

LITTLE SISTERS OF THE POOR

Serving the elderly poor
in Cincinnati since 1868.

Nurse, Meghan and
recently retired nurse,
Rebecca.



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ST. PAUL'S HOME
476 Riddle Road
Cincinnati, Ohio 45220
513-281-8001

ST. PAUL'S HOME



SAVE THE DATE

**Urban Artifact
Brewery Night**
August 10, 2017

Amy Herman Event
October 19, 2017

More than a Job, It is Love

Department Highlight: Nursing Staff

“Thank you” will never be enough to say to our nurses, or any nurses. Here at St. Paul’s Home we have 32 nurses on staff. Each nurse’s duty at St. Paul’s is to treat and care for the Residents who call this place home. It can be difficult to perform the duties that need to be done in such a respectful manner.

Our nursing staff is the core of our Home. The hands-on commitment they make daily to care for all of the Residents here is a demanding job, both physically and emotionally. Their hard work and attention to detail for each of the Residents is without a doubt the most extraordinary thing about this wonderful department. Even though words can never be enough to express the gratitude they

deserve, we would like to share some expressions of gratitude from Residents, other staff, and Sisters:

“We have WONDERFUL nurses! They are very caring and they all take a much needed interest in the Residents they

serve. They take the time to know about the Residents in their care, learning as much as they can about the Residents’ previous lives and current needs and desires in order to create the best individual care experience for each Resident. Our nurses are also great leaders. When they show their

“When the nurses communicate like that it makes me feel like they are just like me.”

investment in the Residents, the nursing assistants on the floors will follow the nurses lead to build a special bond with each of the Residents. We are so grateful for our nurses here.” - Sr. Mary Imelda, cook and 3rd floor supervisor

“I love the nurses; I have a lot of fun. They are very helpful when you need them. I like them because they converse about things that I like and when the nurses communicate like that it makes me feel like they are just like me. They are competent, friendly, and very pleasant. They are lifesavers!” - 2nd floor Residents

“I have attended the nursing meetings at shift change and come to know the nursing staff to be kind and good hearted. I get a real sense of their dedication to their work. I often find myself wondering how they are able to do the things they do. When I really think about a day in the life of the nursing staff I find myself respecting them all the more. I imagine the stress, the less than glamorous tasks they perform, the long hours and how they pick up extra shifts to help. I hear these dedicated professionals talk

CONTINUED ON PAGE 2



Nurse Supervisor Bianca with Resident Helen.

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Department Highlight: Nursing Staff cont.



Nurse Fay.



Nursing staff enjoying Christmas 2016.

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about the ways they have comforted and helped heal those in their care. The work of the nursing staff is not easy; as a matter of fact it is in my opinion one of the hardest positions within the medical field. I pray they realize how much they are appreciated.” - Carla Daasch, Administrator

“The nurses here are very caring and dedicated to our best interests. They are great kids. They ain’t any better in any other place in town! They do a good job and are very concerned about our health. Our nurses are as good as carrot cake or even brookies! They treat you right, and we treat them right!” - 3rd Floor Residents

“The nurses have picked up the spirit of St. Jeanne Jugan, a humble and caring disposition that works to better the lives of the elderly. They truly treat the Residents like their own family and pick up on the needs of each Resident individually. Each nurse takes time to listen to the Residents. Our nurses are a great asset to this Home and our mission to care for the elderly poor.” - Sr. Mary John, Administration Help

“Our nurses are fiercely loyal to us. Everyone is always so respectful of me and my space, knocking before entering my room. I am very pleased with everyone here at the Home and especially grateful for the nurses. I could not do it!” - a 4th Floor Resident

“It takes a special kind of person to be a nurse — someone who is dedicated, knowledgeable, caring, and trustworthy, to name a few. Our nurses uphold the mission of the Little Sisters of the Poor to take care of the elderly poor with dignity and respect. We have a special bunch here!” - Mandy Thomas, Activity Director

We are all so grateful for their hard work and dedication to the people of this Home. A huge THANK YOU to all our nurses!

One Wii, One Family, Years of Competition

We are blessed to have so many friends to help us carry out our mission of caring for the elderly. One particular family is the Finke Family. Joseph and Christina Finke have been longtime supporters and Joseph is the current Advisory Board President of our Home. He has supported our Home for over twenty years, having known about St. Paul’s since he was young. Joseph has passed his love for our Home onto his family as well.

In December of 2008, Joseph’s son Luis got some of his school friends together from Cardinal Pacelli to purchase and donate a Nintendo Wii to our Residents. They presented it to the Residents that Christmas and took time to play with them to show them how to play some of the games, especially from Wii Sports. One sport in particular seemed to catch on with the

Residents: Wii Bowling.

Almost ten years later Residents still love to play the Wii, especially bowling. At least once a week Residents trickle down to the auditorium to grab one of the four spots to start a bowling game. The activity department keeps a score chart for each Resident to compare their skills from previous games, and they work hard to beat their previous scores. Everyone cheers for one another and they are all patient to wait their turn.

From a supportive board member, to a thought from his son, Luis, to many years



Residents enjoying a game of Wii Bowling

of fun and excitement — The Nintendo Wii has been an extraordinary gift that keeps on giving to have a lasting impression on the Residents of our Home!

Welcoming the "FBI's Art Historian" to Cincinnati

Using Great Art to Save Lives



Amy Herman at one of her lectures.

In America today, every single new FBI recruit, NYPD cop and rookie intelligence analyst goes through art historian and attorney Amy Herman's "visual intelligence" training. Now we are bringing Amy Herman to our city on October 18th & 19th so more of us can learn to cultivate and hone our own superpower — the art of perception. Amy will show all of us how it can change — and save lives.

Post 9/11 Herman, author of *Visual Intelligence: Sharpen Your Perception, Change Your Life* believed the nation's security professionals had lost a step or two in seeing what was in front of their noses. She began by literally dragging NYC Police Detectives into museums, using great art to re-sensitize and re-arm them, and the results in improved law enforcement were stunning. In fact, Herman's just back from Paris where Interpol invited her to train the French police!

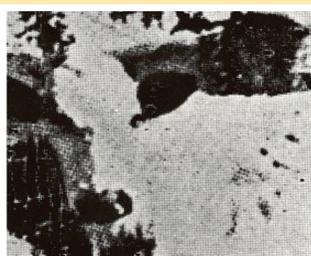
Amy Herman's focus is on the assessment, analysis and communication of details. Besides being highly entertaining, her training has helped thousands strengthen and sharpen their visual analysis and critical thinking skills. Her client list now includes the Department of Homeland Security,

Scotland Yard, the U.S. Army, Navy, Navy SEALs, National Guard, the High Value Interrogation Unit and the Secret Service. FOX is developing Herman's book into a new dramatic TV series based on her remarkable life.

We know you'll enjoy meeting her on October 18 & 19 in fundraisers for St. Paul's Home: October 18, 8 a.m. - 11 a.m. at the Cintas Center for professional training, and October 19, 7 p.m. - 8:30 p.m. at the Cincinnati Art Museum for a community presentation. For tickets: littlesistersofthepoorcincinnati.org. Do good by seeing well!

Test it out yourself... what do you see in this photo courtesy of Amy's teaching?

Find out what it really is on our website!
littlesistersofthepoorcincinnati.org



Music Awakens Music and Memory Program

We are excited to add a new program to our Home: the Music and Memory Program, which brings personalized music to the lives of our Residents using iPods to improve their quality of life as well as reduce agitation, improve mood, and stimulate memories.

Anyone can be involved! Volunteers, caregivers, family members, and staff can be trained in how to create and provide personalized playlists using iPods that enable those struggling to reconnect with the world do so through music-triggered memories. The music therapy department has been implementing the program, but it is our hope to expand it and have other staff and volunteers enjoy the music one on one with the Residents who need it the most.

One Resident, who typically wanders around the Home and can become very restless, is able to relax when she listens to her own personalized playlists with her favorite songs. She comes alive and smiles and dances in her wheelchair while singing along to every word. Another typically quiet Resident comes to life and becomes more talkative and sings along when he listens to his personalized playlists. He is a fan of old rock and roll from the 50s.

Musical favorites tap into deep memories not lost to dementia and can bring participants back to life, enabling them to feel like themselves again, to converse, socialize, and stay present.

How can you help? We will be in need of new or gently used iPod shuffles with on-ear headphones (not the mini earbuds) as well as iTunes gift cards to purchase music in order to personalize playlists for each Resident. This program is still in the works at our Home but you can see where it all began with the movie *Alive Inside*. Visit the website www.aliveinside.us/ or for more information on how you can help us call Courtney Neff at the Home (513)281-8001 or by email mmemorycin@littlesistersofthepoor.org.



Resident Stella enjoying Music and Memory with her son, Joe.

LITTLE SISTERS OF THE POOR

Visit us at www.littlesistersofthepoorcincinnati.org

A Simple Note



Dear New Friends,

I am very excited to start this new chapter of my journey with God in Cincinnati. I arrived in May and so far I have felt such a welcoming spirit from the staff, families, and those of you I have had a chance to meet. I am still amazed about the number of Residents that crowded into our lobby to greet me on the day of my arrival!

It is a great blessing to be able to experience new places and new people with such welcoming arms. As Little Sisters we travel throughout the world to care for those who need us most — it is not an easy task — but coming to a city that welcomes me so freely has made the transition a bit easier for me.

I look forward to walking beside all of you in this journey of caring for the elderly. I have heard a lot from the people of St. Paul's Home about the good benefactors who support us, and I am excited to have the opportunity to meet you all when the time comes.

Thank you all for your support of the Little Sisters of the Poor and our mission of caring for the elderly. Together we can do anything! God Bless!

Sincerely,

Mother Mary Sylvia

P.S. Coming from Mobile, Alabama, I will say the climate has been a change, but it will be nice to experience all the seasons again — I am originally from Louisville!

Our Needs Recurring Giving

Did you know you can set-up a reoccurring gift online to help our Residents? We currently have over 40 families that chose to set-up recurring giving through our donation site: littlesistersofthepoorcincinnati.weshareonline.org. It is easy and hassle free for you if you like to give monthly, quarterly, or even yearly! Like to give monthly but don't want to sign up online? You can request to be on our "Calendar Mailing." Every year in October we will send out a donation calendar that includes a pre-printed envelope for every month so you won't forget. Even with the envelopes attached, it is still a calendar, convenient and useful! Contact Sarah Steffen at the Home (513)281-8001 or through email at precincinnati@littlesistersofthepoor.org for more information.

Donor Spotlight

K.O.I. Auto Parts has been a loyal benefactor of our Home for over ten years! We are grateful to have such great support from our community. Our mission to care for the elderly would not be accomplished without your support. We thank you K.O.I. Auto Parts for your generosity and love!



Reminders Upcoming Events

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.

Have you remembered LSP in your Estate Plans?

Planned gifts represent a long-term commitment to the Little Sisters of the Poor-Cincinnati by those of you who know, respect and support the work of the Sisters to the elderly poor in our Community. You have worked a lifetime to leave what for many will be the largest charitable gift and to make a lasting impact long after we are gone.

These are some simple ways to extend your Legacy for the Little Sisters of the Poor-Cincinnati: Bequests in your wills; Life insurance that names the Little Sisters in part or in full as a beneficiary; Retirement or pension plans can be used for a contribution for the remaining balance of the plan. These gifts can be made by contacting the administrator of the plan.

The Sisters trust in God's Providence and the generosity of others to provide for needs, for financial stability and a permanent source of funds for specific purposes. Transferring assets to continue the wonderful work of the Sisters can be a blessing for the donor as well as the Sisters who provide for our family of Residents in need family.