

St. Mary's Gazette



Our Mission

To continue the healing ministry of Jesus by providing compassionate care that respects the dignity of each person we serve.

Our Vision

Our vision is to lead the community in offering seniors personalized services that are life-enriching and wellness focused.

Core Values

Respect for Human Dignity
Compassion
Transformation
Solidarity with People in Need
Justice and Peace

President & CEO

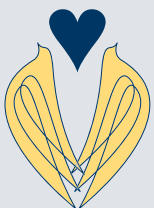
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Felician Village

Sponsored by the Felician Sisters

Graduating Seniors Make a Heartwarming Stop Before Graduation

Before walking across the stage at their graduation ceremony at Manitowoc Lincoln High School on Friday, June 13, two of our Felician Village CNAs, Koen and Miya made a special stop to visit with the St. Mary's residents they help to care for. Their smiles, hugs and youthful energy lit up the halls—reminding us that every ending is also a beautiful beginning. Congratulations to all our Felician Village staff members that graduated or celebrated a graduate in 2025!



Planting joy, one flower at a time

Gardening is a popular hobby amongst seniors, but it's more than just a hobby, it's a great way to enhance physical, mental, and emotional well-being.

As we age, staying active and engaged becomes increasingly important, and gardening offers a gentle yet effective form of exercise. Simple tasks like digging, planting, and watering help improve strength, flexibility, and coordination, all while being easy on the joints.

Spending time in nature also lifts the spirit. Gardening has been shown to reduce stress, ease symptoms of anxiety and depression, and promote a sense of calm. It encourages mindfulness and provides a daily purpose, helping seniors feel productive and connected.

Caring for a garden also stimulates the mind. Planning layouts, identifying plants, and solving problems like pests keep cognitive skills sharp. And when gardening is shared with friends it creates opportunities for social connection and reduces feelings of isolation. Gardening is a rewarding activity that supports overall well-being and brings joy to everyday life to our residents.



JULY 2025

The resident newsletter of St. Mary's Home



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Sounds of Summer

Thank you to the Clipper City Chordsmen for a wonderful performance to kick off our 2025 Summer Concert Series. Food and beverages by the FV Culinary Department, great music, FV at Home 50/50 raffle and wonderful company!



Upcoming
Summer
Concerts

Held at The Gardens
1700 S. 18th St. Manitowoc, WI

Wednesday, July 9
6 - 7 p.m.

Mystic Moods Polka Band

Featuring favorites Romy Gosz,
Gene Heier, Dolyesh Bros.,
Wayne Johnson & more!

Wednesday, August 6
6 - 7 p.m.

Elvis

Elvis tribute artist,
John Hardginski

Plus
CAR SHOW!



Mission Message



When we think of the word legacy we might think of the money or other material objects we plan to pass on to our families after we die. These things are a gift and many people cherish the family heirlooms that have been passed down to them. We might not all

have valuable heirlooms to pass on to our families, but we can all leave a spiritual legacy for our loved ones. A spiritual legacy includes the values, beliefs, passions, life lessons we've learned, and the unique stories of our lives which we can leave behind as a gift for others. A couple of years ago, I led a series of group discussions on leaving a legacy with residents at The Court. We talked about the value of leaving such a legacy and explored a variety of ways to do that.

Greg is a resident of The Villa whom I have gotten to know throughout his time living on our campus. At one point, Greg was struggling with some physical health challenges which were causing him some distress and I asked him if he had ever

considered writing the story of his life. As a chaplain, I often engage people in life review: conversations that encourage reflection on life events and experiences to discover their value, meaning, and purpose. Author, Steve Leder, in his book, *For You When I Am Gone*, says "Telling our stories is a way to share whatever meaning and joy we have found along the way, the depth of our love for others and for life itself. It is a way of saying not only that we the storyteller matter, but even more so the beloved listener." I thought that reflecting and engaging in a practice of life review would help Greg find meaning in his past experiences and help him see how his resilience and strength in dealing with past challenges could help him cope with his current struggles. Little did I know that working with Greg and listening to him reflect on his life would lead to a published book that has now been read and enjoyed by many people on the Felician Village campus! Perhaps the idea of writing a book seems daunting but we can all find a way to pass on our spiritual legacy to others. Here are a few ways you might capture your spiritual legacy.

- Write letters to your loved ones, including what you would like them to remember about you, what you are most proud of accomplishing, and what has been most important to you in your life.
- Write your own obituary. Make it personal by including the events and people who have influenced your life and made it meaningful.
- Host a family gathering and ask each person to give you a question or two ahead of time—something they would like to learn about you. At the gathering, someone could record you answering the questions.

Not all of us will decide to publish our life's story like Greg did, but there is great value in considering how each of us could leave a spiritual legacy for our family and loved ones. The wisdom, values, life lessons, and stories of our lives that we leave for our loved ones are the fragrance of life that will remain long after we are gone.

Written by Chaplain Stephanie Bowman



Resident Greg and Chaplain Stephanie

In Loving Remembrance June 2025

Emilie Luebke, *St. Mary's & The Court*
George Grinde, *The Villa*
James Goettler, *The Gardens & St. Mary's*
Dorothy Kutz, *The Court & The Villa*

