



Serving the elderly
poor in Mobile
since 1901.

A New Springtime for Vocations Awareness

By Sr. Carolyn, lsp

A tinge of sadness tried to cloud my horizon on the eve of February 2nd, when the Year of Consecrated Life proclaimed by Pope Francis would be officially concluding. But that day actually dawned bright and beautiful for me with the realization that this special year was not really coming to an end. Rather, it was reaching its culmination in the new springtime of vocations awareness to which it had given birth among God's people—an awareness of the beauty of the consecrated religious life and also of our own vocation as Little Sisters of the Poor.

So many of the laity now realize the crucial role they play in inviting and encouraging the young to consider a religious vocation! So many of you, our dear friends and benefactors, have taken up the challenge in response to our invitation to be ambassadors for Little Sister vocations—and for that we are so grateful!

So many young men and women have taken their vocational discernment

to the next level, and for that we echo our Mother Foundress, St. Jeanne Jugan, in saying “Blessed be God!”

What better time for the Year of Consecrated Life to reach its culmination than during the Extraordinary Jubilee Year of Mercy which the Church is now celebrating! We Little Sisters of the Poor journey through this special jubilee year of grace with deep joy in our awesome vocation of mercy, with humble gratitude to all of you who support and promote our vocation and mission, with holy excitement for the young who are discerning a call, and with profound thanksgiving to God who has so graciously called us to be Little Sisters of the Poor.

Sr. Carolyn serves as local vocation coordinator for the Little Sisters of the Poor. She welcomes vocation inquiries and referrals, as well as requests for vocation information and 1:1 accompaniment in vocation discernment. She can be reached at vocmobile@littlesistersofthepoor.org or (251) 591-3700.

Save The Date

**Christmas in
July Sale**

July (Date TBA)
Sacred Heart Residence

On p. 2...

See photos from
this year's Mardi
Gras celebration
at Sacred Heart
Residence



Little Sisters of the Poor

Mardi Gras in Mobile

Many people don't realize that the first Mardi Gras celebrations in the United States were held in Mobile, Alabama. Our folks here at Sacred Heart Residence spare no pomp and circumstance as our own Queen Sarah Lightbourne and King Donald Harrison ruled over the revelry!



Music In The Air

Recently, The Little Sisters of the Poor in Mobile hired Brian Fulmer as the Music Therapist for the Sacred Heart Residence. Brian studied Music Therapy under the legendary Dr. Paul Cotton at William Carey University. He completed his internship at Mississippi State Hospital.

Prior to coming aboard with the Little Sisters, Brian was the music therapist for Mobile ARC, an association that serves adults with developmental and intellectual disabilities. One of his activities included frequent visits to retirement homes, including Sacred Heart. Since beginning his service with the Little Sisters, the visits from his former clients at Mobile ARC have been especially gratifying. There is a natural connection in which joy is infectious from both sides.

Brian also serves the Residents in small groups and even one-on-one. The Residents play games such as Singo (musical bingo), Fill-in-the-Lyrics, Musical Jeopardy and Name That Artist. The Group Singalongs help them reminisce about their favorite songs.

Scientists believe that the area of the brain that stays effective the longest is the same area that processes and stores music. Therefore,



music stimulates memory and increases cognition. Using music as a tool, we are also able to increase the range of motion. For example, using drums or other instruments can encourage the Residents to reach.

Many of the Residents have stated that they love listening to the “concerts” given to them, without having to leave their home. The music they hear from their past helps enhance their memory. It is obvious from the enthusiastic attendance that they are enjoying themselves.

So, what’s the future for music therapy at Sacred Heart? Brian described a documentary that inspires his hope for the future. In “Alive Inside – A Story of Music and Memory”, writer Michael Rossato-Bennett sets a goal to have an iPod available to every nursing home resident in the United States.

“Scientists believe the area of the brain that stays effective the longest is the same area that processes and stores music.”

The idea is to load the iPod with music from a playlist developed by suggestions from the Residents, their families and their friends. Most of our taste for genres is developed from our teens to early twenties. As the movie portrays, many of the Residents respond when no other method succeeds. Our Residents would love to see that happen here at Sacred Heart, one playlist at a time!



Our Future...

Our new Building Committee is working to develop plans for upgrading several elements of our facilities. Now is the time to re-assess our current needs and take steps to see that our Residents enjoy their time here at Sacred Heart to their fullest measure. God Bless our Benefactors...stay tuned!

A Message from Mother



I turn again to the Holy Father "The Church is celebrating the Holy Year of Mercy, a time of grace, peace, conversion and joy. It is meant for everyone: people of every age, from far and near. God's love is meant to reach out to each and every person. Those who welcome the Father's embrace, for their part, become so many other open arms and embraces,

enabling every person to feel loved like a child and "at home" as part of the one human family. Welcoming others means welcoming God in person! Do not let yourselves be robbed of the hope and joy of life born of your experience of God's mercy, as manifested in the people you meet on your journey!"

-Mother Mary Sylvia

Rock-a-Thon 2016

Our volunteers and staff combined with our Residents and their families to make this year's event a great success! Our proceeds went toward our new Wheelchair and Accessories Fund. Thanks to all of our contributors!

Our Holy father Pope Francis has given us the motto "Merciful like the Father" to guide us during this special Jubilee Year of Mercy. He has pointed out that in mercy, we find proof of how God loves us and how, touched by His compassion, we also can become compassionate towards others.

We see this everyday through the lives of our benefactors, associates, volunteers and employees and are encouraged by their generosity. God's mercy shines out through their actions.

This extraordinary Jubilee Year of Mercy is dear to the heart of every Little Sister of the Poor. As the Holy Father said, our mission enables us to "enter more deeply into the heart of the Gospel where the poor have a special experience of God's mercy." We are privileged to follow the charism of our Mother St. Jeanne Jugan in caring for our Residents and witnessing to the sacredness of every life.

We cannot do this alone and are grateful for all who make this possible. Our gratitude is shown through our prayers for each of you, your families and the intentions that you hold dear to your heart.

Continued...

