



A Family When You Need It Most

WINTER 2024

NEWS

FROM OUR HOUSE

GRATITUDE FILLS RESIDENT'S HEART



God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

— Serenity Prayer



Although facing a terminal illness, Catherine Ann Golden considers herself fortunate.

“While I never thought I would be a Francis House resident,” Cathy says, “given the circumstances, I couldn’t possibly be anywhere more welcoming, loving, and peaceful right now.”

Part of the reason Cathy says she feels comfortable and very much at home is because she knew Sister Kathleen Osbelt, Francis House founder. A parishioner of St. Augustine’s Church in Baldwinsville, Cathy fondly recalls Sister Kathleen’s involvement with her congregation: for a time, Sister delivered the homily at Mass once a month and participated in and led numerous women’s retreats. “I remember her messages, the twinkle in her eye, and her keen sense of humor,” she says.

Cathy is passionate about many aspects of life—history, music, service, and her Irish heritage, for example—but says “my faith and my family have been the constant sources of strength and companionship my whole life.”

The family feeling nurtured by the staff and volunteers at Francis House appeals to Cathy as an extension of her own close clan. She has two brothers—Bob and his wife, Ika, in Idaho; and Michael and his wife, Amy, in Colorado; and her sister, Maureen, and brother-in-law, Mark, in Baldwinsville, plus three nieces, three nephews and 24 first cousins. “It’s been a blessing in my life to have had strong family connections, developed by my father and mother, who passed away in 2009 and 2015, respectively.”



Cathy has led a full life. She graduated from the University of Virginia with a BA in History and spent a summer semester in Ireland, saying that the experience “cemented my love of Irish literature, poetry, and spirituality, as well as Irish music.” After college, she worked for her family’s restaurant and inn in Geneva until they sold it and then moved to Sarasota, where she served as an Assistant Manager at an Eckerd Drug Store. When she returned to Syracuse, she continued her career in retail, working until July, when her illness progressed.

On Dec. 10, Cathy was a recipient of the Diocese of Syracuse’s Immaculata Award, conferred by Bishop Douglas Lucia at the Cathedral. The award was accepted on her behalf by her sister, Maureen Golden Murphy. Cathy was nominated by her parish, St. Augustine in Baldwinsville, NY, “for her faithful and dedicated service to Christ and His Church,” according to St. Augustine’s Pastoral Associate, Debra Krisher. Bishop Lucia stressed in his remarks that “she truly exemplifies what the award represents: leadership in church life.”

Cathy has relished the serenity that Francis House provides, and as her favorite mantra, the Serenity Prayer, invokes, has accepted “the things I cannot change.” Serenity, courage, and wisdom are attributes that Sister Kathleen exemplified in her own life and now, through Cathy, provide continuing inspiration for us all.

Written by Cheryl Abrams

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News From Our House *is distributed free to friends of Francis House.*

We invite you to send name, address, or other contact information changes to:

Email: info@francishouseny.org

Phone: 315-475-5422

EXECUTIVE DIRECTOR'S MESSAGE



The dream of Francis House began with our founder, Sister Kathleen Osbelt. In 2024, Francis House celebrates 33 years of offering compassionate end-of-life care. We have been blessed to be a home to more than 4,000 residents and to have supported more than 13,000 families.

We are blessed by the leadership of our Board of Directors and its many specialized committees. Currently, our Buildings and Grounds Committee is considering how Francis House can serve our community in even more ways. They are leading an assessment of our current property, and the new property that was recently offered to us. They are envisioning how we can welcome more residents into our care, and how we can support the needs of families, staff, volunteers, and visitors – and all who share the spaces throughout our home. This work by our Board brings excitement to our 33rd anniversary year. It reflects our shared goals to want to serve more people, to stay on Michaels Avenue, and to broaden our impact.

Francis House has been given an opportunity to purchase four homes surrounding the Michaels Avenue homes: two houses on Court Street and two houses on Kirkpatrick Street. It is such a blessing that the opportunity to purchase these properties presented itself. We are limited to the number of beds we can provide, so we have identified areas that can expand Sr. Kathleen's mission. There is a need for education and support in the community to families who have a loved one in their last months of life as well as support after the passing of a loved one. Also, we desperately need more parking space for families, volunteers, and all those that visit Francis House. We are being respectful of those tenants who have current leases. We are currently formulating a plan for the future to continue Sr. Kathleen's mission and vision. We continue to be blessed with community support and want to give back to the community that is so giving to us. Just as important, we want to stay on Michaels Avenue where Sr. Kathleen built her mission.

As we embark on this new and exciting opportunity, we recall how Sr. Kathleen made what was thought to be impossible a reality. She followed the teachings of St. Francis to "start by doing what is necessary, then what is possible, and suddenly you are doing the impossible."

We ask God to continue to bless and guide Francis House, our staff, volunteers, and our donors. We are looking forward to continuing Sr. Kathleen's vision, mission, and values to always be present to those most in need at the end of their lives.

Blessings and peace,



Mary Anne Hankins
Executive Director

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.

Francis House Welcomes New Staff!



VICTORIA SMITH

Victoria “Tori” Smith has been hired as a full-time Mission Outreach Coordinator. Tori will support the community outreach goals of the Mission Outreach and Education department, administering and marketing its programs, events, and classes.



DEB GUANCIAL

Deb Guancial has joined Francis House as a full-time Intake Assessment Coordinator supporting resident admissions. Deb will receive referrals made to Francis House and visit with resident candidates and their families.

VOLUNTEER SPOTLIGHT: Meet Andrea Foley and Chloe



Andrea Foley and Chloe, her Cavalier King Charles Spaniel, have been brightening the halls of Francis House for almost two years. Andrea has had Chloe since she was eight weeks old and said that she’s always had a calm and friendly demeanor. She just loves people, “that’s how she’s always been.” Now six years old, Chloe’s become a welcome fixture at Francis House, visiting residents, family members, and staff each week. Andrea and Chloe are one of several

certified pet therapy teams that grace Francis House with their compassion, company, and cuddles. We sat down with Andrea and asked her about her experience volunteering at Francis House.

What brought you to Francis House?

My friend’s mother was a resident at Francis House in 2022. She would bring her Cavalier when she visited her mom and saw how much joy it brought not just her, but everyone at Francis House. She encouraged me to reach out to the volunteer manager, Rea Carver, to ask about visiting with Chloe. It’s not something we had planned on, but Francis House was a perfect fit. It all just fell into place!

What has been your favorite part about volunteering here?

Everything! I love the atmosphere here. There is so much warmth and kindness. I always leave feeling grateful that I could make at least one person smile, who maybe was having a difficult morning. It’s as helpful for staff and family members as much as residents. Sometimes the resident is asleep, but the family members still ask for a visit. I get as much out of it as anyone else. I have a deep love for animals, and being able to bring Chloe here brings me great joy.

Do you have a favorite memory from your time volunteering with us?

There was one resident soon after we started who just loved Chloe. She made me promise that I would visit her every week. She said, “Please don’t ever walk by my door, even if I am sleeping. Please come in.” One day we came in and she was very close to the end of her life. She seemed to be asleep and I wasn’t sure if I should go in, but I remembered my promise. I don’t think she recognized me, but as soon as she saw Chloe she just lit up! She smiled and said, “you brought my Chloe!”



We tried to ask Chloe what she thought about volunteering at Francis House. She just wagged her tail and pulled Andrea towards the hall in the direction of the resident rooms so they could continue their visits.

Written by Michelle Kirsh, Francis House Volunteer Coordinator

Are you or someone you know interested in volunteering at Francis House? Contact us today to learn more about how you can get involved. Email Michelle or Rea at volunteer@franchishouseny.org or call 315-475-5422.

AUXILIARY NEWS



A LEGACY OF LEADERSHIP

The Auxiliary of Francis House, founded in 1992, has been an invaluable partner to Francis House through the years. Today, the Auxiliary is comprised of more than 300 members. Its Board of Directors oversees eighteen active committees, each serving a part of the Francis House mission.

This photo, taken at the December 2023 holiday luncheon, captures many of the Auxiliary's original members and leaders. Pictured are (seated left to right) Elaine Scuderi, Sally Kondziela, and Myra Dombroski. Standing (left to right), Beverly Petterelli, Sister Colette Walter, Ellen Schardt, Marie Grabowski, Joanne Speach, and Josephine Oliva.

2024 AUXILIARY SPRING LUNCHEON & FASHION SHOW

As we bid farewell to winter's chill and eagerly welcome the warmth of spring, it's time to embrace the season's latest trends and colors at the 2024 Auxiliary Spring Luncheon & Fashion Show.

Join us for an afternoon filled with fashion, fun, and springtime spirit. Enjoy a delicious lunch while being treated to an exclusive fashion show featuring the latest styles that will inspire your wardrobe for the season.

Date: Thursday, May 16, 2024

Location: DoubleTree by Hilton, Carrier Circle, Syracuse

Invite your friends, family, and fellow fashion enthusiasts to join us for an unforgettable afternoon in support of the Auxiliary of Francis House.

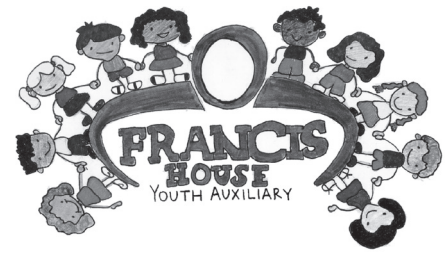
Register to attend by visiting AUX24.givesmart.com.



AUXILIARY HOSTS CHRISTMAS LUNCHEON

The Auxiliary Board of Francis House hosted its annual Christmas luncheon December 7 at The Century Club. Special thanks to the planning committee (left to right) Karen Gross, Lisa Kanerviko, Kathy Martin, and Kate Bushnell. *Not pictured is committee member Pam Quinn.*

Thank you for bringing love and joy to the Christmas season!



YOUTH AUXILIARY

Compassion in Action



The Francis House Youth Auxiliary is comprised of students representing most local high schools in Central New York. Its members are rising leaders and eager volunteers who pledge to be compassionate and committed in their service to Francis House. Members seek to grow core life skills, including leadership, self-confidence, communication, compassion, team building, and trust, through service, learning, and volunteering. The September 2023 kick-off meeting featured a presentation by Sister Colette Walter on the history and core values of Francis House. In October, the group elected members to fill leadership positions. They also created Halloween-themed sun catchers for residents' rooms. The November meeting was held at St. Daniel Church where the students made gifts and a Thanksgiving card for each resident, and baked three dozen pies for residents and families to enjoy on Thanksgiving. Students also participated in the annual Francis House Memorial Mass on November 30. The group plans to assist the Auxiliary at its upcoming Spring Luncheon & Fashion Show and looks forward to welcoming guest speakers to its meetings in the coming months.

A Caring Transition

The Francis House mission statement pledges that “we will use our lived experience as a resource for others.” In that spirit, Francis House congratulates two members of its care team who have taken on caregiving leadership roles of Resident Care Coordinators. Kristie Meyer, RN, and Emily Young, RN, MSN replace Sally Manahan, RN, NP, MSN who is transitioning out of resident care and into a role of education and spiritual care. Sally is a recent graduate of Fr. Richard Rohr’s Franciscan-based Living School program. Congratulations to Sally for serving and living the Francis House mission. And congratulations to Emily and Kristie for bringing your exceptional talents to the care of our residents.

Learn more about the roles and responsibilities of each of these leaders by visiting our website at franchishouseny.org/our-family.



Sally Manahan, RN, NP, MSN



Emily Young, RN, MSN



Kristie Meyer, RN

FRANCIS HOUSE WISH LISTS

FOOD

- Brownie Mixes:
Fudge, Dark Chocolate
- Chocolate Chips (Semi-Sweet)
- **Coffee: Decaf, Regular**
- Cookie Mix
- Cooking Oils:
Canola, Extra Virgin Olive Oil
- **Food Gift Cards: Aldi, Tops, Nichols Supermarket, Price Chopper, Walmart, Wegmans**
- Fruit and Granola Bars
- Individual Snack Items:
Nuts or Dried Fruits
- Juice (64 oz):
Apple, Cranberry Juice Cocktail
- Mayonnaise (30 oz): Hellman’s
- Pancake Syrup
- Pudding Cups (Snack Pack):
Chocolate, Vanilla
- Soda (2-Liters):
Ginger Ale, Pepsi/Coke
- Soup (10.5 oz Cans):
Campbell’s Chicken Noodle,
Campbell’s Tomato
- Sugar: Confectioners,
Granular, Light Brown
- **Tuna (5 oz Cans): Solid White Albacore in Water**

HOUSEHOLD ITEMS

- **Paper Towels**
- Dish Soap
- **Dishwasher Tablets**
- Fabric Spray
- Fabric Softener Liquid & Sheets
- Febreze Air Freshener Spray (Linen & Sky)
- Hot Liquid Cups with Lids
- Hydrogen Peroxide Toilet Bowl Cleaner
- Laundry Detergent Liquid
- Laundry Detergent Sheets
- **Liquid Hand Soap**
- Napkins
- Room Deodorizers
- Swiffer Sweeper Cloths:
Dry and Wet
- Toilet Paper: 1-Ply
- Trash bags with drawstrings:
Unscented 13- and 30-gallon

SUPPLIES

- **Unscented Baby Wipes**
- **Chapstick/Lip Balm**
- Denture Cups
- Essential Oils: Eucalyptus,
Lavender, Peppermint
- **Exam Gloves, Size Large: Latex-Free & Powder-Free**
- Lavender Eye Warmers
- Microwavable Heat Packs (Neck and Shoulder)
- Medical Chucks
- Mouthwash (No Alcohol)
- Personal Adult Briefs with Tabs (**Not** Pull-Ups):
Unisex, Extra Large
- N-95 Masks
- **Shower Caps**
- **Toothpaste**
- **Unscented Lotion**
- Women’s Deodorant (No Aerosol)

MISC. ITEMS

- Batteries: C
- Book Gift Cards:
Barnes & Noble, Amazon
- Copy Paper (8.5 x 11):
White and Color
- Crafting Gift Cards: JOANN
Fabrics and Crafts, Michaels
- Home Improvement Gift Cards:
Best Buy, Lowe’s, Home Depot,
Target, Walmart
- Postage Stamps
- Straws
- Visa Gift Cards

We accept donations to Francis House anytime, seven days a week!
Our most-needed items are indicated in BOLD text.

Please bring items to our 108 entrance (left side, behind Francis House) and call ahead if you are making a large donation. We will gladly greet you and accept your items.



Celebrating 33 years

Francis House celebrated its 33rd anniversary on January 28. As a community care home, Francis House does not receive insurance reimbursement, nor do we receive any federal, state, or local funding. We rely solely on the generosity of our donors to operate. We invite you to support our mission by scanning the QR code with your smart phone camera or by mailing a contribution in the envelope provided.



Dear Francis House...

"Thank you for the loving, gracious, and dignified care that you extend to your residents. Not only did you care for my friend, but you also cared for her husband and children. You exemplify the meaning of There's No Place Like Home."

"We cannot thank you enough, we are humbled by the Francis House experience."



"I can't believe how easy it was!" Thank you to all who have donated a car, truck, van, or motorcycle to us through our trusted partner, Car Donation Wizard. Proceeds from these donations directly support the Francis House mission.

Visit our website to review the easy steps, or call Car Donation Wizard at 877-957-2277 for more information.

St. Patrick's Day Raffle

"For each petal on the shamrock, this brings a wish your way, good health, good luck, and happiness, today and every day."

Tickets are on sale for our annual St. Patrick's Day Raffle. Only 700 tickets will be sold! Each ticket is \$100 and enters you for a chance to win one of four cash prizes: \$10,000, \$5,000, \$2,500, or \$1,250. **Winning tickets will be drawn at Francis House on Sunday, March 17, at noon.**



Ticket purchasers must be at least 18 years old and must reside in New York State. Please provide us with the first and last name of each person that is to be included on each raffle ticket.

Visit our website for full details, including the many ways to purchase a raffle ticket.

Questions? Email us at events@francishouseny.org.



Thank You For a Successful “There’s No Place Like Home” Event!

More than 2,000 members of our community came together on October 11, 2023, to celebrate the mission and ministry of Francis House, and to honor and remember the residents we’ve served. We are grateful to our event sponsors, donors, and attendees—all who contributed to raising \$320,000 for the Francis House mission. We couldn’t host our event without the time and talents of 250 incredible volunteers. We are blessed by the love of our community!



We can’t wait to see you October 16 for the 2024 “There’s No Place Like Home” event!

To support our 2024 event as a sponsor, advertiser, or to donate an auction item, contact Event Manager Laura Grasselli at lgrasselli@francishouseny.org.



Mother Cabrini
HEALTH FOUNDATION

FRANCIS HOUSE RECEIVES GRANT

Francis House is honored once again to have been awarded a grant from The Mother Cabrini Health Foundation. The Foundation is a private, nonprofit organization whose mission is to improve the health and wellbeing of New Yorkers, bolster the health outcomes of vulnerable communities, eliminate barriers to care, and bridge gaps in health services. Named after a tireless advocate for immigrants, children, and the poor, the Mother Cabrini Health Foundation funds programs and initiatives across New York State that either provide direct healthcare services or address the social determinants of health.

For more information, visit cabrinihealth.org.



A film about Mother Cabrini will open in theaters on International Women’s Day, March 8, 2024. The film is based on the true story of Francesca Cabrini, an Italian immigrant who devoted her life to advocating for marginalized

immigrants in New York City. She was the first American saint of the Catholic Church.

Visit angel.com/movies/cabrini for more information and to view movie trailers.

What does Francis House Need?

We are always grateful to be asked about unique Wish List items that could be underwritten with monetary contributions.

Here are a few things that your donations could underwrite for Francis House:



- Two Apple iPads for \$600
- New outdoor weatherproof resin furniture for the porches and patio for \$3,000
- Shawls for male and female residents for \$1,000
- Three wingback living room chairs for \$2,500
- A stainless steel table for our pantry for \$1,000

Contact Development Director Peggy Northrup at 315-475-5422, ext. 309 for more information.

DON'T FORGET TO FOLLOW US ON SOCIAL MEDIA



All year long Francis House is the beneficiary of events, wish list drives, and donations of house supplies – funds and items raised in support of our mission by so many wonderful organizations in our community. Follow us on social media for weekly postings as we share our gratitude for these amazing efforts!



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Support Francis House.



Scan here to make a gift.

WE PRAY FOR OUR RESIDENTS WHO HAVE DIED FROM SEPTEMBER 1, 2023 – DECEMBER 31, 2023

Damon "Skip" Alger
Norine Allen-Davis
Nicola "Nick" Amodio
Rae-Ellen Bandera
Deborah "Debbie" Becker
Leo Bielski
Marilyn Campagna
Donna Carini
Carol Carno
Ronald Cole
Faith Colebrook
Sandra Courto
Linda Crowell
James Donato, Sr.

Mary Kay Donnelly
Irene Eischen
Roseann Ferretti
Joy Fisher
Debbie Fowler
Robert Fox
Robert Gallagher
Laureen Goettel
Catherine "Cathy" Golden
Linda Gomes
Peter "Pete" Greco
Robert Greco
Karen Hazelmeyer
Virginia "Ginny" Henderson

Susan Jakubowski
Dr. Burk Jubelt
Stacy Lardeo
Lawrence "Larry" Losty, Jr.
Thomas "Tom" Marzynski
Raymond McCarthy
Alvin "Al" McFadden
John Meagher
Sharon Miller
Barbara Money
Karen Oakes
Andrea "Andre" Orlando
Kenneth "Ken" Perkins
Sharon Perry

Robyn Roberts
Clifford "Gary" Robertson
John Rogers
Donna Senke
Shirley Nielsen
Veronica "Bonnie" Swanson
Thomas Teelin
Margaret Thomas
Mary Thurston
Dolores "Delo" Tierney
Rex Tryon
Edward Warner
James Wildman, Jr.
Tracy Wood

**Thank you, from all of us at Francis House, for your notes of appreciation.
Notes and cards we receive are posted where all staff and caregivers can read them.**

*"Having my mother spend her last days at Francis House
was a life changing experience."*

*"You have the utmost professional and caring staff;
a true blessing."*