

NEWS FROM HOME

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

VOLUME 11, ISSUE 10

OCTOBER 2009

A FEW WORDS FROM SISTER M. STEPHANIE

Dear Friends:

In this month of October, change is in the air as we smell, feel and see the coming of autumn. We have left behind the escapades of summer and find ourselves immersed in school, work, pulling out warmer clothes, and beginning to plan for Christmas.

This month of October holds a very special celebration for us Sisters at the Mother of Good Counsel Home. On October 4th we celebrate the Feast of St. Francis of Assisi. Often known by our modern world as an "animal lover", the patron of our community was so much more. He brought a great love to our world and spirit of joy. His ability to see the Hand of God in all things – in all aspects of creation – was the motivation for his deep respect for all people and the entire natural world.

During this month of October we will be recognizing the staff of the Mother of Good Counsel Home and their part in this legacy of St. Francis. It is our mission to promote the dignity of all people, especially our residents, and to share with them the merciful love of Christ. We want a spirit of joy to be felt within the walls of our Home, wrapping itself around all who enter like a warm sweater on a cool autumn day.

As always, we pray for each of you and wish you blessed, autumn!

Sincerely,

Sister M. Stephanie

From the Chaplain

I'm writing this column on September 15 – the feast of Our Lady of Sorrows. This title for Mary, the Mother of Jesus, reflects seven different events in the lives of Jesus and Mary that brought pain, suffering, and sorrow to her heart. Although there were other such events recorded in the scriptures, the Church in the middle ages in Europe focused on the special number seven. Since this column will be appearing in October, a month dedicated to Mary, I thought her sorrows might bring us consolation and hope.

The *first Sorrow* is Simeon's prophecy about the fate that awaited the infant Jesus as well as about a sword piercing the heart of Mary. Parents have hopes and dreams for their children when they are born. Most parents say that they just want their children to be happy and that they will do whatever they can to make that happen. As parents do today, Mary was left to ponder what fate awaited her son. How could Jesus be blessed in the midst of pain and suffering? But her sorrow will turn to joy in his resurrection.

The *second Sorrow* was the flight of Joseph, Mary, and Jesus from Bethlehem to Egypt, in order to be safe from King Herod's threats on the life of Jesus. Likewise many people today flee their homelands in the face of war, violence, and persecution to seek refuge in other countries. Many people in our own country have had to leave their homes because of natural disasters, prejudice, or foreclosure. They struggle, as Mary and Joseph did, to protect the most precious gift they have received – their children. Only when King Herod was dead did Mary and Joseph go to Nazareth to raise Jesus for his mission and ministry.

The *third Sorrow* happened when Mary and Joseph took Jesus up to Jerusalem but he didn't return with him. They thought he was lost and they were filled with anxiety and sorrow until they returned to Jerusalem and found him safe, teaching in the temple. Recent stories about the kidnapping of children, their abuse, and even their killing echo this story of loss and the heartbreak that ensues.

The *fourth through the seventh Sorrows* focus on the crucifixion, death, and burial of Jesus. Powerless and overwhelmed, Mary bears the sorrow of this tragedy in the life of her son, who brought healing and hope to his people. But in the midst of her sorrow, Jesus from the Cross gives her the Beloved Disciple for her consolation. May all of us who have suffered loss likewise find consolation in the resurrection. – Fr Ron Chochol



MILESTONES
BIRTHDAYS, NEW RESIDENTS,
AND DEPARTURES

Welcome to New Residents

Mr. William (Bill) Hyland
Mr. Harold Gilpin
Mrs. Marie Zinn

With Deepest Sympathy

Father William Kekeisen
Mrs. Jerry Jones
Mrs. Anna Auer

October Birthdays

Residents

Mrs. Bea Hanson - 1st
Mrs. Victoria Drier - 6th
Mr. Elmer Schweigert - 10th
Mrs. Millie Knapp - 11th
Mr. Tom Rowane - 14th
Mrs. Frances Bohn - 27th

Staff

Lillian Smith - 1st
Channell Walton - 6th
Mary Shepard - 8th
Gwen Gordon - 11th
Minnie Conwell - 12th
Jayne Hieger - 12th
Kristal Gomiller - 14th
Marteca Johnson - 17th
Angie Steele - 17th
Helen Stegall - 25th

Mass Intentions Offered at Mother of Good Counsel Home

Our new chaplain, Father 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.

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.

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 Nurse's Station 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.

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, October 1st
 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.



Pumpkin Treats
 Friday - October 9th
 Friday - October 23rd
 Friday - October 30th



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!

Oktoberfest & Entertainment
Tuesday, October 13th
5:00 - 8:00 p.m.
Activity Hall

All MOGCH residents, family, and friends are invited to join us for dinner and entertainment. Ken Barnes will be here to provide us with wonderful musical entertainment. The Home will provide the brats, hot dogs, German potato salad, drinks, and dessert. Family and friends are asked to bring a 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, October 12th.



Mary Queen of Peace
Teen Fall Retreat
Saturday, October 10th

A group of teens from Mary Queen of Peace will join us again this year, on Saturday, October 10th, as part of their Fall Retreat. They will attend Mass and participate in scheduled activities throughout the day.

Please join us after Mass, in the activity hall, for a day of food, fun, and fellow-ship.

Upcoming Events

Thanksgiving Feast
Saturday, November 21st - 12:00 noon

October Coming Events

Rosary - every Wednesday	Nacho Day - 1st	Benediction - 2nd	Are You Smarter Than A 5th Grader - 7th	Movie - 9th
	Oktoberfest & Entertainment - 13th	Birthday Party - 14th	Horse Races - 16th	
Sing-A-Long - 23rd	Resident Round Table Meeting - 28th	Funny Hat Party - 30th		



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

HEALTH AND SAFETY CORNER



A familiar face with a new job.

The Home's new Safety Manager is Sister M. Beata. She will be responsible for maintaining the safety of staff members in our facility according to OSHA (Occupational and Health Administration) standards.

Sister is looking forward to working with all of our staff to insure their safety and that of our residents!

The Gift of Liberty



On October 28, 1886, France gave America a wonderful gift to commemorate its first 100 years as a country. That gift was a statue titled "Liberty Enlightening the World," but it is better known worldwide as the Statue of Liberty.

The French artist and sculptor Frederic Bartholdi was chosen to design the gift, and inspiration first struck him while traveling in Egypt to see the construction of the Suez Canal. He envisioned an enormous lighthouse in the shape of a robed peasant carrying a torch at the canal's entrance. He even suggested this idea to Egypt's leaders, but they did not have the money for such a statue.

The Statue of Liberty originally acted as a lighthouse for New York Harbor until 1902, and it even housed a lighthouse keeper. But it is best known as a beacon of freedom for the millions of immigrants entering America after their trans-Atlantic crossing. Her inscription boasts a monumental welcome, "Give me your tired, your poor, your huddled masses yearning to be free."