

A FAMILY WHEN YOU NEED IT MOST

# FRANCIS HOUSE NEWS

WINTER 2015



## Resident Spotlight: Freda Kuon

At Francis House it is our job to provide comfort, but when you visit with our current resident, Freda Kuon, it is you who are comforted. You see Freda's warm smile and she immediately makes you feel like family. Maybe it's because it was Freda who was the caregiver all of her life.

Born and raised in Vermont, Freda moved to Saratoga Springs in her twenties. She often visited the area because her aunt lived there and she grew to love it—and the young man, Joe, who lived down the street. Joe would become her husband and they were blessed with three children: twins Michele and Malia and Melanie, two years their junior.

Like many young couples in the 1950s, Freda and Joe worked hard for what they had. Joe worked in security at Skidmore College, night-time security at the race track and as a policeman in the summer. Freda also worked at Skidmore College as a "dorm mom" on late afternoons and weekends. Says Michele, Freda's daughter, "No boys got past her to go up to the girls' floor!"

Joe passed away when the girls were 9 and 7. Freda says she has always been lucky to have a strong family. When Joe died, her sister Joyce and her mother lived with her to help take care of the girls. Freda continued to be a working mom, including being a caregiver at the Center for People with Developmental

Disabilities. "She sacrificed a lot to give us a good life," says Michele. Malia, Freda's daughter, agrees, "She was old-fashioned and disciplined, but loving and allowed us to grow."

When you walk into Freda's room at Francis House, you will often find her listening to her favorite folk music while doing her favorite hobby—hooking wool. Her passion for wool hooking began about seven years ago, but she was always a talented crafter. "The house was decorated to perfection, especially at the holidays," shares Malia. "And her knitting," continues Michele, "I'll never forget the mittens she made when I was little. They were watermelon color—not a more beautiful color."

Freda picked up hooking wool fairly easily. It is an art that requires patience and attention to detail. Little pieces of dyed wool, called "worms," are hooked into canvas with a small hook needle. A single piece can take months. Since she began, Freda has made over a dozen pieces, from seat covers to wall hangings. She is currently working on a carpet bag.

Freda says, "I had heard how beautiful Francis House was, but when I came



*Freda works on her latest hooking project, a carpet bag while listening to her favorite singer, Julio Iglesias.*

here, it was even better. The caregivers go out of their way. It is so clean. You feel at home." She feels that being able to come to Francis House was a miracle—the second miracle she has recently received.

Eighteen months ago, Michele received a phone call from a man whose voice she had never heard. "He said, 'Michele, I have looked for 15 years to find Freda and Joyce. I'm their brother, Jim.'" He was a brother Freda never knew she had. From their first meeting, it was as though they always knew each other. They have grown close over the last year and Jim has also visited Francis House with his family several times.

Freda says she feels so blessed to have her family expanded. First with Jim and his family, and now Francis House. Says Michele, "It's all about the word 'home.' Mom is safe here. She is loved and so well cared for here." And Freda adds with a giggle, "And we've had a lot of laughs!"

## FRANCIS HOUSE

### BOARD OF DIRECTORS

Maureen Drescher, Chair  
Stephen Block  
Dennis DePerro  
Todd Klaben  
Matt Lumia  
Joseph Mancuso  
Deborah Moore  
Patrick Murphy  
Kirk Narburgh  
Sister Kathleen Osbelt  
Sister Marie Salerno  
Benjamin Sio, Ex-Officio  
Nancy Light, Executive Director

### AUXILIARY OF FRANCIS HOUSE DIRECTORS

Carol Pietraszek, President  
Kathleen Conway  
Mary Currell  
Marge Daily  
Patte DeStaffan  
Lisa Dimiceli  
Nancy Detor  
Holly Dowd  
Ellie Grooms  
Maureen Hartnett  
Beth Hertel  
Roxanne Kopecky  
Mary Jane Lowery  
Kristin Mancuso  
Nancy Marsden  
Betsy McLane  
Helene Miglierina  
Maria Miller  
Lisa Peters  
Louise Sessa  
Nancy Skahen  
Francie Smith  
Dorothy Wagner

### ADVISORS

Sister Kathleen Osbelt  
Beth Lynn Hoey  
Nancy Light

### NEWS FROM OUR HOUSE

is published three times a year by Francis House. The newsletter is distributed free to friends of Francis House.

For more information, comments or address changes contact:

Francis House  
108 Michaels Ave  
Syracuse, NY 13208-1718  
(315) 475-5422  
E-mail: [info@francishouseny.org](mailto:info@francishouseny.org)



### EXECUTIVE DIRECTOR'S MESSAGE

The following folktale has been re-told over the years. And while the exact origin of the story is unclear, the message is quite powerful. The parable is one of "Two Wolves."

An elderly man was teaching his grandson about life.... "A fight is going on inside me," he said to the boy. "It is a terrible fight and it is between two wolves. One is evil—he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, self-doubt and ego. The other is good—he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith. This same fight is going on inside you—and inside every other person, too." The grandson thought about it for a minute then asked his grandfather, "Which wolf will win?"

The wise old man simply replied, "The one you feed."

Generosity, one of the characteristics of the "good wolf," is the word that best describes the atmosphere of Francis House. Generosity is derived from the Latin word, generositatum. It means a spirit of giving, unselfishness, kindness, goodness, charity and nobility. That spirit is always in evidence in our home but never more so than throughout the holiday season. Thanksgiving was a celebration complete with turkey and all the trimmings. Volunteers lovingly prepared each dish and dessert, and gave of their own personal time, to serve the residents and their families, making the day a true, family holiday.

As Christmas approached, donations of food, cookies, candy and other treats, began to appear at our door. Groups of carolers arrived to bring the music of the season to the residents. Young people hung colorful paper chains and snowflakes in the halls and residents' rooms. Beautiful, handmade Christmas wreaths adorned every door. A Christmas tree in each great room was decorated with ornaments holding the names of past residents. These ornaments had been painted by members of the Francis House Youth Auxiliary.

All these things and so many more, gave witness to the goodness, kindness, hope, serenity and love that are the "good wolf" being fed each and every day by all of the wonderful people who are a part of our Francis House family.

In their publication "Sacred Space," the Irish Jesuits use the phrase, "What is present to us is what affects our becoming." As we enter another new year, may we always know the presence of peace, joy, compassion and faith. And, may our becoming create for us a life journey that reflects the unconditional love of God to everyone we meet.

In peace, gratitude and hopes for a blessed New Year,

Nancy Light, Executive Director

### Save the Date: May 6th

Auxiliary of Francis House will host its Annual Luncheon and Fashion Show on Wednesday, May 6 at the Doubletree Hotel on Carrier Circle. Fashions provided by Jane Morgan's Little House.

*Invitations will be mailed in April.*

## Patsy Crane Awarded 2014 Aide of the Year by HomeAides of CNY

Patsy Crane, a certified home health aide, has worked for HomeAides of CNY for 10 years and her assignment for the past 8 years has been Francis House. January 16th, Patsy was awarded the 2014 Aide of the Year at the HomeAides of CNY Awards Dinner.

Patsy, works at Francis House as one of our caregivers from Hospice of CNY, says she always knew she would be a caregiver. When she was young, growing up in Houston, Texas, she remembers visiting the elderly people in her neighborhood. "They were always so kind and so interesting," shares Patsy. "You always learned something from them."

Patsy says her work as a caregiver has helped her to overcome her personal losses. In 2007 her husband, William, passed away. One week after the funeral, she was asked to work at Francis House for the first time to help for two days. She immediately asked to work here more often. "Talking with residents and helping them gave me peace," says Patsy. "Everyone goes through a lot, and I see how strong they are." Patsy says her family at Francis House also helped her through the loss of her son Christopher two years ago.



Caregiver Patsy Crane (right) with Sally Manahan, Assistant Resident Care Coordinator.

It is we who feel grateful for Patsy. Her beautiful southern accent, warm smile and gentle touch put both residents and loved ones at ease. "Patsy provides a calm, compassionate presence to our residents," shares Lynn Hallowell, Resident Care Coordinator.

We are happy to have Patsy as part of our Francis House family. Congratulations on this well-deserved honor!



## Walkway of Blessings

We will be installing additions to our Walkway of Blessings this summer. If you would like to dedicate a brick in memory of or in honor of someone who has been a blessing in your life, your reservation form must be received by June 15, 2015. For your donation of \$100, a brick will be engraved with your message and placed in our walkway. You will be notified when your brick is installed. To purchase a brick, call 475-5422 or email info@francishouseny.org with the subject: "A Blessing Brick" and we will email you a form to complete with your payment.

## St. Patrick's Day Raffle: Tuesday, March 17, 2015

Tickets are on sale for our annual St. Patrick's Day Giveaway. Only 600 tickets are sold at \$100 each. (Note: raffle tickets are non-deductible.) Your ticket enters you for a chance at winning \$10,000, \$5,000 and \$2,500. Winners will be drawn at Francis House on Tuesday, March 17th.

It is a fun way to support the ministry of Francis House. You can purchase a ticket individually, or have your family

members or co-workers purchase a ticket together.

To purchase a ticket, send your payment with your name, address and phone number and the name as it should appear on the ticket. If more than one person is buying the ticket, please include all names and addresses. You can use the envelope enclosed in this newsletter. We will complete the ticket for you and return your portion of the ticket.

# Volunteer Spotlight

## Maxine Dobe and Gilda MacDonald

Every other Thursday evening you will find Maxine Dobe and Gilda MacDonald volunteering at Francis House. It's been this way since 1999. They met while volunteering and have become very close friends. Both agree that their friendship is one of the many blessings they have received from volunteering.

Maxine was raised to be a volunteer. For as long as she can remember, her mother would take her all over Syracuse to volunteer. Maxine learned she could make a difference in others lives, and that in doing for others, she was filled with joy.

When her mother was dying, Sister Kathleen Osbelt, Francis House Founder, came to visit her in the hospital. "That really impressed me," says Maxine. "My mother had always thought highly of Sister Kathleen's work and for her to take time to come visit, it meant so much." Maxine waited one year after her mom's passing, then called Francis House to sign up as a volunteer.

Maxine works the 7-10 pm shift, which she loves. "After a full day of work I'm tired," admits Maxine, "and sometimes I think I don't have the energy to volunteer. But I walk into the house and I'm immediately rejuvenated—it's like putting a new battery in me!" Maxine loves the evening shift because you can keep busy with chores and cleaning, but you also have wonderful moments with residents. As they prepare to go to bed, many times they just want someone to talk to. Of course if there is any additional need at Francis House, Maxine answers the call, from selling Auxiliary pins at the mall, selling raffle tickets, or volunteering at the event.

Maxine has followed in the footsteps of her mom. When asked what her hobbies are, she replies, "Volunteering is my hobby." When she's not working at National Grid, where she's been for 33 years, Maxine is volunteering around town. Her evenings and weekends are filled with volunteering, from the ICU waiting room at Crouse Hospital to events at the zoo, to name just a few.

After volunteering at Francis House for one year, Maxine was asked to have a new volunteer, Gilda McDonald, shadow her. They clicked right away. "She's as close to me as a sister," says Gilda.

Gilda also grew up learning the value of volunteering. Born and raised in Syracuse, Gilda also raised her family here. Her husband of 61 years, Dan, served in the US Air Force. They moved to Nebraska for a few



*Maxine Dobe (left) and Gilda MacDonald met volunteering at Francis House in 1999, and have been volunteering together ever since.*

years in the mid 1960s, but came back to Syracuse because her husband loved the area. Gilda has three daughters, two sons and "one son in Heaven," she says with a smile. She also has four grandchildren.

Like Maxine, Gilda stays busy volunteering for area churches and organizations including St. Daniel Church and Holy Trinity. Gilda has always been a hard worker and admits she has had almost every job including baker, factory worker, waitress, security guard and secretary just to name a few. Perhaps that is why she and Maxine "clicked" right away because they both admit they like to "keep busy" and are not afraid of "hard work."

Maxine encourages others to volunteer and has recruited several volunteers for Francis House. "You've got to try it," she says. "If you don't like working in the house, you can do gardening, answer the phone... there is always something for you to do."

Adds Gilda, "you won't regret it. There is so much love in this place."

### Make a Difference in Someone's Life . . . Become a Volunteer

**Join our Francis House family and  
make a difference in the lives of others.  
Volunteer classes begin in April.**

**For more information, contact Rea Carver,  
volunteer coordinator at 315-475-5422.**

## A New, Easier Way to Give

We are grateful for the many Francis House benefactors who make gifts to our ministry throughout the year. We are excited to offer you the opportunity to make monthly or quarterly gifts through ACH (Automated Clearing House) debits.

ACH debit allows you to make your donation electronically. It is a more efficient, cost effective program for both you and Francis House. Here is how it works:

- You fill out the ACH Debits Authorization Form (below) including whether you would like to make monthly or quarterly payments. Attach a voided check.
- Mail it back to Francis House in the envelope included with this newsletter. As with every donation you make, we will keep your banking information confidential.
- We create your ACH debit schedule between our bank and your bank. You will be notified by mail that this has been completed.
- On the 15th day of every month, your gift is automatically withdrawn from your account.

cally withdrawn from your account. If you choose quarterly payments, your gift is withdrawn on the 15th day of January, April, July and October.

- You will receive an acknowledgment of your donations in July and January. All of your donation remains tax deductible as permitted by the IRS.
- If at any time you wish to cancel this program, you can call Beth Lynn Hoey, director of development, at (315) 475-5422. You will be sent a form to sign to confirm your cancellation.

We thank you for your interest in this program. It is an easy way to make your donation while saving time and resources. To get started, simply complete the form below, attach a voided check, and mail back to Francis House in the envelope provided in this newsletter.

If you have any questions, please contact Beth Lynn Hoey, director of development, at (315) 475-5422 or blhoey@francishouseny.org.



### Direct Payment Authorization for ACH Debits

Direct Payment via ACH is the transfer of funds from a donor's account for the purpose of making a donation to Francis House.

I/We authorize Francis House to electronically debit my/our account (and if necessary, electronically credit my/our account to correct erroneous debits) noted by the check below.  
I/We agree that ACH transactions I/We authorize comply with all applicable law.

Amount of Debit: \$ \_\_\_\_\_

Please add the cost of the transaction of .20 to my gift to help defray the cost to Francis House.

Frequency of debit, select one:

Monthly, the 15th day of each month.  
 Quarterly, January 15, April 15, July 15, October 15.

I/We understand that this authorization will remain in full force and effect until I/We notify Francis House in writing by mail to 108 Michaels Ave, Syracuse, NY 13208, that I/We wish to revoke this authorization.

I/We understand that Francis House requires at least 15 days prior notice in order to cancel this authorization.

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\*PLEASE ATTACH A VOIDED CHECK\*

# There's No Place Like Home

Thank you to everyone who helped make 2014 There's No Place Like Home an incredible success. Over 2,500 people attended and over \$327,000 was raised in net proceeds for Francis House. More than 700 prizes were won. Guests enjoyed food provided by Carnegie Catering and the music of Paul Fye.

Event Chairs Howard and Janice McCarthy were overwhelmed with this year's turnout. "It was an honor and our greatest pleasure to chair 2014's There's No Place Like Home event. A million thanks go out to the volunteers, staff, and community for making this year's event a huge success!"

## PLANS ARE UNDERWAY FOR THERE'S NO PLACE LIKE HOME 2015

If you would like to support our event as a sponsor, advertiser or prize donor please contact Adrienne Kelley, special events and development, at 475-5422.



*Another successful event! From left to right: Event Chairs Janice and Howard McCarthy, Francis House Executive Director Nancy Light, and Francis House Special Events & Development Adrienne Kelley.*

### Mobile Bidding

for the silent auction was such a tremendous success last year that will we have it again this year!!

You may register now at:

<http://tnplh2015.auction-bid.org>

## 2014 MAJOR SPONSORS:



Howard and Janice McCarthy



Teri & Ed Perry

### EVENT SPONSORS:

Anaren  
Noreen & Michael Falcone  
Drs. Michael and Colleen O'Leary

### MONEY SPONSOR

M&T Bank

### RECEPTION SPONSORS:

Anonymous  
Carrol's Corporation  
Robert and Suzanne Congel  
Robert and Judy Daino  
Excellus BlueCross BlueShield  
Franciscan Companies

### MEDIA/PRINTING SPONSORS:

Automated Graphics, Inc  
Bentley-Hall Inc  
Newschannel 9, WSYR  
Plant & Print Systems, Inc  
Print Solutions Plus, Inc.

Hematology-Oncology of CNY  
Lynn McMartin & Mike Madden/BlackEagle  
Partners, LLC  
Murphy & Nolan  
NBT Bank  
Upstate Radiation Oncology

# Thank You...

- ❖... Welch Allyn Singers for filling our home with beautiful caroling during Christmas.
- ❖... Corrine Velero for donating office supplies every month.
- ❖... Jesuit Novices of LeMoyne College for donating monthly meals and volunteering weekly at the house.
- ❖... Students from CBA and BOCES for providing Christmas decorations.



- ❖... Adrienne Kelley (far right, Francis House special events and development), accepts a check from employees at the Spine & Wellness Center's employee and patient wreath raffle.



- ❖... Thank you to all who volunteered and purchased pins at the Auxiliary to Francis House pin sale at Destiny USA during the holiday season.

- ❖... Nancy Light (third from right, Francis House executive director), thanks Valley Desperados for their annual collection. This year their donation included gift cards, postage stamps and pantry items valued at over \$2,000.

## FOUNDER'S CORNER

Dear Friends,

On January 28th, Francis House celebrated our 24th Anniversary. As we look back at 24 years as a ministry of love and care for those who are terminally ill, we reach out in deep gratitude to all who have made these sacred years possible: family members who entrust us with their loved ones, volunteers who spread God's love, donors who help make things happen and a most dedicated staff whose hearts have faithfully embraced our residents. What a graced privilege is ours having journeyed together throughout these 24 years. We look forward to continuing to serve the Syracuse Community.



A. Kathleen DeBelt

## Letter from a Family Member

Dear Nancy,

Enclosed please find a donation to the Caring Fund at Francis House from my husband, Mike and me. Our family has been so appreciative of the many gifts made to Francis House in memory of my Dad, and Mike and I decided to act as a sort of "matching gift" to help the endowment fund.

Everyone in my family, but especially my mother, brother and sisters, will be forever grateful for your compassionate and loving care of my dad. It allowed him to die peacefully and with dignity and allowed us to spend some wonderful time with him in his last few months.

You have our eternal gratitude and our hope is that this contribution will permit you to serve many more families and those without families in the months and years ahead.

~ Anonymous

## The Caring Fund

The Caring Fund, Francis House's endowment, will provide support for those in need who come to us for care. Your gift today will continue to support our residents for many years to come. Now that the endowment is established, we hope it will continue to grow over the years.

We have received tremendous support from our benefactors who have named Francis House in their wills and other planned giving vehicles. We would especially like to recognize the following for their generosity:

• Estate of Edward J. Ballway  
• Estate of Edward J. Karkut

• Estate of Mark A. LaShomb  
• Estate of Marcia Haggerty

We ask you to consider leaving your legacy to support our ministry at Francis House. By naming The Caring Fund of Francis House in your will or other planned giving vehicles, you will be impacting the lives of our residents and family members for many years to come.

The most popular legacy gift, or planned gift, is a bequest in your will. You can make a gift of a specific dollar amount or percentage of your assets after all designations and expenses are paid. There are other giving vehicles that provide income for you or a loved one while you are alive. There are also giving vehicles that provide for your loved ones first and give a remainder of your assets to your favorite charity.

As with any financial decision, you should contact your accountant or financial advisor to discover what type of gift is best for you. For more information on The Caring Fund, go to [www.francishouseny.org](http://www.francishouseny.org) or contact Beth Lynn Hoey, Director of Development at 475-5422.



The mission of Francis House is to provide a home and an extended family to people with terminal illnesses so that they can die with dignity and experience the unconditional love of God.

The core values of Francis House are:  
Compassion, Unconditional Acceptance,  
Respect and Dignity.

## The Caring Fund in honor of Sister Kathleen Osbelt

## WISH LIST

Grocery store gift cards  
Postage stamps

### FOOD

Applesauce snack cups  
Bisquick  
Broth: chicken, beef  
Brownie mix  
Chocolate chips, semi-sweet  
Coffee: decaf & regular  
Cookie mix: sugar, peanut butter, chocolate chip, oatmeal  
Cooking oils: olive & canola  
Cooking spray  
Crackers: Ritz, club, oyster, saltine  
Cranberry sauce (whole berry)  
Cremora creamer  
Frostings: chocolate, vanilla, fudge  
Fruit in flavored Gelatin snack cups  
Fruit snack cups  
Gravy: chicken, beef, pork  
Honey  
Hot cocoa mix  
Juice: cranberry, apple  
Mandarin oranges  
Mayonnaise  
Mushrooms (small cans)  
Pancake mix & syrup  
Peach halves (29 oz. canned)  
Peanut butter (16 oz. jar—creamy)  
Pie fillings: cherry, apple, blueberry  
Quick bread & muffin mix  
Soda: 12-24 oz. (diet & regular, no ginger ale)  
Soup: cream of chicken, chicken noodle, cream of mushroom, tomato  
Sugar: granular, brown  
Tomatoes: stewed, diced, crushed  
Tuna (cans) solid white & light

### PAPER GOODS

Aluminum foil  
Flexible straws  
Freezer & storage bags (all sizes)  
Kleenex & napkins  
Paper towels  
Plastic cups (small)  
Plastic wrap  
Toilet paper

### HOUSEHOLD

Batteries: AA, AAA, C, D, 9 volt  
Bleach  
Dishwasher detergent gel pacs  
Disinfecting wipes  
Dryer sheets  
Glass cleaner  
Laundry detergent (phosphate free)  
Liquid hand soap & sanitizer  
Lysol kitchen cleaner  
Swiffer sheets (dry)  
Toilet bowl cleaner  
Trash bags (13 & 30 gallon)

### SUPPLIES

Alcohol pads  
Baby wipes (unscented)  
Body powder  
Mouthwash (travel size)



A FAMILY WHEN YOU NEED IT MOST

108 Michaels Avenue  
Syracuse, New York 13208-1718

NON-PROFIT  
ORGANIZATION  
US POSTAGE  
**PAID**  
PERMIT NO. 1755  
SYRACUSE, NY

## Receive Francis House Newsletter and Updates Via Email



If you would like to receive this newsletter and other Francis House updates through your email, visit [www.francishouseny.org](http://www.francishouseny.org). Many of you have asked for this option for your convenience and to save Francis House resources.

## We Pray for Our Residents Who Have Died Since the Last Newsletter

James Armstrong  
Diane Bailey  
Virginia Billings  
John Bowhall  
Lorraine Bradley  
Sharon Braun  
Michael Calogero  
Salvatore Cardella  
Richard Dadey  
Denny Demore  
Geri-Dee Dunn  
Kim Forest  
Mary Rose Fragola  
James Gensler  
Penelope "Penny" Gettino

Kevin Gillette  
Marc Grabosky  
Dominick Greco  
James Hall  
Susan Hardoby  
Edward Haven  
Mary Ann Herr  
Sarah "Sally" Hohl  
Hann Horn  
James "Doug" Houmiel  
Laura Huling  
John Ivery  
Jan Just  
Karen Kowalski  
Andrew Kuehn

Lee Loomis  
Frank Maraia  
Helen Marino  
Kathleen Mayo  
Stephen Nami  
Agnes O'Kane  
Beverly Poffenberger  
Jane Puttkamer  
Margaret Rand  
Maryann Ridgway  
Josephine Sciarrino  
M. Pauline Sheridan  
David L. Smith  
Dorothy Smolinski  
Barbara Snyder

Lois Spagnola  
Rodney Spaulding  
Lottie Starowicz  
Margaret Stasiak  
Colleen Sullivan  
Ralph Tower  
Edwin Towers  
Nicholas Verish  
Anthony Verzino, Jr.  
Marie Webb  
Michael Whelan  
Van Williams  
Joanne Wilson

## We Also Pray for Our Current Residents

Audrey Blair  
Frances Comuntzis  
Genevieve Czechowicz

Mary Glavin  
Dennis Johnson  
Rosemary Jones

Doris "Peggy" Kaminski  
Freda Kuon  
Ann Page

Laura Paradine  
Rose Triolo  
Sally Wake  
Frances Wheeler