

# The Villager

The newsletter of Sacred Heart Village

June 2009

## Residents Meeting

Two speakers were invited to the Residents' Meeting held on April 28th. Dr. Mona Chaundry spoke to residents about the signs of a stroke.



Lieutenant Tull spoke with residents about personal safety. The summer months are typically a time when crime can increase and extra vigilance is necessary so residents were reminded that security guards cannot simply buzz in their visitors without the resident's permission.



## AmeriCorps Special Event

The Francis X. Norton Senior Center at Sacred Heart Village has in its employ two persons from AmeriCorps: Talicia Watkins and Aicha Chalabi. Talicia is employed to work in recreational activities and in the arts and crafts room while Aicha (pictured below with residents) is the Program Assistant to coordinate bus transportation and the congregate lunch program. Also, Sheila Lolley (pictured above right) from AmeriCorps is a chef's assistant at the Francis X. Norton Center's Friar's Café.



Another AmeriCorps member, Travon O'Brien, who works at House of Joseph I as a staff assistant, was on hand for the activities of the day. In attendance was the Ministry of Caring's AmeriCorps program coordinator, Marva King-Poynter (pictured above with Travon) and a statewide representative from AmeriCorps.



## New Residents

♥ Elizabeth Fountain



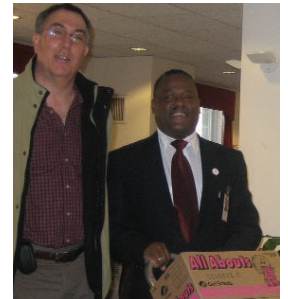
♥ James Bowens

♥ Carolyn Bailey



## Everyone Loves Girl Scout Cookies

Louis Marconi dropped off Girl Scout cookies which were delivered, door to door for St. Patrick's Day. Mr. Marconi arranged the donation for Michael McCabe of Merrill Lynch. We are most grateful to Mr. Marconi for thinking of Sacred Heart Village and its residents and to Mr. McCabe for his generosity to us and the Girl Scouts of America.



## Millikin University Students

Milliken University students visited Sacred Heart Village. The students were here during their spring break for a total of 3 days, meeting and greeting residents. While here, they interviewed residents and helped to complete a survey to build our statistical data base. All enjoyed meeting the students and sharing some time with them.



## Bishop Visits Village

Bishop Francis Malooly, DD, visited Sacred Heart Village on March 18. Pictured is Brother Ronald introducing the Bishop to residents of Sacred Heart Village. The Bishop lived previously in Baltimore and is new to this area. He has taken the past year to familiarize himself not only with churches in Delaware but also those along the Eastern shore of Maryland.



## Welcome Spring!

Michelle Glazier and a few residents (Marge Harman is pictured) welcomed spring by planting spring flowering plants.



## Neighborhood Network



Thanks are due to the volunteer services of Sister Annie Dumas, OSU, for mentoring residents with one-on-one courses.

The computer room is part of the Neighborhood Network. Sister Annie Dumas has been sharing her gifts and teaching residents how to use the computer and how to advance in their skills. Sister Annie has brought her love of people and her talent of gently and skillfully teaching others.

Unfortunately, Sr. Annie will be leaving in the Fall to continue her training as an Ursuline sister. Thankfully, a young student will begin helping our residents in the summer. We hope to recruit others who are willing to share their computer skills with residents during day-time hours.

## Brand New Washers and Dryers

New digital washers and dryers have arrived for the laundry area.



## Riverfront Walk

On Friday, May 8th, residents enjoyed a walk on the Riverfront, which was arranged for by Michelle Glazier. The walk was a big hit, as it gave residents an opportunity to be outdoors on the waterfront surrounded by a beautiful landscape environment. Michelle also arranged for a short walk and music concert in the park as well.



## Social Services

Sister Ann Mancini has begun updating the Vial of Life project. The Vial of Life keeps a handy and convenient record for paramedics of medications that a resident takes on a daily basis.



## Fire Insurance

Please be aware that the insurance coverage at Sacred Heart Village is for the building itself not personal contents. You may wish to get Rental Insurance which will cover items in your unit. Please see Linda Richardson for details.

## Save the Date:

Our next residents meeting and fire extinguisher outdoor training will take place on Thursday, September 17th at 4pm in the Norton Center.

## Thought for the Day:

Celebrate small accomplishments with a mini-treat.

## Fitness News by Michelle Glazier



Living a healthy lifestyle, especially in Delaware which is ranked 34th by the United Health Foundation, can be possible. All it takes is small steps which can really add up. A person can choose to begin 30 minutes of physical activity five times a week or eating smaller portions at meals or maybe just begin by adding more fruits and veggies to their diet. People tend to worry they will fail when they don't get results immediately. One day of success and small steps could give you the confidence to keep trying. The most important fact is that there is too much focus on treatment today rather than prevention. Everyone should value their health and pay it some attention. Come give time to yourself at our Francis X Norton Senior Fitness Center. Help raise Delaware up in the ranks of healthy States.

## Gardening

- ♥ Sacred Heart Village has enrolled in the City Garden's Contest. Judging is on Saturday, July 11th between 9:30 a.m. and 1p.m.
- ♥ **Tom Mellon** has been volunteering his time, talent, and donated the services of his staff from Grounds Maintenance, Inc. We are extremely grateful to Tom for making Sacred Heart Village a feast for the eyes through his donation of flowers, herbs and plants. Last year, Tom donated produce from his garden and many residents have enjoyed the early lettuce just pulled from the garden. All of us at Sacred Heart Village are extremely grateful to Tom Mellon for his generosity!!!
- ♥ Many residents have planted produce in the garden. If you did not plant it, please do NOT pick any of the vegetables or flowers that are growing in the garden.
- ♥ If you wish to help in picking the produce that Tom Mellon planted, let Michelle Glazier know and you can be part of the team that picks the produce for yourself and other residents. Please register with Michelle as she will lead individuals and groups in harvesting vegetables and herbs planted by Tom Mellon.
- ♥ Thanks for being courteous of other residents' plants and flowers. Please do not pick flowers in the building as these often belong to other residents. Thank you!



## Easter Festival



Residents gathered to color eggs and for an Easter Egg Hunt which was held in the lower level of the Francis X. Norton Senior Center. The Senior Center was beautifully decorated in spring colors to contribute to the fun of the day.



Residents took great delight in hunting for Easter eggs and special gold, silver and other prize eggs. Prizes that were donated were also given to residents for the Easter Egg Hunt. All residents received one of the prizes even if it was a consolation prize for the fewest eggs. During the festival, Brad Glazier, the husband of Michelle of the Fitness Center, came to take pictures.

