

NEWS FROM HOME

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MOTHER OF GOOD COUNSEL HOME
6825 NATURAL BRIDGE ROAD
ST. LOUIS, MISSOURI 63121
314-383-4765
www.mogch.org

A FEW WORDS FROM SISTER M. STEPHANIE

Dear Friends,

As we approach Mother's day, when we celebrate our Home's patroness, Mary, Mother of Good Counsel, I cannot help but think of my own mom. This year, my perspective is much different from years past because at present, Mom is a resident at the Home and is suffering from terminal cancer.

I have been serving at the Home for many years in different capacities and I think back on the years in which Mom would come and participate in the Mother's Day Mass, help residents without families with their meal and then simply head home, often without us even having said a few words. Over the years I told her that I felt bad that I gave her so little recognition or attention as I was scurrying about, tending to other people, but she would just smile and come back again the next year. That is the kind of mom she has always been - extremely thoughtful and unselfish.

When I think this might be the last Mother's day that I will be able to spend with her on earth, I know that I will be trying to prioritize my responsibilities as I have had to do in all years past. Mom always said that my job on Mother's Day was to take care of our residents, families and staff. Once in a while I would speak to her about feeling torn and she would say, "About what? Just do your job, love and respect others, and that is all that is needed." She taught me that in the way of true Love, following the example of our Lady, doing God's will is the best way to be together.

This experience of having Mom at the Home is also giving me a new glimpse into the world of a family member who has placed their loved one in our care. It is teaching me that our service of love is not only to the residents, but that we must reach out more and more with compassion for family members because they, too, are suffering.

So, with the celebration of Mother of Good Counsel on this Mother's Day, 2010, I give special thanks to God for my mother. May we all let our Mothers know how much we love them, appreciate them and pray for them. We pray through the intercession of our Mother of Good Counsel for each of them, living and deceased, and for all of their intentions, most of which are probably us: their children, grandchildren, friends and relatives.

You are all invited to our Mother's Day Celebration of the Holy Eucharist on May 16. Our main celebrant will be Fr. Jim Knapp whose mother is a resident on 2nd floor. The Mass will be at 10:00 a.m. followed by a Brunch in the Activity Hall which we hope you all can attend.

May our Mother of Good Counsel bless and intercede for all of us.

Sincerely,

Sister M. Stephanie, FSGM

From the Chaplain

The other day after the 9:30 Mass, since the elevator in the East Wing was shut down, I was helping residents get on the other elevator. Since there were too many to fit, I waved to the ones remaining and we took off. One of the residents asked me "What does the chaplain do around here besides waving at the residents?" Fortunately we got to the second floor and everyone got off, before I had to come up with an answer! But later I thought it might be worthwhile to use this column to answer the question.

The day starts at 6:00 AM (5:50 on Sunday) with Mass for our Sisters. When I head back to the Home for the 9:30AM Mass, I stop to visit with the residents having breakfast on the first floor. The 9:30 AM Mass usually has about fifteen residents along with a few visitors. Our Sunday Mass at 10 AM usually has about thirty-five to forty residents and about twenty-five family visitors. Then Sister M. Cecilia and I bring Holy Communion to those who are not able to come down to chapel. After that I usually visit residents or sit in on the FAR Conferences. I find these helpful in getting to know the residents and their families better. Once a week I visit with the residents on the second and third floors during dinner, trying to stimulate conversation (or cause trouble, depending on how you look at it). In the afternoons I try to show up at the various events involving the residents and especially at the pot-lucks involving their families & friends. There are also conversations with family members and friends as we happen to run into one another in the course of the day. Periodically I celebrate the Sacrament of the Anointing of the Sick for the residents, either as a group or individually. I also work with family members to plan a funeral or memorial Mass, whether here in our chapel or in their own parish church.

Our residents are here for a variety of reasons. Most are here because of Alzheimer's or some other type of dementia. Since I am new to this ministry, I have been using some of my time every day to familiarize myself with the current literature on the biological and psychological dimensions of dementia and with stories about people with Alzheimer's. Given what I am learning and what I observe here, I am trying to figure out how to help residents with dementia keep their faith alive and express it in ways that continue to be a gift to others. I am also trying to figure out how to help families to respond in faith to the dramatic changes in their loved ones, to the gift that they are now. After spending most of my life teaching philosophy and theology, I think that the most important thing that this chaplain does around here right now, besides waving to residents, is learning what each resident has to give and how to help them share it with others. - Fr Ron Chochoil



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

Welcome to New Residents

*Mrs. Maggie McGee
Mrs. Nancy Belgeri*

With Deepest Sympathy

Mrs. Bea Hanson

May Birthdays

Residents

*Mrs. Ruth Davis-Todd - 3rd
Mrs. Elinor Reeder - 4th
Mrs. Leora Emmerich - 16th
Mrs. Jo Ann Deiermann - 18th
Mr. Joseph Peters - 19th
Mrs. Margaret Friedhoff - 22nd
Mrs. Ruth Sisak - 30th*

Staff

*DeWanda Elliott - 5th
Margaret Wilson - 9th
Marva Belger - 11th
Paulette Chatman - 12th
Shereeda Wilson - 14th
Roy Henderson - 21st
Ella Garth-Wayne - 25th
Bianca Page - 25th
Brenda Mann - 29th
Carolyn Dubar - 30th
Gloria Thomas - 30th*

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.

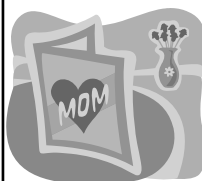
GoodSearch.com donates 50% of its revenue, approximately a penny per search, to the charities designated by its users. Use it exactly as you would any other search engine and the pennies add up quickly – just 500 people searching four times a day will earn around \$7,300 in a year. It doesn't cost the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



There are gifts displayed in the showcase 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.





Cardinal Baseball Day
St. Louis vs. Houston
Thursday - May 13th
12:40 p.m.
(doors open at noon)
Activity Hall



All MOGCH residents, family, and friends are invited to come watch the game on the big screen and enjoy ball park food for lunch. If you plan to attend, please RSVP to the Receptionist or one of the Activity Staff no later than Wednesday, May 12th.



Cinco de Mayo & Bingo
Tuesday, May 4th
5:00 - 8:00 p.m.
Activity Hall

All MOGCH residents, family and friends are invited to join us for dinner and bingo. The Home will provide nachos, a couple Mexican dishes, dessert, and drinks. Family and friends are asked to bring a Mexican (or other) side dish to share. If you plan to attend, please RSVP to the Receptionist or one of the Activity Staff members, no later than Monday, May 3rd.



May Crowning



Monday, May 10th

2:00 p.m. - Chapel



Nacho Day
Thursday, May 27th
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

Mark Your Calendar

Resident Appreciation Month

June 1st - June 30th

“Residents: The Heart of Our Home”

There will be many fun and entertaining events throughout the month. We will keep you posted!



Sweet Treats
Friday - May 7th
Friday - May 21st



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!

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.

May Coming Events

Rosary - every Wednesday Pot-Luck - 4th May Crowning - 10th Birthday Party - 12th Baseball Day - 13th
 Sing-A-Long - 21st Junior League Larks - 26th Bowling - 26th Nacho Day - 27th Resident Round Table Meeting - 28th



We Need Your Help!!



We need baby pictures of our residents. If you don't have a baby picture, a small child or teen picture would do. We are going to have trivia of sorts for our staff and residents. We will post the young pictures of our residents and staff members and give everyone the opportunity to try and guess who they are.

Here is how it works: 1) Put a copy of the picture in a sealed envelope. 2) Put all the resident's info inside the envelope, such as name and age. 3) If you would like the photo returned to you, please put your name, address and phone number on the inside of the envelope and we will return it to you. 4) Turn the envelopes in at the front desk or to Rhonda Hansen no later than May 31st.

This is one of the "fun things" we will be doing during Resident Appreciation Month.

If you have any questions, please contact Rhonda at extension 200 or via e-mail, rhansen@mogch.org.

Safety & Health Corner



Spring has sprung, and many outdoors lovers are busy scratching away in the dirt. As we roll up our sleeves and pull out the gardening tools, we also want to remember to work safely in the garden. The beauty of the flowers is not worth trauma to our backs. Our MOGCH Safety Committee came up with this little jingle to help remind us of back safety: "Squat down, please, and lift with your knees. If your knees don't bend, get help from a friend!" Sometimes we are tempted to lift a pot or a shovel full of soil that is too heavy for us. Don't do it! Also, it is important to get down as close to the ground as possible when planting or weeding. Use knee pads to help minimize the strain on the back. Enjoy your time in the garden and keep a healthy back so that you can enjoy it as it grows!

A Giving Heart

Have you ever experienced the desire to give to a cause in which you believe and support wholeheartedly, but in your day to day financial experience, do not always have the funds to do so?

Have you ever considered planned giving? This technique of arranging for gifts to a favorite charity makes it possible to plan for the future while leaving a lasting remembrance of your kindness.

A major way that the Mother of Good Counsel Home is able to provide for those in need is made possible by the support of generous donors. Please consider the Mother of Good Counsel Home in your estate planning, in the writing of your will, or in your charitable remainder trust or charitable lead trust. In order to establish such a gift, contact your financial advisor.

We thank you for your support of our mission: that the skilled nursing care we provide is done in the spirit of the Merciful Love of Christ, that the respect and dignity of the elderly may be upheld. God bless you!



Spirit of Mother M. Anselma Dinner Sunday, May 16, 2010 6:00pm Norwood Hills Country Club

Mother M. Anselma Award presented to all priests; accepted by Cardinal Justin Rigali.

Join us for an evening of cocktails, entertainment, dinner, and wonderful company in support of the Mother of Good Counsel Home. Sponsor a priest to show your support and appreciation.

Tickets: \$250.00 per person

Priests: \$150.00 per person

For more information, contact Connie Ortvals at cortvals@mogch.org or at 314-383-4765.

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, Easter decorations, Sombreros, Baseball decorations, Any seasonal/holiday decorations, Bingo Prizes