

LITTLE SISTERS OF THE POOR

*Serving the elderly poor
in Philadelphia since 1869*

Fall, 2018

HOLY FAMILY HOME
5300 Chester Avenue
Philadelphia, PA
19143

littlesistersofthepoorphiladelphia.org



HOLY FAMILY HOME



SAVE THE DATE

**Lunch/Dinner
at La Locanda,
Newtown Square**
Tuesday, Oct. 30 and
Wednesday, Oct. 31
11:30 a.m. - 10:00 p.m.
Call 610-353-7033 to
make reservations.
Mention the Little
Sisters of the Poor.
10% goes to the Home!

A Rich Activities Program Enhancing Our Residents' Well-Being

When Residents are admitted to Holy Family Home, it is usually for health reasons. They need nursing care or help with their activities of daily living (ADLs). However, they soon become aware of other benefits of being here. One of these is the rich activities program we have to offer them, which helps enhance their quality of life, provides them with enjoyable entertainment, keeps them active, and gives them a means of socializing and making friends.

In addition to participating in activities, Residents also volunteer to help in various ways, making them feel useful and enhancing their self-esteem and dignity. In this newsletter, we share with you the types of activities we offer and how through them our Residents become engaged and involved.

This year we have activities commemorating the

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150th anniversary of the arrival of the Little Sisters of the Poor in the United States. From seven Little Sisters arriving on September 13, 1868 and opening their first home in Brooklyn, we now have 28 homes and over 250 Sisters in the United States. Next year we will celebrate the 150th anniversary of the coming of the Sisters to Philadelphia.

Finally, the Board of St. Francis auxiliary, which helps fund our capital projects, is having its Silver Bells Gala on Nov. 30, at Ellis Preserve in Newtown Square. For details, visit www.boardofstfrancis.org.



Residents and their families and friends look forward to our annual Family Picnic, a chance for them to relax and enjoy one another's company, with lively music, games for the children, and the smell of the barbecue.



Our Residents like to be involved and can be found opening mail in the offices, helping with activities, or, like Mary Lou and Laura, manning the Resident Store and Board of St. Francis gift shop.

LITTLE SISTERS OF THE POOR



Alice, who is a violinist and singer, entertains our Residents under the front entrance veranda. The Residents love listening to music and many of our programs center around singing and musical instruments.

Important Role of Activities

By: Susan Perti

Activities, or what is clinically known as recreational therapy or therapeutic recreation, play an important role in helping to address the needs of our Residents, who suffer from various illness and disabilities. A variety of activity programs can help serve as a means to psychological and physical health, and well-being and leisure.

A well-rounded activities calendar should include programs stimulating five areas: intellectual, social, spiritual, physical, and psychological (emotional). We offer entertainment at Holy Family such as some of the area's finest performers – singers, violinists, harpists, jazz musicians - who visit weekly, playing in a large group setting, often times with snacks of cheese and crackers, sundae bar w/ toppings, dessert trays, and more. Residents can join in exercise programs ranging from balloon volleyball to benefits wellness classes with rehab. Our Residents continue to enjoy outings to the store, ice cream parlors, luncheons, and special events in the community.

Music is a huge part of the Residents' lives and is offered throughout the building

in a more therapeutic approach on each unit weekly. Residents are challenged with fun trivia games and word puzzles to keep their minds active and alert. Flower arranging or arts and crafts are offered to enhance creativity and Residents may keep their creations or donate them to the Home to be on display throughout various parts of the building.

Residents are encouraged to participate in daily Mass, or to practice their own faith. We have a chaplain and many Sisters who

are here for support every day. Other spiritual activities include daily Rosary, Holy Hour, and Saturday Scripture class with Father Sullivan. Residents are also encouraged to enjoy independent leisure activities on their own time whenever they wish and are offered arts and craft supplies, puzzles and games, magazines, and books, writing paper, etc.

Volunteer groups from schools and parishes also come to entertain or sponsor bingo and arts and crafts activities.

For those Residents who are unable or not interested in participating in large group activities, we have one-on-one visits, where we socialize and reminisce with them, give them manicures or hand massages, and provide them with sensory activities.

From manicures to bingo, current events to ball toss, live concerts to small group pet therapy, there is never a lack of activity at Holy Family Home and we are proud of all of the diverse programs offered from morning until evening so our Residents have choices, a higher quality of life, more opportunities to form lasting friendships, socialize, stay fit, cognitively active, and overall, the happiest they can be each day.

With grateful thanks to Today's Graphics, Inc., for its generous printing of this newsletter.

Little Sisters Celebrate 150 Years in America

This year we celebrate the 150th anniversary of the arrival of the Little Sisters of the Poor in America on September 13, 1868. The first Home opened in Brooklyn, NY. The logo of our celebration shows an elderly woman, weighed down by the burdens of old age, finding love and understanding in the welcoming embrace of a Little Sister. The flame at the heart of this embrace represents the founding charism of St. Jeanne Jugan, which we wish to keep alive and pass on to future generations. The figures are surrounded by circular shapes representing the great wave of charity launched by our foundress and the universality of our mission.



From a humble heart, a great wave of charity

*Little Sisters of the Poor
150 years in America*



HOLY FAMILY HOME



Ed and Charlie love trivia and have monthly trivia sessions for the other Residents. Ed also DJs and provides music for activity events.



School and parish groups also come and host events such as choral concerts, bingo, and May Procession for the Residents.

Residents Leading Activities

Most of our activities are planned and carried out by Activities Dept. However, sometimes our Residents take the initiative and suggest and run an event.

Mother Marie Edward, who used to be here, knew that Frank N. enjoyed playing cards, which he learned from the men at the Italian Market when he was 19. She asked him to organize a card game for the Residents. The first meeting he held, three ladies showed up who wanted to play bridge, but Frank didn't know how to play and they didn't want to learn to play poker! Eventually, he ended up with a group of about six who meet weekly and play poker for 3 ½ hours, for the high stakes of a nickel bet.

Charlie D. loves trivia. He has been sharing that love with the other Residents on a monthly basis for over a year. He would pick a category for that month, such as TV shows, American Presidents, or sports ("which I'm not too good at!"), and prepare a few questions, which he will ask twice and see if anyone knows the answer. Then they will have a short

discussion about it. He feels this helps people by keep their minds going.

Ed G. enjoys music and used to be a volunteer DJ at various radio stations. Because of Ed's DJ ability, he volunteers to play background music for some of our other activity events. For our ice cream socials he will play upbeat music. For arts and crafts he will select easy listening tunes. He likes keeping busy, helping out and giving back.

Coming to us from down under, we have Patrick B., an Australian who enjoys sharing his love for and knowledge of our Blessed Mother and religious classical music. On Good Friday he sets up his large speakers in the auditorium and plays Bach's Passion, with the lyrics projected onto a large screen. He also has a reading group on our Lady's apparitions.

We are happy that these Residents are engaging and sharing their interests with others, expanding one another's horizons, and experiencing a sense of purpose.

Sometimes our Residents take the initiative and run an activity.

A Calling from God

A year ago we welcomed Susan Perti as our Activities Director. In that time she has been busy getting to know the Residents, learning of their interests and talents, and tailoring an activities program to meet their needs.

Sue's love of music began when she started playing the piano at four years old. She went on to Penn State where she graduated with a degree in music education and communications. While in college she volunteered at a local nursing home and played the piano in a dementia unit. Instead of being intimidated by the Residents, she fell in love with the elderly. "They are like walking history books," she says. Though she later worked with children and the mentally challenged, it was to the elderly population that she felt she was really giving from her heart. She believes it was a "calling from God."

She says working at Holy Family Home is "the best job I ever had," and attributes that primarily to the Christian component. "People here really care about each other. We all get along. There's a real team spirit."

In planning the various activities, Sue focuses on enhancing the Residents' quality of life, giving them joy, and making them smile. She strives to help them maintain their autonomy by finding out what they like to do and having them share that interest with others. Some Residents like to help out and she finds ways for them to contribute, by asking them to set up or decorate for an event, open mail, or visit with another Resident.

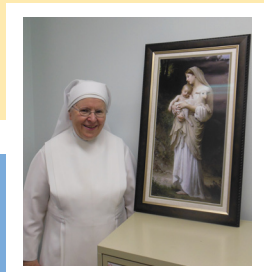
She is grateful that a benefactor has been funding the activities program to involve families, which helps her to bring in a variety of entertainers and purchase supplies.

Although working with the elderly requires much patience, Sue says the Residents "inspire me to do the best I can do, with much love and joy."

Sue Perti, Activities Director, chats with Residents Ann and Rita during a summer outdoor activity. She loves just taking time to visit with Residents and learning about their lives.



Our Prayers and Gratitude



Dear Friends,

We continue to reflect on the words of our Mother foundress St. Jeanne Jugan when she told us to “make the Residents happy.” You can tell from the content of this newsletter that we have had an exciting summer here at Holy Family Home. There has been so much going on, from religious jubilee celebrations to outings to the Phillies baseball game and concert on the front porch. There truly is no shortage of activities in our home.

One of the greatest events this summer was the celebration of the Feast of Saint Jeanne Jugan, our Mother Foundress. On August 30th we took time as Little Sisters and Residents to remember her role in our lives. Her simple act of caring for an elderly blind woman who was begging on the streets led to the establishment of a network of homes for the aged poor throughout the world. As we spent time to recognize her importance, we also paused to remember you, our friends, with our prayers of gratitude. Just as Jeanne Jugan thanked her benefactors over 175 years ago, we thank you for making the events of this summer a memorable one for the Residents living with us.

As we approach the coming days of autumn and Thanksgiving, we continue to remember each of you in our grateful prayers.

May God bless each and every one of you.

Gratefully,

Mother Catherine
Superior

LITTLE SISTERS OF THE POOR

Visit us at www.littlesistersofthepoorphiladelphia.org

Planned Giving

Through planned giving, the work of caring for the elderly poor can continue. Please remember Holy Family Home in your estate planning by:

- Establishing a will and leaving a bequest/legacy gift to a charity like us, assuring that your assets are passed on to the people and causes cared about most, while also having tax benefits.
- Naming tax-exempt Holy Family Home as the beneficiary of an IRA, pension plan, or life insurance policy, usually the most taxed assets.
- Setting up charitable gift annuities or a charitable trust, which provide income payments to you during your lifetime and the residual to your beneficiaries and Holy Family Home.

Through these planned gifts, you help support the work of the Little Sisters of the Poor and touch lives of future Residents for years to come.



By naming Holy Family Home in your will, many Residents in the future can continue to be cared for through your remembrance.

Future Residents

St. Jeanne Jugan was known for the supreme grace of her virtues, including her perseverance in asking others to assist her in caring for the elderly poor. In fact, to one friend who commented on her persistence, she replied, “But Sir, my poor were hungry yesterday, and now they are hungry today, and tomorrow they will be hungry too.”

St. Jeanne Jugan knew that the work to which she devoted herself was in truth God’s work, and that this work should continue because the aged poor will be with us always. Today, Holy Family Home relies on the friendship of many benefactors and supporters in providing for our Residents’ present needs, but also for the future.

One of the easiest, most effective ways of assuring the future care of our Residents is to remember Holy Family Home through a planned gift, which can be a simple act of generosity for people of any means. We invite our friends and supporters to discern ways to ensure that her work will continue here through a charitable bequest.

If you need help in making a bequest to Holy Family Home or would like to let us know that you have included us in your will, please contact Jane Schneider at 215-729-5153 or phgrantwriter@littlesistersofthepoor.org. Thank you for caring for our current and future elderly Residents.



Frank N. (right) organized the card games group, which now meets weekly for some fun. Players come ready with their nickels and dimes.



Residents are involved in spiritual activities, including Mass, Holy Hour, Scriptures class, rosary, and reading about Marian apparitions.