



The BROTHERS of MERCY

BROTHERS OF MERCY MAGAZINE | FALL 2017

Outpatient
Rehab Clinic
Now Open



PETER C. EIMER
BROTHERS OF MERCY
CEO

More Growth on the Horizon for 2018

Historically, senior care facilities have attracted residents and patients mainly from their local communities because they have been viewed as somewhat similar in terms of care and amenities – so a location close to home was the most convenient. At Brothers of Mercy, we are on a different path. Our goal is to make the Brothers of Mercy Campus such a special destination that people from across Western New York will choose us for their needs as they age.

Becoming a destination of choice for people from throughout the region requires uniqueness, great employees, an outstanding reputation/brand, high quality and insight on the future.

Brothers has always been unique in that we are a Catholic campus that really does have a special “feel” to it. I’ve heard employees talk of the “family” feel that we have. I believe that the tradition the Brothers started way back in 1924 is the reason behind the spiritual feel that pervades the campus. And ... as a non-profit, we don’t need to focus on every last dollar of profit to pay stockholders. These factors make us very unique in the area, especially as more and more senior care facilities are being sold to out-of-town owners.

Our employees are second to none in senior care and senior living. We have so many employees who have been with the Brothers for 10, 15, 20 and 30 years or

more. This shows the dedication they have to the mission. These factors have given us the outstanding reputation and name we have in the area. Of course, having 5-STAR quality, as measured by the New York State Department of Health, has a lot to do with the sterling reputation we have as well.

Looking forward, our campus will continue to grow in programs and services offered to the residents of Western New York. Our new all-inclusive Montabaur Heights independent living facility, opened last year, was the first step. The new outpatient rehabilitation building and program, opening this fall, is another new addition to our campus. We are in the planning stages of a new assisted living center to be constructed and we have initial plans taking hold for the Sacred Heart building, after residents move from there to the new assisted living center.

All of these factors will enhance our reputation as THE place to be for senior care and senior living in Western New York. With these additions, it will also create new opportunities for growth for our employees. As the 88th largest employer in Western New York, and the second largest in Clarence, we also want to continue to make this THE place to work!

Peter C. Eimer

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PROFILE

Brother Fidelis Verrall Spiritual Care

Q. Tell us about your early years?

Born in Buffalo, I attended grammar and high school in North Tonawanda. I graduated in 1957. Like every kid, I liked sports and had a job working in a laboratory.

Q. What did you do before becoming a brother?

In 1961, I was drafted into the Army during the Berlin Crisis when Kennedy was president, so I had no choice. It was "Uncle Sam Wants You" and away I had to go. I had to serve my country, and felt this was my duty. I was on the East-West German border as a border guard for three years when they put up the Berlin Wall. The Russians were looking at us and we are looking at them through binoculars. There was always a tension.

Q: When did you realize you had a religious vocation?

Though I was a layperson when serving in the military, I knew that the general motherhouse for the Brothers of Mercy was in Montabaur, Germany, where the order finds its origins. I took a 3 day leave, and spent those days at the general motherhouse. I was so impressed seeing this huge hospital. Being in the chapel and seeing about 65 brothers chanting was very impressive, and that kind of stayed with me.

I returned home after being discharged, and decided to try religious life. I said to myself, I'm going to try religious life, give myself four months. If it's for me, fine. If it isn't, goodbye. Here I am 49 years later and I think it is for me. I entered the Brothers of Mercy in 1964 and worked for many years in nursing in keeping with the Brothers of Mercy mission of caring for the sick, elderly and disadvantaged.

Q. What are your responsibilities at the Brothers of Mercy?

As a registered nurse, I began my tenure as Spiritual Care Director in 1999. Responsible for addressing the spiritual needs of the evolving population of the Nursing and Rehabilitation Center, I coordinate the Mass, Rosary, and interfaith service schedules throughout the week and on holy days, distributes communion, and offers spiritual guidance.



I said to myself, I'm going to try religious life, give myself four months. If it's for me, fine. If it isn't, goodbye. Here I am 49 years later and I think it is for me.

2017 Oktoberfest & 5K Run/Nature Walk



The Brothers of Mercy 2017 Oktoberfest and 5K Run and Nature Walk was held on Friday September 8th. It was a perfect “fall” evening to enjoy both the run along with Oktoberfest fun, food and libations.

Hundreds of runners and walkers participated in what is considered one of the “premier races” of the year. Oktoberfest entertainment was provided by the ever popular Auslanders. The German band

has been performing throughout Western New York since 1974.

The Oktoberfest is one of two major fundraising events we have every year. A very special thanks going out to many volunteers that make this event possible. Special recognition to Fran and the maintenance crew. These guys worked tirelessly to make this event work so well. Great job everyone!



HEALTHY EATING

Simple Ways to Plan, Enjoy, and Stick to a Healthy Diet

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health, and stabilizing your mood. If you feel overwhelmed by all the conflicting nutrition and diet advice out there, you're not alone. It seems that for every expert who tells you a certain food is good for you, you'll find another saying exactly the opposite. But by using these simple tips, you can cut through the confusion and learn how to create a tasty, varied, and nutritious diet that is as good for your mind as it is for your body.

■ PROTEIN

Protein gives us the energy to get up and go, while also supporting mood and cognitive function. Too much protein can be harmful to people with kidney disease, but the latest research suggests that many of us need more high-quality protein, especially as we age. That doesn't mean you have to eat more animal products. A variety of plant-based sources of protein each day can ensure your body gets all the essential protein it needs.

■ FAT

Not all fat is the same. While bad fats can wreck your diet and increase your risk of certain diseases, good fats protect your brain and heart. In fact, healthy fats, such as omega-3s, are vital to your physical and emotional health. Understanding how to include more healthy fat in your diet can help improve your mood, boost your well-being, and trim your waistline.

■ CARBOHYDRATES

Carbohydrates are one of your body's main sources of energy. But most should come from complex, unrefined carbs (vegetables, whole grains, fruit) rather than sugars and refined carbs that have been stripped of all bran, fiber, and nutrients. Cutting back on white bread, pastries, starches, and sugar can prevent rapid spikes in blood sugar, fluctuations in mood and energy, and a build-up of fat, especially around your waistline.

■ FIBER

Eating foods high in dietary fiber (grains, fruit, vegetables, nuts, and beans) can help you stay regular and lower your risk for heart disease, stroke, and diabetes. It can also improve your skin and even help you to lose weight. Depending on your age and gender, nutrition experts recommend you eat at least 21 to 38 grams of fiber each day for optimal health. Unfortunately, most of us aren't eating even half that amount.

Authors: Lawrence Robinson, Jeanne Segal Ph.D., and Robert Segal, M.A.

PROFILE

Chef Warren Drew
Chef Jim Hockey

Montabaur Heights
Dynamic Duo Cooking
up a Storm



Chefs Jim Hockey and Warren Drew

Hippocrates, the ancient Greek physician and regarded as the father of medicine once said *"Let food be thy medicine and medicine be thy food"*. If that statement is any way accurate, the residents of Montabaur Heights are certainly in the right place to live a long and healthy life.

That's because Montabaur not only has one chef on staff, but two. Since January 2016 Chef Warren Drew and Chef Jim Hockey have served healthy, nutritious and delicious meals seven days a week.

Chef Warren was born in Buffalo and attended Clarence High School. His career as a chef began when he was only 16. Working at his father's restaurant, he made dinner for motorcycle daredevil Evil Knevel. At 18, while working in

Saratoga Springs, he cooked for The Jackson 5, Governor Rockefeller and the Vanderbelts. Chef Warren has also worked in a number of high end restaurants and country clubs. He currently lives in Alden with his wife and has 4 children

Chef Jim also started his career as a chef when he was 16 at the Wurzburger Hoff on Bailey Avenue. Since then he has also worked in a number of restaurants including the Park Lane, The Twentieth Century Club and Daffodils to name a few. Jim is married with 2 children.

Both Chef Warren and Chef Jim have been winners of countless culinary competitions and featured in food publications and television shows. We are proud to have this dynamic duo in our kitchen!

Chef Warren Wins Big at the "Taste of the Network"



We are proud to announce that Montabaur's own Chef Warren Drew was a big winner at the 8th Annual Taste of Network culinary competition.

The "Taste of the Network" provides a chance for Network in Aging members and friends to come together to enjoy culinary tidbits created by the dining service departments of several Network in Aging member agencies.

Chef Warren won First Prize for his amazing Chocolate Framboise dessert. His Scalloped BLT was also a big hit (and in my opinion should have won Best Entrée).

Russell J. Salvatore Outpatient Rehab Clinic Opens to the Community



The Brothers of Mercy is proud to announce the opening of its new state-of-the-art Outpatient Rehabilitation Clinic. This 2,600 square foot expansion will satisfy a high demand from those who have been treated inpatient and want to return for outpatient services. In addition, we will now be able to offer those outpatient rehab services to the community and individuals that are in need of physical, occupational or speech and language therapy.

Outpatient rehab programs allow you to continue to live at home during treatment. Our therapists provide and specialize in individual care. They evaluate and treat each patient on a one-on-one basis, and are committed to assist each patient reach his or her optimal level of function and return to normal levels of daily activity.

There are a number of things to consider when selecting an outpatient rehab facility. We understand that finding the right rehabilitation facility can be challenging. With so many factors to consider, one of the most important things you can do is "ask the right questions". Here are some key questions to ask when selecting a facility that will best fit your needs:

1. Does the facility offer Programs Specific to your Individual Needs?

Every rehab situation is different. Your first question should be to see if the facility offers the specific and individual rehab services you need. At the Brothers of Mercy, we offer three outpatient rehab options: 1. Physical Therapy, 2. Occupational Therapy and 3. Speech/Language Pathology.

2. Is it a 5-Star Rated Facility?

Not all rehabilitation facilities are created equal. The Brothers of Mercy is proud to hold the Highest Government Ranking of 5 Stars for patient quality, nurse staffing levels and department of health survey results. We are one of the very few nursing homes in all of WNY to receive this well earned distinction.

3. How are Treatment Plans developed?

Find out how treatment plans are developed at any facility you are considering.

4. How Committed is the Staff?

Our rehabilitation team members are extremely committed and bring years of experience to the job. Many of our staff have been with the Brothers of Mercy for a number of years. It's no wonder we have a 99% patient satisfaction rate.

5. How do your Outcomes compare to those of other Rehabilitation Facilities in the area?

At the Brothers of Mercy, over 97% of our past rehab patients give us an Overall Rating of Excellent, and a 100% on overall satisfaction on therapy.

Meet the New Director

Lauren Chetney has been named Director of Outpatient Rehab Services. Currently a physical therapist at the Brothers of Mercy, Lauren has been with BOM for almost 3 years, after working in a number of rehab centers across the country.



"I can honestly say the Brothers of Mercy is one of the best facilities I have worked for in the country. You are not just a number. The one-on-one care and patient centered philosophy are major factors in the success of our programs".

Blessed Brother Peter Friedhofen

Blessed Peter saw Christ in the Poor and the Infirm

Peter was born on 25 February 1819 in Weikersburg near Koblenz, Germany, and was orphaned at an early age.

The open religious devotion of the people of his hometown contributed toward his filial relationship with God and our Lady, invoked under the title of Help of Christians.

As a boy he was employed as a chimney sweeper and, in the exercise of his duties, concerned himself with attracting as many young people as he could, establishing for them the Confraternity of Saint Louis. But the Spirit was pushing him toward greater goals.

On June 21st, 1850 Peter founded the Congregation of Brothers of Mercy of Mary Help of Christians, with this goal: *The love of God for people must be made manifest in their love for the poor and infirm.* The congregation was aggregated to the Order of Saint Augustine in 1930.

Brother Peter died on June 21, 1860 at the age of forty-one. He was beatified on June 23, 1985 by Pope John Paul II. His mortal remains are preserved in the general house of his Congregation in Trier, Germany. His memory is celebrated by the Augustinian Family on June 23.

(Source: <http://osa-west.org/blessed-peter-of-friedhofen.html>)



On June 21, 1850 Peter founded the Congregation of Brothers of Mercy of Mary Help of Christians

NEWS & EVENTS



Summer Concerts were a Big Hit

This year's Free Outdoor Summer Concerts were a Big Hit. Opening on June 14th was Terry "Elvis" Buchwald along with a classic car show. The Screaming Pineapples performed on July 12th and The House Band closed the series on August 16th. A special thanks goes out to our concert sponsor Life Storage. We are already lining up bands for next year.

WNED Documentary Sponsor

THE VIETNAM WAR, a new 10-part, 18-hour documentary film series directed by Ken Burns and Lynn Novick, will air in September 2017 on PBS stations nationwide. The Brothers of Mercy is one of 3 local sponsors of the program that started showing the series on Tuesday October 3rd at 9:00pm.



BOM Makes Business First Largest Employers List



The Brothers of Mercy was ranked number 88 in the Business First "Largest Employer" list. Rankings were based on the number of full-time equivalent employees (FTES) in WNY. We employ a total of 521 nurses, caregivers, administration, maintenance and staff - with an estimated annual economic impact of over \$50 million dollars to the local economy.

This makes us the second largest employer in Clarence behind the Clarence Central School District who employ 697.

Short-Term Respite Care Now Available



Providing Families with Assistance & Relief Options

Let Us Help You

Being a caregiver isn't easy. You naturally want to give your loved one the finest care possible, but it can become a challenge to balance caregiving with home and family responsibilities, your career, not to mention a little well deserved time for yourself.

Your Trusted Caregiving Partner

Our Short-Term Respite Care program is designed to provide high quality, personalized and 24/7 supervised care to your loved one. This allows you the luxury to enjoy some time away and a break from the numerous responsibilities associated with the caregiver role - all without any concern or guilt. This is why we consider ourselves your trusted Caregiver Partner.

Respite Care Services and Amenities

- Comfortable Private Rooms
- 24/7 Assistive Staff - including LPNs and RNs
- Medication Management
- 3 Delicious Meals Served Restaurant Style
- Beautiful Chapel with Mass 5 Days a Week
- Enrichment Program and Social Activities Daily
- On-Site Full Service Hair Salon



You Both Deserve a Break

Sometimes you just need a little time off to recharge and rejuvenate. Are you planning a special out of town family event you don't want to miss? We can help! Our Short-Term Respite Care program can give you that much needed break from the ongoing daily responsibilities caregivers face.

Call **716-240-7368** today to schedule a personal assessment and consultation.

CARITAS Awards Dinner 2017



The 16th annual Caritas Awards dinner was held on Thursday, May 18th at Salvatore's Italian Garden.

This year's event was bigger than ever featuring our premier raffle - giving participants an opportunity to win seven major prizes, along with the much anticipated Reverse Raffle. The Clarence High School Guys Choir sang an amazing rendition of *Halleluja*, Brother Ken gave us an update on Lorna Johnson and Lorraine Probst inspired us with a moving story about her mom. A slide show highlighting Brother Jude's life and accomplishments was featured before dinner.

Brother Jude Holzfoerster (Posthumously) and Patrick Casilio, Jr. were recognized and honored with the 2017 Patsy Casilio Humanitarian of the Year Award, Robert M. Bennett and Rev. Leon Biernat were the 2017 Not-For-Profit Honorees, and John Yurtchuk was the 2017 Corporate Honoree.



2016-2017 Annual Report of Donors

In this issue of the *Brothers of Mercy Magazine*, we are honored to recognize the generous individuals and companies that made philanthropic gifts to the Brothers of Mercy Foundation and Capital Campaign during the fiscal year 2016 - 2017.

Your generosity is much appreciated and we cannot thank you enough for making the Brothers of Mercy a philanthropic priority.

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DID YOU KNOW?

Brothers holds a **5 Star Rating** for nurse staffing levels, department of health survey results and quality measures. We are one of the very few large nursing homes in all of WNY to earn this high rating.

We have **Registered Nurses on site 24/7** along with daily visits by MDs and PAs. We offer **therapy** up to **seven days** a week, over **97%** of our past rehab patients gave us an overall rating of **Excellent**, and we have **standardized rehab protocols**, established in collaboration with area hospitals to promote **continuity of care**.

