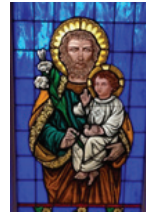




Retirement Community
320 E. Decatur St.



St. Joseph's
Elder Services



Hillside Villa
540 E. Washington St.

NEWSLETTER



Greetings from the Administrator



St. Joseph's Feast Day – March 19

Each year on March 19, the Church celebrates the Feast of St. Joseph, the husband of the Blessed Virgin Mary and the earthly father of Jesus. Though the Gospels record very few words from him, St. Joseph speaks powerfully to us through his actions—through his faithfulness, humility, and quiet courage.

St. Joseph was entrusted with one of the most important missions in salvation history: caring for Mary and protecting the child Jesus. Scripture describes him as a “just man” (Matthew 1:19), meaning he lived with deep righteousness and trust in God. When an angel appeared to him in a dream, Joseph responded not with hesitation but with obedience, accepting God’s plan even when it required sacrifice and uncertainty.

For many people, especially those who have spent their lives caring for others, Joseph’s life feels familiar. He worked quietly as a carpenter, provided for his family, and faithfully fulfilled the responsibilities placed before him. He did not seek recognition or praise, yet his role was essential. In many ways, St. Joseph reminds us that holiness is often found in the ordinary tasks of daily life—loving our families, serving others, and trusting God in every season.

Because of his role as protector of the Holy Family, St. Joseph is honored as the patron of the universal Church, as well as the patron of workers, fathers, and those seeking a peaceful death. Many Catholics turn to him in prayer when asking for strength, guidance, and protection.

For those living in St. Joseph’s Elder Services community, St. Joseph’s example is especially meaningful. His life reminds us that dignity, faith, and purpose remain present at every stage of life. Even in quiet moments, prayer, kindness, and trust in God continue to shape the world around us.

As we celebrate his feast day, let us ask St. Joseph to pray for our community—our residents, families, and staff—that we may imitate his humility, patience, and steadfast faith.

Blessings, Sam Prokopec

Focus on our Employee's Longevity



FOCUS ON NINA

Sometimes a career path unfolds naturally rather than being carefully planned. That's exactly how Nina Cunningham, our Social Services Director, found her way into the field.

Nina's journey began early when she started volunteering at her local nursing home in fourth grade. By high school she was working there as a dietary aide, and during her senior year she became a CNA. Around that time, a friend mentioned the social work program at Dana College. After visiting the campus, Nina decided it was the right fit and went on to earn her Bachelor's degree in Social Work. Since graduating, she has spent her career working in long-term care and short-term rehabilitation.

In Social Services, no two days are exactly the same. Nina's days often include meetings, resident interviews, and following up on psychotropic medication changes. She spends time visiting with residents, offering support during difficult moments, and helping families navigate questions or concerns. She also assists individuals and families who are exploring placement options. With increased regulations over the years, paperwork has also become a larger part of the role.

Nina said that social work in long-term care often includes many small but meaningful tasks that people might not expect. In addition to providing emotional support and guidance, sometimes the job involves fixing a pair of eyeglasses, replacing filters in hearing aids, or mending clothing for residents—simple things that can make a big difference in someone's day.

After spending much of her career working in larger communities like Omaha, Nina especially appreciates the strong sense of community found in a rural setting. Seeing how every department works together to care for residents and make them feel valued has been especially meaningful. She also values the spiritual care offered at St. Joseph Elder Services, something that can sometimes be harder to provide consistently in larger facilities.

Outside of work, she stays busy with family life. Nina and her husband have two children—a 15-year-old daughter and a 13-year-old son—so much of their time is spent attending basketball, baseball, and softball games, as well as band concerts and musicals. Service to the community is also important to their family. Nina and her husband are both involved with the Scribner Volunteer Fire Department—her husband as a firefighter and she as an EMT. Nina is also active in her church, serving as an Elder overseeing Discipleship and teaching the Wednesday night kids program. When she finds time for herself, she enjoys reading, sewing, and quilting.

Nina's dedication to caring for others—whether at work, in her community, or with her family—reflects the heart of what Social Services is all about and we are extremely fortunate to have her as a part of our team!

MARCH EMPLOYEE WORK ANNIVERSARIES

Carrie M Hickey	16
Tami Hilgenkamp	10
Angelita Renschler	7
Maria Montenegro	7
Lora Ruppert	5
Samuel Prokopec	5
Grace Reppert-Meiergerd	4
Rocio Villa Cerda	3
Kimberly K Satterwhite	3
Jocelin G Reyes	3
Elizabeth A Hasemann	2
Alliyah A Voecks	2
Saul Urquidez Torres	1
Darla Baier	1
Valeria Rios	1
Cristal Ortiz-Lopez	1
Monica Urquidez Torres,	1
Kammillia Luebbert	1

Focus on Lent



Residents at both the Retirement Community and the Villa are taking part in special Lenten activities during the month of March.

Stations of the Cross are offered on Fridays at both facilities. Father Paul leads the meditation on the sufferings and death of Jesus at the Retirement Community using a different “Station” book each week. Sister Louise leads the Stations at the Villa where the residents gather in a semi-circle facing the stations. Reflections are presented and the residents respond with common prayers.

Though there is a solemnness about both services, and the focus is on the sufferings and death of Jesus, but as Easter eggs are being filled, the joy of the Resurrection is right around the corner. Alleluias are not on our lips these days, but they are still in our hearts.

The Sacrament of Reconciliation is available anytime the residents express a desire to receive the Sacrament. Both Father Paul and Father Michel will make themselves available for the Sacrament whenever asked.

Specific times for the Sacrament are provided several times during the year. One such time is during Lent in preparation for Easter. Residents at the Villa will have the opportunity to receive the Sacrament on Wednesday, March 25 beginning at 12:45 p.m.; The Sacrament will be offered to the Retirement Community residents on Thursday, March 26 beginning at 10:00 a.m.

The Triduum of Holy Days make up the last days before Easter – Holy Thursday, Good Friday, and Holy Saturday. Special services are provided on Good Friday for all Residents (and family members who wish to come) at both the Retirement Community and the Villa at 2:30 p.m.

Easter Sunday Mass is at 9:00 a.m. at the Retirement Community and 11:15 a.m. at the Villa.

FOCUS ON RESIDENT ENGAGEMENT

Staying Connected: Life Beyond the Retirement Community

Moving to an assisted living community doesn't mean the end of an active social life. At the Retirement Community, we encourage residents to stay connected both within our community and with the surrounding neighborhood. Social interaction is not only enjoyable—it's essential for mental, emotional, and physical well-being, helping residents feel engaged, supported, and part of the world around them.

Residents have many opportunities to get out and explore. The Retirement Community provides transportation for shopping trips and outings to local venues like the Sunshine Center for bingo. Within the community, residents can also participate in Sunday Mass, which is attended not only by our residents but also by community members from around town who prefer to join services here. Residents can also enjoy special local events such as Lenten fish fries, providing fun ways to connect with friends and neighbors.

Being part of these activities keeps residents active, engaged, and socially fulfilled. Whether it's a fun outing, a spiritual gathering, or a local festival, life at the Retirement Community is about staying connected, enjoying new experiences, and celebrating community—because moving to assisted living is a step forward, not a step back from an active, social life.





St. Joseph's Elder Services

540 E. Washington Street
West Point, NE 68788

Opportunity for Learning



Hydration Bar at the Villa

Staying well hydrated plays an important role in maintaining overall health, especially for older adults. One common health concern in adults is urinary tract infections (UTIs), which occur when bacteria enter the urinary system. Symptoms can include discomfort, frequent urges to go to the bathroom, cloudy urine, or even confusion in older adults. Drinking enough fluids helps flush bacteria from the body and may help reduce the risk of infection.

To support healthy hydration, the Villa has introduced a Hydration Bar for residents. Residents can choose from several fun flavors of a 24-ounce drink that is low in calories and contains electrolytes. These refreshing beverages make it easier—and more enjoyable—for residents to increase their daily fluid intake.

Drinks are made to order on Thursdays at noon, but residents are welcome to request one at any time during the week. The Hydration Bar is a simple and enjoyable way to encourage hydration while supporting the health and well-being of our residents.



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