

LITTLE SISTERS OF THE POOR

Serving the elderly poor in Washington, D.C. since 1871.

Spring 2017
Volume 10 | Issue 1

JEANNE JUGAN RESIDENCE
4200 Harewood Road, NE
Washington, D.C. 20017



JEANNE JUGAN RESIDENCE



SAVE THE DATE

Join Us in Praying for Vocations
June 4

Fuel Fund/Summer Sweepstakes
July 17 – September 15

Feast of Saint Jeanne Jugan
August 30

Combined Federal Campaign
September 1 - December 15

Digital Music Therapy The Healing Power of Music

We've all had this experience. You hear a song and it triggers a special memory: a time, a place, a person.

Now, our own Little Sisters, along with trained employees and volunteers, are using this common music-memory connection in hopes of alleviating the symptoms of Alzheimer's disease and other cognitive and physical challenges among 39 of our nursing home Residents.

Called "Music and Memory," the program is grounded in extensive neuroscience research about how music is linked to emotions and to memories stored deep in the brain. While Alzheimer's damages the ability to recall facts and details, it apparently does not destroy the powerful connections between a favorite song and the memory of an important life event, no matter how long ago.

The dramatic benefits Music and Memory can bring to Residents in senior housing and long-term care are captured in a poignant documentary, *Alive Inside*. An

inspiring example portrayed in the film is Henry, a patient who suffered with dementia for a decade and barely spoke a word.

Henry undergoes a startling transformation when the headphones of an iPod playing his favorite music is slipped over his ears. His eyes immediately open wide and he begins to sing and rock to the familiar rhythms. Even more amazing, when the headphones come off the effect apparently persists and progresses. Once unable to answer simple yes or no questions, a re-animated Henry is now quite talkative.

Music therapy in general is gaining wider acceptance as a treatment for cognitive disorders and brain injuries. That's due in part to its role in the treatment of former Congresswoman Gabrielle Gifford, who suffered a gunshot wound to the head when she was assaulted during a campaign appearance in 2011. Her therapists have used music to help her learn to walk and speak again, as well as to provide an emotional lift during her challenging recovery.

Here at our Home, those working with the program are busily loading personalized playlists of our Residents' favorite music onto iPods. The therapy offers a low-cost approach with potentially life-changing benefits. If the treatment can help some of our Residents reawaken and begin "rocking" and reconnecting in a positive way with others around them, it will be a significant new blessing we can offer in our mission of caring for the elderly poor.



We celebrated National Nursing Home Week May 14-20 by gearing treats and activities — like homemade apple pie with ice cream, a Little Sister and employee talent show (above right), and an International Day Feast prepared and served by employees and Sisters to our Residents — to this year's theme of embracing diversity. Darlin assists Mona (above left) with a sweet activity, replicating our hands on colorful paper and then writing on it the word we best think describes the spirit of our Home. Love wins!

Friend-Raising

Our annual Tea and Tulips “Friend-Raising” event April 9, was a great success once again. The event sold out early, netting nearly \$34,000 to support our mission of serving the city’s elderly poor, in addition to attracting 114 new friends for the Little Sisters.

Approximately 300 women attended, the varied palette of their dresses matching the beautiful spring blossoms surrounding the Columbia Country Club, the host site.

As guests sipped wine and juice, they had the opportunity to peruse the 18 coveted “baskets” of items being raffled off. The offerings included a “Spring Garden Basket” containing a lovely grouping of outdoor furniture and plants, donated by Cheryl Murphy Marocco and the Murphy “Sisters”; a “Jennifer Bag” — actually a designer purse, donated by Alyssa Crilley in remembrance of Jennifer Duffy, a founding member of the tea, and; a gourmet wine basket assembled by the Awareness Committee, among other generous and inviting donations.

While mingling with the guests, Tulip volunteers Ellen Cullen, Susan Gorman and Mary Beth Donnelly, along with Sister Jeanne Veronique and Sister Albina, sold raffle tickets to hopeful purchasers. Along with other members of our family, they also provided insights about the Little Sisters and our mission to potential new friends.

Awareness Committee Chairperson Genevieve Murphy, assisted by young volunteers, called the



Our Awareness Committee, Little Sisters and generous friends gather for a photo: Sr. Jeanne Veronique, Mary Beth Donnelly, Ellen Conley, Ellen Cullen, Sr. Albina, Genevieve Murphy, Nancy Itteilag Donnelly, Aimee Dominick, Mary Beth Wood*. Back row Monique Marcus*, Susan Gorman and Cheryl Murphy Marocco*. Not pictured: Suzie Squier, and Patti Farrell.*

winning raffle numbers as attendees enjoyed a buffet of strawberries and whipped cream, Brie and Wafers, Devonshire cream and scones, and an assortment of savory sandwiches and miniature pastries.

“I’m just delighted with our results,” said Genevieve, remarking that in addition to the successful raffle sales, the beautiful center pieces created by Brian Bonita also sold out. “It’s simply icing on the cake,” she said.

We are overjoyed with the turnout and so grateful to the ladies who came out to support this event. We offer a special thanks to the Awareness Committee, our Tulips, including the amazing ladies of A. Dominick Events—for their successful efforts in handling every aspect of the Tea.

A heartfelt thank you to our friends who donated their services or items for the raffle:



Aimee Dominick – A. Dominick Events; Brian Bonita – Brian Bonita Custom Floral; Joanne Guiniven, Darcy Jennings, Monique Marcus, Julie Marcus, Caroline Marcus, Allyssa Crilley, Cheryl Murphy Marocco and the Murphy “Sisters”; Polly Sturm - Etcetera Fashion; Mary Beth Wood – Mary Beth Wood Designs; Jill McNamara – Mostly Monogram, and; Gretchen Gordon – Print 1.

School Food Drives Helping to Fill Our Pantry



In a unique drill late last year, the St. John’s High School football team lined up outside our Residence like a fire-fighting bucket brigade. Fortunately, they weren’t dousing a blaze. But they did represent a monster wave in a flood of food and personal items donated by Archdiocese of Washington schools in 2016. The team members delivered more than 7,700 items from a 30-foot trailer in an effort that required more than three hours.

In all, 25 schools held charity drives last year that helped fill our pantry and support our mission of serving this city’s elderly poor.

The tide has continued this year, with people



God’s mercy, Pope Francis said, not only “opens the door of the mind,” it also opens the door of the heart and paves the way for compassion toward those who are “alone or marginalized because it makes them feel they are brothers and sisters and children of one father.”

like Lisa, a cheerful mother of students attending Mary of Nazareth, delivering a truck full of cereal boxes, paper towels and laundry detergent. To date, ten schools, such as Our Lady of Lourdes, DeMatha, and Archbishop Neale, in addition to Mary of Nazareth, have helped stock our shelves by collecting, sorting and delivering items much needed by our Residents.

The donations secured by local students during their school drives are a vital resource for our mission and The Little Sisters and our dear ones feel tremendously grateful and blessed for the time and effort spent on these events. Thanks to these schools and other organizations, we are able to continue providing more 125,000 tasty, nutritious meals to the 100 Residents at the Jeanne Jugan Residence and our independent living apartments, St. Joseph’s Villa.

A Successful Conclusion to the Capital Campaign

When sandbags, buckets and towels were no longer enough... it was time to raise money

The three-year capital campaign for the Jeanne Jugan Residence succeeded in reaching its \$12 million target, the Little Sisters and the capital campaign committee have announced. The Building Together on Sacred Ground Capital Campaign was the largest fundraising initiative in our 145-year history.

The money came with the help of 8,804 generous donors who contributed gifts ranging from \$2 to \$2 million.

The funds were needed for numerous essential upgrades and repairs to the buildings and grounds. "Our home is a safer place today for our Residents and all the Little Sisters because of the outpouring of support and prayers from the community," said Mother Mary Michael. "Importantly, this work allows us to sustain our Home and to care for this city's elderly for many years to come. We thank God for the mercy and compassion of the many people who so beautifully opened their hearts to support our mission."

"I have been honored to serve as chair of this campaign and express my deepest gratitude to everyone who has played a role in this historic effort on behalf of The Little Sisters of the Poor."

Initial plans for the campaign were launched as the Great Recession roiled the economy. But despite the harsh economic climate, the Little Sisters recognized that to continue their mission, and to be good stewards of what God has given us through your generosity, the aging buildings and infrastructure demanded attention. Further delay would mean continued deterioration, unsafe conditions, rising repair costs and soaring utility bills.

The challenge was to raise \$12 million without affecting the operating budget needed to serve our Residents. "We were confident in our plan and God," said Mother Mary Michael, citing the words of Saint Jeanne Jugan, our Mother Foundress: "Give us this house. If God fills it, God will not abandon it."

Certain in the urgency of our purpose, and blessed with the guiding presence of B.F. Saul as chair of the campaign, fundraising began in the spring of 2014. After we achieved what seemed a daunting goal, Mr. Saul said, "I have been honored to serve as chair of this campaign and express my deepest gratitude to everyone who has played a role in this historic effort on behalf of The Little Sisters of the Poor."



We were thrilled in May 2015 when a crane lifted our new cooling towers [top photo] over the building and into place. Gone are the old boilers [above]. Hundreds of yards of new copper piping have been installed [bottom], replacing corroded-pipes that leaked [below].





Following is a list of improvements the generosity of our benefactors has enabled us to accomplish, ensuring the long-term sustainability of our Home and the ability for The Little Sisters to continue our mission to serve the elderly poor of Washington for years to come:

- Installation of new heating, cooling and electrical systems throughout our buildings, eliminating antiquated systems that created safety hazards, ongoing maintenance costs and heating bills as high as \$30,000 per month among other issues. Replacement of corroded pipes that leaked water and hot steam into Sisters' rooms with hundreds of yards of new copper piping. Also, 300 new double pane windows installed, replacing the old non-weather resistant windows that drove up utility bills and also allowed water to penetrate, causing structural damage. These leaks drove the Sisters and staff to resort to buckets, towels, shop vacs and even sandbags to block the water and clean up the aftermath.
- In the chapel: removal of asbestos from the ceiling; installation of a required fire-suppression system; new insulation to save on utility bills; replacement of worn and torn carpet; installation of new ceramic tile, and; increased wheelchair accessibility to the reconciliation room and the altar platform (third photo).
- In the 1964 convent: abatement and removal of asbestos and mold; creation of a library and music room; new flooring, and; renovation of bathrooms to meet code requirements.
- Also in the 1964 convent: creation of a Juniorate space, where young Sisters can join our community for an additional year of doctrinal formation and time to deepen their faith in preparation for living our vocation. Five new Little Sisters arrived in September 2016.
- Installation of a new fire alarm system in the 1964 and 1982 buildings. During testing, whistles blowing, bells ringing, lights flashing and a new sound system blaring alerted everyone, even our neighbors, that the new system was, thankfully, performing up to code.
- And finally, resurfacing of our parking lot and driveway, presenting a safer and more attractive entrance to our Home.

BEFORE: The single-paned windows and blue carpet are clearly visible (top photo). It was exciting to see the scaffold go up as the renovatoin of our chapel began (second photo).

AFTER: The old single-panes and leaky windows were removed, the brickwork repaired and double-paned, energy efficient windows installed (bottom photo).

With our Prayerful Gratitude Volunteers Honored

The Little Sisters and staff celebrated National Volunteer Week April 22 by honoring all of our volunteers with a Mass offered by Rev. Richard Hite, followed by an appreciation dinner in the auditorium.

The festivities included special awards — presented by Sister Joseph, Sister Margaret, our volunteer coordinator, and Heather Cave, our director of development — for three of our volunteers, recognizing their outstanding service to our family and Home.

Kyong Ja Park became only the second recipient of the “Little Sisters of the Poor Prayerful Gratitude Award,” an honor last bestowed in 2015 to Genevieve Murphy.

Kyong, who goes by Cecilia, began volunteering at our Home 36 years ago.

Once a week, Cecilia makes the 40-minute drive to our Home and volunteers by caring for the Residents’ clothes, making necessary repairs and putting name tags into each item. Assuming each of our 100 Residents has five items of clothing for each day of the week, that’s 3,500 hundred items that need to be labeled and kept in good repair — an amazing labor of love. In accepting the award, Cecilia simply said, “God gives me the time and so I want to spend it helping other people... so much.”

Paul Fox, was one of two recipients of our “Little Sisters of the Poor Certificate of Appreciation.” Paul worked as our dishwasher for seven years and then returned as a volunteer even after he found his “dream job” with the National Park Service. Paul, who has now served us for five years as a volunteer, said he simply couldn’t leave the Little Sisters, regarding the Jeanne Jugan Residence as his second home and

the people here his family.

In his job with the National Park Service, Paul is assigned to the National Mall.

In his volunteer role, Paul assists the dietary staff, “doing anything they need, from stocking shelves and additional deep cleaning to setting up for special events,” he said. “The employees’ mission here is to serve the Residents, while mine as a volunteer is to serve the employees so they can better serve the Residents,” Paul added.

Sister Margaret and Sister Joseph presented the award to Paul for what Sister Joseph described as “348 hours of devoted and joyful volunteer service in 2016.”

“[My mission] is to serve the employees so they can better serve the Residents.”

Mike Fiscus also was honored with a “Little Sisters of the Poor Certificate of Appreciation.” Mike is a 13-year volunteer, who works in our gardens, plants the spring flowers and even works with other volunteer groups, such as the Knights of Columbus, in cleaning up the grounds.

But, as Heather noted, Mike also serves our family in a number of other ways through generous and thoughtful actions that some might be unaware of.

Heather recalled how one day she arrived at the Home and found the flower pots at the entrance “simply beautiful, overflowing with gorgeous flowers.” She said Mother Mary Michael later told her that Mike had created the display. She went on to describe other instances in which she discovered — without talking to him — that Mike was responsible for acts that benefited our Residence and our family.

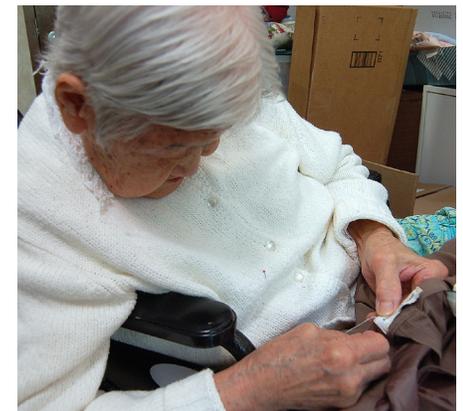


She related how a Resident who had “seemed a little down” to her, showed up at her office one day with a smile on her face. “She shared that she’d just had the best afternoon,” Heather recalled. “She had coffee, gone to the grocery store, and even had a pedicure, which made her ‘90-something-year-old’ feet feel so nice. And then she told me, ‘Mike Fiscus took me.’”

“Then at Christmas,” Heather continued, “I got off the elevator on the second floor and there was a beautiful tree with the prettiest decorations I’d ever seen. Again, someone told me it was Mike.”

“Come to find out, Mike does all the seasonal decorating on the second floor, including the Christmas trees, right down to buying ornaments,” Heather said.

Although the benefits volunteers bring to our Home is immeasurable, an organization of charitable communities called the Independent Sector calculates that volunteer time in Washington, D.C. is worth more than \$38 an hour. When you consider the talent, energy, and thousands of hours each year individuals freely dedicate to support our mission, that’s an enormous value and blessing!



Mike Fiscus (upper right) holds the Certificate awarded by the Sisters to him and to Paul Fox (bottom left) for their volunteer service. Cecilia (bottom center) who received our crystal “With Our Prayerful Gratitude” Award and a master of multi-tasking, repairs a skirt while visiting and speaking in Korean with one of our Residents, Mrs. Lee (bottom right). “Mrs. Lee is quite a seamstress,” says Cecilia who enjoys spending time with our Residents. Mrs. Lee helps out too by sewing a name label into a pair of pants.

Mother's Corner

By: Mother Mary Michael



Dear Family and Friends of the Little Sisters,

As the month of May will soon come to an end, I want to thank all of you for your wonderful support and friendship. I pray Our Blessed Mother will shower you with many graces and blessings as we continue our summer journeys.

Our Junior Little Sisters have completed their doctrinal year of formation here in Washington and are now preparing to be sent out on a new mission as they continue to follow in the footsteps of our Saintly Mother, Jeanne Jugan. We also have the added joy of having a student from Catholic University of America express her desire to enter our Congregation in the fall. Please join us in continuing to pray for these young women who are responding generously to the Lord's call.

In union with the 100th anniversary of the apparitions to the shepherd children of Fatima, our Congregation has set up a special initiative beginning May 13, 2017. Each Home around the world has an assigned day to offer prayers through the intercession of our Lady forming a daily spiritual chain to pray for vocations. We will mark this day here in Washington on June 4. Remembering that the family is the seedbed of vocations, we entrust this intention to your prayers as well.

God bless each and every one of you.

MISSION STATEMENT

Continuing the work of St. Jeanne Jugan, our MISSION is to offer the neediest elderly of every race and religion a home where they will be welcomed as Christ, cared for as family and accompanied with dignity until God calls them to himself.

LITTLE SISTERS OF THE POOR

Visit us at www.littlesistersofthepoorwashingtondc.org

The Need Continues

Many companies from Morgan Stanley and the World Bank to Verizon have employee giving and matching gift programs that can increase, doubling and sometimes tripling the value of a donor's original gift.

Take the World Bank Community Connections Campaign (CCC), the World Bank Group's staff-driven workplace giving program that runs November through December each year and benefiting nonprofit organizations like our Home, the Jeanne Jugan Residence. During the last 9 years, World Bank staff and retirees have donated more than \$200,000, including the corporate match, to support our mission to

care for this city's elderly poor. Their FY17 CCC will run November-December, 2017. All World Bank Group staff in Washington, DC and WBG retirees may pledge to the CCC and have their pledges matched.

Every donation counts. Each dollar helping the Little Sisters of the Poor provide loving care to our Residents.

For details, contact Heather Cave, our director of development 202-269-1831 or devwashington@littlesistersofthepoor.org.

Thank you for helping us to help some of this city's most vulnerable – the aged poor.

Upcoming Events

Join Us In Praying for Vocations

June 4

Our Congregation is forming a daily spiritual chain involving each of our Homes around the world – see Mother's Corner – to offer prayers for vocations through the intercession of our Lady. We will mark this day here in Washington on June 4. Remembering that the family is the seedbed of vocations, we entrust this intention to your prayers as well.

Fuel Fund/Summer Sweepstakes

July 17 - September 15

Watch for Sweepstakes tickets due in mailboxes this July! The sweeps runs July 17 through September 15 - drawing September 18. All money raised goes to our Fuel Fund to keep the lights on and our Residents comfortable.

St. Jeanne Jugan's Feast Day

August 30

On a cold winter's day in 1839, Jeanne Jugan, welcomed an elderly destitute, blind woman into her home. Jeanne gave Anne Chauvin her bed, a "home," where meals were shared, joys multiplied and sorrows divided. Please join us as we unite in prayer to offer our gratitude for the life and example of Saint Jeanne Jugan. We will gather in our chapel, to celebrate Jeanne's gesture of loving hospitality.

Combined Federal Campaign

September 1- December 15

Remember you can support our mission to care for the needy aged by designating the Little Sisters of the Poor, #53116, in your workplace giving. Federal workers, retirees, and government contractors are eligible to donate through the CFC, the federal government's official workplace giving campaign.

APPALOOSA Music Festival

September 1 - 3

Music: Hosted by Scythian, a DC Based folk-rock band, Appaloosa features 30+ bands playing on 3 stages! Sign up for email updates to get all of the latest news on the festival at appaloosafestival.com

