



CATHOLIC
CARE CENTER



SANCTUM

A QUARTERLY CATHOLIC
CARE CENTER NEWSLETTER

A Message From Our CEO

Dear Catholic Care Center Family and Friends,

As we journey through this Lenten Season and start to enjoy the first signs of spring, the word “resilient” comes to mind. This word is representative of the many residents, families and associates that make up our Catholic Care Center family.

In March 2020, we faced the first of many challenges, defeats, heartbreaks and disappointments that have defined the past two years. Yet we are here today, looking ahead to better days and the promise of a return to our new normal way of living. So many of the things we treasure are returning to us again after so long on hold. We are embracing these opportunities with a renewed sense of joy and appreciation.

While there are still many troubles in the world, we are grateful for the opportunity to simply be together as a ministry family. We are also grateful, during this season of renewal, for the opportunity to redefine what we want our ministry to be in the future.

In this issue, we are pleased to unveil more of our plans for the renovation of Catholic Care Center. The next 18 months will be busy, and we are so excited to share this renewed vision for our ministry.

As the days get longer, I hope that you will take time to enjoy the beauty of this season of rebirth. We look forward to welcoming you to our ever-evolving community!

Sincerely,

Cindy LaFleur
Executive Director/CEO
Catholic Care Center



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Long-Term Care Remodel Update

In November we launched the multi-phase renovation of our Long-Term Care community with resident room remodeling in Willow Creek. It has been exciting to see the transformation of Willow Creek into a sleek, modern home! Residents will soon move in as the remodeling nears completion.

Next up, the Chapelside neighborhood will be refurbished with fresh paint, new flooring, and refinished woodwork and fixtures. Over 30 years of living, loving and serving take a toll on a physical space, and we are excited to renovate these spaces and better position Catholic Care Center for future projects. The Chapelside refurbishment will begin in late March and is slated for completion in May. We will announce the next area of focus then.

When Catholic Care Center first opened in 1990, it was one of the largest and certainly newest communities in all of Kansas. These photos from the grand opening show just how much things have changed in three decades. The community has always evolved to meet the changing needs of our residents, and we will continue to explore opportunities to improve and expand upon the services that we offer and the environment in which we serve.

In the meantime, please pardon our dust! This is an exciting time for our ministry, and we are especially excited to share it with you and our entire campus family! Thirty years from now, those at the helm may look back at these pictures and find it hard to imagine where we started. We pray they will always know that every tile and brushstroke was a labor of love for the people who live and work at Catholic Care Center.



Winter Warm-Up

Brings Comfort to Cold February Days



The Winter Warm-Up at Shepherd's Crossing is one of the longest-standing independent living traditions. What started as a humble gathering of neighbors sharing a pot of soup has grown into one of our most popular events at Shepherd's Crossing.

The first Winter-Warm Up was held in 2015 on a balmy 72 degree February day! Kim Konkel, Shepherd's Crossing Community Coordinator, prepared her favorite chili recipe and a chicken noodle soup. Kim was no stranger to cooking for a crowd, as she and her family operated a restaurant in Harper for many years. Residents were required to bring their own soup bowl because before the construction of the Community Center, Shepherd's Crossing didn't have its own dining room or tableware.

One resident got into the spirit of things and brought a soup tureen for his bowl—he must have been planning on taking home some leftovers!

A group of residents prepared the chili and soup for the event's second year. After The Landing opened, the chef took over cooking duty. During the pandemic, a door-to-door delivery system helped keep the tradition going.

The Winter Warm-Up is a favorite Shepherd's Crossing event wherever and however it is held. We are fortunate to have so many wonderful friends and neighbors to break bread with, no matter the weather!

Making an Impact



Devon Hiebert has been serving as the Long-Term Care/Post-Acute Care Administrator since late October, and in that short time he has made quite an impact at Catholic Care Center!

Devon's path to a career in senior living was an interesting one. While studying architecture in college, he took a job in the kitchen of a local long-term care community because it fit his school schedule. He truly connected with the residents he served—so much so that he changed his course of study to become a licensed Long-Term Care Administrator.

Devon served as an Administrator for eight years in other communities before joining the Catholic Care Center team. He had been aware of Catholic Care Center's strong reputation and appreciated that we work to be a good partner to other communities and our health care partners.

Since coming to Catholic Care Center, Devon has helped the team achieve a 5-star quality rating under the Centers for Medicare and Medicaid Services (CMS) rating system. He is working to better engage associates and residents during frequent rounding, and has helped implement a survey tool that will allow our ministry to capture feedback from new associates and residents. His favorite part of working at Catholic Care Center is "the incredible residents that we are honored to serve and the team which we are proud to serve with."

Devon is helping create a refreshed version of our ministry as we fulfill our mission of showing the world how to care for seniors. His work will leave as great an impact on the world as any office building or highway an architect could design. We look forward to watching Devon build upon these successes as an integral part of our Catholic Care Center team.

Welcoming Hearts & Friendly Faces

Get to Know the Women at the Front Desk

When you walk in the doors at Catholic Care Center you are typically greeted by the friendly faces of our Administrative Assistants, Amy Staples and Michaelie Holly, who work at the Assisted Living and Long-Term Care front desks respectively. These women are a warm, welcoming presence in our ministry, and we want to share more about them with you.

Michaelie has long been part of our Catholic Care Center family. She and her sister began singing for the residents when she was only about six years old! Michaelie's mother accompanied the girls on the piano, and the trio made frequent visits to the community to perform. Recently, Michaelie and her mother reprised the act with a special Valentine's Day concert! Michaelie and her family also participated in many events at the Spiritual Life Center over the years, and she has fond memories of our beautiful campus. When the opportunity to work here arose, she was excited to come home to Catholic Care Center in a new capacity.

Amy lived near the Catholic Care Center and had long admired the scenic campus, hoping to one day enjoy the walking paths. A friend saw the job posting in a local parish bulletin and encouraged her to apply. It was an easy decision for Amy as she loves people and is inspired by the wise seniors we are blessed to serve.

Both women immediately felt part of the Catholic Care Center family and were

embraced and welcomed by their co-workers and residents. They love how we truly are one big ministry family! Amy shared that she feels valued in her role and loves how people greet each other in the hall rather than just passing in silence. There is always someone to talk to and share in both good and rough days. Michaelie appreciates how her confidence has increased as she's learned her new role. She feels she is doing what she was called to do, as she loves the opportunity to greet everyone who enters our community and be the first friendly face they see.

We are truly blessed to have both Amy and Michaelie on our team and appreciate how they share our mission with all those they encounter. On your next visit to Catholic Care Center, be sure to say hello!



Resident Spotlight

In this issue we shine our spotlight on Vern Wasinger. Vern was born in a farmhouse west of Antonino, Kansas, and now calls Assisted Living his home. We're sure you'll enjoy getting to know him!



Provider Spotlight

Catholic Care Center is fortunate to have a highly skilled and dedicated group of providers caring for our residents. In this provider spotlight you'll get to know Jessica Mies, APRN.



What led you to Catholic Care Center?

Religion was a big part of Vern's decision; he enjoys attending Mass.

What do you enjoy most about living here?

Vern appreciates that most people here are very friendly.

Which activity do you enjoy the most?

Vern enjoys golf and having ice cream for dessert.

What was your occupation before retirement?

He was a banking executive for 50 years at local banks, including Fourth National and Bank IV.

What is your favorite past or current hobby?

Vern was an enthusiastic collector of radios. At one time, he had a collection of over 1,000 radios. Listening to the radio was also a favorite pastime. He particularly enjoyed listening to Mike Oatman, aka Ol' Mike, on KFDI.

What is your favorite movie of all time?

Vern's favorite movie is "Seven Brides for Seven Brothers." He also enjoys westerns with Gene Autry and Roy Rogers. Vern has a framed picture containing Gene Autry's autograph, record, letters, and a cassette tape of Mike Oatman interviewing Gene Autry.

If you could only eat one food for the rest of your life what would it be?

Filet mignon, but Chinese food is a close second. "Chicken fried rice, egg foo young, I love all of it!"

What's one fun fact about yourself you'd like to share?

"I've always prided myself on being able to fix things." Vern has a talent for charcoal drawings and has two very good ones hanging on his wall. One is Abe Lincoln. In the other, Vern combined the features of several famous faces, two of which are Mel Brooks and Albert Einstein.

What made you decide to become an APRN?

I have been a nurse for over 20 years and decided to become a nurse practitioner so that I could serve the community in a different capacity.

What is the best thing about serving as an APRN?

The best thing is helping others and improving their quality of life.

What is one thing that might surprise people about your job?

It takes a village to provide the best care to our patients at CCC. While the providers help manage care, it really is the nurses, aides, social workers, therapists, housekeepers, food service workers, and all of the other ancillary staff that ensure our patients are well taken care of.

What is your favorite thing about caring for the residents at CCC?

I get to see a lot of the same faces everyday and am able to develop a richer patient/provider relationship.

What do you like to do when you are not at work?

I enjoy hanging out with friends and family, going to the gym, and travel.

What is one fun fact about you or your family?

My oldest is graduating from high school this year and I am not ready for all of it! Listen to everyone when they tell you that time goes so fast and to enjoy all of the little moments.

If you could only eat one food for the rest of your life, what would it be?

Cheeseburgers!



Step Up for KIDS on April 30!



While many wouldn't think that a senior living ministry would focus on issues related to infants, Catholic Care Center recognizes the sanctity of all human life at any age. That is why we are so excited to sponsor this year's Step Up for KIDS 5k Run/Walk on April 30!

This annual event is a fundraiser for the Kansas Infant Death and SIDS Network (KIDS). Our own Brenda Davis, Senior Director of Clinical Services, is president of the KIDS network. In addition to overseeing the care and clinical services of our large ministry, Brenda volunteers her time with KIDS, the

Wichita Black Nurses Association, and other community causes.

KIDS does many wonderful things for the Wichita community, including hosting a baby shower where expectant mothers receive a bassinet, portable crib and other necessities. The first KIDS baby shower was held in the basement of Brenda's home many years ago! The mothers also learn about safe infant sleeping techniques and gain a network of other young women to keep in touch with as they begin their journey into motherhood.

Join Catholic Care Center and show your support for KIDS:

1. Visit runsignup.com
2. Search "Step Up for KIDS"
3. Choose "Join a Team"

We look forward to seeing you on April 30 at Old Cowtown Museum!

Life Story Project Benefits Seniors, Students and Families

Your own life story can be one of the most difficult to write. Even though you lived through every experience, it can be challenging to transcribe those memories into words.

Help is available thanks to a partnership between Wichita State University (WSU) and the Senior Adult Ministries of the Catholic Diocese of Wichita. Catholic Care Center residents and other area seniors can write their stories with the assistance of students from WSU's Aging Studies Program. This project is called Life Story, and the current session started in March in Assisted Living.

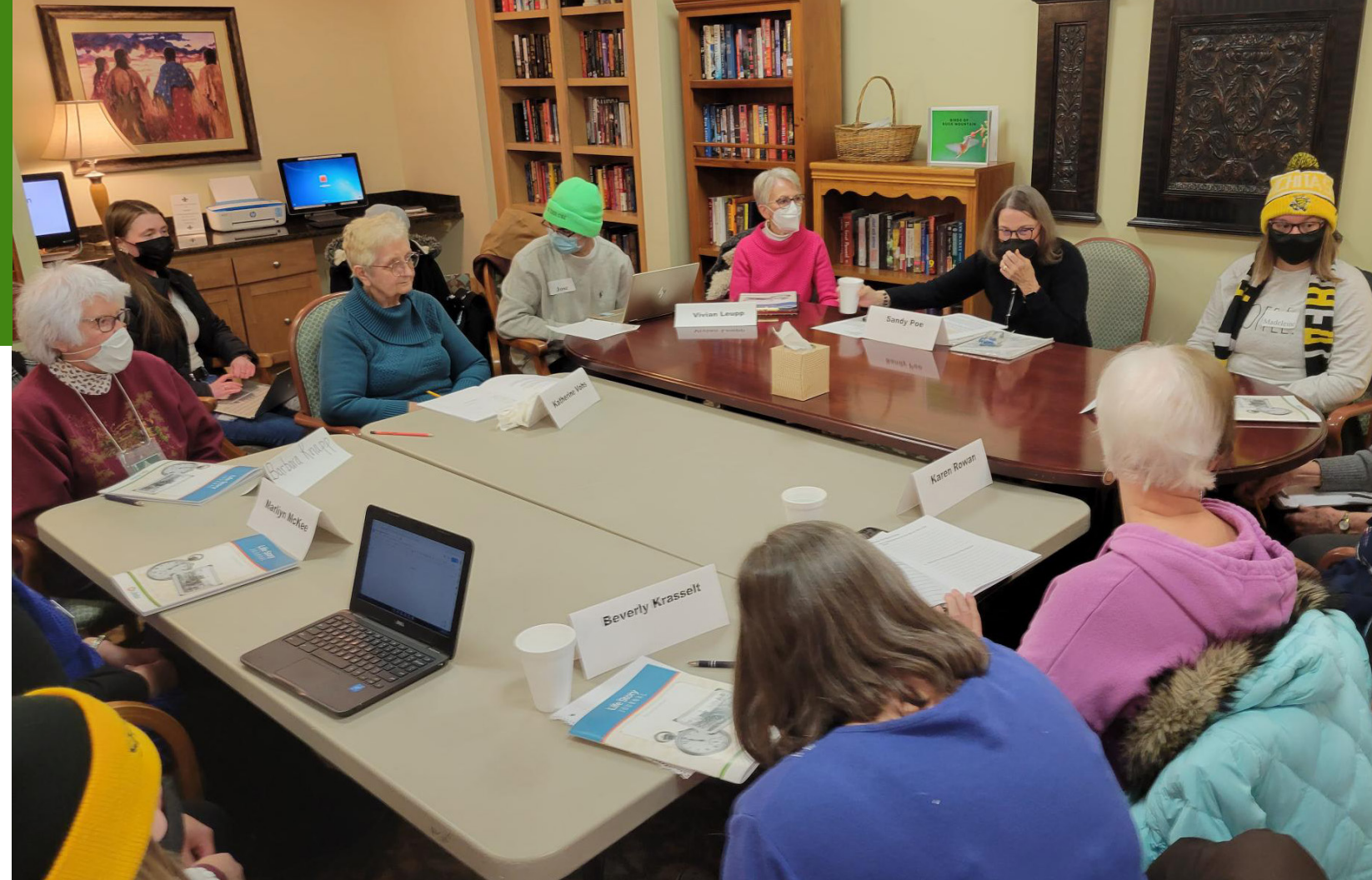
Each week the residents and students work through a guided discovery process that allows them to write the life story of each participating senior. Both seniors and students benefit from the opportunity to learn from each other and share common experiences.

One participating student was amazed by how much has changed in the 95 years her senior story partner has lived. He shared with her the excitement of watching indoor plumbing being installed in his parents' home, the life-changing experience of serving in WWII, and the wonder of seeing a man walk on the Moon for the first time. So many monumental

events just in the course of one lifetime! The student pondered all of the things she may encounter should she be blessed with 95 years of life.

Families also benefit from the Life Story project. Too often, when parents and grandparents are gone from this world, their incredible stories and family history go with them. Families of participating seniors receive a book outlining the story of their loved one—a treasure to pass down to future generations.

We appreciate the WSU and the Senior Adult Ministries teams for facilitating this project at Catholic Care Center. We hope to continue working together to tell the incredible stories of the seniors in our area.



Chaplain's Corner

Second Chances

History is full of individuals who had their first, second and many other chances before they succeeded. Henry Ford failed and went broke five times before he finally succeeded. Beethoven's teacher called him hopeless as a composer early on. Walt Disney was fired by a newspaper editor for "lack of ideas." Albert Einstein did not speak until he was four years old and didn't read until he was seven. His teacher described him as "mentally slow, unsociable and adrift forever in his foolish dreams." St. Thomas Aquinas was very quiet and thought to be unintelligent. His classmates nicknamed him "The Dumb Ox."

I think of these examples of early failures and later successes when I pray during this Lenten Season. I think of how many chances God gives me to succeed and bear fruit—to follow him. It truly is a testament to the patience of God and His love for me. God is willing to forgive me and give me chance after chance to reform my life and to seek reconciliation. Will I let Him in?

There is something about this Lent that is different—almost like I had forgotten just how long it has been since I chose to seek Him out. With everything going on around me, maybe I did. Instead of surrendering it to Him, I chose to turn in on myself for that comfort. Isolation and quarantine have a way of doing that to us. So does our sin. It has a way of building up a barrier where we didn't want it. Lent has a way of highlighting this barrier for us—all that compassion and love offered that we have let fall by the wayside. Will I let Him in?

Truly, I know that I am a self-proclaimed procrastinator. My thought is that whatever can be

done today, probably can be done tomorrow. (On a side note, I call for all procrastinators of the world to unite, but let's do it later...)

In all seriousness, I pray that this Lent is a time for us to cherish this relationship with God that we have been given. I pray it is a time when we nourish His love for us because that is what a family does for each other. Hopefully, whatever we have given up and/or added during Lent brings us closer to Him. The sacrifices that we make open up a space in our lives for Him to maneuver. Lent is a time to gladly let Him take the brunt of the work off of our shoulders. That is the thing about surrender—we pray to God and say, "I need you to take this because I can't anymore." To which He responds, "Of course, what took you so long?" We let Him in, and all of the forgiveness and mercy runs wild. All for us.

The season of Lent is not meant to scare us or even to make us grumble; it is meant to fill us with hope. Hope that we can change. Hope that our God is tending to us right now.

God does not want to see us fail and fall away from Him. Like Ford, Beethoven, Disney, or Einstein before us, we are called to succeed and to achieve what God put us here for in the first place. To become saints. We are all meant for greatness and recognition. That recognition will come in Heaven, fulfilling our deepest desires. The question for us this Lent is: what changes are we willing to make so that the promises given to us by God will become a reality in the future? That future is closer than we think.

Catholic Care Center
6550 E 45th St N
Bel Aire, KS 67226

