

NEWS FROM HOME

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

Dear Friends,

As shouts of "Happy New Year" resound in your homes and in our Home, we totter between the past and the future. As we look back, we see with gratitude all that transpired in 2009. We are able to see how some occurrences which were sources of pain and struggle in our lives, were, in the end, occasions of even greater blessings. Now we look to what will come and pray for the ability to accept it with peace.

Each year at the Home we are blessed with the experience of coming to know more and more residents and families. The blessings that each of you bring to our lives and the lives of all at the Home are beyond words. This Christmas season we witnessed many family gatherings of our residents which were filled with laughter and love. This is a gift that we look forward to receiving in this coming year as well.

We, Sisters, also appreciate the opportunities we have to share more with each of you about our religious family, the Sisters of St. Francis of the Martyr St. George. Many of you know those Sisters who have gone before us at the Home and have fond memories of the ways in which they touched your lives. Our Community has many different forms of service in the Church besides the Mother of Good Counsel Home. We would like to offer you the opportunity to receive our Community's quarterly newsletter to learn more about our Sisters and the work God is accomplishing in our midst. If you are interested in receiving this mailing, please contact Sister M. Beata at [smbeata@mogch.org](mailto:sambeata@mogch.org) or call 314-383-4765. I wish you all a very blessed New Year.

Sincerely,

Sister M. Stephanie, FSGM

From the Chaplain

Although the first day of this new year looked remarkably like all the others just past, we have a tendency to put a lot of hope in the turning of the calendar. Many of us will make resolutions to do things differently. Some will throw out or store the packages and wrappings that have recently accumulated. Some few of us will recall the special foods our families always had on the first day of the year, fish for example, because fish move forward, but never chicken, because they scratch backwards. It is a time to look ahead, to put behind us the past year.

But the past year might be worth another look. What were the highlights of the past year for us? What were the blessings that touched our lives? Do we need to give thanks to God? Do we need to show our appreciation to others? Did we have any major problems or disappointments, whether physical, emotional, or spiritual, and how did we handle them? Have we come to hear the voice of God in them? Did we have any conflicts with family members or friends? Have we reached out to reconcile with them?

We are moving into a new year. How are we going to pack for the move? Do we want to pack the hurts, the fears, the angers, the frustrations, the conflicts of the past year and drag them with us? Some of our residents who arrived during the past year may still be weighed down by the loss of their homes or of their daily relationships with friends and neighbors or of control over doing what they want when they want. Some may still be angry at family members for "making" them come here. All this can be a heavy load to pack for the new year. How can we help them to bring along only what they need for a new and lighter life here?

Something similar might go on for family members as they try to come to terms with the situations facing their loved ones. Sometimes family members are in denial about what really faces their loved ones. Sometimes they get angry or frustrated or discouraged with their mother, father, spouse, friend, for not trying hard enough or for not eating enough or for not participating in the many activities available to them. But will packing any of this for the new year help their loved ones? If we pack our frustration and discouragement to bring into the new year, there won't be any room to put the gifts of life and love God offers us anew, not just at the new year, but with the dawn of each new day. Travel light into this new year, so that with open hands and hearts we can receive the gifts God wants us to give to those we love.-- Fr. Ron Chochol



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

Welcome to New Residents

*Ms. Marie Linehan
Mrs. LaMae Kempland
Mr. Clifford (Cliff) Neville*

With Deepest Sympathy

*Mrs. Cecilia Thompson
Mrs. Regina Boczek*

January Birthdays

Residents

*Mrs. Louise Wilkins - 2nd
Father Paul Farrell - 3rd
Mr. Emil Sertic - 8th
Mrs. Felicia Amantea - 14th
Mrs. Bonnie Buhrman - 15th
Miss Veronica Murphy - 24th*

Staff

*Doretha Brothers - 2nd
Delores Pipes - 3rd
Carrie Frontino - 3rd
Doris Green - 9th
Porscha Brantly - 9th
Jonathan Pressor - 9th
Megan Otten - 10th
Paula Thomas - 12th
Doris Owens - 17th
Kimberly Johnson - 17th
Vanessa Porter - 22nd
Larue Felder - 24th
James Larabell - 28th*

Mass Intentions Offered at Mother of Good Counsel Home

Our chaplain, Father Ron Chochol, 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.

Fundraising One Search or One Purchase at a Time!

Check out www.goodshop.com for your shopping needs online and www.goodsearch.com to search the internet.

GoodSearch.com donates 50% of its revenue, approximately a penny per search, to the charities designated by its users. Use it exactly as you would any other search engine and the pennies add up quickly – just 500 people searching four times a day will earn around \$7,300 in a year. It doesn't cost the users a thing!

Similarly with **GoodShop.com**, consumers are helping their favorite causes by shopping at hundreds of well known retailers including Amazon, Target, Apple, Macy's, Best Buy, Orbitz, Staples, and others. The shopping experience and the prices are exactly the same as going to the retailer directly, but by going through GoodShop, up to 37% of the purchase price is donated to the user's favorite cause!

Mother of Good Counsel Home recently registered with both sites, giving its supporters a chance to raise money for the Home every time they search the internet or shop online.

While doing a search or shopping online please make sure to indicate Mother of Good Counsel Home as your designated cause.

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.



Nacho Day
 Thursday, January 7th
 10:30 - 3:30
 Activity Kitchen



The Activity Department will be selling Nachos and Chili Dogs throughout the day. All staff members, residents, family and friends are invited to stop by and have lunch or just a snack.



**Chili Pot-Luck
 &
 Bingo**
 Tuesday, January 26th
 5:00 p.m. - 8:00 p.m.
 Activity Hall



All MOGCH residents, family and friends are invited to join us for a chili dinner. The Home will provide the salad, chili, cornbread, and drinks. Family and friends are asked to bring a dessert to share. If you plan to attend, please RSVP to the Receptionist or one of the Activity Staff Members, no later than Monday, January 25th.



Oatmeal Treats
 Friday - January 15th
 Friday - January 22nd



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!

Mark Your Calendar

Fat Tuesday Pot-Luck
 Tuesday, February 16th
 5:00 - 8:00 p.m.
 Activity Hall

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.

January Coming Events

Rosary - every Wednesday Nacho Day - 7th Movie - 8th Birthday Party - 13th Martin Luther King Service - 18th Wheel of Fortune - 20th
 Sing-A-Long - 22nd Chili Pot-Luck - 26th Resident Round Table Meeting - 27th



Flu Season

Capitalizing on New Modes of Communication

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.



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@mogch.org, or call 314-383-4765.

Thank you very much!

A Super Battle on the Gridiron

The Super Bowl is the most watched television broadcast in America, and Super Bowl Sunday (February 7, 2010) is practically a national holiday. The Super Bowl was created when America's two football leagues, the National Football League (NFL) and the American Football League (AFL), merged in 1966. The original name of the Super Bowl was "The Big One," but the name "Super Bowl" stuck after then Kansas City Chiefs owner Lamar Hunt suggested it after seeing his child play with a toy known as a "Super Ball." That toy ball is on display at the Football Hall of Fame in Ohio.

On January 15, 1967, Vince Lombardi's Green Bay Packers played Hank Stramm's Kansas City Chiefs. An unlikely hero of the game was Green Bay wide receiver Max McGee. When the starting wide receiver got hurt early in the game, McGee took the field, scored two touchdowns, and helped the Packers to a 35-10 win.