



STROKES AFFECT MILLIONS OF AMERICANS- COVER STORY



RECOVERY WITH HEART AND HEALTH STROKE PROGRAM - SEE PAGE 3



SAVE THE DATE FOR THE 2011 GOLF OUTING - SEE PAGE 3



LOURDES
SENIOR COMMUNITY

WINTER 2011 Vol. 5 - Issue 1

the continuum...

Strokes Affect Millions of Americans

Each year 795,000 people suffer a new or recurrent stroke. About 610,000 of these are first attacks, with over sixty percent of them experienced by women. Almost 6.5 million people alive today have suffered a stroke.

In simple terms, a stroke or “brain attack,” occurs when blood flow to the brain is cut off. Blood flow to the brain is essential since blood carries oxygen and nutrients. The amount of damage to the brain is dependent upon the length of time the blood flow was stopped. Simply put, the longer the brain is deprived of oxygen and nutrients the more brain cells die and the more damage that may occur.

There are two kinds of strokes: ISCHEMIC and HEMORRHAGIC. Ischemic strokes are caused by the narrowing or clogging of the blood vessels that lead to the brain. This causes the blood flow to the brain to stop for a period of time. Eighty percent of strokes are ischemic, making it the most common form of stroke.

A hemorrhagic stroke is caused by bleeding in the brain. This type of stroke is caused when a blood vessel weakens and breaks in the brain. The brain is very sensitive to bleeding and damage can occur rapidly.

Many people have heard of mini strokes or a Transient Ischemic Accident (TIA). A TIA occurs when a blood clot blocks an artery for a relatively short period of time. Because the artery is only blocked for a short time the symptoms

go away quickly, usually within minutes or hours. TIAs are often early warning signs of a stroke and should not be ignored. Approximately ten percent of strokes are predicted by a TIA.

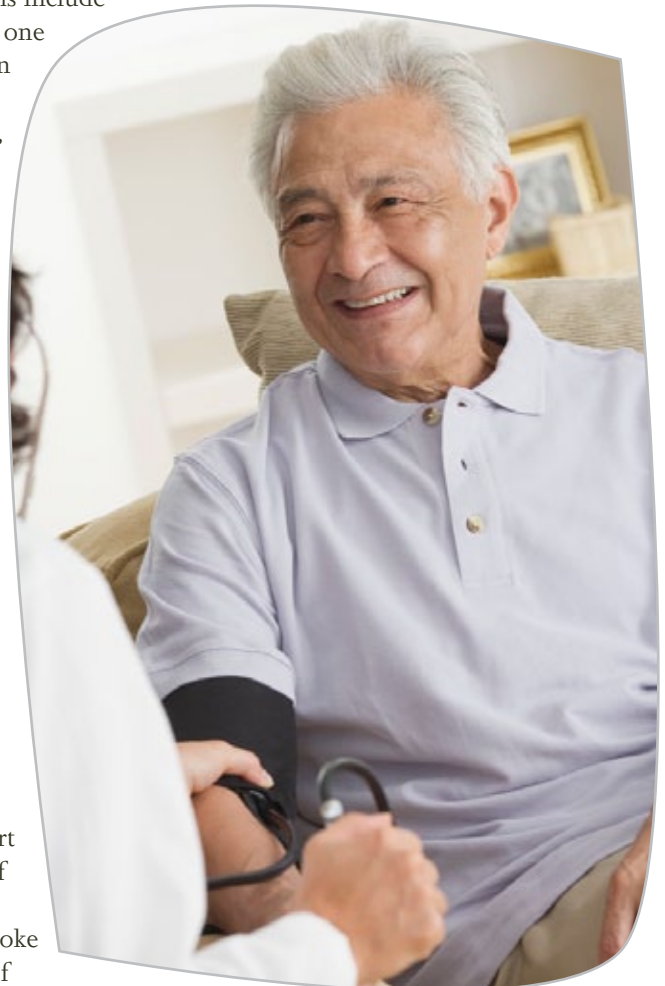
The symptoms of both a stroke and a Transient Ischemic Accident are similar. According to the National Stroke Association these symptoms include weakness or numbness on one side of the body, confusion or trouble understanding which comes on suddenly, vision disturbances, a sudden loss of coordination or trouble walking, dizziness, and severe, sudden headache. According to the Mayo Clinic, a sudden slurring of words or sudden paralysis may also indicate a stroke.

Additionally, the National Stroke Association states, women are prone to other symptoms that typically do not affect men. These include pain in the face or limbs; sudden onset of nausea, hiccups or chest pain; a feeling of weakness; and sudden heart palpitations or shortness of breath.

Everyone has some stroke risk. There are two types of

stroke risk factors, those you can manage and those you cannot. Having one or more of the risk factors does not mean you will have a stroke. By making simple lifestyle changes, you may be able to reduce the risk of a first or recurrent stroke.

continued on page 2



LOURDES OFFERS NEW PROGRAM

In this edition of the Continuum we are pleased to announce our stroke rehab program entitled Recovery with Heart and Hope. I am the daughter of a stroke survivor. My Irish mother was strong-willed which I always knew from her ability to live as a survivor of polio, which she contracted when she was only two. Her strength was again tested when in her early 70s she experienced a stroke. Surviving the stroke was only the beginning of her work to restore her life. I watched her become frustrated with her new limitations and work through therapy to ultimately live a full life in her new way. She had an inner strength she may not have even been aware she possessed and yet after her stroke she used this strength to keep her life vibrant.



While my mother had to work hard, she was blessed with a team who inspired her, provided her with quality care and helped her when she was down. There was an entire group of people whose goal was to have her recover and re-build her life – a team made up of nursing, dietary, social work and pastoral ministry staff– a team like we offer at Lourdes.

Please, read this issue of the Continuum where you will learn more about Recovery with Heart and Hope. And if you have any questions, please do not hesitate to call and ask. The miracles we see everyday truly inspire us and remind us of God's gift to us each day, the gift of a life graced with the care of others.

Sister Maureen Comer, OP
Sister Maureen Comer, OP
Chief Executive Officer

PRAYER FOR THE QUARTER

People are often unreasonable, irrational, and self-centered. Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.

If you are honest and sincere people may deceive you. Be honest and sincere anyway.

What you spend years creating, others could destroy overnight. Create anyway.

If you find serenity and happiness, some may be jealous. Be happy anyway.

The good you do today, will often be forgotten. Do good anyway.

Give the best you have, and it will never be enough. Give your best anyway.

In the final analysis, it is between you and God. It was never between you and them anyway.

-Mother Teresa

continued from cover

Breakthroughs are occurring all the time with regards to preventing and surviving strokes. According to the American Heart Association, "From 1996–2006, the stroke death rate fell 33.5 percent and the actual number of stroke deaths declined 18.4 percent. The best way to help prevent a stroke is to make healthy decisions and manage any medical conditions you might have.

CONTROLLABLE STROKE RISK FACTORS

- High blood pressure
- Atrial Fibrillation
- Smoking
- Alcohol abuse
- High cholesterol levels
- Unmanaged diabetes
- Lack of exercise
- Eating foods high in fat and sodium
- Poor circulation

UNCONTROLLABLE STROKE RISK FACTORS

- Over age 55
- Male
- African American
- A family history of stroke

MAKE A GIFT ONLINE!

Lourdes Senior Community is now able to accept donations online! We have partnered with Network for Good, a secure, non-profit, donation processing organization. You can safely and simply make a donation to Lourdes Senior Community, any of the residences on campus, or in honor or memory of a loved one.

New furnishings, clinical equipment, massage therapy, exercise equipment, fishing docks and woodland trails are some of the items that have been made possible through the support of our generous friends and family.

If you would like to make your next donation online, [click here](#).

thank you

THANK YOU TO THE FOLLOWING INDIVIDUALS AND ORGANIZATIONS THAT GENEROUSLY SUPPORTED THE HOLY WORK OF LOURDES SENIOR COMMUNITY BETWEEN AUGUST 2010 AND DECEMBER 2010.

Honorariums and Memorials

In Memory of Clarence Alandt
Mr. Patrick J. Alandt

In Memory of Gloriette Alandt
Mr. Patrick J. Alandt
Ms. Patricia Brooks
Ms. Anita Waldeck

In Memory of Margaret Arend
Robert and Carol Arend

In Memory of Edmond J. Assemany
Mrs. Margaret Aretha
Mr. George Assemany and
Mr. Jim Harkema
Ms. Alice Dahmer
Mr. and Mrs. Norman Fender
Bob and Jill Lemon
Ron and Rose Marie Pelchat

In Memory of Ella Bare
Mr. and Mrs. John Acton

In Memory of Anna Batchik
The Honorable and
Mrs. Michael Batchik

In Memory of Anton and Catherine Bego
Mr. and Mrs. Robert Bego

In Memory of Gus Birtsas
Ms. Carolyn Birtsas

In Memory of Bernice Blanz
Mrs. Shirley I. Hadley

In Memory of Josephine Borowski
Mr. and Mrs. Gregory J. Borowski

In Memory of Evelyn Burke
Mr. and Mrs. Richard Kennedy

*In Memory of Margaret
and James Burke*
Ms. Colleen Burke

In Memory of Agnes Callan
Jim and Joanne Donohoe

In Memory of Eileen O. Carlini
Salon U. Inc.
Gerry and Nancy Vendittelli

In Memory of Walter J. Cattin
Mr. and Mrs. Artemus Pappas
Mary Ann Pappas

*In Memory of the Collins
and Garin Family*
The Garin Family

*In Memory of Dorothy
and Thomas Comer*
Sister Carol Fleming, OP

In Memory of Richard Condit
Mr. and Mrs. Brian Condit

In Memory of Marie M. Cooley
Ms. Carol C. Hodge

In Memory of Kathleen Daly
Richard and Mary Daly

In Memory of Henrietta Danz
Dr. and Mrs. George W. Danz

In Honor of Elizabeth Dery
Mr. and Mrs. William M. Dery

In Memory of Daniel Donahue
Ms. Kathleen T. Donahue
Lou Donahue MacLachlan

In Memory of Margaret T. Donahue
Mrs. Donna Angeli
Mrs. Lorraine Barrett
Bridge Friends
Pat, Christa and Andrew Burns
Mr. and Mrs. Conrad Code
Mr. and Mrs. Gerald Compton
Ms. Dani Connolly
Ms. Kathleen T. Donahue
Mrs. Frances Driscoll
Mr. and Mrs. Ken Evanowski
Marian Fraker
Ms. Cindy Hearl
Mr. and Mrs. David Hevel
Mrs. Donna Kadau
Mrs. Terry Kopec
Lou Donahue MacLachlan
Mr. and Mrs. Gerald Mineweaser
Mr. and Mrs. Leon Narozny
Mr. Geno Rife
Ms. Helen T. Suchara
Mr. and Mrs. Dennis B. Sullivan
Mrs. Mary Swantek
Mr. and Mrs. Matt Swis
Mrs. Dorothy Wesolowicz
Mrs. Mary Yount

In Memory of Mary J. Durak
Mrs. Miriam Best
The Dahlin Family
Mr. and Mrs. Daniel Gauthier
Mrs. Mary A. Gauthier
Mr. and Mrs. Paul E. Gauthier
Ms. Peggy Holden
Mr. and Mrs. Kevin Mark
The Michel Family
Mr. and Mrs. Gonzalo Puente
Mrs. Joanne Sievewright
Mr. and Mrs. Tony Swetich
Mr. and Mrs. Andrew Wyzlic

In Memory of Paul Felice
Mrs. Beverley J. Felice

In Memory of Maurice Fitzgerald
Mr. and Mrs. Patrick M. Fitzgerald

In Memory of Marie and Albert Fleming
Sister Carol Fleming, OP

In Memory of Joseph Franz
Mr. Michael Franz
Mrs. Nedra Franz

*In Memory of Martha
and Bartolo Gandolfo*
Roland and Penny Arseneault

In Memory of Joanne Haddad
Ms. Caroleen J. Alleger
Dick and Rose Healander
Ms. Jacqueline M. Hurley
Mr. and Mrs. Glen Moore
Ms. Josephine R. Schmidt
Bob and Cathy Snow
Patty Wurtzel, Sandy,
Diane, Judy and Mary

In Memory of Mary and Douglas Henry
Ms. Patricia J. Henry

In Memory of Irene Johnson
Ms. Patricia A. Johnson

*In Memory of Andrew
and Anna Kaschalk*
Mr. and Mrs. Ernest Kaschalk

*In Honor of Sister Frances Mary
Kernasovich, OP*
Mr. and Mrs. Richard A. Smith

In Memory of James M. Kinney
Mrs. C. Jeanne McManus

In Memory of Bette and Jerry Kowalski
The Kowalski Family

*In Memory of Lucille
and Richard Kroninger*
Ms. Catherine Nedervelt
Mrs. Dorothy Tackaberry

In Memory of John Krzyzak
Mrs. Patricia Durella

In Memory of Mary Krzyzak
Mrs. Patricia Durella
Mr. and Mrs. G. William McNamara

In Memory of Bessie Kulka
James and Mary Kornas

In Memory of Teresa LaFata
Mr. and Mrs. Joseph LaFata

In Memory of Patricia Lease
Jack and Jan Clarke
Mr. and Mrs. Paul J. Harworth
Sharon and Michael Kalinowski
Judy and Bill Kohn
Don and Bernice Loehner
Mr. and Mrs. Scott Malito
Oakland County Fiscal Services
Mrs. Rosemary Roach
Mr. and Mrs. William Roach
Mr. and Mrs. Henry St. Dennis
Mr. and Mrs. Michael Stier

In Memory of Alfred Leonard
Ms. Ruth Gross

In Memory of John Lipar
Mrs. Joyce Wiegand

In Honor of Maria Mauro
Mr. Carl Mauro

In Memory of Anthony A. Merlo
The Caroselli Family
Mr. and Mrs. Mario D'Andrea
Mr. and Mrs. Dennis Greaney
Mr. Jeffrey D. Greaney
Ms. Jessica Greaney
Mr. Kevin Greaney
Mr. Mark A. Greaney
Mrs. Rita M. Kelley
Mr. and Mrs. Anthony R. Merlo
Mr. and Mrs. Kevin Merlo
Sue and Tony Spina

In Honor of Mary Merlo
Mrs. Rita M. Kelley

In Memory of Edward Miller
Mr. and Mrs. Jim Poppelreiter

In Memory of Mildred Miller
Gary and Phyllis Hummel

In Memory of Longie Morris
Deborah Puzzuoli

In Memory of Marguerite B. O'Donnell
Mr. Michael O'Donnell

In Memory of Marie O'Donnell
Mrs. Carol A. Greene

In Memory of Father James P. O'Hagan
Mrs. Miriam Best
Mrs. Mary L. Merlo
Mr. and Mrs. William L. Zurbruggen

In Memory of Anna and Andrew O'Keefe
Gerald and Anne Drottar

In Memory of Robert and Nancy Padula
Mr. and Mrs. Charles L. Ross

In Memory of Joseph J. Phillips
Dr. and Mrs. Arthur D. Even, Jr.

*In Honor of Elizabeth
and Joseph Reinke*
Mr. and Mrs. Joseph F. Reinke, Jr.

In Memory of Andrew A. Reuvers
Mrs. Wanda Reuvers

*In Memory of Gray
and Lucille Robertson*
Mr. and Mrs. Charles Robertson

In Memory of Mary Margaret Roman
Jack and Judy Whitehouse

In Memory of Catherine D. Ross
Mr. and Mrs. Gerald A. Crawford

In Honor of Margaret Rule
Mr. and Mrs. Bruce Rule

In Memory of Joyce Savoie
Mr. Gerald J. Savoie
Mrs. Julie Woida

In Memory of Karen E. Sczomak
Mr. and Mrs. Isidoro Culos
Mr. and Mrs. James M. Eagan

In Memory of Florence and Hector Serra
Ms. Evelyn Jackolow

In Memory of Jacqueline A. Solner
Michael and Susan Solner

In Memory of Magdelene Spencer
Mr. and Mrs. Artemus Pappas
Mary Ann Pappas

In Memory of Irene F. Squires
Ms. Alice M. Barrie

In Memory of Robert Stadler
Mrs. Donna M. Stadler

In Honor of Stella J. Stevens
Richard and Michele Krumrine

In Memory of Anna Swartz
Mrs. Joan Nedeljko

In Memory of James R. Vass
Mrs. Ardythe E. Vass

In Memory of John B. Vass
Mrs. Ardythe E. Vass

In Honor of Winifred Walter
Don and Bernice Loehner

In Honor of Donald W. Walton
Mr. and Mrs. Conrad Code
Mr. and Mrs. Gerald Haymond
The Family of Don Walton

In Memory of Elizabeth C. Wendt
Ms. Charlotte J. Andren
Ms. Leah S. Bisel
Mr. Joseph Cannon
Mr. and Mrs. James V. Casey
Ms. Janet E. Day
Ms. Sandra Deitrick
Mr. and Mrs. Anthony Deshaw
Ms. Bernadette C. Drobot
Mr. James Guziak
Ms. Bernadine M. Kargul
Mr. and Mrs. Thomas G. Koselka
Mr. Roger S. Laske
Macy's Fashion Jewelry Department &
Fine Jewelry Department
Ms. Patty McCann
Mr. Kenneth Merique
Mr. Ken Mullen
Mrs. Karen Niemyjski
Tony, Sharon, Alan, Phyllis,
Gordon and Julia Przytulski
Jim, Geri and Cathy Sardelli
Mr. and Mrs. Richard Schuster
Mr. and Mrs. Anthony J. Tisot
Mr. and Mrs. Mike Tisot
Ms. Susan Topping
Mrs. Eileen T. Vanderbeck
Mrs. Kathleen Voight
Ms. Dora Weiszler
Mr. and Mrs. Frank Wendt

In Memory of Joan M. Whiteman
The Cheshure Family
Ms. Annette Langwald
Ms. Grace Rockey
Mrs. Rosella C. Treanor

In Memory of Jean Wright
Ms. Marguerite D. Kolb

In Memory of Helen Wrosch
Mr. and Mrs. Terrence L. Lawlor
Mr. and Mrs. Kenneth J. Marsh
Mr. and Mrs. Charles D. McLeod
Mr. and Mrs. George Thomas
Mr. Alan Whiteman

In Honor of
Dr. and Mrs. Lawrence Zgliniec
Lynne Lepisto-Golling

Individuals and Organizations

Mr. Patrick J. Alandt
Ms. Sally B. Allard
Mr. and Mrs. Stephen Auger
Mr. and Mrs. Kenneth Barks
Mr. and Mrs. David S. Barran
Mr. and Mrs. Richard Bartus
Mr. and Mrs. Keith Bauman
Mr. Steve J. Bayus
Mr. Bryan Becker
and Ms. Colleen Burcar
Mr. and Mrs. Jerry Berendt
Mrs. Miriam Best
Dr. and Mrs. Thomas Biggs, II
Mr. John Bills
Mr. Thomas Bills
Mr. and Mrs. Thomas E. Blomquist
Dr. Nadia Boulos
Ms. Mary Brady
Mr. and Mrs. Jack R. Bratten
Mr. and Mrs. Hugh F. Brennan
Mrs. Dorothy Brenner
Mrs. Lucille L. Brown
Sister Mary Barbara Brys, OP
The Reverend Jerome A. Brzezinski
Ms. Eleanor M. Burt

Mr. Stephen Caiola
Mrs. Ruth Camen
Bernadette R. Carroll Trust
Mrs. Annette F. Carry
Mrs. Kathleen Charboneau
Mr. and Mrs. Sylvester P. Chuckran
Mr. and Mrs. Jason Chute
Ms. Mary Clement
Mr. and Mrs. Frank V. Cliff
Mr. and Mrs. Donald F. Condit
Mrs. Martha Condit
Mr. and Mrs. Eugene C. Consolo
Philip and Valerie Conway
Ms. Jean Cousinow
Mr. Phillip Gerard Couture
Mr. and Mrs. Ralf Crookston
Edward and Suzanne Crowder
Mr. and Mrs. Edward P. Czapor
Mr. John J. Dahmer
Mr. and Mrs. John C. Dauble
Mr. and Mrs. Terence B. Desmond
Mr. and Mrs. Patrick Deutsch
Mr. and Mrs. Henry P. Devlin
Mr. and Mrs. Gino Diclemente
Mr. Walter Dobrzeński
Mr. and Mrs. Mike Donaldson
Ms. Mary M. Drew
Mr. and Mrs. Frank Driscoll
Mr. and Mrs. Donald G. Ducey
Mr. and Mrs. David F. DuMouchel
Mr. and Mrs. Richard J. Dunn
Mr. and Mrs. Gerard Dwyer
Mrs. Wanda H. Eskey
Mr. and Mrs. Norman Fender
Mr. and Mrs. Dennis J. Flynn
Mr. and Mrs. Charles E. Forberg
Mr. and Mrs. Robert Forrest
Mr. Jim Fraker
Marian Fraker
Mr. Mark Fraker
Mr. Tom Fraker
Mrs. Nedra Franz
Mr. Herbert Q. French
Basil and Phyllis Gaffney
Arnold and Rose Gentner
Mr. Herman J. Greif
Eugene and Carol Guettler
Charles and Mary Halpin
Ms. Kathleen Hammer
Mr. and Mrs. Paul J. Harworth
Mr. and Mrs. Gerald Haymond
Mr. and Mrs. Ronald F. Hebert
Ms. Patricia J. Henry
Dr. Thomas F. Hinsberg
and Ms. Connie Soma
Mr. and Mrs. Mark J. Hoffman
Mrs. Jeanne M. Hogan
Dr. Harold J. Holden
Mr. Robert Holden
Mr. and Mrs. John D. Holmes
Holy Name Parish - Birmingham
Mr. and Mrs. Michael E. Houran
Ms. Margaret Huggard
Mrs. Lorraine Jarmaga
Mr. Randy Jarmaga
Mrs. Patsy Johnson
Henrietta A. Juras, M.D.
Mr. John Jurica
C. R. Kelly and Barbara Kelly
Mr. and Mrs. Daniel J. Kelly
Mr. and Mrs. Christopher Kerr
The Reverend Thomas Kirwan
Mr. Phillip H. Kneen
Ms. Marguerite D. Kolb
Mr. Chris Kortge
Mr. and Mrs. Harold Koss
Ms. Dottie Kowalski
Mr. and Mrs. Joseph N. Kubani
Mrs. Mary LaForest
Ms. Michele LaForest
Ms. Cynthia K. Lampinen
Ms. Mary Lee
Mrs. Lyla M. Lepisto
Mr. and Mrs. Charles Lincoln
Ms. Janice Locke, GNP-BC

Dr. and Mrs. Robert Lokar
Dr. and Mrs. Gerald L. Lopez
Mr. James Lorenger
Mr. and Mrs. Frank MacDonell
Jim and Marie Madden
Mr. Thomas E. Maher
John M. Malone, M.D.
Mrs. Patrice A. Manion
Mr. and Mrs. Larry Marcinkowski
Mr. and Mrs. Anthony J. Marek
Mr. and Mrs. David Mariner
Mr. and Mrs. James E. Martin
Mr. Carleton Matzelle
Marciana and Michael McCabe
Mrs. Barbara A. McCormack
The John McGahey Family
Mr. and Mrs. Ronald J. McGuire
The Michael F. McManus Foundation
Mr. and Mrs. Thomas J. McNamara
Mr. and Mrs. Joseph T. Mendelson
Mrs. Carolyn M. Mergel
Mr. Donald Misener
Mrs. Wayma Monroe
Mr. Mike Moser
Mr. James R. Murray
Mr. Paul Nazarian
Ms. Mary K. Neff
Mr. and Mrs. Elias Neujahr
Mr. Jimmie Nielsen
Mr. and Mrs. John Noreus
Ms. Virginia Nowicki
Mr. and Mrs. Francis A. O'Brien
Mr. and Mrs. Patrick T. O'Brien
Mr. and Mrs. William F. O'Connor
The Reverend James P. O'Hagan
Mrs. Jeanne O'Hara
Ms. Virginia O'Regan
The Orosey Family
Tom and Kay Osborn
Mr. Tom Ott
Dr. and Mrs. Donald C. Overy
Mr. and Mrs. James Pappas
Mr. and Mrs. Stanley J. Pasioka
Sister Joanne Peters, OP
Ms. Felice Petipren
Ms. Patricia Phelps
Mr. and Mrs. Andrew D. Pitonyak
Dr. and Mrs. Charles Porretta
Mr. and Mrs. Alfred Price
Thomas and Joan Prunte
The Reverend Edward Prus
Dr. and Mrs. Carmie Puckett Robinson
Joan and Don Pursley
Mr. and Mrs. John M. Rady
The Family of Marcie Rathsburg
Ms. Linda L. Record
Mr. and Mrs. Joseph F. Reinke, Jr.
Mrs. Florine Richards
Ms. Michele Ricksgers
Mr. Geno Rife
Mr. and Mrs. Robert G. Riney
Mr. and Mrs. Clark Risley
Ms. Margaret Risser
Mr. and Mrs. William C. Roberts
Mrs. Marjorie Rock
Mr. and Mrs. Kenneth Rogers
Mr. and Mrs. Dale Romeo
Mr. and Mrs. Thomas Rownd
Mr. and Mrs. Alan Rudolph
Mr. and Mrs. Bruce Rule
The Honorable and Mrs. James L. Ryan
Mr. and Mrs. Thomas J. Ryan
Mr. Gerald J. Savoie
Mr. and Mrs. Robert Sayers
Mr. and Mrs. Paul A. Schaltz
Mr. and Mrs. Benjamin Scheiwe
Mr. Craig Scheuern
Louis and Mary Schimmel
Mr. and Mrs. Thomas Schrag
Ms. Frances K. Schuster
Mr. and Mrs. Robert Scislowicz
Daniel and Mary Kay Scott
Mr. and Mrs. Bob Senak
Mrs. Lois A. Serra
Mr. and Mrs. Randall R. Shetterley

Mr. and Mrs. Peter Shunyya
Richard and Lois Similuk
Mr. and Mrs. Peter Simler
Stephan F. Slavik, Sr. and Mary E.
Slavik Foundation Charitable Trust
Mr. and Mrs. Byron L. Smith
Mrs. Dee Smith
Mr. and Mrs. Emmons E. Smith
Mr. Kenneth E. Smith
Mr. and Mrs. George M. Smrka
St. Andrew Parish - Rochester
Mr. and Mrs. John W. Steckling
Mrs. Elizabeth Steehler
John L. Steehler Trust
Mary Ann Stein
Dr. Mary L. Stiller
St. James Parish
Dr. and Mrs. Truman A. Strong
Mr. and Mrs. Thomas J. Stuart
Mr. Michael Suchara
Mr. and Mrs. Dennis B. Sullivan
Mr. and Mrs. John Swantek
Ms. Catherine Sweeney
Ms. Emily Sydlowski
Mushtaque Syed, M.D.
Sysco Food Services of Detroit
Ms. Kathy Teets
Mr. Frank Tenuta
Ms. Cecilia Theisen
Reverend Richard W. Thomas Trust
Dr. and Mrs. Charles Todoroff
Mrs. Olga B. Todoroff
Mrs. Catherine Tucker
Mr. and Mrs. Frank Vecchio
Mr. and Mrs. Mark Veltman
Ms. Mary Vertin
Mr. Daniel Wallas
Frank and Rita Wallis
Ms. Heather Watt
Mr. and Mrs. William A. Wertheimer, Jr.
Mrs. Dorothy Wesolowicz
Mr. and Mrs. Karl Wesolowicz
Ms. Gweneth White-Erickson
Mr. and Mrs. Wayne Wilkerson
Wines for Humanity
Ms. Mary-Ellen Yokie
Mr. and Mrs. Robert A. Young
Mr. and Mrs. W. Dennis Zerega
Mr. and Mrs. Robert Zgnilec
Mr. and Mrs. William L. Zurbruggen

In-Kind Gifts

Mr. Albert B. Castello
Ms. Daisy Edwards
Ms. Theresa Gates
Ms. Janet Heverly
Ms. Tanya Higgs
Mr. Henry Kerr
Ms. Gloria Mackewich
Ms. Kim McGuire
Ms. Michelle Mueller
Ms. Amy Rososky
Mr. Dan Squires
Mrs. Joyce Wiegand

Grants

Brooksie Way Minigrant Program
Serra Family Foundation
Dominican Sisters of Peace
SHALOM Fund

**IF YOU WOULD LIKE
YOUR NAME TO
APPEAR DIFFERENTLY,
PLEASE CONTACT
THE DEVELOPMENT
DEPARTMENT AT
(248) 674-2241 EXT. 452**

RECOVERY WITH HEART AND HOPE STROKE PROGRAM

Recovery with Heart and Hope is a new focused program at Lourdes Nursing Home developed to address the needs of people recovering from a stroke. Recovery with Heart and Hope is designed to be crafted to meet the needs of each resident based on the residual



physically. The social worker will assist the resident and their family in setting those long-term living situation goals and ensuring the next move is one which is feasible and safe. Pastoral Care will work with the resident and family in finding spiritual strength to move ahead and to make medical decisions. Dietary staff will work with the resident and their care partners to find and maintain a healthy weight and begin to develop habits that will follow them after they have completed the Recovery with Heart and Hope Program.

The interdisciplinary team is guided through the Recovery with Heart and Hope Program by the leader of the program—the resident. The resident is empowered through this program to set their own goals and progress at a pace which is comfortable and therapeutic.

Recovery with Heart and Hope will help people recover from their strokes and is one more program making Lourdes Nursing Home a great choice for rehab.

effects of their stroke and the long-term goals of the resident and their family or other care partners.

The resident will work with an interdisciplinary team composed of nurses, aides, therapists, a dietician, doctors, social workers, pastoral care and activities staff. On the day a resident is admitted to Lourdes Nursing Home our team will meet with the resident and their family and the work will begin. As difficult as it may be to begin the work this quickly the key to success through the Recovery with Heart and Hope Program is to immediately set short-term goals. These short-term goals will build to the long-term goal of living in the least restrictive situation possible. The least restrictive living situation may mean a return home without assistance, home assistance, or a move to an assisted living apartment.

Physical, occupational and speech therapists along with the nursing staff will work with the resident to recover

LOURDES SENIOR COMMUNITY SENIOR LEADERSHIP GROUP

Sister Maureen Comer, OP
Chief Executive Officer

Colleen Burke
Director, Values Integration

Ron Delasko
Director, Plant Operations

Rebecca Latta
Director, Human Resources

Robin McClintock, CTRS
Director, Fox Manor

Don Misener, CPA
Director, Strategic Development/CFO

Shela Myrick, NHA
Administrator, Lourdes Nursing Home

Cori Sharrard, RN, BSN
Director, Mendelson Home and Clausen Manor

Save the Date

THURSDAY, JUNE 23
THE MAJESTIC AT LAKE WALDEN

10 years
GOLF
FOR LOURDES

\$175 PER GOLFER
Includes Breakfast, Lunch, Dinner, Gifts, Prizes and More!

SPONSORSHIP OPPORTUNITIES AVAILABLE

Registration at 9:30 AM
Shotgun Start at 10:30 AM

FOR MORE INFORMATION CALL US AT
(248) 674-2241 ext. 452

Winner with the golf ball closest to the target wins 20% of the proceeds, up to \$5,000!

Golf balls are \$25 and available for purchase at any Lourdes Senior Community building or call (248) 674-2241 ext. 452.

The drop will take place at 4:45pm, June 23, during the dinner portion of the 10th Annual Golf for Lourdes. Dinner tickets are \$65. Need not be present to win.

Lourdes Senior Community
Golf Ball Drop
Thursday, June 23
Majestic at Lake Walden

A Great Place to Call

Home



GENEROSITY MAKES NEW CAMPUS BUS A REALITY

The residents of Lourdes Senior Community started off the New Year with a welcome surprise. Thanks to the generosity of many donors we have reached the end of the long road to raise money for a new campus bus.

The new bus, which arrived in early January features easier lockdowns for wheelchairs, a lift in the rear of the bus, a lower step to make it easier to get into the bus, as well as a smoother, quieter ride.

Thank you to everyone who contributed to the purchase of this new bus, which will provide comfortable and reliable transportation for the residents.



HELP LOURDES BE GREEN! WE ARE COMMITTED TO DOING ALL WE CAN TO BE GOOD STEWARDS OF OUR ENVIRONMENT. WITH YOUR HELP WE WILL SAVE OUR NATURAL RESOURCES AND AT THE SAME TIME, REDUCE OUR PRINTING AND PAPER COSTS! IF YOU WOULD LIKE TO REPLACE THIS ISSUE OF THE CONTINUUM WITH AN E-MAIL VERSION, PLEASE SEND AN E-MAIL TO MHAY@LOURDES-SC.ORG AND PLACE "THE CONTINUUM" IN THE SUBJECT LINE - THE NEXT VERSION WILL BE IN YOUR E-MAIL INBOX!