



A Family When You Need It Most

SPRING 2018

NEWS

FROM OUR HOUSE

Resident Spotlight:

LENA LEWIS

Lee's favorite part of the day is when her good friends Alice and Carol join her for their daily card game of knock rummy and skip bo at the dining room table at Francis House. "These two ladies are what you call true friends, they stick with you, no matter what," Lee says pointing at her companions. However, sitting isn't something that Lee is used to. She has spent her whole life staying busy working, volunteering, and doing special things for those who needed help.



Lena dancing with the love of her life, her husband Tom.

Lee was born on December 24, 1922 and raised in Poughkeepsie, New York. Her Italian parents both immigrated to America in their early teens. Lee was the youngest of eight and admits she was spoiled by her father, even during the hard times of the Depression. "Fanny Farmer on Main Street had a huge chocolate bunny in the window. People could buy chips of chocolate from the bunny. Dad would always bring me some home."

Lee met the love of her life, Thomas Lewis, when they were teenagers. Their relationship was interrupted when Tom enlisted in the Army to serve his country in World War II (Thomas earned a purple heart and bronze star). They lost communication for a few years. "Until one day I was getting off the bus and I heard, 'Hey Lee!' I knew who it was right away. We were married one month later." Lee and

Tom were a perfect match. They both loved life, loved to dance: the lindy, the fox trot and the polka were their favorites. Tom worked in construction and Lee managed banquets at the local 4-star hotel. They had four children: Richard, James, Gloria and Faith.

Lee says her life-changing moment happened in 1968 when she became a born-again Christian. Tom joined her as a born-again Christian in 1972. "We gave our lives to the Lord and doing His work."

After their youngest child graduated, Tom and Lee set off on a life they had always dreamed of. They bought an RV and traveled throughout the United States taking odd jobs. "We'd pull into a small town and set-up home," says Lee. "There were always jobs available. And when we wanted a change in a year or so, we packed up and moved on." They lived in

New Mexico, Oklahoma, Texas and North Carolina.

In 1979, while living in North Carolina, Lee and Tom got a call from their son James that their new granddaughter was born with spina bifida. Tom and Lee came to Syracuse to support their family. They sold the RV. They moved in to Woodhaven Apartments on Syracuse's west side. Lee worked in the office and Tom worked maintenance. Lee devoted her days giving hands-on care to her granddaughter Nicole. Tom used his carpentry skills to adapt furniture and build a special stand for Nicole. They also cared for their grandchildren Devan and Spencer.

When asked what her hobbies were, Lee responded, "There was no time for hobbies. There was work, volunteering and helping at church. Lee and Tom volunteered at the VA

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News From Our House

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EXECUTIVE DIRECTOR'S MESSAGE

The long-awaited spring has come to Central New York. Flower bulbs and seeds planted in the fall waited dormant beneath fallen leaves and snow. But now sun and warming temperatures have produced green shoots and flowers of all colors and hues. Trees, budding and blooming, stand as nature's elegance after

the long season of bare and wind-buffed branches. Soil has been turned and prepared to receive the seeds that will eventually produce the bountiful harvest of summer.

I recently read a quote by an unknown author, "The tiny seed knows that in order to grow, it needed to be dropped in dirt, covered with darkness and struggle to reach the light." Isn't that the way we sometimes feel? Out of the blue a diagnosis, a sudden family emergency or an unexpected loss drops us into darkness like a seed planted in the ground, not knowing what will happen next.

But unlike the tiny seed, we choose the soil where we plant and cultivate those seeds that are important to us, that give us strength and reinforce our values. A teaching in the Buddhist tradition notes, "Our life is shaped by our thoughts. We become what we think." Seeds of compassion, love, generosity, hope, faith and peace, nurtured over time and with great patience and trust, break open, stretch for the light and become completely transformed into something greater than themselves. As we cultivate those seeds within us we too take on that transformation.

There is an excerpt from the Admonitions of St. Francis which says in part, "If you open yourself to God and God's plan printed on your heart, God will open to you." It follows then, that if we are open and ready we will receive the blessings and graces we need to cultivate our seeds.

Thank you for the seeds of love, faith and support that you plant for Francis House. Those seeds make our ministry possible. May all the seeds that you plant in your life produce rich fruit.

In peace and gratitude,

Nancy Light, Executive Director

"Find the seed at the bottom of your heart and bring forth a flower."

– Shiginori Kameoka

as transporters. During the storm of 1998 they rode along with FEMA delivering meals to those most in need in Syracuse. They also loved their volunteer time at the Rescue Mission where they worked in the donation trailers, then volunteered in the mail room, and served in the kitchen. Lee shares, "When I turned 89 they promoted us to host and hostess and we would greet all the people coming in for their meal. We even had our own greeting station."

Lee says she was most happy when she was helping people. "The pastor asked for help purchasing Easter outfits for those who couldn't afford it. That's when I met Rosemary. It was so wonderful to see her happy." Lee continued to personally support Rosemary and her mother Gerry throughout their lives. Even after they passed away, Lee would visit their grave sites and bring flowers. Lee also served as a one-on-one companion for people with disabilities through Exceptional Family Resources.

Tom passed away in 2012, and Lee says her faith, family and friends helped her through it. She continued to keep busy volunteering and with activities through her church. Lee says stopping

driving at 92 didn't even slow her down because "friends were always there and we loved going out for coffee every day!"

Lee admits it has been a hard adjustment from her busy schedule to having to rest throughout the day because of her illness. After not feeling well throughout the holidays, Lee learned this past January that she had incurable cancer. Her daughter Faith says when they learned about Francis House they knew she needed to be here. "Our family's biggest concern for mom was that she felt safe. Her first night at Francis House she slept all night through. We knew we made the right decision."

Says Lee, "I don't like being alone, but I wasn't sure if I would like it here. One night I was up at midnight and I just couldn't sleep. Mary (Francis House caregiver) asked me if I wanted to go to the Chapel and I did. It was just what I needed. We sat and prayed together. It was beautiful."

Her faith continues to see her through. "I am waiting to go to that place of peace, with no pain, where the streets are of gold...where I can rest with my Lord!"



*There's
no place
like
home*



WEDNESDAY, OCTOBER 10, 2018
5:30PM-8:30PM

New York State Fairgrounds, Horticulture Building

**Be a part of our annual signature fundraiser as a sponsor, advertiser,
prize donor or purchase a ticket to attend our signature event.**



For more information please go to our website www.francishouseny.org
or you may contact Adrienne Kelley, development & special events
at 315-475-5422 or email akelley@francishouseny.org.



AUXILIARY SILVER SUNDAY

Sunday, September 16, 2018
2pm-4pm

Hillcrest Jephson Estate
4571 Ridge Road, Cazenovia, NY 13035



Wine Tasting provided by
Owera Vineyards



Join us for a lovely afternoon, touring the beautiful Hillcrest Jephson Estate, built in 1905 by Robert Benson Davis, founder of the R.B. Davis Baking Powder Co. Light refreshments and wine tasting by Owera Vineyards. We are grateful to Linda and Brian Osborne for hosting this event. There is no charge for the event. Any donations are graciously accepted.



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, 2018.

For your donation of \$100, a brick is installed. To purchase a brick, call 315-475-5422 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 WINNERS!

Thank you to everyone who supported our St. Patrick's Day Giveaway...all 600 tickets were sold!

Congratulations to our winners Rose Ann Napierski (not pictured), Sally Kondziela (Not Pictured) and Janice Vassar.



Check presented to Jan Vassar (middle), our second place winner by Adrienne Kelley (left), development and special events and Nancy Light, executive director.

Volunteer Spotlight:

BETTY GRADY

Betty Grady began her volunteer service at Francis House after talking with her friend, Shirley Cinqmars, at a Knights of Columbus gathering. Betty had just lost her husband Dave, and although she was anxious to help, Shirley suggested she wait a year. Betty took that advice and began her volunteer service the next year in 1992. As a former hospice volunteer, helping in a home with the mission to care for people who were dying was exactly right for Betty.

Caring was part of Betty's being. From a young age Betty knew she wanted to be a nurse. She attended nursing school in her hometown of Brooklyn, earning her degree attending night school at Hunter College while working full time in Pediatrics at Brooklyn Hospital. Betty moved to Syracuse in 1953 to teach Pediatric Nursing at Syracuse Memorial Hospital. In her role as a clinical instructor, Betty taught and supervised students from ten different nursing schools as they completed the pediatric component of their nursing education.

While in Syracuse Betty met her future husband, Dave, at a CYO dance. As they got to know one another, Betty and Dave realized that they had grown up in the same neighborhood and had attended many of the same Knights of Columbus functions. Betty and Dave were married and raised their children Tom, Mary Beth and David in a lovely Cape Cod style home where Betty still resides today.

Even while raising children Betty kept up with her nursing, working part time at Central Tech teaching in the LPN program. Her career also included 12 years at Van Duyn where she worked in Utilization Review and Admissions.

Betty's Francis House volunteer service began on the Noon to 4 pm shift. She moved to the 10-2 cleaning shift when that was created and continued there until her "retirement" in 2015. When asked about her experience Betty says, "I made many friends at Francis House. I looked forward to coming in and seeing the residents, staff and other volunteers."

Betty feels blessed to have witnessed many special moments at Francis House. She remembers a resident who was a huge SU basketball fan and player Craig Forth visited her on her birthday. Betty recalled how the resident, who had been feeling down, was so surprised and happy. Betty will also never forget when we welcomed an infant as a resident. Betty recalled the special feeling that the presence of that child brought to the house.



Sister Kathleen Osbelt (left) presents Betty Grady with plaque in gratitude for her faithful service to Francis House.

Betty is a member of the newly-established Francis House Prayer Community. She remembers talking with a priest about her inability to physically volunteer. She explained, "So when someone pops into my head, I pray for that person." The priest responded, "God puts the people into your head. Prayer is your ministry." When Sister Kathleen Osbelt asked Betty to join our Prayer Community she readily accepted.

Betty stays active, exercises and remains very involved with her church. She played golf until she was 89. She has enjoyed traveling to many places across the world. Betty says a dream came true for her when she went to Kalapapua, Hawaii and visited the places where St. Marianne Cope and Father Damien lived and worked. We are ever grateful to Betty for her kind and compassionate heart and for all the years of service she has given to our ministry. Betty has touched many lives with her physical presence and continues to do so through her ministry of prayer. God Bless you Betty.

Our Prayer Community is growing!

We are grateful for those who are connecting to our ministry by lifting our residents up to God in their prayers.

If you are interested or know someone who might be interested in this special volunteer opportunity, please call or email Sr. Kathleen Osbelt at kosbelt@francishouseny.org or 315-475-5422.

LIVING THE FINAL CHAPTER SYMPOSIUM 2018



Sister Kathleen Osbelt, Francis House director of mission outreach, (left) and Nancy Light, Francis House executive director, welcomed nationally acclaimed speaker B.J. Miller, MD, as our morning keynote speaker.

The day began with our keynote speaker, B.J. Miller, MD, a nationally known hospice and palliative care physician from California. Dr. Miller spoke to us about “What Really Matters at the End of Life.” He encouraged all caregivers to focus on the holistic and individualized care that enhances the quality of the person’s day. He asked caregivers to never lose sight of the quality of care that each of us deserve.

The afternoon keynote was presented by Gerontologist Sharon Brangman, MD. She kept the audience engaged with her discussion of the care of people with end stage Alzheimer’s disease. Breakout sessions were presented on end-of-life planning, palliative care, mediation of conflict, comfort care homes, music for healing, sign posts of dying and caregiver resiliency.

Over 150 attendees including nurses, advanced practice nurses, social workers, physicians, students and the general public gathered at the Genesee Grande Hotel in Syracuse for “Living the Final Chapter: Compassionate Care for Persons at the End of Life” Symposium hosted by Francis House. The symposium was sold out two weeks before. We are grateful to Le Moyne College, Crouse Hospital and SUNY Upstate for assistance in obtaining continuing education units for the professionals in attendance.

The symposium was very successful with evaluations indicating that all learning objectives had been met and giving high marks to all speakers. We are currently in the planning stages for our third symposium to be held in 2020.



The day included time for professionals and caregivers to share experiences and best practices for end-of-life care.



Sister Kathleen Osbelt, Francis House director of mission outreach, (left) and Nancy Light, Francis House executive director (right), thank Sharon Brangman, MD, for her informative afternoon keynote address on Alzheimer’s Disease.

THANK YOU...



Thank you Orange Seeds, students from Syracuse University for all the spring yard cleanup, everything looks wonderful.

Pictured Left: Several of the Orange Seeds, freshman students from Syracuse University.

Francis House was honored to be chosen by Chick-fil-A as one of the charities to receive community service as part of their opening celebration. Thank you to Jimmer Szatkowski, his family and all the volunteers. We are truly grateful.

Pictured Right: Jimmer Szatkowski, Owner of Chick-fil-A, Cicero, (back row far right) and his family join volunteers for a full day of helping around Francis House.



Thank you Kruising Knights for your continued generosity in always supporting our ministry and residents.

Pictured Left: Ginny Wood (middle) presents a check to Sister Colette Walter, household coordinator (left) and Sister Geraldine DeLuca.



Thank you Susan and Al Antonini for once again donating beautiful flowers for the Francis House great rooms during the Christmas and Easter holidays.



OMEGA HOME NETWORK UPDATE

Private homes similar to our Francis House model are slowly being established across the country. The Omega Home Network (OHN) was established to help mentor, support, and provide education for new and developing homes. The OHN is a national membership organization that continues to grow. The Network recently received a grant of \$2000 to help cover the membership fee for any existing home or group wishing to establish a home for end of life care.

The Omega Home Network, whose national conference was held here in Syracuse last July, will host the 6th annual conference in Tulsa, Oklahoma this June. Francis House staff members Nancy Light, Beth Lynn Hoey and Sr. Kathleen Osbelt will be speakers at the conference.

For more information please go to www.omegahomenetwork.org/conference.

A SPECIAL GIFT FROM A SPECIAL WOMAN

Members of the Schunck family presented Francis House with a bequest from the Estate of Barbara Schunck. Pictured right (from left to right) Lorraine Schunck, Sister Kathleen Osbelt, Francis House director of mission



outreach, George Schunck, and Jim Schunck. (Larry Schunck not pictured). George Schunck stated, "Barbara always had a fond place in her heart for the work being done here at Francis House and wanted to make sure this special gift was made." Barbara passed away on January 7, 2018. "We are honored that Barbara, a woman who touched so many lives in our community, wanted to help our ministry with this legacy of love," shared Beth Lynn Hoey, director of development.



DONOR GATHERINGS AT FRANCIS HOUSE

In gratitude of our benefactors, we will be hosting donor gatherings at Francis House. These small gatherings will be a time to thank you in person for being a part of our Francis House family. Benefactors can also connect with one another. We will provide tours for those who have never been to the houses, or haven't visited us in a while.

Our first gathering was a breakfast on April 26th (pictured above). It was a wonderful time to connect and celebrate. If you would like to be included in an upcoming gathering, please contact Beth Lynn Hoey, director of development, at blhoey@francishouseny.org or 314-475-5422.

The Caring Fund

YOUR LEGACY OF LOVE

We have received tremendous support from our benefactors who have named Francis House in their wills and other planned gifts. For more information on The Caring Fund, go to www.francishouseny.org or contact Beth Lynn Hoey, director of development at 315-475-5422.

AN EASY WAY TO GIVE YOUR SUPPORT

You can have your donations to Francis House deducted directly from your bank account. ACH (Automated Clearing House) debits are a more efficient, cost-effective program for both you and Francis House. You can arrange to have monthly or quarterly gifts.

For more information, please contact Beth Lynn Hoey, Director of Development 315-475-5422 or email blhoey@francishouseny.org.



Did you know you can donate your car to benefit Francis House? Visit www.cardonationwizard.com and choose Francis House as your charity or call 877-957-2277 for more information.



Choose Francis House as your charity of choice on Amazon Smile and a percentage of your qualified purchase is donated to Francis House.

FRANCIS HOUSE MISSION STATEMENT:

Francis House provides a home and extended family to persons with terminal illnesses so they can die with dignity surrounded by the unconditional love of God. We will use our lived experience as a resource for others.

Core Values of Francis House:
Compassion, Unconditional Acceptance,
Respect and Dignity.

WISH LIST

Miscellaneous

- 8 ½ x 11 white & colored copy paper
- Grocery store gift cards
- Home improvement gift cards
- Postage stamps

Food

- Applesauce snack cups
- Bisquick
- Broth: beef, vegetable
- Brownie mix: fudge, dark
- Cake mix: yellow & chocolate
- Canned fruit (small): fruit cocktail, peaches
- Chocolate chips (semi-sweet)
- Coffee: decaf & regular
- Cookie mix
- Cooking oils: olive & canola
- Cooking spray
- Crackers: Ritz, club, oyster, saltine
- Cremora creamer
- Flour
- Frostings: fudge, vanilla, cream cheese
- Fruit snack cups: cherry & mixed fruit
- Gravy: chicken, beef
- Honey
- Jello snack cups: strawberry & orange
- Juice: cranberry juice cocktail, apple
- Mayonnaise (30oz)
- Molasses syrup
- Pancake syrup
- Peanut butter (16oz. jar-creamy)
- Pie fillings: cherry,

blueberry

- Pudding snack cups
- Quick bread & muffin mix
- Soda: colas, root beer, ginger ale
- Soup: chicken noodle
- Sugar: granulated, brown, confectioners

Paper Goods

- Coffee stirrers
- Flexible straws
- Freezer & storage bags (all sizes)
- Paper Towels
- Parchment paper
- Snack bags

Household

- Dish detergent
- Dishwasher detergent gel pacs
- Disinfecting wipes
- Glass cleaner
- Hand sanitizer
- Liquid hand soap
- Lysol kitchen cleaner
- Swiffer sweeper cloths (dry & wet)
- Toilet bowl cleaner
- Trash bags (13 & 30 gallon)

Supplies

- Alcohol pads
- Baby wipes (unscented)
- Bar Soap (unscented)
- Body Wash
- Mouthwash
- Toothbrushes
- Toothpaste



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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 FROM DECEMBER 14, 2017 – APRIL 3, 2018

Sandra Badgley
Rita Begay
Derrick Best
Suzanne Blair
Joseph Cavallaro
Lorraine Cooper
Gerald "Biff" DiCaprio
Mary Jane DiGiacomo
Sally Doctor
Erich Doell
Joyce Douglas
Helen "June" Farrell

Grace "Irene" Feigel
Jean Foster
Marilyn Francisco
Kathleen Goltermann
Debra Greenfield
Marilyn Hallock
Patricia Harter
Mary Ann Howard
Mary LaRock
Bernard "Bernie" Lee
Richard Lombardo
Kristina Lyman

Irene Mahoney
Joyce Maiorano
Shirley Marble
Gladys McEnaney
Robin Medler
Regina Noone
Rita O'Loughlin
Sabaheta Osmanovic
Charles "Bud" Pulver
Leonard Quattropani
James "Tom" Reagan, Jr.
Sr. Rose Ann Renna

Laura Richmond
Leon Rocco
Kathy Rogala
Carol Rowe
Kenneth Schwarz
George Sorrendino
Ellen Spitz
John "Jack" Van Huesen
Elizabeth "Betty" Wall
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