

NEWS FROM HOME

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

Dear Friends,

For me the month of March is more than the heralding of highly desired warmer temperatures and springtime blossoms. March is the month of St. Joseph, the amazing spouse of our Blessed Mother and the foster father of our Lord and Savior, Jesus Christ.

Each year, the Lenten season takes up most of the month. That goes along with the humility of St. Joseph, sharing his month with the sacred time devoted to the Passion and Death of his foster son, to whom he gave a father's care. A bright spot in the midst of this holy season is the Feast of St. Joseph on March 19th.

I have a lovely picture of St. Joseph in my office, which I can see from the computer at which I am writing this letter. In it, St. Joseph sits on a bench with the boy Jesus who is about seven years old. The loving and patient man is teaching his son how to do some carpentry work. St. Joseph must have been a wonderful foster father to Jesus, specially chosen by God the Father.

We Sisters at the Mother of Good Counsel Home implore the aid of St. Joseph with so many intentions for our religious community, residents, family members and staff: good health, our construction project, selling homes, families' needs, deeper faith in God's Providence, a happy death, etc.

Maybe this month we can honor St. Joseph by asking for his intercession through a prayer which we Sisters offer each morning after our morning prayer. It is called the "Memorare to St. Joseph":

Remember, O most pure spouse of the Blessed Virgin Mary, my sweet protector, St. Joseph, that no one ever had recourse to your protection or implored your aid, without obtaining relief. Confiding therefore in your goodness, I come to you and humbly supplicate you. Despise not my petitions, O foster father of the Redeemer, but graciously receive them. Amen.

Sincerely,

Sister M. Stephanie, FSGM

From the Chaplain

"Remember that you are dust and unto dust you shall return." In those words I signed with ashes the foreheads of our residents, family members and other visitors who were with us on Ash Wednesday. The symbolism seemed particularly poignant this year since on the two days before, two of our residents died (and still another on the day after). Since I have now been here at the Home for a year, I have been blessed in getting to know our residents. So these were no strangers who passed, but people whom I knew and cared about. I ask you to join with me in offering prayers for them and for their families.

And so, we have begun Lent with a vision of death. But the ashes of Lent (from an Anglo-Saxon word for "spring") is about more than the physical death that leads into eternal life. Just as seed when planted must die if it is to bear fruit, so also we are called by the Lord Jesus to die with him not just in our bodies, but in body, mind, and spirit.

That is why there is an alternative phrasing for the imposition of the ashes: "Repent and believe in the gospel." What do you hear when you hear this phrase? We usually think of "repentance" as referring to making amends for our sins. But there is more to it than that. The word translates a Greek word that means "turn around, change your way of thinking, your direction in life." This imperative is also an invitation from the Lord Jesus, since these are the words he used when he began his ministry. It calls for us not only to express sorrow for our sins, but also to commit ourselves in body, mind, and spirit, to walk in the way of the Lord Jesus. It is not enough to say that we are Catholic or Christian. We have to walk the path Jesus did. Many times in our lives we just seem to be going through the motions. We say prayers, but we don't reach out to our neighbor. We go to Mass, but we don't offer the sign of peace to others. We insulate ourselves from people of other races or nationalities. Lent calls for renewal in our hearts and lives.

But how can we do this? Jesus tells us "believe in the gospel." The Greek word translated by "believe" has the sense of "give oneself over to, trust wholeheartedly." Here it invites us to trust wholeheartedly in the gospel or the really good news of God's coming to us in the person of Jesus, of God embracing us in love through the arms that his Son and our Savior extended on the Cross. When we die in this way, every day, we find life, every day. The ashes are washed away by the waters of baptism and the oil of anointing. We live, we die, we are raised up! -- Fr Ron

MILESTONES
BIRTHDAYS, NEW RESIDENTS,
AND DEPARTURES

Welcome to New Residents

Mrs. Edith Patton
Mrs. Mary Tapy

With Deepest Sympathy

Mr. Emil Sertic
Mrs. Anna Ewers
Mrs. Marie Zinn
Mrs. Theresa Elbert

March Birthdays

Residents

Mrs. Joan Woerner - 8th
Miss Clare Kosta - 16th
Mrs. Ida Mary Henckler - 31st

Staff

Connie Ortvals - 4th
Tonya Samuel - 5th
Lena Thomas - 10th
Al Phillips - 13th
Judith Swoke - 16th
Katherine Wayne - 16th
Sharon Money - 18th
Katie Belgeri - 24th
Matthew Hansen - 27th

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.

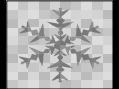
While doing a search or shopping online please make sure to indicate Mother of Good Counsel Home as your designated cause.

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, March 4th
 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.

Muny Kids
 Saturday, March 6th
 2:00 p.m.
 Physical Therapy Room

St. Patrick's Day Pot-Luck & Trivia



Tuesday, March 16th
 5:00 - 8:00 p.m.
 Activity Hall



All MOGCH residents, family and friends are invited to join us for dinner and trivia. The Home will provide Corned beef, cabbage, potatoes, dessert, and drinks. Family and friends are asked to bring some type of salad to share. If you plan to attend, please RSVP to the Receptionist or one of the Activity Staff Members, no later than Monday, March 15th.

Sweet Treats



Friday - March 12th
 Friday - March 26th



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 donations.

☀ **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, give them directly to Rhonda Hansen or one of the activity staff members.

Your support is greatly appreciated!

Mark Your Calendar

Spring Pot-Luck - April 13th - 5:00 p.m.

Irish Dancers
 Sunday, April 18th
 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.

March Coming Events

| | | | |
|-----------------------------------|--------------------------------------|-------------------------------------|-----------------------|
| Rosary - every Wednesday | Stations of the Cross - every Friday | Nacho Day - 4th | Birthday Party - 10th |
| St. Patrick's Day Pot-Luck - 16th | Sing-A-Long - 19th | Resident Round Table Meeting - 26th | Bowling - 31st |



Alaska's Last Great Race



Yell "Mush!" on Saturday, March 6, in honor of the dogsled teams setting out on Alaska's epic Iditarod Race. "The Last Great Race on Earth," as it is called, crosses

1,150 miles of Alaska's frozen frontier. Mushers lead teams of twelve to sixteen dogs over towering mountain ranges, across desolate tundra, through dense forests, and along bitter wind-swept coastlines. Temperatures plummet below zero. Wind whips so fast it can cause temporary blindness. Darkness stretches on through both night and day. Mother Nature, in all her beauty and power, poses the ultimate test to human and dog.

The Iditarod embodies the frontier spirit of Alaska. More than a competition, the race is a tribute to Alaska's wild lands and rich past. The Iditarod Trail began as a supply and mail route that led from the coast to the gold mining towns of Alaska's remote interior. Food, mail, and other supplies went in; gold came out. Later in 1925, diphtheria struck the village of Nome and the Iditarod Trail became a lifeline. Life-saving serum was hauled in on sleds pulled by teams of hard-driving dogs. The race commemorates those hard times of yesteryear.

The race begins in Anchorage, Alaska's capital and a bustling city. Soon, the mushers face Alaska's wilds, climbing across mountain passes and even racing on the frozen Yukon River, a natural superhighway of ice, westward to the coast and the Bering Sea. Finally, anywhere from ten to seventeen days later, the mushers and dogs arrive to a hero's welcome.

Activity Department Request

As you do your spring cleaning, please keep us in mind. Listed below are a few items that we could use in the Activity Department.

Mardi Gras beads and decorations

St. Patrick's Day decorations

Sombreros

Any seasonal/holiday decorations

Health and Safety Corner

March is a month of many weather changes. Below are some thoughts about the relationship between weather and health. Sometimes when we are aware of the ways that today's weather may affect how we feel, we can be prepared and more accepting of our health today.

The weather has long been suspected of affecting people's health. Cold damp days can mean aching bones and joints for arthritis sufferers and a long hot spell can result in lost workdays for migraine sufferers. Although these effects are common knowledge, they tend to be dismissed as coincidence or folklore. But there is mounting evidence that certain health problems are aggravated or even brought on by the weather.

Assessing the relationship between weather and health can be difficult. This is partly because the weather changes every day which brings different weather factors into play. But researchers using weather information in their studies on human health have made some interesting connections and have confirmed what many people have long suspected: weather affects health.

The studies show that migraines are more prevalent in locations where warmer air is moving in. Chronic pain sufferers are most affected by changes in temperature, humidity, precipitation and sudden changes in the weather. Arthritis acts up with strong atmospheric cooling and is influenced by dampness.

Researchers have also found other important connections. The rate of heart attacks increases with changes in air masses. Depression is more prevalent in the warm sector of a weather system. Blood pressure is affected by outside temperature and the rate at which blood clots also changes depending on the weather. In fact, the entire human body appears to be weather sensitive in one way or another.