

# A Note From Mother



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

*“Like good wine that improves with age, let us give the youth the wisdom of our lives.”  
–Pope Francis, on old age, speaking to the assembled cardinals of the Church on March  
15, 2013, two days after his election to the throne of Peter.*

Dear Friends,

What exciting times we live in. The March 13th announcement of the election of Pope Francis was a joyous day for us Little Sisters and for Catholics around the world. Beyond the excitement of hearing the new Pope's name, we were eager to learn about his views on the elderly. The quote above was said just days after the white smoke appeared. Pope Francis, who included himself in the aged category, has relayed a clear message--the elderly are sources of wisdom that we must treasure.

Our mission and home have been operating on that premise for over 140 years here in Pittsburgh. Each Resident is recognized as a cherished member of our family. We give them love and respect and they, in their simple and humble ways, share their wisdom with the Sisters, our staff and volunteers. How blessed are we to have the opportunity to care for these people who have experienced so much in life and now turn to us in their time of need.

During his inauguration homily Pope Francis went on to explain the Church's mission, “It means protecting people, showing loving concern for each and every person, especially children, the elderly, those in need, who are often the last we think about.” Thank you for helping us make the elderly poor Residents in our care the first people we think about. It is only with your support that we are able to give them the quality care they truly deserve.

Gratefully in Prayer,

*Sister Judith, Isp*

## NEW WAY TO GIVE

Anthony L. has always had a fondness for the Little Sisters as they cared for his grandfather many years ago at our previous home on Penn Avenue in Pittsburgh. After retiring from his successful career as a stock broker, Anthony felt financially blessed and knew he needed to share the gifts God had given him. Never forgetting the love shown to his grandfather so long ago, he decided to take advantage of the IRA Rollover opportunity first introduced in 2006 and sent a portion of his annual required withdrawal to the Little Sisters. In early 2013 Anthony was happy to learn that this giving opportunity was back. The American Taxpayer Relief Act of 2012 has authorized IRA owners aged 70 ½ or older to make non-taxable qualified charitable distributions directly to an eligible charity such as the Little Sisters of the Poor with no adverse

tax consequences. Up to \$100,000 can be gifted in 2013, which would count toward the IRA owner's required minimum distribution for this year.

If you are in the position in which your 2013 required IRA withdrawal is beyond your current income needs, please consider directing a portion or all of your distribution to the Little Sisters of the Poor. You would benefit from this unique tax incentive while our elderly Residents, those less fortunate from your generation, would be the beneficiaries of your generosity. As you know, we as Little Sisters rely on support from friends like you to continue our mission. Thank you so very much!

For more information on how you can help please contact Kathleen Bowser at (412) 307-1268 or [adevpittsburgh@littlesistersofthepoor.org](mailto:adevpittsburgh@littlesistersofthepoor.org).



Sister Marcella, Isp accepts a donation from a traveler while collecting at the Pittsburgh Airport this May.

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

Visit us at [www.littlesistersofthepoorpittsburgh.org](http://www.littlesistersofthepoorpittsburgh.org)



# LITTLE SISTERS OF THE POOR

*Serving the elderly poor in Pittsburgh since 1872*

## Mission Statement

*Continuing the work of Saint Jeanne Jugan, 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.*

## Save the Dates:

- July 13th  
**Motorcycle Ride**
- July 18-20th  
**Rummage Sale**  
**10:00am-5:00pm**
- August 24th  
**Spaghetti Dinner**  
**4:00-7:00pm**

## Little Sisters of the Poor

1028 Benton Avenue  
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(412) 307-1100

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Left: Resident Anna Maria Roman shaking maracas. Right: Residents Mary Lindsey and Esther King enjoying the fiesta party.

## Residents Have a Fiesta Appreciate Cultural Diversity

While the month of May is not officially Latin American Heritage month, it became just that this year at the Little Sisters home. The idea to celebrate the culture of Hispanic Americans came about after the Sisters welcomed a Spanish speaking Resident last year, Anna Maria Roman. Anna was born in Puerto Rico and moved to the United States some years ago. She primarily speaks Spanish and understands some English. Wanting to celebrate the diversity of those living at the home, a Fiesta was planned using Cinco de Mayo as inspiration.

In preparation for the festivities the Ukulele Club started learning new songs that worked well accompanied by maracas. These included well known Mexican folk song favorites like “La Cucaracha” the *cockroach* and “Jarabe Tapatio” popularly known as the *Mexican Hat Dance*. The activities department hosted several craft sessions to create pinatas, floral centerpieces and hats for the big celebration. To infuse the Latin theme into the day the

home’s kitchen offered a sampling of Hispanic inspired dishes to Residents, volunteers and staff wearing sombreros. To complete the fun Residents had the chance to participate in the tradition of swinging at homemade pinatas in hopes of breaking them open.

The following day Residents were invited to a presentation called “Armchair Travels to Puerto Rico”. Although the language barrier for Resident Anna can be challenging, she was grateful to have the opportunity to share more of her Puerto Rican culture with her fellow Residents. Learning about different Latin American traditions was a special treat for all.

“Having a Fiesta with the Residents is more than just throwing another party at our home. It is a way to celebrate the diversity among our Residents, staff and Sisters. Being that we are an international order we recognize the importance of embracing different cultures regardless of what language you speak or where you were born,” remarked Sister Judith, Lsp Administrator of the home.

# Little Sisters of the Poor



Resident Anna DeNardis center with daughters Sister Sandra, CDP and Sister Roseann, CDP.

## 104 Years and Counting

Imagine making an average wage of \$0.22 per hour, or facing a life expectancy of 47 years, or being one of only 8% of homes with a telephone. Believe it or not these were realities of life in 1909, the year Resident Anna Rose DeNardis was born in Brownsville, Pennsylvania. This May 17th Anna celebrated her 104th birthday! So much has changed in her lifetime including two world wars, eighteen United States Presidents, and the building of the Little Sisters of the Poor current home, which opened in 1923.

Anna was one of eight children born to

Italian immigrant parents. Her mother was widowed when Anna was just a child. At a time when barely one third of school aged students graduated from high school, Anna not only graduated in 1927, but was also the valedictorian of her senior class in Tyrone, Pennsylvania. Five years later she met and married her husband and settled in Pittsburgh. Together they raised two daughters and shared a marriage that lasted nearly 50 years.

Anna was a housewife, while her husband operated a shoe shop on Penn Avenue for many years. After her children

were grown Anna began volunteering with a tutoring program in Pittsburgh's East End neighborhood. For nine years she enjoyed teaching school children both reading and math. One proud moment occurred years later when a young man approached her at a city bus stop and asked her if she was Mrs. DeNardis. After confirming her name, he affectionately told her that she was the one who taught him to read during the tutoring program and he informed her that he was now attending law school.

Beyond volunteering Anna's interests over the years have included cooking, in particular Italian meals, and baking cookies. At the Little Sisters she enjoys attending activities and looks forward to visits with her daughters, both of whom are Sisters of Divine Providence. On her big day Anna enjoyed a special birthday celebration with her fellow Residents of Mother of Perpetual Help household, family and friends. Happy 104th birthday Anna!



Resident Anna DeNardis at her 1927 high school graduation.

### CALLING ALL DRIVERS OR APPOINTMENT ESCORTS

Our Residents occasionally have a need to be transported to medical appointments outside of the home. The Social Services Department arranges all outings for such trips by using either Access transportation or enlisting a volunteer driver to transport a Resident in the home's wheelchair accessible van. Currently, we are in need of volunteer drivers and/or escorts. Drivers should be willing to use the home's van or car to take Residents to and from local appointments.

If you are uncomfortable driving we need escorts to accompany a Resident while using Access to a medical appointment. No driving experience is necessary. All that is needed is your time, patience, and willingness to "ride along" and ensure that a Resident is safely transported to and from the destination. If either of these jobs are of interest to you, please contact our Volunteer Coordinator Valerie Beam at (412) 307-1100 or email [volpittsburgh@littlesistersofthepoor.org](mailto:volpittsburgh@littlesistersofthepoor.org) to begin the application process..

# Around Our Home



Members of the Central Catholic High School Football team spreading mulch around the Home's front entrance.

## Spring Planting

The grounds of our home during the warm weather months are a true delight. Thanks, in part, to our many friends and volunteers who make the landscaping come alive. The flowers are donated by local nurseries and then planted by volunteers and employees. This year we were especially fortunate to have fifteen players and a coach from the Central Catholic High School Football team along with their Director of Campus Ministry volunteer to do the "heavy lifting." The students shoveled, hauled and spread mulch all around the grounds, making it easier to plant hundreds of flowers in the various gardens and flower beds surrounding the home.

"We are so grateful to volunteer groups like the students from Central Catholic and the Alumni of the University of Notre Dame for their assistance in planting, weeding, and mulching our gardens. The Residents certainly appreciate the colorful results of their efforts!" stated Sister Judith, lsp.

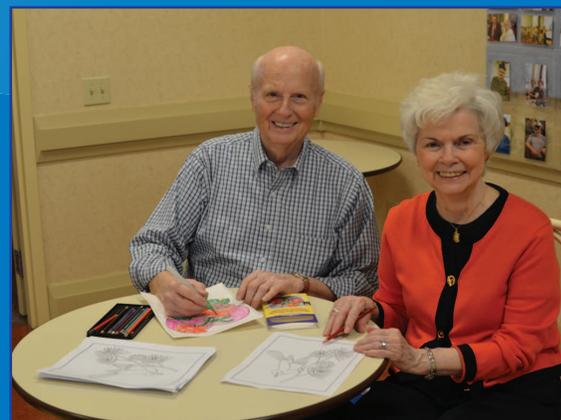
## Tunes With Tots

For several months now a group of local Pittsburgh moms with children ranging in age from a few months to 5 years old have been visiting the home for a new program called "Tunes with Tots." As Activities Director and Music Therapist, Karen Jasko, explains, "The program is intergenerational in every sense of the word. The Residents participate as the tots sing and play instruments while I lead everyone in song with my guitar."

The group of Residents, tots, and moms sing-a-long to classic tunes. The songs are probably ones that many Residents sang to their own children or remember from their childhood many years ago. Everyone looks forward to this monthly activity!



Music Therapist Karen Jasko leads the group of tots, moms, and Residents at the monthly "Tunes with Tots" sing-a-long.



Volunteers Andy and Ann Zahren.

## Spotlight on Volunteers

Ann Zahren and her husband Andy are one of thirteen married couples who volunteer at the Little Sisters on a regular basis. They were both born and raised on the North Side of Pittsburgh near the home and although they knew of the Little Sisters neither one had ever visited. That was until five years ago when Ann's sister Mary moved into the Jeanne Jugan Pavilion, the independent living apartments. After visiting the home to see Mary quite often the couple decided it was time to do more than just visit. Soon they became weekly volunteers in the Activities Department.

Each Friday afternoon Andy and Ann can be found completing a variety of tasks, from making crafts with the Residents to decorating the auditorium for an upcoming function. They have enjoyed sorting canned goods and baking dog biscuits with the Residents to donate to a local animal shelter. Both agree that the best part about volunteering at the Little Sisters is working directly with the Residents. Anything that brings a smile to the face of a Resident makes the Zahren's happy about their volunteer time.

Andy, a retired computer manager, always had an interest in art. On a recent Friday afternoon he and Ann worked with Residents to transform color pencil drawings into water colors. Initially Residents were hesitant that they themselves could create a water color, but once Andy demonstrated that all they needed was a special pencil and he'd add the water, the paintings became mini masterpieces. Andy has also shared his artistic abilities by making numerous set designs for in-house Resident plays and performances. Ann, a housewife and mother of two sons, is always at her husband's side, helping the Residents accomplish that afternoon's activity. When you see one you see the other and we are so glad to have both as volunteers!