



**THE VILLAGE**  
AT INCARNATE WORD

# THE VIEW

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

## The Secret to a Long, Happy, and Healthy Life!

Stories and advice from  
older adults, Page 6

### How In-Home Care Can Help You Live Better

Page 4

### The Joy of Living Fully

Page 9



SUMMER 2023



THE VILLAGE  
AT INCARNATE WORD



# Message from Paul Harrison

President and Chief Executive Officer

Dear friends,

Recently, a local news broadcast ran a story on a lovely San Antonio woman who celebrated her 100th birthday. When these types of stories air, the reporter always asks the person celebrating his or her birthday what the secret to longevity is.

As you might expect, the answers all hinge on the things that make us happy. Faith, family (especially grandkids for older people), work, hobbies, pets, coffee, etc. It is no surprise that many studies have found a positive correlation between happiness and increased longevity. Happy people are more likely to adopt healthier habits and see a reduced risk of developing chronic illnesses.

Like all great things, happiness is something we must all work for, to cultivate, this means there is no secret to longevity. If we work on our happiness, and share it with those around us, it will be returned to us. It may not always be returned in a long life, but it will be a fulfilled life.

I invite you to read this edition of "The View" to see what happiness means to our residents. To read how happiness impacted their relationships, physical health, mental health, and generosity.

As I often comment, residents of The Village are generous and incredibly supportive of our staff, which creates a culture of happiness in our community and one that I hope is shared within these pages.

Lastly, do not let the heat of our summer months melt your happiness away! While we had a wonderful May with weather that invited us to sit in our courtyard enjoying a cool morning, and to spend the afternoons on our patios enjoying a glass of lemonade, June quickly reminded us all how hot Texas' summers are. We have all become accustomed to setting new heat records each summer. Let us all pray that these high temperatures are short-lived.

Praised be the Incarnate Word!

Kindest regards,

Paul Harrison

## 2023 BOARD OF TRUSTEES

Dana Wheeler Terracina  
*Chair*

Howard Lutz  
*Vice Chair*

Geoffrey Crabtree  
*Treasurer*

Randy Vogel, CPA  
*Secretary*

Paul Harrison  
*President and CEO*

Diana Beckmann-Mendez, PhD

Sr. Kathleen Coughlin, CCVI

Aric J. Garza

Sandy Klein

Paul Klein

Sr. Kathleen Reynolds, CCVI

Sr. Margaret Snyder, CCVI

Vivian Vance

Joseph Ward, LPC, LMFT

Shirley Willis

## OUR MISSION

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



a sponsored ministry of the

SISTERS OF CHARITY OF  
THE INCARNATE WORD

SAN ANTONIO

The View magazine is created and edited by Terri Landez, The Village's Social Media and Creative Manager.





# *Living with Hope and Faith*

Written by Sr. Shirley Vaughn, CCVI, MA  
Mission Integration Director

As I am writing this reflection, we have been reading about the call of Abraham in the book of Genesis. According to the text (Genesis 21:5), Abraham was 100 years old when his son Isaac was born! Two chapters after that we read, “The span of Sarah’s life was one hundred and twenty-seven years.” Two chapters later, we read of the end of Abraham’s astonishing life:

**The whole span of Abraham’s life was one hundred and seventy-five years. Then he breathed his last, dying at a ripe old age, grown old after a full life.**

## **Genesis 25:7-8**

Of course, no one in modern times lives to such an old age, but perhaps we can learn from Abraham. When Abraham encountered God, he put his faith entirely in God. He trusted God totally – enough to leave his homeland without knowing where he would end up.

When God promised the 99-year old Abraham that his descendants with his equally elderly wife, Sara, would be as numerous as the stars in the sky, Abraham believed. Abraham’s great faith did not mean everything went easily for him for those 175 years. His travels were perilous; his relationship with his nephew, Lot, became strained. Sara and her servant Hagar were antagonistic toward each other, leaving Abraham caught in the middle. His status as a “resident alien” limited some of his opportunities. He even dared to argue with God over the destruction of Sodom and Gomorrah. And we can’t forget the big “test” when he was told to sacrifice Isaac, his son who was supposed to carry on his name and the covenant with God. However, throughout all his trials, Abraham trusted God.

Spiritual author Henri Nouwen wrote, “Hope is the trust that God will fulfill God’s promises to us in a way that leads us to true freedom. The person of hope lives in the moment with the knowledge and trust that all of life is in good hands.

All the great spiritual leaders in history were people of hope. Abraham, Moses, Ruth, Mary, Jesus, Rumi, Gandhi, and Dorothy Day all lived with a promise in their hearts that guided them toward the future without the need to know exactly what it would look like. Let’s live with hope.”

I would add, no matter how many days or years we each have left on this earth, live with complete trust in God’s unconditional love for you; this is God’s essential promise to each of us.



*Let's  
live  
with  
hope.*

# How in-home care can help your loved one live better



**SISTERS CARE**  
IN-HOME CARE



## You don't have to do it alone.

As of 2020, one in five Americans (21%) are a family caregiver for a loved one. Six in ten (61%) juggle working full-time with being a caregiver.<sup>1</sup> Many caregivers are older adults themselves or are a "sandwich caregiver", a term for an adult who is simultaneously caring for their children and aging parents.

Caring for a loved one while balancing the demands of your own life can be taxing on your mental and physical health. That's why many family caregivers choose to get professional help from an in-home care provider, like Sisters Care.

Sisters Care offers personalized care plans based on each client's needs and family preferences. Whether you need full time care for your loved one or just occasional check-ins and companionship, we've got your back. Our priority is providing the best care possible for our clients and their families, so they are empowered to live happier and healthier lives.

<sup>1</sup> AARP and National Alliance for Caregiving. *Caregiving in the United States 2020*. Washington, DC: AARP. May 2020.

## We can help your family with...

- Mobility and transfers (ie. getting around the house, preventing falls)
- Hygiene including nail trimming, hair care, bathing, incontinence care, etc.
- Medication organizing and reminders
- Preparing and serving 3 meals a day
- Light housekeeping to maintain a clean, decluttered, and cheerful home
- Respite Care: we care for your loved one so you can take time for yourself
- Transportation to appointments, errands, and outings for fun
- Companionship and socialization



**Call for a FREE consultation!**

**(210) 733-9800**

We are ready to make life easier for you and your loved one! Call us today to discuss a care plan that works for your family.





# Senior Living OPTIONS



There are many reasons people choose to live at a senior living community; the amenities, active lifestyle, friendships, and daily activities are just a few reasons. But many older adults also choose senior living for the peace of mind it can provide.

For example, here at The Village at Incarnate Word, our residents are comforted to belong to a caring community of 250+ neighbors and friends. Help is always nearby, thanks to our dedicated staff who are available 24/7. If a resident's needs change due to injury, illness, or the natural aging process, they can explore higher level care options here at The Village. Read below to learn more about the different senior living options offered here at The Village at Incarnate Word.

## Independent Living

Live life with joy! Daily life at our senior living community includes fine dining, activities, art & crafts, movies, fitness classes, indoor pool, Mass in the chapel, outings, walking trails, and much more. We take care of all the cooking, maintenance, lawn work, and cleaning so you can stress less and live more. Open to anyone aged 55 and older.

## Assisted Living

Some residents need help with activities of daily living, but don't necessarily need a skilled nurse 24/7. Assisted Living helps these residents by providing personal assistance services, check-ins, and light health services, all provided by loving and dedicated staff. Assisted Living offers residents an added sense of security so they can continue living life at our Village to the fullest.

## Skilled Nursing and Rehabilitation

About one in three (35%) Americans will receive care at a Skilled Nursing Facility (SNF) during their life.<sup>1</sup> At a SNF, residents receive 24/7 care for long-term illnesses or short-term recovery from injury, surgery, heart attack, stroke, etc. Therapy services are offered onsite by Select Rehabilitation. DeMatel House has a 5-star CMS rating and is ranked as a top ten nursing home in the state of Texas.<sup>2</sup>

## Memory Care

According to a recent study by Columbia University, one in ten Americans aged 65+ live with dementia. At the Village, we offer a secure and peaceful home for those living with Alzheimer's or other forms of dementia. We help with meal reminders, activity schedules, and personal care to improve quality of life and safety. We ensure staff-to-resident ratios are low so your loved one is always receiving close and personalized care.

See yourself here at  
**The Village.**

Call our senior living counselors today to schedule a tour or learn more!

**(210) 829-7561**



Alma



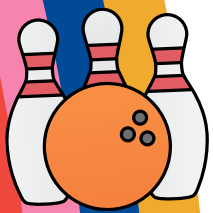
Jo Ann

<sup>1</sup> Source: Administration for Community Living, February 2020 <sup>2</sup> Source: Nursing Home Database, June 2023

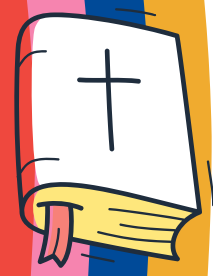


# The Secret to a Long and Happy Life


Advice and stories from TVIW residents: Bea, Sister Josetta, and Kathie



Bea is a member of an elite age group that less than 0.27% of Americans belong to: the centenarians. She was born in 1916, making this year's birthday her 107th. She grew up in a small village in Maine without electricity, a car, or television. In fact, she didn't see an electric light until she was 17 years old. She and her siblings entertained themselves with many outdoor sports, and her love of sports ended up lasting a lifetime. She became an avid bowler and was still scoring 200 or higher when she retired at age 100. Today, Bea exercises daily and can often be seen walking the halls at The Village. She also enjoys reading, crossword puzzles, and listening to music. Bea joked that her secret to a long life is a glass of water and a glass of bourbon every morning!



Sister Josetta celebrated her 90th birthday this April. She grew up in Jefferson City, MO where she fondly remembers playing in the yard with her siblings and working at her Dad's service station - where gas was only \$.13 a gallon! She joined the convent in 1951 and served as a teacher for 60 years at Immaculate Conception and Incarnate Word Academy. Sister is now retired, but certainly hasn't slowed down. Every day she walks 1-2 miles around our Village campus and she enjoys regularly playing card games with friends, crocheting, reading on her patio, praying in the Adoration chapel, and attending BINGO and other events. When Sister was asked, "Where do you get all your energy from?", she simply gestured above. Sr. Josetta's secret to a long and happy life: Love God and thank Him.



New Jersey native and octogenarian, Kathie, credits her longevity to a lifetime of learning and a love for family and God. Kathie was a science teacher for 35 years. She taught many classes, including AP Chemistry and AP Biology, and was an adjunct professor of Seton Hall University. She also taught Bible study at various churches, all while raising five children with her late husband. Here at The Village, Kathie has gotten involved by leading a weekly Bible study for her fellow residents. She has also taken to learning new skills like acrylic canvas painting. If there are activities or outings, she tries to go and have fun. Kathie feels her mission here is to bring joy - and she certainly does. Kathie's secret to a long and happy life: try new things, get involved, and notice with gratitude the presence of the Holy Spirit in your daily life.



# Resident Column

## What is your advice for living a long and happy life?

Live each day as if it were your first day, live each day as if it were your last day. Live each day as if it were your only day. - Sr. Annella

Be happy, have fun, don't get mad at your friends. Eat good meals, walk, and stay healthy in mind and body. - Nancy B.



Put God first in absolutely everything. Make sure to love the work and life you are living. - Sr. Angela

Stay active, watch your diet but don't deny yourself on occasions. Learn new things and have passion for your personal habits and activities. - Jack L.

Be happy and enjoy yourself. It is also nice living here where we have help if needed. - Marie T.

Live each day at a time and all of a sudden, you're older. My question is "Am I old yet?" - Sharon B.

## What have been the best and hardest parts about getting older?

I guess having more freedom has been the best thing about getting older. But then having more responsibility has been the hardest part about getting older! - John M.

Best thing about getting older is being at The Village at Incarnate Word. The hardest part is keeping track of where I have to be! - Virginia R.

Getting old is an endurance test. You have to learn to adapt as the world changes, but there are many good changes to enjoy as you age. - Doug M.

## What is your advice for younger people?

Emulate the people you look up to! - Richard N.

Avoid competition. Be your best self. Participate in religious activities. Pray daily. Choose your friends with care. Refrain from complaining. - Sr. Louise

Don't sit your life away. Learn to work early in life and don't be afraid to try something new if you think you can accomplish it!! - Hortense P.

Work at a job you enjoy, live and let live, and take care of the earth God created for us. - Patsy T

The aging process is normal. Don't resist the wonderful opportunity in every age! - Sr. Helen Ann

## How do you stay physically active?

Make sure to walk and exercise every day! I try to walk 20 minutes in the morning and 20 minutes in the evening. - Loretta C.

Walk with friends, ride bikes, swim, attend exercise classes, and spend time with my grandchildren. - Kathy O.

I like to exercise using the recumbent bike in the Village Wellness Center. - Sr. Kathleen



## How do you stay mentally active?

Playing Yahtzee (it's recommended by the Alzheimers Association), working word puzzles, and doing lots of paper arts. - Sylvia S.

Reading and talking to friends. Challenging myself. Being a listener and helping others on their journey. - Anonymous

Join activities that are offered in The Village. - Raquel S.

Learning a new language (mine is italian). - Teresa S.



# AROUND THE HOUSE



APRIL - JUNE 2023



Virginia enjoys Memorial Day



Sr. Maureen & staff celebrate Fiesta



Kathy & Kathleen at Fiesta at the Village



Olga with her caricature at the Spring Formal



Sr. Eleanor & staff at "Age Strong, Live Long" walk



Maripat & Tom at Birthday Feast Day



Sisters Alice, Eileen, and Bernardine at Fiesta



Connie and Raquel attend the Spring Formal dance



Fred & Fredda dancing together



Loretta & family enjoy a tea party



Richard & Kitty outside Brackenridge Villa



Celina & Paula at Happy Hour



# THE JOY OF LIVING FULLY

By Nellyvette Gonzalez, MS

Working at The Village, I often find myself thinking about the benefits of staying active and social as we age. I am privileged to listen to our resident's stories, the struggles they have lived through, and their triumphs. Working here, I have witnessed firsthand how many residents become more alive after just a few weeks living here.

One resident told me that they did not notice that they were so lonely living back home, until they moved here and gained new friends. Another resident mentioned that they never knew they had artistic abilities because they'd never had the opportunity as an adult to participate in painting classes. Many residents have never participated in sports games, dance sessions, aquatic fitness programs, crafts or outings without their spouse, a family member, or a close friend.

Many residents tell me that they feel like they are living in a resort for older people. I tell them, this is a retirement community, where you come to rest from a lifetime of work, stress, raising a family, spiritual vocation, etc. Now you can be and do whatever you want. We provide many opportunities to try different activities that will enhance your life and keep you socially engaged. We understand that there are many benefits for the whole person when one is socially active.



The National Institute on Aging states that an active lifestyle is more than just getting your daily steps in. Older adults must also participate in activities that are meaningful to them and that improve the mind, spirit and the body as a whole.\*

Studies show that older adults who are active...

- are less likely to develop dementia, heart disease stroke and some types of cancer
- have a longer lifespan
- are happier and less depressed
- are better prepared to cope
- may be able to improve their cognitive abilities

This summer we have added a few new activities to challenge the mind. We have taken a few of our favorite games, BINGO and Loteria, and given them a twist. In BINGO Extreme, players are challenged to solve simple mathematical equations in order to know the number of the card called. For Loteria, we test players ability to determine if the item on the card belongs to the hinted categories of person, place, animal, or thing.

Our newest focus has been on neuroplasticity; the brain's capacity to continue growing and evolving in response to life experiences, as it shapes molds and alters the brain creating new neurons and connective pathways. While regular BINGO and Loteria games have not been taken off our activity calendar completely, playing these variations give our brains new opportunities to grow.

I invite residents to challenge themselves before the end of this year by trying something NEW - whether it's BINGO Extreme, joining a new group of people in conversation or playing cards, or joining an organization like the Senior Cardinals Club or the Resident's Council. You will be amazed how a small, new joy can make life so much better.

*\*Source: [www.nia.nih.gov/health/participating-activities-you-enjoy-you-age](http://www.nia.nih.gov/health/participating-activities-you-enjoy-you-age)).*





# Thank you!

## Gifts received

Apr. 1, 2023 - Jun. 30, 2023

Amazon Smile  
Anonymous  
Olga Arias  
Ann Bell  
Susan Berry  
Tom Bridges  
Marietta K. Randall  
Foundation Trust  
Gillian Cook  
Joyce Fielder  
Cecilia Forrest  
Elizabeth Garretson  
Bonnie Gilley  
Carolina Gloria  
Sarah Henderson  
Illusions Rentals and Designs  
Jessica Kimmel, PhD  
Aunt Edna Krug  
Loretta Mayko  
Katie McNally  
Edna L. Moon  
Dr. Mary Leslie Parsons  
John Pendergrass  
Maria Cristina Rodriguez, RN  
Virginia Rodriguez  
Bebe Rosser  
Raquel Salas  
Teresa Savo  
Angelle St. Germain  
Dr. Cynthia Swann  
Vince Terracina  
Walter & Mary Lockhart  
Estate of Eileen Light  
Aly Valdez  
Dotty Vogt  
Yvonne Weber  
Kaysee Wheeler

### Monthly Giving

Sharon Baker  
Irene Fernando  
Irene Golla  
Robert Hodnett  
Col. Ambrose and Beverly  
Szalwinski

### Employee Giving

Leticia Arrowood  
Lea Campbell  
Jacqueline Carr  
Rachel Castro  
Joan Dixon  
Jeanette Eisenmenger  
Lynda Jennings  
Terri Landez  
Mary Rodriguez  
Lorraine Velasquez

### Landscape Project

Anne Bourg  
John Bransby  
Gloria Centeno  
Eddice M. Jessee  
Walter & Mary Lockhart  
Loretta Mayko  
John Moore, Jr.  
Sharon & Sam Mungo  
Richard & Kitty Natalicchio  
Dr. Rene & Kathleen Ornes  
Rose Tillman

### In Honor of...

Dawna Centeno  
4001 Council of  
Co-Owners Association

### In Memory of...

Wayne Canion  
Trish & Rudy Zinsmeister  
Robert Kusenberger  
Candy & David Graf  
Molly Renaud  
The Bank and Trust  
Martine & Sheri  
Weathersbee  
Cindy Whitehead

### In Memory of.. (cont.).

Stanley & Gregory Mayko  
Loretta Mayko  
Dr. Sam Mungo  
Alex and Gretchen Bealer  
Maria Cantu  
Patsy Tercero  
Jeanette Eisenmenger

### In Memoriam

Apr. 1, 2023 - Jun. 30, 2023

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

#### Residents

*Martha Baker*  
*Sr. Philomena Birmingham, CCVI*  
*Eve Birnkammer*  
*Elizabeth "Dr. Phyl" Bowie*  
*Robert Curtright*  
*Irma Dovalina*  
*Sr. Mary Catherine Grehan, CCVI*  
*Alonzo Hernandez*  
*Sr. Carol Ann Jokerst, CCVI*  
*James "Jim" Legros*  
*Dr. Samuel "Sam" Mungo*  
*Sr. Grace O'Meara, CCVI*  
*Barbara Serene*  
*Evelyn Schmidt*  
*Sr. Theresa Marie Yndo, CCVI*  
*Billie Wilburn*  
*Dr. Lorece Williams*  
*Gail Winchester*

#### Sisters Care Clients

*Sharon Bacom*  
*Refugio Montoya*  
*Doris Stanton*



## *Sisters Care 30th*

Anonymous  
Valerie Arcement  
Deacon & Mrs. Thomas K.  
Badger  
Donna Block  
Mary M. Brown  
George Burton  
Estate of Lucy Greer Burton  
Josephine Cormack  
Charles & Adrian Cowan  
Geoffrey Crabtree  
Jane W. Crowther  
Davlyn Duesterhaus  
Marilyn Etheredge  
Yolanda French  
Alma Garcia  
Stephen & Terri Golas  
Glenn Goleman  
Dulce Gonzalez  
Mary Goss  
Ruth Graf Kusenberger  
Angela Guzniczak  
Rachel Hargis  
Paul Harrison  
Margaret Kitty Hawkins  
Karen Kirby  
Sandy and Paul Klein  
Sr. Sarah Lennon, CCVI  
Walter & Mary Lockhart  
Beth Louks-Wilson  
Robert Marbach  
Terry & Pat Martin  
Katie & John Mehan  
Jo R. Molloy & Terry M. Martin  
Connie Morales  
Dr. Ann Nauman  
Dr. Peter O'Brien  
Jennifer Openshaw O'Brien  
Dr. Patrick Palmer  
Joyce A. Perri  
Morgan Price  
Mary Jo Quinn  
Fred Riley, Jr., Janet Riley,  
and Karin Riley  
Judy Rosanno  
Trudy Scott  
Andrea Sitterle  
Celika Storm  
Dana Terracina  
Peter Terracina  
Joe Terracina  
Eugenia Vineys  
Randy Vogel  
Joseph Ward  
Yvonne Weber  
Fred Witters

# VILLAGE NEWS AND UPDATES

## Congratulations, Employees of the Month!



**APRIL**

**Francisca Rodriguez**

DeMatel House

Francisca has worked as a Certified Nursing Assistant (CNA) in DeMatel House for two years. She is a hard-working, intelligent, and caring member of our skilled nursing team. Francisca carries the mission of TVIW in her compassionate care for our residents. We are blessed to have her as a part of our team.



**MAY**

**Brenda Uresti**

Beauty Salon

Brenda has worked as a stylist in The Village's onsite Beauty Salon for two years. As a stylist, Brenda exemplifies our core value of dignity by helping our residents to always feel and look their best. She does it all - from hair cut/color, perms, shampooing, shaving, nail trims, and manicures/pedicures. Thank you, Brenda!



**JUNE**

**Lorraine Velasquez**

Housekeeping

Lorraine began working at The Village earlier this year and has already made a huge positive impact in the lives of our residents! She is a key member of our Housekeeping team who is very attentive to the needs of our residents and always greets everyone with a smile. Thank you, Lorraine, for living our mission!

## Save the Date!

This September, The Village is celebrating 35 years of care. Save the date for a special anniversary Mass led by Bishop Michael J. Boulette, DD in the CCVI Motherhouse Chapel.

**SUNDAY, SEPT 10 @ 11 AM**

More details to come!



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  
U.S. POSTAGE  
PAID  
SAN ANTONIO, TX  
PERMIT NO. 1987

**Go Green!**



To change your  
subscription to digital only, email  
[terri.landez@thevillageiw.org](mailto:terri.landez@thevillageiw.org)

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

## ON THE COVER

Sister Josetta Eveler, CCVI  
celebrated her 90th birthday  
this April! To read more about  
Sr. Josetta, take a look at  
"The Secret to a Long and  
Happy Life" on page 6.

*Follow Us!*



Help us reach  
**50 GOOGLE  
REVIEWS**



**Scan the QR code to write us  
a quick review on Google!**

Share your love for The Village! Your online  
review helps others searching for the right  
senior living community for their loved one.

If you prefer to give your testimonial over the  
phone, call Terri Landez at (210) 829-7561 x 190  
or email [terri.landez@thevillageiw.org](mailto:terri.landez@thevillageiw.org).

