



ST. FRANCIS
Senior Ministries

SHARING TIMES

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

Volume 14, Issue 9 September 2026

RESIDENT RIGHTS

You have the right to be treated at all times with courtesy and respect, and with full recognition of personal dignity and individuality.

FOOD TRUCK



Friday, September 25
10am - 2pm
BNE BBQ
Food Truck

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



ST. FRANCIS
Senior Ministries

Annual
Wellness
Extravaganza

Thursday, October 22nd
9:00 AM - 1:00 PM
Elizabeth Schaefer Auditorium

190 St. Francis Ave., Tiffin

- FREE & OPEN TO THE PUBLIC
- DONATE OLD EYEGASSES
- BRING MEDICATIONS TO BE CHECKED BY A PHARMACIST
- TESTINGS/SCREENINGS OFFERED
- DISPOSE OF UNWANTED MEDS
- MANY AREA ORGANIZATIONS

FLU SHOTS WILL BE AVAILABLE (BRING PHOTO ID & INSURANCE CARD)

Misty Schnipke, RN &
Christy Montgomery, RN
Differences Between Palliative
Care and Hospice
Speaking at 11:30 AM



FREE Lunch Sponsored in part by **Bridge Home Health & Hospice**

RSVP for lunch by **October 14th** at (419) 447-3141 or
Kellie.Hartsel@stfrancishome.org



Sat. Oct. 3, 2026

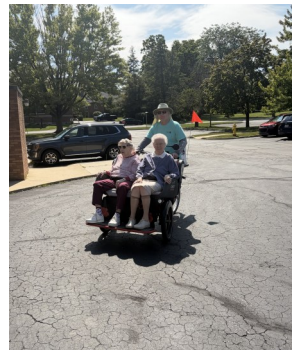
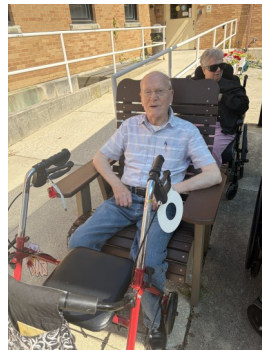
Join the St. Francis Senior Ministries
Team at
https://act.alz.org/site/TR?team_id=1036711&pg=team&fr_id=19855



Attica Fair



Cycling without Age



HAPPY BIRTHDAY RESIDENTS OF ST. FRANCIS SENIOR MINISTRIES

September

- 03 - Mary Haynes (*Friedman Assisted Living*)
- 03 - Bob Hunt (*Villas*)
- 08 - William Eberly (*ESA*)
- 08 - Sr. Janice Rospert (*Villas*)
- 10 - Janet Rees (*St. Francis Home*)
- 13 - Colleen West (*Villas*)
- 14 - Janet Meisner (*ESA*)
- 15 - Sally Shutt (*St. Francis Home*)
- 18 - Dick Huffmon (*St. Francis Home*)
- 18 - Lloyd Borer (*Villas*)
- 20 - Ralph Catone (*St. Francis Home*)
- 20 - Eugene Miller (*Villas*)
- 22 - Sr. Leanne Kerschner (*Villas*)
- 28 - Bob Martin (*Villas*)
- 30 - Vernon Smith (*St. Francis Home*)



Lunch at St. Francis Home



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

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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.



Scoops of Joy



YUM!

SEMI-ANNUAL MOM2MOM RESALE EVENT

1 Day only!

SHOP GENTLY USED KIDS CLOTHING, TOYS,
BOOKS, MATERNITY ITEMS, ETC

Saturday, October 10th, 2026
@ 9am-2pm

Spaces are
limited!

Elizabeth Schaefer Gym
190 St Francis Ave, Tiffin
Located behind St Francis Home

Interested in becoming a seller? Questions?
Contact Rachel @ RStraka19@gmail.com OR Danielle @
danielleroleary@gmail.com

Find us on Facebook-
Tiffin-Seneca Semi Annual Mom2Mom Sale Group



*Each seller is responsible for his/her
items/table & will accept his/her own
payments.

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.



HEALTHPRO  HERITAGE
182 St Francis Ave • Tiffin, OH 44883

HEALTHPRO  HERITAGE

Aug. 2026

HEALTHPRO Heritage The Balance Bulletin

DID YOU KNOW?

Low endurance, heart
conditions, or shortness of
breath can make it harder to
move safely, react quickly,
and recover your balance

Over 40% of older adults
report fatigue or shortness
of breath during daily tasks

Adults with reduced
cardiovascular endurance
are nearly twice as likely to
fall as more active peers
(Journal of Geriatric PT)

Light aerobic activity can
improve endurance and
reduce fall risk by up to
30%

Elevating Endurance

- **Pace Yourself!**
 - Take breaks between tasks and don't rush transitions- when you're tired, balance reactions and attention slow down
- **March in Place**
 - Try 1-2 minutes of seated or standing marching several times a day- this helps circulate blood to the brain and helps prevent dizziness with position changes
- **Walk More Each Week**
 - An extra five minutes can build stamina and confidence that help reduce illness, hospitalization and mobility issues
- **Monitor Your Heart Rate**
 - Check with your therapy or nursing team about safe exercise ranges- consider the effects of medications
- **Stay Hydrated**
 - Dehydration can lower BP and increase dizziness

Therapist Tip of the Month

Energy is part of balance.
When you feel tired or dizzy,
pause before standing or
walking. Building endurance
through small, daily movement
keeps your heart and your
balance strong.

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