

Building Community at The Villa

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Concordia at Villa St. Joseph

Baden, Beaver County

Age: 73

In my opinion, one of the greatest factors in building and maintaining community here at the Villa has been the music program. It was started by a sweet and imaginative young lady by the name of Bridget, under the title "Music Therapy." This wonderful program has indeed been therapeutic for me since the time I arrived at the Villa, all the way up to the present moment, seven years later.

Bridget laid a wonderful foundation and now another very talented musician (Jessica Patterson) is building beautifully on it. Many gifted singers and musicians come regularly to entertain us. They bring with them a heart for sharing their unique gifts, but also a large mixture of joy, comfort, and love! All I can do is cheer them on and say, "Hey guys, keep up the good work!!"

Some other notes regarding music activities here at the Villa are:

1. Regular concerts in-house offered by Harry Walter (resident) and Jessica Patterson both as a duet and solos. Harry is a gifted, very dedicated musician on the guitar with a wonderful singing voice.
2. Larger concerts (once a year) involving a large number of residents from both facilities perform together. These are open to family and friends.

In addition to music activities, there are various religious services, including Lutheran, Catholic, and Anglican. Many of us enjoy all of them. We are helping each other to grow in faith as we experience God together in the sacrament of Holy Communion, in united prayer, and in listening to and discussing the Bible. It is good to know that we are not struggling alone, but that God loves us and cares for us.

The prayers of others are a wonderful encouragement and uplifts.

Finally, there are other beneficial and enjoyable activities here, such as yoga, art, and baking and cooking.

Yoga is wonderful for relaxation, development of our imaginations, and flexibility.

I am not artistic, but I enjoy what others create and admire their talent. Recently, the residents made wind socks. I always wanted one. Now, I have one hanging on my door, and I enjoy it every day. It's beautiful!

In my opinion, the most amazing people I've ever met are those who live or rehab here, and those who care for us so lovingly, faithfully, efficiently, and expertly.

I pray daily for everyone, and I'm so happy to be a resident here.

As you can see, I'm sure, these are many enjoyable activities and wonderful people here contributing to our sense of community. We do all kinds of things together, and togetherness and mutual caring are major keys to true community. One more thing that I almost forgot to mention that really warms my heart. I love to see ladies playing cards in the sunroom. They are very serious about their card games. They enjoy it very much, and it creates a lovely bond between them.

There is also a Resident Council meeting once a month. We residents meet with people from Administration, Nursing, Dietary, and Activities. It helps keep us in touch with one another.