

# Little Sisters of the Poor

Vol. XIV, No. 4

Serving The Elderly Poor In Pittsburgh Since 1872

Winter 2011



*Wearing their Rock A Thon Shirts and saying "Thank you!" are (top row L-R): Resident Mary Accamando, Sister Gemma, Isp, Residents Margie Seto and Virginia Lentini, Sister Dorothy, Isp. (lower row L-R): Residents Mary Brophy, Margaret Scanlon, Margaret Harvey, and Fran Calkins.*

On Saturday November 5, 2011 we hosted our first annual Rock-A-Thon. Residents, staff, volunteers, and friends joined the Sisters for a fun filled afternoon of rocking in a rocking chair. More than 200 people turned out to rock or support the rockers.

Similar to a walk-a-thon when walkers solicit donations for each mile walked, our Rockers solicited sponsors for 15 minute increments of rocking. Rockers ages ranged from 7 to 97! It was a rocking good time!

To top off the day our friends Johnny Angel of Johnny Angel and the Halos and two Elvis impersonators, all made appearances. DJ Rick kept the energy level high as the rocking continued throughout the afternoon.

A cake walk featuring homemade cakes, a gift certificate raffle and a bake sale helped push the total raised to nearly \$40,000! The funds from this

event are being directed toward the purchase of two much needed therapeutic whirlpool bath tubs for our two nursing floors.

"Our Residents are so happy that new therapeutic whirlpool bath tubs will soon be installed. These tubs will provide easy access for all our Residents to a warm and soothing bath. We are so grateful to all who contributed to the success of this event," remarked Sister Judith, administrator.

Many thanks to our participant rockers, volunteers and sponsors! Without you this event would not have been so successful!

You are invited to join us for Thanksgiving and Christmas Day Masses at 11:00am in our Home's Chapel.

A decorative invitation box with a light blue background and a white border. On the left is a cornucopia overflowing with various fruits and vegetables. On the right is a small arrangement of three lit candles in holders, set against a background of holly leaves and berries.

### Residents Learn About the New Missal



*Father John Geinzer speaks to a group of Residents about the changes in the Mass.*

Our Home's chaplain, Father John Geinzer, presented the modified translation of the new missal to our Residents. His goal was to relieve the anxiety some Residents were experiencing concerning the new text. He explained that the changes do not significantly alter mass and will take effect the first Sunday of Advent. To assist our Catholic Residents who attend daily mass in the Home's chapel, large print cards highlighting the changed text are available in the pews.



Following in the footsteps of our foundress, St. Jeanne Jugan who begged on behalf of the poor in her care, the we will once again be collecting at the Pittsburgh International Airport. If you are travelling from November 12-25, please stop by and say hello.

### Volunteer Spotlight



*Mike and Betty Lorinc hard at work cutting vegetables.*

Volunteers lend a hand in many areas of the Home. Each week when Mike and Betty Lorinc come to the Home to volunteer, the kitchen staff gets two extra sets of hands. Betty started coming to the Home ten years ago after she walked by one day and thought she would like to volunteer here. When she called and offered to help, she was given a choice of where in the Home she wanted to work. She asked for a place with movement, noise, and lights, and therefore chose to help in the kitchen.

Six months later, she invited her husband, Mike, to join her. Betty says, "It's nice to do this together as a couple." They sit beside each other in the kitchen and while Betty slices carrots or peels potatoes, Mike chops the onions, zucchini, fresh pineapples, or other fruits and vegetables in preparation for tasty meals for the Residents. Mike, a retired Jewel Tea Company owner "just likes being here." Betty, who worked for US Steel and Travelers Insurance, tells her daughter, grandchildren, and friends "come on down, the Home is a nice, fun place."

## The Beat Goes On....



*Left: Residents Mary Jane Jones and Al Rudolph practice catching the beat on the Home's new drums as part of the "Drum Circle" activity.*

The Music Therapy Program was blessed this past October by a donation of instruments including drums and percussion. With this equipment now available it is not unusual to hear the rhythmic beats of a hand drum echoing from the Activities room. Drum Circles and other Music Therapy groups are now a weekly occurrence at the Home.

"Rhythm is in all of us. We walk, talk and even breathe in rhythm. Playing the drum or other instrument is a non-verbal way of self expression, communication and relieving stress," explained the Home's Music Therapist, Karen Jasko.

Beyond the fun of creating a beat, there are many additional benefits derived from playing the drums or active music making. Improved coordination, participation in sustained physical exercise, and even decreased blood pressure are just some possible outcomes. Drum Circle participants often report decreased stress and improved mood following practice. Making music together can also stimulate the brain. Overall the Drum Circle and Music Therapy groups help to create a feeling of community among participants.

Our Residents are enjoying the new instruments and have shared smiles, laughter, and music. Their latest practice even brought on spontaneous applause from staff.

## Family Fun



*Above: Resident Roberta White with her son, Walt, and daughter in law, Janet. Resident Margaret Harvey with a good friend, Lorraine.*

The forecast was calling for a rainy Saturday, but what the weathermen did not realize was that the Little Sisters were planning their annual Resident Family Picnic. Sure enough, the prayers to St. Joseph for good weather were answered and the Residents of the Home enjoyed a beautiful day with their families. A picnic lunch, children's games, raffles, entertainment, and most importantly, time spent with family made our Residents very happy.



## Collecting Canned Goods

Each November and December, the Little Sisters partner with various Catholic parishes, schools, and groups throughout the diocese to "re-stock" our pantry and supply closets. The non-perishable food, paper products, and personal care items collected during this annual drive will last nearly one year to help us feed and care for our Residents. Thank you to all who contribute and help with this vital collection.

If you would like to assist us with this effort or sort through the donations, please call the Home at (412) 307-1100.

*Students from Central Catholic High School help to sort donated canned goods.*



### End of Year Giving

We need your help this year more than ever before. Please note that only gifts received by December 31, 2011 are tax deductible for tax year 2011.

Gifts of cash, checks, stock, IRA distributions, or matching gifts are greatly appreciated.

### ❖ Wish List ❖

During this season of giving, we invite you to continue helping us to provide a comfortable, happy Home for our Residents. Here are some of the many things we need. For more information please call us at (412) 307-1268.

- Unscented Dove body wash
- Flannel or Regular Twin size Sheets in decorative patterns
- Womens or Mens Nightgowns L or XL
- Paper products (tissues, paper towels & plates, napkins)
- Copy Paper (8.5 by 11 and 11 by 14)
- Masking and Scotch tape
- Stamps
- Batteries
- Coffee, Decaf and Regular
- Giant Eagle Gift Cards
- Notebook computer
- Clear Plastic Storage bins with lids
- Water Color Paper
- Wall mountable, 42" Flat screen television
- Old Fashioned Popcorn cart
- Plastic black tiered utility cart 42" high
- Plastic 8' folding tables (long or round)
- 12 Quart sized trash cans
- Serving trays & bowls
- Cake & Pie Plates
- Blenders

Dear Friends,

*The Christmas Season is upon us. What a beautiful time of year to reflect on all that we have to be thankful for, especially the joy and peace brought to us as we celebrate Christ's birth. May one and all experience the joy and peace of Christmas this year.*



*We, the Little Sisters of the Poor, are grateful for all the good that has come our way during 2011. We are filled with joy knowing that so many help to manifest God's providential care of our elderly. Such a testimonial to the good of our mission is the best kind of Christmas gift. Thank you for supporting our "little family" of elderly Residents.*

*You will be remembered in our prayers during this blessed season of Advent. May you, your family and all those you love have a Merry Christmas and a New Year abundant in our Savior's graces and blessings.*

*Sincerely,*

*Sister Judith, LSP*

## Additional Ways to Help

### Contribute through payroll deduction

**244** United Way of Allegheny County  
**47173** Combined Federal Campaign Code  
**4601-0088** State Employee Combined Appeal  
Contact your employer for more information.

### Donate your Vehicle

Call (412) 307-1268 to see how you can donate your used vehicle to benefit our Home.



**Keep Us Going  
Remember Us in Your Will**