

OUR

HOLY FAMILY  
SENIOR LIVING

# Holy Family

Monthly Newsletter / September 2026

## Welcoming Mary Hahn: A New Chapter for Holy Family Senior Living

Holy Family Senior Living (HFSL) begins an exciting new chapter as we welcome Mary Hahn as our Chief Executive Officer. Mary's arrival marks an important milestone for HFSL as we move from interim to permanent leadership and continue building on the progress of the past year.

For Mary, joining Holy Family is also something of a homecoming. Her connection with HFSL began early in her career when she worked as a Junior Volunteer as well as a Certified Nursing Assistant at Holy Family Manor. She also has had family members as residents of both Holy Family Manor and Grace Mansion. Those experiences give Mary a unique perspective on our ministry, not only as a healthcare leader but also as someone who has experienced Holy Family from both the team members' and family perspectives.

Mary brings extensive healthcare leadership experience to her new role. Over the course of her career, she has served with respected organizations including The Ohio State University Medical Center and Henry Ford Health System/Health Alliance Plan. She spent more than 20 years in executive leadership within Catholic healthcare at Penn State Health St. Joseph and most recently served as Vice



“We are pleased to welcome Mary Hahn as Chief Executive Officer of Holy Family Senior Living. Her extensive experience in Catholic healthcare, proven strategic leadership, and strong ties to the Lehigh Valley will serve the organization well as it continues its mission of compassionate care for those we serve.”

— Pamela Russo, Secretary for Catholic Health, Human Services, and Youth Protection

continued on next page

*Welcoming Mary Hahn* — continued from cover page

President of Health and Wellness at Bell and Evans. Her experience includes operations, strategic planning, healthcare analysis, and business development. She holds a Bachelor of Arts from the University of Rochester and a Master of Health Administration from The Ohio State University.

A Lehigh Valley resident with deep roots in the region, Mary grew up in Bethlehem and has called Allentown home since 2000. She and her husband, Mike, have two college-aged children.

Mary joins HFSL at an important time. Over the past year, our organization has continued to strengthen its leadership, invest in our communities and resident services, and look

strategically toward the future. The transition from interim to permanent leadership is another important step forward, providing continuity and stability as we build upon that momentum.

As Mary begins meeting residents, families, team members, volunteers, and community partners across HFSL, we look forward to introducing her to the many people and communities that make this ministry so special, and to the leadership she will bring as we continue moving forward together.

Please join us in welcoming Mary back to Holy Family Senior Living and to her new role as Chief Executive Officer.

## *With Gratitude: Thank You, Len*

At the end of August, Len Weiser concluded 14 months of service as Interim CEO of Holy Family Senior Living.

We are grateful to Len for the experience, energy, and commitment he brought to Holy Family Senior Living. Throughout his time with us, he made being present a priority, spending time with residents, team members, Board members, and community partners and building relationships across our communities.

Interim leadership is more than providing stability; it is also about helping an organization prepare for what comes next. Over the past 14 months, HFSL continued to grow, evolve, and build momentum while preparing for a successful transition to permanent leadership.

We are grateful to Len for the experience, energy, and commitment he brought to Holy Family Senior Living and wish him much success in his next chapter.





## September is the Symbol of Hope

by Father Paul and Deacon Bob

September is the month dedicated to **Our Lady of Sorrows**, the Memorial that the Church celebrates on September 15. The entire month of September falls during what the Church calls, **Ordinary Time**, represented by the color **green**. The symbol of hope is the color of the sprouting seed and arouses us to the hope of reaping the eternal harvest of heaven, especially the hope of a glorious resurrection.

### SEPTEMBER CELEBRATIONS

**September 8**

*Nativity of  
The Blessed Virgin Mary*

**September 12**

*The Most  
Holy Name of Mary*

**September 14**

*The Exaltation of  
The Holy Cross*

**September 15**

*Our Lady of Sorrows*

**September 21**

*Matthew the Apostle*

**September 29**

*Michael, Gabriel and  
Raphael, Archangels*



## A Stitch of Kindness: Gail Chiles Gives Back

For nearly a year, Gail Chiles has been a familiar and friendly face in the Gift Shop at Holy Family Senior Living, generously giving her time as a volunteer. Her dedication and willingness to help have made her a valued part of the Holy Family community. As we prepare for our upcoming Dog Days of Summer event, Gail found another special way to share her talents. Using her sewing skills, Gail has been busy handcrafting adorable dog bandanas for our furry guests to enjoy during the event. Dog Days of Summer will be held on **Wednesday,**

**September 23, 2026**, during the morning at Holy Family Senior Living in Bethlehem. The event will welcome members of our neighborhood community and their four-legged friends. Gail's handmade bandanas are more than just a fun accessory — they are a wonderful example of the time, creativity, and heart that our volunteers bring to Holy Family. We are so grateful that Gail chose to share her sewing talents to help make this event special.

## Strengthening Our Housing Leadership

### ***Congratulations to Kattie Rhoads, Housing Administrator***

We are pleased to congratulate Kattie Rhoads on her promotion to Housing Administrator, an expanded leadership role supporting all Holy Family Senior Living's affordable housing communities.

Kattie will continue serving as Regional Property Manager for St. Catharine's and Queen of Angels while assuming broader responsibility for the HFSL Housing program. In her new role, she will provide leadership and support to our Regional Property Managers and help strengthen consistency and coordination across our housing communities.

Kattie brings more than two decades of property management experience, with a strong background in multi-site operations, resident relations, team leadership, budgeting, compliance, and property management



systems. Her experience and knowledge of our communities position her well for this expanded role.

This new leadership structure reflects our continued commitment to strengthening our Housing program and ensuring our teams have the support and resources needed to serve residents well.

Please join us in congratulating Kattie on this well-deserved promotion!

## *Employee Spotlight: Welcome to Holy Family Apartments!*



### **Please join us in welcoming Jacqueline Quaresimo, our newest Operations Associate to Holy Family Apartments!**

With more than 40 years of office experience, Jacqueline brings a wealth of knowledge and professionalism to our team.

When asked what attracted her to Holy Family Senior Living, she shared:

"I was delighted to be offered a position with Holy Family Senior Living. I am Catholic and attended Catholic school, so I immediately felt at home here. I believe my background in office work will be beneficial to my role, and I'm excited to be part of an organization dedicated to serving others."

We are grateful to have her experience, dedication, and caring spirit as part of the Holy Family Apartments team. Please join us in giving her a warm welcome to the Holy Family Senior Living family!



## Exploring New Ways to Support Brain Health

The connection between nutrition and healthy aging remains an important area of research, with growing interest in how the foods we eat may support brain health and cognitive well-being.

Recently, members of the HFSL team joined Sodexo for a kickoff planning session to learn more about Vibrant Minds, a program developed specifically for senior living communities that brings research on neuroprotective nutrition into everyday dining and resident life. The program combines nutrition-focused recipes with education, staff training, and other resources designed to support cognitive wellness.

The science behind the approach draws from an extensive review of more than 250 research publications and several major studies examining nutrition, diet, and cognitive function.

What might that look like on the plate? The approach emphasizes foods such as green leafy vegetables, berries, beans and legumes, nuts, whole grains, fish, and healthy unsaturated fats, while limiting highly processed foods, excess sodium, and

saturated fats. Sodexo describes its broader neuroprotective nutrition work as translating research into practical strategies for brain-healthy eating.

The logo for Vibrant Minds is set against a dark blue rectangular background. The word 'vibrant' is in a lowercase, orange, sans-serif font, and 'minds' is in a lowercase, white, sans-serif font. Above the 'i' in 'minds' is a small orange sun-like icon. Below the brand name, the tagline 'Mindful Choices. Meaningful Living.' is written in a smaller, white, sans-serif font.

**vibrant minds**  
Mindful Choices. Meaningful Living.

Our kickoff meeting was just that: a beginning. Over the coming months, the team will continue to study the Vibrant Minds approach and consider how it might complement the services and dining experience we already provide. Grace Mansion has been identified as the first potential community for implementation as we explore how the program could best support our residents.

This work reflects our continued commitment to looking beyond the services we provide today and exploring new, evidence-informed approaches that can enhance the health, well-being, and quality of life of those we serve.

## Walking Together for Alzheimer's Awareness

This September, Holy Family Senior Living is proud to lace up our sneakers and walk together to support the fight against Alzheimer's disease!

On Saturday, September 19 at 9:30 a.m., residents, families, staff, and supporters from Holy Family Senior Living will come together at SteelStacks in Bethlehem for the Lehigh Valley Walk to End Alzheimer's. This special event is an opportunity to remember those whose lives have been affected by Alzheimer's, honor those currently living with the disease, and show our support for the families and caregivers who walk alongside them every day.

Our participation in the Alzheimer's Walk reflects our ongoing commitment to supporting older adults and promoting brain health, meaningful connections, and quality of life. At Holy Family, we know that caring for older adults means caring for the whole person — mind, body, and spirit.



**Join the Holy Family Team!**

# WALK TO END ALZHEIMER'S™

 **SteelStacks**  
101 Founders Way  
Bethlehem, PA 18015

 **Saturday**  
September 19, 2026  
8:30 AM

 **Scan the QR**  
To join the  
Holy Family Team!

*We welcome anyone who would like to join our team!*

Click on "Join the Team" and search for **Holy Family** to sign up!  
Once you register, please email Michael Hertzog at [mhertzog@holyfamilysl.org](mailto:mhertzog@holyfamilysl.org) to receive important event info & updates.

 **HOLY FAMILY**  
SENIOR LIVING  
Catholic at heart...welcoming to all!

**Let's walk together for a cause that matters.**  
*Thank you for helping us make a difference!*

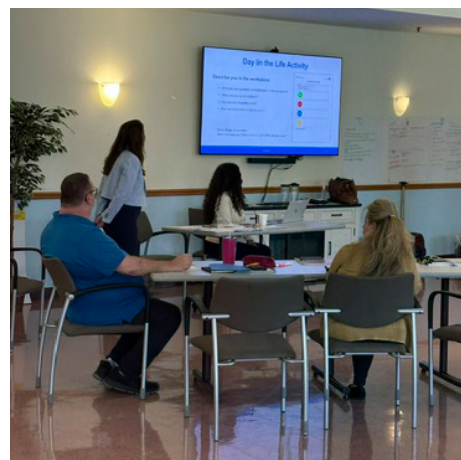


### Helping Raise Funds

We are also raising money to support the Alzheimer's Association through a special bake sale at Holy Family Senior Living. Our staff, residents, families, and friends are invited to help us make this fundraiser a success by stopping by, enjoying some delicious homemade treats, and supporting this important cause.

Every dollar raised helps support Alzheimer's research, education, care, and resources for individuals and families affected by the disease.

Together, we can make a difference. Together, we can raise awareness. And together, we can take steps toward a future without Alzheimer's.



## Leadership Team Attends DISC Retreat

A great day of learning and growing together! Our HFSL leadership team recently completed a leadership retreat focused on DISC, learning more about our own styles, how we relate to others, and how greater self-awareness can strengthen communication and teamwork. Thank you to Kairos Health Systems for investing in our leaders and creating this opportunity for us to grow together!

### Important Numbers for Department Contacts: 610-865-5595

#### Holy Family Senior Living

CEO – Mary Hahn, ext. 436  
 Chief Administrative Officer – Scott Mengle, ext. 414  
 Safety Comments – Tina Pongracz, ext. 576  
 Dir. Dining Services – Dana Dague, ext. 536  
 Dir. Housekeeping – Berris Samuels, ext. 526  
 Dir. Facility Services – Randy Smith, ext. 525  
 Chaplain, Fr. Paul, ext. 509  
 Dir. Life Enrichment/Volunteers – Michael Hertzog, ext. 522

#### Grace Mansion

Personal Care Administrator - Kathy Pinzka, ext. 452

#### Independent Living

##### Affordable Housing

Kattie Rhoads, Housing Administrator – 610-849-6172  
 Diana Hess, Property Manager – 570-628-4504  
 Barbie Hucaluk, Property Manager – 610-984-4295

#### Holy Family Manor

Nursing Home Administrator – Carol Stephens, ext. 585  
 Dir. Social Services – Lauren Favinger, ext. 597  
 Dir. Rehabilitation – Devin McLaughlin, ext. 433  
 Dir. Health Information – Tina Cuth, ext. 503  
 Dir. Nursing – Miriam Arroyo, ext. 408  
 Dir. Admissions – Lynn Murray, ext. 510

# PHOTO GALLERY

*Special events and Holy Family smiles!*



**FOLLOW US FOR MORE FUN PHOTOS & HIGHLIGHTS!**



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*Catholic at heart...welcoming to all*

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