.

Catholic Health Services
4790 North State Road 7
Lauderdale Lakes, FL 33319 • 954-484-1515
www.catholichealthservices.org

A Ministry of the Archdiocese of Miami