



## *News from Mount St. Joseph*

*"The day the Lord created hope was probably the same day he created spring."*

*Bernard Williams*

*"Wait. Be patient. The storm will pass. The spring will come."*

*Robert H. Schuller*

*"Spring shows what God can do with a drab and dirty world."*

*Victor Kraft*



### HOW CAN YOU HELP?

This Spring Newsletter comes to you at a difficult time for our world. Very few of us have experienced a Pandemic like we are now in, and it affects us all in ways we never thought imaginable.

Mount St. Joseph went on "lock down" on March 13th. We realized that we needed to keep our residents, staff, and elder Sisters safe and healthy. We restricted any visitors except for staff within the facility especially near the residents and elder Sisters. All packages are left at the front office and then distributed appropriately. Our kitchen staff receives donations and sorts what will be used for meals.

We strive to make the days here at Mount St. Joseph as peaceful as possible for the residents. We want each of them to always live and feel at home. Our staff in every department has been wonderful in their dedication to keep them comfortable, secure, healthy, active and happy. Our staff have been diligent to make all things possible for themselves and those whom they serve through their own efforts to stay safe and healthy. We thank them each for their tireless motivation to keep Mount St. Joseph a family and home for our residents.

#### **If you are able and want to help...**

- ◆ Easter Cards and greetings help brighten each resident's day.
- ◆ Thank you or Encouragement cards to the staff for their dedication and conscientiousness.
- ◆ Phone calls and FaceTime or Skype whenever possible with your loved one.
- ◆ Snacks for the employee break room.
- ◆ Arts and Crafts projects to keep the residents engaged.
- ◆ Prayers, unceasing prayers for all those afflicted and those trying to stay healthy and battle this crisis
- ◆ Donations of any kind.

We live in hope to provide all that is possible for each of us here at Mount St. Joseph. We move toward the Easter Resurrection with the faith that Jesus rose for each of us on the Third Day. Thank you for all your support and help.

**Sr. Charleen**

## Our New Logo

In our efforts to expand within the community, we realized that Mount St. Joseph needed a new logo. Our logo is on our letterhead, envelopes, banner, etc., and identifies who we are.



When we first met with Maureen Roberts about designing a new logo, she told us that the first thing that impressed her about Mount St. Joseph was the Bell Tower.

She designed three logos, and after some tweaking, we decided on the Bell Tower as our new logo. The Bell Tower represents who we are as a community and our mission. ***Our mission here at Mount St. Joseph is to promote the individual dignity and rights of each person to strive to their fullest potential.*** As we use this logo, we are encouraged that it will be seen and represent Mount St. Joseph within our Community. **Our bells will resound to show that here is a place where we live, strive and grow.** We thank Rick and Ann Petersen for donating and assisting us to have Maureen design the logo.

Sr. Charleen

## Staff & Residents

### Praying for our Newest Angels:

Karen D. 12/12/20



Joy J. 1/18/20

Mary Kay S. 1/20/20

Rosemary W. 1/27/20



Diane M. 2/20/20

Donna B. 3/6/20



### Inside this issue

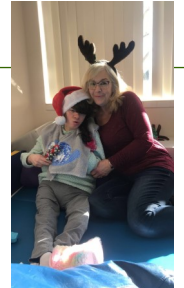
Season's Message.....	1
Administrator News.....	2
Staff & Resident Update .....	2
Day Training/Workshop News.....	3
HR/Knights of Columbus/Ruby .....	4
Nursing/Music Corners.....	5
Cottage News.....	6/7
Active Ladies.....	8
MSJA News.....	9/10

## DAY TRAINING NEWS

Thank you to all who gave gifts to the DT Program for Christmas. They are greatly appreciated. The clients continue to have their activities focused around “**themes of the month**”, and since the last Newsletter have learned about the following: **Polar Region, Black History Month, Rainbows.**

Unfortunately, we had two Memorial Services for our 6 friends that have passed away. During these services, which are held in the DT lunchroom, the staff and clients are able to share memories about their friends, sing songs/hymns, recite Bible verses, and have a closing prayer. The clients appear to enjoy having a service that they are involved in, and it is our intent to give them some closure.

**Wendy Wagner, Day Training Director**



### Day Training Wish List

Construction Paper  
Clothes pins (clip & spring)  
Seeds (flowers & herbs)  
Rice

Glue Sticks  
Magazines  
Clay pots  
Dry beans (pinto) Dry colored pasta

Poster putty  
Coupon Flyers  
Watering cans (small)

Jewelry boxes & Jewelry  
Potting soil  
Trowel  
Storage bins (various sizes)

**Blankets (to use when we have to evacuate in cooler weather) - need 50 TOTAL.**

New or used CD's (adult music such as Jazz, rock n roll, folk songs, holiday, gospel, dance music, etc...)

Socks—Baby, kids, adults (used for sorting, do not need to be new)

Hand towels/wash cloths (used for sorting, do not need to be new)

**THANKS!**

## WORKSHOP NEWS

### COUNTRYSIDE/LITTLE CITY WORKSHOP

Throughout the day at Countryside Center there is an ever changing menu of opportunities. Our core programming staff consists of Carrie, Kathy Jo and Tangela. Each provides not only classes based on skills and interests, but an additional social and leisure outlet in the afternoon and any special event or holiday planning. Classes change every few months. The process involves creating a list of options, surveying the participants and then making a schedule. Current offerings include basic life skills (money, getting along, communication styles), science with projects and experiments, health & wellness, reading, comedy and theater. Some of the classes include community outings as part of the planning like a trip to a local candy maker after reading ***Charlie and the Chocolate Factory***, or a petting zoo after completing ***Charlotte's Web***. We also offer extension programs from the Center for the Arts and Horticulture Center on Wednesdays including a popular painting class and introduction to plants.

On any given afternoon you will find a group challenge in **Wheel of Fortune** or **Jeopardy**, a rousing **Karaoke competition** or a volunteer project making blankets for an animal shelter. This fun loving trio enjoys the challenge of finding different activities for a few or for many to express their personalities and make additional friendship connections before the day is done. If you have any questions about the classes or clubs, please contact **Lisa Cluster, Life Skills Coordinator, at [lcluster@littlecity.org](mailto:lcluster@littlecity.org), or call 847-438-8799, Ext. #8004.**





## Human Resources Corner

The **Human Resources Department** has been quite busy! Filling the schedule, of course, is always a challenge, but we are pleased to share that there are 3 people training as DSP's! Marybeth and Ann attended three job fairs; Fremd HS, Lake Zurich HS, and Willow Creek. They also were invited to share a table with the Mount St. Joseph Association at the Lake Zurich Chamber of Commerce Business Expo. AT these events, they rolled out the new promotional items—**SEE BELOW!** Current Job Opportunities are:

- ◆ QIDP's
- ◆ Direct Service Providers (DSP's)
- ◆ Housekeepers
- ◆ Day Training Trainer
- ◆ Kitchen Stocker



**Please spread the word. A great way to do this is to visit Mount St. Joseph's Facebook page! Scroll down to find the job postings and "SHARE" with your friends and contacts! Thanks!**

## Knights of Columbus Lenten Fish Fry and Bake

The Knights of Columbus are so very good to Mount St. Joseph. They donate a percent of the proceeds of their Fish Fry to Mount St. Joseph, and after every Friday Fish Fry, they bring the left overs to the kitchen of Mount St. Joseph to share among the Sisters, Staff and Residents. Please support this wonderful program and attend one, or all of their Fish Fry's:

Dates: 2/28, 3/6, 3/13, 3/20, 3/27, 4/3

Time: Doors open at 4:30pm, Dinner service is from 5pm—8pm

Location: Columbus Center, 365 Surryse Rd., Second Floor, Lake Zurich, IL (Entrance at East side of Building)

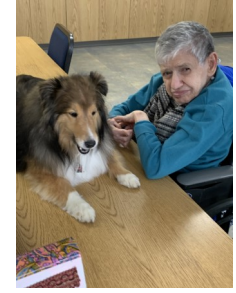
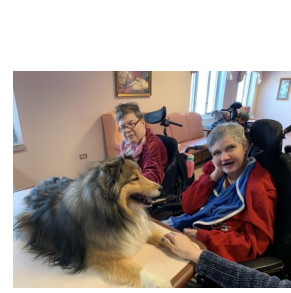
Cost: Adults—\$14; Seniors (65+) \$10; Children (8 and under) \$5

**Proceeds will be donated to local charities that help individuals with intellectual Difficulties—Please join us!**

## Ruby Visits

Ruby has been providing joy to our Ladies more this Winter. She seems to enjoy having the pleasure of making everyone happy. She really gets excited when seeing the ladies!

**Sharon Thiel**



## NURSING NEWS:

### Basic protective measures against the new coronavirus (Defined by the World Health Organization)

Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following:

- ◆ Wash your hands frequently—regular and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- ◆ Maintain at least 3-6 feet distance between yourself and anyone who is coughing or sneezing.
- ◆ Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
- ◆ Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.
- ◆ Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.



### Mount St. Joseph will be taking the following actions regarding the Corona-virus:

- Have been on “Lock Down” Since March 13th—No outside visitors are allowed until further notice.
- We are keeping all residents from outside workshops.
- We are putting a hold on outside appointments and community outings.
- If you choose to take your loved one on vacation and are flying or if you are taking a cruise, you may be asked to keep your loved one home before returning to Mount St. Joseph.
- As always you are more than welcome if you feel more comfortable taking your loved one home during this time, but it is not mandated.

We will keep all of you updated as things may change.

The Administration of Mount St. Joseph



## Music at MSJ:



The Mount St. Joseph music department continues to fill both Day Training and the cottages with music & song.

Upcoming Events:

- ◆ Cottage Sing-a-Longs continue on Saturdays and the next one will be March 21st.
- ◆ Handbell Choir will perform at Mass on Sunday, March 29th.

The DT Music Therapy Activities in February (Valentine song choice, Valentine story-telling with instruments, Martin Luther King Jr. songs, African-American Spirituals for Sing-a-long) to correspond with Black History Month.

In March, the Rainbow game will correspond with “Rainbow” theme of the month, as well as Irish songs, and live Irish fiddle music.

Beth McQuaid

# Cottage News

## Marcellina

The ladies of Marcellina Cottage are ready to close out these cold winter months. They've worked hard to stay warm and healthy the past few winter months, while also staying busy with the holidays and other fun activities.

Sister Charleen organized a beautiful Christmas party where the group enjoyed a delicious meal together, opened gifts, and spent quality time with one another. We even had some family members join in on the fun! Nearing the holiday itself, team member Sarah Houston organized outings with Cristina Luna to take the ladies to see a Holiday Lights Show in a nearby neighborhood. A small group also went with their "Q", Genevieve, to see the MSJA-sponsored event 'Make Christmas Great Musical' at Quentin Road Baptist Church.

As the new year rolled in, so did 2 new positions where team members **Sarah Houston and Alexis Sandoval** were promoted to Team Leads. Sarah and Alexis have worked all shifts as Habilitation Aides for both Marcellina and Guanella for the past 2+ years. In that time, they have shown nothing less than total dedication and integrity towards their responsibilities and the well-being of the clients. Keep up the good work, ladies!

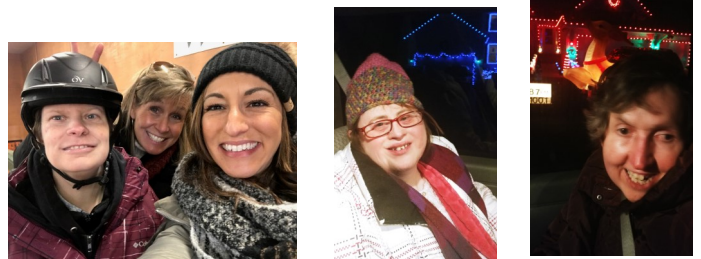
Special Olympics Bowling picked up again in January, where the majority of Marcellina ladies attend practices at Bowlero with hopes to adding more medals to their collection in the summer. They've also been staying active in their weekly Yoga Class on Fridays and Exercise Club.

This February consisted of sending Valentine's Cards to a 104 year-old veteran, training for spring/summer Special Olympics, and two trips to see the musical **'The Princess & the Pea'** at the Marriott Lincolnshire-compliments of the MSJA.

Finally, with Spring around the corner, the ladies are getting ready to welcome someone new to the Marcellina family: Baby Giovanna Christina Knudson. Their 'Q' Genevieve is due this coming April and feels beyond blessed to share this journey towards motherhood with the ladies. Seeing the look on their faces when they feel the baby kick has been one of the greatest joys in her life, and the patience, support, and understanding the entire cottage (and agency) has shown over the past 8 months is a true testament to what beautiful souls all of these women are.

We can't wait to see what else Spring has in store for us!

## Genevieve McNally, QIDP



## Angel Guardian

The ladies in Angel Guardian have experienced a lot of loss since the first of the year as four residents have passed away since then. These ladies will be missed.

A weekly exercise class has been implemented and **Ruby** (Sharon Thiel's dog) has been coming to visit the ladies on Thursdays. We have been busy celebrating February birthdays and getting ready for the Lenten Season.

## Suzie Gray, QIDP

## Sacred Heart

The ladies of Sacred Heart have been troopers through this winter flu season. Sacred Heart cottage had to be quarantined for a couple of weeks due to several confirmed cases—shoutout to the Sacred Heart staff for caring for our residents so tenderly! St. Patrick's Day is quickly approaching. Sr. Madonna put in an order with DT staff, **Noreli**, who owns a cookie decorating business called **La Galleteria Noreli**. The ladies will be enjoying custom-made cookies in the shape of a Pot of Gold! **[Check out her business on Facebook!](#)**

## Erin Rooney, QIDP



## Cottage News

### St. Joseph

The ladies of St. Joseph cottage are looking forward to Spring and Easter. A meeting was held in February to determine what Lenten project would be worked on. The ladies decided that they would like to do something for the veterans and for the Sisters in Queen of Peace. The ladies will be collecting personal items to donate to the Midwest Shelter for Homeless Veterans located in Wheaton. They will also be baking treats and making an Easter basket for the Sisters in Queen of Peace.

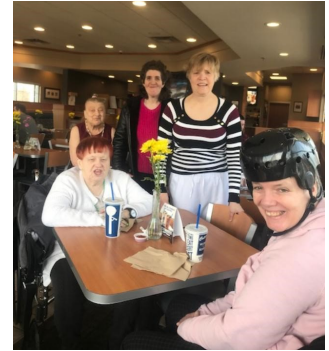
The ladies will be attending performances of the **'Princess and the Pea'** at the Marriott in March and April. Special Olympic sports are back—the ladies have been bowling and practicing for track and field events. We send our best wishes to Karen B. who is recovering from knee surgery.

**Linda Egli, QIDP**

### St. Clare

Saint Clare residents (Kitty, Molly, Kate, Charlene, Pat) enjoying lunch and a movie.

Going to a movie, and especially going out to lunch is a favorite activity for residents.



**Victoria Nitka, QIDP**

### Guanella

Sometimes guardians can wonder if the people who work with their loved ones love and respect them. I have a story for you. One of the Guanella ladies had to change workshops. She was going to Little City/Countryside. When I told her staff in her room, they almost cried. They begged me to bring her back and they would throw a party for her. They showered her with gifts, the class played a special game of Bingo for her. All the staff were so sad that she was leaving. There were many rounds of hugs and there were tears.

It is with an extremely heavy heart that I say farewell. I have been the Q for Guanella Hall for over 5 years. Over the years, I have come to know and love all the ladies for their unique personalities. I shall miss them terribly. Please know that I will hold onto those memories dearly. My family is moving to the Boston, MA area for my husband's new job. He has been traveling back and forth for over a year so that our son can graduate high school here with his friends. He graduates in May 2020, so my last day will be at the end of May. And... there will be tears!

In love and forever grateful.

**Christine Yarbrough, QIDP**

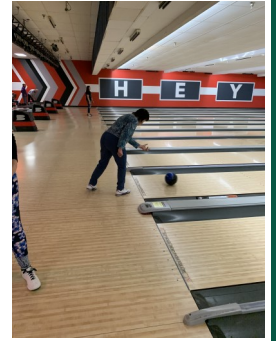


# Active Ladies

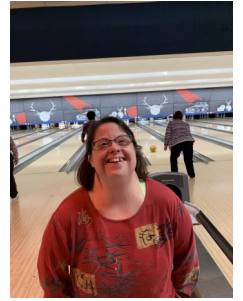
## Special Olympics

Track and Field Competition will be taking place April 25 & 26. I am looking for volunteers to help. Most of our ladies will be competing on April 26th. I will need help on both days.

We are gearing up for Special Olympics Bowling also that will take place on May 30. We are looking for volunteers to help with this event as well, let me know if you are able to help! Tournament will be at **Stardust Lanes in Addison.**



## Sharon Thiel



## Some images of our ladies keeping active:







# MOUNT ST. JOSEPH ASSOCIATION

*Care for each other.*

## UPCOMING EVENTS FOR RESIDENTS

<b>Tuesday, March 3, 2020</b>	<i>Walk On</i> equine riding session: off campus
<b>Tuesday, March 10, 2020</b>	<i>Walk On</i> equine riding session: off campus
<b>Thursday, March 12, 2020</b>	Marriott Theatre outing: off campus
<b>Saturday, March 14, 2020</b>	St. Joseph Day Party: on campus
<b>Tuesday, April 7, 2020</b>	<i>Walk On</i> equine riding session: off campus
<b>Thursday, April 16, 2020</b>	Marriott Theatre outing: off campus
<b>Tuesday, April 21, 2020</b>	<i>Walk On</i> equine riding session: off campus
<b>Saturday, May 2, 2020</b>	Spring Fling: on campus
<b>Tuesday, May 5, 2020</b>	<i>Walk On</i> equine riding session: off campus
<b>Tuesday, May 19, 2020</b>	<i>Walk On</i> equine riding session: off campus

## 2020 FUNDRAISERS

<b>March 1-31, 2020</b>	Calendar Raffle
<b>Saturday, June 6, 2020</b>	Walkathon
<b>Friday, August 14, 2020</b>	Invitational Golf Outing
<b>Sunday, October 18, 2020</b>	Autumn Leaves Luncheon

## VOLUNTEERS

### NEW FOR 2020: COTTAGE BUDDIES!

Our pilot program to assist the residents and cottage staff was well-received. We hope that you will sign up now for our Cottage Buddies program, which begins on March 15. A special thank you to Kellie Zavala, who has agreed to coordinate volunteers. Select weekend slots----12:00-2:00 p.m. on Saturdays or 5:00-7:00 p.m. on Sundays---in your own cottage in March and April. (Note: On Home Visit Weekends, there will be no Saturday slots.) When you arrive, cottage staff will let you know what is needed: interacting with residents (playing a game, hanging out, coloring, watching TV together, etc.) as well as cleaning up after meals. Volunteers will NOT perform direct care tasks such as feeding or toileting. Our goal is to free up our cottage staff so that they can attend to their most important duty: caring for our loved ones. Please sign up now so that we can fully support our residents and cottage staff. Thank you!

**Cottage Buddies Coordinator:** Kellie Zavala

**Email:** kelliezavala19@gmail.com

**Cell Phone:** 708-623-4846



# MOUNT ST. JOSEPH ASSOCIATION

*Care for each other.*

## ON-CAMPUS VOLUNTEERS NEEDED

The more volunteers we have, the more opportunities we can offer to our residents! Pick a few events and prepare to have fun!

### On-Campus Events for 2020

Cottage Buddies: ongoing

St. Joseph Day Party: March 14, 2020

Spring Fling: May 2, 2020

Chicago Botanic Garden Enabling Garden Club for Summer: May-September 2020, subject to sufficient volunteer support

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--December 2020, subject to sufficient volunteer support

**Contact:** Karen Wallace, Volunteers Committee Chair

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

**Email:** msjcomm18@gmail.com

## **STAY INFORMED, STAY IN TOUCH**

Have you visited Mount St. Joseph Association's website? Go to [mtstja.com](http://mtstja.com) for news and photos of our events and fundraisers.

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 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](http://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 102 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