



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, we care for the elderly poor in the spirit of humble service which we have received from Jeanne Jugan.

We welcome the elderly as we would Jesus Christ himself and serve them with love and respect until death.

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**

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Summer 2012



Left: Volunteers Kathy Praught and Pat Rigney serve Sr. Teresa's crème puffs to hungry festival-goers at the dessert tent. Right: Volunteers Lou Hopkins, Taylor Wayne, and Sylvia Wayne help Sr. Angela showcase the Residents' crafts in the new Parisian marketplace.

Be Our Guest, Be Our Guest!

French Food Festival Record Turnout

The 4th Annual French Food Festival was held on Saturday April 21 on the grounds of our Home. Thanks to the efforts of featured chef, Paul Elbling, and event chair, Wanda Vizcaino, along with countless other captains and volunteers, more than 5,000 festival-goers (a record high for this event!) attended. The threat of rain sure didn't slow things down!

Revelers were able to choose from an abundance of French foods and wines, including four of Chef Paul's famous entrées. Also among the favorites were chocolate eclairs, apple tarts, dessert crêpes, and Sr. Teresa's crème puffs.

A new feature this year included the addition of a Parisian marketplace of vendors offering a variety of items for sale, from fresh cut flowers and dried herbs to

handmade jewelry and painted wine glasses.

Chef Sean Murphy of Lady N'awlins added an exciting new element to the festival with his Mardi Gras bead-covered tent and his live-action cooking. Festival-goers raved over his bourbon infused shrimp 'n' grits, beignets, and gumbo ya-ya.

Thank you to all those who came out to the event. With your help we raised over \$70,000. A special thank you to this year's Festival Grand Event sponsor:



Little Sisters of the Poor



Newly retired employee, John Gusich, walks with Resident Patricia Hemmerich around the halls as part of the restorative care and physical therapy program at Little Sisters of the Poor.

Springing Into Retirement with Jeanne Jugan's Spirit

This past Spring marked new beginnings for some of our Employees. Throughout the months of March, April, and May, six of our dedicated Employees retired after a collective 182 years of loving service to our elderly Residents.

The Retirees' lengths of employment ranged from 13 to an amazing 47 years at LSP! Their lengths of service are a testimony to the fact that the Employees really become a part of the family.

Just as each Little Sister strives to embody the spirit of St. Jeanne Jugan, so too our Employees exemplify that same presence. Our Employees are a treasure trove of talent and dedication,

of which these new Retirees so perfectly exemplified. Their smiling faces, helpful attitudes, and devoted hearts have been such a wonderful part of our family for so long that it was hard to say farewell.

Final farewells were bid to: Mary Bryant and John Gusich of Nursing and Physical Therapy; Tong Ngu, Ai Duong, and Nhan Duong of Housekeeping; and Pat Rigney of Activities.

In honor of the Retirees and their families, a special reception in June was planned. Be sure to check our website (www.littlesistersofthepoorvirginia.org) for photos of all the Retirees on their special day.

AJJ Promise Renewals

Our Association Jeanne Jugan (AJJ) members renewed their promises on May 1 during a special Mass in our chapel. We welcomed seven new members who had completed a year of study and made their annual promises for the first time.

The AJJ members assist the Little Sisters in a variety of ways, depending on their interests, talents, and available time. This wonderful organization of 41 Catholic men and women truly serves as an extension of our hands and hearts.

There is always more work to be done to make our Residents happy, and our AJJ members are here to lend a helping hand. Their selflessness is beyond measure, and we are grateful for their true love and devotion to the mission of St. Jeanne Jugan and her beloved elderly.



New AJJ members, Chuck Snow, Kim Rice, and Julia Vizcaino make their first promises in the chapel.

St. Jeanne Jugan, Pray For Us!



St. Jeanne Jugan's Feast Day is August 30. In honor of our mother foundress, we will hold a special Mass at 11 a.m. If you have prayer requests and intentions that you would like for us to place before St. Jeanne Jugan's statue during her Feast Day Mass, you may submit them to us online (www.littlesistersofthepoorvirginia.org) or in the enclosed envelope.

Around Our Home



Joy of Gardening

From roses to tomatoes and everything in between, the Residents sure have been able to enjoy a busy planting season. Alongside our Volunteers, the Residents love to roll up their sleeves and dig into the delights of gardening. In addition to beautiful flowers, a variety of fruit and vegetable plants are abundant in the Residents' personal garden patches. Resident Lucille Kyle (pictured above) takes real pride in her hydrangea bushes and potted herbs and is excited to share her harvest with friends and family.

Residents at Play

There is a lot of movin' and groovin' going on each morning as up to 23 Residents wiggle their fingers, stretch their arms, and tap their feet to the fun music and enthusiastic encouragement of restorative nurses Darlene and Dee Dee. This Range of Motion exercise class in the physical therapy room is very popular amongst the Residents. Many of them attend twice a day and go several times throughout the week.

The class is designed to "promote improvement or maintenance of range

of motion in the joints. It promotes flexibility and ultimately helps the Residents stay as active as possible so that they may enjoy life more fully" according to Dee Dee Ranes, Head Restorative Nurse. The class also includes deep breathing to improve lung volume and function, but it is not all work!

The Residents enjoy the social interaction that the class provides as well. The class helps the Residents feel young and healthy.



Resident Roscoe Bray enjoys 'playing the piano' while practicing his range of motion exercises every morning.



Resident Jewel Sanford can't help but laugh at herself while participating in the Mardi Gras themed parade at the recent French Food Festival.

Celebrating Older Americans Each Day

They have been dubbed the Greatest Generation for their enormous contributions to our society. These men and women experienced the deprivation of the Great Depression, fought in World War II and are the parents of the Baby Boomers. Maybe you, your parents or grandparents are members of this unique generation, as are many of our Residents. As a nation, we recognize the immeasurable contributions the Greatest Generation has made to our country. And so since 1963, the month of May has been designated as "Older Americans Month."

This year the theme for Older Americans Month was *Never too Old to Play*. Although their bodies may be aging, our senior citizens will always be young at heart. That is why every day we try to provide our Residents with a multitude of various activities to accommodate each of their abilities and interests so they may stay active and engaged. From gardening, dancing, singing, acting, or crafting, our Residents do it all! It is through the generosity of our benefactors that we may provide opportunities like these for our Residents to live happy, fulfilled lives.

We don't just wait until once a year to pay homage to the contributions made by older Americans, we do it day in and day out. We are grateful for the opportunity to be with these Residents as they enrich our lives as much as we try to enrich theirs. As Pope Benedict XVI said when speaking of the need for elder care during his 2010 visit to London, "It is important to recognize the presence of growing numbers of older people as a blessing for society. Every generation can learn from the experience and wisdom of the generation that preceded it. Indeed the provision of care for the elderly should be considered not so much an act of generosity as the repayment of a debt of gratitude."

Mother's Musings

BY: MOTHER PAUL MARY



Lots of people who visit our Home compliment us on our landscaping. When we tell them that everything, except the grass, is taken care of by our volunteers, their amazement knows no bounds. That is because they have not met our Volunteer Coordinator. Sr. Colette knows no bounds.

In absolutely no way inhibited by the fact that she has to stay off her feet, Sr. Colette is a whiz at welcoming and

finding a spot for every person who comes to help us. We are blessed with people of every walk of life and every age, eager to share their time and their love with our Residents. Sr. Colette showers them with so many "God bless you's" that they realize how very much we appreciate the collaboration they bring, and their desire to serve.

Whether making beds, entertaining, serving in the dining room, or folding fresh towels, every act is a reminder to the Residents that they are loved, cared for, and respected. Regardless of the efforts made, each "Hi" and each "Good morning" draws a Resident from feeling alone to sharing life with others.

Our Home is ever-changing and ever-growing. We thank God for the gifts of time, treasure, and talent that our friends and benefactors bring us. We hope you can feel our prayerful gratitude.

UPCOMING EVENTS Mark Your Calendars!

■ **St. Jeanne Jugan's Feast Day**
August 30, 2012
Mass: 11 a.m.
1503 Michaels Road Henrico, VA 23229

■ **4th Annual Golf Tournament**
Sponsored by the Page Auto Group
September 17, 2012
Shotgun Start: 1 p.m.
Jefferson Lakeside
Country Club

To learn more
about the event or
to register, visit
our tournament
website at:



www.lspgolftournament.com

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

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