

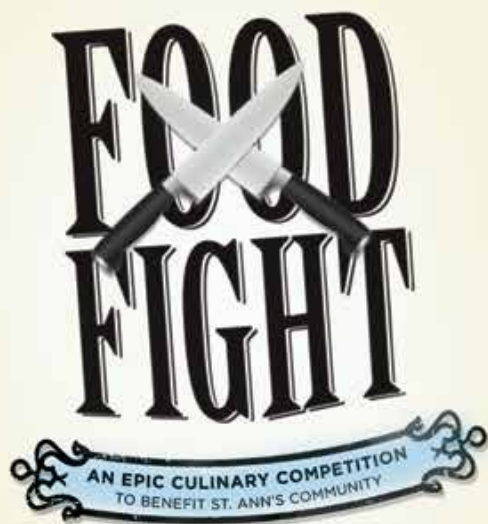


ST. ANN'S
COMMUNITY

Full of Life

St. Ann's Community Spirit

JANUARY 2018



A FUN & LIVELY COOKING COMPETITION
LIKE THE ONES YOU ENJOY ON TV

Our "epic culinary competition"
raised a record amount
for Annie's Angel Fund.

See page 12

National Awards Recognize Excellence Across St. Ann's Community

St. Ann's Community has been recognized for achieving the highest levels of quality care and service by two national evaluators.

Best Nursing Home

St. Ann's Care Center in Webster was named one of the **Best Nursing Homes** in the country by U.S. News & World Report. The designation is given only to those homes that demonstrate consistent performance in national quality measures.

Excellence in Action

Four St. Ann's Community residences were named **Excellence in Action Award** winners by NRC Health:

- **St. Ann's Care Center**, providing long-term skilled nursing care on the campus of St. Ann's Community at Cherry Ridge in Webster.
- **Rainier Grove**, offering specialized care for people with memory impairments such as dementia on the campus of St. Ann's Community at Cherry Ridge.
- **St. Ann's Home**, providing long-term skilled nursing care on St. Ann's Irondequoit campus.
- **St. Ann's Community at Chapel Oaks**, our independent living community in Irondequoit.

The Excellence in Action awards recognize communities that achieve the highest levels of excellence in resident and employee satisfaction.



MESSAGE FROM THE CEO & PRESIDENT

Imagine you're walking across an alien landscape where nothing is familiar.

You spot no landmarks; see no recognizable faces—even the sounds you hear are completely foreign. Alone, confused and frustrated, you stare at the confusing panorama, unsure of what to do next.

For a person diagnosed with Alzheimer's disease, these feelings of chaos and confusion are frighteningly commonplace.

That description, from a caregiver website, reflects what many residents of St. Ann's face every day.

Eight out of ten of our residents have some form of cognitive impairment, such as Alzheimer's or another form of dementia. We care for them every day, and we see the effects firsthand. That's why we put our heart into the annual Walk to End Alzheimer's. Held in cities across the country, it's the world's largest event to raise awareness and funds for Alzheimer's care, support, and research.



This year, more than 200 walkers represented St. Ann's Community—the biggest team in the local walk. Under the leadership of our venerable team captain Rola O'Meally, RN, we raised over \$26,000, making us once again the top corporate fundraiser. I couldn't be prouder.

Our annual participation in the walk is a big part of who we are as an organization. To paraphrase this year's guest speaker Jim Gulley, who was diagnosed with Alzheimer's two years ago, we're focused on doing something that is significant in changing the future for our next generation.

Not only is it the right thing to do, there are unintended consequences as well. Being part of a team and working together for a cause contributes to the sense of family among St. Ann's employees:

- Departments have friendly competitions to see who can raise the most money.
- Purple ribbons, beads and bracelets are proudly worn by those who make donations to earn "casual dress" days.
- A pep rally—this year featuring a steel drum band—is held the day before the walk.
- And on walk day, employees and their families enjoy the good will and camaraderie of this shared experience. (The summer-like weather this year didn't hurt either.)

The result? An incredible amount of money is raised for the Alzheimer's Association. And our people, who know all too well the devastating effects of Alzheimer's on those who live with it and their families, become a little bit closer. *That's* a worthwhile endeavor.

A handwritten signature in black ink that reads "Michael E. McRae".

Michael E. McRae

Chapel Oaks Resident Profile:

Robert Cook: Fitness Fan Going Strong at 97

Staying fit has never been a problem for Bob Cook.

From the time he set a national record in weightlifting at age 16 (by deadlifting 565 lbs.), fitness has been at the center of his life.

Today, at age 97, he still starts every day with exercise.

“My parents and grandparents died in their 70s, so I must be doing something right!” he says.



A resident of St. Ann's Community at Chapel Oaks, Bob has been a weightlifter, a boxer, a fencer, and a trainer

of others pursuing those sports. As a weightlifting trainer, he estimates he has trained some 2,000 athletes, including Phil Grippaldi who competed in the 1968, 1972, and 1976 Olympics.

And his penchant for staying active didn't end with his youth:

- He fenced until he was 61.
- He played tennis until he was 78
- He got his pilot's license at 79 and flew gliders until he was 88.
- He lifted weights competitively until he was 52.

“At 52, I lost the powerlifting title to someone I had trained,” he recalls. “I thought it was nice that it came full circle and figured it was a good time to retire.”

Growing up in Rochester, Bob was a regular at a gym on Clinton Avenue. While still in his teens, he boxed in six professional fights and even sparred with pro boxer Patsy Perroni, who once faced the legendary Joe Louis.

“I gave him a good workout,” says Bob, “but he told me, ‘Kid, you just ain't got it.’ So I figure he did me a favor.”

His dedication to fitness served him well in the Army and Air Force during World War II, where he led physical training programs for the troops. And in his post-war career as a recreation department administrator in New Jersey, he not only oversaw rec programs but taught fencing and weightlifting.

And in a classic example of lifestyle balance, Bob has pursued art as well as athletics. He ran a silk screen business for which he did all the design work, and also dabbled in sculpture and painting. His living room is adorned with a bronze sculpture he did of two boxers titled “No Place to Hide” (after a Joe Louis quote) and several paintings



“When I was a kid, people who were 45 looked and felt old,” he says. “Today, people's lives aren't just longer, they're fuller. We're continuing to grow.”

of racehorses, which became something of a specialty of his.

Formerly a resident of Buell Drive in Irondequoit, Bob has lived at St. Ann's Community at Chapel Oaks for over two years. He has nothing but praise for the staff.

“They are amazing at what they do, and they're charming,” he says. “Us old people can challenge their sunny disposition, but I've never seen anyone be anything but pleasant.”

Although age has slowed him down—he stopped using weights in his morning routine five years ago due to a shoulder injury—Bob maintains an enthusiastic outlook on life.

“When I was a kid, people who were 45 looked and felt old,” he says. “Today, people's lives aren't just longer, they're fuller. We're continuing to grow.”

“I've been kicking around for 97 years, and it's a good life!”



Dr. Kane Presents National Webinar on End-of-Life Care



Honoring patients' wishes for end-of-life care was the topic of a national webinar presented by Dr. Diane Kane, Chief Medical Officer for St. Ann's Community.

Dr. Kane spoke to senior-care professionals across the country about the importance of advance-care planning and end-of-life conversations with patients and families. She shared how St. Ann's Community successfully implemented MOLST (Medical Orders for Life Sustaining Treatment) to document—first on paper, now electronically—residents' wishes for end-of-life care and ensure that they are consistently followed.

"Honoring the wishes of older adults regarding medical treatment is an important part of end-of-life care," said Dr. Kane. "The electronic MOLST registry ensures there will be shared, informed medical decision-making that reflects the resident's wishes—which is the ultimate goal."

The webinar was presented through the Institute for the Advancement of Senior Care. For more information about MOLST, visit www.compassionandsupport.org.

The Leo Center for Caring: Compassionate Care in Supportive Surroundings

Providing comfort and compassion at the end of life is one of the most important things anyone can do. At the Leo Center for Caring at St. Ann's Community, it's at the *heart* of what we do.

The Leo Center for Caring is a 10-bed inpatient care center serving those needing long-term hospice and palliative care. It is located in a quiet wing of the Wegman Transitional Care Center on St. Ann's Portland Avenue campus.

The Center offers spacious, private rooms for patients and comfortable surroundings for families to gather, share memories, and say their goodbyes.

"This journey our family is on was so frightening when we first arrived, but due to the incredibly skilled, compassionate support of the staff here it has quickly become manageable, even comfortable."

— Kathy's Family

Expert care with dignity and respect

The Leo Center provides the expert medical care that a terminally ill person needs while ensuring their dignity, sensitivity, and comfort.

A team of professionals with extensive hospice experience

is there to meet the physical, emotional, and spiritual needs of patients and families.



Comfort and convenience for families

Large, private rooms provide plenty of seating for family members. Lounge areas allow families to come together for private conversations and quiet reflection.

Families can also take advantage of:

- A well-stocked kitchen
- Overnight accommodations and food service
- Private shower specifically for their use
- Around-the-clock visiting privileges
- Meditation room with beautiful stained glass wall
- Computers with Internet access

If someone you love is terminally ill and their doctor advises long-term hospice care, please consider the Leo Center for Caring. Our Admissions Office can provide assistance and more information: **(585) 697-6311**.

You can also find out more at www.stannscommunity.com.





REFLECTIONS

The Journey, Not the Destination

By Sister Mary Louise Mitchell



OnBeing.Org is a website which shares spiritual insights from diverse religious traditions. One of my favorite

writers on this site is Omid Safi who recently shared this story:

While visiting in Japan, he decided to visit a 1,000 year old Shinto shrine located on a beautiful mountain. (Shinto is the ancient indigenous religion of Japan.) When he arrived at the site he was met by a spiritual guide who offered to accompany him up the mountain path. From the moment they started he noticed open gates overhead that marked the way. He also noticed that there were open gates along the side of the path.

After walking for over an hour, he stopped the guide and asked him how much farther ahead the shrine was. The guide seemed surprised by the question. After pausing for a moment he smiled, raised his arms over his head and all around, and said, "My friend, the whole mountain is the shrine!"

This stopped Omid in his tracks. He suddenly realized that in his western, linear mindset he was on a path to arrive at a destination; when he reached the destination, he would experience the sacred. Yet what this beautiful ancient spirituality believed was that our journeys are sacred from start to finish.

He concludes by saying: How lovely would it be to see each of our lives as the spiritual path we are invited to walk?

For God, value is not about rarity or quantity or the quality of something. God values the poor, the weak, and the fragile.

My heart resonates with this conclusion because I believe all of life is sacred. And there is no faith tradition that disagrees. In fact, most religions contain a belief that the "holy" is always in our midst. To acknowledge the holy is to recognize God's presence in all that exists. All faiths maintain that God, regardless of how God is named, considers everyone and everything valuable. For God, value is not about rarity or quantity or the quality of something. God values the poor, the weak, and the fragile.

If we accept this truth, then we must value every detail of our lives and our world. When we don't accept this, life can become expendable. Thus, I believe we are continually invited to live out of the reality that every aspect of our universe speaks to the wonder and beauty of God.

My prayer for the St. Ann's Community is that we will continually accept and grow in this awareness!

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

Dr. Brian Heppard Joins St. Ann's Medical Team

St. Ann's Community, Rochester's leading senior housing and health services provider, is proud to announce the addition of Brian Heppard, MD to its medical team.

"Dr. Heppard has been caring for older adults across upstate New York for more than 20 years," said Dr. Kim Petrone, Medical Director, St. Ann's Community. "His knowledge of geriatric medicine and expertise in senior health care has earned him the respect of patients and peers alike."

Dr. Heppard provides outpatient care for seniors in assisted living and independent living through the private practice Pillar Medical Associates. He also provides care for residents on the 9th floor of St. Ann's Home.

Dr. Heppard is Board Certified in Family Medicine, Geriatrics, and Hospice & Palliative Care. He previously served as Senior Medical Director for Optum-United Health Group and as Vice President of Medical Services at Jewish Senior Life in Rochester.



Brian Heppard, MD

Volunteer Spotlight

Joan Osterhout: 40 Years of Visits and Counting



Residents at St. Ann's Home don't need calendars. When they get a visit from Joan Osterhout, they know it's Tuesday.

Rain or shine, Joan is there every Tuesday. Even on the Fourth of July, if it's a Tuesday, Joan is there. When asked why she does it, she replied, "It's meeting the people, making a relationship with them. You almost feel like part of their family."

Joan spends her day visiting residents, brightening their day with her contagious smile and lively

conversation. She writes cards for residents who need help, reads to people, and lends an ear to those whose families cannot visit as often as they'd like.

She first started volunteering in 1977. That's when a friend in her prayer group would tell stories about the remarkable people living with her parents on the 7th floor of St. Ann's Home. Joan said, "Sounds like fun, can I come?" And she has been here ever since.

"She is a bowl of sunshine," says Barb Joyce, Manager of Volunteer Services. "We need more people like Joan."

Joan has always led an active life.

She and her husband had a paper route for 21 years, getting up at 2:00 every morning to deliver the newspaper to their neighbors. At 85 years old, she is still very active, exercising three days a week with a "Silver Sneakers" fitness group and attending church services daily.

Her advice? "If you're bored, go visit a nursing home. There is always something to do and someone who will appreciate your visit."

Dave Braun: "An Introvert" Steps Out to Give Back



In the six years that his father lived at St. Ann's Home, Dave Braun got to spend lots of time learning about the community. The care and compassion the staff showed his father made Dave want to give back.

He's been doing just that every week for the past 13 years as a St. Ann's Home volunteer. He began by transporting residents in wheelchairs to and from activities, making new friends in the process. A few years ago he had knee replacement surgery, but that didn't stop him. After rehabbing in the Wegman Transitional Care Center at St. Ann's, Dave began visiting residents in their rooms and chatting about the old days.

"I am more of an introvert," says Dave. "I help start the conversation and then they do a lot of the talking." His favorite part is hearing residents share their memories and exchanging stories about their experiences during World War II.

One particular resident, Sam, loved to play the harmonica. Dave happened to hear him one day and struck up a conversation. Soon Dave began joining in on his guitar, and the two would delight passersby in the lobby with their performances.

"Dave is a great volunteer visitor, because he has the gift of being a good listener," says Barb Joyce, Manager of Volunteer Services. "He listens attentively to our residents and really gets to know them."

When not volunteering at St. Ann's, Dave loves to paint and travels to parks around the state for inspiration. One of his paintings, of the roses at Maplewood Park, hangs in the lobby conference room of St. Ann's Home and is dedicated to his father, George Braun.

When asked why he keeps coming back to visit residents, Dave was quick to reply: "The people. They are all very nice and everyone says hello."

He's made a lot of friends over 13 years and plans to continue making more.

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 Programs Offer Care for Seniors, Respite for Families

By Dr. Kim Petrone



If you're caring for an elderly relative, you know what an important and often difficult responsibility that can be.

Your loved one may have limited mobility, decreased mental or physical ability, or a chronic health condition that requires constant monitoring. He or she relies on you for help with everyday tasks: personal hygiene, meals, taking medications, maybe even more complex health care. It can be overwhelming.

That's where Adult Day Programs come in.

Adult Day Programs provide professional health services and social activities to older adults who need supervised care in a safe place outside the home for some part of the day. Equally important, they provide caregivers (family members) respite from the demanding responsibilities of caregiving.

Living at Home Longer

For older adults who live at home—including those with dementia, disabilities, and chronic health conditions—Adult Day Programs allow them to remain in their

homes longer. They get the care they need while their home caregiver is unavailable, then return home later in the day. This allows the participant to continue living at home instead of entering a nursing home or other higher-level care facility.

Adult Day Programs are ideal for people who have diminished physical or psychological capacity, chronic illness, or memory problems, are socially isolated, or need help with personal care. On-site staff include registered nurses, social workers, and others specifically trained in caring for the elderly.

Meeting Social and Medical Needs

There are two primary types of Adult Day Programs:

- **Social**, which provide personal care, social activities, and support services, and
- **Medical**, which provide skilled nursing care and health monitoring in addition to social activities.

St. Ann's Community offers two **social** Adult Day Programs:

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



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

We also offer a **medical** program:

Home Connection
1500 Portland Avenue
(St. Ann's Community)
(585) 697-6361

Our programs welcome visitors and invite you and your loved one to sit in on a portion of the day. You'll get a good feel for the atmosphere, the people, and the care provided, allowing you to find the right choice for your loved one and peace of mind for yourself.

Kim Petrone, MD, is Medical Director of St. Ann's Community and the Rochester General Wound Healing Center at St. Ann's.



Cherry Ridge Resident Profile:

Pat Tingley: The Healing Power of Art

“Beyond hurting to healing.”

That’s the path Pat Tingley traveled with the help of a paintbrush, a 9x18-foot canvas, and a lifetime of memories.

At age 86, Pat is creating a wall-size painting in the garage of her home at St. Ann’s Community at Cherry Ridge, where she has lived for eight years. It depicts scenes of natural wonder from places she visited with her husband, Rollin, who died in 2013.

“I’m grateful that early in our retirement we were able to travel—and travel and travel!—while we both were healthy,” she said.



The painting is a montage of four scenes:

- Sunset on the West Coast
- Mid-day at the Rio Grande Rift in New Mexico
- Dawn at Acadia National Park in Maine
- Pre-dawn on Lake Ontario

“It’s inspired by the feelings, conversations, and impressions we had at these places,” Pat said. “And the magnificence of what we were seeing.”

She refers to the painting as “the infolding and unfolding of creation,” and references theologian Paul Tillich who said, “God is the Ground of Being.” Included are references to animal life, plant life, and human life on land, at sea, and in the air. At the far right of the painting is a birch tree, Rollin’s favorite.

Traveling was a part of life for the Tingleys. As a pastor in the American Baptist Churches/ USA, Rollin served churches in several states over the years. The family, including the couple’s three children, Kathryn, Robert, and Donald, moved with him.

“When we retired in Pennsylvania, it was 70 miles round trip for groceries,” Pat said. “So today I’m thankful for Hegedorn’s!”

After Rollin’s retirement in 1980, he and Pat began traveling for pleasure. Photos from those trips are among the source material she used for her painting.

Then Rollin’s health began to fail and he was diagnosed with Alzheimer’s disease. At the time of his death, they had been married 61 years.



The painting has helped Pat deal with the loss.

“I had healing to a depth I never thought I’d have to the loss of Rollin,” she said. “I got beyond hurting to healing.”

As a lifelong lover of the outdoors, she feels strongly about the natural world and believes people should treat it with care and respect.

“We can improve it or we can destroy it,” she said. “It’s beauty that shouldn’t be destroyed.”

Pat plans to hang the painting along an entire wall of her living room. It’s sure to be a conversation piece for the many friends she’s made at Cherry Ridge.

“There’s a family and community spirit here that I love,” Pat said.



GIVING

An update from St. Ann's Foundation

TO THE MOST IMPORTANT PEOPLE ON EARTH

DONOR PROFILE | ANNA HOGAN



“Anna was extremely generous in every aspect of her life. Her love touched thousands of people.”



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



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 older adults. We are pleased to recognize

*Anna Doyle Hogan's significant investment in St. Ann's future by renaming our Tree of Life planned giving program the **Hogan Legacy Society**.*

Anna Hogan was a quiet philanthropist, one who never shared the full extent of her charitable giving with anyone. While Anna made certain, first and foremost, that her family was taken care of, she also remembered those organizations that played an important role in her life. Among them was St. Ann's Community. In fact, the trusts Anna created have provided gifts of more than \$1,000,000 to St. Ann's since her death in 2000.

She built a legacy that reflects her passion for quality senior care and a philanthropic and pioneering spirit. Her great niece, Julie Hill, summed it up perfectly when she said that "Anna was extremely generous in every aspect of her life. Her love touched thousands of people." We would like to add that it continues to touch thousands of people today and will continue to do so into the future.

Her generosity and interest in St. Ann's piqued our curiosity, and we wanted to get to know this woman better. What we found was even more intriguing than we ever could have imagined.

Anna Doyle met the man she would eventually marry on a vacation cruise in the 1930s. Paul Hogan was living and working in the oil fields in Venezuela, South American, where Anna joined him after their marriage. Paul's travels would leave

Anna alone for long periods of time, and her adventurous spirit served her well. After having traveled thousands of miles to a different continent to live with her new husband, she then began to explore her new home, the area around their camp in San Tome and far beyond. Quite often Anna would travel alone on trains to Caracas and board large tankers up to the United States to see family in Rochester, New York, dining with the captain of the ship as she was usually the only woman on board.

As time went by, her exciting life finally settled down, and she lived here in Rochester. Anna's relationship with St. Ann's Community began in the 1960s when her father's health required more care than the family could provide, and they turned to St. Ann's Home for assistance. Twenty years later, and in a similar situation, her sister Blanche also moved to St. Ann's.

It was around this time that Anna became a volunteer and her relationship with St. Ann's deepened. She found her calling in visiting those residents with little or no family, and helping to serve communion in the chapel. Anna could always be counted on to help with resident activities and was among the first to volunteer for the annual Christmas parties held at Crescent Beach. Anna remained a loyal and dedicated volunteer through the mid-1990s when her health no longer allowed her to continue.

Anna's St. Ann's story came full circle when she too needed the compassionate and quality care provided by St. Ann's Home where she lived until her death at the age of 95 in April of 2000. Her legacy of caring and generosity lives on today, and for that we say, "Thank you, Anna!"

HOGAN LEGACY SOCIETY

The Hogan Legacy 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)
Rebecca Ahrens-Walker
Michelle Ashby & Matt Coleman
David & Rachel Bandyck
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
Joan H. Frazier
Billie & Douglas Gale
Adelaide & Stephen Goldman
Ann & Jim Gould
Frank M.* & Jeanne B. Hutchins
Monica Jenkins
Mark* & Kathy Keogh
Tracy H. Kroft
Ross P. Lanzafame
Lorine Lazure
James J. Leo & Kathleen Masters-Leo
Anthony J. Malone Family
Michael & Nicole Marro
Maureen K. McCoy
Michael & Kellie McRae
Mary L. Moffit
F. Christine Mohr
Carole Sehm Mulcahy
Betty Mullin-DiProsa and Frank DiProsa
Marilyn A. Nicholson*
Seth* & Anna* Norton
Carol & Michael O'Neal
Kathleen Prince
Barbara J. Purvis
Thomas P. Riley & Barbara M. Kelley
Eugene* & Marie E. Roth
Walter J. Roth*
Joan & Jim Ryan
Bob & Cindy Ryan
Ron & Sharon Salluzzo
Bill Schirk*
Margaret E.* & Stephen* Schwartz
Michael & Celeste Seelig
Carlton* & Alice* Servas
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

**Denotes deceased member. List determined by commitments received through September 30, 2017*

HOGAN LEGACY SOCIETY LUNCHEON

On October 12th, members of St. Ann's Tree of Life planned giving program gathered for a delicious appreciation luncheon in the Bishop Kearney Auditorium. During the program, St. Ann's recognized one of its most generous donors by renaming the planned giving program the **Hogan Legacy Society**. "Anna Hogan's foresight and extraordinary generosity has created a legacy unlike any our organization has seen before," shared Rachel Bandyck, St. Ann's Foundation Board Chair. "Through the creation of a series of trusts, St. Ann's has received gifts totaling more than one-million dollars since Anna's death in 2000, and will continue to benefit for years to come."

Throughout St. Ann's history, planned gifts – of all sizes – have enabled us to remain a leader in the delivery of quality senior care and services. Endowed Employee Scholarships, music therapy programs, equipment purchases, and construction projects have all been funded through bequests, beneficiary designations, trusts, and charitable gift annuities.

For additional information on the Hogan Legacy Society, please contact Carol O'Neal, Sr. Development Director at (585) 697-6338 or by emailing coneal@mystanns.com.



The newest members of the Hogan Legacy Society: Ross Lanzafame, Rebecca Ahrens-Walker and Joan Frazier (seated)



We were thrilled to have Anna Hogan's family members Norma Riedman, Nancy Macon, and Peter Macon join us for the day.

EMPLOYEE SCHOLARSHIP PROGRAM

Thanks to our generous donors, St. Ann's Foundation was able to award \$27,000 to 29 high performing St. Ann's employees through this year's Employee Scholarship program. Since 2008, we have been able to distribute a total of \$270,800 to staff members of St. Ann's Community for use in furthering their educations.

These employees truly live the St. Ann's mission every day caring for the *Most Important People on Earth*. Our scholarship program is important not only for the staff members who receive them, but also for the seniors of St. Ann's Community. While our staff is gaining enhanced skills and knowledge, our seniors are benefitting from the increasingly high quality of care.





ASK AN ATTORNEY

Nicole Marro

Attorney at Law
Bond, Schoeneck & King PLLC

As of December 18, 2015, the IRA Charitable Rollover was passed by Congress and signed into permanent law by the President.

Taxpayers age 70 ½ or older are now allowed to transfer up to \$100,000 annually from their IRA accounts directly to charity without first having to recognize the distribution as income. We thought it would be good to address some of the questions we have heard.

Q. What is a Charitable IRA Rollover?

A Charitable IRA Rollover, or Qualified Charitable Contribution ("QCD"), is a special provision under federal law that allows certain donors to exclude from taxable income, certain transfers of IRA assets that are made directly to public charities.

Q. Who qualifies?

Donors age 70 ½ or older may use this option to support charities of their choosing with contributions from their IRAs for any amount up to \$100,000.

Q. What types of gifts qualify for a Charitable IRA Rollover?

Distributions from IRAs by donors who are 70 ½ or older that are transferred from a traditional or Roth IRA directly to a public charity, such as St. Ann's Community, will qualify. Note: Gifts to donor-advised funds, supporting organizations, and private foundations do not qualify.

Q. Will a Charitable IRA Rollover count toward my required minimum distribution?

Yes, if you have not already taken your required minimum distribution ("RMD") for the year, a qualifying rollover gift can count toward satisfying that RMD requirement. Note: there is a cap of \$100,000 per year for charitable distributions from your IRAs.

Q: Am I limited to one Charitable IRA Rollover gift per year?

No, you are limited to a maximum of \$100,000 in gifts in any one year from your IRAs, but there is no requirement that the entire amount go to a single, qualified charitable organization or come from the same IRA account. You can make multiple direct transfers.

Q. Will I be able to take an income tax deduction?

No, the gifted amount would be excluded from your taxable income, so no income tax deduction would be available.

Q. Who can benefit from using the Charitable IRA Rollover to make a gift?

Generally, individuals with significant assets in an IRA, individuals who do not itemize for income tax purposes, and individuals who are subject to phase-out of their charitable deductions can benefit from the Charitable IRA Rollover.

Q. Is the charitable IRA rollover right for me?

While this is an excellent option, other types of charitable gifts may provide you with greater tax benefits. You should always consult your professional tax advisor when considering a gift.

Q. Who should I contact to make a Charitable IRA Rollover gift?

Contact your IRA administrator to make a gift from your IRA or contact St. Ann's to learn more.

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: mystanns.giftlegacy.com.



DONORS HONOR DR. DIANE KANE'S 30-YEARS OF SERVICE

From the time she was a small child, Diane Kane's father taught her that with optimism and hard work she could be anything she wanted to be.

Though she didn't know it then, that was the beginning of her now 30-year career specializing in caring for the elderly at St. Ann's Community. "I quickly discovered that it's a privilege to take care of seniors," shares Dr. Kane. "A senior comes with a whole life worth of history that they are just dying to share with somebody, if you give them even just a few minutes of time."

To honor this dedicated service, and give others the same opportunity to advance themselves through continuing education, the A. Richard & Geraldine Kane Excellence in Geriatrics Endowed Scholarship was created.

"The outpouring of support from family members, patients, colleagues, and friends shows the fingerprint Dr. Kane has left throughout our community," shared Steven Smith, President & Chief Development Officer for St. Ann's Foundation. "Their generosity will allow us to honor the good work of Dr. Kane each year by awarding three \$1,000 scholarships to deserving St. Ann's employees. These scholarships embody the power of *believing in possibilities* and are an example of St. Ann's commitment to our employees."

If you'd like to make a gift to this special scholarship, please call Carol O'Neal, Senior Development Officer at (585) 697-6338 or email coneal@mystanns.com.



FOOD FIGHT – AN EPIC CULINARY COMPETITION

A record \$128,000 was raised at *FOOD FIGHT*, the annual signature event of St. Ann's Community. These funds will benefit Annie's Angel Fund, established in 2002 to provide quality-of-life activities for St. Ann's Home residents with limited financial means.

The sold-out event, held September 15, featured St. Ann's Executive Chefs Pasquale Conca and Daryl Cronk, Chef Ellen Adams, and Chef Kim Roth. They competed in a 30-minute cooking challenge to make an entrée from mystery ingredients. The winner was Chef Roth, a Rochester native and local executive chef who appeared on FOX-TV's *Gordon Ramsay's Hell's Kitchen*.



Dr. Kane credits her parents A. Richard & Geraldine Kane for instilling in her a strong work ethic and desire to do the very best she can do.

A MEANINGFUL WAY TO REMEMBER

St. Ann's Community gratefully acknowledges the following individuals and organizations that have made tribute gifts between September 16, 2016 and September 15, 2017. We are honored that families and friends selected the seniors of St. Ann's Community as a way to recognize their loved ones.

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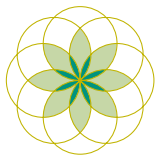
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