



“Kindness: Lending someone your strength rather than reminding them of their weakness.”

TheMindsJournal

“No act of kindness, no matter how small, is ever wasted.” *Aesop*

“Unexpected kindness is the most powerful, least costly, and most underrated agent of human change.” *Bob Kerrey*

Getting Back to Normal

While COVID may never be behind us, we are moving forward and learning how to live with this new challenge. We are very happy to see family members back in our buildings and visiting once again with our residents.

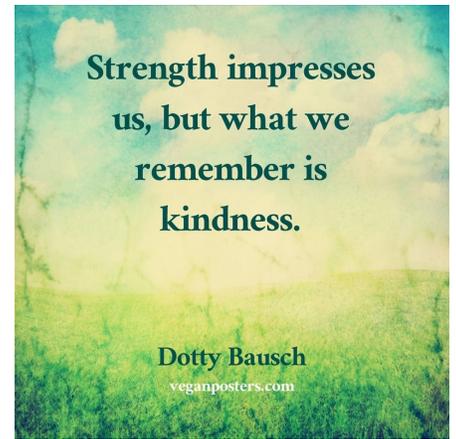
The current guidelines from the Federal, State, and local health departments require us to continue to maintain infection prevention measures on the campus. That means that even though masks are no longer required in the community, they are still very much a part of life in all health care facilities, and that includes the Mount. All staff and visitors must wear masks while inside the building AND visitors must maintain a “social distance” of six feet from all staff and residents other than the person they are visiting. This is true for all visitors regardless of vaccination status and/or recent recovery from COVID.

Additionally, visitors must be free from any symptoms of COVID, must not have been in contact with anyone with suspected or known COVID within the previous 14 days, and must not have been out of the country within the past 14 days unless they can provide proof of a negative covid test since their return.

Currently, families are permitted to visit in resident rooms, but the resident’s roommate should not be in the room at the time. Of course, we cannot oblige a resident to leave her room in order to allow someone else’s family to visit. Additionally, we are required to provide for six feet of social distancing for all visitors. To do this, we need to limit the number of visitors per resident to two at any given times. As you can see, organizing indoor visits can be complicated! In order to remain in compliance with our numerous regulations and still allow families to visit, we continue to ask you to call ahead to schedule a visit. Please call the cottage’s Housemother to schedule a visit, and please be understanding if the time you request cannot be accommodated.

We are so very grateful to all of you who have been so understanding during these challenging times, and we look forward to seeing you here soon!

Blessings,
Sr. Rhonda



Inside this issue

Season’s Message	1
Administrator News.....	2
Covid & Home Visit.....	3
Staff & Resident Update	4
Employment Development.....	5
Day Training.....	6
Music & May Crowning.....	7
Department News.....	8–9
Cottage News.....	10–11
MSJ Active Ladies.....	12–13
MSJA News.....	14
Donation Page.....	15

Greetings from Sr. Rhonda

Our warmer weather has finally arrived. That has got me walking outside a lot more... and noticing how very many outdoor jobs we have on our "to do" list. As you browse through the newsletter, you'll see that we are figuring out ways to welcome volunteers into the building to work with our ladies again. We are also able to welcome outdoor volunteers, so if you've got the time, we've got a list! Here's just a sample of jobs we could use some help with:

Volunteer Opportunities:

Gardening. We have gardens around almost every cottage, on the island, and in a few more places. Would you consider adopting a garden plot?

Edging. Our maintenance men do a wonderful job of keeping the grass cut on the grounds. The edging takes much longer, and we'd be grateful for volunteers who are handy with a Weed-Wacker.

Trimming. Many of our trees and bushes have seen better days. I'm hoping that with a little TLC and some skilled pruning that we may be able to revive many of them.

Patch and Paint. You've probably noticed in the community how large buildings now have their outside doors numbered. This is a safety feature that helps Emergency Responders to find the entrance closest to the emergency. It's something we are working on, but we need to paint, or at least touch up, many of the doors before we attach permanent numbers. We also need a lot of touch-up paint jobs in other areas.

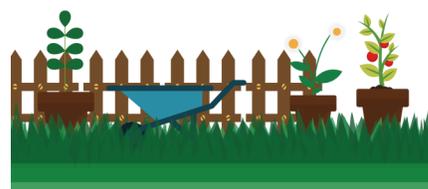
Statue Maintenance. We have some lovely statues on the grounds that are not looking so lovely these days. St. Louis Guanella by Chaplain's Residence, the Guardian Angel by the Chapel, and others need a good cleaning.

Pothole Repair. Well, I guess they are not really potholes, but we have a lot of "drop-offs" on the edges of roadways. For safety and appearance, we'd be grateful to anyone who could help us fix this problem.

Volunteer Coordinators. It would be wonderful if several volunteers came out on one day to help with a yard clean-up and house touch-ups. Having someone to organize the event would be a blessing!

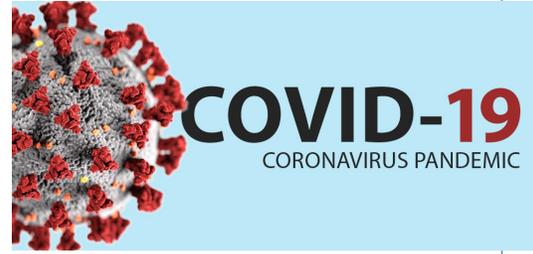
Many thanks to all the families who have helped and continue to help us keep our grounds beautiful.

God bless you!
Sr. Rhonda



Covid Update and IMPORTANT Home Visit Information

Now that we've learned how to live with COVID, many of the government "waivers" that were granted to healthcare facilities have now ended. The waiver that helped us the most during the past two years was limit on fully paid leave-of-absence days. Since January, the State has returned to its policy of paying only 75% of the daily room and board rate for residents who are out of the facility at midnight for more than 10 days per year. Yes, that's right! The ladies can be away for 10 nights per year, and we still receive full payment for those days. On night 11, our payment is reduced by 25%



Despite this, we still see the value of **Therapeutic Home Visits** and would never want to deny the ladies the opportunity to spend time with their families. That said, there is a "loophole" that could allow for both additional home visits and keep our funding at the level we need to maintain our program. As long as the ladies are in bed at midnight, we get paid for the whole day. So, when there is a family event or other reason for extra home visits beyond our scheduled Therapeutic Visit Days, if it's possible to pick the ladies up during the day and bring them back before midnight, it would be a win-win for the Mount and our Residents. There is no limit to the number of day visits allowed; the restriction is only on being out of the facility at midnight. So, YES, that means they could go home all-day Saturday and come back just before bed that night, and then go out again All-day Sunday, and be back before midnight. I know this would mean extra driving, but I ask you to consider this option to help us cover our rising program expenses. Thanks and God Bless you!

Gardening at Guanella & Marcellina

Families of Erin and Lizzy from Guanella Cottage came in a few weeks ago to beautify the garden out in front of the cottage. They did a great job, didn't they?



Sisters, Staff & Residents

Staff & Residents

Praying for our Residents:

Many of our ladies have left us for Heaven since our last newsletter. We keep them and their families in our prayers.

Jeannie R. (SC) 11-23-21

Koula K. (SC) 12-21-21

Mary Agnes S. (SC) 12-29-21

Karen C. (GH) 1-9-22

Jane F. (SC) 2-12-22

We were also saddened to lose Sr. Margaret Mary Schissler. She left us just three weeks after her sister, Mary Agnes, died. May they both continue to watch over us from heaven.

The Sisters in Charge! The Guiding light of Mount St. Joseph



Front row: Sr. Rhonda, Sr. Madonna and Sr. Marcella; Back row: Sr. Nancy, Sr. Andrea, Sr. Lucy, Sr. Theresa and Sr. Darlene



SPEAKING ENGAGEMENTS

After reaching out to several local Catholic parishes, we were invited to speak at St. Frances de Sales in Lake Zurich and at Transfiguration in Wauconda. Sr. Darlene, Sr. Rhonda, Sr. Nancy and Ann Thill all took a turn speaking at different Masses. It was a great opportunity to connect with the community. We ‘introduced’ Mount St. Joseph, told of our residents, and spoke about the need for employees. The response was gracious and supportive. We did receive a couple of employment applications as a result of speaking at the two parishes.

COVID-19 TESTING



For several weeks we tested both staff and residents two times each week! It was BUSY! A great big ‘Thank You’ goes out to all the staff who repeatedly offered up their noses for testing, to all the residents who so patiently allowed us to administer the test, to the nursing department for just ‘getting it done’ (as they always do), to Northwest Physical Therapy for delivery of supplies and samples, and for ALL of the ancillary support that was provided by so many departments!



VOLUNTEER PROGRAM

We have implemented a new volunteer program which we hope will allow Mount St. Joseph to support more volunteers in much needed areas. Not only will members of the Mount St. Joseph Association receive training and support, those from the community at large will also be welcomed, trained, and encouraged to participate in helping Mount St. Joseph sustain this safe, comfortable and beautiful environment!

DAY TRAINING NEWS

Greetings from the Day Program

The CDS Program continues to be run Monday through Friday. Even though we have lost some staff, including one of our QIDPs, we strive to do the best we can with what we have. The clients continue to have their activities focused around “themes of the month.” For the summer months we will be focusing our activities on the following: June—Zoo life; July—Ocean Life; August—Health/ Nutrition. Two months ago, we started our own

monthly newsletter, that is sent out via email to our guardians. If there is anyone else who would like to receive monthly newsletters, please feel free to email me at: wwwagner@msjlakezurich.org, or dgaskell@msjlakezurich.org, and we would be happy to add you to our list. As always, thank you for your support and we wish all of you a safe and happy summer!



Staff News: **Sharon Lewandowski** is a program staff and has worked at Mount St. Joseph for over 30 years, with a short 8-month break. Sharon works with the individuals from Guanella Hall. She has three awesome grandsons. In her free time, she likes spending time with her family, traveling, photography, crafting and animal watching (lately bird watching). Sharon enjoys all music but loves musical theatre.

John Lewandowski is our only male program staff and he has worked at Mount St. Joseph for 24 years. John drove a bus for a bus company that transported our community individuals to the program before he decided to work for Mount St. Joseph as a full-time CDS staff. John works with the individuals from Marcelina Hall. He has 2 sons and 3 grandsons. In his free time John likes spending time with his family, bike riding, fishing, kayaking and hanging out with his dog Sapphire.

Gayla Hayden is a program staff that has worked for Mount St. Joseph for 19 years. Gayla also picks up shifts in cottages when needed. She works with the individuals from Marcellina Hall. Gayla has 3 sons and a 2 month old grandson with whom she loves to hold and talk to. In her free time, Gayla enjoys going out for lunch, watching good movies, bike riding and any other outdoor activities with family and friends.

Day Training Wish List

We are working on a Wish List that will be posted on Amazon. We will be providing a link that you can use that will bring you right to our wish list.

THANKS!



Music at MSJ:



On Tuesday, May 31st, the Guanella/Marcellina Chime Choir performed a sacred song at the May Crowning. Members of the group are: Jean I., Lisa B., Katie J., Laura H., Becca V., Kathleen O., Lizzie W.



The Mount St. Joseph CDS program clients continue to be scheduled for music therapy on a regular basis during workshop hours. During the month of April, the CDS theme was Recycling and Earth Day. We also celebrated Easter and the season of Spring. Music therapy activities included: Easter egg game/songs with ribbon streamers; songs about recycling and Earth Day; Sacred song choice (Easter); making instruments from recycled materials, story of Peter Rabbit in song/instruments, and Treble Clef game. The clients love participating in the activities and look forward to their next scheduled day!

Happenings around The Mount...

May Crowning of the Virgin Mary



Department News

Social Services—New Resident Referrals



It's been a long time since we have welcomed any new residents to MSJ. Well, we would like to change that, and I have been going through a lot of old referrals and some new referral to find the right match to join our family at MSJ. We are starting to meet weekly to discuss the packets and ways we can reach out to local organizations that we have openings. Which leads me to ask our current guardians, family, or friends, if you know someone who is looking for placement and you feel that they would made a good addition to our family please have them give me a call or email me. (Michelle Curelo extension #349 or email: mcurelo@msjlakezurich.org). We would love to meet them, and all referrals will be reviewed by the team.

Notify

Also, a reminder during home visit weekends to please leave me a voice message or email the week before or early in the week of the visit. This really helps with staffing schedules and food preparation. **Michelle Curelo**

Nursing News

As you are aware, Mount St. Joseph recently experienced an outbreak of COVID 19. The residents were only mildly affected and were tolerant and cooperative during times of isolation. Many staff members were also affected – some seriously, some mildly. They returned to work as soon as possible to serve in our time of crisis.

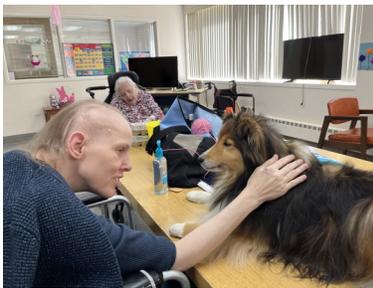
Bi-weekly testing of all residents and staff became a priority and was accomplished through hours of dedication and hard work. The Nursing Department is grateful to Sr. Darlene and Ann Thill for facilitating the COVID testing. Their organizational skills were much appreciated.

As of this writing, Mount St. Joseph has passed the IDPH guideline requirements of two weeks (14 days) of testing with no new positive results. We are grateful to God for all of our recoveries!

Thought for the Day: "You can't rely on how you look to sustain you. What sustains us, what is fundamentally beautiful is compassion; for yourself and for those around you."



RUBY TO THE RESCUE!!!



PROJECTS AROUND THE MOUNT!

Some of the tree trimming that needs to be done on the property was done by Ann Thill and Sr. Rhonda. So very much work to be done, and we are looking forward to finding volunteers to help over the summer with this very large project!



Cottage News



Saint Clare

Overall Saint Clare has been doing well recuperating and staying healthy. The Ladies continue to enjoy various activities in the cottage through recreation, as well as music on a weekly basis. On Sunday, May 15th the Ladies of Mount St. Joseph competed in the Special Olympics and it was a day for the books! The weather was perfectly sunny and the Ladies brought their best game. Through practice, dedication, and good sportsmanship, Mount St. Joseph won many medals, bronze, silver and even some golds to qualify to go down to the state level that will be held later in June. That Sunday was a great day full of smiles and great attitudes and we are very proud of all that the ladies have accomplished! We are looking forward to the better weather that should be coming ahead to be able to spend more time outside and doing outings when possible.

Kamila Stoch, QIDP—Saint Clare Cottage

Marcellina Hall



The Marcellina crew has been gaining momentum this year as we gradually get back to “normal life”. We have been getting out into the world with shopping trips, Starbucks sips, and outdoor walks to enjoy the beautiful weather. We are looking forward to starting up our Book Club again soon and seeing our friends at Barnes & Noble; it’s been far too long! It has also been an absolute blessing to have our massage therapist, Craig, join us to provide services to some of the gals (shout out to Kamila Stoch for the referral!).



Genevieve Knudson, QIDP—Marcellina

Sacred Heart Cottage

Sister Madonna was excited to say she is all done with exchanging the winter clothes to the summer clothes. Also, with nice weather on the way the cottage can’t wait to have bon fires and eating outside. Dawn is always ready for some karaoke and singing with the ladies. The ladies continue to enjoy going to CDS at the program center where they get to spend the day with their amazing teachers Diana and Jessica. The Sacred Heart ladies are lucky enough to receive music daily with Beth during the day in CDS and 1 time a week in cottage. Sharon and Michelle are looking forward with nice weather and less restrictions to start taking the ladies on more outings and start those golf carts rides.



Sharon Thiel and Michelle Curelo—Sacred Heart

Cottage News



Guanella

The ladies are doing a cooking class two weeks out of the month. We've made chocolate chip cookies and an orange walnut bread. We've been getting out to do a little shopping for much needed supplies. Some of the residents participate in Special Olympics and are looking forward to going down to State. We are trying to coordinate with Walk On Farm to get the ladies back out on horse-back or in a carriage. Some of the guardians have been by to get the ladies out for a walk about. Residents are back to full time for Day training and they love it.

Jennifer Snow, QIDP—Guanella

Saint Joseph

The ladies in St. Joseph cottage have been doing well. Most are attending the MSJ CDS program on a full-time basis and are thoroughly enjoying it thanks to their wonderful instructor, Jessica who introduces meaningful and creative activities. When the weather warms up, we will be planting our large planters on the porch and doing a little spring cleaning. The ladies have resumed their cooking program. A thank you to Mrs. Green who donated many new cooking supplies for both wings of St. Joseph cottage. An additional thank you to the guardians who supported us in other ways throughout this Covid period. The ladies are thrilled to be participating in Special Olympic events again and are looking forward to the Fish Lake trips. We hope to get the ladies out this summer but will continue to avoid large group activities where we cannot avoid proximity to others.



Linda Eglie, QIDP—Saint Joseph



QMRP Department

The Q's have been busy. The department has absorbed additional responsibilities which include the development of behavior support programs and transport to and from outside medical appointments. The Q's were very instrumental in our ability to "spend down" some of the ladies' stimulus money. Thanks to the Q's who have been picking up shifts in their cottages due to shortages. We will be working on the 2022-2023 staffing schedule this month. We are looking forward to the warmer weather which hopefully will result in increased community outings.

Linda Eglie, QIDP

Special Olympic Corner

Bocce: We started back last fall with a group of 10 Ladies for Bocce ball. We took the group to McHenry High School for the tournament. As soon as we unloaded and started to walk to the event, it started to rain and there was lightning, so we had to take cover. After awhile in the school, Special Olympics canceled the event. Special Olympics randomly picked Lisa Boyd and Beth Covington to go down to Summer games on June 16 through June 19.

Spring Games: Our next exciting event was Track and Field. We took 12 of our athletes to Prospect High School on May 15. The Ladies did their best on a perfect weathered day.

Afterwards we were awarded with:

Gold

Kerry P for 100M Walk

Silver

Katelyn E for 100M Walk

Sheryl G for 50M Run

Molly M for Softball Throw

Sara S for Softball Throw

Becca V for 100M Walk and Softball Throw

Lizzy W for 50M Run and Softball Throw

Bronze

Lisa P for 50M Run

Kerry P for Softball Throw

Sara S for 100M Walk

Kerry will join Lisa and Beth down at Summer games.

Congratulations!!!!

Summer Games will be June 17 through June 19. All three are very excited to be going.

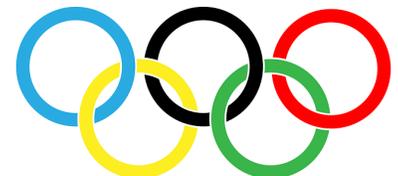
We will be having a great time competing with all the athletes around the state.

Bowling: This year Special Olympics bowling tournament will be August 27 at Stardust Lanes in Addison again. We have started working on our practices on Tuesday afternoons at Bowlero in Lake Zurich. I have 21 Ladies participating. They are alternating weeks by cottages. At this time, I am taking Ladies that are able to be independent and able to wear a mask in public.

If anyone is willing to help out, Please call me (847-438-5050 ext. 154 or email sthiel@msjlakezurich.org.

Thank you.

Sharon Thiel
Recreation



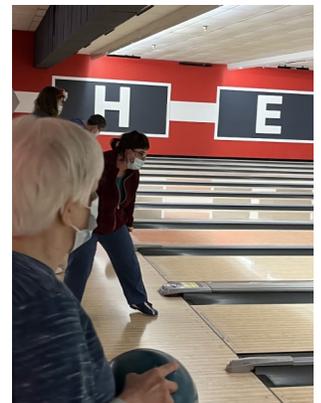
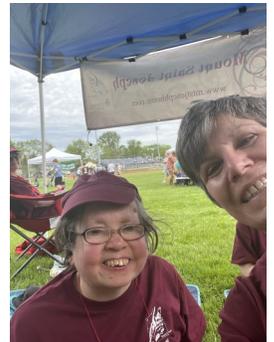
RECREATION WISH LIST

Wishlist

I have been having classes at each cottage playing games, crafts and taking walks. Recreation can use the following:

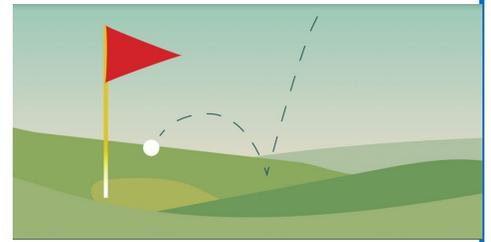
Bluetooth portable speaker, Bingo prizes (wordsearch books, coloring books, necklaces, bracelets, activity kits, lip balm, lip gloss, shampoo, body wash, playing cards, scarfs, unscented lotion, and note card packs.

Images from Special Olympics Spring Track & Field, and Bowling Practice:



MOUNT ST. JOSEPH ASSOCIATION EVENTS & ACTIVITIES

Mount St. Josephs Association's 15th Annual Golf Outing Monday, August 22, 2022



New Venue:
Royal Melbourne Country Club
4700 Royal Melbourne Drive
Long Grove, IL
10:00 am Registration
12:00 pm Shotgun Start

Get outside, get some sun, enjoy a friendly golf competition in a gorgeous setting, and support the Mount St. Joseph Association!

Join us on Friday, August 22, 2022 at our new venue: Royal Melbourne Country Club, 4700 Royal Melbourne Drive, Long Grove, Illinois.

All proceeds from the Golf Outing will directly benefit the residents of Mount St. Joseph a residential facility for women with intellectual disabilities in Lake Zurich, Illinois.

Chair: Joe Joyce and Kevin Joyce

**For the latest news and photos from the
Mount St. Joseph Association, go to Mtstja.com**



The Association would like to thank all of the volunteers listed for their time and effort. It would be impossible to accomplish all that we do at events, parties and fundraisers without your generous volunteerism!

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.



PLEASE
PLACE
STAMP
HERE

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

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

YOUR LOGO HERE