



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:

- March 27
Easter Sunday
- April 21-23
Rummage Sale
- May 7-20
Airport Collecting
- June 4
Rock-A-Thon

Little Sisters of the Poor

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Residents Helen Brady and Pat Heckel sit with Sister Margaret Mary during the Chinese New Year meal.

Chinese New Year Celebration

On a recent February afternoon Residents, Sisters, volunteers and employees filed into the auditorium for the sixth annual Chinese New Year celebration. The highlight was an authentic home cooked Chinese meal. This tradition began when Sister Margaret Mary, our collecting sister, first arrived in 2010.

You may be wondering what the connection is between Sister and this annual Chinese feast for over 100 people. It is because Sister Margaret Mary spent many years serving the elderly poor in Little Sisters homes throughout Asia. Shortly after her first vows she was assigned to a home in Malaysia. Over the next twelve years she was transferred to various homes in the *Far East* including Hong Kong working either in the kitchen or as a nurse.

While the language difference was initially quite challenging, Sister quickly learned how to communicate with the elderly Residents she was helping to care for. In fact, it was the Residents who actually taught Sister how to cook authentic Chinese food through

cooking lessons that involved a lot of pointing and gesturing to various ingredients and equipment needed.

The days of prep work by Sister and the kitchen staff leading up to our celebration were well worth the final result. On display around the auditorium were souvenirs that Sister's family had collected during their visits overseas. During the meal Sister Margaret Mary spoke fondly of her time spent in Asia and even taught the audience some simple words and phrases in Mandarin. Sister Grace, a Hong Kong native, was also on hand to share more about her Chinese traditions.

"Similar to our homes in the United States, each home I was stationed at was like family. Everyone worked together and was there for one another making sure the Residents were well taken care of, and most importantly, loved. Even though I was far away from my native land of America, I felt completely at home in Malaysia and Hong Kong being there with our elderly Residents," shared Sister Margaret Mary.

Little Sisters of the Poor



2015 Queen Resident Maddie Pinkerton crowns 2016 Queen Resident Raffaella Salvagna.

“Laissez le bon temps rouler”

“Let the Good times Roll!” is the translation of the French phrase above. It is used throughout Mardi Gras in New Orleans and was used all night during the Little Sisters recent Mardi Gras ball.

“With our congregation’s roots being in France, Mardi Gras is typically one of the biggest parties of the year here in our home,” shared Sister Judith, Administrator. “It is a real joy to see how dressed up and excited the Residents are to celebrate this special occasion.”

Every year a court of *ladies in waiting* and *knights* are selected from among the

Residents. Each one was introduced to the audience at the ball and escorted on stage. The final introductions for the evening were reserved for the King and Queen.

This year’s King was Resident Donald Mulvanity. He was born and raised in Cleveland, Ohio and worked as a teacher for St. Paul’s Catholic school for 30 years until his retirement. Donald is proud of his Irish heritage and is a fan of the Notre Dame Fighting Irish. He moved to Pittsburgh in October 2014 and enjoys the home’s shopping and dining out trips. Despite his affection for the Cleveland Browns, he has quickly become a fan of the

Pittsburgh Steelers. Miracles do happen! Congrats King Donald!

The evening’s Queen was 98 years young Resident Raffaella Salvagna. Raffaella was born in the town of Monteleone di Puglia, Italy where she met her husband Joseph (a naturalized US citizen) who was visiting his Italian family abroad. They soon fell in love and wed. In 1938, the couple moved to Brooklyn, NY along with her sister, Josephine. The Salvagna’s went on to raise two children. In 1991, Raffaella moved to Pittsburgh to be near her children who were both living here. For many years, Raffaella knitted baby blankets, hats, scarves and crocheted doilies and tablecloths for family and friends. She is enjoying her first year of living at Little Sisters and even has a new roommate, a cute, feisty little blue parakeet that loves to sing with her. Congrats Queen Raffaella!

After handing over the rule of the home for the night to the new King and Queen, Sister Judith started the party declaring “Let the good times Roll” and the dance floor was officially opened. A real *ball* was had by all!



Resident King Donald Mulvanity waves to his court.

Rock-A-Thon Returns

It’s back and is better than ever! Often imitated, but never duplicated the 5th annual Rock-A-Thon has returned from a one year hiatus and will be held at the Little Sisters of the Poor on Saturday June 4th. If you haven’t heard of our Rock-A-Thon here is a quick explanation. Residents, Sisters, volunteers, employees and friends of our home will gather from **1:00pm-4:00pm on June 4th** to rock in rocking chairs in the auditorium.

Similar to a walk a thon, participants are

encouraged to solicit friends and family to sponsor their time rocking. There will be food, prizes, baskets, a 9 piece band that rocks and a whole lot of fun! Consider joining us with your family, friends or co-workers and spend the afternoon rocking away to support our home. All proceeds raised will help the Sisters to replace one of their boilers for their water system that is in desperate need of an upgrade. Please see the enclosed flyer for more details about the event.

Around Our Home



Mike Clark and Kent Tekulve pose with Sister Judith and Sister Margaret Mary.

Meat Drive Success

Mike Clark, local news anchor from WTAE, and Pirates great Kent “Teke” Tekulve were on hand to be celebrity *Turkey Takers* at our December 12th Turkey, Ham or Roast Drop. Friends were encouraged to bring meat donations to our home to fill our freezer for 2016. Nearly 100 turkeys, 75 hams and 30 roasts were donated that day to help us provide nutritious meals to our elderly Residents. The day was made even more enjoyable with hot chocolate, cookies and even Santa, himself, presenting gift bags to the children! On behalf of all of the Little Sisters and their Residents, many thanks to everyone who participated in making this event such a success. Mark your calendars for 2016 as the Turkey, Ham or Roast Drop will be held Saturday December 3rd.

Wellness Race

This winter the Activities Department launched an eight week program to promote healthy activity and exercise called “Race to Wellness.” Apartment and nursing home Residents were encouraged to walk throughout the three buildings of the home to keep active and fit. To kick off the program Residents formed a mini walking parade and headed down the hallways, some supported by canes or walkers, showing that regardless of age or physical limitations, wellness is a life long journey. Everyone was asked to log their walking minutes over the eight week period and at the end the three Residents who walked the most will receive a prize. All participants are winners for their efforts to keep themselves healthy!



Resident Dorothy Rolek joins Sister Dorothy in the Wellness Race Kick off walk!



Resident Peg Neal sits with volunteer Theresa Murawski.

Volunteer Spotlight

Going to Catholic school from 1st grade on Theresa Murawski remembers helping her teachers by staying after school to see if the Sisters needed any help. Today, years later, she still describes herself as “a helper,” by regularly volunteering at the Little Sisters of the Poor.

Theresa is at the home a minimum of three days a week to volunteer. She does “whatever is needed” which can range from sorting rummage or canned goods, helping in the kitchen during the Rock-A-Thon or Spaghetti Dinner or transporting Residents to the various activities in the home. Even when Theresa isn’t physically at the home, she still volunteers as she loves travelling around to local businesses and restaurants to ask them to provide gift cards or supplies for the Little Sisters Baskets to be auctioned.

Theresa is no stranger to the home. In fact about 40 years ago she spent two years working here as the weekend cook and helped to prepare the Residents’ breakfasts. She then moved on to various cooking jobs in the Diocese. Theresa came back to the Home in the late 90s when her mom Mary became a Resident. After her mom died in 2004 just days after Theresa’s only son had passed away, she wasn’t sure if she could emotionally handle returning to the home and kept her distance for quite some time. It wasn’t until years later, a fellow volunteer saw Theresa and convinced her to become a volunteer. It was a great decision as both the home and Theresa benefit from her volunteer efforts.

“I love doing anything for the Little Sisters, especially for Sister Judith and all the Residents, because all that I do is done from my heart,” shared Theresa. We are grateful to her and all of our volunteers who give their time, talent, and love to make our house a home!

A Note From Mother



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

Dear Friends,

Since our last newsletter the Church has opened the Holy Door of Mercy and we have entered into the Jubilee Year of Mercy. In announcing this special time Pope Francis asked the Lord to make this a year full of grace so that the Church, "with renewed enthusiasm, may bring good news to the poor, proclaim liberty to captives and the oppressed and restore sight to the blind." What a wonderful message to share with all of you, our dear friends and benefactors. With every donation you send to support our mission, you are renewing the Little Sisters' and our Residents enthusiasm. We thank you for doing your part in helping our home.

As we continue on our Lenten Journey toward Easter let us reflect on this statement from Pope Francis: "Mercy is the best thing we can feel; it brings change to the world. A little mercy makes the world less cold and more just." You have made the world of our Residents less cold and more just through your continued support and prayers for our mission.

We warmly assure you and your loved ones of a special remembrance in our daily prayers before the Most Blessed Sacrament. Together, let us celebrate this Holy Year of Mercy with much enthusiasm and may God bless each and every one of you with His Mercy.

Gratefully in prayer,

Sister Judith, Isp

It's Easy to Help

As you can imagine, caring for the elderly poor is challenging. The Little Sisters of the Poor need your help for us to continue our work. There are a variety of ways you can personally help. One easy way is to give gifts of cash, check, or even stock. Either use the enclosed envelope or visit our website at www.littlesistersofthepoorpittsburgh.org.

Here are some opportunities you may wish to consider. The Pittsburgh Foundation is once again holding a "Day of Giving" on Tuesday May 3, 2016. All gifts made to the Little Sisters through the www.pittsburghgives.org website from 8:00am -12:00am on May 3rd will be eligible for a proportional match. You could easily increase your gift to the Little Sisters just by participating in this year's "Day of Giving."

Another way to give and support the elderly poor living at our home is to take advantage of the IRA charitable rollover opportunity to donate funds directly to a qualified charity like the

Little Sisters of the Poor from your IRA account. If you are 70 1/2 or older and think you can share a portion of your annual withdrawal, please consider supporting our home with your gift.

You may also wish to consider a lasting gift designated through your estate plans. Gifts directed to us through wills, life insurance policies, annuities or trusts make a significant difference in the care we can afford our Residents. Many donors do not have the current capability of contributing a substantial gift today, but naming the Little Sisters of the Poor, Pittsburgh in your estate plans can help us continue our mission into tomorrow.

If you have any questions about any of these easy ways you can participate in the Little Sisters mission please contact Kathleen Bowser in the Development Office at (412) 307-1268 or adevpittsburgh@littlesistersofthepoor.org. Thank you!



Collecting Sister, Sister Margaret Mary helps Sister Monique unload a car full of produce and baked goods received from Soergel's Farm.

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

Visit us at www.littlesistersofthepoorpittsburgh.org