



ST. FRANCIS
Senior Ministries

SHARING TIMES

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

Volume 14, Issue 5 May 2026

RESIDENT RIGHTS

You have the right not to be deprived of any legal rights solely by reason of residence in a care facility.

FOOD TRUCK



Thursday, May 21

10am - 2pm

MST

Food Truck

Front parking lot of

St. Francis Home

182 St. Francis Ave., Tiffin



Happy ★★
Memorial
★★★ *Day*

In Memoriam

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



Jamie Dideon

Tom Phillips

Michael Frase

Maureen Glovinsky

Edwin Loesser

Save the Date!



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

Mary's 101st Birthday!



Spring Planting



**HAPPY BIRTHDAY
RESIDENTS OF ST. FRANCIS
SENIOR MINISTRIES**

May

- 02 - Sr. Paulette Schroeder (*Elizabeth Schaefer Apts.*)
- 03 - Janice Wurm (*St. Francis Home*)
- 03 - Sr. Marge Eilerman (*Elizabeth Schaefer Apts.*)
- 05 - Janet Dunn (*St. Francis Home*)
- 06 - Laura Johnson (*Villas*)
- 06 - Sr. Betty Lindenberger (*Villas*)
- 08 - Anne Marquis (*Villas*)
- 09 - Charles Payne (*Elizabeth Schaefer Apts.*)
- 14 - Phyllis Wahl (*Villas*)
- 18 - Mary Daniel (*St. Francis Home*)
- 22 - Sr. Sara Aldridge (*Villas*)
- 23 - Jane Dow (*Villas*)
- 27 - Sheri Myers (*St. Francis Home*)
- 27 - Lotus Hoppes (*Villas*)
- 31 - Ann Seyer (*Villas*)



Vow Renewal

Congratulations to Dick and Connie Wasserman on 54 years of marriage and thank you to Rev. Jan Kucera for performing the vow renewal!

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.



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: Elizabeth Schafer Gymnasium
DATE: May 5th 2026
TIME: 11:00AM-12:00pm
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.



April 2026

HEALTHPRO Heritage The Balance Bulletin

DID YOU KNOW?

Over 60% of all falls among older adults occur in or around the home

- 31% Livingroom
- 30% Bedroom
- 15% Bathroom
- Remaining occur in the kitchen and entryway where lighting and floor transitions have a big impact

The good news is that small adjustments can make a big difference! From lighting to layout, your living space plays a key role in keeping you steady on your feet.

Quick Fixes for a Safer Home:

Light it Up

- Make sure walkways and bathrooms are well lit.
- Use night lights to guide your path at night

Clear the Clutter

- Keep cords, rugs and shoes off the floor- your feet need a clear path

Mind your Mats

- Secure or remove throw rugs, especially in high traffic areas and bathrooms

Grab and Go

- Install grab bars near the toilet and shower, and use sturdy handrails on both sides of the stairs

Check your Shoes

- Supportive, non slip footwear helps prevent slips- avoid floppy slippers or socks on smooth floors

Dependable Devices

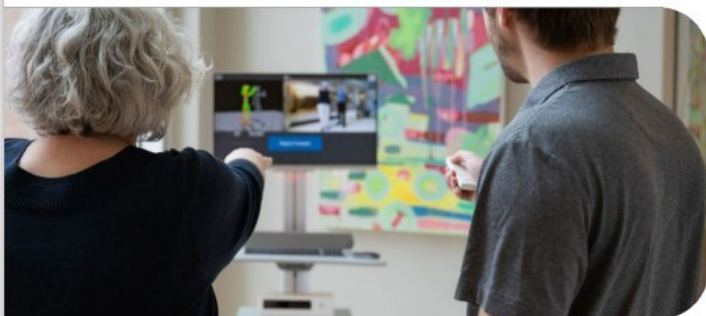
- Utilize your assistive device in your home at all times

Therapist Tip of the Month

Before standing up, take a moment to wiggle your feet and pump your ankles. This helps your blood pressure adjust and prevents dizziness that can lead to falls

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