

LITTLE SISTERS OF THE POOR

*Serving the elderly poor
in Cincinnati since 1868.*

*Courtney singing with
Residents Mary Emma
and Mary Jean.*



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ST. PAUL'S HOME
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ST. PAUL'S HOME



SAVE THE DATE

Bake Sale

May 12, 13, & 14, 2017

Spaghetti Sauce To-Go

June 23, 2017

Spaghetti Supper

June 24, 2017

Urban Artifact Brewery Night

August 10, 2017

Amy Herman Event

October 19, 2017

The Power of Music

Introducing our Music Therapy Program

We are excited to announce a new program for Residents: music therapy. Music therapists Courtney Neff and Debbie Williams joined the team last December.

“Frequently, music therapists are mistaken for ‘entertainers’ but in truth, we are trained to be much more,” explains Debbie. “As we provide music therapy to Residents it may seem we are simply entertaining, but we are closely observing our clients, watching for physical, emotional and cognitive responses. We continually adjust our music delivery to address each person’s needs.”

Music Therapy is a form of treatment that uses the power of music to accomplish non-music goals. There are therapeutic reasons to sing, including the emotional lift that comes from the sense of belonging and the resulting increase of endorphins. The mere act of singing is known to elevate oxygen levels in the bloodstream, improving our immune system. Rhythm and movement groups give everyone a little exercise, burns a few calories, and has plenty of laughs! Music

selected for its rocking rhythms and familiarity to the Resident provides a comfort level that distracts from discomfort and guides the body to slow itself down. One quiet Resident, George, comes to life in the rhythm-based groups. He sings, plays a drum with gusto, and talks more than usual. He always leaves the group with a smile.

Most weekday mornings begin with a Music and Memories group in the coffee shop. The group is led by one or both music therapists, but Residents influence the direction of the group with their interests and comments. This group often leads to reminiscing as music can bring up emotional memories that are either joyous or sad. Either way the group comes together to process the different reactions that arise to music.

“People often comment that ‘Your job looks like so much fun!’ and they are right! Our work can be hard, intense, sometimes sad, and often humorous, but it is always fun. At the heart of our profession we are musicians who want to help people, feeling privileged to use our love of music to enhance the quality of life of others!”



Residents enjoying Musical Memory time in the morning.

LITTLE SISTERS OF THE POOR

Wash, Dry, and Fold for Love

Department Highlight: Laundry Department

Here at St. Paul's Home, we are lucky to have a full-time, caring laundry staff. The term laundry is used lightly, because these ladies display many other talents that benefit our Home on a daily basis.

At the center of the department are employees Tori, Mary Jo, Denise, CJ, and Jacqueline. Tori is a talented seamstress. Her talents are a blessing to all of us. Mary Jo and Denise have both been at this Home for around 30 years! Both women have also shared their sewing talent with the Home, from fixing or altering clothes to making items for our annual Christmas Boutique.

CJ is a new team member. She has been a part of St. Paul's Home for some time now in various roles. Her team player attitude was needed when long time employee, Gail, retired this past January after 30 years of service! Jacqueline is the newest member to the team to help fill the gap when Tori becomes a full-time provincial seamstress to share her talents with all nine Homes of our province.

Our laundry department follows the

leadership of Sr. Henri de la Croix, who ran the department for 30 years. The department sews in custom made name labels into all Residents clothing to avoid mixing clothes up. All clothing is pressed after washing, nothing goes up wrinkled! Every morning Residents go down to the laundry to help fold towels and napkins. "They must have raves down here because these ladies are fantastic," said Nancy, a Resident volunteer.

Long-time volunteers, Esther and Joan, provide free alterations to Residents and showcase their talents in other ways. Esther helps create custom clothing options for Residents. Joan helps with any extra intricate sewing needs around the Home. Another great member of the team is our retired volunteer coordinator/administrative assistant Jerri. She has a passion for sewing and has always provided handmade quilts for the Christmas Boutique. Jerri is now content working as a part-time seamstress at the Home to help with any necessary sewing jobs.

"Don't worry. It all comes out in the wash"



Resident volunteers folding with the current laundry department.



Denise, Gail, and Mary Jo on Gail's last day. All have given close to 30 years to LSP!

— a quote from Sr. Henri that the department lives by daily. A huge thank you is due to this well-oiled machine of people. You keep our clothes and lives clean and wrinkle free!

Honor Bestowed on Fellow Givers like You

This year we honor three individuals at the 2nd annual Legacy Society dinner at the Cincinnati Zoo on April 6. Every year we choose to honor the Volunteer of the Year as well as the Humanitarian of the Year at our annual donor thank you dinner. The Legacy Society consists of donors that give at least \$500 to our cause in one fiscal year, as well as those who have chosen our Home as a beneficiary in his or her estate.

Bill Krallman is a longtime volunteer who provides many services to our Residents. He will take people to and from doctors' appointments. He drives Residents to Kroger often to shop for any needs. Bill is the recipient of the Volunteer of the Year for this year's dinner.

Robert and Donna Gorski are honored together as the recipients of the Humanitarian of the Year for the Legacy dinner. Together they have provided to St. Paul's Home significantly in the past year.

Thanks to both these friends, we are able to continue to provide exceptional care to the Residents of St. Paul's Home. Our mission to provide a home to the most needy could not continue without people like Bill, Robert, and Donna. Thank you!





An Unforgettable Gentleman

Saying Goodbye to one of our Own



Steve Coyle. That's how he was known as to us. In a previous life he was nicknamed Butch and his birth name was Raymond, but here at St. Paul's Home, he was Steve.

Steve was a fabulous cook, especially when it came to vegetable soup, and great card player. He loved music especially going to the symphony, but above all he had a kind heart from which no one was excluded. After moving into St. Paul's Home he continued to serve others. He volunteered here in the kitchen, laundry, and dining rooms.

His love for others here resonates in his own words, "I feel that everyone is attempting to be part of a family, there is concern and love for each other here." His bright personality and giving spirit made a lasting impact on the family at St. Paul's Home.

We had great times and I'm sure he is playing cards in heaven!

Steve Coyle was a wonderful friend. He was one of the kindest, most helpful people I had ever met. He was a spiritual man who loved

his family and the Little Sisters of the Poor. He was also a happy person, fun to be around. Since June of 2014 he was "king" of our nightly Kings in the Corner card games. He loved cards. We had great times and I'm sure he is playing cards in heaven!
– Resident, Betty Ferone

It gives me chills to think about Steve. He was such a gracious and spiritual man. He would do anything for anyone. I like the idea of "remember me, but let me go," as I remember how good of a man he was but I am able to say goodbye. One thing I admired of him, he was always one of the only men at bingo!
– Resident, Kitty Stickley

Steve was a joker, he always made me laugh and knew how to liven up our activities. He bought two Graeter's coupon calendars for me to use for Residents to have discounts for our ice cream trips. He was a good man.
– Activity Director, Mandy Thomas

Breakfast was important for Steve. He was such a thoughtful man and made sure everyone had a banana and coffee at breakfast. He would hold the butter packs in his hands to warm them to make it easier to spread for everyone. Everyone here loved him, which is kind of rare in a building with so many people.
– Resident, Nancy Jung

Steve passed away this year, but his spirit is alive and well at our Home. We all remember his smile, his giving heart, and his immediate intuition to help others. He was the happiest when helping others.

Goodbye Steve, we miss you every day and hope you are saving a seat for us at your card table in heaven!

Our Lady of Fatima

BY: NANCY JUNG, RESIDENT

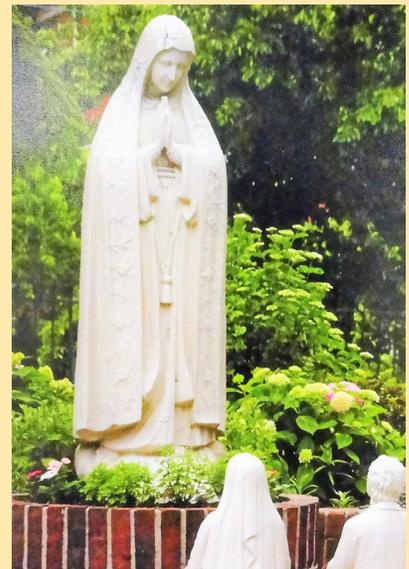
This year marks the 100th Anniversary of Our Lady of Fatima. The Blessed Mother appeared to three children in Fatima, Portugal on the same day monthly from May 13 until October 13 during 1917.

She came with a message from God and foretold the end of World War I as well as the promise of peace. The Blessed Mother predicted that there would be another world war if there was not conversion, prayer, and penance from people.

Mary, Mother of God, instructed all to pray the rosary daily and to make sacrifices for sinners. She warned that failing to do so would bring about wars, famines, and persecution of the church.

Have you followed her simple request? Do you pray the five decades daily? If you find it difficult to recite it all at once break it down. Say one decade at a time throughout the day.

We must follow her commands to obtain peace within ourselves. To maintain peace amongst our friends and family. To maintain peace within our country. And above all to maintain peace around the world.



St. Paul's Home will be honoring Our Lady of Fatima throughout the anniversary year of the event. Our grotto as seen above is a peaceful place in our yard to pray out to the Blessed Mother. As May approaches continue to check our website for details about the celebrations of Our Lady of Fatima.

www.littlesistersofthepoorcincinnati.org

A Simple Note

Most people might dread going to work, but for me I get excited about the work I do. Now, don't get me wrong, I have my bad days and who really likes Mondays? But overall, I am proud to work for the Little Sisters of the Poor.

Out of all the reasons to truly enjoy this place, my main reason might surprise you. The Residents are cared for better than anywhere I have seen, yes. The activities provided for Residents are abundant, yes. The staff, Residents, and Sisters have become a family, yes. But more than anything else I am impressed by YOU!

You, the supporters, make this place truly phenomenal. I am always in awe of the blessings we receive from all those who want to provide a good place for the elderly to thrive. The care, environment, and activities provided for the Residents is only possible because of all the support the Home receives from you. So even though you hear it from Sisters and Residents, I want to say thank you to all of you for what you do! You are an inspiration to those who come before you and you are making Residents thrive in their last days.

Sarah Steffen

Community Relations Coordinator

Donor Spotlight



Skilled Care Pharmacy is an institutional pharmacy that has a tremendous respect for our elderly community. We are blessed to have them as a partner in our endeavor to care for the elderly. Not only do they provide our medication services, they provide extra influence in the form of sponsorship for many of our events. **Thank you Skilled Care Pharmacy!**

LITTLE SISTERS OF THE POOR

Visit us at www.littlesistersofthepoorcincinnati.org

Our Needs

There are multiple ways to get involved and help the Residents of LSP. Check out our website littlesistersofthepoorcincinnati.org under donations for more details on the below:

- **Hassle Free Automatic Giving:** you can set-up a recurring gift through our donation website for an easy way for you to help our Residents.
- **Kroger Plus Card Rewards:** you can link our organization to your Kroger Plus card using our code, 83842.
- **Amazon Smile:** this is for all you Amazon addicts. Simply link LSP to your Amazon account and Amazon donates .5% of all purchases back to us!
- **Matching Gifts:** Did you know your company might match your giving by double or even triple what you give? GE, Illinois Tool Works, US Bank. These are just a few places of employment that match donations from their employees. Ask your employer if you work for a Matching Gift company!
- **Volunteer:** We are always in need of volunteers, from walking dogs to office work to painting nails there is a place for you.

Reminders

Upcoming Events

Bake Sale - May 12, 13, & 14

Sr. Mary Imelda spends weeks baking pies, cookies, breads, and other sweet treats for people to enjoy. Come and get a freshly made lemon meringue pie before they are all gone! 10 a.m.- 4 p.m.



Spaghetti Supper - June 23 & 24

Don't miss out on the annual Spaghetti Supper Saturday, June 24. Carry-out available starting at 2 p.m. and dine in open from 3 p.m.-7 p.m. If you can't make the event, buy sauce and meatballs on June 23 from 1 p.m.-7 p.m. We are in need of volunteers to pull off such an amazing event! Contact Sarah Steffen at prcincinnati@littlesistersofthepoor.org if you are interested or call the Home!

Urban Artifact Brewery Night - August 10

Enjoy some craft beer and entertainment at Urban Artifact brewery in Northside. Check back in to get more details!

Amy Herman Author Event - October 19

Join us in welcoming Amy Herman to Cincinnati at the Cincinnati Art Museum. Amy is author of Visual Intelligence; she will be speaking about the art of perception.

Visit our website for more details on events: www.littlesistersofthepoorcincinnati.org.

Planned Giving Made Easier

The IRA Charitable Rollover has proven to be a popular way for donors to support our mission. It enables donors to make a gift to charity from their IRAs and not include the amount distributed in their taxable income.

- The donor must be at least 70 ½ years of age when the gift is made,
- Transfer must be made directly from the IRA administrator to the charity,
- No goods or services can be given in exchange.

To satisfy a donor's minimum required distribution, an IRA charitable rollover must be made before the donor takes their required distribution. There are other simple qualifications but the law means that there can be significant tax advantages for donors and many blessings for Little Sisters of the Poor-Cincinnati.