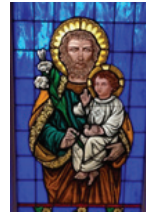




Retirement Community
320 E. Decatur St.



St. Joseph's
Elder Services



Hillside Villa
540 E. Washington St.

NEWSLETTER



Greetings from the Administrator



Jubilee Year of St. Francis

Pope Leo XIV has proclaimed a special Jubilee Year of Saint Francis, to be celebrated from January 10, 2026, through January 10, 2027, marking the 800th anniversary of the death of St. Francis of Assisi. This sacred year invites the Church to rediscover the Gospel through the humble witness of the beloved Saint of Assisi—known for his simplicity, love for the poor, and joyful trust in God.

To receive the plenary indulgence or special graces relating to this Franciscan Jubilee year, the faithful are encouraged to participate through prayer, confession, Communion, and acts of charity. Special care is given to those who cannot travel: The sick and elderly may unite themselves spiritually to the Jubilee by offering their prayers, sufferings, and daily challenges to God.

Celebrating the death of St. Francis, his entry into eternal life, his Easter, has special significance for us here in West Point. When the hospital was built in 1950, it was named in honor of St. Francis and is under his patronage.

Also, the Franciscan Sisters of Christian Charity, present here in West Point since 1885, seek to give witness to the virtues of St. Francis and his love for Christ and all of God's creation in the daily life of the West Point community.

We will be announcing events to celebrate throughout the year at a later date. This means every resident, family member, and caregiver can share fully in the blessings of this holy year.



Blessings, Sam Prokopec

Focus on our Employee's Longevity

FOCUS ON LORI



For Lori Allen, St. Joseph's Elder Services is more than just a place to work — it's a place where she feels connected. One of the things Lori enjoys most is the friendships she's built over the years with residents, their families, and her coworkers. She loves the welcoming, faith-based environment at the Villa and says it truly feels like a place where people belong.

Lori's caregiving journey started early. She became a CNA at just 16, encouraged by her mom, who was also a CNA, as a way to earn some extra money in high school. Fast forward nearly 36 years, and what started as a part-time job turned into a career she genuinely loves. It's a commitment that speaks volumes about her passion for caring for others. What means the most to Lori is the relationships she forms with residents. She enjoys getting to know their stories and building connections that feel more like family than work.

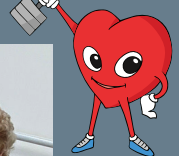
When she's not at the Villa, Lori loves spending time with her two grown children and her two granddaughters. She also enjoys getting outside for walks or hiking, and outdoor photography — anything that lets her soak up some fresh air and enjoy the moment.

We are grateful for Lori's dedication, compassion, and the heart she brings to SJES every day.

FOCUS ON HEART HEALTH



Health is Wealth



FEBRUARY EMPLOYEE WORK ANNIVERSARIES

Dawn Hansen	16 years
Jessica Masters	7 year
Jane Weiler	6 years
Julie Meister	4 years
Alicia Summers	4 years

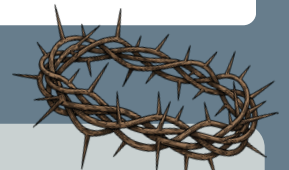
February is Heart Month. The retirement home tries to keep everyone moving as much as possible. We have group exercise three times a week—Mondays, Wednesdays, and Fridays. We do a lot of stretches, starting from our heads down to our toes. We do some standing stretches and weights twice a week, and use exercise bands every other day. We usually have anywhere from 7 to 17 residents attend each session. It is very important to keep our bodies moving at any age to help maintain a healthy heart.

Focus on Wellness



February often brings a lingering sense of winter fatigue, even as the days slowly begin to lengthen. Finding small ways to support your well-being can make a big difference during this stretch of the season. Taking advantage of natural light—whether by opening blinds early or stepping outside for a brief midday walk—can help boost your mood and energy. When the Nebraska cold keeps you indoors, light stretching or short movement breaks can keep your body active and ease tension. Staying hydrated and maintaining steady sleep routines are especially important this time of year, when dry air and disrupted schedules can leave you feeling sluggish. It can also be helpful to plan something simple to look forward to, like a weekend activity or a personal project, to break up the month's monotony. Even organizing your workspace or refreshing your daily routine can provide a welcome mental reset as we make our way toward spring. Focusing on small, consistent habits can help lift your energy and outlook during the heart of winter. With a little intention, February can be a month of steady progress and renewed well-being.

Focus On Lent



February 18th is Ash Wednesday, the beginning of Lent. Lent is the season in the Church that is the preparation of Easter.

There are many ways to look at Lent and to enter fully into its meaning. Perhaps, the most common or traditional way is to focus on Prayer, Penance, and Almsgiving during the days of Lent. Prayer is rather simple – it can simply be a rededication to spending time with the Lord, saying an extra prayer, here and there, or taking part in extra religious services.

Penance also involves making choices that have an effect on our lives. It can mean giving up something, candy, dessert, alcohol, whatever. Its purpose is to have us be a little hungry, so that we realize the hunger, longing for the Lord that should permeate our lives. For those over the age of 14, it means abstaining from meat on Ash Wednesday and the Fridays of Lent. For those between the ages of 18 and 60, it means fasting (one regular meal, two smaller ones and nothing in between on Ash Wednesday and Good Friday).

Penance can also take the form of positive actions, reaching out to others in kindness and consideration. It can become Almsgiving, seeing and responding to the needs of others, by giving time, sharing our talents, or giving of our treasure.

We can also focus on the three R's of Lent: Reflection, Repentance, Renewal. Lent is a season when we are encouraged to look inward and ask: What in my heart needs to change, what in my life needs to change, so that I can reflect the love of Jesus more fully and daily live the Mission – to live and promote the healing mission of Jesus Christ.

The very word "Lent" is a shortened form of the Old English word *lencten*, meaning "spring season", as its Dutch language cognate *lente* (Old Dutch *lentin*) still does today. So we might simply say that Lent is a time of growth, the Church's spring time.



St. Joseph's Elder Services

540 E. Washington Street
West Point, NE 68788

Opportunity for Learning



Show Your Heart Some Love...After all, it is Heart Month!

Your heart works hard for you—about 100,000 beats a day—so it deserves a little care in return. The good news? Small, everyday habits can make a big difference when it comes to heart health.

Move a Little More. Just regular movement—like brisk walking, dancing, gardening, or even taking the stairs—can strengthen your heart muscle and improve circulation. Aim for 30 minutes of moderate activity most days, and remember: it all counts.

Eat With Your Heart in Mind. A heart-healthy diet doesn't mean giving up flavor. Just focus on fruits and vegetables (fresh, frozen, or canned with low sodium), whole grains like oats, brown rice, and whole-wheat bread, lean proteins such as fish, beans, nuts, and poultry and healthy fats from olive oil, avocados, and seeds.

Manage Stress—It Matters. Chronic stress can take a toll on your heart. Try simple stress-busters like deep breathing, stretching, listening to music, or spending time outside. Even a few quiet minutes can help reset your nervous system and support overall heart health.

Don't Skip Sleep. Sleep is when your body repairs itself. Adults generally need 7-9 hours per night. Consistent, quality sleep supports healthy blood pressure, metabolism, and heart function.

Know Your Numbers. Blood pressure, cholesterol, and blood sugar levels are key indicators of heart health. Regular checkups help you catch changes early and take action if needed.

Taking care of your heart isn't about perfection—it's about progress. One small, positive choice today can add up to a healthier tomorrow. Your heart will thank you.



St. Joseph's Hillside Villa is now hiring:

- **Housekeeping/Laundry Aide**
 - ◆ Part-time
- **RN/LPN**
 - ◆ Full or Part-time
- **CNA**
 - ◆ Full or Part-time
- **Cook**
 - ◆ Full or Part-time
- **Dietary Aide**
 - ◆ Full or Part-time
- **Activity Assistant**
 - ◆ Part-time

HIRING BONUS!

up to **\$5,000**
for RN/LPN

up to **\$2,000**
for CNA

Apply online at www.sjeswp.org Or pick up an application in the front lobby.
Under the St. Joseph's Hillside Villa tab EOE/Vet/Disabled