



Serving the elderly  
poor in Mobile  
since 1901.

## The Year of Consecrated Life Celebrating New Life

*John Goodroe, development director of Sacred Heart Residence, reflects on the significance of the Year of Consecrated Life in light of Christ's death and resurrection.*

As we celebrate Easter during this Year of Consecrated Life, let's take a moment to thank God for the women and men religious who are visible signs of the new life acquired through the death and resurrection of our Lord and Savior, Jesus Christ.

Pope Francis has set three aims for consecrated persons during this special year. The first is to *look to the past with gratitude*. This gratitude is expected not only of those who have given their entire lives to the building of God's Kingdom, but of all of us. The rich history which consecrated persons are invited to celebrate belongs to the life and holiness of the Church itself, and hence to all believers. *"Therefore, we who are receiving the unshakable kingdom should have gratitude... for our God is a consuming fire"* (Hebrews 12:28). Those of us who belong to the laity might also thank God for the individual consecrated persons who have touched our lives.

Through his second aim Pope Francis calls on men and women religious to *live in the present with passion*. Jesus wants all of us to live with passion, witnessing to his glory and inspiring others to follow his path to heaven. *"For the grace of God has appeared, saving all and training us to reject godless ways and worldly desires and to live temperately, justly and devoutly in this age"* (Titus 2:11). Consecrated persons lead the way by their inspiring example of Christian life.

Finally, the third aim for consecrated persons is to *embrace the future with hope*.

This, for all of us, is quite simply the cornerstone of our faith. Hope is eternal. Hope is God's love made incarnate. In the years before Jesus came to earth to save us, Jeremiah foretold *"For I know well the plans I have in mind for you, oracle of the Lord, plans for your welfare and not for woe, so as to give you a FUTURE OF HOPE"* (Jeremiah 29:11).

This Easter may we help spread the word about the joy of consecrated life and do our best to emulate those who hear and follow the call to set their life's compass toward the face of God as they help to build up his Kingdom!

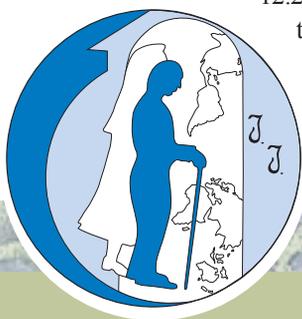
### Save The Date

**World Day of Prayer  
for Vocations**  
April 26, 2015

**Blisters for  
Sisters 5k**  
April 18, 2015

**"Fun in the Sun"  
Summer Event for  
Young Women**  
Watch for details

**Solemnity of  
St. Jeanne Jugan**  
August 30, 2015



## Older Americans Month



**BY JOHN GOODROE**

I remember when I was a child; I wandered into a used book store run by an old British gentleman. His accent and his knowledge fascinated me; he would point out books like *Ivanhoe* and *Henry VIII* and introduced me to the world of knowledge gained only by reading history books.

As we celebrate Older Americans Month in May, remember that these “old folks” are living history books, filled with life’s experiences; happiness and sorrow, the many trials and tribulations we all face as human beings. They have experienced all that life has to offer and are filled with wisdom and sagacity.

Many cultures have venerated their seniors: the Filipinos, the American Indians, the Inuit, the Chinese and Japanese cultures, to name just a few. Today’s constant emphasis on youth and beauty is just a false illusion, a manuscript of life to be redrawn after those fleeting years yield to Father Time.

Here at the Little Sisters, we love the elderly, we embrace their collective wisdom, their experience of life, and we are humbled to accompany them on their journey. We are so much better having been blessed by their company. Take time to sit down with someone you know who’s older than you and listen to living history.

## Soup for the Soul

### Preparing to feed the Residents

Hate grocery shopping? Imagine adding 90 extra mouths to feed to your list! Think about all the chopping, stirring and baking that will be happening in your kitchen. The Sacred Heart Residence kitchen staff rises to this culinary challenge (with delicious results) three times a day, 365 days a year.

The cooks, kitchen helpers and dining room aides in the Dietary Department are responsible for planning, food ordering, storage, preparation and serving of meals to 70-80 Residents, 8 Sisters, daily volunteers and guests. Holidays may bring 30 - 50 family members dropping by. Throw in 10-15 categories of special diets and meal planning becomes an art!

The action begins early each day as cooks arrive to begin preparing meals. Although menus are planned four weeks in advance, a generous donation of carrots or sweet potatoes from a local benefactor can put broccoli on the back burner and sweet potato soufflé or carrot casserole taking its place. Resident Pat Thompson and his fellow diners Kathy and Virginia agree that the homemade

bread pudding and all of the other made-from-scratch desserts are their favorites. Clint Walker, Assistant Dietary Manger, emphasizes that “we try to cook from scratch as much as we possibly can.” Even special requests from the Residents are met whenever possible. A tasty fish filet may be offered for a Friday Lenten offering but sometimes nothing is better than Chef Gregory’s special grilled cheese sandwich. Dietary Manager Martha Slay understands the meaning of mealtimes for Residents, both nutritionally and socially. “Every Resident is encouraged to come to the dining room for meals, which are a highlight of their day. They choose from menus at their tables and are served, restaurant style, by the Little Sisters, staff and volunteers.”

Cooking is only part of the process required to feed Residents daily, provide food for special events at the Home and meet dietary requirements. The staff works as a team to follow strict procedures and guidelines and stay on schedule. Each meal is prepared with love and every employee plays a vital role in the goal of all of us here at Sacred Heart – to make our Residents happy.



**Housekeeping employee Charles Ward shares a meal and a smile with Residents at a celebration dinner.**

## Capital Campaign in Progress

### Renovation of the second floor and more

BY JOHN GOODROE

We have finalized plans to proceed with our capital campaign's next project, the renovation of our second floor and the addition of private toilet facilities for every room. Like a lot of medical buildings built in the 1970's, many of the second floor rooms shared bathroom facilities. With the completion of the renovation, all residents will have their own private facilities.

We have been blessed with the volunteer leadership of the capital campaign committee, headed by Mr. Don Kelly, who have worked diligently and tirelessly to help raise the necessary funds for this project. We would also

like to thank Mr. Ron Blount who has volunteered his exceptional construction management skills to the Little Sisters to lead the planning and keep us on track.

Construction will begin soon and we will keep you up to date on the progress. If you would like to help our capital campaign with a gift for this project or for further planned renovation please call John Goodroe at 251-476-6335 or email [devmobile@littlesistersofthepoor.org](mailto:devmobile@littlesistersofthepoor.org).

We offer a special thank you to all our benefactors who have made this project possible. God bless!



### JEANNE JUGAN AWARD



Each year, the staff of Sacred Heart Residence nominates the employee they feel most exemplifies the spirit of St.

Jeanne Jugan in their everyday work and service to our Residents. The 2014-2015 recipient of the Jeanne Jugan Award is Daima Castellanos, a member of the Housekeeping Department. Her peers recognized her as an employee who daily practices the values of the Little Sisters of the Poor in her work. Reverence, Family Spirit, Humble Service, Compassion and Stewardship are evident in the manner in which Daima carries out her duties and gives of herself to our elderly Residents. Thank you Daima, for your loving service to carry on the work of the Little Sisters and our Foundress, St. Jeanne Jugan.

## Front Porch Visiting

The recent Rock-A-Thon fundraiser at Sacred Heart Residence filled our auditorium with sounds of rocking chairs rocking, laughter and conversation. The rockers brought to mind the lost art of front-porch visiting, when families would gather on the front porch after dinner to rock and unwind.

Grown-ups would talk about the events happening in the world and in the neighborhood and children would be noisily playing in the yard. Front-porch gatherings may be harder to schedule in today's fast-paced world but at Sacred Heart, we still love to visit.

Visiting is offered as a volunteer opportunity to prospective volunteers and it is a service that can adapt to any schedule. Our Residents love to see friends from the old neighborhood and make new ones who come into the Home to brighten their days.

Volunteers who visit bring a very special gift to the Residents – the gift

of themselves. They donate time to chat, share news, listen to stories or sometimes just rock. On sunny days, the rockers in front of our Home are filled with Residents visiting with old and new friends.

There may be no words spoken but memories and caring are somehow shared. The art of visiting (and rocking) is alive and well at Sacred Heart!

“Volunteers who visit bring a very special gift to the Residents – the gift of themselves.”

## A message from Your Little Sisters



As the spiritual richness of Lent gives birth to the joys of the Easter season, we Little Sisters of the Poor are reminded of the profound mystery that is central to our beautiful vocation: It is the paschal mystery, in which we accompany our residents during times of joy and are also one with them in their moments of suffering. As we carry out this privileged apostolate, we are so conscious of all of you, our dear friends and benefactors, whose support has made possible the level of comfort that we are able to offer these precious elderly persons during the final stage of their journey home to the Father. We know in faith that there, in God's presence, they will experience eternal joy and will be praying for all of us.

As we enter into this new season, we Little Sisters wish to thank you from our hearts for your friendship toward us and our residents--counting on you also to continue to be ambassadors for us in the community. Thank you for spreading the word about our needs, and most especially, in this Year of Consecrated Life, for suggesting our beautiful vocation to young women you know.

May the blessing of our Risen Savior be upon you all! You are in our grateful prayers.

## Our Mission

The Little Sisters of the Poor are an international congregation of Roman Catholic women religious founded in 1839 by Saint Jeanne Jugan. Together with a diverse network of collaborators, we serve the elderly poor in over 30 countries around the world.

Continuing the work of Saint Jeanne Jugan, our MISSION is to offer the neediest elderly of every race and religion a home where they will be welcomed as Christ, cared for as family and accompanied with dignity until God calls them to himself.



### Blisters for Sisters

*Saturday, April 18 | 7 a.m.*

Dust off those sneakers and get ready for a few Blisters for Sisters at our first 5K and fun run. We will be running a certified 5K course beginning here as well as a one mile fun run. Medals in selected age categories will be awarded.

The registration fee is \$20 in advance for adults and \$25 the day of the event and \$10 for children (16 and under) and \$15 the day of the event. Fees include registration and souvenir tee shirt, as well as snacks and beverages before and after the run. All proceeds go the care of our elderly poor residents.

An additional option is available to all runners, as well as to those of you who are not runners or who live outside of Mobile: We have an opportunity for you to support this event by going to our website, [www.littlesistersofthepoormobile.org](http://www.littlesistersofthepoormobile.org), and sponsoring a Little Sister. (Click on the "Blisters for Sisters" button on our homepage.) Simply choose a Little Sister and pledge an amount of your choice to help out the residents under the Little Sisters' care.

### "Fun in the Son"

*Watch for details*

A fun late-summer discernment event for single young women. Pray by the bay with the Little Sisters of the Poor as you discern the Lord's beautiful plan for your life. Watch for further details or e-mail Sr. Carolyn at [vocmobile@littlesistersofthepoor.org](mailto:vocmobile@littlesistersofthepoor.org) for additional information--and please spread the word to other young women you know!

