

# NEWS FROM HOME

MOTHER OF GOOD COUNSEL HOME  
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## *A FEW WORDS FROM SISTER M. STEPHANIE*

*Dear Friends,*

*December is again upon us. We look with great anticipation to another celebration of Christmas. We make our way through these days of Advent, each week marked by the lighting of an Advent candle. Trying to make a time of quiet reflection on the coming of the Savior can be a challenge with all of the preparations to be done during this month, but I hope that all of you are able to recognize the presence of the Lord through each of your days.*

*Here at the Home we decorate and remind our residents with the surroundings of the great season that is upon us. A visit from Santa, caroling, special Christmas treats, prayers, gifts and a greeting from little angels bring us all into the spirit of Christmas.*

*As our eyes gaze further and look outside these walls which keep us cozy, we may or may not see little white gifts floating from the heavens. Snow brings with it a certain wonder that is a precious characteristic of childhood.*

*The wonder of snow is that every snowflake has its own unique shape and is different from every other snowflake. Uniqueness is not the only miracle of snow. These little frozen jewels can also help us in meditating on the Birth of Jesus. Caryl Houselander, a spiritual writer put it in this way:*

*Who can think of the mystery of the snowflake, its loveliness, both secret and manifest, its gentleness, the moving lightness of its touch, the humility of its coming, and not think of the birth of the Infant Christ?*

*...a son whom he has appointed to inherit all things, just as it was through him that he created the world of a time; a son who is the radiance of his Father's splendor and the full expression of his being... (Hebrews 1:2-3).*

*Let me take this opportunity to wish each of you, on behalf of my co-Sisters, a holy and joyous Christmas. We will be remembering you in our Christmas Novena of Masses as well as in our daily grateful prayers.*

*Sincerely,*

*Sister M. Stephanie*

### ***From the Chaplain***

Now that December has arrived, a lot of us will start some serious WAITING! School kids will be waiting for their Christmas vacation and for the presents that they'll be getting. Parents will be waiting for their kids to come home from college or for their married children who live away

from home to come for a visit with the grandchildren. Or the parents are waiting till they can travel to visit family living elsewhere. People are eagerly awaiting Christmas visits and gift exchanges with family and friends. December is probably the major time of the year for waiting for most of us.

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**MILESTONES  
BIRTHDAYS, NEW RESIDENTS,  
AND DEPARTURES**

*Welcome to New Residents*

*Mr. Harry Gleason*

*December Birthdays*

Residents

*Mrs. Luanne Funke - 9th*

*Mrs. Mary Farrell - 14th*

*Mrs. Thelma Houston - 25th*

Staff

*Ollie Gill - 1st*

*Quanesha Prete - 3rd*

*Tessie Leyerette - 4th*

*Emma Mason - 5th*

*Morgan Bradley - 6th*

*Loretta Hodges - 8th*

*Rhonda Hansen - 9th*

*Carlotta Milton - 10th*

*Betty Tate-Dawson - 13th*

*Beloune Davis - 13th*

*Donna Wilson - 15th*

*Maria Brown - 20th*

*Shannon Kelley - 23rd*

*(Continued from page 1)*

Meanwhile here at the HOME, December is just another month of waiting. If there is one thing our residents do, it is WAITING! They wait for someone to help them up and to get dressed in the morning. They wait for breakfast to be served and some for an aide to help them. They wait for someone to bring them back to their rooms or to take them to chapel for daily Mass. They wait for someone to come to take them to activities or therapy or their baths or to have their hair taken care of. They wait for lunch and for afternoon activities. When those are over they wait for dinner and getting ready for bed. They wait for their medications, morning, noon, and night. But most of all they wait and hope for visitors, family and friends, to give them their time and attention, to bring their laundry or a favorite lunch from Steak 'n Shake, and to touch their hearts. WAITING is big time here at the HOME!

But there are others here who WAIT. They are our Sisters and staff who wait on our residents from dawn to dark and even throughout the night. In every imaginable (and even some ways I couldn't have imagined before I came here) they wait on the needs of our residents. Every day in every way, they say to the residents: "I will be your waiter." They not only meet their needs but they touch their hearts.

All of us are waiting to celebrate the birth of the Lord Jesus on Christmas. We wait so that once again He can touch our hearts, so that once again we can love him with all our hearts. Our waiting invites us to follow his example in waiting on others, to touch their hearts, as he did when he washed the feet of his disciples. The best way to celebrate his coming is to wait on others just as He did. In waiting on others we can find the joy that filled his life and that can fulfill ours. May God bless you all!  
-- Fr Ron

**Mass Intentions Offered at the  
Mother of Good Counsel Home**

Our new chaplain, Fr. Ron Chochol, has indicated that he is willing to accept Mass intentions to be fulfilled at the morning Masses he offers at the Home. All those connected in any way with our community can speak to Father Ron directly, mail the information to him at our address, or leave an envelope at the front desk with his name on it. Please provide the following information: the intention for which the Mass is to be said (if for a deceased person, please include name), date and time preferred, and the name and address of the donor. The usual stipend is \$5.00.

**Do You Need a Gift?**

There are gifts displayed in the show case on the 1st floor across from the new elevator. The items found in the case are music CD's, cookbooks, home-made greeting cards, and various hand-made craft items. If you would like to purchase anything from the showcase, please see the Receptionist at the front desk.

**Congratulations to the  
November Quilt  
Winner  
Margaret Friedhoff**





## Once in a Blue Moon

Usually a month has just one full moon, but every now and then, there are two. When a month has two full moons, the second one is called a "blue moon." In December 2009, there are full moons on December 2nd and also on December 31st (the blue one). The next blue moon will not be until August 31, 2012.

### Christmas Treats

Friday - December 4th  
Friday - December 18th



### Help Us Recycle

- ♦ **Clothing**: A collection container that looks like a miniature yellow barn is located **next to the garages** just inside the gate leading to the back of the Home. If you have clothing to donate, please drive in, push button to open the gate, and drop off.
- ♦ **Used printer cartridges** (Laser and ink jet).
- ♦ **Cell phones** (Condition or age doesn't matter): If you have cell phones and/or printer cartridges, please drop them off at the front desk or give them directly to Rhonda Hansen.

*Your support is greatly appreciated!*

## December Coming Events

Rosary - every Wednesday  
Benediction - 4th

Birthday Party - 9th                      Cookie Swap - 11th  
Shop Till You Drop - 16th              Sing-A-Long - 18th  
Bell Choir - 21st                          Christmas Party - 23rd  
Resident Round Table Meeting - 30th  
New Years Eve Party - 31st

## MASSES AT CHRISTMAS AND NEW YEAR'S

All families and friends of the HOME are welcome for our Christmas and New Year's Masses. Mass will be celebrated on Christmas Eve at **9:00 PM** and on Christmas Day at **10:00 AM**. Mass on New Year's Day, the Feast of Mary, Mother of God, is also at **10:00 AM**. On the Sunday between these two feasts, we celebrate the **HOLY FAMILY OF JESUS, MARY, AND JOSEPH**. At the end of Mass on that Sunday Father Ron will give individual blessings to each of the families that are present.

Please join our residents and our Sisters for these joyful celebrations.

## MARK YOUR CALENDARS



Santa Party  
Saturday, December 5th  
2:00 - 3:00 p.m.  
Activity Hall

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Angels Visit  
Sunday, December 20th  
2:00 p.m.



## Reserving Rooms at the Home

The following rooms are available for the residents and their guests to use: the **Activity Hall**, the **dens on 2nd, and 3rd floors**, and the **private dining rooms on 2nd and 3rd floors**. Reserve early, because there is a limited number of rooms available.

If at any time you would like to **reserve** one of these locations, please call the **1st Floor Receptionist** to reserve the Activity Hall, **2nd Floor Nurse's Station** to reserve 2nd Floor Den or Private Dining Room, and **3rd Floor Nurse's Station** to reserve the 3rd Floor Den or Private Dining Room.



## Flu Season

Flu season is almost here and we are getting ready to help keep our residents, staff, families, and visitors safe and healthy! The Centers for Disease Control (CDC) has recommended the following steps to stay as healthy as possible.

### 1.) Take time to get a flu vaccine.

CDC recommends a yearly flu vaccine as the first and most important step in protecting against this serious disease.

Getting a vaccine is very important for people at high risk for serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart or lung disease, and people 65 and older.

People who live with or care for those at high risk should also get a flu vaccine to protect their high-risk contact.

### 2.) Take everyday preventive actions.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you don't have a tissue, use your elbow!

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

Avoid close contact with sick people.

If you get the flu, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Avoid touching your eyes, nose, or mouth. Germs spread this way.

### 3.) Take flu antiviral drugs if your doctor recommends them.

If you do get the flu, antiviral drugs are an important treatment option.

Antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. This is especially important for people at high risk.

For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).

Flu-like symptoms include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches.

## Capitalizing on New Modes of Communication



Email is not new, but our attempt to use it more effectively is! We would like to gather email addresses from families and friends to be able to communicate with you via this mode in the future.

If you have an email at which we could reach you, please send it to Sister M. Beata at [sambeata@mqgch.org](mailto:sambeata@mqgch.org), or call 314-383-4765.

Thank you very much!

## More Than Caroling Customs



Carolers singing the songs of Christmas from door-to-door, chestnuts roasting on an open fire, evergreen wreaths hanging on doors, children eyeing the skies for Santa's sleigh – these are some familiar sights and sounds of Christmas. But all around the world, Christmas traditions often take other unique and bizarre turns. Can any of these traditions make your Christmas merrier?

In Greenland, several months before Christmas, Greenlanders wrap a dead auk (a penguin-like bird) in a seal skin and bury it under a rock in the frozen tundra. On Christmas, they dig up the decomposed bird, called "kiviak," and eat it because, they say, it tastes like fine, aged cheese.

In Wales, every December, Santas from all over the world gather in Newtown for a four-and-a-half-mile race. Some 4,000 Santas, complete with red suits, white beards, and sacks of toys, flood the streets as they make their way through town.

In Venezuela, before dawn, cannons fire, firecrackers explode, and bells ring to wake people up for church. In the capital city of Caracas, the main roads are closed so that people can roller skate to mass.

In Norway, families hide their brooms on Christmas Eve, because it is believed that witches and spirits come out and steal the brooms for riding. Also, after a feast, the food is left out for mischievous little elves so that they don't bring bad fortune on your family.