



# Villa St Francis

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### Who we are

Villa St. Francis is a community-based residence which carries on the compassionate, 150-year tradition of the Felician Sisters. Within a friendly, caring and faith-centered environment, quality independent and assisted living and respite care are provided for seniors.

### What we do

Villa St. Francis is recognized as a resource and advocate for seniors, their families and the community. Responsiveness to the needs of a changing population is a hallmark of our service and care.

### Our Mission

Villa St. Francis is dedicated to providing quality, resident-focused living where dignity and self-worth are valued, lives are enriched and relationships are celebrated.

### from the heart

by Karen Hartwell, Marketing

The subjects of wellness in the maturing years, long-term care and senior living options proliferate in broadcast and print media. As the American population, especially baby boomers, gray, it's easy to see why.

As part of the marketing team at the Villa, I meet many individuals and their families perplexed and uncertain about the senior living choices available to them.

Most senior living providers say the same things—our food tastes great, our caregivers are kind and you'll be safe here. So what's the difference?

At Villa, one of the differentials is that many staff members' family live here. What a great testimony. Happily, my mother, Alice, lives here too and I'd like to tell you why.

Before I came to work here, my parents lived at another assisted living community. They were not happy and soon after, my dad's needs increased.

When I started work at the Villa, I

was able to see, with an insider's eye, what *really* goes on day to day.

What I saw was genuine compassion and caring. I saw a new resident hug our nurse manager. I saw our dining room wait staff and our housekeepers demonstrate authentic interest in our residents. These qualities are difficult to describe, as they are best experienced and sensed with your heart. My hope is that when prospects come to tour they will *feel* that Villa difference.

Recently, my mother had to undergo serious surgery. At this time, it's uncertain whether or not she will be able to return to her home here.

My heart grieves for her knowing how difficult another change will be. Before she moved here, our family had originally considered a continuing care community. But to my mother, whether moving across campus or across town, a move is still a move—with different physical surroundings and different caregivers.

My hope is that she regains her strength and is able to return home—home to the Villa.

### Where

By Florine Cherwin, Villa Resident

Assisted Living  
Oh Wow!  
No cooking, no cleaning  
Holy cow!  
Dining in style  
Waitresses that smile  
Outings, entertainment  
Even Santa Claus  
Where to go, what to do  
You are the boss  
Help when in a lurch  
In the calm of a church  
Old age is here to stay



Poet Florine Cherwin

Like the dawn of a day  
To be young again  
Would be so good  
Only if we could  
But  
Help is on the way,  
Villa St. Francis—OLE!

### news & views

Villa St. Francis has launched a new facet of our health and wellness programming in partnership with the Wilson Senior Center and the Milwaukee County Department on Aging.

Twice a week, Villa residents travel to the Wilson Park Fitness Center and participate in an exercise program. The Center sports a wide array of cardiovascular and strength training machines. Residents enjoy using these machines and report feeling stronger and better able to maintain their balance—an important factor in avoiding falls. Resident Bill Haines notices “that my legs and hips are stronger and I feel like I’ve got my balance back.”

Graduate students in the physical therapy and kinesiology departments at UW-Milwaukee supervise the



Diane Cholka at the Wilson Center

program.

Residents appear enthusiastic about their participation and experience. When asked about the program, Diane Cholka remarked, “It’s exhilarating. I feel great after working out and I look forward to going each time partly because it’s always more energizing to exercise with others. And the help I get from the experts there is great.”

This new partnership enhances the Villa’s own daily Sit & Be Fit program which is open to all residents.

### profiles in caring

Housekeeper Nancy Uehling is celebrating her fifth anniversary with Villa St. Francis. Nancy says, “I just love the residents. They’re like my extended family. You can’t help but love them once you get to know them.”

Housekeepers are assigned to the same resident apartments each week so the residents get to know them and they get to know the residents very well.



Nancy Uehling, member of the Villa Housekeeping Staff

### Villa Respite Retreat

Even the most dedicated family caregiver needs a chance to relax and take a breather from the challenges of continual care-giving. Many folks have used our Respite Retreat program for their loved ones.

Whether caregivers need a weekend get-away or an extended relaxing vacation, they can be assured the Villa will provide all the care and compassion their loved ones need and deserve. Nutritious meals, laundry and housekeeping services as well as a wide range of engaging activities are available to each respite guest.

Reservations can be made well in advance for planning ease. For a private tour of our Respite Retreat rooms, please call 649.2888.

### Words of Wisdom

**“There’s only one way to succeed in anything, and that is to give everything.”**

– Vince Lombardi, football coach

**Upcoming Events are free and open to the public**

**Please RSVP to Karen at 649.2899**

**Alzheimer’s Caregiver Support Group**  
3<sup>rd</sup> Tuesday of each month  
6:00 – 7:00 pm

**Plants of the Bible**  
Monday, April 3<sup>rd</sup>  
2:00 – 3:00 pm  
Villa St. Francis

**Fit & Fabulous**  
Wednesday, April 12<sup>th</sup>  
2:00 – 3:00 pm  
Villa St. Francis

**Crime Prevention for Older Adults**  
Tuesday, May 16<sup>th</sup>  
Villa St. Francis  
2:00 – 3:00 p.m.

### What they’re saying

*“Everyone at the Villa is so nice and friendly. I’m glad I’m here.”*