

A FAMILY WHEN YOU NEED IT MOST

FRANCIS HOUSE



NEWS

SUMMER 2014

Resident Spotlight: Irene Adams, A Mother to All



Irene Adams with some of her delicious homemade pies and cookies she made for Francis House.

To Everyone at Francis House,

How can I ever thank you for the care you gave Irene. You treated her as if she was your own Mom and for that I am truly grateful. When I made the decision regarding Francis House, I knew it was the right one. Mom would be taken care of by family—my family of co-workers-- and I could go back to being her daughter again.

When I left each night it was with confidence that Mom would be well taken care of. I was able to get the needed rest for the long days ahead.

Irene was the youngest of eight children. She was her mother's caregiver at the end of life. After her mom passed away, she took care of her two bachelor brothers, visiting weekly to wash, iron, cook and clean their homes while also caring for my father, brother and me in our home. Mom was always a hard worker, stubborn and determined. She always thought of others, helping them any way she could. Even after developing macular degeneration in both eyes over 30 years ago, she still continued to cook, bake and live alone up to a few weeks ago.

Mom always said life is for the living, make everyday count and do something for someone else. YOU all did something for her—you made her time here at Francis House the best it could be and for that I thank you. Family was the most important thing to her. Each of you became a small part of her family. So, goodnight Irene, we'll see you in our dreams.

Gratefully,

Kathie

In May, we said goodbye to a dear member of our Francis House family, Irene Adams. Irene became a volunteer when her daughter Kathie Jerose, our development assistant, joined Francis House 17 years ago. Everyone loved Irene's baked cakes, cookies and pies. If a resident had a special request Irene would make it with love. Even with macular

degeneration, Irene continued to cook for every holiday and special occasion for Francis House.

We were blessed to welcome Irene into our home as a resident for the last few weeks of her life. She continued to teach us about love, support and the gift of family. We wanted to share the above letter we received from Kathie.

FRANCIS HOUSE

BOARD OF DIRECTORS

Genevieve Saya, Chair
Stephen Block
James Connors
Dennis DePerro
Maureen Drescher
Ronald Himberg
Matt Lumia
Joseph Mancuso
Deborah Moore
Mark Murphy
Patrick Murphy
Kirk Narburgh
Sister Kathleen Osbelt, Emeritus
Sister Maria Salerno
Benjamin Sio, Ex-Officio
Nancy Light, Executive Director

AUXILIARY OF FRANCIS HOUSE DIRECTORS

Carol Pietraszek, President
Kathleen Cahill
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



EXECUTIVE DIRECTOR'S MESSAGE

Dear Friends,

I recently returned from a visit to Colorado Springs and each visit is a re-aquaintance with the grandeur and majesty of The Front Range of the Rocky Mountains.

The elevation increases as the peaks extend north, creating a wall of rock that has stood for millions of years. Pikes Peak, one of Americas' most famous mountains is located there.

The area around Pikes Peak has steadily grown. New construction is everywhere. What was once grassland and plain has been transformed for homes, shopping, hotels and entertainment. Still, Pikes Peak stands, unchanged. Buffeted by constant wind, covered with a late spring snow, shining in the sun or dark and menacing under thick clouds, the mountain is a reminder of no matter how much changes around and within us, who we are remains the same.

Change can present itself in many ways. Aging and illness are particular changes that challenge the human spirit. If one half of a couple who have been a team for years becomes ill and dies, the loss felt by the one remaining can be devastating. It may precipitate further loss since two often function better than one. As physical ability diminishes, relationships change. Loss of sight, hearing or the ability to move about on one's own may lead to dependence on others. The parent looks to the child for help and support. Roles are reversed. Social circles become smaller and activities once enjoyed become a trial. Yet amid these challenges the dignity of each person does not diminish, it remains unchanged.

God bestowed dignity on each of us. Trials, challenges and suffering cannot take it away. Our dignity can only be lost if another person does not respect or honor that sacred value in us. Compassion, unconditional acceptance, respect and dignity are the defining core values of the Francis House ministry. Each value is separate yet undeniably linked as we provide care to our resident friends who have undergone harsh winds, snows and clouds as the end of their life approaches.

Just as the Front Range of the Rocky Mountains stands in majesty over the plains, so the dignity of each resident of Francis House stands as a reminder that we are all made in God's image and are owed the respect and dignity from each other that God has given to us.

Thank you, for being a part of this family and helping us to honor the human spirit of each person who calls Francis House, "home."

In Peace and Gratitude,

Nancy Light, Executive Director

A Special Gathering

One of the blessings of this ministry is the gifts we receive from our residents. Although they need our assistance, they often help us more with what they teach us. We recently learned a beautiful lesson about gratitude.

It was late one evening when our evening and night staff members were changing shifts.

Emily, one of our residents, asked to speak with a caregiver. She said, "I need all of the staff to come to my room—we are going to have a celebration." She asked for some plastic cups from the kitchen.

It was a busy time as the staff arriving had to receive report and check in with every resident and staff whose shift was over were gathering their things and ready to leave. But everyone knew it was important to take the time for Emily.

When staff entered her room, Emily had created her very own midnight tea party. She cleaned off her bedside tray and very carefully placed the plastic cups (her tea cups) around in a circle filled with soda. Her napkins, tissues, were folded in perfect triangles next to each cup. And a basket of candies, given to her by one of her visitors, was the perfect treat. Emily then told each caregiver how grateful she was for the love and care she received. She was overjoyed that they came so she could let them know the difference they made in her life, that she was truly grateful.

Long Distance Angels

*Dear Francis House,
I've recently
relocated to South
Carolina. Don't think
for one moment
I won't continue
to support our
Francis House and
the lovely residents
receiving love and
care. It is support
sent with love for
your mission!
Nancy Morton*

We are grateful for our benefactors who live throughout the country, but continue to support Francis House. You make a difference in our work!

Welcome Liz

Francis House is blessed to welcome Elizabeth Haahr as our Menu Coordinator. She has extensive experience in menu planning and food preparation. Best of all, she loves to work with food and with volunteers!

Liz worked for several years at Meals on Wheels where she was responsible for making hundreds of meals a day. She loved the camaraderie shared with volunteers. She also worked in the bakery and food preparation departments at Wegmans in Cicero, where she still works part-time today.

"I had always wanted to volunteer at Francis House, but didn't have the time with my work schedules," says Liz. "When I saw the announcement in my church bulletin that they were looking for a Menu Planner, I thought 'this would be great!'"

"Liz is perfect for this job," says Sister Colette Walter, Francis House household coordinator. "She is incredibly organized, makes good use of the resources we have and always has the residents in mind."

Liz confides that her job is easy because



Elizabeth Haahr, Francis House Menu Planner, collects ingredients in the pantry.

of the support she receives from volunteers. "They try their best to make sure every meal is special for our residents." She always has tremendous support from pantry volunteer Bruce Light. "He spends hours every week making sure the pantry is organized," shares Liz. "Bruce puts everything in order according to expiration date and category. The donations arrive in bags and boxes and he has everything in order, better than any supermarket!"

When Liz has time off she enjoys gardening and sewing, and, of course, baking! She makes cakes for birthdays and has done some wedding cakes. Her favorite pastime is playing with her 5 grandchildren. She lives in Clay with her husband, Bob.

Liz says her favorite part of the job is finding recipes that are delicious, interesting and use the ingredients available. "Our donors are so good at dropping off items on our Wish List. It saves a great deal of money for our ministry," says Liz.

Welcome Liz!

Volunteer Spotlight

Nancy Grudzinski and Lou Sacco

Volunteers Nancy Grudzinski and Lou Sacco stand in the Francis House kitchen laughing after sharing that the funniest thing that happens during their shift is when residents or visitors ask if they are married. “We do work well together,” shares Lou. “Nancy will cook while I serve meals and clean, but we also will switch it up. We are usually talking and laughing and there is always more to be done, so the four hours always fly by.”

In 2004, Lou had a friend who spent her last days as a resident at Francis House. So when he retired two years later, he wanted to “pay it forward” and began volunteering. Over the past eight years, Lou has helped with just about everything at the house. “It’s all worth it when you know you’ve helped someone,” says Lou.

In 2010, Nancy Grudzinski began volunteering at Francis House. Both of Nancy’s parents were going to enter Francis House, but passed away before they came. She knew Francis House was the place she wanted to give her time. When Nancy came for her first day to shadow with a veteran volunteer, she was surprised to see her old friend Lou standing in the kitchen! They have been working every Tuesday morning together since that day.

“He is so caring,” Nancy says of Lou. “He sees the best out of every situation and his faith inspires me.” Lou says Nancy is the uplifting one. “She will do anything she’s asked and is so supportive.”

Nancy and Lou both volunteer for Francis House’s event *There’s No Place Like Home*. They both volunteer all day for four straight days—from set-up to clean-up. “You really see the power of love for Francis House at the event,” says Lou. “It is



Lou and Nancy prepare a barbeque lunch for residents.

amazing how hard everyone works, for hours and hours, and they are so willing to do it.” Nancy agrees, “everyone pulls together; wherever you are needed you help; we are family.”

Both Nancy and Lou are Syracuse natives. Nancy grew up in Mattydale and now lives with her husband of 36 years, Jerry, in Cicero. Jerry also volunteers for the week of the big event. They have two grown daughters. When Nancy is not volunteering she is helping babysit for her two granddaughters Lillyann, 3, and Gabriella, 2. She also finds time for her favorite hobbies: cooking, sewing and gardening.

Lou grew up on Syracuse’s north side and now lives in Eastwood with his wife Cheryl. They have been married for 34 years. Cheryl volunteers with Lou the night of the event. They have four children and two grandsons.

Nancy and Lou feel blessed to be part of the Francis House ministry. “Volunteering here gives you a new perspective on life and the importance of every moment,” says Lou. Nancy adds, “People often ask me ‘How can you volunteer there?’ and I always respond, ‘How can I not?’”

Rea Carver, Francis House volunteer coordinator, sums it up perfectly. “Nancy and Lou are the kind of people I would want to take care of me.” Thank you Nancy and Lou for being such an important part of our ministry!

Make a Difference in Someone’s Life . . . Become a Volunteer

Join our Francis House family and
make a difference in the lives of others.

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

*There's
no place
like
home*

SAVE THE DATE!
WEDNESDAY, OCTOBER 15, 2014
5:30 P.M. - 8:30 P.M.
HORTICULTURE BUILDING
NEW YORK STATE FAIRGROUNDS

MAJOR SPONSORS
Teri and Ed Perry
DUMAC
Wendy's
Howard and Janice McCarthy

Enjoy delicious food stations
and live music.
Purchase keys to unlock doors with a
chance to win wonderful prizes.
Proceeds from the event will help us to
provide loving care to our residents with
terminal illnesses.
Questions? 315-475-5422 or
www.francishouseny.org

RAFFLE

You could WIN!

- **7-Day Cruise from NYC for Two, Norwegian Cruise Lines** (Select Dates Apply)
- **\$500 Gift Certificate, donated by Nichols of Liverpool**
- **\$500 Gift Card, donated by DestinyUSA**
- **Dinner-of-the-Month for One Year, donated by 12 local restaurants**

\$5 per ticket or 5 tickets for \$20
Proceeds to benefit Francis House
Please contact Adrienne Kelley 475-5422
to purchase tickets

Auxiliary Luncheon

The ballroom at The Doubletree was decorated in white, black and hot pink for the annual Auxiliary Luncheon on May 8th. A special thank you to Holly Dowd, Chair, and Francie Smith and Beth Hertel, Co-Chairs of the Auxiliary Luncheon, for coordinating the joyous event.

Auxiliary President Nancy Skahen thanked everyone for their support over the years. Board members rotating off the board recognized for their commitment were: Christine Connors, Katherine Considine, Dawn Falge and Debbie Greiner. New board members Mary Currell, Ellie Grooms, Betsy McLane and Lisa Peters were welcomed.

Treasurer Kathleen Cahill thanked Nancy Skahen for her two years of leadership that personified the dedication, passion and humility of a servant leader. Nancy reflected on the accomplishments of the past two years and the special bond created with everyone involved in the ministry of Francis House. Beth Lynn Hoey, Director of Development, was

presented with two checks. The first was \$5,000 toward the Auxiliary pledge for The Caring Fund and the second was a gift of \$20,000 representing the Auxiliary’s fundraising efforts throughout the last year.

Sydney Papa and Allison Smith, co-presidents of the Youth Auxiliary, gave a report, Sydney shared, “I made the life changing decision to join, and that’s no exaggeration. I’m doing my part to give back...and it fills my heart with so much joy. I’m honored to be sharing such a wonderful and blessed day with so many special people.” Allison reported on the many Youth Auxiliary activities throughout the year including helping with events, inviting other students to Francis House for Make A Difference Days and selling their homemade bracelets at various venues. The Youth Auxiliary raised a total of \$750 from bracelet sales. They also surpassed their goal for paper towel collection this year, bringing in 2,884 rolls of paper towels!

The popular fashion show included fashions from Jane Morgan’s Little House and Koolakian’s Menswear.



A special thank you to Francie Smith,
Luncheon Co-Chair (left); Holly
Dowd, Luncheon Chair (right)
and Beth Hertel, Luncheon
Co-Chair (not pictured)



The Auxiliary welcomed new board members
(left to right): Betsy McLane, Mary Currell, Ellie
Grooms and Lisa Peters.



Nancy Skahen, Auxiliary President,
(right) and her sister Suzanne Jacobs.

Meet Tina Barry, Our New Pin Lady

The Francis House Auxiliary has new pins! Tina Barry, stained glass artist, is now creating handmade pins for the Auxiliary to sell to benefit Francis House. "Tina Barry is a complement to our Francis House family. She has such talent and is a pleasure to work with," shares Roxanne Kopecky, Auxiliary marketing chair.

Tina is a retired middle school teacher who is pursuing her dream of having her own business. She has her studio in Auburn and creates windows, stepping stones, suncatchers and jewelry. Tina says working with stained glass is a labor of love. "There are so many steps in the process and there needs to be a great

deal of attention to detail to make it just right." It takes at least 30 minutes to make a single pin after the measuring, cutting, placing foil and soldering.

Although pin production is keeping her busy, Tina is thrilled it will be benefitting Francis House. "I already feel part of the Francis House family. Touring the house and learning about this mission has taught me so much. The Auxiliary members have given me an incredible amount of support, encouragement and praise."

Pin designs include hearts, angels, apples and butterflies. Pins will be on sale throughout the year at various Francis House activities. It seems

"People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within."



Auxiliary Board Member Roxanne Kopecky (right) says, "Tina Barry is a complement to our Francis House family. She has such talent and is a pleasure to work with."

fitting that Tina's favorite quote about her craft comes from Elisabeth Kübler-Ross, a trusted author on death and dying. It reads: "People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within."

Thank You...

- ✂... First Communion Class at St. Elizabeth Ann Seton for their collection and donation of paper goods.
- ✂... Peter A. Guinta & Son Produce for donating our gazebo Christmas tree and fresh wreaths for the gazebo and our houses.
- ✂... Employees of Testone, Marshall & Discenza, LLP for the tremendous support throughout the year with Francis House as their charity of choice for 2013. We are grateful for your gifts of time and support: flowers, meals, volunteering around the house and supporting and volunteering at our annual event.
- ✂... Dave Cortese for hanging the lights on our gazebo for our memorial lighting ceremony.
- ✂... Youth Auxiliary members for putting up and taking down Christmas decorations.
- ✂... CNY International Association of Approved Basketball Officials (IAABO) Board 38 for donating proceeds of the 2014 Zebra Classic to Francis House.
- ✂... Employees of AT&T for their February Drive for pantry items and their financial support.
- ✂... Parishoners of St. Elizabeth Ann Seton for donating items for our Wish List.
- ✂... LeChase Construction for new roof over the door in the link.
- ✂... The Jesuit Community of Le Moyne College for providing our residents dinner once a month.
- ✂... The Francis House Youth Auxiliary thanks the parishoners of Basculica Sacred Heart, the parishoners of St. Francis Xavier, Bishop Ludden High School, Bishop Grimes High School, West Genesee High School and Holy Family parish for their paper towel drives for Francis House.



The Luck of the Irish

Thank you to everyone who supported our St. Patrick's Day Giveaway. All 600 tickets were sold. Congratulations to our winners Angela Mastroiano, Fred Bossong (not pictured), and Annie and Dave Cortese.



Check presented to Angela Mastroiano (center), our first place winner, by Adrienne Kelley, development, and Nancy Light, executive director.



Check presented to Ann and David Cortese (center), our third place winners, by Adrienne Kelley, development, and Nancy Light, executive director.

Volunteers Are a Valuable Gift

Did you know that there are at least 20 volunteers at Francis House every day? They are the extra hands at work helping residents, cooking, cleaning, answering phones, greeting guests. If Francis House were to hire staff to perform the work of the volunteers, it would cost us over \$640,000 per year! We include our volunteers in our daily prayers of thanksgiving for the gift they give to this ministry.

Francis House celebrated volunteer month in April with our annual Appreciation Dinner on April 28th. Over 250 volunteers and friends of Francis House gathered at Drivers Village to celebrate. A special thank you to Carnegie Catering for the delicious food and Drivers Village for donating the venue.

"Our volunteers do more than just chores. They give their love and support to our residents, families, staff and to other volunteers," says Rea Carver, Francis House volunteer coordinator. "They are our family."

Francis House Charm

The Francis House Auxiliary is also selling a handmade Francis House charm. The copper charm, handmade by artist Angela McDonald, has a depiction of our house. It is perfect on a chain or charm bracelet. The cost is \$12 and all proceeds benefit Francis House. Contact Roxanne Kopecky at (315) 446-7228.



We Remember

Sharon Smith, Francis House volunteer, who passed away May 5th. Sharon received the second miracle from Saint Marianne Cope when she inexplicably recovered from a grave illness and infection in 2005. It was Sharon's miracle that helped Mother Marianne Cope become Saint Marianne Cope. After her recovery, Sharon volunteered as a house cleaner at Francis House for several years. We are grateful to have had Sharon as part of our family.

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
- Cremona creamer
- Frostings: chocolate, vanilla, cream cheese
- Fruit in Gel and Jell-O snack cups
- Fruit snack cups: cherry mixed fruit, peaches, pineapple tidbits
- Gravy: chicken, beef, pork
- Honey
- Juice: cranberry juice cocktail, apple
- Keurig Coffee K cups
- Mandarin oranges (11 oz. cans)
- Mayonnaise
- Mushrooms (small cans)
- Pancake syrup
- Peaches (canned)
- Peanut butter (16 oz. jar - creamy)
- Pie fillings: cherry, apple, blueberry
- Quick bread & muffin mix: blueberry, banana, apple cinnamon, chocolate chip
- Soda: (Cola, orange, root beer, no ginger ale)
- Soup: cream of chicken, chicken noodle, cream of mushroom, tomato
- Sugar: granulated, brown, confectioner
- Tomatoes: stewed, diced, crushed
- Tuna (cans) solid white & light

PAPER GOODS

- Coffee stirrers
- Flexible straws
- Freezer & storage bags (all sizes)
- Kleenex
- Napkins
- Paper towels
- Plastic cups (small)
- Plastic silverware
- Snack and sandwich bags

HOUSEHOLD

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

SUPPLIES

- Alcohol pads



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. 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

Irene Adams	Christine Gibson	Aina Philleo
Nisreen Algburi	Lucille Granteed	Ella "Johanna" Potter
David Allen	Gregory Gresock	Charles Prusik
Louis Alteri	Tami Grier	Karen Retchless
Robert "Bob" Braunitzer	Mary Ann Griffin	Garry Rockburn
Pat Brigandi	Jesse Hall	John Root
Nancie Carter	Donald Hook	Lois Rowe
Nick Cefaratti	Justice John Lawton	Dennis "Dan" Rudolph
Alfonso "Al" Ciocca	Roy Mallette	Patricia Senecal
Ruby Conley	Mary Martini	Cort Singer
Kathleen "Kay" Corbett	Rosemarie Mazza	Donald Spies
Donna Daly	Adair McArdle	Pauline Stanley
Elizabeth "Betty" Davis	Sharron Morgan	Donald Thayer
Valerie DiCuffa	Patrick Ottinger	Stephanie Wentling
David Eden	Frank Passafiume	Priscilla Wessels
Barbara "Boots" Gates	Rosalie Personte	

We Also Pray for Our Current Residents

Emily DeCarolis	Patricia Hussain	Dr. Miriam Swift
Eva "Suzanne" Eastwood	Janet Parry	Sharon Walden
Grant "Sonny" Goodrich	Edith "Mae" Powers	Frances Wheeler
Barbara Hodge	Jane Puttkamer	Richard Willis



LEAVE A LEGACY®

A Planned Gift

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 or contact Beth Lynn Hoey, Director of Development at 475-5422.