

Circle of Mercy

SAINT MARY HOME | THE MCAULEY

Autumn 2010

New Beginnings and Blessings at Saint Mary Home

“God’s love is expressed by the Sisters we see exercising their ministries.” **Archbishop Mansell**



In celebration of Mercy Day, Friday, September 24, The Most Reverend Henry J. Mansell, Archbishop of

Hartford, presided over the daily Liturgy at the Archbishop John F. Whealon Chapel of Our Lady of Mercy. He took this special occasion to recognize three Mercy Golden Jubilarians who have contributed a great deal of their ministry to the Mercy Community’s Saint Mary Home: Sister Carol Beaudoin, Sister Maureen Keefe, and Sister Peggy Mathis. In her *Call to Worship*, Sister Mary Etta Higgins also acknowledged the Golden Jubilarians, saying: “On behalf of all Sisters of Mercy, I express our deepest gratitude for these Women of Mercy who reflect the strength, vision, and vitality of the Mercy charism.”

Archbishop Mansell reflected on the service of the Sisters of Mercy from the 1820s in Ireland to the present day across the globe. “Saint Mary Home and The McAuley continue to develop, and fittingly

so if we consider the story of Catherine McAuley and her tireless advancement of Mercy,” Archbishop Mansell said. He told those gathered “God’s love is expressed by the Sisters we see exercising their ministries. We give thanks to God for the Sisters of Mercy as I give thanks to you this morning.”

Following the Liturgy, Archbishop Mansell blessed Saint Mary Home’s newly remodeled Rehabilitation Suite & Therapy Gym as well as the Frances Warde Towers Entrance and Lobby. In the therapy gym, which was filled with clients who were working with therapists until the time of his arrival, Archbishop Mansell invoked a prayer for all who seek rehabilitation

from the Mercy Community. “May they experience a recovery of strength and energy,” the Archbishop said. He also praised the new lobby’s “congenial, friendly” atmosphere. “This is a beautiful facility for beautiful people,” Archbishop Mansell said after visiting the new spaces. “May you enjoy this for a long time to come.”

The Archbishop’s remarks underscored comments Mercy Community President and CEO Bill Fiocchetta had made earlier in the morning. “It seems fitting to me that these areas within the heart of Saint Mary Home are anointed and dedicated on Mercy Day. As we care for those

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Above: Sister Carol Beaudoin (pictured), Sister Peggy Mathis and Sister Maureen Keefe were recognized at the Mercy Day Liturgy for their 50 years of service as Sisters of Mercy.

Right: “The Good News is not just words that are written or that come off our lips. The Good News exists in the works that we do,” said Archbishop Mansell (center.)

Craft Your Own Legacy

If you have considered making a gift in honor of the Sisters of Mercy or a loved one who has lived or received services from the Mercy Community but are concerned about committing your resources during these unpredictable economic times, you are not alone. We at the Mercy Community recognize that today's obligations and tomorrow's uncertainties can make charitable contributions a daunting prospect. We also know that with education and preparation, those who wish to establish a legacy now can ensure steadiness in their own financial portfolio while enhancing the lives of people in need. To learn more about opportunities for making a charitable bequest, gift annuity, or another way of advancing our Mercy mission, please contact Sister Maureen Reardon, Senior Vice President/ Chief Mission and Compliance Officer at 860.570.8339 or mreardon@mchct.org. On behalf of all the women and men entrusted to our care, we thank you for your generosity of spirit in exploring planned giving.



Rehab Therapy Gym at SMH Complete & Ready for Its Close Up

WFSB-TV's Scot Haney marveled at the updates that made our therapy space look elegant, comfortable and cutting-edge when he filmed a segment for Channel 3's "Better Connecticut" show here in June. From the smiles on their faces even as they are working hard, it seems that our clients agree with his assessment.

Therapist Lisa Ciotto works with client Father Clarkin in the Therapy Gym.

Outpatient Rehabilitation Services Now Offered at The McAuley

On Tuesday, October 12, the Mercy Community opened a newly remodeled space at The McAuley dedicated to outpatient rehabilitation. Now, residents of The McAuley and other local clients can access therapy space following surgery or another medical event that offers compassionate, expert professionals and individualized care plans in a convenient West Hartford location. "Outpatient rehabilitation services at The McAuley are a natural extension of our continuum," said Mercy Community President and CEO Bill Fiocchetta. "We created a program that will allow clients to work closely with outstanding therapists using the best equipment in a beautiful setting. As the demand for post-surgical and post-stroke rehab grows, we can meet individuals' needs with the same quality of care that is the trademark of all our Mercy ministries," he explained.

For more information about outpatient rehabilitation services at The McAuley, call **860.920.6350** or e-mail outpatientrehab@mchct.org . †

In the Outpatient Rehabilitation Suite at The McAuley, therapist Wendi Mastroianni works with McAuley residents Betty Grant, left, and Mary Sullivan.



“Through this ‘Thankful’ issue of our Circle of Mercy newsletter, we want to recognize in a special way the many people and things for whom we are grateful”

P R E S I D E N T ’ S M E S S A G E



Dear Friends,

During the extended season of Thanksgiving, we at the Mercy Community are mindful of the support you extend to us all year long. Through this “Thankful” issue of our *Circle of Mercy* newsletter, we want to recognize in a special way the many people and things for whom we are grateful – from the Most Reverend Henry J. Mansell, who came to spend Mercy Day with our Sisters, residents, clients and friends to our golf outing sponsors to the colleagues whose daily mission is to improve the quality of life for those entrusted to our care. As you will discover with each turn of the page, the Mercy Community is richly blessed, and we deeply appreciate each one of those blessings. Our Gateway Project at Saint Mary Home, our new spaces on campus for therapeutic/outpatient rehabilitation, and the programs we implement for family caregivers, those transitioning from homelessness, and so many other women and men in need are all direct results of your generosity.

I know that this is a time of year when there are multiple worthy demands on your giving, but if you have not already contributed to our Annual Giving Program, I encourage you to make a gift to the Mercy Community by using the envelope included in this issue. We are committed to providing the highest standard of care to our residents and clients, and are doing so even as the gap between expenses and reimbursements from Medicare, Medicaid and private insurance continues to grow. Your holiday gift to the Mercy Community is one that provides compassion, care, wellness and grace to hundreds of seniors and elderly poor.

May you and those you love enjoy a beautiful and peaceful holiday season. Thank you for your good will and continued prayers. My colleagues and I see the miracles they inspire each and every day.

A handwritten signature in black ink that reads "William J. Fiocchetta". The signature is written in a cursive, flowing style.

William J. Fiocchetta, *President and CEO*

New Beginnings and Blessings *continued from page 1*

Top photos: Following the Mercy Day Liturgy, Archbishop Henry J. Mansell blessed the Frances Warde Towers Main Entrance and Lobby.

Sisters of Mercy from throughout Connecticut came to celebrate the Mercy Day Liturgy and Luncheon.



Bottom photos: Rehabilitation Therapy clients, Mercy Community colleagues and friends welcome Archbishop Mansell to Saint Mary Home's new therapy gym.

Colleagues Michelle Russell, Jayne Hart and Lincoln Williams serve lunch at St. Elizabeth's House in September.

entrusted to us, as we welcome inside our gateway the infirmed and the poor, and as we pray together, we carry on a legacy passed down to us by a group of women who counted on us to take their Mission and make it our own. On Mercy Day 2010, we are as dedicated to fulfilling that legacy as we were some 131 years ago," Bill said. After the blessings, guests enjoyed one more Mercy Day celebration: an Irish-themed luncheon created and served by the Sodexo team.

As is tradition, Mercy Day was the culmination of a full week of activities on the Mercy Community campus. The preceding Monday, Marian Brewer presented a reflection that combined her own photography with her reading of scriptural passages and spiritual songs. People gathered in the Saint Mary Home Auditorium and watched as Marian's photos of flowers and trees provided a backdrop for her recorded readings of "How Great Thou Art," "Morning Has Broken," and excerpts from the *Gospel according to John*.

On Tuesday, September 21, Father Norman Brockett, Chaplain at Saint Mary Home, led a reflection that gave tribute to Mercy works and women. That evening, Irish to the Last Drop, a quartet of "pub style" entertainers who originally met when they were all members of the same Church choir, performed in the Saint Mary Home Auditorium. They sprinkled their set with Irish songs that were sometimes familiar, sometimes humorous, and sometimes deeply moving. They also shared stories between songs and quickly built an easy rapport with their audience.

On Wednesday, September 22, a number of Saint Mary Home colleagues and residents prepared and served a luncheon for the clients of Mercy Housing & Shelter's St. Elizabeth House. "We are very proud to have expanded our service to St. Elizabeth's House," said Sister Maureen Reardon, Senior Vice President and Chief

Mission and Compliance Officer. "Our residents and colleagues of The McAuley have been telling us wonderful stories of their experiences in Hartford for years, and the people of Saint Mary Home wanted to make a similar contribution. This is such a significant way for us to reach out to the poor in the community beyond our gates," she acknowledged, "and beginning during Mercy Week was particularly meaningful."

Sister Dolores Liptak presented an insightful talk about Frances Warde on Thursday, September 23. Chronicling the way Catherine McAuley selected Frances to carry on the Mercy tradition in the United States, Sister Dolores traced Frances' journey. From her role as Superior at St. Leo's Convent in Carlow at the age of 32 to her mission to the U.S. in 1843, Frances clearly took to heart Catherine's mandate that the Mercy mission "must go on." Sister Dolores said that Frances "knew what Catherine wanted, and she was intent on fulfilling it." In her lifetime, Frances Warde founded convents in at least one dozen states, becoming, as Sister Dolores put it, "Catherine in America." In concluding her remarks, Sister Dolores said: "This is our Frances; she was intrepid."

Mercy Community residents and Sisters of Mercy commended Sister Dolores on her presentation, saying that she had taken away some of the mystery behind the woman for whom Saint Mary Home's Towers Apartments, main entrance and lobby are named.

Later that evening, dancers from the Griffith Academy of Irish Dance entertained an audience gathered in the Saint Mary Home Auditorium.

In addition to the Liturgy, Blessings and Luncheon on Mercy Day, musicians strolled the halls of Saint Mary Home to the delight of residents and clients. Sodexo prepared special desserts as an afternoon treat for all. †

Four-legged Members of the Mercy Community *Blessed and Shared in October*

Residents, clients, colleagues, family and friends bundled up and headed out to the sunny Callaghan Crossing circle Sunday, October 3 for a traditional blessing of the animals. Father Norman Brockett, Chaplain at Saint Mary Home, presided over the brief service. "Blessed are you, O Lord, who, for our comfort, gave us domestic animals," Father Norman prayed. He then anointed each animal presented to him, which this year included many dogs, a llama, and Mercy, Saint Mary Home's pet therapy rabbit. †



Father Henry Frascadore introduces Sister Maureen Reardon (left) and Sister Irene Danaher to his newly adopted dog, Ramsey, at the Blessing of the Animals.



Mercy Community Chaplain Father Norman Brockett (shown here with his dog, Angel) presided over the Blessing of the Animals.

Our Marketplace is at Your Fingertips!

Looking for a unique holiday gift? Don't forget that the MCH Marketplace has plenty of special keepsakes, books, and now, even flowers by FTD. Visit www.MCHmarketplace.com to explore our wide range of health and wellness products.

Community Cause

Sixty-three representatives from the Mercy Community met at Connecticut's State Capitol on the very brisk morning of Sunday, October 3. Wearing T-shirts that were a blend of MCH blue and Alzheimer Awareness purple, the team composed of colleagues and their family members warmed up for the Alzheimer Association's Connecticut Chapter Memory Walk. "Together, we raised nearly \$3000 for the Alzheimer's Association," said Team Captain Jackie Holcomb, TRD. She added: "We were sponsors of a mile marker, we had our best showing yet for this event ... there was just a tremendous amount of spirit behind this year's Memory Walk. Our colleague Henry Gilchrist did a fabulous job rounding up colleagues and encouraging them to take part, and that had a lot to do with our success."



L-R: Colleagues Ellen Sanders-Nirenstein, Michelle Russell, Kate Thaisz and son Nick celebrate a great Memory Walk.

Adding Mercy to NBC30's "Caring Community" Partnerships



For the past five years, local television affiliate NBC 30 has offered the greater Hartford community its Health & Wellness Festival: a one-stop opportunity for individuals and families to take part in

health screenings, receive information from experts on health-related topics, and enjoy a variety of activities. This fall, the Mercy Community joined on as a sponsor of the event; ten colleagues spent the weekend of October 16 and 17 showing more than 23,000 people what the Mercy Community is all about. Each of the colleagues volunteered a minimum of one hour to staff a booth at the Connecticut Convention Center. From presenting on topics including "Broaching the Conversation about Retirement Living or Skilled Nursing," healthy eating, intergenerational storytelling, and Adult Day Care, professionals from the Mercy Community were able to illustrate the diverse expertise they provide.

Residents of The McAuley and Saint Mary Home took part in discussions about volunteer service and demonstrated strength, agility and balance during fitness classes. Betty Pugliese, fitness instructor for the Mercy Community, led these classes as the first sessions each morning. On Saturday, Eileen Cleary brought Saint Mary Home's bunny, Mercy, and on Sunday, volunteers Johanna Lewis and Mitchell Bergman brought two of their rescue greyhounds to demonstrate pet therapy techniques.

In conjunction with the Health & Wellness Festival, the Mercy Community's television commercial aired on NBC30 for two weeks leading up to the event. Senior Vice President and Chief Operating Officer Steve Surprenant was the featured guest on WVIT's "Connecticut Spotlight" October 15, where he discussed the best things about living at The McAuley. In December, the program will film a second "Connecticut Spotlight" at the Mercy Community.

Top: The Mercy Community team, including volunteers Mitch and Johanna, work the crowd at the NBC 30 Health & Wellness Festival.

Right: Instructor Betty Pugliese led fitness classes for seniors at the NBC30 Health & Wellness Festival.

Special thanks to our colleague volunteers:

Eileen Cleary
Tammy Daysh
Christopher Johnson
Patricia Kaplan
Janice Lohneiss
Christine Looby
Maryann Loveland
Peter Madden
Michelle Russell

Paul Strycharz
Lyndee Wiggins

...and to Caryl Behmoiras and Lauren McLaughlin from Mascola Advertising, who created the Mercy Community Booth.



Volunteers at the Heart of the Mercy Co

When Johanna Lewis relocated to Connecticut from California, her mother suggested that she look into volunteer opportunities at Saint Mary Home. An active advocate for Greyhound Rescue and Adoption, Johanna decided that she and boyfriend Mitchell Bergman could commit to visiting residents along with a few members of their seven-member greyhound "family." Now, the residents of Saint Mary Home anxiously await these weekly visits. "The connection among Johanna, Mitch and our residents is just amazing to see," said Michelle

Russell, Director of Therapeutic Recreation and Coordinator of Volunteer Services. "The residents trust and know both of them and their animals, and Johanna and Mitch are tremendously dedicated and compassionate. Often with volunteers, I need to check in and remind them when their shifts are. Johanna and Mitch are like clockwork – they come every week on time and rotate the dogs through the building so that each floor gets a turn to visit with them. They are truly passionate about their advocacy and these visits. I heard someone tell Mitch at the Health and

Saint Mary Home Director of Nursing Services Aysha Kuhlror (center) and Administrator Peter Madden welcome Dr. Stone.



Dr. Bernie Siegel Suggests *Peace, Positivity and Love* in Remarks to McAuley Residents

Dr. Bernie Siegel, retired assistant clinical professor of general and pediatric surgery at Yale and nationally renowned author and lecturer, visited The McAuley on Wednesday, September 29. He addressed an audience of more than 135 residents, colleagues and family members, sharing with them “What I’ve Learned from 90 Year Olds” and excerpts from letters written to him by people of all ages. He recommended that we spend less time listening to the din of sirens, car horns, phones and other electronic devices in favor of “breathing peace,” an exercise that people in Buddhist countries often practice when they hear chapel bells ringing throughout the day. Dr. Siegel said that this meshes beautifully with the lessons he has learned from seniors, which so often are about how to relax, how not to be afraid, how to be a responsible participant in healthcare, and how to focus on what is positive and good in life. “Your body needs to know that you love your life,” Dr. Siegel explained, emphasizing the toll stress takes on physical health as well as mental and emotional wellness. He even had advice for dealing with difficult individuals we might encounter. “If you want to drive people crazy,” Dr. Siegel insisted, “love them!”

L-R: Bill Fiocchetta, Janet Finney, McAuley resident Betty Salner and Sister Maureen Reardon welcome Dr. Bernie Siegel (center).



Saint Mary Home Hosts CDC’s Dr. Nimalie Stone

Dr. Nimalie Stone, Division of Healthcare Quality Promotion for the Centers for Disease Control and Prevention (CDC), was the featured speaker at an October 15 seminar conducted in the Saint Mary Home Auditorium. The CDC and the Connecticut Department of Public Health, in conjunction with the Connecticut Directors of Nursing Association, presented “A National Perspective on Infection Prevention in Long-Term Care.” Long-term care administrators, directors of nursing, nurse managers, infection control preventionists and other clinicians from across Connecticut were invited to the three-hour session and working dinner. Some 75 attendees listened to Dr. Stone’s report on understanding healthcare-associated infections, adopting key infection prevention strategies, and managing multi-drug resistant organisms. “We were honored to welcome Dr. Stone,” said Aysha Kuhlror, director of nursing and clinical services for Saint Mary Home. “This program was an outstanding opportunity for those of us on the local and state level to hear first-hand a national perspective and suggested approach. It was the start of an excellent discussion.” †

Community

Wellness Festival how much our residents must appreciate the gift he and Johanna are giving by bringing the dogs in, and his response was ‘Going to Saint Mary Home with the dogs is *my* therapy.’ And you know, that’s what I see in the two of them. Volunteering is a gift that they feel they’re giving to themselves. We’re very lucky to be a beneficiary of their generosity.”

For additional information about volunteering at Saint Mary Home, please contact Michelle Russell at 860.570.8307 or mrussell.smh@mchct.org. If interested in volunteering at The McAuley, contact Janet Finney at 860.920.6323 or jfinney.mca@mchct.org.

Save the Date

Tuesday, December 7th / 3:00 p.m.

Advent Reflection

Join us in The McAuley Auditorium as the Reverend Henry C. Frascadore leads us in a spiritual reflection on the season.

Thursday, December 16th / 2:00 p.m.

Advent Reflection

Join us in the Archbishop John F. Whealon Chapel of Our Lady of Mercy, third floor, Saint Mary Home as the Reverend Henry C. Frascadore leads us in a spiritual reflection on the gifts of Advent.

Tuesday, December 21st / 2:00 p.m.,

National Homeless Persons Memorial Day

All are welcome to the Archbishop John F. Whealon Chapel of Our Lady of Mercy, third floor, Saint Mary Home for this interfaith service led by Saint Mary Home Chaplain Father Norman Brockett that will remember those who died while homeless, as well as the millions of homeless living in America today. The intention of this program is to shed light and share warmth on the longest night of the year.

Monday, June 13th

2011 Circle of Mercy Golf Outing

Join us at the Hartford Golf Club. Information about registration for this event will be available at www.mchct.org by March 1, 2011.

Who We Are...

Mercy Community Health (MCH) is sponsored by the Sisters of Mercy of the Americas, Northeast Community, and is a member of Catholic Health East. MCH is a faith-based organization that promotes wellness, embraces diversity, and enhances quality of life. As a health care provider and in partnership with the communities we serve, MCH respects and empowers individuals, restores health, provides comfort, and witnesses compassion and healing to all, especially the elderly poor. †

Please visit our website at www.mchct.org



Accredited by the Commission on Accreditation
of Rehabilitation Facilities—Continuing Care
Accreditation Commission (CARF—CCAC).

Saint Mary Home provides skilled nursing, rehabilitation, dementia, subacute, residential and adult day care.

- Admissions, Ellen Sanders-Nirenstein, RN (860-570-8269)
- Adult Day Care, Maryann Loveland (860-570-8234)

The McAuley is a Continuing Care Retirement Community (CCRC) which promotes and fosters an independent lifestyle within a life care setting. The McAuley offers an Assisted Living Program for those residents who require more assistance with daily living.

- Marketing Directors Pat Kaplan (860-920-6304) or Janice Lohneiss (860-920-6346)

Office of Development For information on how to make charitable gifts to Mercy Community Health or any of its ministries, contact Sister Maureen Reardon, Senior Vice President/Chief Mission & Compliance Officer (860-570-8339).

Please write to us at our mailing address if you wish to have your name removed from the list of those to receive the Mercy Community's future fundraising requests.