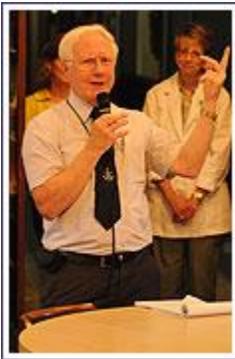


# MIDWEST – MIDWEEK

Brothers of Holy Cross –Midwest Province - P.O. Box 460 – Notre Dame, Indiana 46556-0460

August 18, 2010

## Columba Hall Wellness Program



From Chapter legislation, to planning and detailing, to actually beginning as a Wellness Program for the province at Columba Hall, **Br. Lew Brazil** worked with the Provincial Council, sought local input, and made appropriate hires. On Tuesday, August 3, he presented the staff and the following program at a house meeting at Columba Hall.

Services include surveying of current medical/nursing needs with oversight and supervision through Elisabeth Cecil, RN; nutrition and dietician consulting with Rick Landsberg, Columba Hall's head cook, by Registered Dietician, Peg Norquist; and establishing a fitness and exercise program with Angela King, licensed, fitness expert, who is providing similar services at Andre Place, Holy Cross Village. Also attending were Steve Kastner and Jack Mueller from Holy Cross Village, under whose administration the program exists and is supervised

To meet the immediate needs and genuine concerns of Columba Hall residents, a team approach will be established. The health-care team will eventually include members of the house who will meet as a group for consultation and suggestions for implementation of better health management for all concerned.

The team process and functioning of the group serving the particular needs of the Columba Hall community will also provide a possible template of meeting future or current needs province-wide as they occur and increase.

After his presentation, Br. Lew commented, "I am glad we have such a good group of professionals along with our own Brothers who will serve our medical and nursing needs as we begin this program of wellness at Columba Hall. Eventually, if this program results in future implications for the greater needs of

the Province, that will be an added and welcomed result. The Chapter was wise in legislating an overall view for province health care. I am glad to be in the process with others of making it happen.”



## Maple Lane Community Is Settled

After two-months of getting settled in their new surroundings, the Maple Lane Community of five brothers (**Charles McBride, Charles Gregg, Thomas Cunningham, Bernard Donahoe and Frederick Raehsler**) held an open House for Holy Cross Brothers in the South Bend area. This was an opportunity to show

community members how a group of brothers could live independently within an apartment complex. The residents were very pleased that between forty-five and fifty brothers attended. During the open house there were positive comments about the pool, club house, exercise room, grounds and apartments at Maple Lane.



Maple Lane Community – Brothers:  
Charles McBride, Charles Gregg, Thomas Cunningham, Bernard Donahoe and Frederick Raehsler

The brothers first met in the Club House of Maple Lane where they had some light refreshments and had a chance to meet the five living there. Groups of four or five brothers then visited one or more of the five apartment units. Directions to individual apartments were distributed to all who attended. Feel free to call any of the brothers and visit them at your leisure.

View the website at the following address for more pictures:

<http://www.brothersofholycross.com/MapleLane2010/MapleLane2010.htm>





## Holy Cross Associates Picnic

A pot luck picnic was provided by the 22 attendees of the Holy Cross Associates held Aug. 14 at the Coloma cottage on Lake Michigan. The three chapters: St. Joseph, Andre and Holy Cross Village of the South Bend - Notre Dame area joined for a relaxing time at Lake Michigan. Two of the founders of the associates: **Fr. Robert Nogosek**, living at Fatima House, and **Br. Carl Sternberg**, living at Columba Hall, were among the picnickers.



More pictures at:

<http://www.brothersofholycross.com/AssocPicnicAug2010/AssocPicnicAug2010.htm>



## HCV Car Show a Real Hit

The Third Annual Holy Cross Village Car show held Saturday, August 14 was a real hit with both entrants and visitors. Linda DeHays of the Holy Cross Village Life Enrichment Staff organized the event for the third year. There were a record number of 38 cars in the show. Tied for first place were a 1951 Pontiac as well as a Corvette. Some \$475.00 was raised at the event for the American Cancer Society through a bake sale and 50-50 raffle. HCV resident Chuck Krcmaric was the DJ for the afternoon event. A few raindrops at the beginning failed to dampen the success of the event. Many residents of HCV attended.



More cars may be seen at: <http://www.brothersofholycross.com>

**View Website at:**

[www.brothersofholycross.com](http://www.brothersofholycross.com)

**View Midwest-Midweek at:**

<http://www.brothersofholycross.com/midmid.htm>

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