



Sr. Rose (left) with the late Dick McBride (right). The two met in 1980 when serving on the Social Action and World Peace Commission for the Archdiocese of Cincinnati. They went on to build a life-long friendship and co-founded St. Mary Development in 1989.

Honoring the Life and Legacy of St. Mary's Founder Sister Rose

It is with great sadness that we share that St. Mary Development founder Sister Rose Wildenhaus passed away peacefully on August 11. Sr. Rose was 86. Her life was lived in service of others and in dedication to God.

Sr. Rose grew up in Dayton as a member of the St. Mary Parish. She entered Sisters of the Precious Blood in 1954, and embarked on a long career of improving the lives of others. In the first part of her career, she spent 21 years serving children as a teacher and principal. She went on to dedicate 30 years to her life to improving the lives of older adults through St. Mary Development.

Her work on St. Mary began nine years before the official start of the organization, when she met Dick McBride in 1980. The two were on a committee that aimed to spread God's love to those experiencing poverty, racism, lack of access to quality education, and other social justice issues. The two connected on that committee and found themselves frequently talking. Eventually they wanted to do more than talking. They wanted to act. But to start, they prayed.

During those days, Dick went to Mass at St. Leonard Seminary in Centerville, but participation in the seminary was dwindling and the Franciscans were considering selling the 240-acre campus. While other organizations would have paid millions for the property,

Continued on Page 3

The WISE program: Helping older adults understand the aging process and grow older with grace

On the surface, everyone understands what it means to get older; as the years pass, our bodies, minds, and lives change. We may look different and feel different, some new problems may arise while others go away. But when we dig deeper, the aging process is much more complex. Being educated on what happens as we age presents an opportunity to navigate aging more confidently and better informed – which is the aim of the WISE program.

Wellness Initiative for Senior Education (WISE) is an educational program that helps seniors better understand the aging process so they can make healthy, life-enhancing choices. The program originated at the New Jersey Prevention Network in 1996, and has since been implemented in more than 1,300 community and senior centers across the nation, reaching more than 40,000 older adults.



A recent group of WISE program participants, including Arnesta Russell, in yellow, with program administrator Steven Gregory, holding the certificate.

"This model emphasizes how what's going on inside me is going to impact what's going on outside of me," said Steven Gregory, Prevention Specialist and Service Coordinator for St. Mary. Steven has taught four rounds of the WISE program across multiple St. Mary communities, and has seen more than 40 residents go through the program.

Continued on Page 2

Help Support Our Mission

St. Mary Development Corporation is a faith-based non-profit organization called by God to improve the quality of life for seniors. We create sustainable, affordable housing for those in need, and connect seniors to healthcare and other services. We work toward the day when all seniors – especially the economically disadvantaged – have a decent, affordable place to live and access to services. We are interested in creative ideas and opportunities for older people in our communities. Do you want to build a partnership with us? If so, please reach out to:

President:

Tim Bete
P: 937-277-8149, ext. 210
Email: tbete@smdcd.org

V.P. Strategic Partnerships:

Cathy Campbell
P: 937-277-8149, ext. 208
Email: ccampbell@smdcd.org

Make a gift

We depend on donors like you to help our low-income seniors continue to live independently. Your donation supports our St. Mary Connect program of service coordination. St. Mary Development Corporation is a 501 (c) (3) non-profit organization; your charitable donation is tax-deductible to the extent allowed by law.

Please make checks payable to:

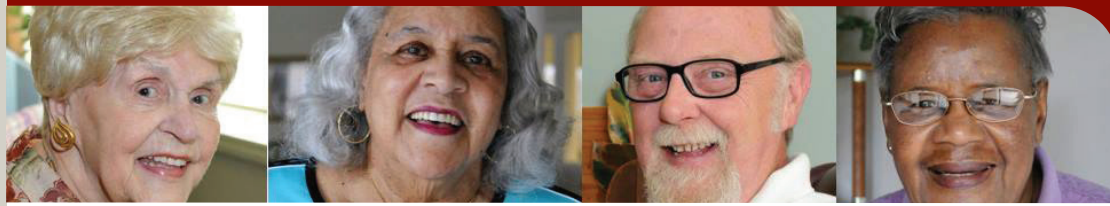
St. Mary Development Corporation
Attn. Cathy Campbell
V.P. Strategic Partnerships
2160 E. Fifth Street
Dayton, OH 45403

Make a secure online donation at:

www.stmarydevelopment.org

Questions?

Call Cathy Campbell at
937-277-8149, ext. 208.



The WISE program: Helping older adults understand the aging process and grow older with grace

Continued from Page 1

The program leverages a bio-psycho-social model, which empowers a holistic view of wellness that looks inward and outward, addressing biological factors like hormones, anxiety, and depression, psychological factors like how we think and process the world around us, and social factors like how we interact with other people. The six-week program is made of weekly lessons that introduce participants to thematic aging topics, including:

- 1. *The Changes Associated with Aging:*** Discovering the factors that contribute to aging other than the passing of time
- 2. *Aging Sensitivity:*** Exploring what age means in our society, how aging is different now than it was in the past, and the body systems impacted by aging
- 3. *Cultural and Generational Diversity:*** Creating space to appreciate cultural and age differences
- 4. *Medication:*** Introducing core concepts around medication safety, substance misuse, and prevention
- 5. *Substance misuse and addiction:*** Understanding addiction and how to recognize and prevent it
- 6. *Enhanced Quality of Life:*** Improving life with exercise, meditation, social activity, and more

While these topics certainly provide life-enhancing tools for residents to leverage, Steven says the power of the WISE program is much simpler than that; It's an opportunity to learn.



Steven Gregory,
Program Administrator

"Usually seniors learn about Medicare and Medicaid. They learn about facts, figures, and forms. But we often miss that they're still thirsty for education. They still want to learn things. You can never underestimate how important it is to give people opportunities to educate themselves on more than insurance and planning," said Steven.

That was the case with Arnesta Russell, a St. Mary resident who said the WISE program was like being back in college. She loved the opportunity to learn new information, discuss it, socialize, ask questions, and contribute.

"WISE empowers residents to share information with their neighbors and siblings, enhancing not just their lives but the lives of those around them," said Steven. "Sometimes we miss that positive social interactions and education can really have an impact."

Honoring the Life and Legacy of St. Mary's Founder Sister Rose

Continued from Page 1

Dick and Sr. Rose shared their affordable housing vision with the Franciscans, and through a miracle and God's will, they purchased the entire campus for \$1.



Dick and Sr. Rose with a rendering of a St. Mary Development community. Together the two supported the creation of housing for nearly 9,000 people. Hear Dick and Sr. Rose share more about their work in St. Mary's "Our History. Our Future." video at www.stmarydevelopment.org/our-history.

"I often say God just pushed us. He dropped stuff in our lap. We wouldn't have something, and by golly if somebody didn't come knocking at the door and say 'I think I'd like to work for a nonprofit.' How did that happen except that God brought that to us?"

—Sr. Rose Wildenhaus

That single dollar set the course for decades of meaningful, life-changing work the two would do together through St. Mary Development. Up to 2000, Dick and Sr. Rose created 1,480 affordable housing units. Between 2000 and 2013, they created an additional 1,574 affordable housing units. If you total all the people living in St. Mary homes, it adds up to homes for almost 9,000 people. Seniors, families, and children – 9,000 people who have a place to sleep each night. 9,000 people who have a place to call home. That's quite a legacy from two people who followed God's call and trusted in God's help.

"When we sit back now and look at it, it's just an amazing thing that God has worked through us and we were smart enough in most instances to wait until God told us what to do before we jumped in."

—Sr. Rose Wildenhaus

With all she accomplished at St. Mary Development, it's hard to believe Sr. Rose had time or energy for anything else – but her heart was full, her spirit was generous, and her faith was strong. In her lifetime, she followed God's calling and started a preschool, founded a GED program for mothers, opened a daycare center, served as a school principal, and touched the lives of thousands of families that are better because of her work. We are honored to continue her legacy and service with the work we do at St. Mary Development.

"Sr. Rose had a profound impact on my life as well as thousands of others."

—Tim Bete, President of St. Mary Development

Business of Aging Keynote Speaker Announced

Author and housing thought leader Alan Mallach to present and join panel discussion

St. Mary Development is thrilled to announce our keynote speaker for the 2021 Business of Aging: Alan Mallach. Alan is a senior fellow with the Center for Community Progress in Washington, D.C. and is widely known for his work on housing, neighborhoods, and urban revitalization.



Alan Mallach will present on how quality housing impacts quality of life at the Business of Aging on October 7 at 11 a.m. ET. To register for free, visit www.stmarydevelopment.org.

He teaches in the graduate city planning program at Pratt Institute in New York City and has studied urban issues and lectured across the U.S. and in Europe and Japan. Previously he served as director of housing and economic development for the city of Trenton, New Jersey and taught at Rutgers University and Stockton State College.

He is the author of many books, articles, and research studies; his most recent book, *The Divided City: Poverty and Prosperity in Urban America*, explores the uneven effects of urban revival on lower income residents and communities of color. His other prominent works include:

- *A Decent Home: Planning, Building, and Preserving Affordable Housing*
- *Inclusionary Housing Programs: Policies and Practices*
- *Rebuilding America's Legacy Cities: New Directions for the Industrial Heartland*

After his keynote address, Alan will join a panel of experts as we continue exploring how housing impacts quality of life for older adults in a roundtable discussion. To stay informed about the event, our panelists, and other event updates, register for the Business of Aging at www.stmarydevelopment.org.

What's Inside...

- Honoring the Life and Legacy of St. Mary's Founder Sister Rose
- Business of Aging Keynote Speaker Announced
- The WISE program: Helping older adults understand the aging process

NON-PROFIT ORG.
U.S. POSTAGE
PAID
DAYTON OH
PERMIT NO. 1352



2160 E. Fifth Street, Dayton, OH 45403



A B ANYNAME
ABC COMPANY
1234 ANY STREET
ANYTOWN US 67890-1234



A Letter from St. Mary's President Tim Bete

On the wall of my office is a photo of a church pew with the number 67 on it. It was the pew in which Sr. Rose prayed for many hours each day as a Sister of the Precious Blood novice. Sr. Rose always told me it was the grounding of long hours in prayer that sustained her throughout her life and allowed her to remain calm and patient in the midst of turmoil. She was a model of peacefulness in the Lord.

I was blessed to be able to visit Sr. Rose while she was in hospice. Even as she was dying, she had her typical wry smile and twinkle in her eye. She was a remarkable woman and had a tremendous impact on my life, including being the person who brought me to work at St. Mary.

At the core of Sr. Rose's work was her love for seniors and helping meet their needs. Even in retirement, Sr. Rose led resident activities in two of our senior apartment communities. We are honored to continue the work she loved so much.

May God bless you and your family,

A handwritten signature in blue ink that reads "Tim Bete".

Tim Bete
President

