



**THE VILLAGE**  
AT INCARNATE WORD

# THE VIEW

A Publication for Residents, Staff, Families, and  
Friends of The Village at Incarnate Word

"On growing old:  
I wouldn't know."  
**Carol Foote**



"Best age to be  
is senior age."  
**Dr. Sam Mungo**



**TVIW  
Celebrated...**

**OLDER  
AMERICANS  
MONTH**

**COMMUNITIES OF STRENGTH: MAY 2021**



"Don't fight aging!  
Enjoy every  
moment!"  
**Pat O'Brien**



"Be joyful  
and grateful  
for the gifts  
of each day."  
**Sr. Sarah  
Lennon, CCVI**

## WE DID IT!

Together, we  
made an IMPACT

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## MISSION SUCCESS STORY

Connections  
Pool Re-Opening

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## A HEARTFELT THANK YOU

Shout out to our  
incredible TVIW staff!

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**SUMMER 2021**



## BOARD OF TRUSTEES

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## OUR MISSION

To extend the healing ministry of Jesus Christ to all those we serve.



## Message From Paul Harrison

President and  
Chief Executive Officer

Each month, or even day, our nation celebrates a group, an activity, a food, an historical event, etc. In May, we had the opportunity to honor and recognize a very important group of people who strengthen our society: older adults.

This year's Older American's Month theme was "Communities of Strength." Each generation builds upon the accomplishments of the previous generation. Seniors have, and continue to contribute to improving education, healthcare, medicine, business, social justice, spirituality, the environment, family care, and the list goes on. The work of older Americans ensures younger Americans have safe communities with the resources needed for productive lives. We owe a great deal to seniors, so throughout the year, please take a moment to thank a senior for strengthening our community!

I would also like to introduce you to a new member of The Village at Incarnate Word team and announce a promotion.



**Stacy Vaughn** has joined TVIW as Director of Nursing for DeMatel Extended Care. Stacy is a registered nurse and has worked in senior care for 20 years. We are thrilled she is part of our team.



Many of you may have known **Brittanie Buckley** in her role with Sisters Care at The Village. Brittanie was promoted to Angelique House Assisted Living Manager. She is a licensed vocational nurse, and was a great Assistant Manager of Sisters Care, especially through the pandemic. We are excited about her promotion.

Lastly, a great deal of strength has been required of us all as we have dealt with the pandemic. The Village at Incarnate Word is blessed to have strong residents, family members, volunteers, Sisters, and staff. As more people are vaccinated, retirement communities have begun to re-open to visitors, and it is wonderful to have families of our residents back in our community.

Sincerely,

Paul Harrison  
President and CEO





# Communities of Strength

Sr. Shirley Vaughn, CCVI, MA  
Mission Integration Director

LIVING OUR  
MISSION

“Communities of Strength” brought to mind the communities of the early Christians that we read about in the Acts of the Apostles. In chapter one, verses 13-14, it says that after Jesus ascended to Heaven, the eleven apostles gathered in Jerusalem and “devoted themselves with one accord to prayer, together with some women, and Mary the mother of Jesus, and his brothers.” After the Pentecost event, the Holy Spirit emboldened Peter to proclaim the truth of the life, death and resurrection of Jesus, resulting in 3,000 converts being baptized. In chapter two, Luke describes the community. “They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers. (v. 42) Their fellowship was the result of sharing faith in Jesus and a desire to spread the good news of eternal salvation through Jesus to all areas of the known world.

Throughout the past year the residents and staff of The Village at Incarnate Word have pulled together forming a strong community through service and appreciation. Staff members were outstanding in overcoming fears, stifling their social activities, working extra days and hours, and overcoming ice and snow – even if it meant staying here overnight! Residents also rose to the occasion, watching out for one another, helping when needed and showing appreciation for every effort that was made on their behalf.

## ON THE COVER

In May, TVIW celebrated Older Americans Month: Communities of Strength! To see more photos and read contributions from residents, visit pages 8 and 9.



SISTERS OF CHARITY OF  
THE INCARNATE WORD

SAN ANTONIO

Every year in the late spring, the Sisters of Charity of the Incarnate Word celebrate members who are observing significant anniversaries of the first profession of religious vows of chastity, religious poverty and obedience. This year we have four Sisters celebrating 60 years of profession in the United States.



*Sr. Jane Marie Farek*



*Sr. Francine Keane*



*Sr. Mary Kay McKenzie*



*Sr. Guadalupe Ruiz*

***Congratulations, Jubilarians!***  
***Thank you for your 60 years of***  
***serving the Incarnate Word!***



# 2021 NO SHOW IMPACT RESULTS

## TOTAL RECEIVED

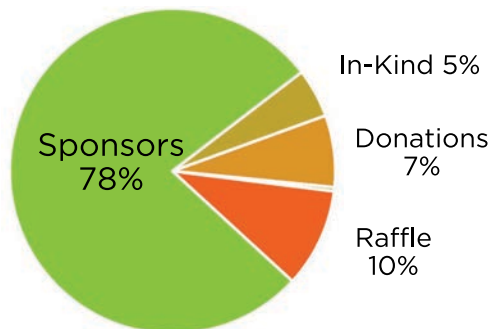
**\$72,480.69**

**Sponsors** \$55,965.61

**Raffle** \$7,086.58

**Donations** \$5,928.50

**In-Kind** \$3,500.00



## Sponsors \*As of 4/5/2021

### Trailblazers



### Leaders

SWBC

### Influencers

CHRISTUS Santa Rosa

Geoff Crabtree

Maryanne & Tom Guido

Sandy & Paul Klein

The Republic of Texas Restaurant

Dana Terracina

### Contributors

Dr. Carlos & Martha Lowry Bazan

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## No Show Impact Donors

Anonymous

Sr. Bette Bluhm, CCVI

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## Congratulations, Raffle Winners!

**Rozlyn Bermea**  
**Mary Alice Garza\***  
**Moris Saide\***

**Esther Sanchez**  
**Andrew Pomeroy**  
**Anna Garza**

*\*Big thanks to these winners  
for generously donating  
their prizes back to TVIW!*

Pictured: Niki Simpson, VP of Development, Rozlyn Bermea, Grand Prize Winner,  
and Fernando Sorolla-Delgado, Director of Resident Services & Volunteers

## SAVE THE DATE An Evening in the Garden

Watch live or join in-person! Benefiting The Village at Incarnate Word



October 28, 2021 | 6-8 p.m. | San Antonio Botanical Garden



Cocktails



Food



Music



Auction



Get tickets, become a sponsor, or learn more at <http://bidpal.net/garden>



# thank you

## Gifts received:

February 1, 2021 - May 25, 2021

Alamo Area Home  
Care Council  
Anonymous  
Olga Arias  
Sharon Baker  
Nancy Blythe  
Guadalupe Clark  
Dr. Denise Doyle  
Jeanette Eisenmenger  
Vivian Fernandez  
Marianne Fischer  
Irene Golla  
Sarah Henderson  
Olga Holguin  
Michael Janko  
Klesse Foundation  
Sylvia Kutschenreuter  
Virginia Laura  
Sr. Sarah Lennon, CCVI  
Madelyn Magee  
Sr. Margaret Mannion, CCVI  
Edna L. Moon  
Network for Good  
Virginia Rodriguez  
Fr. Jim Rutkowski  
Niki Simpson  
Col. Ambrose & Beverly  
Szalwinski  
Vivian Vance  
Yvonne Weber

### In Memory of...

*Hugh A. Fitzsimons, Jr. (cont.)*  
Dana Terracina  
Lorrie Uhl  
America & Roy Vargas  
*Sr. Marinela Flores, CCVI*  
Saundra Watts  
*Glenn Freres*  
Mr. and Mrs. James Fujarski  
David Larks  
Carolee Silverman  
*Lois Herrmann*  
John Hancock  
*Mary Lewis*  
William Lewis &  
Laura Claghorn  
*Maria Mendoza*  
Sr. Shirley Vaughn, CCVI

*Sr. Agnes Rose Piwonka, CCVI*  
Patricia Linnstaedter  
*Sr. Mary Helene Probst, CCVI*  
JoAnne Scholes  
*Daniel & Aurora Tarango*  
Sr. Shirley Vaughn, CCVI  
*Mr. and Mrs. Shirley Vaughn*  
Sr. Shirley Vaughn, CCVI  
*Linda Williams*  
Sr. Shirley Vaughn, CCVI

### In Honor of...

*TVIW Staff*  
Anonymous  
*Judy & Paul Rosanno*  
Sr. Shirley Vaughn, CCVI  
*Sr. Shirley Vaughn, CCVI*  
Anonymous

### "What can my contribution provide?"

Below are just a few examples:



**\$50**



- Spiritual Life supplies for daily Mass at TVIW
- 500 disposable gloves



**\$100**



- One month of free Connections dance classes
- Four hours of in-home care for an underserved senior in San Antonio



**\$250**



- One year medical alert device subscription for a TVIW resident
- 75 face shields and KN95 masks



**\$500**



- Three months of free Tai Chi wellness classes in low-income San Antonio communities
- 10 gallons of hand sanitizer



**\$1,000**



- One month of rent subsidies for a TVIW resident in need
- Three interactive tablets for memory care residents



**\$2,000**



- Medical cart with supplies for nursing staff
- Essential technology upgrades in TVIW community

### In Memory of...

*Hugh A. Fitzsimons, Jr.*  
Linda & Ernest Bruni  
Robert Buchanan  
Dimmit County  
Public Library  
Cathie Franks  
Robin & Anne French,  
& Lloyd R. French, III  
Barbara & Blair Labatt  
Richard Leibman  
Fred W. Middleton  
Diana Morehouse  
Saint Mary's Hall  
Lesley Schlumberger  
Niki Simpson  
Sisters of Charity of the  
Incarnate Word

# MISSION SUCCESS STORY

## Connections Pool Re-Opening

### What is Connections?

One of TVIW's charitable ministries, Connections provides FREE or low-cost health and wellness programming throughout Greater San Antonio. Read more below about our weekly aquatic fitness classes!

On Monday, April 5, 2020, The Village at Incarnate Word's Aquatic Center re-opened to our Connections community participants. After being closed to the public for over a year due to COVID-19, it was a day of celebration! Pictured above, community participants, Nellyvette Gonzalez-Martinez, Instructor, and Jennifer Sotello, Connections Program Manager.

### About Connections Aquatic Fitness

Classes offered by Connections vary (see full schedule below), and include a warm up, conditioning, stretch, and cool down. All classes are done standing in chest deep water so beginners or people with limited mobility can participate easily.

### Weekly Schedule

Monday: 9-10 a.m. Aquabasics; 10-11 a.m. open swim  
Tuesday: 2-4 p.m. open swim  
Wednesday: 9-10 a.m. Arthritis Class; 10-11 a.m. open swim  
Thursday: 2-4 p.m. open swim  
Friday: 9-10 a.m. Rotating class; 10-11 a.m. open swim

Connections instructor, Nellyvette Gonzalez-Martinez, has taught aquatic fitness classes for over 20 years, and has worked with Connections for about three years. She began her journey with aquatic fitness after a personal injury. Through classes, she was able to make a complete recovery without surgery. Nelly became a certified personal trainer, Aquatic Exercise Association instructor, Arthritis Foundation instructor, and Silver Sneakers certified.

Aquatic fitness is effective in treating health conditions including cardiovascular disease, Type II diabetes, arthritis, and other chronic illnesses. Additionally, aquatic fitness improves range of motion and is safer for older adults due to reduced risk of falls or other injuries.

In addition to physical health benefits, there are many social benefits to group fitness classes. Regular participation decreases isolation and provides opportunities to gather both in and outside of class.

*To learn more about Connections and how you can get involved, call 210.829.7561 x187 or email [jennifer.sotello@thevillageiw.org](mailto:jennifer.sotello@thevillageiw.org).*

### Nelly's Aquatic Fitness Tips for Beginners

Try these exercises in any chest deep body of water



#### Walk in Water

Walk in a straight line, forwards and backwards, while letting your arms swing.



#### March / High Knees

March in place or walk with high knees in chest deep water.



#### Side to Side Step

Start with your legs together and side step to the right and then left.



# Charitable Ministries

See how TVIW is helping older adults and families throughout San Antonio



## Looking for Ways to Assist Lower-Income Older Adults and their Families?



*Support  
Project  
Elder Help*

Project Elder Help provides affordable in-home care to qualified older adults throughout San Antonio. Services are provided by Sisters Care and are offered on a sliding scale basis. Regardless of financial situation, every individual deserves the chance to receive top-tier care in their home so they can remain healthy, happy, and independent.

### DONATE

AT <https://bit.ly/tviwgive>

### LEARN MORE

AT [www.thevillageiw.org/blog](http://www.thevillageiw.org/blog)

## Respite Care: How it Can Help You and Your Family

Frances Jackson  
*Operations Manager  
Sisters Care at The Village*



When a loved one needs assistance with personal care, a family member will often welcome them into their home. You may think becoming a caregiver in your own home can reduce your concerns about their needs and increase your confidence in their safety. However, the family caregiver can find that juggling the needs of their loved one, coupled with work and responsibilities, becomes stressful.

The Alzheimer's Association reports "approximately one-quarter of dementia caregivers are the 'sandwich generation' — meaning that they care not only for an aging parent, but also for children under age 18." Respite care offers short-term relief for primary caregivers, and is a flexible way to take time to recharge.

There are a variety of ways to utilize respite care including:

- Completing tasks - run errands or finish projects knowing you have uninterrupted time to maximize your work flow
- Relaxation - take time to go for a walk, get a massage, or take a short vacation
- Companionship - taking care of a loved one can be lonely and daunting. Take some time to bond with friends or attend social events
- Peace of Mind - Sisters Care sends trained caregivers so you can rest easier knowing that your loved one is in good hands

If you would like more information about Sisters Care or respite care, call 210.733.9800 for a personal assessment.

Source:  
<https://www.alz.org/alzheimers-dementia/facts-figures>

# Age Strong, Live Long!

Older Americans Month May Celebration

LIVE AT  
TVIW

The "Age Strong, Live Long" walk is a TVIW tradition. Our 12th annual gathering was held on May 14, 2021, and was filled with opportunities to celebrate the many blessings of growing older. The event was hosted on our beautiful community campus and featured a scenic walking path from TVIW's back patio, past the University of Incarnate Word grotto, and back by the CCVI Motherhouse for activities and healthy snacks. Residents from all living areas look forward to the walk every year, sporting their bright red T-shirts, competing to see who can complete the most laps, and showing off their athletic skills while playing field games and activities.

## Resident Spotlight

### Carmen Bowen

Resident for over 7 years



Happy birthday to Carmen who celebrated her 102nd in May! Carmen contributes her longevity to healthy eating, loving family, and being surrounded by good friends and caregivers at The Village. She is proud to share that to this day, the only medication she takes is eye drops!

She spent her early years in civil service, but her favorite job was being a stay-at-home mom to her three children with her husband of 54 years, Paul. Carmen is still very independent and enjoys regularly attending and participating in activities at TVIW, especially anything music related.



Residents and staff exercise with a parachute



Betty competes to see who can kick a ball the furthest



Residents cheer each other on as they compete in activities

To see more pictures and fun from our "Age Strong, Live Long" walk, visit [www.thevillageiw.org/blog](http://www.thevillageiw.org/blog)



We asked TVIW residents their thoughts on aging.  
Read some responses below!

**What is the secret to aging gracefully?**

Remain calm, cool, and collected. Focus your energy on things that are positive.  
Keep a playful and joyful song in your heart each day.

**What is the most rewarding about getting older?**

Finally understanding how truly blessed I've been for 90 years.

You see people's gifts, not their faults. And, you become wiser.

Better understanding of the world as it is.

**What should younger people know about getting older?**

Know how to let go - accept physical limitations and learn to accept life as it presents in senior years.

Old age is a privilege.

Getting older is not for sissies!

**What is the best age to be?**

The best age is NOW, TODAY, and the opportunities for spiritual growth at The Village and my new home here.

En mi opinion, no hay "La Major Edad" pues cada edad, tiene sus experiencias transformadoras y sus oportunidades de crecer en todos los sentidos.

**What do you do to stay young?**

Keep my mind active, stay curious about things, be around young people.

Exercise, eat healthy, and be social!

Being happy outward - smile a lot!

*\*To read more resident responses and translations, visit [www.thevillageiw.org/blog](http://www.thevillageiw.org/blog)*



## Resident Writing Spotlight

### A Senior Moment

*Rene Ornes, MD*

This time can be difficult for those of us who face diminishing physical or mental capacities or have lost loved ones. It seems that the longer we live, the more funerals we attend, and the less we are able to do. Happiness can be elusive. But, recent studies have shown people with a thankful heart are happier than those who are neutral or not thankful. Though it may not be easy, finding something in our lives to be thankful for on a daily basis, can lift our spirits and lead to more happiness. God wants us to be happy and has given us a way.

# AROUND THE HOUSE



Betsy, Olga, Tom, and staff member, Nelly, visit the San Antonio Riverwalk



Charlie, Kathy, and Sr. Louise pose with their angel paintings



Cecil and Mary show off their painted Easter eggs



Nicki, Jeanine, Olga A., and Olga H. visit Mission Concepcion



Sr. Josetta and Elizabeth play Bingo to celebrate the 490th anniversary of the game



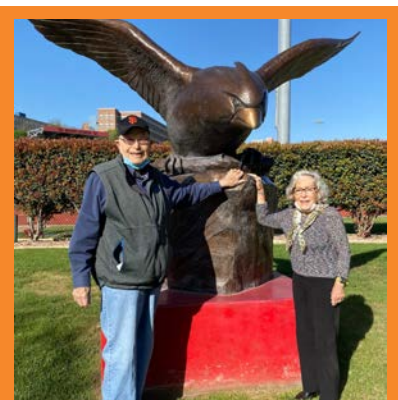
Sr. Consuelo poses with mariachi performers on Mother's Day



Rosario and Carol during the 2021 snowstorm



Carmen meets a friendly critter during a Happy Tails visit



John and Hortense celebrate Incarnate Word Day



# Thank You, TVIW staff!



Our Village community is so grateful to all the staff who went above and beyond during the week-long winter storm that hit San Antonio in February. Many employees stayed overnight, sleeping on cots or in their offices, to ensure continuous care for our residents. Others carpoled and braved icy roads each day to help out wherever it was needed most.



Staff took on tasks including preparing/delivering meals, checking on residents, or completing regular job duties without power or heat.



TVIW's Board of Trustees is extremely proud and grateful for the staff's commitment to our mission and their dedication to our residents and clients.

**Watch an appreciation video at:**

[bit.ly/tviwthankyou](https://bit.ly/tviwthankyou)

## EMPLOYEES OF THE MONTH

To see all 2020 and 2021 Employees of the Month, visit [www.thevillageiw.org/blog](http://www.thevillageiw.org/blog)

### March



**Adriana Ramirez**  
Housekeeping

### April



**Amanda Valdez**  
Extended Care

## In Memoriam

Feb. 1, 2020 - May 25, 2021

The Village at Incarnate Word is grateful for the opportunity to have served the following individuals:

**Helen "Tappa" Burt**

**Dorothy Exparza**

**Sr. Marinela Flores, CCVI**

**Glenn Freres**

**Mary Gates**

**Lois Hermann**

**Dr. Fred Riley**

**Edith Swann**

**Sylvia Treviño**

**Josephine Tucker**

**Dr. John Westkaemper**

**Dr. Vernon Zunker**

Benefactors:

**Hugh A. Fitzsimons, Jr.**

**Paul Rosanno**

*Would you like to make a gift in memory of a loved one or in honor of a staff member?*

- **Visit us Online**  
at [bit.ly/tviwgive](https://bit.ly/tviwgive)
- **Call**  
210.829.7561 x190
- **Email**  
[give@thevillageiw.org](mailto:give@thevillageiw.org)



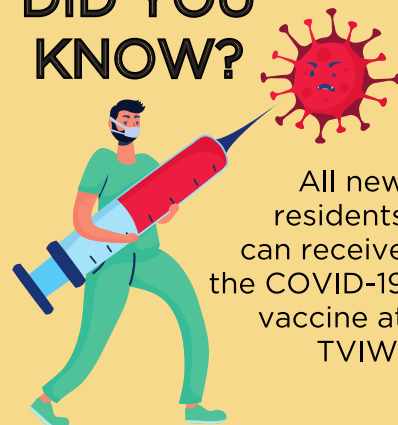
The Village at Incarnate Word  
4707 Broadway  
San Antonio, TX 78209  
210.829.7561  
[www.thevillageiw.org](http://www.thevillageiw.org)

THE VILLAGE  
AT INCARNATE WORD



NON-PROFIT ORG  
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PAID  
SAN ANTONIO, TX  
PERMIT NO. 1987

DID YOU  
KNOW?



All new  
residents  
can receive  
the COVID-19  
vaccine at  
TVIW!

Go Green!



To change your  
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Read *The View* online anytime at  
[www.TheVillageIW.org](http://www.TheVillageIW.org)

*Thank  
you!*



**VOTED 2021 BEST ASSISTED LIVING AND  
RUNNER-UP BEST INDEPENDENT LIVING IN SAN ANTONIO!**



**Interested in senior living options at TVIW?**

Contact us to  
schedule a  
tour today!

E: [info@thevillageiw.org](mailto:info@thevillageiw.org)  
P: 210.829.7561  
W: [www.thevillageiw.org](http://www.thevillageiw.org)

The Village at Incarnate Word  
is a 501(c)(3) nonprofit.



San Antonio's finest  
in retirement living  
featuring every  
level of care:



- Independent Living
- Assisted Living
- Nursing & Rehabilitation
- Memory Care