Last year Hurricane Irma ripped through south Florida and not only devastated property but also caused power outages that took the lives of several residents in a nursing home in Hollywood, FL. These tragic losses created rapid response from Tallahassee. Subsequently Governor Scott issued emergency rules mandating generators at nursing homes and assisted facilities. Nursing homes would be mandated to have equipment that can control indoor temperatures for 96 hours after an outage and maintain an ambient temperature of no more than 81 degrees.

As a proactive corporate initiative, months prior to the Governor’s mandate, Catholic Health Services had been on the path to equip all medical campuses, including nursing homes, rehabilitation hospitals and assisted living facilities with generators to provide full facility power.

Moving quickly, we engaged architecture and engineering firms to design custom systems and plans, build required infrastructure, order, fabricate, deliver and install commercial grade, customized generators. Much of the ground work was completed before the end of the year and the project has now fulfilled the 100% coverage requirement. Although there were numerous logistic and regulatory challenges to be met, all of our medical campuses will be fully operational and compliant with the Governor’s rules ahead of this year’s hurricane season.

The management and staff of all Catholic Health Services facilities, make it the utmost priority to establish a safe and comfortable environment for all patients, residents and clients, above and beyond the standard industry life safety requirements.
Lisette Iglesias

Congratulations on her 40th Anniversary with
Catholic Housing Management

Lisette Iglesias celebrated her 40th anniversary working with Catholic Housing Management. Lisette began her career as a bookkeeper and soon worked her way up to Comptroller. She oversees the accounting functions for Catholic Housing Management and the 17 facilities they supervise. Lisette takes pride in her work and embodies the true mission of the organization. She is joined by some of her office staff in a lunch to celebrate this memorable event. We are super proud of Lisette’s accomplishments throughout the years. The housing facilities have been financially stable under her leadership.

We thank Lisette for all these great years of service to our organization and the residents we serve.
"We have taken every precaution to ensure that our skilled nursing, rehabilitation hospitals and assisted living facilities remain safe and operational during and after a storm. Our priority is to ensure the comfort and peace of mind for you and your loved ones. Catholic Health Services is ready to provide Always ON protection at our four medical campuses for any emergency and hurricane season,” said Joe Catania, CEO, Catholic Health Services.

The Atlantic hurricane season runs from June 1 to November 30, with the peak occurring between mid-August and late October.

**Hurricanes can’t always be predicted with accuracy. Be prepared...Make a hurricane plan!**

- Know your hurricane risk. Talk to your local emergency management agency.
- Make an emergency plan.
- Sign up for alerts and warnings.
- Make a family communication plan.
- Plan your shelter options.
- Know your evacuation route.
- Build or restock your basic disaster supplies kit, including food and water, a flashlight, batteries, chargers, cash, and first aid supplies.
- Consider buying flood insurance.
- Familiarize yourself with local emergency plans. Know where to go and how to get there should you need to get to higher ground or to evacuate.
- Stay tuned to local wireless emergency alerts, TV, or radio for weather updates, emergency instructions, or evacuation orders.
Americans love to drive. More than 75 percent of adults carry a driver’s license, including 40 million who are 65 and older. But driving is more than just a passion or a pastime: It’s a lifeline. Studies have shown that giving up driving increases a person’s mortality risk and makes seniors more likely to feel isolated and suffer from depression.

All of the challenges that come with aging might lead you to assume that seniors represent a special menace behind the wheel. But this assumption has been proven wrong. Decades of statistics show that crash rates per mile driven are highest for the youngest drivers (ages 16 to 19), though they do begin to tick up steadily once drivers pass 70. But even at 85, senior drivers crash less often, per mile, than teens.

Older adults don’t get enough credit for their safe driving habits, says Emmy Betz, M.D., M.P.H., an emergency room physician and associate professor at the University of Colorado School of Medicine who researches senior-driving safety. “Older drivers are more likely to use seat belts and follow speed limits,” Betz says. “They are less likely to drive at night or while intoxicated, or to text while they drive.” Many seniors also regulate their driving behavior, limiting their trips at night, on highways, or during rush hour.

Making sure our seniors are getting all the benefits of living a full and rich life at our senior communities, arrangements were made so FLOW (Florida Licensing on Wheels) would visit Archbishop Carroll Manor to assist the residents in receiving their licenses from the DMV. Forty six residents at Archbishop Carroll Manor were able to partake in this great experience!

The Florida Department of Highway Safety and Motor Vehicles places a high value on customer service. Offering 13 mobile units dramatically enhances their ability to make services more accessible. They provide a convenient method to renew a driver license, obtain a replacement driver license, change a name or address on a driver license, get an identification card, renew a vehicle registration and purchase a specialty license plate. They also offer DHSMV’s critical safety services such as emergency contact information registration and safety campaigns by the Florida Highway Patrol. The seven FLOW mobiles provide services out of a large bus, which makes them great for large and outdoor events. The six Mini-FLows are set up at a table, which accommodates smaller venues and indoor events.

Result... more happy Catholic Housing Management residents are ready to take to the road safely to continue the adventure of their lives!
MARIO YANES
Retiring and Celebrating
25 years of Dedication

For over twenty-five years, Mario Yanes has served our organization, the community and most importantly, the residents of the buildings he managed, with skill, love and passion.

This attention to detail has earned him the coveted Award of Excellence from Catholic Housing Management every year he served the organization. He has consistently received recognition for outstanding achievements in REAC physical inspections earning the highest scores and highest resident and management satisfaction survey ratings in the organization, in addition to outstanding management and occupancy reviews given by the U.S. Housing and Urban Development department.

Throughout his career, Mario Yanes, has embraced the Mission and Values of CHS and Catholic Housing Management by providing all residents and employees daily support, inspiration and leadership. Mario changed, improved and blessed the lives of more than 13,000 Catholic Health Services residents and staff. He pushed the envelope of elder care, by acting as a catalyst and supporter for a multitude of quality of life projects that today serve as a standard of services we deliver to our residents. He provided the highest building maintenance standards, making all his managed properties an example for our organization.

Mario Yanes is a longstanding beacon of our community and leaves a legacy of quality of life programs for the elderly, building management systems and compassion that has won the hearts and respect of our residents and the community at large.

We are grateful for his service and are better because of his dedication!
Meet Dian Backoff
Executive Director, Catholic Hospice

We welcome Dian Backoff as the new executive director of Catholic Hospice. Ms. Backoff comes to Catholic Hospice after a highly successful career in providing strategic direction and improving bottom-line growth in the health care and hospice industries. She was instrumental in growing VITAS from a small hospice operation into the nation’s leading hospice provider.

Backoff most recently worked as a consultant to Visiting Nurse Service of New York and ValueCare at Home Registry assisting in all aspects of operations, focusing on growth, efficiency and standardization, resulting in increased ability to convert referrals to admissions.

“In addition to her impressive background and professional expertise, Dian brings a passion for excellence and high quality care and service that aligns with our mission of providing the patients and their families our services with love, skill, compassion, and respect for all human dignity - regardless of race, creed or religious affiliation”, said Joe Catania, president and chief executive officer of Catholic Health Services. “We are pleased to welcome her to the team.”

Lauren Johnson assumed the responsibilities of Social Media Coordinator at Catholic Health Services March 2018. Lauren has a background in customer relations as well as experience in social media, websites, videos, newsletters and other marketing responsibilities. As Social Media Coordinator, Lauren will be strengthening our digital media presence and teaching our community all about the quality services we offer at CHS!

“I am very pleased to have Lauren Johnson join our team at Catholic Health Services. Lauren brings a fresh new approach as well as being a results driven, creative thinker”, said Linda Lamers, Director of Internal Communications for Catholic Health Services.

“It has been a smooth transition joining CHS. I have had the opportunity to meet many great leaders throughout our system and I look forward to contributing to this great organization” states Lauren Johnson.

Help Centro Mater Make A Difference This Summer

We know how important the summer months are for both young children and youth who have nowhere to go when the school doors close. Ensuring that these young learners have access to educational opportunities along with having their basic needs met under adequate adult supervision is one of our highest priorities.

Thanks to generous individuals like you, we can keep our doors open at The Centro Mater Wellness Summer Camp. The program reinforces essential reading and writing skills through a literacy curriculum and allows children to further develop their gifts and talents. Recreational activities include instructive field trips, physical education, and enrichment classes in arts and crafts, music and dance. All children enrolled are also guaranteed 2/3 of their daily nutritional needs with a balanced breakfast, lunch, and snack. What better way to support disadvantaged children in reaching their full potential?

You can provide all of the above for just $100 a week per child, $500 a month or $1,000 for the whole summer. Please send your donation to: Centro Mater Foundation, 418 SW 4th Avenue, Miami, FL 33130. If you need additional information, or prefer to make a credit card donation via telephone, please call Marbelys de la Osa at (305) 545-6049.

Your gift, of any size, will help keep our doors wide open and give children from all walks of life an opportunity to change their futures.
Showing our colors at St. John’s Nursing Center

Despite the fact that coloring and art therapy aren’t quite the same thing, coloring does offer many mental benefits. The effects of coloring activities for people living with dementia show positive outcomes, most notably a decrease in agitation and anxiety. Coloring is very soothing and calming for patients who have Alzheimer’s. It reminds them of childhood, which is important since the long term memories are often the memories that are left even after the shorter term memories have all disappeared. This gives them a positive anchor point, because it brings back memories that they can understand and engage with. Coloring is also a task that is simple to understand but complex enough to be engaging and rewarding.

The therapeutic value of coloring comes in part from a participant’s need to concentrate and in doing so they may ‘forget’ their troubles while in the midst of a coloring activity. Relaxation and meditative moods often follow.

The Benefits of Coloring for Seniors

- Improves moods
- Relieves stress
- Reduces agitation
- Promotes socialization and reminiscing
- Provides an outlet for self-expression
- Helps to maintain motor function
- Improves dexterity (grip control)
- Improves hand-eye coordination
- Encourages cooperation
- Promotes mindfulness (full attention & concentration required)
- Provides a sense of accomplishment

“Recently seniors across the country have picked up coloring books as a way to relax and unwind. This is a fun way to exercise our resident’s fine motor skills and train the brain to focus on tasks. Many of our residents, after the program, have been seen purchasing coloring books and have gone out of their way to have their family members provide additional coloring books for them to keep in their rooms. The residents have stated this is a major hit and they can’t get enough of it.” shares Garland Jones, Director of Recreational Therapy at St. John’s Nursing Center.
Let's Celebrate!!!

May is...

Arthritis Awareness Month
National Arthritis Awareness Month was initiated by the Arthritis Foundation through a Presidential Proclamation in 1972. It aims to raise awareness and reduce the impact of arthritis, which strikes one in every five adults and 300,000 children and is the nation's leading cause of disability.

Older Americans Month
Acknowledging the contributions of older persons to our country. Every President since John F. Kennedy has issued a formal proclamation asking that the entire nation pay tribute to older persons in their community.

Stroke Awareness Month
Every 40 seconds someone in America has a stroke. It is the 5th leading cause of death in the United States and a leading cause of long-term disability. The goal of the annual campaign is to raise awareness about the importance of managing stroke risk factors, understanding stroke symptom recognition and response, and improving the quality of life during stroke recovery for millions of survivors.

6-12: Nurses Week
Since 1820 we celebrate the role nurses play in delivering high quality care to patients around the world.

8-14: Women's Health Week
Designed to empower women to make their health a priority, promoting women's health and its importance.

13-19: Nursing Home Week
Skilled nursing, post-acute, and long term care settings honor this time to honor residents, patients, and their families and to recognize staff for their dedication to caring for seniors and persons with disabilities.

Mother's Day - Sunday May 13th

June is...

Alzheimer's and Brain Awareness Month
This month presents an opportunity to join the global conversation about the brain, Alzheimer's disease and other types of dementia. Everyone who has a brain is at risk to develop Alzheimer's, a fatal disease that cannot be prevented, cured, or even slowed.

Aphasia Awareness Month
Aphasia is an acquired communications disorder that impairs a person's ability to process language but does not affect intelligence. Aphasia impairs the ability to speak and understand others, and most people with aphasia experience difficulty reading and writing.

Father's Day - Sunday June 17th

Spring into better eating this Spring
fresh, fast and easy ...

When it's hot outside, you probably lose your appetite and prefer eating light. And that's OK. Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

Here is a one day meal plan to help you get started!

Breakfast
Toss your favorite breakfast meat (or skip if you're vegetarian), salsa, eggs, and cheese in a mug, zap for 2 minutes, and season to taste. Breakfast has never been easier to make—or clean up.

Quick and Easy Chicken Burrito
Leftover chicken finds a new home in this quick burrito. Mix it with avocado and cheese—or take it one step further and toss in some peppers, onions, and maybe some greens—and cook in a pan. Bonus: Make a few at once and freeze the extras for an even faster lunch next time.

Dinner
Spicy Cilantro Shrimp with Honey Lime Dipping Sauce
Because it cooks so quickly, shrimp is the perfect protein for busy evenings. Season with paprika, cumin, cayenne, and sauté for just minutes in butter. Toss with fresh lime juice and a homemade honey lime dipping sauce.

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