



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 137 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.

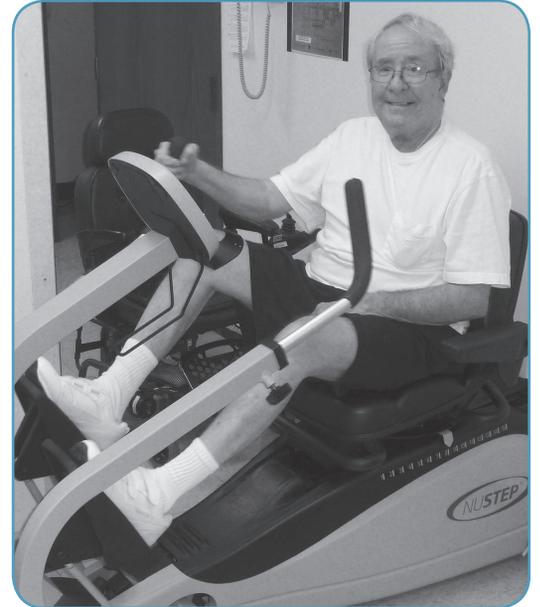
A financial statement is available upon request from the Commonwealth of Virginia Office of Consumer Affairs.

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

Vol. 1 No. 3
Fall 2012



Left: Physical Therapist Mikal Davis helps support Resident Betty Wingo while she completes ten repetitions of a strengthening exercise as Resident Leona Stemmler looks on. Right: Resident Dan Moore enjoys his morning cruise on the stationary bike in the newly remodeled Heritage Healthcare rehabilitative services suite.



Enhancing Resident Care

Through Rehabilitation Services

We have always realized that purposeful activity and the ability to do as much as possible for oneself is critical for the happiness of our Residents. However, until now we have not been able to provide them with the intensive therapy sometimes needed after a major health crisis under our own roof. We are delighted to announce that because of a new rehabilitative services partnership with Heritage Healthcare, we are able to offer on-site physical therapy, occupational therapy, and speech therapy. Our Residents are able to receive their treatment in the comfort of their own Home, given by people they see every day, and on their own time when it best suits their busy schedules.

Each Resident's needs and personal goals are the basis for individualized treatment plans and programs. These programs help our Residents achieve their highest possible levels of independence, safety, quality of life and self-reliance.

The Residents are enjoying their revamped gym with new equipment to aid in their physical therapy sessions, as well as the convenience of not dealing with transportation headaches and waiting rooms. They are thus free to participate in activities that most interest them; be with their friends, be present for meals, chapel, or just sleeping in when they choose to. By treating the sources of bodily pain and dysfunction rather than covering up the symptoms with pain relievers, our Residents are not just maintaining, but instead improving their quality of life.

Now that we are collaborating with additional health care professionals who are genuinely part of the same team, our Residents can be healthier than ever. Healthy Residents make for Happy Residents, and as our foundress Saint Jeanne Jugan has instilled in us, "Making the Elderly happy, that is what counts!"

Little Sisters of the Poor



Sr. Joseph Marie, Volunteer Sandra LaGuerta, Mother Paul Mary, newly professed Sr. Mary of the Passion, and Employee Lindsey Ellen Aaron smile after the profession ceremonies outside the novitiate in Queens Village, NY.

LSP Profession

BY: LINDSEY ELLEN AARON

Last month the Lord blessed me with the opportunity to attend the Mass of temporary Profession for the Little Sisters of the Poor. For young women who enter the Congregation, first Profession is the culmination of two years of formation. During the ceremony, the women make the vows of poverty, chastity, obedience, and hospitality.

The American Novitiate, in Queens Village, New York, was blessed to have four young women make their first profession this year. In another five or six years they will make their final profession, consecrating themselves to God forever.

The Profession Mass was nothing less than beautiful. It brought tears to my eyes and those of many in the audience. The three Scripture readings were selected

specifically for the occasion. The first reading told of the divine relationship between Christ and the women who consecrated themselves to Him alone. The second reading described the supreme place the Lord has above all other things in the life of a religious sister; finally the Gospel reading affirmed Christ's desire that we all remain in his love.

One of the four newly professed Sisters was a former employee of the Little Sisters Home in Mobile, AL. Our very own Mother Paul was the Mother Superior while she was there. Mother first met Mary as a college student who came to the Home as a volunteer. After finishing her degree from Springhill College, Mother used her "powers of persuasion" to hire Mary as the Home's volunteer coordinator. Through her

experience working with the Little Sisters, Mary witnessed in a profound way the spirituality of the Congregation. The desire to become a Little Sister herself was sown. With prayer and spiritual guidance from figures like Mother Paul, the seed of her desire matured into a yearning she could no longer ignore.

Today this young woman's religious name is Sister Mary of the Passion. What a tremendous grace it was that we all could attend her first Profession. I can only imagine Mother's joy during the ceremony — to watch this young woman whose life she so greatly touched take her first vows with the Little Sisters Congregation. Perhaps the only people more excited to see Sister Mary of the Passion's first Profession were her parents and siblings — all nine of them! How beautiful and inspiring it was to see her siblings and their families there! It is evident to me that this family, so rooted in love and prayer for one another, must have been a cornerstone providing Sr. Mary of the Passion with the faith and confidence to answer God's call to the religious life.



Newly professed Sister Mary of the Passion stands with long-time friend and mentor Mother Paul Mary.

Thrifty Sisters Grand Opening!

The Thrifty Sisters Resale Store is coming to fruition after months of hard work on the part of many dedicated volunteers. Please help us celebrate this momentous occasion by coming out for the grand opening Friday, November 2 at 8911 Patterson Avenue. The Thrifty Sisters Resale Store is a supporting 501(c)3 tax-exempt organization and all profits will go towards supporting our dear Residents. The store is accepting donations and is looking for **many volunteers** to help run the store. Please consider getting a team of 4 together and signing up to volunteer once a week, once a month, or as needed. For more information, please email thriftingsistersrichmond@gmail.com.



Around Our Home



A Reel Good Time

The summer provides us with many opportunities for our Residents to get out of the Home to explore new places and enjoy fun adventures. One of the Resident outings recently was a trip to Bass Pro Shop in Ashland for lunch and shopping. The Residents were amazed by the taxidermy of all shapes and sizes mounted on the walls, the multiple fresh and saltwater fish tanks, and all the fun toys, for young and old alike, to enjoy. The restaurant within the store where they ate lunch features a giant saltwater aquarium as the backdrop for a menu predominantly serving seafood. The Residents even made sure to save a little extra room for homemade fudge from the old-fashioned candy shoppe.

Bay Breezes

Chef Alain Vincey led a group of Residents on a one-of-a-kind field trip to the Fishing Bay Yacht Club in Deltaville. The trip included periodic stops at various historic landmarks on the Martha Washington Highway between Bottoms Bridge and Deltaville. After a quick pit stop in West Point, they were on their way for the rest of their adventure.

The Chef prepared a delightful picnic lunch of French sandwiches, fruit salad, and pie for the Residents to enjoy on the screened porch of the marina looking out over the water. Following lunch, the group wandered about the docks looking at all the beautiful sailboats bobbing in the waves. The group was blessed with a perfect

blue sky and a nice breeze with which to enjoy the afternoon. Several of the men came outfitted in their own fishing vests to look the part of a true sailor. After driving around the area a bit, the group headed home with smiles on their faces. Alain said of the experience, "I only wish the bus had been bigger so we could have taken a larger group of Residents - the ones who went loved it! These trips provide them with great socialization time and get them to experience new things."



Jeanne Jugan Pavilion Resident Lucien Dupriez and Volunteer Pat Kladde check out sailboats docked at Fishing Bay Yacht Club.

THE AMAZING RAISE

Left: Residents Jewel Sanford, Christine Sharpe, and Patricia Hemmerich lounge in camoflauge recliners while showing off a giant stuffed bass pillow at Bass Pro Shop.

An Amazing Raise

We are excited to announce this year that we will be participating in the Amazing Raise, Richmond's 36 hour giving event! This annual event will take place from 6:00 AM on Wednesday, September 19 through 6:00 PM on Thursday, September 20. There are mutiple ways the Little Sisters of the Poor can win varying sums of grant money as prizes, all thanks to generous donors such as yourself. For instance, the organization with the most number of unique donors who give a gift of \$50 or more is eligible to win a grant of up to \$20,000. Also, the first 15 organizations to receive donations of \$50 or more from 50 unique donors will win a grant of \$2,500. Your money can help us receive even more money to further our mission in caring for Virginia's Elderly Poor men and women. Please consider making a gift during the Amazing Raise. To find out more, please visit www.GiveRichmond.org. On your mark, get set, give!

Put Your Points to Use

Have you heard about the Giving Express program from American Express? Your American Express Membership Rewards points as a donation method is a great feature and simple to implement. It takes only a few minutes to make the donation on-line through Giving Express and your points are translated into a cash donation and a check is issued at least once a month to the Little Sisters of the Poor. Through the Giving Express program, donors like you can use your American Express card to donate dollars or Membership Rewards points, make recurring donations, and earn Membership Rewards points. Not to mention that you will receive an automatic receipt for tax purposes. How simple is that? You can visit www.americanexpress.com/rewards for more information.

Mother's Musings

BY: MOTHER PAUL MARY



There's a song in the Sound of Music with a favorite phrase of mine: "Nothing comes from nothing, nothing ever will."

In our everyday lives, so occupied in meeting the most basic needs of our elderly brothers and sisters, and solving the glitches of the present moment, it is faith in Jesus Christ that keeps us focused on why our Home exists.

Without that underpinning of belief, we might have merely a great institution or just a top-notch facility. Instead, following in the footsteps of our foundress St. Jeanne Jugan, we draw on our faith to serve Jesus himself in each elderly person every day. Everything comes from faith.

Our faith teaches us that God has a one track mind and that He wants us all to participate in His plan. God desires to draw us all to Himself to share eternal life. He wants us to witness to His love and compassion, and to continue HIS work in the here and now. God does not expect us to care for every elderly person on earth, for He knows we are limited by our humanity, but with His help, and the collaboration of those who share in our mission day by day, we will be His instruments. Think of how much good can come from that!

UPCOMING EVENTS Mark Your Calendars!

- **4th Annual Golf Tournament**
September 17, 2012
Jefferson Lakeside Country Club
- **The Amazing Raise**
6:00 AM September 19 through
6:00 PM September 20
- **Sr. Teresa's Waffle Breakfast**
October 14, 2012
Little Sisters of the Poor
- **Thrifty Sisters Grand Opening**
November 2, 2012
8911 Patterson Avenue
- **Christmas Bazaar**
November 10, 2012
Little Sisters of the Poor

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

Visit us at www.littlesistersofthepoorvirginia.org

*The Little Sisters of the Poor
do not share or sell their donor
information. The mailing
list is strictly confidential.*

Address Service Requested

NON PROFIT ORG.
U.S. POSTAGE
PAID
RICHMOND, VA
PERMIT NO. 25

Little Sisters of the Poor
St. Joseph's Home for the Aged
1503 Michaels Road
Henrico, Virginia 23229-4899