

Fall Fun at The Mount

The weather has been lovely this Fall giving all of us an opportunity to be outside and enjoy the changing of the season through the beautiful fall colors. Our residents have enjoyed outdoor concerts, dog parades and picnics in the Gazebo. What a wonderful time of year to breathe in the fresh air and enjoy the sights and sounds of a changing season.

*We are all looking forward to the Thanksgiving Holiday with so much to be thankful for. The Christmas season is fast approaching and we are preparing to celebrate together.
May your holiday be blessed with family, friends, and love.*

Sr. Kathy Stark, Superior—Mount St. Joseph

God's Finger Painting



*love when God,
starts to finger paint . . .
Autumn's glorious colors
with no holds or restraint.*



*The colors splash about,
vibrant shades of orange-red
mingled with shiny slivers
of a brilliant golden thread.*

*As the rain begins to fall,
the colors appear to run
smeared across the horizon
as the clouds hide the sun.*

*The streets get all blotted,
with crispy yellow leaves
as they do their wind dance
to soggy roads they cleave.*

*I love when God,
fingers begin their painting
it reminds me of the glory . . .
He has for me awaiting!*

By—Deborah Ann Belka



Inside this issue

Season's Message	1
Administrator News.....	2
Staff & Resident Update	2
Day Training News.....	3
Meet Fr. Enzo.....	4
Nursing News/Music Corner.....	5
Cottage News.....	6/7
MSJ Active Ladies.....	8
MSJA News.....	9/10
Donation Page.....	11

ADMINISTRATOR'S MESSAGE...

Away in a manger, no crib for a bed, the little Lord Jesus laid down His sweet head..." There was no room in any inn for Mary to give birth to our Savior, so he was born and laid in a manger. As we have celebrated Thanksgiving, we are grateful to all our benefactors who enable us, through their faithful prayers and generous gifts, to continue our ministry of caring for persons with intellectual disabilities.



As we approach the year 2025, Mount St. Joseph will mark its 90th year of loving service in Lake Zurich, IL. We are committed to improving the ministry for the changing needs of our residents whose ages and needs have increased. Today 72% of residents are over 50 years old, our oldest resident is age 99. Many require varying degrees of assistive devices for their mobility. As our staffing increases we are working diligently to bring in more residents.

As we prepare to celebrate the greatest gift, the birth of our Lord, Jesus Christ, you and your loved ones will be remembered in the daily prayers of the Sisters and residents of Mount St. Joseph, especially in the Christmas Novena of Prayers. We pray that you are blessed with the faith of Mary, the patience of Joseph, the joy of the angels, the awe of the shepherds, the perseverance of the Kings, the simplicity of the animals, the brightness of the star, and the peace of our Lord, Jesus Christ.

We wish you a Blessed Christmas and a Happy and Healthy New Year!

Sr. Janet Kosman, Administrator

Staff & Residents

Praying for our newest Angels:

Kathy R.
Laura M.
Hope W.
Mary Ellen W.
Katie C.
Carri W

Welcome New Residents:

Dana A.
Debra K.

New Employees

Cholpon Kadyrkulova—Sacred Heart
Karen Ochoa—Sacred Heart
Delsy Torres—Sacred Heart
Wilma Ramos—St. Joseph
Eryss Bullock—St. Joseph
Shloka Rao—St. Joseph
Stephanie Boone—St. Clare
Rebekah Wessman—St. Clare
Sharanya Rao—St. Clare
Maria Trujillo—Dietary
Dulce Clemente—Nursing
Verenice Reyes—Housekeeping

DAY TRAINING NEWS

Day Program staff have been busy providing quality programming for your loved ones. We have added a new staff member—Leslie, to our program. Leslie works with the Sacred Heart ladies at this time. We also have a volunteer named Val, who comes and provides exercise programs in each of the rooms twice per week. **We are still looking for more staff to join our team so we can expand and offer full-time participation to all residents.** If you know of anyone who may be interested, please have them email me: wwagner@msjlakezurich.org, or call 847-438-5050, ext. 145.

We appreciate all the support we receive from everyone.

Wendy Wagner, Director—CDS Program



Day of the Dead Display

In honor of those we've lost this display for the "Day of the Dead" Holiday honors those who have passed away, and keeps their memories alive in our hearts.



Day Training Wish List

The supplies we are always in need of are the following: construction paper, glue sticks, paper plates (large and small), hot glue sticks (standard size), craft supplies (i.e. self stick foam, googly eyes, pom/poms, etc. On behalf of all the Day Program staff we would like to wish everyone a Happy Holiday Season!

Our Wish list is updated and available to purchase items online at this link:
<https://www.myregistry.com/organization/mount-st-joseph-lake-zurich-il/3367880>

THANKS!

Meet Sr. Samala Katru

Sr. Samala Katru comes to us from Andhra Pradesh, India. She made her Final Profession of Vows on October 23, 2021 in Como, Italy. She came to Chicago in November, 2023 and to Mount St. Joseph in June, 2024 where she has been helping in Guanella Cottage.

Sr. Samala has a light hearted personality—any excuse to laugh will do. She loves the ladies here at the Mount and is not afraid of hard work. Most of all, she is looking forward to a good snow fall and making a snowman.

We are blessed to have Sr. Samala here, serving with joy and a generous heart.



Mount St. Joseph Christmas Wish List—link: <https://mtstjoseph.org/2024-wish-list>



You'll notice that Mount St. Joseph has added items from Amazon, Home Depot, and Bed Bath & Beyond. That's the beauty of having wish list at MyRegistry.com—our members can add items from literally any store!

So what can you do to stay healthy this winter?

Drink water.

Winter may be a good time for hot cocoa and cider, but always make water your drink of choice. While hot beverages can be great for warmth, remember to keep it balanced with at least 8 cups of water per day. A glass of water with and between each meal can keep you hydrated, healthy and ready to fight off any germs winter may bring.

Stress less.

Over-the-top holiday excursions can be stressful, which isn't how you should feel in this joyful season. Focus on your holiday traditions — don't worry about the rest. Make time for friends, family and good cheer, and embrace relaxation when you can.

Sleep enough.

Don't neglect the value of sleep. Do all that you can to stick to your typical sleep schedule, even around all the celebrations and traveling. Avoid or limit caffeine, alcohol, daytime napping and large meals before bed. These factors can interfere with a good nights rest.

Dress warmly.

Remember head-wear that fully covers your ears, wear mittens rather than gloves and pull on well-insulated socks when dressing for the weather. Instead of wearing one big coat, dress in several layers of loose, warm clothing. This will better protect you against wind, snow and rain. If your clothes become wet, change them as soon as possible.

Limit time in the cold.

Pay attention to weather forecasts and windchill readings. Dress accordingly, but also watch for signs of frostbite, such as red or pale skin, prickling and numbness. Seek emergency help right away if you experience any signs of hypothermia, including intense shivering, slurred speech, loss of coordination or fatigue. You can avoid these cold-weather hazards if you take measures to protect yourself against the cold, such as packing an emergency supply kit and warm clothing while traveling.

Exercise.

Cold air sometimes can discourage you from keeping up with your fitness routines. It's easy to let these habits slide for this season, but remember that regular activity can keep you healthy, both mentally and physically. Choose an indoor exercise if the temperature is below zero or the windchill is extreme. Workout apps or online exercise programs are great tools to get you moving in the comfort of your home. If you prefer to exercise outside, dress appropriately. Too many layers can make you overheat, so choose layers you can easily remove.

Keep the germs away.

Three words: Wash your hands. This is one of the best ways to avoid getting sick and spreading common winter illnesses, such as colds. Germs accumulate through nearly everything you do or touch, so wash your hands frequently. Wash your hands for at least 20 seconds, scrubbing all surfaces and rinsing well. Also, get flu and COVID-19 vaccines to avoid being sick during the coldest time of year.

Following these tips can ensure you have a safe, happy and healthy holiday season.

Peter Reisner, M.D., is a physician in Family Medicine in Chetek, Wisconsin.

Music at MSJ:

The St. Joseph Chime Choir played at the Feast of St. Louis Guanella Mass on October 24th. Members of the group are: Nora K, Kathleen C., Carrie W., Becca V., Angela W., Katelyn E., Sara S., Sheryl G., Lizzie C., Karen B., Mary Agnes K.

All residents continue to enjoy regularly scheduled music classes at DT as well as Tuesday afternoons in cottage. DT Music follows the "Theme of the Month" so we just completed a unit on Pumpkins and Halloween.

Lisabeth McQuaid
QIDP Day Training



Cottage News

St. Joseph Cottage

The ladies enjoyed the dog parade and all the Halloween festivities. They attended the Halloween dance and enjoyed lunch from Culvers. Each year they request Sloppy Joes and tater tots on Halloween (A St. Joseph cottage tradition) and participated in a variety of Halloween activities in their Day Program.

Halloween launches the holiday season, and they are looking forward to both Thanksgiving (already talking about turkey and pumpkin pie) and asking about their cottage Christmas Party!

The ladies attended a dress rehearsal of the Farmer's Wife play put on by Chesterton Academy High School students. Several ladies went to Walk-on and either rode the horses or rode in the carriage.

We are grateful to the MSJ Association for their efforts to enrich the lives of our residents. Thank you!

Linda Egli—QIDP—St. Joseph Cottage



Sacred Heart Cottage

The ladies in Sacred Heart have been enjoying birthday parties, Halloween parties along with a pet parade and Halloween dance. The ladies are saying good bye to Summer and excited with the Holidays coming up.

Sacred Heart is thankful for the return of Donna and all the new staff who are training and becoming part of the family. So, if you see any new faces, please welcome them.

Michelle—QIDP—Sacred Heart Cottage



Cottage News

Saint Clare Cottage

A Milestone Reached—Cecilia turned 99 years old on September 5th. It was a huge milestone, and we are all so proud of her. She is our oldest resident and has been with the Sisters for over 80 Years! We threw her a party with her favorite things—onion rings, cake and ice cream. Staff from all departments that know her came to visit and wish her a happy birthday.

Katie Rosetti—QIDP—Saint Clare Cottage



Guanella & Marcellina Cottage—Genevieve Knudson, QIDP, Residential Case Manager

Marcellina/~~Guanella~~:

The ladies of Marcellina and ~~Guanella~~ have stayed busy throughout the summer and fall months, engaging in a variety of fun activities, crafts, and quality time with one another.

We have sadly gained two angels in this time as well. Laura M. of ~~Guanella~~ Hall left us this summer, and Katie C. of Marcellina this fall.

Laura and Katie both held a strong presence at MSJ and left a lasting impact on all those who had the privilege of knowing them. They are deeply missed and will forever hold a place in our hearts. We love you!



Active Ladies

The **Ladies at Saint Clare** have been doing well. We enjoyed some golf cart rides for the summer and are moving into more fall activities. We took a group to the Jack O' Lantern World in Paulus Park and the ladies had a wonderful time! There were so many cool Jack O' Lanterns to see along with a beautiful light display and we even made it there on Trick or Treat night, so the ladies enjoyed some extra goodies along with the pumpkins. Thank you to the Parents Association for sponsoring this outing for the ladies and the guardians and staff that volunteered their time to make this outing possible. The ladies are looking forward to Halloween and the Holidays coming right around the corner!

Kamila Stock
QIDP—Saint Clare Cottage/
Recreation Department



There is always something happening at the Mount. So many activities for the Residents.



Construction begins on new Multiuse playground area outside of St. Als



BEFORE

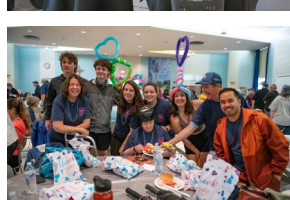


IN PROCESS—MORE TO COME IN SPRING!

MOUNT SAINT JOSEPH ASSOCIATION EVENTS & ACTIVITIES

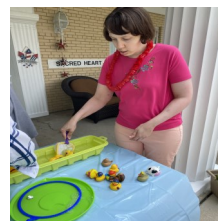
Walk & Roll-a-Thon—Saturday, June 1, 2024

It may have rained a little, but that did not deter the families, friends and residents from gathering and walking the beautiful grounds of Mount St. Joseph. Katie Aleman was the Chair of the event and we had so many activities and wonderful food. We filled the Gym!



Whacky Water Days— Saturday, August 18, 2024

We had a beautiful warm day. Activities were held outside each cottage To allow all the residents to participate. We had plenty of help—a large group from the Lake Zurich High School National Honor Society came to help. They were amazing!



Dog Parade—October 19, 2024

This was our 2nd Annual Dog Parade. The residents loved to see and pet all the dogs that came to visit! We are already looking forward to the parade next year!



Major Fundraisers

Calendar Raffle—Chairs—Mary Kay Everett & Debbie Conrad

Walk & Roll-a-Thon—Chairs: Katie Aleman & Rita Lavelle

Golf Outing—Chairs: Joe & Kevin Joyce

Autumn Leaves Luncheon—Chairs: Rita Lavelle & Ann Petersen

MOUNT SAINT JOSEPH ASSOCIATION EVENTS & ACTIVITIES

Halloween Party—in each cottage—Saturday, October 26, 2024

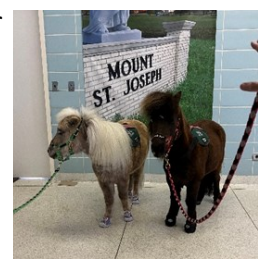
Everyone was very excited to see everyone's costumes at our Halloween Party! We had a full house with many volunteers to help. A BIG thank you to the Lake Zurich National Honor Society who came early to decorate and stayed to play games, do crafts, and dance with the ladies. It was a very fun day!



The events that are planned for the residents could not happen without all the wonderful volunteers we have! We would love to have additional volunteers, if you could spare some time. We would really appreciate your support. If you wish to volunteer, please contact Marion Timmins at: tm@timmins.us—and THANKS!

On November 17th we will be visited again by Soul Harbour Therapy Animals. Soul Harbour will bring mini horses as well as dogs to visit us. We love to see those mini horses!

Appointments are available for **Bloomin' Beauties Salon**—just email Lisa Clements to make your appointment—ljclements169@gmail.com



Funding and Acquisitions:

Staff Breakroom upgrades & snacks
Wish List Purchases throughout the year
St. Als Roof
Wheelchair/passenger van
3 dishwashers
5 wheelchairs
5 hospital beds
5 Lifts

Multi-use area—begin renovation (Demo, level, cement)
Annual Staff Bonuses
Additional Appreciation Bonus in October
Quarterly Staff Lunches
Dinners & Gifts for Sisters & Father
Luggage Rack for Van
Painting—outside, hallways, cottages & front fence

On & Off Campus Events

Walk on Horse Therapy—twice/mo
Soul Harbour—Mini Horses
Princess Show with Disney Princesses
Whacky Water Day—August
Dog Parade—October
Halloween Dance—October
Bloomin; Beauties Hair Salon—Monthly Plus
Ongoing Cottage Committee Activities—weekly
Concerts: Elvis; Mike & Traci; Socially Distant Band; Wild Daisy Band—throughout the year

WE APPRECIATE YOUR KIND SUPPORT!

We appreciate your kind support...

The majority of Mount St. Joseph residents and day training clients receive funding through state and federal programs. The funds are stretched to cover expenses such as room and board, medication, dental and medical services, and adequate staffing. Therefore, we rely heavily upon our benefactors to help provide extra-curricular activities for the residents to replace outdated equipment and furniture, and to renovate buildings. St. Louis Guanella always said that God will not be outdone in generosity, and we are convinced that those who assist us in our mission are blessed in countless ways. The individuals we serve have a beautifully simple yet profound faith. One can rest assured that God hears and answers their prayers!

Will you please help us now with whatever financial support you can?

Mount St. Joseph is a registered sec. 501 ©(3) Charitable Organization. As such, your donations are deductible. A copy of our IRS determination letter confirming Mount St. Joseph's standing as a registered IRC sec. 501 ©(3) Charity is available upon request.

You can make a donation by mailing it to us using the form below, or you can visit us on the internet at: www.mtstjoseph.net to make a donation online with Give Central.

DONATION FORM

Name: _____

Address: _____

City/State/Zip: _____

Donation Amount: _____\$500 _____\$100 _____\$50 _____\$20

Thank you for your donation. Please mail your donation to:

**Mount St. Joseph
24955 North U.S. Highway 12
Lake Zurich, IL 60047**

About The Mount

Mount St. Joseph

Mount St. Joseph is a health care facility called home by approximately 125 women with varying degrees of mental and physical disabilities. The facility was established by the Daughters of Saint Mary of Providence in 1935. The Sisters live on campus and collaborate with staff to provide exemplary care to each individual. In the spirit of our Founder, Saint Louis Guanella, we strive to promote the rights and dignity of the residents and assist them in growing to their fullest potential.



Mount St. Joseph
24955 North U.S. Highway 12
Lake Zurich, Illinois 60047

PLEASE
PLACE
STAMP
HERE

Mailing Address Line 1
Mailing Address Line 2
Mailing Address Line 3
Mailing Address Line 4
Mailing Address Line 5

YOUR LOGO HERE