



Mardi Gras Ball

Residents Celebrate Before Lent

“It was much more fun than I had expected! I really enjoyed dressing up and was flattered to receive so many compliments about my beautiful gown as I was crowned Queen!” shared Resident Cathy Vonderau who was Queen at this year’s Mardi Gras Ball. Cathy was truly thrilled to be part of the fun. Her “King” was Resident Jack Williams. Many of Jack’s family were present at the ball to watch his coronation.

In addition to the King and Queen, the court of Mardi Gras was also announced during the Ball. Brief bios about the Resident Court were read as they were escorted through the auditorium by students from the University of Pittsburgh and Duquesne University. After the introductions Mother Superior Sister Mary Vincent handed over the keys to the home to the King & Queen and they announced “Let the Good



Mardi Gras King Jack Williams with Queen Cathy Vonderau.

Times Roll!” The Residents and college students then danced the night away.

The next day the festivities continued with freshly fried beignets in the morning followed by a parade in the afternoon led by the Pittsburgh Dixieland Band.



Resident Jesters Anna DeSimone and Dolly Golightley.

Everyone in attendance received beads from the Resident jesters photographed above. Even Sister Josephine participated in the fun by performing the traditional *New Orleans Shuffle* with medical secretary Denise Ehrenberger. It was a great party for all!

VOLUNTEER SPOTLIGHT



Dennis hard at work in the Development Office.

Dennis Callahan was born and raised in Brighton Heights, the same neighborhood where the Little Sisters Pittsburgh home is located. His house is only ½ mile away and he fondly remembers visiting with his Catholic grade school for the annual May Crowning. So it was natural that four years ago, after he had retired, Dennis arrived at the Little Sisters looking for a place to volunteer.

He wanted to help doing whatever was needed and soon he carved out three important volunteer roles: driving apartment Residents to a local shopping center twice a month, escorting Residents to doctors' appointments outside of the home, and data entry in the Development Office. Between all his volunteer jobs, he probably logs over 40 hours each month. He says he "likes to help give the elderly Residents one less thing to worry about" by providing much needed transportation. Dennis knows the challenges of caring for the elderly with his experience in his own family. He is patient with the Residents and rarely refuses a transportation request. The home is lucky to have Dennis and so many other volunteers who are devoted to this mission!

If you would like to join Dennis as a volunteer, please contact Valerie Beam at (412) 307-1139 or volpittsburgh@littlesistersofthepoor.org.

Supporting Others

The Residents of the Little Sisters have big hearts and are always looking to help others. Last year, their focus of giving was on blanket making for the homeless by knitting together recycled plastic shopping bags. While that project continues, a new effort has begun for the Residents to spread kindness.

Little Sisters volunteer Suzie Devor is also President of Faso Life in the United States, a charitable organization that helps vulnerable children in Burkina Faso, West Africa who are most vulnerable as a result of poverty and misery in every day of their lives. Suzie connected the Little Sisters to this need and with guidance from the activities department the home started a drive by asking anyone—Residents, staff, volunteers, or visitors—to donate gently used shoes of any kind to support Faso Life.

For the entire month of January, Residents looked through their

things, volunteers found shoes leftover from the rummage sale, and employees cleared out their personal closets to contribute to the drive. Faso Life, Inc., with help from the Little Sisters' effort, collected over 2500 pairs of shoes, which raised \$1,000 for their organization. This will allow

"Our Residents love doing things for others. This collection was a perfect way to put their kindness into action."

—Sister Mary Vincent, lsp

them to add 1st, 2nd and 4th grade classrooms to the Yennenga Schoolhouse in the Tamssin village of Burina Faso, West Africa.



The collection of shoes that the Residents helped to complete.



A certificate of appreciation from Faso Life, Inc.

Exercise Class Keeps Residents Moving



Residents Carol and Chuck Massucci using resistance bands.

Movement is so important at any age, but the Residents in the Jeanne Jugan Pavilion apartments know that the longer they can stay active the better their overall health will be. To help them accomplish these goals the Sisters invited local fitness and wellness instructor Kara Rubino to initiate a twice weekly exercise program. Participation in this class is free as long as it is



Instructor Kara Rubino leading the class.

covered through the Resident's supplemental health insurance. The best part is that the class is held right in the building in the second floor exercise space.

Kara shows the Residents how to do each of the various exercises in either a standing or seated position during the hour-long class. The only equipment needed are resistance bands and exercise balls



Nancy Leach and Meryl Powers exercising.

which Kara brings with her to each class. About 15 Residents and even some volunteers are participating on a regular basis.

"I feel great after attending this class. I work hard, but the exercises help me to remain active," noted apartment Resident Carol Massucci, who attends frequently with her husband Chuck.

JESUS + OLD + YOUNG = JOY

On the cover of the latest Serenity Magazine, a national Little Sisters publication, was an equation Jesus + Old + Young=JOY. What a simple, but true concept that is witnessed here in our home on a regular basis. *Jesus* lives at the heart of this home, with the Gloria Chapel the first thing you see upon entrance. *The Old* fill this home with their unique histories, knowledge about life, and inspiring presence. *The Young* visit the home frequently when delivering Christmas gifts. School choirs come to perform. Youth groups make visits and plan activities for

Residents. It is truly a perfect combination. Youth lift up the Residents with their energy and the Residents show their appreciation with grateful hearts and warm smiles.

This past Valentine's Day was one opportunity for the equation to be put in action. Eighth grade students from Blessed Seelos Academy visited for a morning bingo with the Residents in the auditorium. They then escorted Residents to the chapel to attend Mass with them. It was a perfect example of JOY on a day filled with love!



Students from Blessed Seelos with Little Sisters Novice Sister Madeline Marie. Sister Madeline spent six weeks in our home prior to returning to the Novitiate in Queens, NY.

MOTHER'S MESSAGE



Dear Friends,

As we journey through this Lenten season we turn to God with prayer, fasting, and quiet reflections on God's merciful and redeeming love for each one of us. We, the Little Sisters of the Poor, are especially grateful for our friends and benefactors who share their material blessings with the elderly Residents of our home. Thank you!

Lent reminds us of the love Jesus has for His people. Easter is a perfect time to reflect on God's unconditional love for us and the love that we can share for one another by doing His merciful work. If we accomplish anything in love, we are doing that act for Jesus.

Our schedule for Holy week in our Gloria Chapel is as follows:

- Holy Thursday Liturgy at 4:30pm, Eucharistic Adoration 8:00pm
- Good Friday Stations of the Cross 11:00am, Services at 3:00pm
- Saturday Easter Vigil Mass is at 7:30pm
- Easter Sunday Mass is at 11:00am

We pray that God grants you a grace filled Lent and a blessed Easter.

Gratefully in prayer,

S. Mary Vincent SSP



The original Begging Van—the horse and buggy used by the Little Sisters well into the last century.

Please help keep the Little Sisters going by remembering us in your will.

IRA News—Qualified Charitable Distribution

If you are 72 & older and have an IRA, you can direct all or part of your *Required Minimum Distribution* for 2020 to the Little Sisters of the Poor as a qualified charity. Contact your IRA company to initiate the process or call us at (412) 307-1268 for more information.

SAVE THE DATES

- April 12
Easter Sunday
- April 23-24
Run/Walk Sale
10:00am - 4:00pm
- June 13th
Rock-A-Thon
1:00-4:00pm
(see enclosed insert for more information)

OUR MISSION

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.

