

LOOK TO THE MOUNT

Spring, 2019

The Liturgical Season of Lent is a time of preparation and reparation. It is a season and journey to pray, fast, and give of ourselves in order to receive love, forgiveness, and the hope of Christ throughout Easter and the entire year.

Spring is a season of nature most associated with Lent and Easter—as it is also a time of growth around us. As we pass from the darkness of winter into the growth of Spring, the Church follows with its emphasis in the joy and hope of God's promise. As the light of day grows longer and stronger, so the light of Christ within us can emerge and bloom strong in hope and love.

Easter is not always recognized as a “big” holiday in our Society, but for us Christians, we Catholics, it is the pinnacle and greatest gift of our faith. This Paschal Mystery of Christ's suffering, death, and resurrection is the basis of our faith, as followers of Christ. May we each allow the sacrifices and gift of God to carry us forward as His Followers.

On behalf of the Residents, Clients, Staff and Sisters—please have a blessed and joyous Easter Season. Live out the love of Christ's sacrifice and gift to each of us. Sing out your Alleluia for Jesus has Risen for us.

Sr. Charleen



Human Resources News

New Employees

Cierra Hudson—Hab Aide
Melissa Wilkanowski—Hab Aide
Esmeralda Jimenez—Hab Aide
Kailey Salas—Hab Aide
Sandy Davern—Hab Aide
Azariah Brown—Hab Aide
Cailee Santi—Hab Aide
Cassie Mena—Hab Aide

Gerald Grzeszczak—Maintenance
Nathan Hammond—Lifeguard

Returning Employees

Parminder Kaur—Hab Aide
Maricruz Nunez—Hab Aide
Daisy Silva—Hab Aide
Bianca Alvarado—Hab Aide
Billy Rich—Kitchen Dietary Aide

Retirement

Vera Bhangoo—Nursing—Angel Guardian, Worked 33 years—hire date 8/12/1985
Jaswinder Saini—Hab Aide/St. Clare Cottage, Worked 23 years—hire date 1/31/1995
Clyde Lenzen—Maintenance, Worked 29 years—hire date 11/7/1989



Mount St. Joseph is Hiring!!!

Please spread the word. We have talented, amazing employees and we are looking to add more to our staff.
Hiring for all shifts.

Let your friends and neighbors know. It's a great place to work!



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DAY TRAINING NEWS

The Day Training (DT) clients and staff have been very busy learning about the following themes since the last newsletter: Winter Wonderland, Candy, Farm Life/Farm Animals, and Caterpillars & Butterflies. The staff and clients also had fun planning and participating in Valentines Day and St. Patrick's Day parties.

The DT staff held another fundraiser in February and raised money for our program. The clients enjoy taking the "goodies" around and collecting the money. Thanks to all who supported us.

We continue to use our iPads and Smart Board, and are always updating the Apps to correspond with our "Theme of the Month."

Below you will find a rather large "WISH LIST" as we are trying to develop more dementia-type activities for our clients. These items do not need to be new, and we will be redesigning many of them. The DT staff and clients would like to wish everyone a Happy Easter!

Day Training Wish List

Construction Paper	Glue Sticks	Poster Putty	Decoupage
Puzzles w/knobs on them	Jewelry boxes	Jewelry	Magazines
Coupon Flyers	Potting Soil	Clay Pots	Trowel
Seeds (flower & herbs)	Small Watering Can	Used cards	Shoe Laces
Music CDs (new or used)	Food containers w/lids	Rice	Dry Beans (pinto)
Socks—any size (new or used)	Play card decks	Hand Towels	Wash Cloths
Tri colored pasta	Storage bins (any size)	Clothes pins (clip & Spring type)	
Markers			

THANKS!



Home Visits remaining for 2019—April through December

Home Visit Reminder: Just a friendly reminder if you are planning on taking your loved one home on a home visit weekend, please call or email Michelle Curelo at least 4 days ahead of pick-up date. This really helps us schedule for cottage staff, and meal preparation in the kitchen. Thank you for your help. Michelle Curelo (847-438-5050, mcurelo@msjlakezurich.org)

Remaining Visit Dates: April 18—22 EASTER
May 10—12 MOTHER'S DAY
May 24—27 MEMORIAL WEEKEND
June 14—16 FATHER'S DAY
July 3—7 4th of JULY

August 2—4
August 30—September 2 LABOR DAY
October 11—13 AUTUMN LEAVES LUNCHEON
October 25—27 HALLOWEEN PARTY
November 27—December 1 THANKSGIVING
December 20—January 2 CHRISTMAS & NEW YEARS

WORKSHOP NEWS

News from Riverside Foundation Work and Activity Center
960 Corporate Woods Parkway
Vernon Hills, IL 60061

The ladies from Mount St. Joseph who attend Riverside Foundation Work and Activity Center (RWA) enjoy a variety of activities. Programming is designed to best help each individual meet their own personal needs and goals. In their core groups they may work on reading, writing, math, budgeting, communication, social and self care skills while also having time to enjoy leisure activities such as music, dancing, outings and art. The warmer weather means more opportunities to go out into the community, whether that be to learn about budgeting at Walmart or the mall; learning about history at the local museums; picking out books at the library or just enjoying a walk in one of the local parks.

RWA contracts with local businesses to complete assembly and packaging jobs. These jobs may be a seasonal such as holiday treat bags or ongoing such as assembling parts for ITW or packaging soap packets used to clean soft ice cream dispensing machines! Whenever possible, MSJ ladies are given the opportunity to work on one or more of these jobs.

Most importantly it is the goal of RWA to give all our clients a program where they feel respected and supported as they work to achieve their goals. Making new friends along the way makes it all the more enjoyable!



Riverside Workshop Wish List:

Arts & Crafts supplies
Craft Kits
Puzzles (60—300 piece)

Colored Pencils
Yarn

Markers
Size 16 sewing needles

Plastic canvas
Paint by number kits

COUNTRYSIDE WORKSHOP

The Annual Countryside Spring Dinner Dance will be held on May 17th. The Residents who attend Countryside Workshop LOVE this annual Dance and get all dressed up to attend. I bet the ladies would love having some help with hair and nails and make up as they prepare for this dance. Check with their Q, or the housemother to see if you can help! Here are some pictures from last year's dance.



NURSING NEWS:

The Nursing Department would like to highlight the wonderful medical staff that are an integral part of caring for the residents of Mount St. Joseph.

Dr. Gurbax Saini is Mount St. Joseph's primary care doctor and is here every week to provide medical care. He also sees residents in his Island Lake office if needed. The residents really like Dr. Saini, are excited to see him, and consider him a friend.

Robin Saini, APN comes to Mount St. Joseph monthly to do ear flushes which each resident receives annually.

Dr. Tom Leischner, DDS is our on-site dentist. He and his assistant, Ramona Ory come to Mount St. Joseph on a monthly basis to provide dental care. Dr. Leischner generally brings a little treat to share with his patients—lip gloss and bracelets are favorites among the residents! The nursing department hosts an annual pot luck with the dental team—Dr. Leischner provides the main dish, as he loves to cook!

Dr. Tom Gustafson and Dr. Rachel Hutchins are optometrists. They come to Mount St. Joseph on a monthly basis to do annual eye exams. Their gentle approach provides a calm environment, making the residents feel at ease during their exam. Dr. Rachel recently gave birth to a little girl, so she is taking some time for her family. Dr. Rabia is filling in during her absence.

Dr. Buranosky, Ophthalmologist, sees our residents for cataract care and performs eye surgeries at Highland Park Hospital.

Mount St. Joseph's on-site podiatry care is provided by Dr. Suzanne Roeckell Mareno. Dr. Suzanne visits monthly in order to see the residents on a rotating schedule, every 61 days. She comes early in the mornings so that the residents can catch the bus to their workshop.

Mount St. Joseph Physical and Occupational Therapy services are provided by Anita, Raj, and Garima. They are a wonderful team who work cooperatively with the nurses, doctors, and professional staff. They see residents in the Gross Motor room at Mount St. Joseph and also at Countryside Center of Little City.



Music at MSJ:



Chime classes have been busy preparing new music programs to play for others when they are ready. Four new members have been added to these classes so we are happy to have them!

The Mount St. Joseph Handbell Choir continues to play monthly at Sunday Mass as well as prepare their new music program. As spring slowly arrives to Northern Illinois, they will be out sharing their music again. The Choir performed at Palm Sunday Mass on April 14th.

Music Therapy continues during the Mount St. Joseph Day Training hours. January activities included a multi-sensory activity with winter songs, bells, flavored marshmallows, and stamping a winter scene with scented paints. Very fun! February activities included telling a Valentine story with instruments and visuals as well as "candy" songs (our theme of the month).

In March, we clapped and danced along to live Irish fiddle music and songs about farm animals (theme of the month). The favorite was moving to the "Chicken Dance!"

Sacred Heart and Angel Guardian cottages enjoy music activities every Wednesday after workshop and all cottages look forward to monthly Saturday Sing-alongs.

Welcome Spring!

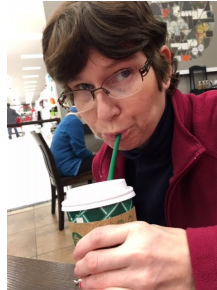
Beth McQuaid

Cottage News

Guanella Hall ladies continue to enjoy “Coffee Club”. Once a week Christine will take a small group of ladies to the Target in Lake Zurich. The ladies can shop for things they want, then we go to Starbucks and get a drink of their choice. They all love it and can’t wait for their turn. We do “Coffee Club” in the morning and then I drop them off at their respective workshop.

We are accepting Starbucks and Target gift cards. Thank you very much!

Christine Yarbrough, QIDP, Guanella Hall



There are currently two nonagenarians in **Angel Guardian cottage!** Jean F. celebrated her 90th birthday on March 4th! She is as strong and self-assured as ever, living life with enthusiasm and purpose.

Little City Countryside Center’s Golden Opportunities classroom is a vital part of Jean’s week. Attending the workshop on her birthday went without question. She came home wearing a birthday sash and crown, with balloons attached to her wheelchair. The Golden Opportunities manager created a memory book with pictures of Jean and lots of signatures from her colleagues. They enjoyed playing BINGO and eating cake. Jean’s cottage mates joined in on the fun with a second party, complete with lasagna dinner, more BINGO, presents, cake and ice cream a couple of weeks later.

Jean refused a community outing in anticipation of the party, preferring to wait in the cottage for the festivities to begin. Her smile while celebrating was contagious. We all wish her another decade of joy-filled living.

Susie Gray, QIDP, Angel Guardian



It’s been a long cold winter for the ladies of **Sacred Heart Cottage**. The onset of Spring and going for walks outside on our beautiful campus will be welcome! As they have for the last few years, the ladies of Sacred Heart enjoy weekly Yoga sessions, with the instructor offering adapted movements for all levels of participation. Additionally, they have been thrilled with the weekly Music Therapy provide by Beth McQuaid—as soon as Beth comes on the cottage, with her guitar, the ladies begin to gather around for their favorite interactive music session!

Quite possibly, though, the best part of each week is when Sacred Heart’s own local celebrity enters the cottage—Meg Kerber! Several of the residents actually shout out in greeting and excitement—the others turn their heads and smile, knowing that Meg’s gentle heart and kind spirit will envelope the cottage during her visit.

Keep coming Meg! The residents and the staff love you!

Ann Thill, QIDP—Sacred Heart



Cottage News

St. Joseph Cottage ladies have been busy. Everyone saw the Seussical play at the Marriott in March and really enjoyed it.

The ladies met to discuss their Lenten projects for this year. They just finished making 20 Easter baskets to donate to a local food pantry. They will also be making an Easter basket for the Sisters in Queen of Peace and baking cupcakes for their friends in Sacred Heart Cottage.

The ladies who will not be going home for Easter will be making brunch in their cottage and are busy planning the menu.

The staffing season is winding down and the ladies are excited about the upcoming Special Olympic competitions and Fish Lake trips.

The Annual Countryside Spring Dinner Dance will be held on May 17th.

Linda Egli, QIDP—St. Joseph



All the ladies at **Saint Clare Cottage** have enjoyed off-campus activities which have included favorites such as: McDonalds, Chick-Fil-A, Culvers, Pizza Hut, Movies, Hobby Lobby, Dollar Tree, Walgreens, Target, Jewel and Walmart.

Birthday parties are a favorite activity on Cottage. Oftentimes families purchase a “special meal” shared by other residents on their wing.

Approximately half of Saint Clare residents have participated in Special Olympics (bowling and/or track and field) and the Hand Bells Choir.

Residents and staff mourned the passing of our beloved Carol K. recently.

A special thank you to Julie Vowinkel and the Joyce family for donating gift certificates that have been used for outings and staff incentives. The Joyce family has also supported a “special visitor” program that encourages teens or other interested people to spend time with residents increasing off-campus outings, structured leisure activities and building personal care skills.



Victoria Nitka, QIDP, Saint Clare

(Victoria warmly welcomes any inquires concerning ways to further support our residents, ext. 125)

The **Marcellina** crew has kept their momentum going into 2019. Our volunteer group at Feed My Starving Children has grown since last year, even adding a few ladies from Guanella to the mix where we continue to help label and bag food packets for children in need.

We’ve also begun our much-anticipated Book Club, sponsored by UPS for DownS in Schaumburg. Our group meets twice monthly at the local Barnes & Noble where we sip on our coffee and read through our current book—R.L. Travers’ **Mary Poppins**. So far everyone is really enjoying the story, and we’ve even connected with other friendly Barnes & Noble Café “regulars” in the process.

We’re looking forward to more outdoor activities and volunteer opportunities as we roll into Spring and Summer months, so stay tuned!

Genevieve Knudson, QIDP—Marcellina Cottage



Active Ladies

One of the hidden gems we have is the **Ela's Outreach Library**. For many years we have had the Library come out to us on the first Wednesday of each month to set up a mobile library. Christy Wagner, Susan Cohen, and Midge Simms will select bags and bags of books and CD's from the library and bring them to our facility and set up in the gym. The ladies will have an opportunity to come down and choose books and CDs and check them out for the month. We usually get between 25—40 of our ladies each month to come and enjoy this opportunity. Along with that, the Outreach select books for our Day Program's Theme for the Month activities and extra books for various cottages that the ladies will be able to enjoy that cannot come down. This program has been wonderful for the ladies. The ladies really look forward to coming each month.

Sharon Thiel



Generous Neighbors

Mount St. Joseph is blessed by its many benefactors and supporters. We want to thank them and encourage our Mount St. Joseph families to shop with the following vendors who are so generous to us always. (Let them know that you appreciate your support of Mount St. Joseph when you shop there!) Thanks!

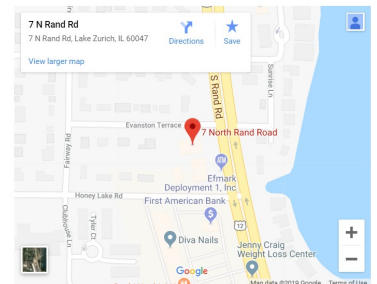


Mount St. Joseph would like to express our gratitude to Rich Baader of Raceway Car Wash in Lake Zurich. Rich has generously offered to clean the 4 minivans used for transporting the residents! He offered a monthly interior and exterior wash of each van! Rich—with heartfelt gratitude, **WE THANK YOU!**

The generosity of our neighbors never ceases to amaze us! Please share this story and use the services of this great Lake Zurich Business!

7 N. Rand Road
Lake Zurich, IL 60047
(847) 550-5552

Hours weather permitting
Daily 8 am - 6 pm



MOUNT SAINT JOSEPH—RESIDENT ACTIVITIES

We have been practicing for **Special Olympic Bowling and Track and Field** at this time. Our events are coming up starting in May. May 5th will be Special Olympic Spring Games (Track & Field). This year the event was combined with another area and it is now much larger and the whole event will be May 4—5. We are competing on May 5th at their new location at Prospect High School in Mount Prospect. We will have 30 ladies competing in this event. [If anyone is able to come out and help that day—that would be great!](#) Whoever wins in this event will go down to Summer Games at ISU on June 6th through 9th.

Special Olympics Bowling will be June 15th this year. It will be at Stardust Lanes in Addison again this year. I have 35 bowlers ready to compete in this event. [I could use helpers for this event also.](#)

Please contact Sharon Thiel at: msjrecreation@yahoo.com.



It's getting warmer outside and starting to feel a little like Spring. In the meantime, our **Garden Club crew** is working indoors on beautiful floral arrangements.

Our residents are so lucky that they are surrounded by people who love to keep them busy and are able to spread their wings and be creative—art projects, cooking projects, community projects, the list goes on and on.

As a family member, we are so thankful that the Community of Mount St. Joseph provides the means for our loved ones to fill their days with joy, friendship and activities, giving them the opportunity to live THE BEST LIFE POSSIBLE. When you watch them interact with each other you will see how they Care for each other—it's amazing to see.

Thank you to everyone who makes this possible!!! Ann Petersen, mom of Emily :)



MOUNT SAINT JOSEPH ASSOCIATION

CONSTANT CONTACT: YOUR SOURCE FOR MONTHLY NEWS

After a full slate of winter events, the Mount St. Joseph Association is gearing up for Spring and Summer activities. From this point forward, Mount St. Joseph Association news, issues, and events recaps will be distributed via Constant Contact emails. Updates will be sent to members at the end of each month. Non-members will receive these updates for a limited period of time during the transition to Constant Contact. If you are a non-member, NOW is the time to join so that you don't miss out on monthly news. Membership forms are available online: www.mountsaintjosephassociation.com (Please be advised that our website address is changing soon.)

NEW WEBSITE COMING SOON

Mount St. Joseph Association will soon launch a new, comprehensive website loaded with photos, news, forms and more! Members will be invited to "test" the site and offer feedback when the site is ready.

EVERYTHING EXPO

Mount St. Joseph and Mount St. Joseph Association representatives networked and connected with the community at the Everything EXPO sponsored by the Lake Zurich Area Chamber of Commerce at Concorde Banquets in Kildeer on March 16. Pictured are: Ann Thill, administrator; Arn Baranchik, Mount St. Joseph Association president; Mary Beth Janak, director of Human Resources; and Bob Wallace, Mount St. Joseph Association Member.



UPCOMING EVENTS FOR RESIDENTS

May and June dates TBD

Saturday, May 4, 2019

Tuesday, May 7, 2019

Tuesday, May 21, 2019

Saturday, June 1, 2019 (Note date change)

Enabling Garden Club from 3:30—4:30 p.m. on campus

Spring Fling from 9:00 a.m.—12:30 p.m. on campus

Walk On session off campus

Walk On session off campus

Walkathon event from 10:00 a.m.—1:00 p.m. on campus

UPCOMING EVENT FOR STAFF

Wednesday, May 15, 2019

Employee Appreciation Luncheon on campus at 11:30

UPCOMING FUNDRAISER

Saturday, June 1, 2019 (Note date change) Walkathon fundraiser on campus: Set-up begins at 8:00 a.m. Information regarding participation and sponsorship will be available in April.



Many hands make light work! Please volunteer now for the Spring Fling and Walkathon by contacting Karen Wallace, Volunteer Committee Chair, at: 305-778-9430 (after 6:00 p.m..), or msjcomm18@gmail.com

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.



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

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