



Sacred Heart Community

Louisville, Kentucky



Senior Care with an Independent Spirit



Welcome!

Introduction

The Province Health and Aging Advisory Board (PHAAB) would like to welcome and introduce you to the “gift” which is the community life and ministries of Sacred Heart Community in Louisville! This community is a long-standing, important part of Holy Cross Province, encouraging growth among its members on all levels of life: spiritual, ministerial, physical and emotional. With a long and colorful history, it currently serves its members who are involved in a variety of local and itinerant apostolates, as well as those benefitting from the assistance or skilled care available.

We are each called to be generous stewards of God’s gifts to us of life, faith, and our Passionist vocation. As expressed in the Introduction to the Province Health Care Plan,

Called to wholeness of body, mind, and spirit, the vowed Passionists experience the enthusiasm of youth, the responsibilities of the mature years, the limitations of the senior years, and the illnesses which may come at any time in life. The call of God to vowed Passionist life impels the religious to embrace life in deep faith and trust, with a spirit of joy in union with Jesus Crucified.

Thus, life at Sacred Heart Community builds upon the foundations of our Passionist Constitutions, our Province Health Care Plan, our Wellness Review, and the talents of the larger Passionist Family. We hope that this “Welcome Booklet” will encourage Province members to best understand and fully benefit by life and ministry at Sacred Heart.

Read on to experience the richness of life possible at Sacred Heart Community...



Mission Statement of the Province Health and Aging Advisory Board

Recognizing that aging is a universal human process marked by diversity, the Province Health and Aging Advisory Board of Holy Cross Province exists to promote a culture of healthy aging. This includes recommendations and education regarding the spiritual, physiological, psychological, and social dimensions of aging. The Board functions under the direction of the Provincial and Council in serving the Sacred Heart Retreat Community and the Passionist Family of Holy Cross Province in general.

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The Spirituality of Aging

*We hold a treasure not made of gold, in earthen vessels wealth untold—
One Treasure only, the Lord the Christ...in earthen vessels!*

Song, “Earthen Vessels” by John Foley, SJ

A Hallmark birthday card has some good advice from the poet Maya Angelou:

“Mostly what I have learned about aging is this: by all means do it!” We may chuckle at this, but we also know if we don’t “do it,” there is only one alternative! And then that could come earlier than desired or even intended by our Loving Creator! We may also know a popular saying, “Aging ain’t for sissies!” No matter---as the years go by we become more acquainted with changes in this ‘earthen vessel.’

We experience “letting go” in a singular way which calls us to re-look at our lives to find new meaning as we manage age-related changes.

“Could loss mean more gain? Can suffering bring ‘new life?’ Can our “way of aging” be a ministry to others? Might we even find this time to be one in which we find ‘a whole new life is in the making again?’ The gift of these years is not merely being alive, it is the gift of becoming more fully alive than ever.”

~*The Gift of Years* by Joan Chittister, OSB



Letting Go: A Path to Spiritual Transformation

Throughout our lives, letting go involves different kinds of losses as well as a process of grieving. As we grow into our elder years, losses may include loss of health, loss of more loved ones, loss of a job, a home, or even a beloved pet! And all these affect us in body, mind, and spirit. The depth of our 'letting go' will not only dictate the depth of our suffering but also the way we go through the grieving process.

An experience of illness, our own age-related changes and losses leads us to confront our own humanity, mortality, and ultimate reality -- maybe for the first time!! As we learn to cope with the 'letting go' we look for meaning, purpose, hope, strength and emotional support. This longing for meaningful, spiritual experience can lead us to peacefulness with the letting go that is part of our aging process.



Elizabeth Kubler-Ross named the stages of grief:

- Denial
- Anger
- Bargaining
- Depression
- Acceptance

These 'stages' do not necessarily come in this order, but they call us to acknowledge our own suffering and inwardly process healing as we experience age-related and other types of losses on our human journey.



In his book, *Moral Theology and Suffering*, Fr. Sebastian MacDonald, CP, suggests that “one can sustain the experience of suffering... if resources are available to us. For a Christian, such a resource is the memory of the Passion of Christ.” Furthermore, “When a sufferer invokes the memory of Christ’s suffering, an interaction results that allows the transformative power consequent upon Christ’s sufferings to benefit the sufferings of the Christian, diminishing their negative status, and enabling them to become something positive.”

~*Moral Theology and Suffering*,
Sebastian MacDonald, CP, pp. 73-74



With this reflection, then, it might lead one to suggest that we who are called to a vowed life as a Passionist are especially called to live their elder years in an unique ‘charismatic’ way! As they live their own life’s journey of aging and letting go, “invoking their memory of the Passion of Jesus and linking it to their own sufferings,” they not only enable personal spiritual strength, but will be a most meaningful and powerful witness as they are spiritually/physically present to “the crucified of our world.”

~Passionist International Meeting, 1988



*“Every day we experience something of the death of Jesus
so that we may also know
the power of the Life of Jesus in these bodies of ours.”*

~2 Cor 4: 11 (NABRE)

The Gift of Years: Naming Blessings and Healthy Challenges

In the introduction to her book on aging, Sr. Joan Chittister, writes:

“It is important that age be no impediment to the magnet for life in us. Life is not about breathing only. Life is about becoming more than we are, about being all that we can be.” As we live our ‘letting go’s’, there may be the temptation to think only of the past and the grieving referred to above. How can we peacefully live and accept the past (however that is remembered) and find ways to joyfully live in the present NOW at this time in our lives?
~The Gift of Years by Joan Chittister, OSB

As we continue to reflect on a ‘spirituality of aging,’ we may be challenged by the daily ‘changes’ that can occur to forget that blessings have been and still are present in the ‘present’! Most of us, perhaps especially those of us in religious life, can easily get caught up in living the future in our younger years of service in demanding, fulfilling ministries. Perhaps we have not even ‘looked inside’ for a while and have forgotten, as we feel forced to slow down, that in these later years we finally have time “to enjoy life.!”

We now have the freedom to ‘let go’ of the past...all our old ideas of what success means, of what ‘real life’ and ministry are for our spirits, our Life in THE Spirit. We can allow ourselves to simply become human and find the ‘grace of aging’ that deeply feeds our spiritual selves. Many of us tend to spend too much time preparing for the future and may need to learn how to live and enjoy the ‘present!’

NOW
*is both the blessing
and the challenge
to **BE** in the
present!*



A Brief History of the Passionists at Sacred Heart Retreat

The life of Sacred Heart Retreat, commonly known as “the monastery,” has changed along with the lives of the men who have lived here and Holy Cross Province of which it is a part. Just as the details of those who have gone before us have dimmed with the passage of time, so have some of the stories about our Louisville home. Yet the story of the monastery does reflect the history of Holy Cross Province.

The monastery is actually the Passionists’ third residence in Louisville. When the first Passionists arrived in 1879, they lived and served at St. Cecilia’s Parish in the west end and soon took up residence in the antebellum mansion on our present property. This house soon proved to be too small and the monastery that we have all known was built and opened in 1905. The four columns from the mansion were repositioned at the portico of the new building: a symbol that the roots of the past would lead us in shaping the future. Within the year, the western portion of St. Paul of the Cross Province would become Holy Cross Province.



We Passionists love to tell stories about our formation years. The Louisville monastery has been representative of our Passionist formation throughout its long life. Just as every Passionist begins their religious life as a novice, the new Louisville monastery was quickly recognized as an ideal location for the novitiate. The expansive third floor allowed plenty of room for the proper formation of novices without interference from the community.

When the monastery was built, a one-story chapel was attached to the north end of the building to serve the needs of Saint Agnes Parish. Evidence of this chapel can still be seen in the community recreation room. In 1927, the chapel was removed to make way for present church that was dedicated on February 19, 1928.

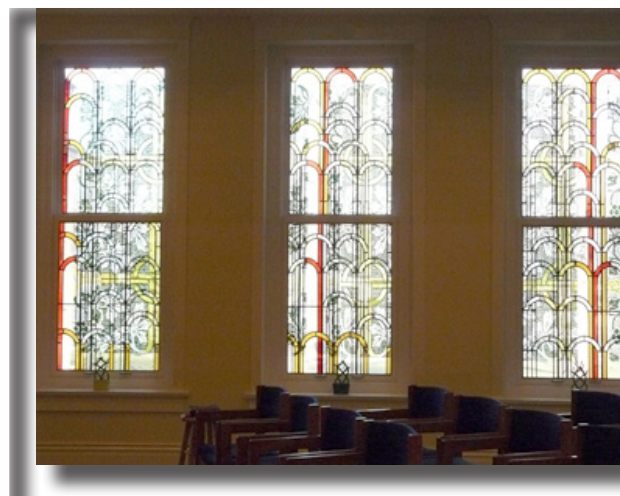


The monastery was now housing theological students who were completing the last two years of study before ordination. The “horseshoe” in the sanctuary of the church echoes the monastic relationship of the community with the parish where the Passionists would often join the parish for solemn feast days. Around 1960, to better accommodate the larger classes of theologians, four classrooms were added on the first floor in the place of the porch facing the courtyard.

By the mid-1960s, life and the monastery were changing again. In response to Vatican II, the Passionists committed to joining other religious in the education of theologians. In the first of several steps that would lead to the formation of Catholic Theological Union (CTU), the theology students were moved from Louisville to St. Meinrad, Indiana (1965 – 1968) while the monastery became the formation house for the post-novitiate philosophy students who attended classes across the street at Bellarmine University. At one time, there were over 50 Passionist seminarians living at the monastery, two per room with additional accommodations provided by a double-wide trailer in the back yard. Passionists continued to attend classes at Bellarmine through the mid-1970's.



In light of the necessary repairs to the monastery after a devastating tornado on April 3, 1974, the declining numbers of students in residence and the need to better accommodate an aging community, it was determined that the building needed considerable updating. After his tenure as pastor, local superior Fr. Kent Pieper, C.P., spearheaded a capital campaign to remodel the monastery. The 1982 renovations removed the two wings that extended from the back of the building. Suites were formed from the individual cells with each bedroom having a sitting room and a private bathroom. Combined heating/AC units were installed and carpet was laid throughout the monastery while the ceilings were lowered to save energy costs. At the rear of the building, an elevator with ground-level entrance improved accessibility.



The Provincial Chapter of 2007 determined that we would cease providing our own skilled nursing care in Chicago and Sacred Heart Retreat would be renovated again to better serve the elder members of the province. When needed, skilled care would be available at Nazareth Home next door. The first floor and public areas on the second floor underwent extensive restoration to make the monastery more elder-friendly. Hand rails were installed on all three floors while the private bathrooms in each bedroom were redone. On the first floor, the original hardwood floors were restored and the ceiling returned to its original height. The former kitchen, dining and chapel area was completely redone to provide a larger pantry, kitchen, dining room and conference room. The chapel was re-located across the hall and a new back porch was added with a section of it being screened in.

Since reopening for occupancy in 2009, Sacred Heart Retreat has received several grants to help make living here comfortable for aging religious. Some examples of how these funds have been used: improvement to the exterior elevator vestibule for wheelchair accessibility; the purchase of senior-friendly leather furniture for the community recreation room; and most recently, new beds with remote controlled adjustments to improve sleeping comfort. Recent repairs have ended pesky leaks that dated back years. A major gift also provided for sealing the joints in the concrete front porch. A campaign in the Fall of 2016 allowed for the replacement of the southern-most column at the front entrance and the repair of the rotting porch roof. The painting of the entire front porch, including the four columns, has completed the project, restoring our “Ol’ Kentucky Home” to its stately appearance.



Like the individual religious who have resided here, Sacred Heart Retreat has adapted to the needs of its various chapters of life in service to the mission of Holy Cross Province. Through our commitment to honoring the past while responding positively to present challenges, Sacred Heart Retreat is set to well serve those who live here in their retirement, and all who call this monastery home for many years to come.



In-House Support and Self-Care

“Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.” ~3 John 1:2 (NABRE)

Practicing self-care means managing your health, your diet, and thinking about what your body and mind needs. According to World Health Organization (WHO): “Self-Care is what people do for themselves to establish and maintain health, and to prevent and deal with illness. It is a broad concept encompassing hygiene (general and personal), nutrition (type and quality of food eaten), lifestyle (sporting activities, leisure etc.), environmental factors (living conditions, social habits, etc.) socio-economic factors (income level, cultural beliefs, etc.) and self-medication.”

The senior care team, staff, volunteers, the PHAAB and vowed religious at Sacred Heart Retreat strive to support every vowed Passionist to embrace life in both deep faith and optimal health. There are seven elements of self-care that serve as a guide to optimizing individual and community health and wellness.



1) **Health literacy**—Getting appropriate health information to make health decisions:

- Consulting the senior care team to assist with determining appropriate resources to answer health questions.
- Members of the PHAAB are available to address any concerns or questions.

2) **Self-awareness of physical and mental condition**—Being aware of your current state of health (i.e., knowing about your medical conditions, medications, blood sugar level, etc.):

- Active involvement in care and completion of an annual physical examination.
- Bringing to the senior care team any changes in health, concerns or questions.
- Completion and regular review of The Wellness Review with the senior care team.
- Religious with mental health issues are treated with compassion and given every opportunity to obtain professional services.
- Participation in personal and professional growth experiences and programs is encouraged. Topics may include physical health, nutrition, the spirituality of aging, stress management, etc.

3) **Physical activity**—Participating in physical activity regularly.

- Weekly exercise sessions at the monastery with a certified personal trainer.
- Walking on the grounds around the monastery and in the neighborhoods.
- Croquet & other games on the lawn with members of the community.

- 4) **Healthy eating**—Having a nutritious, balanced and sufficient diet, adhering to possible dietary restrictions according to your health condition.
- ❑ Full-time kitchen staff provide nutritious meals twice a day, 7 days a week.
 - ❑ Healthy snacks are available in the recreation throughout the day.
- 5) **Risk mitigation**—Avoiding tobacco, limiting alcohol, staying current on vaccinations, etc.
- ❑ There are many ways that community members are supported and encouraged to mitigate or avoid risk. The greatest risks are falls, medication errors and spread of infection.
 - ❑ Assisted devices are available to aid in ambulation (canes and walkers), bathing, toileting, dressing and eating to promote independence and comfort.
 - ❑ Medication planners can be prepared by a member of the senior care team to assist with safe medication administration.
 - ❑ Adequate sleep is an important component of healthy living and risk reduction.
- 6) **Good hygiene**—Adopting good hygiene practices such as washing hands frequently, brushing teeth, bathing, shaving.
- ❑ Men in the house must be able to perform these activities independently.
 - ❑ However, there are techniques that can be employed to support independence when these activities become difficult.
- 7) **Rational use of products and services**—Knowing the available health products and services, but conscious of the danger of inadequate self-medication and treatments.
- ❑ The senior care team is available to assist you in considering health products and services that may improve quality of life and promote independence (i.e., diabetic shoes, Velcro shirts, weighted silverware, etc.)
 - ❑ The health and welfare of each vowed Passionist is our primary focus; however, each religious is to be prudently responsible regarding his individual health care treatments and costs.



Comprehensive Health Assessment

In all these things we conquer overwhelmingly through him who loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord.

~Romans 8:38-39 (NABRE)

The Passionist Family and staff at Sacred Heart Retreat are committed to partnering with our vowed members to enhance and preserve the health and energy of all. We have the unique privilege and responsibility of providing support to our members who require assistance. As such we are advocates for individuals and the community, fostering an environment of independence, choice, privacy, and dignity.

In order to facilitate the best possible transition to the Sacred Heart Community, our senior care team provides a structured and facilitated evaluation of an individual's physical, spiritual, and emotional health. This process is essential for identifying and maximizing strengths as well as properly managing areas of vulnerability with appropriate support. The evaluation includes:

- 1) Establishing a Primary Care Provider through a medical/physical examination to identify health risk factors or current medical conditions that need additional attention or management in order to sustain overall physical and medical well-being (Specialist Care can be arranged as indicated by particular health concerns.)
- 2) Neuropsychological evaluation to identify present symptoms of distress, characterize ways of relating to self and others, and assess current cognitive functioning, screening of any areas of concern, such as dementia or cognitive decline.
- 3) Hearing evaluation to optimize full participation in community life (daily liturgy, meals, community meetings, etc.)
- 4) Driving evaluation to ensure personal and public safety.
- 5) Spiritual interview as a dialogue about vocational calling, experience of formation, ministerial assignments, and plans for senior ministerial opportunities.

Companioning with Elders

*There are in the end three things that last: faith, hope and love,
and the greatest of these is love.* ~1 Corinthians, 13:13 (NABRE)

New Friends - An Example

Fr. Phil Schaefer, C.P., and Jim Aalen (former Passionist student) did not know each other before they met one Wednesday at lunch in the community dining room at Louisville. They quickly became fast friends after Phil's arrival in the Community. They found common interests in music and dining out. Phil was a member of the Penn State Glee Club in his college days and Jim an accomplished musician. Once Jim, after some generous research on his part, brought Phil some old recordings of the Penn State Glee Club and they sang the songs together! Over the years, Jim and Phil got together at least once a week. Jim introduced Phil to his wife and daughter. Their friendship grew and both Jim and Phil would proudly tell others, "I have a new friend!" Jim's family and Phil went out to dinner together and enjoyed each other's company, mutual support and friendship until Phil's death. The friendship was a truly enriching experience for both Phil and Jim!

Opportunities for Community, New Friends and Conversation

Jim and Phil are a good example of new friendships which form in the Louisville community. Former members of the Passionist Community who visit weekly, members of the extended Passionist Family in Louisville, parishioners from St. Agnes, community organizations such as the Louisville Compassionate ElderCounsel, the religious from the nearby Xaverian Brothers Community, the Sisters of Charity of Nazareth, the academic community at Bellarmine University, the Passionist Earth and Spirit Center and the retired members of the Archdiocese of Louisville all form a supportive community of friends for our elder religious. It is not uncommon to see a pickup pinochle game among community members, staff and friends on a Sunday evening in the dining area! Common activities together help to alleviate some of the boredom and loneliness which can come with growing older.

One of the burdens of aging can be the "narrowing" of our world as old friends die and we become less able to share time with those who are still with us. New friendships can, as Paul Wadell writes in his book *Becoming Friends*, "make our world bigger, and Christian friendships should link us to the kingdom of God." Joan Chittister, a gerontology expert, says, "A blessing of our aging years is that they offer us the chance to be excited by new personalities, new warmth, new activities, new people all over again."

In Louisville, both the staff who are present daily and our volunteers work hard to enable such opportunities for new friendships among our elder residents. Often meals are shared together with our larger Passionist Family to cultivate opportunities to meet and get to know one another. Community members who are living in nearby skilled care facilities are regularly transported by volunteers to the community for meals and special feastdays and celebrations.



Benefits

The benefits of forming new relationships as we age are mental, physical and spiritual. Research on supportive relationships in aging is conclusive! Social support feeds our wellbeing as individuals, keeps our bodies and minds moving and makes us happier. We have more time to devote to both reflection and conversation with others. All in all, the Passionist Community in Louisville promotes companionship and friendship at every opportunity!



Ministerial and Personal Enrichment Opportunities

Sacred Heart Retreat is a place where one can live fully, experience meaningful ministry, and remain active as an elder Passionist, however their energy and interest allow.

Ministry Opportunities

- Serving in the Archdiocese of Louisville:
 - Parish supply: weekday & Sunday Masses and the Sacrament of Reconciliation.
 - Visits to hospitals & health care facilities.
- Assisting with pastoral and sacramental support to local religious communities:
 - Sisters of Charity of Nazareth:
 - Visiting residents at the two Nazareth Home campuses.
 - Daily Mass presider in the chapels.
 - Xaverian Brothers Community: (Ryken House) at St Xavier High School.
 - Little Sisters of the Poor senior care facility.
- Conducting private retreats at the monastery.
- Assisting with Senior Services at Highland Community Ministries (HCM).
- Working with the English as a Second Language (ESL) Program at Kentucky Refugee Ministries.
- Being involved in Louisville Compassionate ElderCouncil (LCEC).



Personal Enrichment

- Passionist Earth and Spirit Center programs and classes.
- Veritas Program for adult learners 55 and older at Bellarmine University.
- Visiting the collections at the Speed Art Museum and Frasier Historical Museum.
- Attending Louisville Orchestra performances at the Center for the Arts.
- Enjoying Actor's Theatre of Louisville, seasonal outdoor concerts, live jazz, etc.



Regular House Activities

Planned recreation opportunities provide other ways of being together as community.

- Regular card games after dinner, especially pinochle.
- Croquet in the back yard is a popular activity.
- Weekly exercise with a personal trainer, to maintain balance and flexibility.

Planned Outings

- Dining at area restaurants.
- Visiting Cave Hill Cemetery & Arboretum – especially beautiful in the spring and fall.
- Discovering the Kentucky Holy Land – Gethsemani, Nazareth, Loretto, distilleries, etc.
- Exploring the rich historical & religious sites around the city and in nearby communities.
- Lots of other possibilities...



Important Information Upon Your Arrival

Daily Community Schedule

Monday through Saturday

7:00 – 9:00 A.M.	Continental Breakfast
7:45	Morning Prayer
8:00	Eucharist
NOON	Lunch
4:45	Evening Prayer
5:30	Dinner

Sunday / Holidays

9:15 A.M.	Meditation (Optional)
9:45	Morning Prayer
10:00	Eucharist
10:45	Brunch
4:15	Evening Prayer (Optional)
4:30	Dinner

4:15 P.M.	Every Wednesday: Exercise with Lisa.
3:15 P.M.	Second Tuesday Each Month: Community Meeting in the Recreation Room.



Province Health and Aging Advisory Board

Co-chairs: Capper Rademaker, MD & Kurt Wernert, C.P.

(Photo l-r): Mary Anne Burkardt, SCN; Julia Senn, APRN; Capper Rademaker, MD;
Kurt Wernert, C.P.; John Schork, C.P.; and Terry McDevitt, Ph.D.

Not pictured: John Monzyk, C.P., and David Colhour, C.P., (Provincial Council Liaison).

Meet Our Staff



John Monzyk, C.P.
Local Superior



Bob Weiss, C.P.
Assistant Superior



Kurt Wernert, C.P.
*Administrator of
Assisted Living*



Dee Dee Lockhart
Monastery Administrator



Kay Woodworth
Senior Care Assistant



Steve Thim
Housekeeper



Mona Roeten
Receptionist



Eileen Kalbfleisch
Cook



Gary Thim
*Maintenance
and Part-time Cook*

Resources for Further Reflection

Chittister, Joan. *The Gift of Years: Growing Older Gracefully*. New York: Blue Bridge Books, 2008.

Kubler-Ross, Elisabeth & David Kessler. *Life Lessons: Two Experts on Death and Dying Teach Us About the Mysteries of Life and Living*. New York: Simon & Schuster, 2000.

Phillip, Alan. *The Ten Things You Must Do Before You Die: The Ultimate Bucket List*. Sierra Madre, CA: Passionist Community Press, 2017.

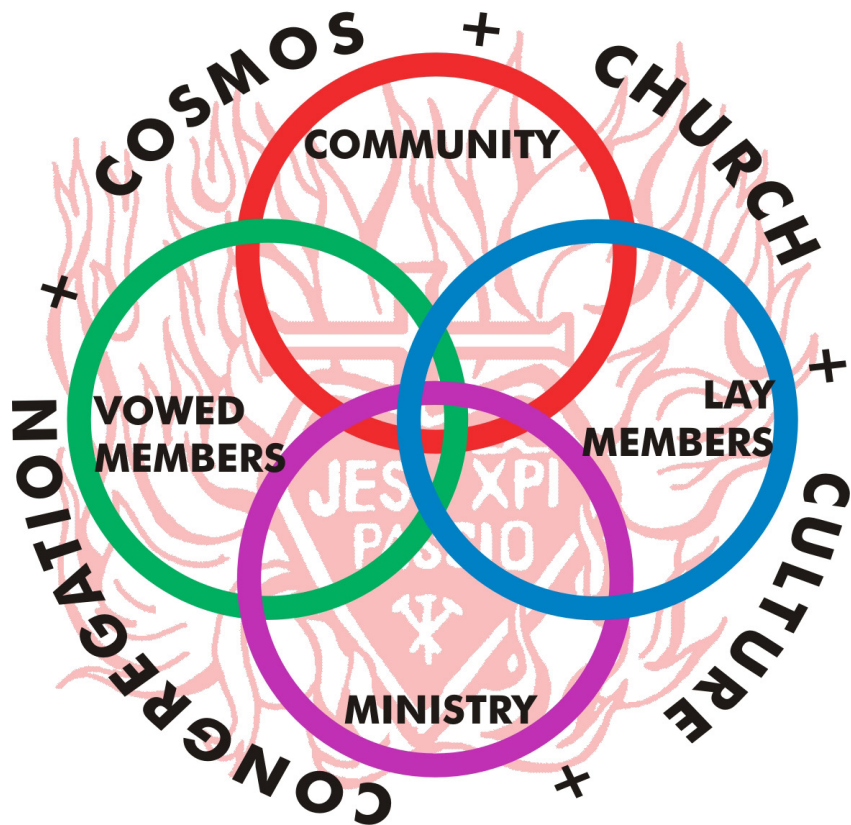
Rohr, Richard. *Falling Upward: A Spirituality for the Two Halves of Life*. San Francisco, CA: Jossey-Bass/Wiley, 2011.

Thibault, Jane Marie & Richard L. Morgan. *Pilgrimage into the Last Third of Life: 7 Gateways to Spiritual Growth*. Nashville, TN: Upper Room Books, 2012.

Wadell, Paul J. *Becoming Friends: Worship, Justice, and the Practice of Christian Friendship*. Grand Rapids, MI: Brazos Press, 2002.

Van Breemen, Peter. *Summoned at Every Age: Finding God in Our Later Years*. Notre Dame, IN: Ave Maria Press, 2005.





All information contained in this booklet is current as of March 2018.



Sacred Heart Community

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