New Choices in Assisted Living... and a new look for St. Joseph Assisted Living Residence!

If you or a loved one is finding more and more difficulty with everyday activities such as showering, dressing, getting around the house, and running errands, an assisted living facility may be the answer. At St. Joseph Assisted Living Residence you can get the daily support you need, while remaining as independent as possible. That easy living, worry free, stop and smell the roses concept works at Catholic Health Services’ St. Joseph Assisted Living Residence.

Assisted living at St. Joseph is a residential option for seniors who want or need help with some of the activities of daily living—things like cooking meals, getting to the bathroom in the middle of the night, keeping house, and traveling to appointments.

St. Joseph Residence announces exciting and innovative renovations to its 48 spacious apartments scheduled to begin fall of 2013. All units regarded as one of the most affordable, quality assisted living communities. St. Joseph Residence will also soon rank among the most innovative and comprehensive options for those seniors who need a little extra help.

St. Joseph differs from most other assisted living residences in that it offers numerous health and lifestyle services located on the North Campus of Catholic Health Services. Together with St. Anthony’s Rehabilitation Hospital, St. John’s Nursing Center, and home health services. St. Joseph Residence provides the finest living spaces and amenities in Assisted Living Care to its residents. So if you or a loved one need more help than friends or family can provide, feel a little lonely or are worried about safety, need of maintaining a home and struggling with transportation, shopping or cooking for yourself — it is time to choose your next steps and your next home. Choose St. Joseph Assisted Living Residence, a worry free, friendly, comfortable lifestyle.

More Info of St. Joseph Assisted Living Residence’s New Units on Page 4
Issue Overview

Summer 2013 Issue

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Turn back the clock to the fabulous days of vintage glamour

Join us at Le Grand Charity Soiree for an unforgettable evening at

ALFRED IR DU PONT BUILDING

Mark your calendars
Saturday March 22, 2014

details to follow...

For early planning and sponsorship information contact mmiranda@chfsa.com

www.catholichealthservices.org
Wishing Miriam Roman a Happy and Rewarding Retirement!

Miriam Roman has proudly served as the executive director of Centro Mater Child Care Services, Inc—a non-profit organization, celebrating its 45th anniversary this year, which provides care and education for economically disadvantaged children in Miami-Dade County. She obtained the position in 2007 after dedicating more than three decades to the institution and its mission, to strengthen and inspire families, and the community, through quality child care and education.

Miriam, originally from Cuba, began her advanced academic pursuits in 1969 when she attended the University of Louvain in Belgium to study religion, philosophy and family counseling. She later obtained a master's degree in child care administration at Nova Southeastern University.

In 1974, she brought her skills to Centro Mater where she began her work as a social worker. She soon became the administrator for Centro Mater's main center in Little Havana. Under Miriam's leadership, the center grew from servicing 120 school-aged children to more than 500 youths, ranging from infants to teenagers. From 1996 through 2006, she served as the administrator for Centro Mater West in Hialeah Gardens. As executive director, she oversees Centro Mater's five sites, managing the care of more than 1,000 children and an extensive budget used to support their needs. Miriam and her husband Ricardo Riesgo live in Hialeah and have three children and four grandchildren. Actively involved in her community, she is a member of the National Head Start Association, the National Association for the Education of Young Children and the Early Childhood Association of Florida.

Her many recognitions include United Way's Monsignor Walsh Award for Community Service, Community Action Agency's Shining Star Award; Miami Dade County, CAA, Head Start/Head Start's Extra Mile Award; Cuban Woman's Club Woman of the Year Award; and the National Latino AIDS Education Leadership Council's Outstanding Leadership and Service Award.

Centro Mater was brought under the management umbrella of Catholic Health Services in November 2006 and every day since then, working with Miriam and her staff has proven to be a pleasure and a blessing. We salute Miriam's numerous contributions to the growth and mission of Centro Mater and we congratulate her on her upcoming retirement. Thank you Miriam for your inspiration and dedication!
New Look for St. Joseph Assisted Living Residence

- Daily Catholic Mass (6 times weekly) in our on-site chapel
- Dedicated, compassionate and caring staff
- Three delicious meals served daily in our dining room
- 24/7 Nurse on duty
- Medication management if needed
- Assistance in bathing and dressing if needed
- Varied daily activities, live entertainment and weekly Happy Hour
- Water aerobics in our indoor pool offered twice weekly
- Housekeeping and laundry services
- Transportation to shopping

- Medical Clinic located on our campus
- Emergency call systems
- Physical, occupational, speech and aquatic therapy on our campus
- On-campus resident Doctor with many visiting physicians
- Living options for singles and couples
- Beautifully appointed and remodeled, furnished and unfurnished private apartments with kitchens or kitchenettes
- Respite care available
- Security 24/7
- WiFi internet service and cable TV
- Beauty salon and barber shop

Only 48 apartments!
Please contact us at

For more details, and availability.
CHS Celebrates hundreds of years with our residents!

KATHERINE BERNER turned 103 on June 25th. She was born in 1919, and has been at St. Joseph Residence since May 2, 2004. She celebrated her birthday with fellow residents and her two daughters, Peggy Minneeci and Kathleen Hope.

In 2014, Katherine and her husband Dr. Berner moved into St. Joseph. They truly enjoyed their lives together. Dr. Berner passed away 3 years ago, but that didn't stop Katherine down. She enjoys most of the daily activities that St. Joseph has to offer. She enjoys Chinese and Happy Hour, but mostly of her favorites. After being ill a few months ago, Katherine was admitted to St. John's Nursing Center, also located on Catholic Health Services North Campus. Being the very social woman that she is, she couldn't wait to get back to St. Joseph because she missed her circle of friends. Katherine has been diagnosed with Multiple Dementia, but still continues to keep active by listening daily to the news and loves her books on tape.

"A true optimist, a very positive person. You never have a complaining sound out of her," man her daughter Peggy Berner. Katherine has two daughters, four grandchildren and three great grandchildren who are all very special in her heart.

JULIA MARTINEZ SALAS, resident of St. Dominic Gardens, Elderly Housing at Catholic Health Services, celebrated her 100th birthday with fellow residents along with the mayor of Miami. Born in Asturias, Spain, her mother died when she was only 8 years old. At the age of 22, Julia married a wonderful man and had two beautiful daughters. In 1956, Julia's husband was killed in the Spanish Civil War and she and her daughter emigrated to Cuba. In 1992, she left her beloved country to come to the United States. After seven years of living in the United States, Julia became a citizen. "I am very thankful to this great nation for all the opportunities it has given to me and my family."

MARIE WILLIAMS, who resides at St. John's Nursing Center, celebrated her 100th birthday surrounded with love by friends and family.

Born on May 29, 1913, Marie has been blessed with 2 children and 1 daughter-in-law, 10 grandchildren, 15 great-grandchildren and 29 – great-great-grandchildren and 21 – great-great-great grandchildren. She was active in Mt. Nebo Baptist church. "Marie is very kind and loves to tell jokes" says Geneva Bowers, Recreational Therapy Aide at St. John's Nursing Center. "Ms. Marie speech is not great, she loses her voice."

"Ms. Marie, now that you have reached this milestone in life, thank you to start another century, we pray that God will continue to bless you with health and strength. We ALL love you and you will always be our "Auntie,"" exclaimed Pat Garcia-Reynolds, Associate Administrator at St. John's Nursing Center.
TEAM CHS comes through for the Arthritis Walk

Catholic Health Services was a proud sponsor of the 2013 Broward Arthritis Walk held at Bergson Rodeo Grounds. The largest team at the event, Team CHS had over 100 walkers who represented the Catholic Health Services campuses, Troop 423 Seminole District Boy Scouts of America along with friends and family. The event was a huge success. The Arthritis Foundation raised over $65,000 and Team CHS certainly was part of the fight against arthritis!

The Arthritis Foundation is the leading health organization addressing the needs of 50 million Americans living with arthritis, the nation’s most common cause of disability.

Let’s Move Together is a nationwide movement that encourages people to move daily for better health to prevent or treat arthritis. Moving just 30 minutes per day can ease joint pain, improve mobility and reduce fatigue.

The 5K walk had featured entertainment, light refreshments, goodie bags and educational opportunities.
George E. Saenz, promoted to CHS Director of Facilities/Plant Operations

We are pleased to announce the promotion of George Saenz to CHS Director of Facilities/Plant Operations starting on May 1, 2013.

Saenz has over 16 years of experience in the Catholic Health Services system, most recently at Villa Maria Nursing Center and St. Catherine’s Rehabilitation Hospital in North Miami. Mr. Saenz has successfully passed over 15 AHCA inspections for long term care and as many accreditations in CARF and Joint Commissions. Saenz has also been the lead on major expansion and remodeling projects including the $1.4 million dollar addition of the North Dade Medical Foundation aquatic center on the Villa campus.

“We are pleased to have someone of George’s depth of experience and commitment to quality and the CHS Mission working at the CHS level, helping us maintain our high standards throughout our 30 plus facilities,” comments James Ball, COO of Catholic Health Services.

Saenz is a member of the Florida Health Care Engineering Association, Florida Life Safety Health Care Association and National Fire Protection Association.

**MUD DAY AT CENTRO MATER**

On Friday June 28, 2013 Centro Mater Child Care celebrated International Mud Day. We took a moment to pay tribute to this wacky substance and celebrate nature, outdoors, and mess by getting down and dirty. Mud play offers unique tactile and sensory experiences that are vital to a child’s developing brain.
CONGRATULATIONS TO THE 2012 RESIDENCY GRADUATES

Congratulations to the 2012 graduates of St. Catherine’s Rehabilitation Hospital/Villa Maria Nursing Center Postgraduate Residency in Geriatric Physical Therapy. All three graduates have passed Board certification exams and are now Board certified Geriatric Clinical Specialists. This is a huge accomplishment and our accolades go to each of them. The graduates are Vincenzo Bombana, PT, DPT, GCS; Amy Cooper, PT, DPT, GCS; and Jenny Chang, PT, DPT, GCS.

We are especially lucky to have two of them remain on our full time staff. Dr. Bombana is at St. Catherine’s Rehabilitation Hospital/Villa Maria Nursing Center and Dr. Cooper is at St. Anthony’s Rehabilitation Hospital/St. John’s Nursing Center. Dr. Chang is employed at Swedish Medical Center in Seattle, Washington.

Since the residency program was accredited by the American Physical Therapy Association in 2004, 100% of the program’s graduates have successfully passed Board specialty examinations on their first attempt. There are nine Board certified geriatric specialists in physical therapy employed at CHS’s East, West, and North campuses.

CHS is on Facebook... become a fan... check out CHSpeak... read our blog! Use our mobile site for Updates.
MISSION IN ACTION: A SUMMARY OF FR. EDMUND AKU’S NEW BOOK, SOLIDARITY, SUBSIDIARITY AND THE COMMON GOOD. FUNDAMENTAL PRINCIPLES FOR COMMUNITY AND SOCIAL COHESION

This book was published in 2011, the second of a trilogy that is meant to address the issues of diversity and unity that are inherent in the concept of community. The first, titled Re-defining Community was published in 2009. The third is still in the works. The motivation for this project is the conviction that diversity and unity are intrinsic to and pervasive of any form of level of community. The book, Solidarity, Subsidiarity and the Common Good, discusses the navigation tools for a productive and harmonious interaction between diversity and unity or differences and commonalities. It is divided into four chapters. Each of the first three chapters discusses one of the major concepts. The fourth and concluding chapter weaves through the concepts of the preceding chapters underlining their interconnectiveness.

I presented solidarity as a bipolar concept. It can be empathetic or sympathetic. Drawing from a psychological image, I described that sympathetic solidarity is akin to a sympathetic nervous system that controls involuntary muscles in the body. Sympathetic solidarity like the sympathetic nervous system occurs in areas where it is obvious and taken for granted. It is like an automatic response. We presume that family members should care for one another. It is a solidarity that departs the in-groups kinds of the same feather flock together. Empathetic solidarity crosses the obvious boundaries. It goes out of the tradition to make friends with the stranger. The stranger is treated like “one of us”. Jesus’ parable of the Good Samaritan is ancestral to this type of solidarity. Empathetic solidarity is not the crown of glory. You don’t want to be other-regarding to the point of losing your identity. Both forms have their merits but they are richer when they complement and enrich each other. In other words they are not mutually exclusive. We can take immigration as a case in point. We may that our borders against immigrants, expel all illegal immigrants in the process of securing our national integrity. We may on the other hand, be welcoming to them and tap from the cultural and economic potentials to enrich our economy. Be impulsive and automatically we want to be too protective of our identity and resources, fearing that reaching out to others may deplete what we have. But on second thought and after thorough reflection, we discover that we multiply our options and fortunes by reaching out to the stranger.

When people reach out to others especially where there is disparity in power and capability, there is always the danger of paternalism. The reverse side of this is the danger of pandering. The principle of subsidiarity makes sure that those dangers are reined in the fold. There is an idea of reciprocity that is preserved by the principle of subsidiarity. The immigrant population has something to contribute even if it is not identical to what it receives from the host country. This can be carried over to relationship between nations. The principle is able to maintain a balance in the relationship because of its paradoxical stance. It has both a negative and positive side. It holds both parents and allows interference. It discourages interference except where it is necessary and to the degree that it leads to self-help or to the independence of the recipient. It supports autonomy and the exercise of individual competences but will allow interference with these only to the extent that the interference enhances the opportunities for autonomy and exercising of these competences by individuals or subordinate groups. It is usually tagged “help towards self-help”.
The terms of the principle are summarised in these words of Abraham Lincoln: “The legitimate object of government is to do for a community of people whatever they need to have done but cannot do at all, or cannot so well do for themselves in their separate and individual capacities. In all that people can individually do for themselves, government ought not to interfere.” In relation to immigration, the subsidiarity principle will support governments granting people, e.g., the immigrants, privileges that will enable them to shape their own found communities on their own to the best of their abilities and grow to be future tax payers independently contributing to the economic stability of the host country.

Solidarity and subsidiarity are properly in place when seen in conjunction with the common good principle. Oswald von Nell-Breuning notes on the relationship of these principles: “If the principle of solidarity (solidarity is the structural principle of every conceivable society, the principle of subsidiarity is the appropriate, equally universal valid, principle of co-presence i.e., being qualified to act in a qualified sphere) ... structure and co-presence are bound together of society in the closest manner ... both are ultimately determined by human-commune of the current social pattern. Both are derivable from the common good ... but at the same time each is derivable from the other.”

We cannot talk of the common good, when something of common interest or value is monopolised and not availed to all stakeholders. We cannot talk of common good when people fail to make their fair contributions to what is of common interest. What is the common good? This is hard to define. It is not the sum of individual interests. There is not a universal interest out there to be met. The common good at best is the best of individual interests and the best of collective interest. The government may not be able to provide the same levels of education for all, but can create an environment that affords people the opportunity for education to the best of their abilities, becoming valuable members of society, contributing to its stability in their own possible ways.

A functional and harmonious community gives for the common good of its citizens. What this means is that the community works concurrently the good of the individual members and that of the community. Individual good and the good of the community must be articulated. What do I mean here? People generally want to make a living. The common good wouldn't be the cumulative value of this doing, which will amount in a reality that for everyone people be every individual. When we go for the kind of rule where, we all know that some will suffer more and may be exploited by others. Indeed we know the outcomes will not be even. Ideally we will want a situation where everyone has the head above water even when the outcomes are not the same for all. To achieve this level of contentment, some will have to put in more, usually those who have more. This resonates with the practice in the early Christian community where those who had more gave more, and people received according to their needs. No one was overburdened, no one starved.

This way of approaching the common good already includes the concept of solidarity. People are working not only to ensure a stable community but also with the interest of other individuals at heart. The burden is much lighter for the weaker and the community at large is the better thereof.

The subsidiarity principle is like the autonomy principle, if you like. It is simply saying that when the streets known where the heart is the most. It supports the devolution of power. Everything being equal people should be allowed to determine their fate or make decisions about their lives. The broader society comes in only where people are not able to do the basic things for themselves. In this case the broader society is there to help them towards self help, not to usurp their self-governing capacities. The bottom line is that this approach does not support people being parasites on others as whatever help they receive is granted towards helping them stand on their feet eventually. Meanwhile, all contribute according to their abilities or capabilities.

The book says more about these concepts going to their origin and development in Catholic social teaching. It references extensively papal encyclicals from Leo XIII's Rerum Novarum to Benedict's Deus caritas est. It also cites extensively writings of world renowned theologians. This book provides parameters for social cohesion for any level of community, from the family, the school, work place, village, country, state or nation to the world. In this age of globalisation the concepts outlined in this work couldn't be any pertinent and apt. It tells us why policies like universal primary education and universal health care coverage that on the surface seem intrusive on the part of any government are indeed justifiable.
Hurricane Preparation Checklist

During a hurricane WATCH:
(hurricane may hit your area within 24-36 hours)

- Pay attention to instructions from public officials and the media
- Check your first aid kit
- Gather important documents
- Check food, supplies and water
- Obtain cash/traveler's checks
- Check medications and prescriptions
- Fill up your car with gas
- Fill propane tanks if you plan to use a grill
- Check radio, flashlight and batteries
- Pick up all objects from your yard and store inside. Trash pick up is often suspended. They may not be picked up at the curb before a hurricane and can become deadly flying objects.

During a hurricane WARNING:
(hurricane may hit your area within 24 hours)

- Pay attention to instructions from public officials and the media
- Fasten all doors and shutters and protect glass and French doors
- Lower all blinds and close curtains
- Sanitize bathtub and fill with water
- Secure storm shutters/awnings
- Fill clean containers with water for drinking
- Fill freezer with containers of water
- Cover valuables and furniture with plastic and move away from windows
- Do NOT drain pool. DO turn off electricity to all pool equipment
- Place the following in a large waterproof bag or plastic container:
  - First aid kit
  - Detergent and soap
  - Trash bags
  - Insure important papers
  - Blanket and pillow
  - Personal care items
  - Large towel, wash clothes
  - Clothing and paper towels
  - Sunscreen and insect repellent
- If taking down a TV antenna, unplug your set to make sure it is not electrically charged

Hurricane Supplies Checklist:

Medical Supplies

- Arrange for a one-month supply of all medications. Contact your doctor and pharmacy early. Also, ask your doctor about how to properly store medication during a power outage, especially the medication that you would normally keep in the refrigerator.
- Have extra prescription eyeglasses, sun glasses and hearing aid batteries.

Food, water and related supplies

- Non-perishable foods, such as ready-to-eat canned meats, fruits and vegetables, canned/bottled beverages and dry foods such as crackers. At least a 5-7 day supply of food is recommended.
- Non-electric can opener THAT YOU CAN TURN by hand
- Drinking water: At least one gallon per person, per day. A two-week supply is suggested
- Soaps and detergents
- Non-electric stove (optional). Do not forget to buy fuel for it if you use one.
- Several coolers and ice. Consider making "blocks" of ice in advance to use in the coolers when you need them
- Disposable eating utensils (optional) or several sets of dinnerware
- Pet food, supplies and carrier cage
- Large and small trash bags
- Paper towels, tissues and rubber gloves

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