



# LITTLE SISTERS OF THE POOR

*Serving the elderly poor in Pittsburgh since 1872*

## 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.*

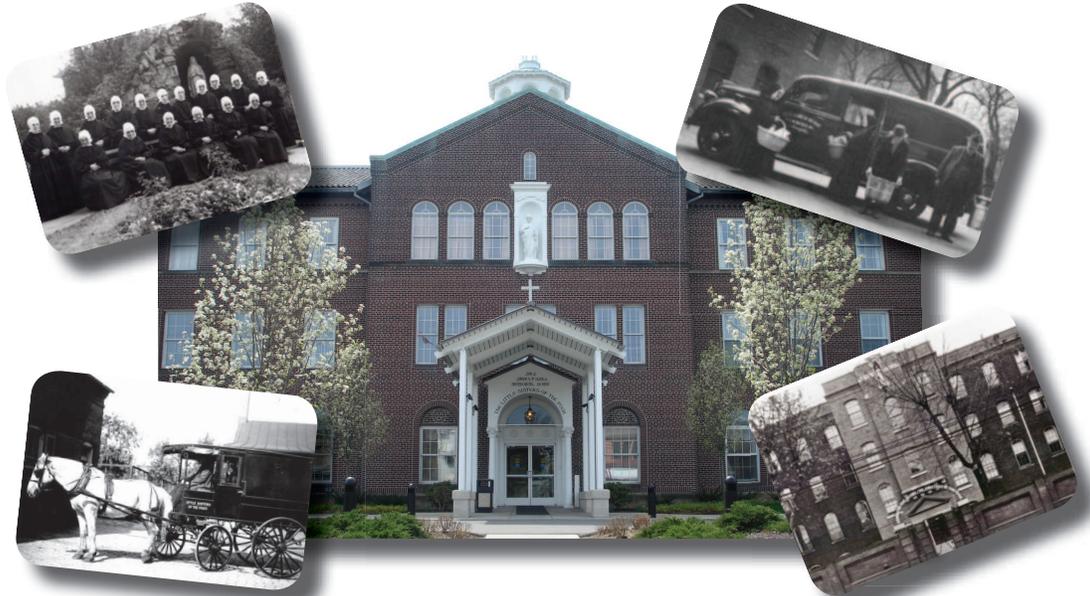
*We welcome the elderly as we would Jesus Christ himself and serve them with love and respect until death.*

## Save the Dates:

- April 26-28th  
**Rummage Sale**  
**10:00am-5:00pm**
- April 29th  
**Mass of Thanksgiving & Open House**  
**11:00am**
- May 12-25th  
**Airport Collecting**

**Little Sisters of the Poor**  
1028 Benton Avenue  
Pittsburgh, PA 15212

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Center: The Benton Avenue front entrance after an extensive renovation in 2009, Upper left: Little Sisters gathered in front of the home's Grotto circa 1935, Lower left: Original Collecting Horse & Buggy, Upper right: Collecting van with Sisters and Residents unloading food, Lower right: Penn Avenue front entrance.

## Celebrating 140 Years

### Serving The Elderly of Pittsburgh

Thirty three years after the founding of the Congregation, seven Little Sisters arrived in Pittsburgh at the request of then Bishop Michael Domenec. On April 25, 1872 the Sisters established a temporary home on Pittsburgh's Eighth Street. Soon six elderly men and women were welcomed into their care. Word spread quickly about the Little Sisters' arrival resulting in more elderly poor wanting to move in and, thankfully, more benefactors stepping forward to help the Sisters in their mission. Shortly thereafter, a larger home in the City of Allegheny was purchased.

Eventually the Sisters returned to the Pittsburgh side of the river, settling on Penn Avenue in the Garfield neighborhood. In July 1931 this home would experience a devastating fire that claimed the lives of 48 Residents. Trusting in Providence, the Sisters persisted. The people of Pittsburgh, of all faiths and nationalities, rallied behind

the Little Sisters' good work by raising over \$300,000 to rebuild the Penn Avenue home amidst the Great Depression.

The current property on Benton Avenue was generously donated in 1923 by Patrick & Catherine Wall in memory of their only son James P. Wall. After years of operating two homes in the Pittsburgh area, in 1972 the decision was made to consolidate the homes as federal regulations made it more difficult to upgrade both properties. Today we carry on the legacy of our foundress St. Jeanne Jugan as we continue to care for the elderly poor with love and compassion. We are able to do so through the generosity of many friends and benefactors.

To thank all who have helped the Little Sisters in the last 140 years, you are invited to a Mass of Thanksgiving and Open House at our home on Sunday, April 29, 2012, 11:00am. Please *RSVP* to 412.307.1100.

# Little Sisters of the Poor



Residents Margaret Carr and Nena Kochmar stand at the end zones of the “Football Field” that tracks Resident progress in the new walking program.

Seto and Nena Kochmar have a unique approach for passing the time while walking—they both say the rosary as they walk the halls of the home on a daily basis.

“When you say the rosary you are with God, by saying it while you walk the hallways the time really passes quickly. By the end of the rosary I’ve already walked for more than 15 minutes straight!” commented 90 year old Resident Nena Kochmar. “If you don’t use it, you lose it! I want to keep up with walking and exercise as it makes me feel better.”

Whichever way they approached it, our Residents’ new walking program is off to a great start. As the weather starts to slowly warm up and the evenings remain lighter longer, the hope is to continue the fun by walking outdoors. After eight weeks the Resident with the most minutes logged will win a prize, but in the end everyone who participates and takes the extra step to become more active and healthy is a winner.

## Little Sneakers Program

The acronym LSP is usually found after a Little Sister’s name. In late January over 25 Residents gathered in the home’s Auditorium to hear about a new use for the letters—the **L**ittle **S**neakers Walking **P**rogram. The eight week program is designed to promote healthy activity and exercise among the Residents. Kicking off the week before the Super Bowl, the program’s “football” theme helped to track progress as miniature footballs, representing Residents’ exercise, raced across a “field” toward the goal of the “end zone.”

Both apartment and nursing home Residents were excited about this new

program. They agree that walking and exercise have many benefits including: improving mood, relieving stress, and maintaining energy levels. To add some motivation and encouragement, staff shared tips for keeping your head in the game and staying on pace. These suggestions included participating in weekly group exercise sessions offered in the physical therapy room and helpful indoor mileage markers, for example nine hall lengths in our apartment building equates to one quarter mile.

Residents charged ahead by finding walking partners and motivational music to stay upbeat. Residents Margie



Residents Ruth Rudolph, Al Rudolph, and Ross Madia walk down the hall as part of the newly implemented Little Sneakers Walking Program.

### BEST NURSING HOME HONOR ROLL 2012

Our home recently received another accolade. We were named to the 2012 Honor Roll for Best Nursing Homes by U.S. News & World Report. This distinction was given to only 39 homes in the nation out of more than 15,500 that U.S. News reviewed. Achieving this honor was a result of our home receiving four straight quarters of perfect five-star ratings from the federal Centers for Medicare & Medicaid Services in

all three areas including health inspections, nurse staffing, and quality of care.

“I am so proud that our home has received this achievement. Everyone involved in the care of our Residents—from the staff and volunteers, to the benefactors who help us carry out our ministry—should be thanked for helping our home attain this special recognition,” commented Sister Judith, Lsp, Administrator.

# Around Our Home



L-R: Residents Nick Cuniak, Patricia Hartung, and Bobbie Moriarity enjoy the special dinner.

## Dining by Candlelight

Dressed in their Sunday best, Residents from the Jeanne Jugan Pavilion apartments entered the auditorium—a space that was transformed into an elegant dining room with candles and beautiful floral centerpieces. After the hectic holiday season, the Residents looked forward to a night of camaraderie. The menu for this dinner included a choice of stuffed chicken breast or herb crusted salmon, generously donated and prepared by Common Plea Catering. Assorted desserts, compliments of Oakmont Bakery, completed what Resident, Dean Moriarity, called “some of the best food he ever tasted.” His wife, Bobbie, commented “this was one of the best *evenings out* she has had in a long time.” Apartment Manager, Veronica Bryan, added “We had an amazing night. This was truly an evening of love and friendship.”

## Novice Brings Joy to Home

One day Catholic University of America graduate, Elise, received an email from the local Diocese announcing a volunteer weekend at the Little Sisters in Washington, DC. Elise enjoyed her trip to the home so much she became a regular volunteer and later the Volunteer Coordinator. During this time, friends began to notice a change in Elise and commented on how happy she seemed. Soon Elise recognized that God had something more for her in serving the elderly and entered the Congregation as a Postulant in October 2010.

She entered the Noviate with the religious name of Sister Elise Marie Madeleine, which in French means “consecrated to God.” As a novice her days are filled with prayer, study of the Congregation’s history, and ministry through two six-week sessions serving at one of our homes.

In January 2012, Sister Elise Marie arrived at our home. She assisted Residents in two households, helped with activities, and served in the

dining room. Often, she “stayed an extra minute” to listen to the Residents because she believes “they all have something to share and teach us.”

Her spirit resonates with that of our Foundress, St. Jeanne Jugan, as she “sees Christ manifest in the elderly.” Sister Elise Marie said, “I can do anything well only by the grace of God, relying on one another in community, and remaining faithful to prayer as my source of strength.” Our prayers are with Sister Elise Marie for a life filled with blessings as a Little Sister of the Poor.



Sister Elise with Resident Flo Glongoff.



Volunteers Kathy Senay and Mary Ann Tarquinio hard at work setting up the “Wheel of Fortune” Game for Residents.

## Spotlight on Volunteers

When Kathy Senay’s younger sister, Mary Ann Tarquinio, joined her in retirement last year, the two knew exactly what their next steps would be—volunteering at the Little Sisters Home. Their mother, Bernadette Gillen, had been a Resident at the Home about five years prior. Kathy and Mary Ann were so impressed by the care and concern shown toward their mother that they made a promise to someday give back.

With a combined 45 years of teaching, Mary Ann with kindergarteners and Kathy with pre-kindergarteners, the sisters had plenty of experience. Activities Director & Volunteer Coordinator, Cathy Jo McConnell, knew the pairs’ collective patience and planning skills were top notch. Cathy Jo found the perfect volunteer job for the pair—weekly games of “Wheel of Fortune” with the Residents.

So each Wednesday Kathy and Mary Ann carry the big board and the infamous wheel up to St. Anne’s household, where a group of devoted “Wheel of Fortune” fans await their turn to spin the wheel. Kathy will move the wheel in front of each Resident to spin while Mary Ann turns over correctly identified letters and keeps score. It is obvious from the Residents’ smiles that this is one of their favorite new activities.

“This is the kindest place on earth,” Mary Ann stated when asked why she likes volunteering here. Kathy added, “The people treat you so nice here. It’s a good place to volunteer.”

In April the home will recognize Kathy and Mary Ann’s hard work and devotion along with that of our 200 plus weekly volunteers at our annual appreciation Mass and luncheon. We have many opportunities available at the home for volunteering. If you are interested in hearing how you can help, please call our Volunteer Coordinator, Cathy Jo McConnell, at 412.307.1140 or email her at [actpittsburgh@littlesistersofthepoor.org](mailto:actpittsburgh@littlesistersofthepoor.org).

# A Note From Mother



Sister Judith Meredith, Isp,  
Administrator and Mother  
Superior of our Home.

Dear Friends,

A very special day is approaching for the Little Sisters of the Poor. Some of you may be surprised to learn that I'm not talking about Easter, but rather St. Joseph's Day, March 19th. For the Little Sisters of the Poor, coming to appreciate St. Joseph is easy. He has been our special protector and provider since the very beginning. Saint Jeanne Jugan counted on him to provide for her ever increasing family of elderly poor. He never failed her or our intentions.

Early on in the formation of the Congregation, Jeanne was living at a home in Northern France. She was surprised to see the elderly Residents eating their bread without butter. "This is the land of butter!" she exclaimed. "How is it that you are not asking Saint Joseph for it?" Jeanne, in turn, lit a vigil candle before the statue of the foster father of Jesus, placed the empty butter pots before it, and asked St. Joseph to send butter for the elderly. A few days later an anonymous donor sent a sizeable batch of butter and all the pots were once again filled. This simplicity of heart set the example for the Sisters to ask St. Joseph to intercede on our behalf.

Today, the Little Sisters continue to turn to St. Joseph for our needs. Nothing is too large or small to ask of him. It may be that food is needed; or houses built; or the grace of a peaceful death for one of our Residents—no matter what the need, St. Joseph has always been ready to intercede. May he become for you, as he has for the Little Sisters, a great friend, loving provider and powerful intercessor before God.

On March 19th a Mass will be said in our home's chapel for the intentions of our friends and benefactors. You are invited to join us that day as we celebrate the Feast of St. Joseph.

Sincerely,

*Sister Judith, Isp*

## WAYS YOU CAN HELP

When St. Jeanne Jugan began her work, over a century and a half ago, she knew she must rely on the generosity of people in the local community to make it work financially. She herself took up the task of begging. Her pleas for the needs of the elderly poor were made to anyone in a position to help. Today, Little Sisters carry on this tradition in the Pittsburgh area by asking for support from others to help our home operate.

There are many ways you can assist in our ministry to care for the elderly poor. Please consider donating a financial contribution today. Remember our United Way code is **244**, our Combined

Federal Campaign is **47173**, and our State Employee Combined Appeal is **4601-0088**. To stretch your gift even further, we encourage you to seek matching gifts from your employer, when eligible.

You can donate your used vehicle to us through the "Vehicles for Charity" program. Memorial or in honor of gifts, gifts of stock, life insurance, or other liquid assets are all appreciated. Please consider leaving the Little Sisters in your estate plans. Call us at 412.307.1268 for more information on how you can help us continue our mission of caring for the elderly poor of Pittsburgh.



Collecting Sister, Sister Margaret Mary, Isp unloads the begging van with driver Tom Hamilton.

**Help keep us going.  
Remember us in your will.**

Vist us at [www.littlesistersofthepoor-pittsburgh.org](http://www.littlesistersofthepoor-pittsburgh.org)