



ST. ANN'S
COMMUNITY

Full of Life

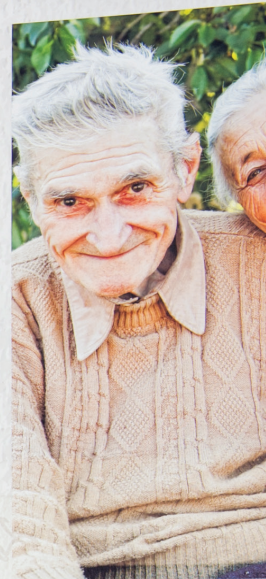
St. Ann's Community Spirit

WINTER 2017

Caring for the most important people on earth



"He loved to sing and several of the staff would stop by and ask him to sing with them...the song was usually 'You Are My Sunshine.'"



"To us, the real amazing thing was the gentle side of him that came out of him when he was at St. Ann's. I think the level of gentleness that none of us had ever seen before."



"I told him after a lifetime of taking care of his family, it was time for him to be treated like a king! Thank you all for making that promise come true."



"Wherever I go, I will find good people...and without a doubt I found those good people at St. Ann's."



MESSAGE FROM THE CEO & PRESIDENT



There is a Japanese proverb that says, “One kind word can warm three winter months.”

Given the length of our winters in Rochester, we should be overflowing with kind words!

Here at St. Ann’s Community, it doesn’t matter what time of year it is. Kindness and caring are the order of the day. You see it in the smiles of our employees and residents as they greet each other and share in daily activities. You hear it in the music and laughter that lift the soul as it permeates our halls. You feel it in the skill and compassion of our nursing staff as they provide the highest level of care to those we are privileged to serve.

**“No one knows
senior care better
than St. Ann’s
employees.”**

You experience it in the generosity of our donors, who make so much possible for our residents, their families, and our staff.

In August 2016, we unveiled our new Life & Learning Center, which combines high-tech training facilities in a sleek, modern décor. This welcome addition to the lower level of St. Ann’s Home was completely donor funded.

No one knows senior care better than St. Ann’s employees. It’s a priority for us to stay on top of our game as the needs of our elder population become more complex. The new Life & Learning Center is the hub of that work, as the cover story in this issue of *Spirit* showcases.

Our staff receive specialized training through the Center’s technology, which includes smartboards, laptops, and multimedia systems. They learn the latest skills for patient care in areas such as heart disease, advanced diabetes, pulmonary diseases, kidney disease, and more. They practice new clinical techniques in a simulated environment before incorporating them into resident care.

In addition to our clinical staff, every department—from Environmental Services to Human Resources, Dining & Nutrition to Life Enrichment—benefits from the Center’s state-of-the-art training resources.

That translates directly into providing the best care possible for “the most important people on earth.” It also means that even the coldest winter is no match for the kindness and caring shown daily at St. Ann’s Community.

Michael E. McRae

Two from St. Ann’s Earn Greater Rochester Awards

Maggie Bringewatt, Immediate Past Chair, St. Ann’s Board of Directors, and **Jan Mascari**, longtime Central Supply Manager, were recipients of the 2016 Greater Rochester Awards presented by the Rochester Business Journal and the United Way of Greater Rochester.



Maggie received the **Board Leadership Award**, which honors a non-profit board chair who has enhanced

the mission and reputation of their agency through effective leadership, fundraising, and community collaboration. Maggie has been a member of St. Ann’s Board for 10 years, including Board Chair from 2014-2016.



Jan received the **Career Achievement Award** for innovation, leadership and creativity in

delivering positive, measureable results. Jan was an employee of St. Ann’s Community for 44 years before retiring in November.

Rainier Grove:

Memory Care with a Personal Touch



ST. ANN'S
COMMUNITY
at Cherry Ridge

It was a simple photo, but it made her day.

Paul is a resident of Rainier Grove Memory Care Center at Cherry Ridge. His daughter Maureen lives and works in New York City. She calls regularly but can't visit as often as she'd like. And that can be difficult.

When a bridge club formed at Cherry Ridge, Paul joined and it became part of his routine. Staff snapped a picture of him at the card table, smiling, with his fellow players and emailed it to Maureen.

"It made her day," says Jeanne Mulley, co-manager of Rainier Grove. "Seeing her father enjoying himself was just what she needed."

Whether your loved one's passion is bridge or some other pursuit, they don't have to give it up when they enter Rainier Grove. In fact, not giving it up is what the community is all about.

"We learn what makes each resident tick and we build their care around that," Jeanne says. That level of individual attention is what distinguishes Rainier Grove from other communities serving people with memory loss.

Upon arriving, residents and their families fill out an "I Care" plan that tells staff who they are: their interests, achievements, what motivates them, even—if they choose—the tiniest detail, like how they take their coffee. That information allows staff to



Worth a thousand words: Paul (in pink shirt), a Rainier Grove resident, enjoys himself at a bridge game with friends.

create an environment that feels familiar and comfortable for each resident.

"Every place has a care plan, but ours is much more in-depth and personalized," says Carrie Huther, co-manager of Rainier Grove. "And it doesn't get filed away, it gets acted upon."

For example:

- Lou was a cook whose specialty was shrimp scampi. Staff shopped for the ingredients and Lou prepared his signature dish for his neighbors.
- Jean had been a doctor in private practice. Her 30-year career was acknowledged and celebrated.
- Tom was an avid golfer. A makeshift putting green in the hallway motivated him to socialize.

"We think it's important that your 'claim to fame' carries on in your later years," Jeanne says. That personalized approach not only makes residents feel good, it helps their families.

"We learn what makes each resident tick and we build their care around that."

"It builds up a sense of security, that we know their loved one," says Carrie. "They understand that we're not a clinical unit, we're a home. We're a family."

Rainier Grove Memory Care Center is located on the campus of St. Ann's Community at Cherry Ridge, Webster. For more information, call (585) 697-6720.

St. Ann's Communities Named Excellence in Action Award Winners

St. Ann's Community at Chapel Oaks and Cherry Ridge Assisted Living were named winners of the 2016 Excellence in Action Award in recognition of outstanding resident satisfaction. They are among only four senior living facilities in Monroe County to receive the award, presented by National Research Corporation.



The **Excellence in Action Award** recognizes the highest levels of excellence in skilled nursing,

assisted living, and independent living.

"We are proud to have our communities ranked as top performers in the measure of excellence that matters most: resident satisfaction," said Michael E. McRae, President and CEO of St. Ann's Community. "Our staff demonstrate a commitment to quality and deliver person-centered care every day. It is an honor to have that level of commitment rated so highly by those we are privileged to serve."

St. Ann's Community is a "Rochester's Choice" Favorite!

St. Ann's Community proudly accepted a 2016 Rochester's Choice Award for **Favorite Senior Living Community!** The award is presented by the Democrat & Chronicle based on readers' votes.



Thanks to all those who put their trust in us to care for our valued seniors each and every day.

Wishing Them Well

St. Ann's Community bid farewell to 11 employees who retired in 2016. Our thanks to all of them for their years of service and their contributions to serving Rochester's seniors!

Barry Conn 11 years
Kitchen Utility Assistant

Christine Cooper 34 years
Licensed Practical Nurse

Sandy Dudley 15 years
Gift Shop Supervisor

Costean Gulley 29 years
Certified Nursing Assistant

Gerald Janas 10 years
Protective Service Officer

Janice Mascari 44 years
Central Supply Manager

Brenda Rumph 21 years
Certified Nursing Assistant

Linda Stiner 37 years
Licensed Practical Nurse

Linda Tapogna 22 years
Registered Nurse

Deborah Vetuskay 27 years
Central Supply Technician

Bill Wilson 7 years
Director of Quality & Risk Management

A Colleague's Tribute: Costean Gulley

Submitted by:
Lillian Faison-Knight, LPN
St. Ann's Community



After nearly 30 years of dedicated service at St. Ann's Home, Costean Gulley retired in 2016.

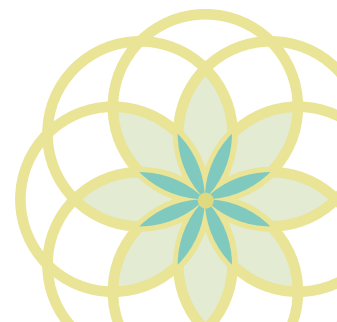
Thirty years ago, a friend who was a nurse at St Ann's encouraged Costean to apply for a job. She was hired as a CNA and spent her entire career working on the 4th floor in long-term care. Norma Hobbs was the Nurse Manager there when she started, and Sister Marie Michelle Peartree was the CEO.

During her career, Costean trained numerous CNAs in her capacity as Certified Nursing Assistant Preceptor. Her co-workers and the residents she served remember her as a very caring person, a hard worker, and a dedicated team player.

Costean received numerous awards from St Ann's Community over the years. She gives thanks to God for giving her the strength to do her job and maintain her high-quality work standards.

Her coworkers and our residents remember her as a very caring person, a hard worker, and a dedicated team player.

Her feeling on retirement and what she plans to do? Enjoy life, and spend time with family. She will be back to visit St. Ann's to say hello every now and then. She is loved and missed by residents and former coworkers alike. We wish you the best, Costean!





REFLECTIONS

The Virtue of Gratitude

By Sister Mary Louise Mitchell



I have been at St. Ann's for over six months. Some of the most touching experiences to date are when residents look me directly in the eyes and smile regardless of what is happening to them. These smiles reveal spirits rich in love and kindness. In reflecting on these deep smiles, I have wondered what in life provided these elders with the opportunity to embody such a warm loving presence requiring no words. Spending time with them helps me to see that these gentle spirits emanate from an attitude of deep gratitude.

"Take time each morning to ask God to help us to see God's presence throughout our day."

As we begin a new year, this could be an opportune time to reflect on how we are cultivating love and kindness in our own lives. Such virtues do not happen in a vacuum. In fact according to Cicero, "Gratitude is not only the greatest of virtues, but the parent of all the others." So how does one grow in this virtue?

A consistent message from spiritual leaders of every major religion is the importance of taking time daily to reflect on our lives. These leaders

challenge us to take time each morning to ask God to help us to see God's presence throughout our day and each evening to take time to reflect on how God has been present in every situation. As I continually grow in these two practices I recognize that "all is gift," if I have the eyes to see how love informs every experience. This type of sight is particularly challenging when encountering dying individuals who are experiencing great pain and discomfort. Since we cannot remove a dying person's suffering, witnessing the love of family and friends for the individual speaks of God's presence in the midst of the suffering.

Fr. Karl Rahner, a Catholic theologian, says that God is not looking at us in our pain and suffering but is actually in the center of these experiences. This could be the source of our elders' deep smiles. Our elders recognize that we cannot change reality yet we have a choice in how we respond. They have learned that being grateful for what is – is what enables them to respond in love and kindness. Our elders live in the virtue of gratitude and so can we!

Sister Mary Louise Mitchell, SSJ, Ph.D., RN, is Director of Pastoral Care at St. Ann's Community.

A hootin' and hollerin' good time!



A fall-themed "Barn Dance" for residents was held at St. Ann's Home in October, and the place was packed!

The Copy Cats Square Dance Club of Rochester gave a square-dance demonstration, including an interactive segment for residents who use wheelchairs. Refreshments included the winning entry from St. Ann's 2016 Chili Cook-Off: "Boilermaker Tailgate Chili" submitted by Civita Hochreiter of St. Ann's Finance Department. Country-style attire and fall decorations also helped set the tone.

The 2016 Barn Dance was held in loving memory of George Cowley, a St. Ann's resident who originated the idea and was instrumental in its planning. A former member of the Copy Cats, Mr. Cowley passed away in January 2016, but his colorful spirit lives on!



Volunteer Spotlight



Carmel Reeg: Always on the Move

Every Wednesday afternoon, 84-year-old Carmel Reeg of Irondequoit serves up a smile and some cheer to the residents of St. Ann's Community.

Carmel volunteers at Bar Day, a weekly social event with a pianist, familiar songs from a bygone era, and plenty of snacks and drinks. She has a special way of caring for the residents who attend.

"When the music's playing, I'll hold their hand and swing their arms to get them involved and moving," Carmel said. "If I see someone who's sad, I'll take the time to see if I can get the person to smile. I love it."

Bored with staying home and watching TV, Carmel decided to become a volunteer at St. Ann's three years ago.

"When I walk in this building, it makes me feel so good," she says, holding back tears. "I didn't think I was that sentimental."

That good feeling extends to Carmel's granddaughter, 16-year-old Ada, who likes to accompany her to St. Ann's.

"There's always something new going on, and when I come home there's always a story to tell," Ada says. "There are so many interesting



characters, and I like being able to make them all smile. It's fun."

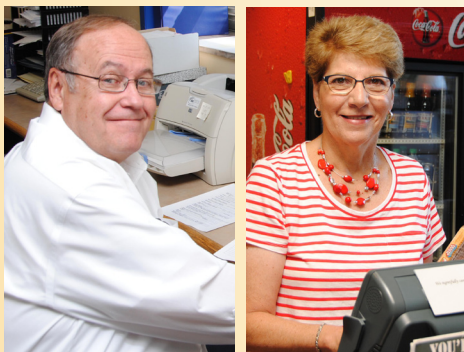
"My chest just bursts when she comes with me," Carmel says. "She makes me so proud!"

Although Carmel admits she's probably older than some of the residents, she doesn't let her age slow her down.

"People try to get me to sit down, but I'm not here to sit down. I have to keep moving!"



Lucille & John Bearden: Giving Back



When Mary Rossetti was a resident in the Special Care Unit at St. Ann's Community, her daughter, Lucille Bearden, was grateful for the nurses and aides who treated her mother like family.

Today Lucille and her husband, John, volunteer at St. Ann's Community to say thank you for

the care and compassion they experienced during Mary's stay.

"My mom's no longer here, but she is our reason for giving back," Lucille says.

On Wednesday mornings, Lucille is busy at Café Rizzo or the gift shop. John does data entry in the St. Ann's Foundation Office, updating volunteer and donor records. Their efforts help things run smoothly and contribute to the welcoming atmosphere of St. Ann's Community.

"I see the same family members all the time," Lucille says. "There's a woman who comes to see her husband in the Special Care Unit. I know how tough it is to feel like you have to come every day, so feeling welcomed helps a lot. We talk every week."

Feeling needed and useful in their retirement years is important to the Beardens.

"We really enjoy the people and culture at St. Ann's Community," John says. "They treat us as part of their team, and we all work together for the well-being of the residents."

"Everyone here went the extra mile for our family, so we're happy to do it for them, too," Lucille says. "We're simply continuing where we left off."

Volunteers donate the equivalent of \$2 million in service hours each year to St. Ann's Community. Interested in becoming a volunteer? Contact Barbara Joyce at (585) 697-6523 or bjoyce@stannscommunity.com.

Adult Day Program in Webster

Now Offers Weekend and Evening Hours



By Rola O'Meally
Director, Adult Day &
Dementia Services

If you're caring for an elderly parent or loved one, you know what an important—and often difficult—responsibility it can be.

St. Ann's Adult Day Programs can help. We offer a much-needed respite for you, the caregiver, while providing a safe, supervised, social environment for your loved one during the hours you need it most.

We're pleased to now extend those hours to evenings and weekends for your added convenience. The **Home & Heart Adult Day Program** at 696 Ridge Road, Webster, now offers evening and weekend hours and will be open as follows:

Monday-Friday,
7:30 a.m. to 9:00 p.m.
Saturday and Sunday,
7:30 a.m. to 5:00 p.m.

To register, call **(585) 697-6087**. Please note that spaces are limited.

Home & Heart in Webster is one of three Adult Day Programs offered by St. Ann's Community. The others are:

Home & Heart at the Cathedral
287 Flower City Park
(585) 697-6086
7:30-5:00 Mon.-Fri.

Home Connection
1500 Portland Avenue
(585) 697-6361
7:00-5:00 Mon.-Fri.

All three programs provide support services, meals, and social activities in a relaxed, home-like setting. In addition, Home Connection offers medical services including health-care monitoring, skilled nursing care, physical, occupational and speech therapy, and more.

We serve older adults and people with disabilities who may have diminished physical or psychological capacity, chronic illness, or memory problems, are socially isolated, or need help with personal care.

Call us today for a tour and more information. We're ready to serve you and your "most important person on earth"!

Relax.

He'll be in great hands.

If you're caring for an elderly parent or loved one, it's important to make some time for yourself. St. Ann's Adult Day Programs offer a safe, caring and stimulating environment for folks who need special attention. **And now our Webster location is open evenings and weekends!** Call us at (585) 697-6087 to schedule a tour or visit StAnnsCommunity.com to learn more. Caring for your most important person just got a little easier.



Caring for the Most Important People on Earth

Home Connection
1500 Portland Avenue
(585) 697-6361

St. Ann's Home & Heart
696 Ridge Road, Webster
(585) 697-6087

Home & Heart at the Cathedral
287 Flower City Park
(585) 697-6086





Room for Learning

New Life & Learning Center promotes customized care

Each year, more residents come to St. Ann's Community with complex and multiple health issues. That means our nurses and Certified Nursing Assistants (CNAs) face more complex care requirements at the bedside.

With the new Life & Learning Center open on the lower level of St. Ann's Home, educators can provide nursing staff with hands-on, high-caliber education to ensure the best outcomes for residents.

"In long-term care, it's easy to focus education on the tasks that need to be done for the residents, because there are a lot of them," says St. Ann's Director of Education Kim Ziegler, RN, MS. "We encourage our staff to focus more on the thinking that goes into providing the best possible care, not just on doing the tasks."

Completely donor funded, the Life & Learning Center is equipped with technology and classroom space in which staff receive training and education to advance their skills and enhance resident care.

Meaningful instruction, lasting impact

Erin McRell, RN, BSN, and Laura Nemchick, RN, MSNE, help Kim reinforce bigger picture thinking in the Center's Nursing and CNA trainer area, which includes a fully equipped replica of a resident room, four modifiable geriatric mannequins, and dedicated webinar and e-learning capabilities.



Spending time on the resident floors helps Erin and Laura get to know the needs of the staff and residents so they can provide relevant and engaging instruction.

"We can mimic any caregiving situation that they encounter on the floor," Erin explains, "so that what they learn here transfers back upstairs."

For frail seniors, Kim notes that the trauma associated with going to the hospital could actually increase their mortality risk.

"Working through actual resident-care scenarios in the training center ensures that we provide our residents with care that matches their needs in their own rooms, where they feel comfortable and

safe,” she says. “We only send them to the hospital in very severe situations.”

At the center of instruction are the modifiable mannequins. Using a remote control, Erin can select from dozens of different heart and lung sounds to help staff assess which health condition is present.

Anatomically correct entry points for a tracheotomy tube, feeding tube, colostomy bag, and catheter, as well injection and IV sites, provide a safe way to master medical procedures. The mannequins also make it easy to gain hands-on experience with lift and transport equipment to ensure that all staff master safe patient handling procedures.

“There’s no room for shortcuts in healthcare,” Kim says. “It’s our job to make sure everyone knows and upholds the best practices that keep our residents safe.”



Lacresha Green, CNA in St. Ann’s Special Care Unit, gains hands-on experience using a lift. With resident rooms replicated in the Life & Learning Center, staff gain skills that translate directly to their daily work.

The Center allows educators to provide staff with “just-in-time” education a few days before a new resident arrives, so staff are fully prepared to meet their needs upon arrival.

“The Admissions team alerts us ahead of time about their needs, so we can have staff ready to provide care as soon as the resident arrives,” Kim says.

While much of the equipment in the Center is highly sophisticated, others are very simple. For example, the colored ribbon pinned to the mannequins’ clothing indicates the resident’s food preparation needs—a simple signal that has great importance.

“We want our staff to notice every little detail,” Laura says, “and to understand how each one can have a big impact on a resident’s quality of life.”



Laura Nemchick, RN, MSNE (left) watches as Labria Rapley practices PICC and Centraline dressings at an education fair held in the Life & Learning Center. Labria is an LPN at St. Ann’s Care Center.

Training: Fundamental to success

In addition to clinical staff, other departments—from Environmental Services to Human Resources, Information Technology to Life Enrichment—also use and benefit from the Life & Learning Center’s state-of-the-art training resources.

Steve Smith, St. Ann’s Community Vice President and Chief Development Officer, considers the center a great success story.

“This is first fully donor-supported project in our history. Our donors truly understand that in health care, training is fundamental to our success,” he says. “The tremendous gratitude they have for our employees and how well they care for our residents is the spirit behind this center.”

For many employees at St. Ann’s Community, the caring does not end when they leave work. Smith notes that of the \$2.5 million raised for the Life & Learning Center, “\$118,000 came from our own employees, because they really care about our seniors.”

About the mural:

The Life & Learning Center mural, seen on page 8, shows images of everyday life through the decades. The images represent the lifetime of experience our seniors have accumulated, the changes they’ve seen, and the memories they’ve made. Also featured are quotes from residents, family members and staff reflecting on their experiences with St. Ann’s Community.



GIVING

An update from St. Ann's Foundation

TO THE MOST IMPORTANT
PEOPLE ON EARTH

EMPLOYEE SCHOLARSHIP

This year, St. Ann's Foundation was able to award 27 high-performing employees with scholarships to help alleviate the financial burden of furthering their education.

To date, the Foundation has awarded \$245,000 to 161 employees. This would not be possible without the support of our very generous donors.



Kennetha Short, Senior LPN, Special Care Unit receives her scholarship from St. Ann's President & CEO Michael McRae



NEED TO REACH US?

Phone: (585) 697-6321

Fax: (585) 342-5679

foundation@MyStAnns.com

www.StAnnsCommunity.com/giving

St. Ann's Foundation
1500 Portland Ave.
Rochester, NY 14621

DONOR PROFILE

MY GIFTS HAD COME FULL CIRCLE!

Periodically, we feature a story exemplifying the generous spirit of those who have enabled St. Ann's Community to bring the highest quality senior care and services to the greater Rochester area. A passionate and loyal supporter, Joan Frazier has been making charitable gifts to St. Ann's Foundation since 2002. In her own words, she shares why she decided to make that first gift and continues that annual tradition today.



Joan Frazier retired last year after 20 years with the Girl Scouts of Genesee Valley and 27 years in the home décor business.

My relationship with St. Ann's Community began 26 years ago in May 1990. I moved my aunt, Ruth J. Scott, from New Jersey to Rochester to live at The Heritage. My mother, Marian Hopper, lived nearby and enjoyed visiting her sister. Following a bone fracture in 1996, my mother also entered The Heritage and lived there for 11 years until her death at the age of 94.

During 17 years of visits with my mother and aunt, it became very clear to me that the quality of their care was totally dependent on the quality of the caregivers, and they both had received excellent care. When the Nursing Scholarship Program began, which is now the Employee Scholarship Program, I began to make annual contributions as a way of "giving back" to St. Ann's and furthering the education of its employees.

I have also been a recipient of that same compassionate care that my mother and aunt received. Three

years ago, I recovered from hip surgery in the Wegman Transitional Care Center. To my great surprise, one of my caregivers had actually received an employee scholarship, and I smiled knowing that my gifts had come full circle!

In serving the *most important people on earth*, St. Ann's delivers an excellent quality of life to their residents, and as a donor, I am proud to support their efforts. It's a return for the gifts of life they gave my loved ones.

Please join Joan in your support and use the enclosed giving envelope to make your gift today. To make your gift online, please visit www.mystanns.com and click on "Give A Gift."



CHOPPED!

On October 14, St. Ann's Community at Cherry Ridge hosted the first annual CHOPPED! chef challenge event, and cooking has not been the same since!

In this faceoff between Executive Chef Daryl Cronk of Cherry Ridge and Pasquale Conca, Executive Chef at St. Ann's Irondequoit campus, the two had to create an entrée from ingredients found in the "mystery basket," which included duck breast, prosciutto, acorn squash and Orange Crush soda. With these items and some pantry stock, the two chefs created two very different entrees

that were judged by our esteemed panel, Jackie DeMaria, Jim Leo and Ginny Ryan. In the end, Chef Daryl won by one point!

The event was a fundraiser for Annie's Angel Fund which benefits financially limited residents. Supported by hundreds of donors, the fund helps more than 500 residents a year enjoy simple pleasures like lunch out with friends, a trip to the beauty salon, or new clothing which they otherwise could not afford.



Chefs Pasquale Conca and Daryl Cronk CHOP it up while Ginny Ryan and Jackie DeMaria enjoy the show

STAR PROGRAM

St. Ann's Foundation has developed an opportunity for families to recognize a special employee who has gone above and beyond the call of duty for you or your loved one. We call this **The St. Ann's Star Program**.



Heather Wyffels, Life Enrichment Coordinator, is awarded her Star by Bob Bourg, Vice President of Organizational Development

To nominate a star employee or to receive more information, call Jeffrey Howard in the Foundation Office at (585) 697-6321.

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You shop. Amazon gives.

St. Ann's Foundation is now a part of Amazon Smile! Simply register St. Ann's Community as your primary nonprofit of choice, and .5% of all eligible purchases you make on Amazon will come back to help our amazing seniors! Visit smile.amazon.com.



ASK AN ATTORNEY

Nicole Marro

Attorney at Law

Bond, Schoeneck & King PLLC

The time to plan for death or disability is now, when you're healthy. As a general rule, people make better decisions when they feel good. Moreover, a so-called *deathbed will*, one made by someone who is gravely ill and near death, may invite a legal challenge if the mental capacity or judgment of the individual is in question.

The information that follows is the first of a two-part series that focuses on common estate planning mistakes to avoid.

- 1. Not having an estate plan at all.** The most common estate planning mistake is not having an estate plan. No one can escape death, but thoughtful planning for the disposition of your personal effects and financial assets after your death – and by whom – can ensure that your estate will be handled properly.
- 2. Not updating your will.** There are many changes that can take place within a family and family business such as marriages, births, bankruptcies, illnesses, divorces and deaths. These kinds of changes may alter who will inherit your estate, even if you have a valid will. To ensure the assets you leave behind pass to those you intend without delay and undue drama, it is wise to periodically review the terms of your will or when these kinds of changes occur.
- 3. Not planning for disability.** Directing what happens to your estate at death is not the only reason to have an estate plan in place. An unexpected or long-term disability can have disastrous consequences on your personal and financial affairs. Decisions such as who will handle your legal affairs and finances, make health care decisions on your behalf

and raise your children if you become incapacitated are critically important. You should consider a durable Power of Attorney, Health Care Proxy and Appointment of Guardian, if you have not before.

- 4. Not making gifts to reduce your estate tax.** The Internal Revenue Code permits tax-free gifts of up to \$14,000 per year per person. In addition, any gift made to charitable organization in a given year is tax-free and reduces your gross estate for future tax years. If your estate is potentially subject to federal or New York State estate tax, you should consider annual exclusion gifts to individuals as well as gifts to charitable organizations to reduce that liability and make a positive impact while you are alive.

* * *

Please contact Carol O'Neal, Senior Development Officer, at (585) 697-6338 or coneal@MyStAnns.com with questions or for additional information.

This information should not substitute for obtaining legal advice from your attorney.

Download a free estate planning guide: mystannsgiftlegacy.com.

WE SALUTE YOU!

We had much to celebrate on August 4th! We gathered to honor the donors who contributed \$2.5 million to make St. Ann's Life and Learning Center a reality. Included was a ribbon cutting ceremony and a great reception to dedicate this wonderful new space. Our celebration continued with St. Ann's annual Salute To Philanthropy. Patrick Burke, Past Chair for both the St. Ann's Foundation Board and the St. Ann's Community Board, received the 2016 Leader in Philanthropy award, and Ed Neal, Director of St. Ann's Human Resource Department, was recognized as the 2016 Partner in Philanthropy.



SENTIMENTAL JOURNEYS AND THE POWER OF MUSIC

The jazz and big band music of the 1930s and '40s, along with swing dancing and the Jitterbug, gave men and women of that era lots of opportunities to forget the sorrows of war and get together to mix, mingle and "cut a rug." For our seniors who are now in their 70s and beyond, those were days when music was often enjoyed live, in group settings at regular dances and "community sings."

Those are sweet memories for our residents, and they relive those sentimental journeys through our live music events and music therapy programming here at St. Ann's Community. For our seniors, music motivates, calms, reassures, enlivens, brightens a mood, and especially important for this generation, is a communal experience.

At St. Ann's Community, hardly a day goes by that there isn't music being made somewhere. There are music therapists working one-on-one with our seniors, as well as small group activities, which not only accomplish music-related goals but offer socialization as well. Additionally, there is plenty of live music. Whether it's a duo singing and playing for just one floor or a band performing for the whole community, music performances abound and are always well attended.

Being able to enjoy live music in a social setting, listen to favorite tunes on an iPod, work on individual wellness goals with one of our music therapists, or sing with a group is an important part of living life to the fullest. For instance, "Amelia" was dealing with a lot of anxiety and loneliness when she first moved to St. Ann's. Her music therapist discovered that Amelia



St. Ann's residents Joe DeFranco and Chuck Raetz accompany Music Therapist Erica Smith. Music therapy benefits our residents in many ways including socially, emotionally, and physically.

was an accomplished pianist and that playing the piano had always brought her great joy. Donors' gifts made it possible for the therapist to purchase a keyboard for Amelia. Not only was Amelia able to relax herself, she played for her whole floor, which calmed anxious residents and elevated the moods of staff and residents alike!

"Being able to enjoy music is an important part of living life to the fullest."

Through our Music & Memory program, residents who are struggling with dementia can listen to iPods loaded with individualized playlists tailored just for them. Like Amelia's keyboard, these iPods are made possible through the generosity of our donors. They are used to stimulate memories and spark conversations between residents and their families, each other, and staff. These are a few of the many ways that donors have helped to enhance the lives of some

of the most important people on earth and give them some truly special sentimental journeys.

Please consider a gift and join the generous donors who have enabled St. Ann's Community to bring wonderful music and memories to our seniors. You can use the enclosed giving envelope, donate securely online on the St. Ann's website, or contact Tracy Kroft, Senior Development Officer at (585) 697-6516 or tkroft@mystannns.com. We thank you.

BE AN ANGEL ... PLEASE RECYCLE!

Thanks to an Angel Fund grant and the ingenuity of St. Ann's Leadership Academy members, we now have a new bottle and can recycling program. The grant covered the purchase of the receptacles, which are located throughout St. Ann's. All proceeds from the recyclables go to Annie's Angel Fund, which benefits financially limited residents.



A MEANINGFUL WAY TO REMEMBER

St. Ann's Community gratefully acknowledges the following individuals and organizations who have made tribute gifts between March 16, 2016 and September 15, 2016. We are honored that families and friends selected the seniors of St. Ann's Community as a way to recognize their loved ones.

In Memory of Janet Alvito

Jean Baldo
Tony Coccitto
Kathleen Masters-Leo and
James J. Leo
Michael and Susan Murty
Carol and Michael O'Neal
Catherine Senecal-Rice
Tim and Kathleen Smith
Carol Veltre

In Memory of Connie Amico

Thomas Tette &
Ginny Kennedy-Tette

In Memory of Charlotte Baker

Joseph and Jacqueline DeMaria

In Memory of Mary Banaszak

Kasia Swetz

In Memory of Frank J. Beahan & Stella M. Beahan

Estate of Stella Beahan

In Memory of Stella M. Beahan

Ed and Mary Ellen Moon

In Memory of Gerard Beauchamp

Joseph and Jacqueline DeMaria

In Memory of Edna Blum

Bob and Joyce Krist

In Memory of Alice Boekhout

Alan Boekhout

In Memory of Jon Paul Boucher

Betty Mullin-DiProsa and
Frank DiProsa

In Memory of John M. Buono

Joseph and Jacqueline DeMaria

In Memory of Jennie Burris

Jeanne Scheible

In Memory of

Joseph M. Capuano

Phyllis and Joe Capuano

In Memory of Joseph Cianciotto

Martine Cianciotto

In Memory of James Coast

Joanne Coast

In Memory of

Josephine Colombo

Marlene Grover

In Memory of Ainessa Cucinelli

Edward and Margaret Bielin
Dan Heim
Kathleen Kane
Lynn, Keith & Sophie Senecal

In Memory of Dolores Damon

Genesee Baptist Church

In Memory of Dolores Domina

Donald Kozlowski
James and Carol Paduchowski
Richard and Kathleen Schlosser

In Memory of Peg Flynn

Thomas Tette &
Ginny Kennedy-Tette

In Memory of Peter Forella

Wayne Forella

In Memory of Linda Francati

Mary Delman
Joseph and Jacqueline DeMaria
Helene Shields

In Memory of Bradley Gisel

Betty Mullin-DiProsa and
Frank DiProsa

In Memory of Elizabeth Haney

Paul Haney

In Memory of Beatrice Hodecker

Jean and Edward Jablonski

In Memory of Angelina Iodice

Gary and Kathy Culotta
Marlene and Mike Goho
Charles and Susan O'Loughlin
Donald and Debra Spencer

In Memory of Nellie Jeziorski

Maria Stubing

In Memory of Anna Keegan

James Keegan

In Memory of Margo L. Kellow

Mr. and Mrs. David H. Kellow

In Memory of Clarinda Kirkman

William Bristol
Mr. and Mrs. Robert Gardner
DeForest and Arlene Tinkler

In Memory of Philip J. Knight

Peg Rubley

In Memory of Jacqueline Kraft

Nancy and Marty Cross
Iroquois Social Committee

In Memory of George Lynd

Beverly Kubala
Thomas and Carol Marchese
Richard Monteleone
Edward and Nancy Wager

In Memory of Harold Mance

Carlyn Mance

In Memory of Alice Meechan

James A. Meechan

In Memory of Donna Meyrath

Thomas Tette &
Ginny Kennedy-Tette

In Memory of Stephen Michel

Nancy H. Michel

In Memory of James F. Mullin

Betty Mullin-DiProsa and
Frank DiProsa

In Memory of Yvonne Murphy

Dr. Dennis K. Murphy

In Memory of Ada Neary

Deborah and David Coniglio

In Memory of Nazzarine Noto

Lorrie and Roger Sisca

In Memory of Harold Peiffer

Jacqueline Grass
Anna Julian
Daniel and Miriam Kennelly
Eric and Susan Levitt
Nancy Schrader

In Memory of Mary Popolizio

Maryann and David Klein

In Memory of Clarence Quinlan

Gloria Quinlan

In Memory of John Romito

Michael and Kathleen Virga

In Memory of Eleanor Scouten

Marjorie Handel

In Memory of Rhonda Simmons

St. Ann's Nursing Administration
Department

In Memory of Rose Strassner

Louis and Rosemary Bouchard
Rose Bouchard

In Memory of

Josephine Tumminelli

Phyllis and Joe Capuano

In Memory of Libbie Tumminelli

Phyllis and Joe Capuano

In Memory of Mary Valenti

Kevin and Carol Sullivan

In Memory of

Laura Jean Vanderstynne

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In Memory of George Wiegand

Peter and Catherine Stark

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Marilyn Kane
Judith Makowiecki
Pea Pickers Drill Team
The Rizzolo and O'Keefe families
Nellie Rosenberg
Mr. and Mrs. Donald Werdein
Kathleen White
Chris Wilson and Mary Collins
Jeanne Wolfgruber &
Cheryl Kramer

IN HONOR OF...

In Honor of Karen & Tim Bancroft's Wedding Anniversary

Linda and Tony Lattuca

In Honor of Father Peter T. Bayer

Anonymous

Paulette and Brian Briskie

Mary Jo and Ronald Carlivati

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In Honor of Marvin & Ruth Behnfeldt

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In Honor of Rola O'Meally

Betty Mullin-DiProsa and Frank DiProsa

In Honor of Jacqueline Riley

Anne A. Riley-Hill

In Honor of Margaret Rizzo's

103rd Birthday

Marie E. Roth

In Honor of Anthony and

Teresa Ruocco

Jean and Edward Jablonski

In Honor of Sister Livia Ruocco

Caryl S. Bushnell

In Honor of Susan Whalen

Loretta Marshall

*If your name has been listed incorrectly
or inadvertently omitted, please accept
our apologies and call the Foundation
Office at (585) 697-6688.*



'TREE OF LIFE' SOCIETY WELCOMES NEW MEMBERS

St. Ann's "Tree of Life" Planned Giving Society recently welcomed its newest members:

Bob & Karen Bourg | Kathleen Keogh and her late husband Mark

Tracy Kroft | Laurel & Michael Tarcinale | Tom Tette & Ginny Kennedy-Tette

These and more than 50 other Tree of Life members have made gifts to St. Ann's through their wills or other planned giving. Their gifts allow us to advance our mission, expand programs, and ensure that we can serve Greater Rochester's senior citizen population well into the future.

Each person who makes a planned-giving gift has had a special St. Ann's experience; we have somehow touched their lives and left a lasting impression, and they have chosen to do the same. We thank all of our Tree of Life donors for their heartfelt and generous support.

To learn more about St. Ann's Tree of Life Society, contact Carol O'Neal at (585) 697-6338 or coneal@mystanns.com.

TREE OF LIFE

The Tree of Life society is for the special donors who have made a gift to St. Ann's through their will or other planned gifts. St. Ann's is blessed by these individuals and families for their generosity, leadership and foresight in benefiting our community for generations to come:

Anonymous (5)
Michelle Ashby & Matt Coleman
David & Rachel Bandych
Carl* & Mimi* Bayer
Paul & Donna Berardicurti
Martin* & Ann* Birmingham
Maggie & Paul Bringewatt
Bob & Karen Bourg
Linda C. Brunner
Julie & James M. Caluneo
George Caputo*
Robert* & Lee DeLelys
Reverend Albert Delmonte
Reverend William Donnelly
John & Lauren Doyle
John* & Beverly Dunn
Billie & Douglas Gale
Adelaide & Stephen Goldman
Ann & Jim Gould
Frank M.* & Jeanne B. Hutchins
Mark* & Kathy Keogh
Tracy H. Kroft
Lorine Lazure
James J. Leo & Kathleen Masters-Leo
Anthony J. Malone Family
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Maureen K. McCoy
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Mary L. Moffit
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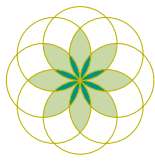
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Steven & Paula Smith
Laurel & Michael Tarcinale
Marjorie D. Tellier*
Tom Tette & Ginny Kennedy-Tette
Patricia M. Thummel

Donors honoring others with their gifts:

In memory of Mary Ellen & Albert Burke
In memory of Rose C. Gigliotti
In memory of Laverne Graning
In memory of Martha E. Sparkes

As determined by commitments received through
September 26, 2016

*Denotes deceased member



ST. ANN'S
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