

Little Sisters of the Poor

SACRED HEART RESIDENCE



Serving the elderly
poor in Mobile
since 1901.

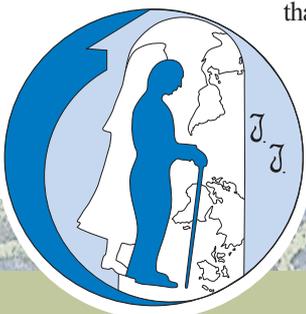
The Power of One

Jeanne Jugan was sometimes shown the door as she begged on behalf of the elderly women she had taken into her home beginning in 1839. She went on to create a worldwide network of charity on behalf of the needy elderly. Pope Francis has touched believers and nonbelievers alike as he consistently steps out of our cultural comfort zones. And in the ultimate sacrifice, Jesus Christ emptied himself and took on the form of a slave that he might enrich us by his poverty.

The Power of One — We cannot all be like Jeanne Jugan, Pope Francis, and certainly not our Savior Jesus Christ, but we can learn from them to harvest the power that every human person holds within. Never underestimate the Power of One!

There are countless ways to unleash your gifts by contributing your time, treasure or talents to our mission of hospitality to the elderly. The gift of time is an especially precious treasure for our Residents. Lending a listening ear, pushing a wheelchair-bound Resident around the garden, reading to someone whose sight has failed them — these are simple ways of heeding the advice of Saint Jeanne Jugan: “Making the elderly happy, that is what counts!”

Right now thirty young women are unleashing the Power of One by spending the summer as live-in volunteers in a number of our homes around the country. Three of these young women are gifting us with their presence here at Sacred Heart Home. If you would like to learn more about volunteer or giving opportunities at our home, give us a call. Unleash the Power of One!



Save The Date

“Fun in the Son” Discernment Event for Young Women

August 7-8
5:30 p.m. Friday to
7 p.m. Saturday

Feast of our foundress, Saint Jeanne Jugan

August 30, 2015

Your intentions will be remembered in a special way on this important feast day. Mass will be at 11 a.m.: all are welcome!

44th Annual Lawn Party

October 18, 2015
begins at 10 a.m.

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Little Sisters of the Poor



Thank you to our golfers

What started out as a cold and windy day became a “Little Sisters” day for our 2015 Annual Golf Tournament, according to Dr. David Bronner, CEO of the Retirement Systems of Alabama. Dr. Bronner and Harry Childers, with Sterne Agee, led the efforts to put on an incredibly successful golf tournament for the benefit of the elderly poor living at Sacred Heart Home. This year’s tournament, our

21st, raised an incredible \$150,000, all of which will go directly to the care of our elderly poor Residents.

“The Little Sisters are very special people whom God has given us to accompany the poorest of the poor in their final days,” said Dr. Bronner. The Little Sisters thank Dr. Bronner, Mr. Childers and ALL of the sponsors and participants in the tournament for their very generous support!

A person of impeccable character

The story of Sarah Wilder

Sarah Wilder said her cardiologist guarantees her pacemaker for 10 more years. She’ll be 110 years old by then. “God forbid,” she said with a mischievous chuckle.

Sarah’s niece, Carol Holman, said that her aunt has always been a great role model. “I heard that from her students, that she was like a second mother. You knew she loved you and wanted you to do well, but you were going to play by her rules.”

Elyzabeth, Sarah’s granddaughter and an award-winning playwright, called Sarah “the backbone of our family.”

“She’s a person of impeccable character,” she said. “She expects a lot from other people. She has very high expectations, which sometimes forces you to live up to them and in the process become a better person.”

Sarah Cobb was born in the mining town of Carbon Hill, Ala., on May 4, 1915. Her father was a safety inspector for the mines, and the family moved around a lot. For a while, they lived in Pennsylvania, where she can remember



sitting on the porch and watching a parade go by to celebrate the end of the First World War.

Sarah was the oldest of five children, and she said she always liked “dangerous things” – whether it was climbing, swimming or diving. When they lived in Jasper, her father would take her to Birmingham on weekends to participate in Girl Scouts. “I was one of the last four to get a golden eaglet,” she said – the

equivalent of becoming an Eagle Scout in Boy Scouts.

She received a scholarship to Athens College, a Methodist school in Athens, Ala., and worked as a student assistant in the physical education department. During the summers, she stayed there and taught private swimming lessons.

After earning her undergraduate degree, she went to Peabody College at Vanderbilt University in Nashville, Tenn. She spent a summer at the American Red Cross Life Saving and First Aid Institute at Camp Carolina near Brevard, N.C.. It was there that she met her husband Gordon, who was a widower twenty years her senior.

On Sarah’s actual 100th birthday, she was the guest of honor at a grand party. Wearing a rhinestone tiara and a pink rose corsage, she couldn’t resist the urge to stand up and dance. “I used to dance a lot with my husband,” she said. “He was a marvelous dancer.”

After her husband died in 1975, Sarah started volunteering at the Little Sisters of the Poor.

First Blisters for Sisters event a great success

It started out as a very rainy day but by the time our first Blisters for Sisters 5K run was scheduled to start at 8:00 a.m. on April 18th the rain had slacked off and we blew the horn to begin the race. Over 100 runners from a myriad of age groups competed in this event, which raised over \$10,000 towards the care of our elderly Residents. We received many encouraging words about this inaugural event. The Little Sisters want to thank all the runners and especially the sponsors who underwrote the costs. We look forward to hosting another race in 2016!



She helped to plant the crape myrtle trees that line the semicircular drive outside her window; she taught ceramics and exercise classes, a program she continued after she became a Resident.

Sarah still exercises every day, and she helps around the home by delivering mail and setting up for the Protestant Communion service once a month. Every year for the past 16 years, she has portrayed the court jester at our Mardi Gras parade.

Sarah has outlived her daughter. Elyzabeth reported that her grandmother

has never had a heart attack or cancer, and she only had to have a pacemaker because her 100-year-old heart was slowing down.

“She’s always worked hard, which is something I’ve admired and respected,” said Elyzabeth. “I think she’s a testament to a life lived in moderation.”

“Teachers want to know they had an effect on the community,” a friend said. As she looks back over her life, Sarah Wilder can rest assured that she will leave a rich legacy behind her, both in her family and the community at large — if her pacemaker ever wears out.



A WARM SOUTHERN WELCOME TO MOTHER MARY SYLVIA!

All of the Residents and staff want to offer a warm welcome to our new superior, Mother Mary Sylvia. Mother arrived on May 2nd and was welcomed with a Kentucky Derby party, which was apropos since she hails from Louisville, Kentucky! Mother comes to us from our home in Cleveland, Ohio. On behalf of all the Residents and staff, we want to welcome Mother Mary Sylvia to Mobile!

A message from Mother



Getting to Know You

My first few weeks in Mobile have been very pleasant and very busy as I get to know everyone. Our Residents and staff gave me a warm and enthusiastic Alabama welcome when I arrived. I look forward to getting to know many more of you and finding my way around Sacred Heart Residence and the beautiful Gulf Coast area.

One of the reasons it has been busy around here is the renovation project for our second floor and the addition of private bathroom facilities for some of the Resident rooms. This is a vital project, and we are praying to Saint Joseph to help us to raise the funds. In the words of St. Jeanne Jugan, "If God is with us, it will be accomplished."

As you can see from the stories in this newsletter, we have plenty going on at Sacred Heart. In my short time here, I have already felt the spirit of humble service that is the heart of our mission in the tradition of Saint Jeanne Jugan. In thanksgiving for your help, we offer a special Mass for you and your intentions in our chapel every month. We are humbled by your steadfast support and ask God to bless each of you.

Our Values

REVERENCE: for the sacredness of human life and for the uniqueness of each person, especially those who are poorest and/or weakest. This is reflected in care that is holistic and person-centered.

FAMILY SPIRIT: a spirit of joyful hospitality embracing all with open arms, hearts and minds; fostering participation in the life of the home and rejecting all forms of discrimination.

HUMBLE SERVICE: the desire to raise others up and to put their needs before our own; an appreciation of simple, everyday

tasks and experiences and humble means in accomplishing our work.

COMPASSION: empathy for sharing the weaknesses and sufferings of others; eagerness to relieve pain in all its forms and to make the elderly happy.

STEWARDSHIP: the recognition that life and all other goods are gifts from God and should therefore be used responsibly for the good of all; trust in God's Providence and the generosity of others to provide for our needs; just compensation for our collaborators; a spirit of gratitude and sharing.

44th annual Lawn Party to take on an Irish air

Sunday, October 18 | 10 a.m.

Mark your calendars for Sunday, October 18th for our 44th annual Lawn Party here at Sacred Heart Residence. It's going to be an Irish October at the little Sisters with Mobile's favorite Irish quartet Mithril playing their unique blend of traditional Irish jigs and reels. Mithril will begin at 10 a.m. and play a 90 minute set. We'll also be featuring the MacCrossan's School of Irish dance - watching these youngsters dance will surely be a treat! Visitors can enjoy our delicious food and beverages while the kids play at our Kid's World with giant slides and Mr. Gee's Balloons and face-painting. Don't forget the pony rides and petting zoo as well as the famous kid's train ride.

This fun-filled day is the largest fund raising event for the Sacred Heart Residence. Admission is free and all proceeds go directly to the care of our elderly poor residents. So pack up the whole family and come out for the fun and games while you support the Little Sisters. To help sponsor the event or for more information, call our development department at (251) 476-6335 or email devmobile@littlesistersofthepoor.org.

