

LITTLE SISTERS OF THE POOR



*Serving the elderly poor
in Chicago since 1876.*



ST. MARY'S HOME

Showering Moms and Babies with Love

"Faith without good works is dead . . ." James 2:26



SAVE THE DATE

Family Picnic

Saturday, Sept. 21, 2013

Feast of St. Francis Pet Blessing

Friday, Oct. 4, 2013

St. Jeanne Jugan's Birthday

Friday, Oct. 25, 2013

A few years ago, the Residents marked the occasion of the marriage of the Duke and Duchess of Cambridge – aka Prince William and Catherine Middleton – so with the announcement of a royal baby, the Residents looked forward to celebrating the new arrival. Prior to the news, benefactors had expressed the desire to do something special for the Residents; they were delighted with the thought of an English tea.

At a meeting of the Resident Council, the idea of combining an authentic English tea and a good old fashioned American baby shower came to mind. The decision was unanimous that it would benefit The Women's Center, a local center whose mission is "saving babies, one woman at a time." Assisting women during their pregnancy and through the entire first year of life spoke to the hearts of the Residents, and they wanted to do all that they could to help.

Immediately, our staff joined the Residents by filling baskets with diapers, clothing and baby care products. Visitors and family members caught on to the idea, as well, providing dozens of baby and toddler

outfits -- each one cuter than the other. One sweet story was the gift from a petite Resident, who asked the receptionist one evening if she could donate to the cause. The Resident carefully placed a box of cotton swabs – Q Tips – in the basket with a handwritten note that said, "From Clarita." Another lady who heard about our shower through a staff member went out and purchased several beautiful outfits because since she could not have children of her own, she wanted to give to children who needed her help. There were so many touching stories like this.

In preparation for the event, the Residents made frilly hats and picked out the "jewels" they would wear. It was clear they were delighted to be served Darjeeling tea in flowered china teapots, cucumber sandwiches and tea cakes, and scones with Devonshire cream and strawberry jam. When Sr. Ann Marguerite presented the gifts to the special guests Emily and Jackie from the Women's Center, their eyes welled up as they explained that they had "just run out of diapers that very morning."

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Resident Clarita Garcellano and Social Services Director Mary Gail Reding.



Baby shower gift display.

LITTLE SISTERS OF THE POOR

Making Home A Reality ... One Resident at a Time

Mary Burns, one of the newest Residents at St. Mary's, is a bright, spirited and independent woman. From the moment that she, her son and daughter-in-law walked in the door for a tour with Social Services Director Mary Gail Reding, the integrated care team was ready to make her feel welcome and comfortable.

Continuing the mission begun by Jeanne Jugan, the Sisters, nursing staff and support staff focus on providing the highest quality care for each of the Residents, tailored to individual needs. When Residents are here, it should feel like they are home.

At the center of the care for our Residents is the Little Sisters medical department, comprised of Sisters, staff nurses, nursing assistants (CNAs); a restorative nurse, an MDS coordinator, medical records secretary and in-service instructor. Working closely together, around the clock, to provide the support each Resident needs.

When Mary became a Resident, Rosa Romero, assistant director of nursing (ADON), met with

the nursing staff to discuss and develop an ideal care plan. That plan is revised and modified on an ongoing basis as Rosa, the nurses and CNAs observe and work with the new Resident. In her ADON role, Rosa also works closely with our Director of Nursing Sr. Anne Joseph to maintain a high quality of care throughout the Home, and to provide support and guidance to the nursing staff.

Restorative nurse Becky Gallivan works closely with Residents like Mary to help them increase and retain strength and mobility through physical therapy and the right devices. She is most excited to see the progress each Resident makes.

Though she may not interact directly with our Residents, Vanessa Luna, in-service director, plays a key role in their ongoing care. As our lead educator, she provides instruction and information designed to enhance the nursing staff's knowledge and expertise.

St. Mary's is licensed and regulated by the State of Illinois and receives 50% of our funding through Medicaid. This requires us to provide extensive information to the State about our Residents, which we do through a system called Minimal Data Set (MDS). Hong Tao is our MDS coordinator, meticulously documenting each Resident's health status, and communicating that information with the Sisters, staff and State. This accountability allows us to tailor our care approach on an individual basis and stay current with a Resident's changing requirements.

Every week medical professionals come into the Home to take care of our Residents. Mary Burns was happy to hear that in addition to seeing her primary care physician, she can get



Mary with Sr. Mary Anne.

an eye exam, an ear cleaning, nail and foot care, and even dental services without leaving her Home.

It is gratifying to see how beautifully Mary is adjusting to living here and flourishing in a supportive environment focused on meeting her needs. Our goal for Mary and all our Residents is to enable them to be comfortable and free from stress and worry. We want each Resident of St. Mary's Home to feel that they truly are at home.



Rosa, our ADON, at her desk.



Becky, our restorative nurse, and Resident George Jean-Baptiste.

Showering Moms

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"Life is so beautiful, but we live in a culture that does not always seem to honor it as a gift from God," said Emily Brunner, project manager of the Center. "Respect for life means valuing life from conception until natural death. As I look around this room... I see ladies who have lived many years on this earth and raised their own babies, and here they are celebrating and supporting new young moms getting ready to raise the new babies God is blessing the world with. I also see the Little Sisters, the staff and volunteers who value the lives of the Residents they serve. How beautiful the circle of love and life is," Emily noted.

A Little Sister remarked that the continuum of life was represented by the event, providing a snapshot of what "Respect Life" truly looks like. The group discussed starting a "visit grandma" program that would bring the young women and their babies to the Home to visit the Residents. This would expose the young people to the wisdom and experience of the elderly, and in turn bring our Residents the joy of holding a baby and recalling these happy times in their own lives.

To read the whole story and see more photos go to our website at www.littlesistersofthepoorchicago.org and click on our blog.



Our "Year of Faith" Journeys Father Ernest Lelièvre's Story

Written by, Jugan Terrace Resident, Joan Thiry

During this "Year of Faith" the Little Sisters have had presentations on many saints, including our own St. Jeanne Jugan, Foundress of the Little Sisters of the Poor.

In July, we were introduced to Fr. Ernest Lelièvre, a very saintly man who helped St. Jeanne Jugan and the Little Sisters at the very beginnings of the community and its works.

Fr. Ernest (1826 – 1889) had everything! He was handsome, rich, had a doctor of law degree and, eventually even became a priest. He could have gone far in the Catholic Church in France. A friend of his named Manning became a cardinal in England. However, Fr. Ernest wrote his parents before his ordination and told them that he was not going to be a parish priest. Instead, he was committing himself to the Little Sisters of the Poor and would work for the elderly poor for the rest of his life!

Fr. Ernest was an enormous blessing to St. Jeanne Jugan. Because he was a lawyer, he could negotiate the buying of houses for their mission. Because he was rich, at first, he could buy these homes. Because he was a priest, he could effectively communicate with the bishops about the Sisters coming to their area. Many times Fr. Ernest travelled by boat across oceans, by trains, by horse and even by mule! He established countless homes for the Little Sisters on several continents and in many countries.

Fr. Ernest had special virtues or qualities that helped him accomplish his mission. His complete trust in the providence of God kept him going when he had no money to pay for a home he was establishing.

His wonderful sense of humor saved him from despair in times of great difficulties. Above all, he had a deep respect for the elderly poor and for the Little Sisters, who served them.

We need Fr. Ernest's help today in our Little Sisters' homes. We need wonderful volunteers who will cheerfully serve the elderly. We thank and pray for those who are already volunteering. Please join us in praying for more volunteers to follow in the footsteps of Fr. Ernest, our July "Year of Faith" saintly person!

All about the Residents Why Living at St. Mary's Home is Way Cool!

Thanks be to God for blessing us with generous benefactors who have allowed completion of an important upgrade to our facility that will enhance the comfort of each Resident and the overall quality of life at St. Mary's Home.

The main section of our Home was built in 1955. We moved from our previous building on Sheffield Avenue in 1980, and for the past 33 years this facility has served us well. Thankfully our maintenance department led by Steve Bushor, an employee of 25+ years, has done a magnificent job in extending the life of the building and the systems within it. We have been very fortunate that everything has outlasted its original expected lifetime, and because of Steve's attention, we've been able to save hundreds of thousands of dollars.

However, sometimes a major overhaul is needed to get us ahead of the curve. We have wanted for a long time to upgrade our HVAC system, allowing better temperature control in each of our Residents' rooms. This project has been delayed for a long time because of the prohibitive cost. After working closely with Honeywell, a cost-effective solution was agreed upon. We will now be able to provide individual room temperature control for each Resident, more efficient heating and cooling, and a reduction in the run-time of our boiler, which increases its useful life. The cost savings will be realized over time with a reduction of 55% of our current energy cost.



Mike Gaggy from Honeywell installing Resident Council V.P. Bob Riley's new unit.



Sr. Michael and Sr. Caroline with Residents Joe and Rene at White Sox game.

Resident Profile – Joseph Spreitzer

As told to Brendan Dempsey, development assistant

Meet Joe, a new Resident of St. Mary's Home who moved here in April. "I was born and raised in Chicago and attended grade school at St. Michael's in Old Town," said Joe as he took a puff on his pipe soon after we had settled into our conversation. He worked for many years in Chicago, retiring from Pinkerton Security where he was the night sergeant at Mt. Sinai Hospital.

"My family brought me to visit St. Mary's a year ago. At that time I filled out the application to transfer from St. Agnes Health Care and Rehabilitation Center when there would be an opening here," Joe

explained. Since I have been here, I have been able to ride the stationary bicycle every morning and that activity is helping the circulation in my legs. I want to get back to walking again," he explained.

"My condition has improved," Joe noted, adding that "the nurses are very encouraging and tell me how happy they are with my progress."

Joe is a gregarious Resident who enjoys talking with everyone. He is also a HUGE Cubs fan, but says he likes the Sox, too! He tells me that he is glad to be here as he breaks into a big smile. And, we are glad about that, too.

Mother's Message

By Mother Patricia Mary



Farewell dear friends and benefactors,

As I sit down to compose my last "Mother's Message" to all of you good people, my heart is full of sincere gratitude to God for your loving support of our beautiful Residents. Recently I received my "obedience" which means that I will be leaving St. Mary's Home to assume the role of Mother in our Home in Denver next month. While this move came sooner than expected, we know that we can and will always be called to another Home. Soon a new Mother will be announced to take care of our special family at St. Mary's and make our Residents happy.

In what seems like a very short time, the past five years have been very enriching as I see the concern that you have for our mission to help the elderly poor. Your thoughtfulness in responding to their needs is inspiring. You have made me feel very welcome during my tenure.

It truly feels like a family because each one of you cares for our Residents in such a profound and personal way.

Our Foundress St. Jeanne Jugan left us her daughters with spiritual advice that we reflect on in times of transition. She said, "Refuse God nothing. We must do everything through love it is good to have nothing and to depend on God for everything." This advice is good for everyone not just Little Sisters. It is in serving our brothers and our sisters that we show our love for God whose love and care for us is incomprehensible.

As summer continues, we are blessed to start some much needed improvements to our Home. Through the generous gift of a benefactor we are able to begin the upgrade of our air-conditioning system throughout the Home ensuring that each Resident will be able to control the temperature in his or her own room. Our Habits on the Green golf fundraiser was a great success. The raffle proceeds from it are helping us to purchase brand new mattresses for each one of one of our Residents. We met many new friends and neighbors at the 45th Annual Sheffield Neighborhood Walk and Music Festival. Everyone enjoyed the music and the beautiful setting of our very own Enabling Garden.

The Sisters and I hope you have all had a relaxing summer!

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Visit us at www.littlesistersofthepoorchicago.org

News in Jugan Terrace ...

By Angie Salinas, Jugan Terrace manager

This has been a busy, busy summer for the Terrace. We have had many projects this past year, but it's the highly anticipated opening/unveiling of the DePaul Theatre building that is the buzz. In the past few months, contractors had been working diligently to finish the building next door. With all of the new construction going on, a generous benefactor decided to do a project for our Terrace Apartments in anticipation of this exciting event. Because our parking lot was in much need of repaving and filling in pot holes, they decided to put in a smooth new parking lot for us!!! We are truly grateful for this much-needed addition.

They also wanted to revamp our entire front entrance with new landscaping for the Terrace. Due to their donation of greenery, our Residents are enjoying a lovely new view. Long-time resident, Jim Pertle says, "It enhances the beauty of the Lincoln Park area." Resident Carmen Hopkins says it's "absolutely superb. It's a change that's been long overdue. Thank you. Thank you."

Virginia Carter, resident and long-time gardener, loves the greenery that is just outside our door. Driving into the Terrace you see a beautiful arrangement of dark and light pink roses that surround an evergreen tree, in the circle of our lot. This splendid display of



Jim Pertle, Sr. Mary, Carmen Hopkins and Angie admiring our rose bed.



Our new entrance.

flora replaces what used to be one lonely tree. Up the driveway you can't help but notice the colorful red, white and pink begonias. To the side of our benches are lush hydrangea bushes, hostas and some strikingly lovely purple plants. All this beauty is there for our Residents to enjoy.

How can I help?

Please accept my contribution of \$ _____ to help support your mission to provide a loving Home for the Residents of St. Mary's Home.

- Please send me information on remembering the Little Sisters in my will or estate.
- Please send me information on volunteering for the Little Sisters.
- Please send me information on discerning a vocation as a Little Sister.
- Please send me your quarterly Serenity magazine.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

All donations are tax-deductible to the full extent of the law.

Donations can also be made online at www.littlesistersofthepoorchicago.org and click "donate."