



Resident Ann and daughter, Angie share an emotional first hug. Likewise, Judy and Tom enjoy a cloudy June morning visit with Tom's aunt, Resident Theresa. Resident Lucy, and her daughter Linda share a warm embrace.

A Joyful Wave of First Hugs and Family Visits As DC Health Relaxes Nursing Home Restrictions

Often, it is the little things that can make the biggest difference for our Residents – like hugs and time spent with loved ones. Exactly the things that nursing home guidelines restricted during the pandemic!

“You can hug,” said Daisy, our director of nursing, to a much-surprised Angie and her mother Ann, a first floor Resident, who were separated for more than a year by COVID-19. “Just a quick hug, and you must sanitize your hands before and after, and wear your masks.”

Arms flung wide, then wrapped tightly around one another, poignant silence, then laughter. “Oh, that felt so good,” said Angie. “That is the first time in over a year that I’ve been able to hug my mom.” Moments later another Resident, Cecile, wrapped her arms around her daughter Paula, and holding her close exclaimed, “I’m never going to take our hugs for granted again!”

The initial relaxing of restrictions meant that our Residents could finally embrace loved ones. It was edifying

to see these first hugs and face-to-face encounters between parents and their children after so much time apart. “It’s been remarkably emotional, really very, very nice,” said Sr. Alphonse Marie in talking about all the Mother’s Day weekend face-to-face visitations between our Residents and their families.

Happily, DC Health’s most recent guidance on indoor visitation, communal activities, and dining at nursing homes allows fully vaccinated Residents to resume in-person dining without masking or social distancing restrictions.

“It was just beautiful to see all the Residents sitting together at tables in the café, talking, laughing, and simply enjoying themselves,” observed a jubilant Father Philip Simo in talking about our ice cream social to commemorate Juneteenth. “We haven’t seen anything like this in the café in more than 15 months!”

While the May revisions represent the most dramatic steps toward reuniting Residents with family and friends since

guests were first shut out of nursing homes last March, many infection prevention protocols remain in place. For instance, all employees must continue wearing masks while working with Residents. Further, all staff, visitors, and contractors must undergo screening upon entering our Home. “We must take every precaution to keep our Residents safe,” said Daisy, “and we’re so very blessed that nearly 100% of our staff are fully vaccinated!”

“The valiant efforts and collaboration of our entire team have gotten us through some tough periods over the past year,” said Mother Mary Michael. “Our Residents and family members have been valiant in accepting the limitations proposed, which without a doubt have been difficult. Many behind-the-scenes tasks were organized and implemented, but flexibility has proved to be a key factor of meeting the Residents’ daily needs and we truly appreciate everyone’s efforts in helping us along the way.”

Celebrating Older Americans Month

Our Two Centenarians Participate in Longevity Run Relay

On May 26 twelve senior communities participated in the inaugural Longevity Fun Run Relay to celebrate the resilience and strength of those who live and work in senior living and to honor those who have suffered losses in the pandemic. Staff participants ran each leg, handing off the baton to Resident participants at each community. Residents then handed the baton to the runner who would carry it to the next home, and so on, throughout the District of Columbia.

As the third stop along the route, our Residents, staff, and Sisters joined centenarians Anne and Elizabeth at the front door to dance, sing, and celebrate as we awaited the arrival of the runner from Forest Hills of DC.

A chorus of cheers went up as we caught sight of him in our driveway. After pausing for a few photos, he passed the relay's baton, emblazoned with the words "old people are cool," to Anne. She and Elizabeth, who will both celebrate 103rd birthdays this year, handed off the baton to our two staff runners, Daisy Alzate and Stella Adeyemi. It was touching to see our centenarians passing the baton forward, just as they pass their wisdom and knowledge on to the next generations.

Our two runners departed on their leg, a 2.5 mile hot and hilly trek, amidst many shout-outs and prayers of encouragement. "Participating was exciting," said Stella, "hot, but fun. I have been working here with the Residents for over thirty years and I'm ready to do my very best for



my people. There are none cooler."

After climbing one last hill, Daisy and Stella arrived at Stoddard Baptist Global, and handed over the baton to that home's waiting centenarian. It was a few more hours before the last runner closed the loop at Forest Hills of DC, a sponsor of the run along with Linked Senior and the District of Columbia Health Care Association.

"Our Residents really enjoyed celebrating, the music, and the spirit of togetherness," said Sr. Alphonse Marie. We had a wonderful time reuniting as a community with those beyond our walls who are also committed to enriching the lives of seniors.

Margo's Mother's Day Gift

Our Home desperately needed a beautician – the effects of COVID-19 in this area continued to be keenly felt by the Residents, especially the ladies. Our devoted staff helped as much as possible with hair care.

One day a name came to mind... Margo. Several years ago, we had heard that she knew how to fix hair, and after being contacted she agreed to volunteer every 2 weeks until everyone, who wished, had their hair done.

When asked "why did you agree to come?" Margo replied that she had worked as a beautician for 7 years in a home for the elderly, "they are a joy to be around with their wisdom and history."

Margo asked, "how did you find me?" We did not find her, since she was not lost, but we believe that St. Joseph sent Margo our way Saturday May 8, with a kind heart and generous desire to style all the ladies' hair for Mother's Day.



As Margo makes a few final tweaks, Resident Irma smiles upon seeing her new cut and style in the mirror. "It's refreshing, it's nice, I like it!" she said.

A Blessing of 150 Years in DC

February 2, 1871 - February 2, 2021

The days preceding our celebration of the arrival of our first Little Sisters in Washington on February 2, 1871 were filled with some precarious weather, leading us to wonder about the weather conditions back in 1871 and why this winter date was chosen for the Foundation!

We concluded it was all a part of God's plan. Fast forward 150 years and we still see the hand of Providence at work in our Home.

Recalling the example of our first Little Sisters as they embraced what God had in store for them in their new surroundings, we didn't let the ongoing pandemic dampen our spirits. In 1871 our founding community experienced God's love through the kindness and support of countless Washingtonians, and we have experienced the same thing during the pandemic.

Our Eucharistic celebration was the highlight of the day. February 2, the feast of the Presentation of the Lord in the Temple, traditionally marks the end of the Christmas season. We had left the manger scene up in the chapel until this day for the enjoyment of our Residents, who had spent Christmas quarantined in their rooms. Unfortunately most of the Residents were still unable to come to the chapel for our celebration, but they participated with great devotion via closed circuit television.

George Varghese, our engineer, had the honor of carrying the pilgrim banner of St. Jeanne Jugan in the entrance procession, followed by the Sisters with lit candles, evoking the arrival of the Holy Family in the Temple. The Residents were present in our hearts, reminding us of the elderly Simeon and Anna who greeted the infant and his parents in the Temple.

In his homily, Fr. Philip Simo, O.S.B. expressed his gratitude to be a part of this historic celebration. He gave a bit of history of Washington, D.C. at the time of the Sisters' arrival and how difficult it must have been for them. In the post-Civil War era the federal government was trying to unite a divided country, but there was still significant economic and social unrest. The Little Sisters' arrival most certainly gave hope to the elderly of the city.

Father wove together the past with the present, highlighting how the unique gifts of each of the founding Sisters flowed from their vocation. Rooted in God's love, each Sister in turn shared her love and care for others. This has gone on for 150 years! Father said we were not only celebrating the Home's founding, but God's work in each Sister who has served here. Each one brought a little bit of God's presence into the world by working together for the good of the Residents.

"Under normal circumstances, the chapel would be filled to the brim with benefactors, Residents, and friends on an



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- Father Philip Simo

occasion like this” Father concluded. “But even if we are living through a pandemic, which may have limited the number of participants, there were all those who have gone before us — Little Sisters who have served here, as well as our deceased Residents — who were celebrating with us from heaven.”

Following the homily, four Little Sisters presented the gifts — the bread and wine, along with the original Foundation Book and first registry of Residents.

No celebration would be complete without a delicious afternoon meal prepared by the kitchen. Later, we gathered the Residents in their dining rooms for a socially distant ice cream social provided by friends of the Home. The festivities culminated with a lovely catered Italian dinner, also provided by a friend of the Home.

150 years of our apostolic mission of devotion and attention to the elderly here in Washington. The whole day was filled with many graces and blessings!

MOTHER'S MESSAGE

It is with a touch of sorrow that I write this note to all of you and share the news of my departure for Newark, Delaware after 9 years here in Washington. I sincerely thank all of you for your goodness and generosity to our Home. Over the past year we have been through some difficult times but now we do see light at the end of the tunnel. We thank God that our Residents are able to see their families and give them a hug once again. We are truly grateful for all the support and assistance so many of you have given to them.

We recently welcomed three Sisters to our community from Richmond, so our numbers are increasing here in Washington.

Please continue to pray for our Homes in India as there are still so many suffering from the pandemic.

In closing my last note from "Mother's Corner," I wish to assure all of you my gratitude and prayers as I journey on to my new assignment. May I remain in your prayers as well.

Gratefully in Jesus, Mary, and Joseph,

MOTHER MARY MICHAEL



A Joyful Celebration of Fathers

Our male Residents gathered on Father's Day to enjoy Texas barbecue from 2Fifty, recently judged D.C.'s best barbecue restaurant. "This year's celebration meant so much," said Francine Whitley, director of activities, "as it is one of the first times Residents have been allowed to gather."

The guys had a great time just being together, not to mention the delicious food, which was a gift from new volunteers who enlisted their friends to help sponsor the meal.



Carl Bergquist and Fr. Ed Flanagan, OFM, friends since high school, enjoy their meal and conversation

THE NEED CONTINUES

Here at the Jeanne Jugan Residence, we offer a Home to this city's needy seniors. Through your gifts, you too can touch their lives, bringing them hope, security, and loving care in a comfortable home.

Our foundress, St. Jeanne Jugan based her work on an evangelical challenge to rely on God's Providence, refusing perpetual endowments and other forms of guaranteed income. "If you'd like," she said to a businessman, "we can share the elderly today; you can feed them, and I'll take care of them."

Every donation counts. There are many ways you can help: make a stock donation, give online or by mail, make a simple bequest to the Little Sisters of the Poor in your will, or name us as the beneficiary of your life insurance or retirement plan.

For more information on ways you can help, contact Heather Cave, our director of development, devwashington@littlesistersofthepoor.org or 202-269-1831.

SAVE THE DATE

Combined Federal Campaign (CFC)

September 1, 2021 – January 15, 2022



Remember you can support our mission to care for the needy aged by designating the Little Sisters of the Poor in your workplace giving. Our designation number is 53116. Federal workers, retirees, and government contractors are eligible to donate through the CFC, the federal government's official workplace giving campaign. New employees may make pledges within 30 days of entry on duty, if outside of the campaign solicitation period.

Tea & Tulips

April 24, 2022



A heartfelt thank you to everyone who participated in this year's Tea & Tulips 'non-event' focused on fund-raising rather than the in-person friend-raising event we all so enjoy. A record-breaking \$44,500 was raised that will help to keep our Home open for some of the most vulnerable in our society, the aged poor. Mother Mary Michael selected the winner of our special drawing — a table for 10 and champagne service at Tea & Tulips 2022 — and notified the winner! We look forward to seeing you all at next year's tea on April 24, 2022!



Continuing the work of St. 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.