



# LITTLE SISTERS OF THE POOR

St. Joseph's Home

*Serving the elderly poor in Virginia since 1874*

## Mission Statement

*As Little Sisters of the Poor, our mission is to offer the neediest elderly of every race and religion a home where they will be welcomed as Christ, cared for as family and accompanied with dignity until God calls them to himself.*

## Our Home in Virginia

*Following St. Jeanne Jugan's example throughout our 144 years in Virginia, the Little Sisters of the Poor have relied on God's Providence, manifested through the kindness of benefactors, to continue our work of caring for the elderly poor. A financial statement is available upon request from the Commonwealth of Virginia Office of Consumer Affairs.*

**St. Joseph's Home for the Aged**  
1503 Michaels Road  
Henrico, VA 23229

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Resident Ann Adams challenges her mind with a fun game of hangman through Linked Senior while her occupational therapist, Julie Brogan, looks on.

## Tech Therapy: Keeping Residents Engaged and Alert with Linked Senior

Here at our Home, we emphasize and practice a holistic approach to the care of the elderly poor, monitoring physical, spiritual, social, cultural, psychological, and environmental aspects of their health. One of the biggest challenges we face, like most in long-term care, is addressing mental health conditions like dementia, and relieving behavioral and psychological symptoms like loneliness, helplessness, and boredom. Linked Senior, purchased by the Home through a grant from a private foundation and individual donors, is a valuable tool in this pursuit, as it aims to improve brain health and non-pharmacological wellness for Residents in long-term care. The program runs on a computer, and allows Residents to access cognitive, occupational, physical, and speech therapy options with content tailored specifically to them.

Recently we sat in with Resident Ann Adams as she worked with the program, and had such fun watching as she enjoyed a matching card game, hang man, trivia,

and funny videos. It was amazing to see her engage with each new activity, utilizing different skills, memories, and information to solve puzzles and play games. Ann shared laughs with occupational therapist Julie Brogan as she worked, but Linked Senior allows for any staff member, volunteer, or family member to engage Residents. Through the visual and mental experiences in the program, Residents can exercise memory and brain fitness, positively impacting the social, spiritual, intellectual, and physical aspects of their lives.

Benefits of these types of enrichment activities include reducing anxiety, falls, and the use of anti-psychotic drugs, improving cognitive abilities, and increasing the levels of Residents' social engagement. Linked Senior has been a great addition to our Home, as another tool we can use to ensure our Residents are getting the best care possible, with access to leading technology. We are grateful for the special funding we received for this valuable program.

# Little Sisters of the Poor



Jerry and Veronica Wauford have been the lead event sponsors of the Annual Dinner for more than 20 years. Here they pose for a picture with their granddaughter, Emily, and her husband Dave Erwin.

## Good Times and Generous Hearts at the 44<sup>th</sup> Annual Benefit Dinner

What a tremendous success! We are so grateful and excited to announce that this year's Annual Benefit Dinner raised over \$160,000 for our Home! Thank you to all who attended, donated, and sponsored the event, with special thanks to the Wauford family and PreCon Inc., who have been lead sponsors since the 90's. We are so grateful for your constant support.

If you've never been to the Annual Dinner, and don't know what the evening is about, you could arrive at the Commonwealth Club on a chilly February evening and see just another formal affair. You may admire the tuxedos and sleek dresses, or notice the

beautiful flower arrangements in the center of each table, and may even think, "What a lovely evening." You'd be right, of course, but what you would not have seen is the most beautiful thing of all.

When we look out across the ballroom, we see so much more than dinnerware and guests in beautiful clothing. We see hands darting up during the auction, eager to snag a stay at the Hilton Head house or a Chef Paul dinner. We see people spending money they could have spent doing a great number of things, but instead spent for the sake of the elderly. We see pens scribbling away as the auctioneer asks for bids to Mother's Challenge, giving for the sake of giving.

As the evening comes to an end we begin to imagine our attendees' love and generosity becoming tangible gifts: a warm meal to fill the belly of a Resident or access to physical therapy to help them stay strong and mobile. Mother's Challenge dollars become a new nurse call system to keep Residents better connected to the nurses providing compassionate, around the clock care.

While some people might not notice these things, to us they are what define the dinner and have kept it going these 44 years, just as it is often the unseen things that sustain our Home. You, the donor who sends in a couple dollars when you can or who drops by to lend an hour or two to make beds or share stories with our Residents, are an integral part of our story. Even if we have never seen your face, we have seen and felt your love. We see it in the way a Resident relaxes into life at the Home, content in the knowledge that they are loved and cared for by so many people they have never even met. We see it in the laughs and smiles they share as they make friends in the dining room over a good meal, or share quiet moments of prayer in the chapel. Whether you are right down the road or hours away, your generosity and compassion are ever present, and we could not be more grateful.

### Volunteers Needed!

#### 10<sup>th</sup> Annual RVA French Food Festival

Calling all helping hands! Do you like to volunteer and have fun at the same time? Then we need you! The 10th Annual RVA French Food Festival is shaping up to be better than ever, with a line-up of fantastic Richmond chefs, delicious desserts, great bands, and family friendly entertainment. We have volunteer

opportunities spanning a variety of positions, so don't miss your chance to get a little behind-the-scenes look at one of Richmond's best festivals.

This year's festival is on April 27th and 28th, check it out on our website at [www.rvafrenchfoodfestival.com/volunteer](http://www.rvafrenchfoodfestival.com/volunteer) to see open positions and find out more!



We'd like to give a big "Thank you!" to Tommy's Garden, who provides gorgeous flower arrangements like this one each year at no cost for our Annual Dinner. Donations like this keep our dinner expenses low, so more proceeds can go straight to the Home!

# Around Our Home



Resident Marlies Childs was so excited to meet the new Bishop and shake his hand when he visited the Home shortly after his appointment.

## Welcome, Bishop Barry!

As the Diocese of Richmond welcomed newly appointed Bishop Barry C. Knestout, questions began circulating as Residents, Sisters, and volunteers alike wondered what he would be like. Amazingly, we weren't left to wonder for long—just hours after news of his appointment we received word that he would be visiting our Home!

Naturally, preparations began in a hurry as the Home anxiously awaited a chance to meet the new Bishop. The Sisters greeted His Excellency as he arrived, accompanied by Msgr. Mark Lane, who served as Diocesan Administrator since the passing of Bishop DiLorenzo, as well as his brother, Fr. Mark Knestout, pastor of St. Bartholomew's in Bethesda, MD.

His first stop on his mini-tour of our Home was a visit to the chapel, where he knelt for a quick prayer as the Sisters sang Hail Mary. Next, Bishop Barry headed downstairs to the auditorium, where Residents, volunteers, and staff members anxiously awaited the chance to greet him. Jeanne Jugan Pavilion Resident Ross Girardi greeted the bishop with a bouquet of yellow roses, and his kind and humble spirit of service shone as he met each and every Resident with a smile, a handshake, and a kind word. The Sisters joined in song once again as Sr. Jeanne Emmanuel strummed a tune on her guitar, and Resident and baker extraordinaire Rosemary Miserendino presented the bishop with a plate of homemade cookies and a small statue of our foundress, St. Jeanne Jugan. Bishop Barry rounded out the evening by offering a few words and a special blessing to the assembly. What a blessing it was to receive the Bishop so soon after his appointment, and to witness the love and care with which he greeted each of our dear Residents.



Resident Irene Ramsey shakes hands with Bishop Barry Knestout on his first visit to our Home.



Thrifty Sisters' President Shannon Garbett, Director Beverly Binns, and board member Leslie Strickler pose with their award at a reception given for award recipients.

## Thrifty Sisters Named First Runner Up in RTD's 'The Best' Awards

If you ask us, we've always known that Thrifty Sisters is the BEST—best merchandise, best store, best volunteers, and certainly supporting the best cause! So, when the *Richmond Times Dispatch* announced Thrifty as the first runner up for their 'Best Thrift Shop' category, we weren't surprised in the least.

From a little dream or a wisp of an idea more than six years ago to a well established and beloved part of the Richmond market, Thrifty Sisters has its sights set on success. We are so proud of the team of volunteers who work tirelessly to ensure the spirit of the Little Sisters shines throughout the store and that guests walk away from the experience not only with a couple new, unique treasures, but with the Sisters and their Residents at the front of their minds.

Congratulations to Thrifty Sisters and all of the hardworking, dedicated volunteers who have helped the store thrive and grow! We can't wait to see what you have up your sleeves for the store in the years to come!

### Did you know....?



Thrifty Sisters is now on Instagram! Just search for 'thrifysistersrva' to check out all the unique finds they've got in store! Who knows, maybe you'll catch a glimpse of that jean jacket you've been searching for, or a beautiful rug you just have to get your hands on!

# A Simple Note



Soon, we will be saying, “Farewell” to winter and “Welcome” to spring. When we think of springtime, we think of new life, and isn’t that the reason Christ came to earth; to die, to rise?

Here at St. Joseph’s, our dear Residents have come to find new life as well—first at home here in our loving care, then once more as they rise to be with God for all eternity! Please know you are the reason the “Light” shines so brightly and the Residents find the needed light as their journey toward their heavenly reward.

Through your prayerful support and financial assistance, you make it possible for us to feed the hungry, clothe the naked and give shelter to the homeless. You help us to give the forgotten a reason to live, you help us to prepare our beloved Residents for their next journey—Eternity!

You will be pleased to know our new fire alarm system has been installed giving us ample fire protection and safety for the Home well into our future. Additionally, with your help we are looking forward to our new wireless nurse call system, affording an improved environment for our Resident care.

You see, together we make a difference. We make life worth living for God’s precious elderly poor, often the forgotten of society.

We prayerfully thank you as you contemplate God’s gift of life anew in this glorious spring season! You and your loved ones are in our daily prayers.

Gratefully in Christ Jesus,  
Mother Marie

## UPCOMING EVENTS

- **10<sup>th</sup> Annual RVA French Food Festival**  
**Friday, April 27, 4pm-8pm**  
**Saturday, April 28, 11am-8pm**

\*\* Sponsorships still available!  
Contact Corinne Waldrop today at [ecrichmond@littlesistersofthepoor.org](mailto:ecrichmond@littlesistersofthepoor.org) to find out how we can customize a sponsorship packet to fit your needs!

\*\*Visit our event website [www.rvafrenchfoodfestival.com/volunteer](http://www.rvafrenchfoodfestival.com/volunteer) to sign up to volunteer at the festival!

We are blessed with the generous support of Allegra Marketing, Print, Mail, who helped us with the printing of this newsletter; Veritiv, who donated the paper; and ColorTree Inc., who donated the printed envelopes. This newsletter would not be possible without them!

**Vist us at [www.littlesistersofthepoorVirginia.org](http://www.littlesistersofthepoorVirginia.org)**

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