



Pope Francis invites grandparents and the elderly to "be teachers of a way of life that is peaceful and attentive to those in greatest need."

# Blessed is the House

## *Where an older person lives*

In 1959, about 8% of the American population was 65 years old or over. By 2020, it had increased to 16% and it is projected to be 22% by 2050.

Realizing the significance of this, Pope Francis began a series of catecheses on our elders "...old age is one of the most urgent issues facing the human family at this time. It is not just a question of quantitative change; the unity of the stages of life is at stake...understanding and appreciating human life in its entirety. We ask ourselves: is there friendship, is there cooperation between the different stages of life, or do separation and being discarded prevail?"

In 2021, Pope Francis instituted the World Day of Grandparents and the Elderly. In his message for this year's special day, he exclaimed, "Blessed is the house where an older person lives! Blessed is the family that honors the elderly!"

Our Mother Foundress, St. Jeanne Jugan felt the same. When she began the Little Sisters of the Poor shortly after the French



Revolutionary War, the elderly were left in the streets to die. Touched by their suffering, she went to them and brought them to her home. In serving the elderly, she saw Jesus Christ himself in them. She was inspired by their wisdom, kindness, and fervent prayers.

In the first Homes for the elderly that Jeanne established, everyone worked together as a family. Each person contributed whatever they could. You could find the Residents sitting in a circle sewing, peeling potatoes, or whatever they could do to help. They were together



living, working and caring for each other as a family.

It is the same for us today. In the nice weather you can often see our Residents pulling weeds or deadheading plants. Others, gather to pray the Rosary (often for your intentions) in front of the statue of Our Lady. Inside, many help at the front desk, in the kitchen, in the Chapel, or wherever they can. They eat together, pray together and look after each other.

Our dear Residents are our family. We are extremely blessed to live with them and honored to be able to care for them.



### 60TH ANNIVERSARY



This past July, we celebrated Sr. Pauline's 60th anniversary of profession as a Little Sister of the Poor. Sr. Pauline had always known she wanted to do something in her life for the Lord, and she never had doubts that her calling was to become a religious sister. She decided to join the Congregation of the Little Sisters of the Poor when she discovered the great love and care they gave to their elderly Residents, and the beauty that comes with old age. The joy, kindness, and goodness that the Sisters radiate brought her such strong feelings of admiration that she needed to be a part of it.

Since becoming a Little Sister when she was only 18, Sr. Pauline feels that her heart and mind have been opened through spending time with the Residents, community life with the other Sisters, and meeting our generous benefactors. 50 of the 60 years she has spent as a Sister, Sr. Pauline was a collecting sister, and a legendary one at that. She has left her mark all over the country, serving the elderly in our Homes in Maryland, Louisiana, Ohio, Delaware, Virginia, California, New Mexico, Colorado, Washington, D.C., Missouri, and of course, Palatine, IL.

The job of a collecting sister is not an easy one, as she needs to go out into the world and ask businesses for food, money, supplies, and whatever else the Home may need. If you know Sr. Pauline, you know she is not someone you can simply say no to, and benefactors are always delighted to see and hear from her. Having come back and forth to Palatine over the years, Sr. Pauline remains a familiar friendly face that you just can't help but smile when you see her. With St. Jeanne Jugan as her role model, Sr. Pauline has been able to provide so much for each and every Home. Congratulations on 60 years Sr. Pauline. We are so blessed to have you!

## The Gift of a Happy Death

A happy death, it sounds like an oxymoron. The thought of being with someone as they die can be scary, especially if you have not witnessed death before. How can it possibly be happy? A dying person may experience pain or fear and anxiety. Praying for a "happy death" is asking the Lord to grant peace and strengthen our faith and hope in Jesus Christ, which carries with it a certain joy.

Like Mary, who remained at the foot of the cross as Jesus took his last breath, it is an honor and a gift for us to be there when one of our Residents take their last breath. When a Resident comes to the end of their earthly journey, we keep a constant vigil, comforting, singing and praying at their bedside until the moment of death. Unless the Lord takes them unexpectedly, no one dies alone. When they are nearing the end of their earthly life, it is a sacred moment. Their soul needs support. It's why we keep vigil.

Many Residents and family members have shared with us that being present while the Little Sisters are praying with their loved ones, eases their fears. During this time, we have seen

many families that have experienced forgiveness and reconciliation. What a privilege it is for us to witness a miracle of healing of conflicts and estrangements, during a loved one's dying process.

It is no coincidence, that our Patron, St. Joseph, is known as the Patron Saint of a Happy Death. St. Joseph lived his life loving and serving Jesus and

**"When they are drawing close to the end of their earthly life, that's a sacred moment. That soul needs support. It's why we keep vigil."**

Mary, being obedient to God's will. He died a happy death because Jesus and Mary were at his side. St. Joseph is our loving spiritual father. We pray for his intercession for a happy death for all of our Residents and for each of us. We ask his assistance in leading the dying peacefully from this life to the next.



We call it the 'Art of Accompaniment.' Joining with St. Joseph, we accompany the elderly from the moment they first seek us out, until the moment of their death.

## It's Never Too Late To Feel Great



Buscia works on preventing stiffness in her hands and improving dexterity using a ring arc.



Erlinda strengthens her leg muscles on the NuStep Cross Trainer Machine.



Shirley works on improving balance and muscle strength using the parallel bars.

We want to help our Residents feel the best they can and be as independent as possible. Most of our Residents are over 90 years of age, and have multiple chronic disabilities associated with aging. This has an impact on their ability to perform activities of daily living, such as getting dressed, combing hair, and/or eating. In addition, living with COVID (both in terms of restrictions to keep them safe and in post-COVID recovery), has had both a physical and mental effect on our Residents.

A multidisciplinary care team makes a comprehensive assessment of our Resident's physical, social and psychological needs and develops a Care Plan for them, striving to put realistic attainable goals within their reach.

A critical part of that plan is our

Restorative Care Program, whose goal is to help our Residents to attain the highest physical, emotional and functional level as possible.

Our Physical Therapy Room is filled with exercise equipment, music and laughter. Under the direction of the Restorative Care Nurse, two Restorative Care Aides lead our Residents in exercise, coaxing and laughing with them to help them achieve their goals. The Residents also become cheerleaders for each other. They encourage one another and even sometimes have a good-natured competition to help them cross their finish line.

The ever-changing COVID infection rates and fluid guidelines to deal with those infection rates has been a challenge. Honestly, our Residents prefer to be together in our Physical

Therapy Room. Our Restorative staff has become experts in pivoting to accommodate whatever restrictions are in place. Whether it be hallway exercises, where everyone is together - exercising from their doorways, or a sidewalk or parking lot group exercise, our staff perseveres to help each Resident. In post-COVID recovery or other recovery instances, the staff will go to a Resident's room and work one on one with them.

As much as we would like, we can't fix everything. However, we strive to do our best to help our Residents develop a strong sense of dignity, independence, and well-being through restorative assistance and monitoring. We encourage them, work with them, and laugh with them to help them attain the highest quality of life possible.

### Swing and a Prayer Golf Outing

Join us Sept. 19, 2022 for our Swing and a Prayer Golf Outing at The Club at Wynstone in N. Barrington, IL.

Registration begins at 10:30. Enjoy a fresh grilled lunch, before the noon shotgun start. After golf, cocktails, hors d'oeuvres and dinner will be served on the beautiful patio.

Your support of this event will help us to provide a loving home and quality care for our elderly Residents. Find more information on our website, or call 847-358-5700 or email [dvpalatine@littlesistersofthepoorpalatine.org](mailto:dvpalatine@littlesistersofthepoorpalatine.org).



### Ten Week Club Win \$500 Or \$5,000

It's time again for the Ten Week Club and your opportunity to win! Each ticket received will have TEN CHANCES TO WIN!

For nine weeks, beginning on Sept. 2, 2022 a \$500 weekly drawing will be held. On the tenth week (Nov. 4, 2022), a \$5,000 Grand Prize will be drawn.

Return the enclosed tickets with your contact information for your chance to win!



## MOTHER'S MESSAGE



Dear Friends,

**THANK YOU, THANK YOU !!!! We reached out to you for help and you came to our assistance! The Heat Pump Replacement project is fully funded. We are able to move forward with this important project. God bless each of you, for your prayers and financial support.**

As Little Sisters of the Poor, we truly believe that 'If God is with us, it will be accomplished'. Your generosity is a true manifestation of God's love for us and our work. Thank you for allowing Him to work through you for us.

I do hope that you are enjoying your summer. We have enjoyed the nice weather. Thanks to the Palatine Rotary Club we now have two grills to enjoy cookouts on our patio.

As I write this, I am preparing to leave to attend the General Chapter of the Little Sisters. This international meeting of our Congregation takes place every six years at La Tour St. Joseph, our motherhouse in France. It allows all our members to participate in its government. Elected delegates come from all over the world. I am blessed to be one of the delegates.

While there, I will have the joy of making a pilgrimage to Cancale and Saint Servan. These special places are the sites of the beginnings of the Little Sisters of the Poor. Many sacrifices were made by our first Little Sisters, but — like you have done for us — many friends and benefactors came to their aid.

We know that without your support we could not continue to care for the elderly. Please keep us in your prayers and be assured of our prayers. I will bring your intentions to St. Jeanne Jugan, while visiting these sacred places.

*St. Jeanne Jugan*



Congratulations to Sr. Agnes, shown here with our oldest Resident 103 year old Anna. Sr. Agnes recently celebrated her 65th anniversary of profession.

In caring for our Residents and keeping them safe and following the IL Dept. of Public Health guidelines, a wing of unoccupied rooms is reserved in case of a COVID outbreak. We have lost *hundreds of thousands* of dollars in Medicaid revenue since this began. Any support that you can give to us would be greatly appreciated!

## SAVE THE DATE

- **Ten Week Sweepstakes**  
*Tickets Enclosed*  
*Sept. 2 - Nov. 4, 2022*  
*\$500 Weekly Prizes*  
*\$5,000 Grand Prize*
- **Swing and a Prayer**  
**Golf Outing**  
*Monday, Sept. 19, 2022*  
*The Club at Wynstone*
- **Amazing Grace Gala**  
*Sunday, April 23, 2023*  
*Stonegate Banquets,*  
*Hoffman Estates, IL*

## MISSION

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 a family and accompanied with dignity until God calls them to himself.