



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.



Residents and married couple George and Evelyn Flamos enjoying the Valentine's Day Tea.

Jeanne Jugan's Legacy of Love

"We must do everything through love... Be kind, especially with the infirm love them well oh yes be kind....Look upon the poor with compassion and Jesus will look kindly upon you," sayings of Saint Jeanne Jugan.

Our Mother Foundress Saint Jeanne Jugan did not leave much for the Little Sisters of the Poor to build upon her charism. Only a few portraits survived, even fewer writings or quotes, but what she did leave behind for her fellow Sisters of the congregation was a legacy of creating a loving family spirit in all of the Little Sisters homes. Her selfless act of love—bringing an elderly poor blind woman into her home, was the beginning of our worldwide mission to welcome the elderly poor, to make them happy, to honor their dignity and care for them until death.

Today over 175 years after Jeanne Jugan's initial act of love and compassion her legacy of love is lived each and every day at our Pittsburgh home. Whether it is the love between husband and wife, mother and

child, caregiver and care receiver, or the love we show to one another as a reflection of Jesus's own love for us, love emanates through our home.

The simple, hidden acts of love performed in our home sometime seem to go unnoticed, but they are no doubt seen by Our Lord and felt by the elderly Residents who live here. We strive to create a place where we are all family, treating each other with love, respect and kindness.

Valentine's Day—a day devoted to expressions of love was celebrated with a special tea in our auditorium. Love was felt all around that day as Residents, volunteers, and family members were invited to spend quality time together enjoying tea sandwiches, sweets and beautiful love songs sung by Activities Director, Karen Jasko. The entire afternoon embodied the spirit of Jeanne Jugan's love of the elderly whom she cared for and believed were Christ Himself appearing as her elderly brothers and sisters.

Save the Dates:

- April 16
Easter Sunday
- April 27-29
Rummage Sale
- May 6-19
Airport Collecting

Little Sisters of the Poor

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Sister Jeanne with her niece Kathleen Heeks and younger sister Patsy Murphy.

The Mystery of the Call

Sister Jeanne recently celebrated her 70th jubilee as a Little Sister of the Poor at the end of 2016. Sister Jeanne still has her charming Irish Brogue and warmly engages with anyone who visits the home. Originally from the midlands of Ireland, Sister was the 2nd oldest in a family with eight children. Coming of age during *World War II* impacted the opportunities she had available as a teenager. Irish women were encouraged to either head off to England to study nursing, which a few of her biological sisters did, find a husband, or explore religious life. Sister chose the latter after reading a magazine article about the Little Sisters.

The nearest home was in Dublin and at 17 years of age she set off to see what the congregation was all about. Sister always felt an affinity toward the elderly and was very close with her grandparents and elderly neighbors. She found the Dublin home quite impressive. At the time all Little Sisters homes around the world were completely operated by just the Sisters and lay staff were a rarity beyond a horse & buggy driver. Everything from the cleaning to the daily cooking to the everyday care of Residents was accomplished by the Sisters and sometimes aided by the Residents themselves, thus creating a large family atmosphere for all.

After a few years in the Novitiate, which at the time was located on the grounds of an old castle that also served as a home, Sister made her first vows in 1946 and was asked to make the sacrifice of leaving her country as she received her first assignment to the Province of Brooklyn in the United States. Over the years she was moved to homes throughout the US, living in Cleveland, Ohio for the longest stretch of time—a period of nearly 30 years. Each assignment brought new responsibilities and experiences but she always had daily interaction with the dear Residents and enjoyed caring for them in the spirit of her namesake, Mother Foundress Saint Jeanne Jugan. Another constant during her 70 years of religious life was the strong sense of community found living amongst other Little Sisters.

“None of this would be possible without support from one another. I have a deep faith in the mystery of the call to serve God. When I started visiting the home in Dublin so many years ago, I never thought I’d be here in Pittsburgh 70 years later still serving the face of Jesus in the elderly Residents,” reflected Sister Jeanne.

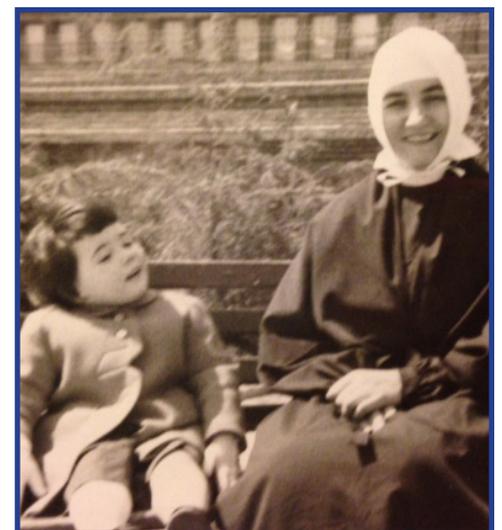
Her 70th Jubilee was celebrated at a special Mass with renewal of her vows followed by a luncheon for invited guests including Sister Jeanne’s younger sister and niece. Later in the day an authentic Irish Step dancing group as well as an Irish fiddler performed for the gathered crowd of friends and Residents.

Rummage, Gift Baskets, Airport Collecting!

Our first Rummage Sale of the year will be Thursday- Saturday April 27-29th from 10:00am to 4:00pm daily. There will be clothing, furniture, household items, jewelry, books and assorted items available. You never know what treasures will be found. Saturday the 29th is the bag sale where anything you can fit in a bag is yours for \$5.00. All proceeds from this volunteer run sale help the Residents of our home. If you would like to contribute items for the

sale, they can be dropped off Monday-Friday daylight hours at the home. When you are here check out our *Gift Basket Auction* that features 13 various themed baskets from Steelers gear to a wagon of kids’ toys to *Vera Bradley* bags. There is a basket for everyone.

Once again the Little Sisters will be collecting at the Pittsburgh Airport from May 6th-19th. If you are travelling at the time be sure to look for the Little Sisters from 7:00am to 7:00pm daily.



Sister Jeanne with her niece Kathleen many years ago in the “bonnet” style habit.

Around Our Home



Resident Kay Canyock concentrates on dipping her crackers into melted chocolate.

Chocolate Dipped Treats

Our Residents have been quite busy indoors during the winter months. They made homemade chicken soup one morning for a soup social in the afternoon, they played indoor “t-ball” with some youthful volunteers, celebrated Chinese New Year with an authentic meal, and most recently made chocolates for a Valentine’s Day Tea. A large group of Residents gathered on St. Anne’s household under the instruction of in-house chocolatier and part time volunteer coordinator Valerie Beam. An assembly line of Residents spread peanut butter between two buttery crackers and passed them along to Residents ready to dip them into bowls of melted chocolate. The end result was delicious chocolate treats that were enjoyed by all who attended the Valentine’s Day Tea.

Uncovering Hidden Talent

Maria Prascak comes from a very creative family. Her mother, Resident Anna DeSimone, raised five uniquely artistic children and always had a creative side herself. Maria, along with her artist husband John, has been creating art in Pittsburgh for over 30 years. The activities department asked Maria to come and teach a painting class, similar to those that are so popular these days. This winter a class of six Residents painted tulip masterpieces with bright spring colors. The class coaxed many Residents, who do not normally participate in weekly activities out of their rooms to dust off their artistic talents. The turnout was so encouraging that Maria & Activities plan to repeat the class later this year with new scenes to paint.



Maria Prascak poses with her mother, Resident Anna DeSimone and her finished floral masterpiece.



Steve Barker poses with Sister Monique preparing to drive to a church collection.

Volunteer Spotlight

Steve Barker, a drafter by trade at an engineering firm, first applied to be a volunteer at the Little Sisters early in 2016. He had visited his grandmother while she lived in a nursing home in northern Pennsylvania and noticed many Residents there without family or visitors. Steve then looked for a nursing home in Pittsburgh to volunteer his time. Steve’s wife is often busy working weekend shifts and he had the time and energy to spend helping others. After his volunteer application to the Little Sisters was approved Steve quickly became integrated into the happenings of the home, especially on weekends.

Now most weekends Steve can be found helping Sister Margaret, our collecting Sister, in the garage sorting & organizing incoming donations or helping out with special events. On Saturday evenings and Sunday mornings he drives Sisters Gemma and Monique to local churches in the Diocese for a second collection. While his collecting basket is never as full as the Sisters’ baskets, he enjoys interacting with parishioners and watching them socialize with the Sisters.

“When I first applied to volunteer I was searching for a deeper faith of my own. I wanted to serve Christ by sacrificing my time as a gift to the poor. I quickly realized that the Little Sisters home is a peaceful place where everyone becomes part of your extended family. The Residents, the Sisters, the other volunteers and employees became fast friends. All of my frustrations built up throughout the week leave as soon as I enter the home. I can honestly admit that I get more out of volunteering than I give.” commented Steve.

“Steve’s presence at our home brings a youthful energy and enthusiasm that everyone appreciates. We are grateful for the many weekend hours he contributes to our mission!” remarked Sister Judith. As always, if you are interested in volunteering please contact Valerie Beam at 412.307.1139 or volpittsburgh@littlesistersofthepoor.org.

A Note From Mother



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

Dear Friends,

The Lenten season is upon us and with it comes a multitude of traditions and practices. Some are personal like spending more time in prayer, self-denial, and almsgiving and others are church traditions such as removing all flowers from the altar during the Lenten season. All of these customs work together to help us reflect on the life of Jesus and His teachings, His suffering, His death and ultimate Resurrection.

Here at our Pittsburgh home our hearts are full of joy as we await the celebration of our risen Lord and accept again His invitation to live in Him, to pray in Him, and to rise again in Him. Our community of Little Sisters will journey through Lent and Holy Week hand in hand with our extended family, our dear Residents, their families and friends, our dedicated lay staff, our volunteers, and our many benefactors and supporters. We ask God that your Easter be filled with joys and blessings in an abundance of love and graces bestowed by our risen Jesus.

We welcome you to join us for our Lenten services and celebrate this Easter season in our home's chapel. Our schedule for Holy Week is as follows:

- Holy Thursday Liturgy begins at 4:30pm, Eucharistic Adoration will begin after Mass until midnight.
- Good Friday Service is at 3:00pm
- Saturday Easter Vigil Mass is at 8:00pm
- Easter Sunday Mass is at 11:00am

Thank you for remembering our dear Residents through your continued kindness to our mission. May Easter be a time of increased hope, peace and joy for you and your loved ones!

Gratefully in prayer,

Sister Judith, Isp



The inside of our home's chapel

How You Can Help!

When St. Jeanne Jugan began her work, over 175 years ago, she knew she had to 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.

"Sister, I wish my gift could be larger." Many benefactors include this message with the gifts they send to us. Please know that we have never considered any gift, however small, to be insignificant. There are a variety of ways you can support us. Consider sending a gift of cash, check, stock, or matching gift. Did you know many employers will match 1 for 1 gifts given to qualified charities like the Little Sisters of the Poor from their employees and sometimes even

retirees? Check out our "Double the Donation" feature on our website at www.littlesistersofthepoorpittsburgh.org/double-the-donation/ by typing in your employer's name in the search box or inquire with your Human Resources department for more information. This small extra step makes a big difference at our home.

If you are able to, one of the simplest ways to give is in the form of an estate gift naming the Little Sisters of the Poor, Pittsburgh in your Will or estate plans. Other options include creating a Charitable Remainder Trust, Annuity or Trust beneficiary, Life Insurance beneficiary or a Retirement Plan beneficiary. These gifts have a significant impact on the care we can offer to our Residents. Please contact Kathleen Bowser in the Development Office at (412) 307-1268 or adevpittsburgh@littlesistersofthepoor.org to find out how you can help.



Sister Margaret Mary, our collecting sister, with her companion Sister Monquie unload a car full of donated produce.

You can help keep us going by remembering our home in your will.