

# Minding our Manors

AN UPDATE ON MADONNA MANOR | A FRANCISCAN LIVING COMMUNITY | FALL 2011



MADONNA MANOR

A FRANCISCAN LIVING COMMUNITY

The Right Attitude Gives Mary the Get Up and Go.

## Rehab and Rejoice

**M**ary Hardman had already had full knee replacement surgery done on her left knee a few years ago so she knew what to expect the second time around on the right knee. Mary knew that physical therapy is an integral part of the recovery process and looked at different options available to her to help make her recovery go smoothly. With a beautiful new building and state of the art therapy room right down the street from her home in Villa Hills, Madonna Manor was an easy choice for her to make.

**“I can’t say enough about the therapy at Madonna Manor! The whole staff is fantastic. I actually miss coming over there every week”**

“To get the most out of a total knee replacement, it’s important to have a positive attitude toward rehabilitation, including physical therapy. We guided her but Mary never failed to do her exercises at home and there is no substitute for a great attitude!” said Anne Oleski, Physical Therapist with Therapy Partners. Mary even encouraged other Madonna Manor residents while they were in therapy together. She brought a smile and joy to everyone she was around.

Mary receives therapy with her therapist Anne Oleski on the recumbent cross trainer.

Anne says they work with each patient in a variety of settings towards the final goal of gaining as much function as possible. Mary’s therapy included range of motion to improve flexibility, and strengthening and aerobic exercise to advance her walking. Anne says she was a vibrant patient.

Mary’s surgery was performed by Dr. John Larkin. Dr. Larkin and his team, Avery Kondik PAC, ATC and Sarah Bills NP, RN perform between 200-250 knee replacements per year, the most in Northern Kentucky. They specialize in all aspects of Arthritis treatment including early intervention, and cartilage repair and transplantation. Early cartilage repair can prevent arthritis development and progression. They are excited about their partnership with Madonna Manor in providing state of the art care to help patients through their joint replacement surgeries. “Mary is an ideal patient who is highly motivated. She has been a pleasure to care for and the staff at Madonna Manor is great,” said Avery.

Nobody was happier than Mary when she was able to take her long awaited vacation to North Carolina within six weeks of having her knee surgery!



## A 60 year long WILD and exhilarating ride



In these words Sister Madeleva Kraus describes her life as a Sister of St. Francis of Sylvania, Ohio. The momentous RIDE began in 1951 when Sister Madeleva pronounced her vows of religious profession for the remainder of her life.

With the Lord in the driver’s seat, all she could do was TRUST and HANG ON! Like any road in life we encounter “bumps, potholes of sorts and a detour or two just for excitement!” There were times she tried to signal a “right turn” but the Lord had a strong “yen” for quick left turns.” More often than not excitement, joy and fun filled months and years ahead.

**“I’ll follow...simply because I trust Him!”**

Her dream of being a teacher not only came true but spanned fifty years in education. “It’s been an absolute thrill to help young children discover the wonder and love of learning while watching them blossom and grow into responsible, faith-filled young adults.”

The most inspiring experience and also a source of personal growth in faith happened in Sister’s ministry with the RCIA process – the Rite of Christian Initiation of Adults. Walking with women and men who are searching for a deep relationship with God is an unbelievable privilege and the experience of mutual trust resulted in long lasting spiritual relationships.

In 2009, the Lord said it was time to move again and we’re heading south to Villa Hills, a lovely spot in Northern Kentucky. A new home just for seniors was under construction there to provide compassionate care in a safe, beautiful, prayerful atmosphere. Again, it was a good decision and another opportunity to share life and faith with many new friends.

What is the overall lesson Sr. Madeleva has learned? That life is all about relationships. It is in giving and receiving in good times and difficult times that we learn how to really love as God loves. Now, in 2011 Sister Madeleva is celebrating 60 years of religious profession. What is she most grateful for? Her vocation, the friendships of her Sisters in the community, the enduring, loving support of her family and the countless friendships of so many other “companions on the journey.” If you ask, “What’s next?” Sister Madeleva says, “I don’t have a clue! But if the Driver says, “We’re on the ride again, I’ll follow.....simply because I trust Him!”

## There's something about Mary!



**M**ary Frances Westerman never looked back after moving to Madonna Manor from her condo in Louisville. Mary's daughter Sally and her family live in Villa Hills and Mary not only wanted to move closer to them but to also enjoy a warm and inviting place that she would be proud to call home.

*"An early morning walk is a blessing for the whole day."*

- HENRY DAVID THOREAU

Mary spent 24 years teaching third grade in Jefferson County, and there is no doubt that she is a people person! "Mary was one of the first residents to move into our new building and she radiates positive energy. She has a contagious laugh and smile, and has quickly made many new friendships," said Karen Bishop, Director of Marketing and Admissions. Mary says it comes naturally from all her years as a school teacher.

Exercise is a top priority for her and she says she is lucky to be healthy. Every morning Mary walks the beautifully landscaped grounds at Madonna Manor over to Villa Madonna Academy and back. She laughs and says she has to exercise to walk off the calories from the delicious meals prepared by the Manor's Chef Brian.

But really, all of the exercise keeps her fit for her energetic vacation schedule. Over the years she has traveled to all 50 states, Canada, Europe, Australia, New Zealand, China and recently returned from a fabulous trip to Spain.

Keep going Mary! You're doing great!

## Our Mission

**M**adonna Manor is a Catholic healthcare facility for senior adults devoted to providing a home within a spiritual atmosphere.

*Faithful to the spirit of St. Francis of Assisi and the*

*Sisters of St. Francis of Sylvania, Ohio, the values of Reverence, Service and Stewardship guide staff and volunteers in providing services and activities which foster the dignity and individuality of each person.*

### A MANOR OF FACT

## Our new pavilion. A breath of fresh air.



Fully screened in with surrounding deck.

Perfect for parties or family gatherings for 30-40 people.

Extends over the lake for optimal viewing pleasure of fish and wildlife.

Wheelchair accessible.

Join Us!

**October 29**  
**Trick or Treat with Residents**  
3:00 pm

**November 2**  
**"Understanding Medicare Options"**  
Presented by Ballard Benefits  
Madonna Manor Community Center  
6:30 - 7:30 pm

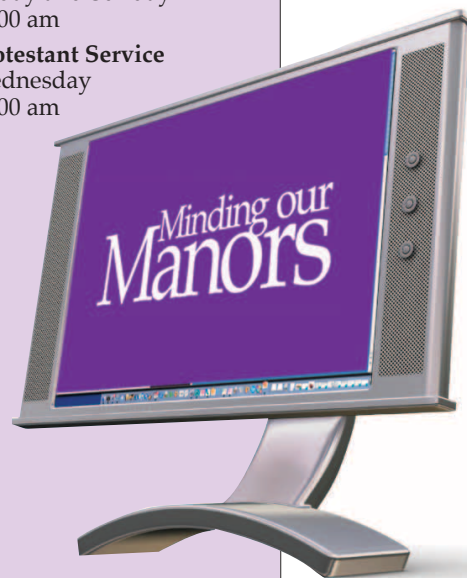
**11**  
**Veteran's Day**  
Thank a veteran for their service.

**29**  
**Trim the Tree**  
7:00 pm

### Chapel Services

**Mass**  
Monday, Tuesday, Thursday, Friday and Sunday  
11:00 am

**Protestant Service**  
Wednesday  
11:00 am



For more information call 859.426.6400

## Firemen's picnic gets residents all fired up.



Assisted Living Residents seated left to right: Mary Westerman, Caroline Scheufler, Peggy Reynolds and Jane Bird

**F**or the second year in a row Madonna Manor invited the Crescent-Villa Fire Authority, the Villa Hills Police Department, Public Works, City Council and Administration to an afternoon picnic in September. The Madonna Manor staff and residents honored them for the service they provide not only to Madonna Manor but the whole Villa Hills community. Chef Brian fired up the grill with roasted corn, hamburgers, seasoned chicken, metts, brats, grilled asparagus, red potato salad and ended the lunch with his famous chocolate chip cookies!

"Public servants deserve our thanks throughout the year for their dedication and hard work they do each and every day, but September is a perfect time to remember the firefighters who were lost on September 11th" said Erik Swanson, Facilities Director at Madonna Manor. So the staff at Madonna Manor sends out a big thank you to all the public servants in Villa Hills who keep our residents safe and who care for us in emergencies.

Sponsored by the Sisters of St. Francis of Sylvania, Ohio

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