



ST. FRANCIS
Senior Ministries

SHARING TIMES

A newsletter for Families and Residents of St. Francis Home, Friedman Village, ESA and Villas

Volume 14, Issue 7 July 2026

RESIDENT RIGHTS

You have the right to confidential treatment of your personal records, and the right to approve or refuse the release of these records to any individual outside the facility, except upon transfer to another adult day care facility or a nursing home, residential care facility, home for the aging, hospital, or other health care facility or provider, and except as required by law or rule or as required by a third-party payment contract.

In Memoriam

We extend our deepest sympathy to the family and friends of our residents who recently passed away.



Jack Bailes

Constance Mizen

John Kosta

FOOD TRUCK



Friday, July 17
10am - 2pm
RobSagna
Food Truck

Front parking lot of
St. Francis Home
182 St. Francis Ave., Tiffin



Mark your
Calendar

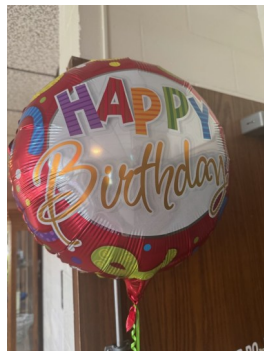
Senior Day at the
Seneca County Fair
Tuesday, July 28



Saturday,
Oct. 3, 2026

Join the St. Francis Senior Ministries
Team at
https://act.alz.org/site/TR?team_id=1036711&pg=team&fr_id=19855

Independent Living Birthday Bash



HAPPY BIRTHDAY RESIDENTS OF ST. FRANCIS SENIOR MINISTRIES

July

- 01 - Sr. Francine Sartor (*St. Francis Home*)
- 08 - George Marsh (*Villas*)
- 18 - Janice Borer (*Villas*)
- 24 - Mickey Ekleberry (*Friedman Assisted Living*)
- 24 - Nicholas Yeager (*Villas*)
- 28 - Victoria King (*St. Francis Home*)
- 28 - Hazel Poteet (*Elizabeth Schaefer Apts.*)
- 29 - Dorene Harden (*Elizabeth Schaefer Apts.*)



Don't forget to visit and "like" the St. Francis Senior Ministries Facebook page. More pictures, announcements and events are posted on our page.



Contemplative Tai Chi for Seniors

St. Francis Convent Chapel
9:00 a.m. every Wednesday

Enter through the front door
of the Convent.

Sister Jane Omlor has been offering an experience of simplified Tai Chi and invites you to give it a try.

No charge, 1/2 hour, no experience.



Volunteer Luncheon



LET'S KEEP YOU MOVING SAFELY!

Free Fall Risk Screening

Balance matters to your overall health!
Join your friends and neighbors for a Balance Screening hosted by **HealthPRO Heritage**.

Our team will review how you walk and move to help you understand your balance and ways to stay active and independent.

In Strategic Partnership with:  Exer

LOCATION: ESA Gym

DATE: Tuesday July 21st 2026

TIME: 1:30 PM
NO RSVP required

THERAPY PROGRAMS

Maximizing strength, independence & quality of life

St. Francis Senior Ministries, in partnership with HealthPRO Heritage, offers on-site rehabilitation services:

- Physical Therapy
- Occupational Therapy
- Speech Therapy

Specialized programs are available to promote independence and regain skills:

- Fall Prevention
- Balance
- Mobility
- Training in Self-Care & Home Activities
- Pain Management
- Home Safety
- Post-Operative Care
- Caregiver Training
- Home Safety Assessment
- Adaptive Equipment Training
- Voice and Speech Impairments
- Swallowing Difficulty
- Word-Finding Deficits
- Incontinence Management
- Arthritis Management

Additional Details:

- Therapy participation requires a physician prescription
- Services are typically covered under Medicare Part B or Managed Part B benefit

For more information or to schedule an appointment or a complimentary consultation, please call 419-447-2723 Ext 3275.



June 2026

HEALTHPRO Heritage The Balance Bulletin

DID YOU KNOW?

More than **50%** of adults over age **65** experience some level of urinary incontinence.

Individuals with incontinence are **2-3x more likely to fall**, often due to rushing, poor lighting at night, or balance changes related to urgency. (CDC)

A simple toileting schedule and lighting upgrade can **cut falls by as much as 40%** (National Institute on Aging)

Confidence with Incontinence

- **Plan Ahead**
 - Schedule regular bathroom breaks throughout the day to avoid rushing to the toilet.
- **Light Your Path**
 - Use motion activated or night lighting from bed to bathroom to make navigation safer
- **Choose Easy Clothing**
 - Elastic waistbands or adaptive garments can prevent the delays posed by items like belts
- **Modify the Environment**
 - Add grab bars, raised toilet seats and non slip mats to avoid slippery floors and poor set up
- **Ask for Help**
 - Therapists can assist with balance, mobility and energy conservation training to make toileting safer.
- **Review Your Medications**
 - Diuretics and other medications can increase urgency or dizziness, review with your MD

Therapist Tip of the Month

Many falls happen not because someone is weak- but because they rush. Take a moment to stand tall, steady yourself, and use a light or grab bar before walking to the bathroom.

Rehab's Role in Supporting You

- Promote Balance & Strength through Targeted Exercise
- Teach Safe Mobility and Use of Assistive Devices
- Adapt Environments to Reduce Fall Hazards
- Establish Safe Self-Care and Daily Routines
- Support Cognitive & Communication Skills for Fall Risk Awareness

FIND OUT YOUR FALL RISK! FREE VIRTUSENSE SCREENING EVENT

Every 4th Wednesday | 11:00AM-12:00PM

Please join us for a balance screening event hosted by HealthPRO Heritage.

Utilizing artificial intelligence, VirtuSense analyzes your gait to calculate your exact risk of falls. Come find out your fall risk for **free** + find out just how VirtuSense technology is changing the healthcare industry!

For more information, please call:

Phone Number

419-447-2723 ext. 3275

St. Francis
Therapy Department
182 St. Francis Ave.
Tiffin, OH 44883