



A Family When You Need It Most

SPRING 2019

NEWS

FROM OUR HOUSE



The Lucky Lane farm

Resident Spotlight

DORIS LUCHSINGER

“I always said I’d never marry a farmer and then that’s exactly what I did,” shares resident Doris Luchsinger. On January 13, 1951, exactly one month after her 18th birthday, Doris married Ed Luchsinger. It was a partnership that would have a special place in the history of dairy farming in Central New York.

Doris grew up in Jamesville in a home surrounded by large farms. Her father, who worked for the penitentiary, was very strict about her dating anyone. But when she met Ed at a 4-H dance and told her dad she was interested in him, “He said, ‘oh, that’s a good family,’ I was shocked, but happy,” says Doris with a smile. In fact, the Luchsinger family is very proud of their heritage. Ed’s parents came from Switzerland. Their story is chronicled in the book Legacy of an Immigrant Farmer, written by Mary Luchsinger Sperling.

Doris and Ed built a house on his parents’ farm, Silver Spring Farm, where they worked side by side other family members. Silver Spring Farm has continued to be a nationally renowned and awarded breeder of Jersey cows. In May 1955, they bought a working farm for themselves in the Town of Fabius on Daley Road. They named it Lucky Lane Farm.

“It was a deal,” says Doris, “135 acres, with 2 tractors and full equipment and 40 cows for \$24,000.” Their farm grew to over 100 head of livestock.

Doris was an active participant in their farm, as well as their three children Ellen, Ron and Judith. Ron continues working on the farm today, as well as

his own farm. “I’ve spent a lot of time on a tractor,” shares Doris with a smile. “I remember one day, I covered 115 miles making several deliveries of hay to our farm from fields near Song Mountain and Pompey.” Doris was never one to sit too long.

Although farming took up most hours of her days, Doris found time for flower gardening, which she loved. She also loved to ski. She remembers when Song Mountain first opened. She and her family continued to ski there for many years. She also quilted and designed her own pattern, called Lucky Lane after the farm, and made several quilts in that pattern.



Doris (2nd from left) with her children (left to right: Ellen, Ron and Judith) in front of the barn bearing the Lucky Lane pattern.

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News From Our House

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EXECUTIVE DIRECTOR'S MESSAGE



“Don’t judge each day by the harvest you reap but by the seeds you plant.”

- Robert Louis Stevenson

She had a beautiful and ready smile. I can still see her standing at the board, impeccably dressed, with so much chalk dust on her hands that I’m not sure she was ever able to wash it off completely. She was a teacher’s teacher. She loved her work and her students. She knew every student by name and the names of their brothers, sisters, mothers, fathers, aunts or uncles that had she taught in previous years. She knew how to listen and remember even small things about her students. Things that she would call on when the student struggled, as I did, to give them encouragement and support. You never worried about failure because Mrs. Smith had a way of listening, hearing the problem, and creating a solution to insure success.

Although I didn’t realize what it was at the time, I now know that Mrs. Smith lived in relationship. It has been many years since I learned those life lessons. Life went on and high school became a distant memory. I wonder now, if Mrs. Smith ever knew the profound impression she made on me and other young adults. She started a thread, planted a seed and helped each of us to grow.

Every day each of us will make a difference in someone’s life. It may be through a simple act of caring, like helping a neighbor or smiling at the next person we meet when we don’t have one more smile left in us. Perhaps it will be providing a needed compassionate presence, the gift of our attention, in a time of distress. How we use the fruits of the seeds planted in us, will influence the bounty of the harvest. How we share the strength of the threads in our lives will influence the continuity of those life connections. We may never be aware of the profound impact our lives have on others. “Someone is sitting in the shade today because someone planted a tree long ago.” – Warren Buffett

I offer our deepest thanks to all of you for sharing the threads of your lives and for the shade of the tree, which is Francis House.

In peace and gratitude,

Nancy Light, Executive Director

Doris is an amazing storyteller, sharing memories like the day seven fire departments responded to a fire in their tool shed, pumping water from their pond, “I had to run to the phone and call the fire department. I was the only one who knew the number by heart, it was long before 911;” to the story of painting the barn by herself. “I did it all with a hand brush. For the peak of the barn I had to back up the tractor and put the bucket up as high as it would go. Then I put a ladder inside of the bucket and tied it down. I did hours at a time. I started on March 30th and finished in November.”

Doris is concerned about the lack of current support for dairy farmers. “Dairy is the number one agriculture business in New York State and yet our farmers are still being paid not much more than we were paid 50 years ago.” And she adds, “why would you want milk that

takes 3 days to ship from across the country when you can have the good fresh stuff right here?”

Doris says she was not nervous at all to move to Francis House. “My son and daughter came and checked the place out and called me and said it was perfect,” she shares, “and it is. It is so beautiful. I have a beautiful view out my window and these people get me anything I could want.”

Caregivers say it is Doris who usually tries to take care of them. “Whenever we ask if she needs anything she always responds, ‘what do you need?’” says caregiver Loretta Wayant. Sally Whaley, caregiver, agrees, “she always puts the focus on others. We learn something new about her every day and she always makes us laugh.”



Wednesday, October 16, 2019
5:30pm-8:30pm

New York State Fairgrounds
Horticulture Building

Please join us for 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 contact Adrienne Kelley, development and special events at 315-475-5422 or email akelley@francishouseny.org



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 30, 2019.

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

Volunteer Spotlight:

EMILY ALBERTS



Emily (left) with volunteer Sister Kathleen Bruzga celebrate St. Patrick's Day.

"As I was getting residents' requests for lunch, I walked into Fred's room and said hello. He responded, 'I know you are here to go and get, but I am here for a purpose.' And it stopped me in my tracks. I thought, he's right. He is here right now, right here for a purpose and it is my job to help him fulfill it."

Volunteer Emily Alberts feels it is simple moments that are the most profound. She believes the person she is, her spirit, is made from the relationships with others and the pieces of their spirits that she learns from.

"There is a tremendous gift that Francis House gives you. You are invited into our residents' lives and you listen and you learn. This collection of stories, their histories and our moments together, it's their legacies and they live through us."

Emily was introduced to Francis House seven years ago when she was a volunteer family caregiver for Hospice. She was asked to visit some people at Francis House and was excited because she had a dream to open a home like Francis House. "But once I got here and saw Francis House does this care perfectly. I wanted to be a part of this family."

Born and raised in Connecticut, Emily attended Damon college. Her roommate was from Upstate New York and after spending time in this area Emily knew she wanted to call this community home. Emily lives in Baldwinsville with her husband, Ed. She graduated with a degree in physical therapy and worked 18 years as a physical therapist and then in Administration. She was being called back to hands on care. That's when

she reached out to volunteer at Hospice, then Francis House. Emily has been volunteering for three years here.

The first thing you notice when Emily walks into a room is her smile, which is always there. "She smiles and creates a mood. She finds the positivity in everything," says fellow volunteer Linda Streeter. Next, you notice her apron. She has 32 of them! One for every occasion, every holiday. At Christmas she wore an elf apron complete with red and white striped stockings and elf hat. "Whatever it takes to lift someone's spirit," says Emily, "It's a great conversation starter for residents and family members."

Emily is always thinking of new ways to support residents. She invited New Horizons Salt City Orchestra, an orchestra made up of adult musicians, both beginners and advanced, to play at Francis House. They have truly touched our residents and family members. During their first visit, two of the musicians went into a resident's bedroom to play by his bedside. He was a conductor and composer. As they began to play, he lifted his arms and conducted.



Emily (left) with volunteer Linda Streeter dressed as Minnie Mouses for Halloween.

"When people think it must be hard volunteering for Francis House, I tell them it is the opposite," says Emily. "Imagine a place where you feel surrounded in love and supported; you feel a part of something that is greater than yourself."

I am who I am because Francis House touched me forever. Be open to the beauty and you will experience the love. It will change your life."

MISSION OUTREACH

Members of our Administrative Staff are often invited to speak about the Francis House Mission or End of Life Planning to groups, both secular and religious. If you are a part of a Rotary Club, Knights of Columbus, or even a book club, please think about having one of us come as a speaker. This can be arranged by calling Sister Kathleen Osbelt at 315-475-5422 or emailing her at kosbelt@francishouseny.org

EASTER CELEBRATION



We had a beautiful Easter celebration with our residents, family members and loved ones. Even the Easter Bunny shared in our day. (Picture: Easter Bunny, aka Rea Carver, volunteer coordinator, with resident Betty Donohue). Thank you to all those who volunteered and those who made special treats for our dinner.

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.



A SPECIAL GIFT

In November, Francis House said goodbye to a beloved member of our family, Vince Foriero. Vince was one of our original Board Members and served our ministry for 28 years. Vince had an infectious sense of humor and always brought laughter to our gatherings. He had a great love for his family, for Francis House and for riding his Harley Davidson motorcycle. Alice, Vince's wife, was his companion in life and on most of his rides.

"He wanted to take something he treasured and use it to help the residents he has always loved."

This March, Alice presented Francis House with a check from the proceeds of the sale of Vince's bike. She shared that Vince always found a way to focus on joy and to focus on life. The bike had brought them both many opportunities to explore our area. Alice is grateful for the beautiful memories shared Alice. "He wanted to take something he treasured and use it to help the residents he has always loved."



Donor Spotlight

THE GUINTA FAMILY



Sister Colette Walter, Francis House household coordinator, receives fresh fruit and vegetables from Norm Guinta.

When you walked into the office of Norm Guinta at Guinta Produce, the first thing you notice is a long shelf of pictures that runs across the entire wall above the desk. A beautiful history of family celebrations, children's sports events and right in the middle in a small gold frame, is Norm's dad, Pete, at the first Francis House There's No Place Like Home event in 1997. "He was so proud of that picture," explains Norm, "Dad loved that event and he loved Francis House."

Norm remembers his dad sending him to Francis House to deliver fresh produce. "He would donate something for every season and every holiday." This tradition began during Francis House's first years in the 1990s. Norm became an official partner in the business in 1992. From plants on Memorial Day and Easter to summer fruit and fall vegetables, "Norm never forgets us," says Sister Colette Walter, Francis House Household Coordinator.

In fact, the entire Guinta family supports our ministry. Norm's sister Anita and brother PJ, owners of North Country Florist in Baldwinsville, make fresh Christmas wreaths to decorate Francis House every Christmas season. They also donate the Christmas tree for the gazebo that is decorated with our memorial lights.

Of course the Guintas continue to participate in There's No Place Like Home, Francis House's signature event, every year.

"It's hard to take credit because giving to Francis House is easy to do," shares Norm. "We know what the families are going through, we were there." In 2002, Pete Guinta was a resident and spent his last weeks at Francis House. "We were all surrounded in love. I could see in Dad's eyes how content and comfortable he was and when Dad took his final breath it was so peaceful."

Francis House has touched several of Norm's family members. In 2016, his aunt JoAnn McMahon was also a resident. And just this past April, Glenn, a long-time employee of Guinta Produce, was caring for his wife Holly who was terminally ill. Norm says, "I looked at him and said, 'you need to call Francis House.' And we were all so grateful he did and she was able to be there."

Norm says he will always support Francis House in whatever way he can. He looks forward to the day when he retires and promises to volunteer at Francis House. "My dad taught me to always surround myself with good people. It is something we have in common with Francis House. You walk in the door and you feel the goodness of the people there. You feel the love."

The Caring Fund

YOUR LEGACY OF LOVE Through The Caring Fund

We have received tremendous support from our benefactors who have named Francis House in their wills and other planned gifts.

We would especially like to recognize gifts received from

Estate of Constance J. Morse
Estate of Gerald P. Cornell
Estate of Gertrude F. McGuire
Estate of James J. Manning
Estate of Regina M. Noone
Estate of William E. White

For more information on The Caring Fund, go to www.francishouseny.org or contact Beth Lynn Hoey, Director of Development at 315-475-5422.

THANK YOU...

*Thank you Andrea Gagas,
for choosing Francis House to receive
proceeds from Great Northern Mall
Health Happiness & Holistic Fair.*



*Thank you to those who celebrated
Mother's Day by sending a donation
to Francis House in honor
or in memory of your mother.
We are touched by your
thoughtfulness.*



Pictured: Chow Downey, (left) and volunteer, Dick Maloney
unload 50 cases or 1,200 cans of soda

*Thank you Chow Downey and The Pepsi
Bottling Group for their generous donation
of soda for our residents and families.*

*Thank you Greg Hallock for
refinishing our end tables in our 114
great room, they look beautiful*

*Thank you to our gardening group who
continue to make our grounds look
beautiful.*

*Thank you Elite Fitness Gym
for their collection of Wish List items.*

*Thank you AT&T Telecom Pioneers
for their collection of Wish List items.*

*Thank you St. Matthew's Church
of East Syracuse for the pantry items.*

*Thank you St. Mary's of Minoa for your
generous collection of pantry items.*



*Thank you Chris Munn and Tom Richards
for joining our maintenance team of
volunteers. We are so grateful for your
assistance with all our household chores.*

*Thank you Bernice Buck for hosting your
annual Super Bowl party and raising
\$1,425.00 in memory of Helen Day
for The Caring Fund, Francis House's
endowment.*

AUXILIARY SILVER SUNDAY



Sunday, September 15, 2019
2:00 p.m. – 4:00 p.m.

1863 Locust Lane, Skaneateles, NY 13152

You are invited to Auxiliary Silver Sunday at the beautiful home of Tina and Frank Pfau on Skaneateles Lake. We are grateful to Tina and Frank for hosting the event this Fall. The gathering will include a wine tasting.



SILVER SUNDAY RAFFLE



We will hold a raffle for a Stickley East Colorado Rocker from their Pasadena Bungalow collection valued at \$2,013.

Tickets will go on sale in August. \$10 per ticket, 3 tickets for \$25. You do not need to be present to win.

If you would like to be contacted when tickets are available, please email us at info@francishouseny.org.

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.



NEW NOTE CARDS

The Auxiliary debuted their new note card designs by local artist Michelle Masters this May. We are grateful to Michelle for making these custom designs for us. Her work is sold all over the country.

Note cards are sold with envelopes in packs of 6 for \$12.

CARING FOR THE WHOLE PERSON

“Every time we welcome a new person into Francis House I tell them, ‘you are the center of our world now and whatever you need, we are here for you,’” explains Sister Colette Walter, household coordinator. Our focus is the comfort of each resident and to give them support in a way that they find is comforting and enjoyable for them. Over the next few newsletters, we will share some of the ways we give holistic care and celebrate the wonderful volunteers who give of themselves to make each day the best it can be for our residents.

Music Therapy

Sister Eileen Derrick gives her time to provide music therapy at least once a week to the residents of Francis House. Sister Eileen is a certified music practitioner (CMP) and has been trained



Sr. Eileen plays several instruments, but prefers the harp when ministering to the residents of Francis House.

through the Music for Healing and Transitions Program (MHTP). She explains, “I am grateful for the three-year program because it has given me the tools to determine where a resident is on their journey, to accept them, and provide appropriate music for their condition.”

Every week, you will see Sister Eileen carrying her harp through Francis House asking residents if they’d like to hear some music. Often, caregivers will greet her with special requests for residents who might be having a difficult time. Sally Manahan, resident care coordinator, notes that Sister Eileen does much more than play music. “There are powerful, evidence-based practices of care that alleviate pain outside of medicine. We are blessed to have trained professionals like Sister Eileen who give their time and expertise to help our residents.”

“The effects of music vibrations are evidenced in the changes in the residents as I play,” Sr. Eileen explains. “They show signs of slower respiration and heartbeat, muscles relax as feet, hands and face let go of tension and give in to the music through rest and sleep. I accept these small signs as a compliment. I am not there to energize or engage, but rather to bring wholeness, quiet and respite.”



Volunteer Jana Biesanz says her goal is to help residents and families find peace.

Meditation

As an ordained Interfaith minister, former hospice chaplain and current hospital chaplain, Jana Biesanz is grateful for the moments she has experienced serving those in need of support. She says her ministry has been strengthened over the past 10 years with the sacred moments she has shared with those in their final days.

“Breath meditation, guided meditation or silent meditation are wonderful methods for reducing anxiety, stress, and fear, or to help achieve more restful sleep,” explains Jana. She will often teach a simple, five-minute breathing meditation that can very quickly and effectively slow breathing, heart rate and calm a racing, anxious mind. Sometimes Jana will facilitate longer guided meditations, in which a person simply rests and listens as she talks them through a visualization, to help even deeper relaxation.

Although Jana understands not everyone is interested in meditation, she has seen amazing results for many who have asked for it. Sally Manahan, resident care coordinator, adds, “We are grateful to have Jana available for our residents. Some of the most highly respected medical facilities around the country have welcomed this evidence-based practice. Jana has brought great comfort to our residents and families.”

Jana has also taught small groups at Francis House staff retreats to show how to have a quick, 5-minute breathing meditation. She has also presented throughout our community on the positive effects of meditation.

Jana encourages each person to find what works best for him or her. “Many people find their daily practice to be centering and the effects continue outside of the time they spend in meditation.”

We are grateful for the loving service Jana brings to our home. Jana says, “It is all about the resident. I say a silent prayer each time I am with a person – a heartfelt prayer that we will bring peace to each other.”

ST. PATRICK'S DAY RAFFLE WINNERS!

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



Check presented to Kevin Hanlon, son of Jan Hanlon, our second place winner by Beth Lynn Hoey, director of development.



Check presented to Peggy Johnson (left) and Jimmy Smith, our third place winners by Beth Lynn Hoey, director of development.

Congratulations to our winners Ann Keeney and William Racey (not pictured) Jane Hanlon, and Peggy Johnson and Jimmy Smith.

HELP FRANCIS HOUSE FROM YOUR HOME

Francis House welcomes you to join our Prayer Community. Each week a listing of the first names of all our residents is sent to the members of this community and they are asked to pray for the residents and their family members. If you would like to be a part of this growing group simply by emailing Sister Kathleen at kosbelt@francishouseny.org.

SUMMER HAS ARRIVED



Left to right: Devon Sedlack, Taylor Ratliff, Lilly Fowler and Olivia Barnhart

We are grateful for the hard work of our volunteer gardening committee, led by Bridget Ristau and Judy Murrett. Francis House's gardens are in full bloom. It is a beautiful sight for our residents and families to enjoy. The gardening committee had special help from Girl Scout Troup #10494 of Manlius on May 18th to plant flowers. Thank you!

To all at Francis House -
It has been months since I said good-bye to my brother with all of you so attentively caring for him. Not a day goes by that I don't think of him. But, I also think of you all as well. You were angels to him and to all of us. I will always love each and every one of you.

Please accept this small token so that you may work your wonder, as you did with my brother.

Love always to all of you.

Sue

GIVING MADE EASY

IRA Gifts

We are grateful for our donors who have supported us from a gift from their Individual Retirement Account (IRA).

Starting at age 70½, you are required to make an annual distribution from your IRA. If you do not make your minimum required distribution, you face tax penalties.

You can use part or all of your distribution to make a donation to Francis House. Your distribution is not taxable as income.

To make a gift from your IRA, contact your financial advisor. Your financial institution will send a check directly to Francis House. You will receive an acknowledgement and receipt once we receive your gift. If you have any questions, please contact Beth Lynn Hoey, director of development at 315-475-5422 or blhoey@francishouseny.org.

Automatic Debit

You can schedule 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.

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.

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, chicken 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: chocolate, vanilla, cream cheese
- Fruit snack cups: cherry, mixed fruit
- Gravy: chicken, beef
- Jello snack cups: strawberry & orange
- Juice: cranberry juice cocktail, apple
- Mayonnaise (30oz)
- Pancake syrup
- Peanut butter (16oz. jar-creamy)
- Pie fillings: cherry, blueberry, apple

- Pudding snack cups
- Quick bread & muffin mix
- Soda: colas, root beer, ginger ale
- Soup: chicken noodle, tomato, mushroom
- Sugar: granulated, brown, confectioners
- Tomato: diced, crushed
- Tuna: (canned) solid white

Paper Goods

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

Household

- Dishwasher detergent gel pacs
- Disinfecting wipes
- Hand sanitizer
- Liquid hand soap
- Swiffer sweeper cloths (dry & wet)
- Trash bags (13 & 30 gallon)

Supplies

- Alcohol pads
- Baby wipes (unscented)
- Body wash
- Chapstick/Lip balm
- Mouthwash
- Unscented lotion



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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, 2018 – APRIL 17, 2019

Holly Beaman	Eugene Doering	Karl Klein, Sr.	Robert "Rob" Raab
Judith Bethmann	Beverly "Penny" Dolson	Frederick Krenzer	Sofie Rahner
Terry Boysen	Nancy Donovan	James "Jack" Ladstatter	Harding Rhyant
Susan Brewer	Angela Dowling	Joseph Lamanna, Sr	Violet Rossomano
Anne Brzuszkiewicz	Sally Edick	Marie Laning	Ronald Sager
Mario Bucci	Constance "Connie" Frazier	Timothy "TJ" Lees	Margaret "Peggy" Salvagno
Richard "Ricky" Caparco	Muriel Hewitt	Jeffrey "Jeff" Manzo	Mandolfo
Steven Carlson	Lisa Hofsted	Giuseppe Messina	Hillery Schneiderman
Michael Clum	Kathleen Hoxie	M. Virginia Mooney	Walter "Hawley" Scott
Reginald "Reggie" Cockayne	Domenica "Gracie" Howe	Robert Murphy, Jr.	Francis "Frank" Silvaggio
George "Jeff" Conger	Roberta Huse	Robert "Bob" Newman	Gloria Smith
Deborah Cooke	Roseanne Hyde	Mary Ann Nichol	Ralph Spencer
Francis Costello	Manuel Johnson	Charmaine Nelson	Pauline Swanick
Bishop Thomas Costello	Laverne Judd	Rose Marie Olszewski	Virginia Tompkins
Alice Cotter	John Jureller	Mary Pfaff	Helen Williams
Benedetta DiMarco	Mary "Adeline" Keassa	Steven Pucino	John Woods