

# NEWS FROM HOME

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

*Dear Friends,*

*As the weather changes this month from the heat of Summer to the balmy Autumn, there are also some changes taking place at the Home that I want to bring to your attention. Our Director of Nursing of the last 5+ years, Sister M. Caritas, will be transferring to Alton to work in our hospital in mid September. Sister has worked at the Home for eight years: first as a floor supervisor; then assuming more administrative duties; and finally as Director of Nursing. Since she came immediately after nursing school, Sister has never really had any acute care experience, so this is an excellent opportunity for her. Although we will miss her, we wish her well in her new endeavor. I have the hope that she may return to us one day as she keeps telling me that part of her heart is in the Home. We thank her for her dedicated service and know she will both learn and bring her goodness to her new apostolate.*

*Sister Mary Elizabeth, whom many of you have seen in different areas of the Home, will be our new Director of Nursing. Sister worked at the hospital for a few years before coming to the Home about two years ago. She brings experience, enthusiasm, her ready smile, and a willing spirit to her new job. We are grateful to her that she has accepted this new position and will do all we can to help her be successful.*

*Just in case you are wondering who the new face in the chapel belongs to, let me introduce you to Sister M. Monica, our new sacristan. Sister M. Monica has worked at the Home often over the years; hopefully, she will stay with us this time!*

*Sister M. Cecilia is still with us, and she is taking on many other jobs. You can still find her out and about (especially when you need medical supplies). Those are all the transfers for this year (I think). We hope you all enjoy meeting our new Sisters, and will offer a prayer for those who are moving on to have a great new beginning.*

*At this particular time, many of us at the Home have developed a disease called Cardinal Fever. Symptoms include counting on your fingers (what is the magic number today?) and rushing into the nearest resident's room to stare at the television after hearing the crack of a bat and a roar from the crowd. This is so exciting. Go Cardinals!*

*Sincerely,*

*Sister M. Stephanie*

## *From the Chaplain*

Would you believe that your hands could be worth \$1200 a day, if they were good enough to be used in photo shoots, advertisements, and on TV? Just your hands! But they have to be perfect: skin, shape, fingernails, everything perfect! And if your hands are chosen for modeling, you wind up keeping your hands in gloves all day to protect them, when you're not using moisturizers and toning them up!

Take a look at your hands. What do you see? Are they bruised, battered, spotted, misshapen from arthritis, sore, discolored, weak and useless from strokes, callused, scarred, tired, worn?

If you are one of our residents, look again! **Do you see** the babies you held in your hands, the kids you patched up when they were hurt and held with your hands to help them forget the pain, the person who will become your spouse when you touched their hand for the first time, the family and friends your hands prepared endless meals for, the wife and kids your hands worked for and fixed things for? And what about now? **Do you see** the hands that work in our garden, that play bingo and cards, that hold a rosary, that give the sign of peace at Mass, the hands that receive the Body of Christ, the hands that give and receive blessings? *Look again: your hands are full of life!*

And if you are on the staff, look again! Your hands give medications to our residents, clean them up when they soil themselves, lift them up, bathe them, prepare food for their meals and parties, feed them, play music for them, move furniture for them, repair things when they are broken, keep our Home clean, touch them with love and care, type letters so that the Home has enough resources to do its work, and finally and most of all lift up your hands in prayer for them. *Look again: your hands give life to others!*

One of the prayers that can be said at Mass is the following: *Blessed are you, Lord, God of all creation. Through your goodness we have this bread to offer, which earth has given and **human hands have made.** It will become for us the Bread of Life.* Our human hands bring life and shape the lives of those around us. By our daily living in faith, hope, and love, our hands feed one another, lift up our spirits, bring healing, give a blessing. "Hand models" may make \$1200 a day. The hands of our residents and staff may not be perfect, but they are full of life and **they are priceless!**  
-- Fr Ron Chochol



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

*Welcome to New Residents*

*Mr. Art Krispin  
Mrs. Mary Grace Sedlak  
Mrs. Frances Bohn*

*With Deepest Sympathy*

*Mrs. Cordelia Taylor  
Miss Helen Guyol  
Mrs. Melvastine Smith*

*September Birthdays*

Residents

*Mrs. Nell Boyd - 8th  
Mr. Ray Rohde - 10th*

Staff

*Larry Bunt - 7th  
Tracie Taylor - 8th  
Deborah Smith - 9th  
Tammy Townsend - 9th  
Andy Tenholder - 10th  
Joann Bishop - 12th  
Rodneshia Morgan - 15th  
Ora Coleman - 19th  
Chin Thi Nguyen - 20th  
Lanedria Atkins - 21st*

**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](http://www.goodshop.com) for your shopping needs online and [www.goodsearch.com](http://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



**Cardinal Baseball & Lunch**  
**St. Louis vs. Florida**  
**Wednesday, September 16th - 1:15 p.m.**  
 (doors open at noon)  
**Activity Hall**



The Activity Department will be selling Nachos and Chili Dogs throughout the day. All staff members, residents, family and friends are

**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 Tuesday, September 15th.**

Apple Treats



Friday - September 4th  
 Friday - September 18th  
 Friday - September 25th



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!*

**Pot-Luck & Trivia**  
**Tuesday, September 22nd**  
**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 the meat, 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, September 21st.



September Coming Events

Rosary - every Wednesday (except 16th)	Benediction - 4th	Birthday Party - 9th	Movie - 11th
Baseball Day - 16th	Sing-A-Long - 18th	Nacho Day - 20th	Pot-Luck & Trivia - 22nd
Horse Races - 23rd	Resident Round Table Meeting - 25th	Bowling - 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.

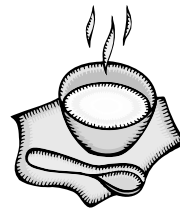
If you do get the flu, antiviral drugs are an important treatment option.

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.

## Who Put Oatmeal on the Map?



In 1978, the state of Texas made a big mistake when it decided to leave the little town of Oatmeal off its official state map. The twenty-person town of Oatmeal vowed never to be ignored again, and as a means of attracting attention and fame, it began its annual Oatmeal Festival.

Every Labor Day weekend, the Oatmeal Festival tries to outdo all the chili cook-offs Texas is famous for. Locals compete in oatmeal bakeoffs, oatmeal sculpting, and building towers out of oatmeal boxes. During the oatmeal parade, planes flying overhead release a rain shower of oat flakes. Instead of crowning a festival queen, one lucky lady is declared Ms. Bag of Oats. (All entrants must be over 55 years old and ornery.) Be on the lookout for the Goat Gap Grits Guzzler, a nefarious peddler of grits, a breakfast food outlawed in the town of Oatmeal.

## Upcoming Events

**Oktoberfest**  
Ken Barnes will entertain  
Tuesday, October 13th  
5:00 p.m.



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

