

LOOK TO THE MOUNT

Christmas, 2019

The Holy See

Message of the Holy Father Francis for International Day of Persons with Disabilities

On the occasion of the *International Day of Persons with Disabilities*, we renew our gaze of faith, which sees in each brother and sister the presence of Christ Himself, Who considers every gesture of love towards one of His least brothers to have been made to Himself (cf. *Gospel of Matthew 25: 40*). On this occasion, I would like to recall how today the promotion of the right to participation plays a central role in combating discrimination and promoting the culture of encounter and quality of life.

Great progress has been made towards people with disabilities in the medical and welfare fields, but still today we see the presence of the throwaway culture, and many of them feel that they exist without belonging and without participating. All this calls not only for the rights of people with disabilities and their families to be protected, but it also exhorts us to make the world more human by removing everything that prevents them from having full citizenship, the obstacles of prejudice, and by promoting the accessibility of places and quality of life, taking into account of all the dimensions of the human being.

It is necessary to care for and accompany persons with disabilities in every condition of life, also making use of current technologies but without regarding them as absolute; with strength and tenderness, to take on board situations of marginalization; and to make way alongside them and to “anoint” them with dignity for an active participation in the civil and ecclesial community. It is a demanding, even tiring journey, which will increasingly contribute to forming consciences capable of recognizing that each one of us is a unique and unrepeatable person.

And let us not forget the many “hidden exiles,” who live within our homes, our families, our societies (cf. *Angelus*, 29 December 2013; *Address to the Diplomatic Corps*, 12 January 2015). I think of people of every age, especially the elderly who, also due to disabilities, are at times considered a burden, a “cumbersome presence,” and risk being discarded, of being denied concrete job prospects for the construction of their future.

We are called to recognize in every person with disabilities, even with complex and grave disabilities, a unique contribution to the common good through his or her own original life story. To acknowledge the dignity of each person, well aware that this does not depend on the functionality of the five senses (cf. *Discussion with the participants in the Convention of the CEI on disability*, 11 June 2016). This conversion is taught by the Gospel. It is necessary to develop antibodies against a culture that considers some lives to be “League A” and others “League B”: This is a social sin! To have the courage to give a voice to those who are discriminated against for their condition of disability, since unfortunately in some countries, still today, they are not recognized as persons of equal dignity, as brothers and sisters in humanity.

Indeed, making good laws and breaking down physical barriers is important, but it is not enough, if the mentality does not change, if we do not overcome a widespread culture that continues to produce inequalities, preventing people with disabilities from actively participating in ordinary life.

In recent years inclusive processes have been put in place and implemented, but this is still not enough, as prejudices generate, in addition to physical barriers, also limits to access to education for all, to employment and to participation. A person with disabilities, in order to build himself up, needs not only to exist but also to belong to a community.

I encourage all those who work with people with disabilities to continue with this important service and commitment, which determines the degree of civilization of a nation. And I pray that each person may feel the paternal gaze of God, who affirms his full dignity and the unconditional value of his life.

From the Vatican, 3 December 2019



Inside this issue

- Season’s Message.....1
- Administrator News.....2
- Staff & Resident Update.....2
- Day Training News.....3
- Active Ladies.....4
- Music/Nursing.....5
- Cottage News.....6/7
- Employee Christmas.....8
- Happenings at the Mount...9
- MSJA News.....9/10
- Donation Page.....11

ADMINISTRATOR'S MESSAGE...

Christmas Trees



This Season of Advent and Christmas is a beautiful, joyful, and busy time. Here at Mount St. Joseph, we are preparing for the Great Event of Christmas. Each day, some place on campus there is a noticeable change with decorations being set or music being practiced, or clothes and outfits readied and reserved for the Great Feast!

We are most blessed here to be surrounded by a loving community that takes care of us in various ways. The generosity of those around us through our parents, guardians, benefactors, neighbors, community vendors, and friends is indeed a sign of God's providential hand.



The Christmas Tree is one of the symbols of the Season. Besides the various Christmas Trees that are decorated and displayed all over the Cottages, Chapel, hallways, departments, we decided to add two other trees.

In our Front Office, the tree is beautifully lit and decorated with ornaments and envelopes. These envelopes when opened contain a wish from each of the various departments for needs that they may have. Parents, guardians, benefactors, and friends are encouraged to pick up an envelope and fulfill the wish. The response we have received has been overwhelming and a sure sign of God's loving and providential hand. There are still envelopes that need to be picked and fulfilled, but we have faith that it will be taken care of by God's Providence.

Our Advent Tree is located in the hallway outside of the mail room/copy room. Individuals are invited to fill out any intention on an ornament and place it on the tree. The intentions are prayed for by the Sisters and residents during their daily prayers and during the Christmas Novena, December 16th to December 24th.

Thank you to all who have made this Season so wonderful for each of us here at MSJ. Every person's part in making the campus festive, joyful, tranquil, and serene, and beautiful have touched the heart of Baby Jesus who is reflected in the eyes of each individual living and receiving services here at MSJ.

May your Christmas Season be filled with the joy and peace in which our Lord offers to us always and please be assured of prayers for your intentions during our Christmas Novena.

Thank you,

Sr. Charleen and the Sisters

Staff & Residents

Praying for our newest Angels:

Michele A. (Sacred Heart)
Marilyn H. (Angel Guardian)

New Employees:

DT Trainer: Athina Yousef, 9/19/19

Hab Aides:

Karen Hernandez, 9/25/19

Nina Bachal, 10/8/19

Lydia Henry, 12/2/19

Cook: Jan Kruckenberg, 12/2/19



Drawn by Staff member, Ella Y.

DAY TRAINING NEWS

The DT Clients and staff have been spending the fall learning and doing fun activities for the following themes: Solar Systems/Outer Space; Dinosaurs/Prehistoric Living; Pilgrims and Indians Nativity Symbols/Ornaments.

Our summer cooking class was such a success, we now offer cooking classes twice a month.

Our Senior Program will begin January 6, 2020. This program will be offered to those “seniors” in our programs or those clients that are exhibiting signs of dementia. Those clients in the Senior Program will stay in the same class all day and goals will be focused more on maintaining skills they already have. Programming will continue to follow the Themes of the Month. Programming areas will consist of the following: Reality; Orientation/Spirituality; Health & Wellness; Cognitive/Memory; Sensory (tactile, auditory, visual, olfactory); Recreation/Leisure.

DT Staff and Clients had a Halloween Bake Sale and raised over \$200. The money went to purchase “Tuxedo” a robotic therapy cat, and a “Misti” card stamping machine.

Wendy Wagner, Day Training Director



Day Training Wish List

We want to thank all of you that have donated items to our program!

Construction Paper
Glue Sticks
Poster Putty
Rocking Chairs

Jewelry boxes
Jewelry
Shoe laces

Decks of playing cards
Rice
Dry Pinto Beans

Tri-colored pasta
Storage bins-various sizes
Clothespins—clip & spring

New or used CD's (adult music such as Jazz, rock n roll, folk songs, holiday, gospel, dance music, etc.)
Hand towels/wash cloths (do not have to be new, will be used for folding)

THANKS!

Active Ladies—Special Olympics Bowling

Special Olympics Sectional Bowling was November 2, 2019.

This was held at Cherry Bowl in Rockford, Il. We had five of our ladies compete. Beth C., Nora K. and Mary S. bowled singles and Lisa A. and Jackie T. bowled with the ramp.

Results:

GOLD: Beth C. & Nora K

SILVER: Lisa A.

BRONZE: Mary S.

6th Place: Jackie T.

The two Gold winners advanced to State competition on December 7th in Peoria.



Special Olympic State Bowling tournament on December 7th

Beth C. and Nora K. competed amongst other competitive athletes that won Gold through competitions at Regionals and Sectionals.

The Results:

GOLD: Nora K.

SILVER: Beth C.

They were both GREAT! Congratulations to Nora and Beth—what a year!



2020 Special Olympics



We will be starting the year 2020 with Special Olympic Regional Bowling Tournament on May 30th at Stardust Bowl in Addison. We will need volunteers—please mark it on your calendar and contact Sharon Theil to volunteer.

Other upcoming dates:

- Spring Games will be at Prospect High School in Mt. Prospect. This year we will be competing on both April 25 & 26. We will need volunteers for both days.
- Summer Games will be June 11—14 and Bocce will be early October (no date yet).



Happenings at the Mount

Music at MSJ:



Our wonderful Bell Choir continues to entertain people and perform all over our area.

Following are the dates they perform(ed) in December:

12/3—Handbell Choir performed at Queen of Peace

12/6—Handbell Choir performed at Mass

12/10—Chime Choir performed in cottage at Marcellina/Guanella

12/12—Chime Choir performed at St. Clare's

12/17—Chime Choir performs at Angel Guardian



NURSING NEWS:



Just a few time tested remedies as we enter the Holiday and winter season to help keep everyone happy & healthy:



- Wash Hands often (keep good hand cream in the bathroom for the dry hands) - this is the MOST important! When residents are home, remind them often to wash their hands.
- Plenty of rest
- Oral Hygiene is important at all times!
- Avoid excess sugar and sweet snacks
- Chicken noodle soup—it REALLY Works!
- Ginger Tea with Honey & Lemon helps to ward off colds.



Stay Healthy this Holiday Season, and Warm Holiday Wishes from the Nursing Department at Mount St. Joseph!

Cottage News

SACRED HEART

Advent is in full swing and Sacred Heart cottage has been busy preparing to welcome the baby Jesus! Sr. Madonna and the wonderful staff have been adorning every inch of the cottage with beautiful red and green décor.

The ladies have been caroling their hearts out during music class with Beth McQuaid.

The Sacred Heart Christmas party will be held on December 21st and the ladies will be having lasagna and treats. We wish you all a very Merry Christmas and may your new year be filled with true peace and joy!

Erin Rooney, QIDP



ST. JOSEPH

The ladies of St. Joseph cottage have been busy this holiday season and are anxiously awaiting Christmas. The ladies made Christmas wreath centerpieces, gingerbread houses, addressed their Christmas cards and will be making Christmas ornaments.

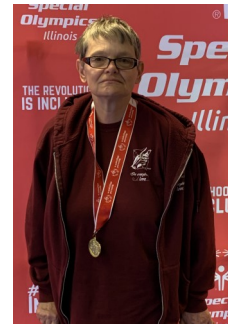
The ladies are very excited about their cottage Christmas party this year. The ladies will be playing “hooky” from work on December 12th, as they will be “partying” all day long. They will sleep in, open presents and cook penne pasta and meatballs for lunch. After lunch we will be listening to Christmas music and playing Christmas bingo. We will be having appetizers and “champagne” for dinner and will be going to a Christmas pageant that evening, courtesy of the Mount St. Joseph Association.

The ladies who attend Countryside will be having their Christmas party on December 20th. The party will take place during normal business hours.

Nora K. won a Gold Medal in the State Special Olympics tournament held in Peoria on December 7th.

We would like to thank everyone who helped make this holiday a special one for the residents of St. Joseph cottage. We wish everyone a happy and healthy Holiday.

Linda Egli, QIDP



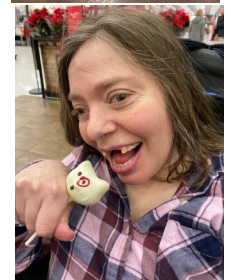
GUANELLA

There is so much going on in Guanella cottage. Santa’s helpers have been working hard getting all the Christmas decorations up in the cottage and it looks great! We have been fortunate enough to have the help of parent volunteers in cottage. They were such a welcome addition bringing bright new happy faces, helping with a meal, and having a great time with the ladies. What fun the ladies had with them. A sincere thank you to the parents that came to Guanella and all the other cottages to help. It is such a great thing to be able to give of yourself to help others.

One of our regular special trips in Guanella is when I takes a group of ladies out for a shopping trip at Target and a drink of their choice at Starbucks. We call this outing “Coffee Club.” The ladies really enjoy shopping. This month they enjoyed the Christmas decorations that were up and seeing all that is for sale at Target.

May God bless you this Christmas season and in the New Year!

Christine Yarbrough, QIDP



Cottage News

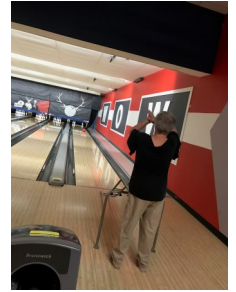
MARCELLINA

Marcellina Cottage started the season by welcoming several new staff to the team: Kim, Lashonna & Karen—we are so happy to have you!

The ladies have kept busy with work, Special Olympics, Chime Choir and Friday Yoga classes. Everyone is looking forward to our Annual Christmas Party coming up mid-December which includes a delicious assortment of food, Secret Santa gift exchange, and most importantly, time spent with friends and family.

In the spirit of Christmas, some of the ladies have also volunteered once again to help out at Feed My Starving Children, packing and labeling food packets.

Genevieve McNally, QIDP



ANGEL GUARDIAN

Angel Guardian residents are enjoying the Christmas décor in their cottage. Holiday music and movies help to stimulate the joy of the season, both past and present. We are grateful for the participation of families that help to celebrate this time of year and for outside charities that fill in the gaps.



Susie Gray, QIDP

ST. CLARE

The Chime Choir performed at St. Clare this Christmas Season. Everyone always enjoys listening to the bells chime making a beautiful song!

Volunteer and God Parent, Mary J., hosts birthday party for resident Charlene at Saint Clare.

Victoria Nitka, QIDP



Employee Christmas Luncheon

The **Employee Christmas Luncheon** Hosted by the Sisters was held on Wednesday, December 4th from 11:30—2:30. The Gym was decorated with Festive Christmas colors and items and looked beautiful in Green & Red Sparkles and lights. The meal was catered by Capri, which everyone loves—chicken, cheese ravioli's, hot beef sandwiches, eggplant parmesan, and all of the fixings. The dessert table seemed never ending with Eli's Cheesecake and other goodies.

The Mount St. Joseph Association representatives were on-hand to deliver the staff bonuses in appreciation for another year of loving care of the residents. In addition this year, door prizes were pulled at the end of the luncheon to a number of lucky winners.



Volunteer Opportunities

The Mount St. Joseph Association along with Sr. Charleen recently embarked on a trial run to assist the Cottages on the weekends when staffing is at a lower level and the need is greater since all residents are home from Workshop/Day Training, and in cottage. Three Saturday's were identified—two in November, and one in December were selected. The request was to have volunteers sign up to help out in the cottage during the noon meal time (12 noon—2pm), and again at the dinner meal time (5pm—7pm). The volunteers do not perform any direct care duties, but help out with the meal, and clean up, and any activities done with the ladies while the staff get their work done.

On December 7th in Guanella & Marcellina Cottages, the volunteers were Mimi, Linda and myself (Ann). Our project that day was to work with the residents to decorate the Christmas Tree and the Hallways and front desk. The Residents had so much fun, and so did we. The cottages are festive and the ladies can feel proud that they helped to decorate. Staff were able to get their jobs done with very little interruption. What a fun day!

Ann Petersen, Volunteer



Emily's 15 minutes of fame:

The New LED sign located at the front entrance for Mount St. Joseph has displayed a number of images this year. There are notices for positions open, information about our Website, and images of the residents with their smiling faces. We love this picture of Emily, and loved seeing it light up the sign!



MOUNT ST. JOSEPH ASSOCIATION EVENTS & ACTIVITIES

VOLUNTEERS

Sign up for 2020!

The more volunteers we have, the more opportunities we can offer to our residents! If there is insufficient volunteer support, some activities may be curtailed or suspended. Please help us to plan ahead by signing up now.

Contact Karen Wallace, Volunteers Committee Chair

Phone: 305-778-9430 (after 6:00 p.m.)

Email: msjcomm18@gmail.com

On-Campus Events for 2020

Valentine's Day Party: February 9, 2020

St. Joseph Day Party: March 14, 2020

Spring Fling: May 2, 2020

Chicago Botanic Garden Enabling Garden Club for Summer: May—September 2020

Ice Cream Social: July 11, 2020

Fun Fair: September 12, 2020

Halloween Party: October 25, 2020

Chicago Botanic Garden Enabling Garden Club for Fall: October/November 2020

Afternoon at the Movie: January—April 2020; Dates TBD

Cooking Classes: January—April 2020; Dates TBD

STAY INFORMED, STAY IN TOUCH

- Our website, mtstja.com is your “go-to” source for news and photos of Mount St. Joseph Association events and fundraisers.
- In-depth, monthly updates are sent to all Mount St. Joseph Association members via *Constant Contact*. (Not a member? Membership forms are available on our website.)
- Check out our new Facebook, Instagram and Twitter pages! Links appear on the website. Share pages with your friends, ask them to “Like” us on Facebook, and follow us on Twitter and Instagram.



The Association would like to thank all of the volunteers 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.org 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