



We Help Life to be Lived

Until Death, in Serenity and Human Dignity

In 1991, shortly after the European Parliament passed an “assistance to the dying” proposition, Mother Marie-Antoinette (our Superior General at the time) wrote a letter to parliament about the dangers of legalizing euthanasia. As many states pass legislation to legalize assisted suicide, we feel that her words are very relevant today. Below are excerpts of her letter. You can read the entire letter at LittleSistersofthePoorPalatine.org/blog.

Human Dignity does not consist in being able to choose the time of one's death, but being aware of the fact that one's basic right is the right of respect of life, of respect for human dignity.

"Making the elderly happy, that is what counts!" Jeanne Jugan used to say this to encourage Little Sisters. It means believing in the value of their life, and we are witnesses of the extraordinary resources of the elderly. Having a center of interest, doing something they like to do, feeling useful, being able to take initiatives, to communicate, to form friendships, maintaining a relationship with the family, having contacts with youth: these factors provide joy and happiness.

Old age is a stage of life. It is not an illness,



but it can cause physical and mental disabilities, which vary widely. These disabilities are accepted all the more readily when those who surround the elderly do not dramatize them or stop there, but take care of the elderly with the same esteem and affection, trying to compensate for these disabilities, making them easier to bear, even combating them and halting their progression.

The serenity of old age in our experience, increases by having the security of being treated and taken care of until death.

It is an event that should be lived by each one. It remains trying, anguishing at times... Jeanne Jugan advised the Little Sisters to: use all the means within reach and the collaboration of



doctors to care for the sick, to keep them comfortable by thoughtful attentions which are so important to them, to visit them, to increase contacts with their families, to stay with them at all times.

Real peace reigns so often in the room of the dying person, where the family comes more willingly since a Little Sister is there as need be. The other Residents go there to visit, to say “good-bye”. But we can say death takes on its true dignity. It is the confident placing of one's life into the hands of the One from whom it was received.

There are differences and circumstances and people vary. But the goal pursued is to help life be lived until death, in serenity and human dignity.

STAN AND ANNA



Our Residents come to us with varied backgrounds, but usually as a single person. What a blessing it is to have a married couple in our St. Joseph Home family. It is such an inspiration to see the love and strength of their marriage lived out with true devotion.

The poignant story of Stan and Anna Keilar begins in their native Poland. With two young daughters, Anna was widowed 37 years ago in Warsaw, Poland. Stan, widowed 15 years ago, has lived in the US for over 30 years, traveling frequently to and from Poland to visit his two sons and daughter. Having met in Poland years ago, their friendship rekindled and deepened. Now married for 13½ years, the happiness they feel being together as husband and wife permeates to everyone they meet. Their beautiful smiles and joyful eyes more than make up for any limitations in their English. Not a person can walk past them without receiving a friendly “hello”, huge smile or a wave of their hands.

Eager to help in any way, their good works are limitless. They have extended their love for the outdoors to help care for our flower gardens, pruning bushes or pulling weeds. You can easily identify their apartment window by the beautiful flower garden they planted underneath. Birds start singing with excitement when they see Stan, who keeps the bird feeders filled. Regularly joining in activities and trips, they always lend a helping hand to others who need assistance.

The primary role of husband and wife is to help each other get to heaven. The Little Sisters lovingly accompany the elderly on their final journey to heaven. How blessed we are to have these roads to heaven intersect at our Home.

Nurturing A Vocation

During Mother General Maria’s recent meeting with the Superiors of the US, a national vocations team was launched. This team will organize national and regional projects for vocation initiatives. We can use your help!

Can you join us in praying for an increase in vocations for the Little Sisters and all religious? Jesus says in Matthew 9:38 “to beg the master of the harvest to send laborers into the vineyard.” If we want more priests, sisters and brothers, we need to ask.

Have you ever encouraged someone to discern a vocation? In our varied walks of life, we have an opportunity – even a responsibility to help nurture vocations. Our families are domestic churches. As parents or siblings we can reflect and identify the talents of each family member and talk about how that gift can be a part of the Church.

The Eucharist is the source and summit of our faith. By attending Mass together, not only will the bonds of your family be strengthened, but our parish family will also be

strengthened. Participating in parish activities helps foster a strong parish community. A strong parish family produces vocations. Family friendships with priests and religious helps to build awareness and respect for their lifestyle.

“**Ask God what He wants for your life. Know that He only wants what is good for you.**”

A grandparent or older family member is a cherished resource of family stories. You have a perfect opportunity to tell of how a priest and/or religious influenced your life. Wisdom and deeper spirituality come with age. You can share how deeper spirituality matures with persistent faithfulness.

Could the Lord be calling you to a vocation? How can you know for sure? Consider setting aside time each day for silent prayer. Ask God what He wants for your life. Know that He only wants what is good for you. Create a space for silence even when you’re not “praying”— this will help you be open to the voice of Jesus. Visit the Sacrament of Confession more frequently. Spend time in Adoration. Read the scriptures. Try to go to daily Mass. A spiritual director can help guide you in the discernment process. Talk to a priest or religious to help find one.

God knows each of us and has a beautiful plan for every life. You could be the one to guide someone on God’s chosen path. Or, you could be who He wants to be His spouse. For more information on vocations for the Little Sisters, contact Sr. Amy Marie at vcpalatine@littlesistersofthepoor.org.



Lending A Helping Hand



Our Little Sisters and staff do all that they can for the elderly Residents in our Home, but a visit from you would truly brighten the day of our Residents.

Whether you volunteer to assist our Residents at meal times, or stroll with one of them in our garden while listening to their life experiences, your presence touches the elderly who live here. By volunteering you will experience happiness yourself as you offer the Residents companionship and joy!

We have volunteers that come on a regular basis – once a week or more and assist in many essential areas of our Home such as: Activities, Beauty Shop, Dining, Driving, Food Service, Laundry,



Administrative Offices, Gardening and Pet Visitors to name a few. Our volunteers are well-prepared, as they meet with the Volunteer Coordinator several times before beginning their service. We also have temporary volunteers such as teens that volunteer for Confirmation hours, high school or college hours and those in religious or diocesan formation. Many groups volunteer, working outside to beautify our 16 acres, host a party or picnic, lead a Bingo game or provide entertainment.

COVID was a difficult time for us. The Staff and Residents felt the loss of the volunteers that brought with them the extra life, smiles, and help to our Home!



We are happy to welcome our volunteers back, as we follow the guidelines that keep our Residents safe. There are many hands and hearts that go into making our Residents safe, healthy and happy. Even if a volunteer is peeling vegetables in the kitchen, folding laundry, shredding papers or working outside, every job is important in fulfilling our mission.

God has given each of us a special talent, and we'd love to have you share yours with us! For those interested in volunteering, please contact Cindy DeLuca, our Volunteer Coordinator, for more information at (847) 358-5700 or email volpalatine@littlesistersofthepoor.org.

Swing and a Prayer Golf Outing

Registration is now open for our Swing and a Prayer Golf Outing on Monday, September 18th at The Club at Wynstone in North Barrington, IL. *St. Joseph is in charge of the weather and he always comes through for us.* Don't wait too long, the last two year's events were both sellouts!

This beautiful and challenging course was designed by golf legend Jack Nicklaus. It is recognized among the top one hundred golf courses in the United States.

Registration begins at 10:30am. Be sure to arrive early and warm up at the driving range and try your luck at the "Putt Against the Sister" contest. The locker rooms will be available for our guests.

A fresh off the grill lunch will be served until the noon shotgun start. Beverage carts will be roaming the course during the day to provide complimentary refreshments.



After golf, cocktails and hors d'oeuvres, followed by dinner will be served on the beautiful patio overlooking the course.

Your support of this event will help us to provide a loving home and quality care for our elderly Residents. Find more information on registrations, sponsorships and advertisements, on our website, or call 847-358-5700 or email dvpalatine@littlesistersofthepoor.org.

MOTHER'S MESSAGE



Dear Friends,

August is a special month for us as we celebrate the Feast of St. Jeanne Jugan on the 30th. Her words, "If God is with us, it will be accomplished", described her unwavering faith that the Lord is walking with us in our mission of caring for His elderly sons and daughters. As we enter into the second year of the Eucharistic Revival, we are focusing on being more present with God. Three times a week Residents and staff are invited to join us in our Chapel for Eucharistic Adoration.

Another one of our favorite French saints is St. Therese of Lisieux. We recently made a pilgrimage to St. Theresa's Shrine in Darien, IL. St. Therese had a deep devotion to the Eucharist and fought most of her short life to change the custom at that time that didn't allow for daily communion. Her prayers finally paid off, as the custom changed shortly after her death.

We hope you will be able to join us for our Swing and a Prayer Golf Outing on Monday, September 18th. It will be held at one of the top-rated courses in Illinois, The Club at Wynstone. The money raised at this important event will help us to fund a new fire alarm circuit panel – which is reaching the end of its life.

The lazy days of summer give us an opportunity to reflect on our many blessings. We are so thankful for you, our friends, who offer us support through your prayers and financial assistance. Continuing our journey during this blessed time of Eucharistic Revival, we pray through the intercession of St. Jeanne Jugan, that you and your families will be renewed through His Real Presence in the Eucharist.

St. mercy



Thank you for joining with us to provide a loving Home filled with joy and laughter for our elderly Residents! We couldn't do it without you.

Needed Items

- Pork and Beans
- Beef Broth
- Cream of Wheat (Quick Cooking)
- Oatmeal (Quick Cooking)
- Raisin Bran
- Cream of Chicken Soup
- Cooking Oil (Vegetable or Olive)
- Kleenex
- Shampoo
- Mouthwash
- Toilet Paper
- Body Wash (Sensitive Skin)
- Paper Towels
- Ben-Gay Ultra Strength Large Size Patches
- Bleach

SAVE THE DATE

■ **Ten Week Sweepstakes**
Tickets Enclosed
Sept. 1 - Nov. 3, 2023
\$500 Weekly Prizes
\$5,000 Grand Prize

■ **Swing and a Prayer Golf Outing**
Monday, Sept. 18, 2023
The Club at Wynstone
North Barrington, IL

■ **#GivingTuesday**
November 27, 2023

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.