



A Family When You Need It Most

FALL 2024

NEWS

FROM OUR HOUSE

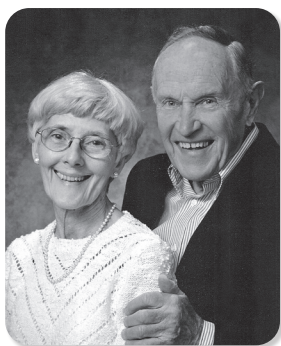
KATIE HINMAN: TENDING TO THE GARDEN OF LIFE



Those who know her might call Francis House recent resident Katie Hinman the original hometown, smalltown gal. She was raised by her mother in Elbridge, NY, a town just west of Syracuse. Sadly, Katie's father passed away when she was just three months old.

Reflecting on her life, Katie says with a smile, "my life was good." She attended Central City Business Institute

(CCBI) and landed her first job as a secretary at the Farmers and Traders Insurance Company in downtown Syracuse. Katie accepted a new position at Skaneateles Savings Bank and enjoyed a 33-year career there before retiring. It wasn't long before she returned to working at the bank two days a week supporting the branch vice president. "I really enjoyed the bank. Working for kind people who you could respect...that meant a lot to me."



In Elbridge, Katie and her husband, Bob, built a happy life as they raised their son, David, whom Katie describes as "never any trouble." While tending to her career, family, and her home, Katie also cared for her younger sister who was born with cognitive impairment. She credits her mother as an example of

strength, "I always admired my mother and becoming a mother myself was a huge accomplishment," says Katie.

Katie's family tree continued to grow when son David and his wife, Margie, welcomed granddaughter Jessica into the family. Jessica, now grown, is the proud Mom of Katie's great-grandson, Myles, now six months old.



The hometown gal balanced the challenging times with activities she enjoyed. "I so loved my gardens; vegetable and floral. And, I played in a bridge group with the kindest, dearest friends," says Katie. "My first love was for food... I loved

to cook it and to eat it," Katie says with a laugh. A favorite ritual was eating hot dogs every Saturday; Katie believes hot dogs and so many other foods were made even better if they were cooked over an open fire.

Katie, like most facing an untimely illness or condition, was reluctant to leave the familiarity of her hometown village. Yet once she took a tour of Francis House and met staff and volunteers, she felt she'd 'come home.' "Almost overnight, my mom could see — and feel — the caring and compassion," says her son. "She even asked for her bed to be moved so she could view the gardens."

As she looks back on her life, Katie says making memories with family and friends stands out as most notable. "It doesn't take a trip to Disney or a family cruise... it just takes love and being together."



Written by Cheryl Abrams

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

We invite you to notify us of name, address, household, or contact information changes:

Email: info@francishouseny.org
Phone: 315-475-5422

EXECUTIVE DIRECTOR'S MESSAGE



Anyone who spends time in Francis House becomes very familiar with the concepts of community and mission. These are the very fabric of our being. Yet it was during Sister Colette's recent 70th Jubilee (the anniversary of her vows) that I became most acutely aware of the magnitude of these words and how they impact us every day.

While I watched Sister Colette and her Franciscan sisters recommit themselves to all that it means to be Franciscan, I was unprepared to feel the epiphany I had regarding the intensity of their collective joy. It was palpable. As part of a Franciscan community, Sister Colette came to unequivocally know who she is.

When I joined the Francis House community, I was eager to learn all that Sister Colette could teach me about Franciscan spirituality. I was ready for book recommendations, videos, websites. What I soon discovered at Francis House is that the community teaches by doing. It lives and breathes the St. Francis quote "preach always and if absolutely necessary use words." The values of care, acceptance, respect and dignity embody all who are part of Francis House. Sister Colette exudes these values and leads by example. She tells me that her joy and her spirituality are deepened through her service to others. I have to believe that the four Franciscan pillars are probably embedded in her DNA:

1. God is the center; prayer is breath.
2. We are born in the image and likeness of God; our lives are God's gift to us; what we do with our lives is our gift to God.
3. Gratitude is paramount; "it makes what we have enough."
4. Joy is derived through service.

Each day that Colette comes to work (yes, at 88 she is still working!), she comes to give, leading with heart, and no sign of ego. Richard Rohr tells us that the human ego wants two things: It wants to be separate; it wants to be superior. Colette wants neither. Accolades for her years of "showing up" do not interest her.

An authentic community yearns to give and give. And the natural by-product of giving is a more profound sense of community. Sister Colette exemplifies this circle of life.

St. Francis said, "remember that when you leave this earth, you can take with you nothing that you have received ...only what you have given."

Thank you, Sister, for teaching us, without having to use words.

Sally Manahan, Interim Executive Director

A HOME FOR ALL

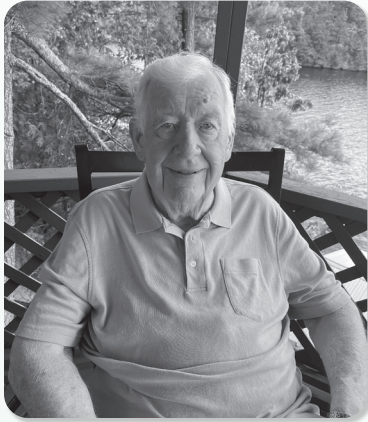
Did you know? In April 2024, Francis House cared for residents ranging in age from 24 – 99 years old.

The Francis House core values are compassion, acceptance, respect, and dignity. We recognize and respect all individuals, regardless of race, ethnicity, age, class, citizenship, marital status, gender, sexual orientation, nationality, socioeconomic status, religion, and physical and mental ability. We are committed to creating and supporting an inclusive environment of diverse individuals.

VOLUNTEER SPOTLIGHT:

Ted McMahon

Ted McMahon has been a part of Francis House from the very beginning. After more than thirty years, he recently retired from his volunteer job as Francis House's "milkman." Ted has



been diligently purchasing, donating, and delivering gallons of milk to Francis House for use in our kitchens. A family affair, and to ensure stock never ran low, Ted's daughter Ellen filled in for him when he was unavailable. Through his behind-the-scenes work, Ted has helped us meet our residents' needs without any fanfare. Ted recently retired, not only

from volunteering, but from his insurance career. At the age of 87 he is enjoying his summer home in Canada.

What brought you to Francis House?

I handled the insurance needs for the Third Order of St. Francis, which included the Sisters of St. Francis of the Neumann Communities. Sister Kathleen called me and asked me to help set up insurance for Francis House when she was getting started. I asked her how else I could help. In those days, volunteers were helping provide care to residents 24/7, but I knew that wouldn't be a good fit for me. Sister Kathleen suggested I be the "milkman" and make the milk runs. The rest is history.

What do you enjoy about volunteering at Francis House?

Francis House has grown so much. I remember when it was just four beds and now there are 16. I used to be able to carry three gallons of milk in each hand, and I'd bring them down the longest hallway in the world to the basement. In later years, I had to switch to one gallon per hand, but I could still get in and out pretty quickly. I know there are a lot of people who spend a lot more time there than I do. I'm just glad I could help.

Do you have any fond memories from volunteering?

Recently I was visiting on a Monday, and there was a gentleman playing the piano. There were residents sitting in the great room listening to him play. They invited me to stay and listen with them. It was very nice, and I could tell everyone really enjoyed it.

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 Rea at volunteer@francishouseny.org or call 315-475-5422.

AMAZON WISH LIST FOR HOUSE SUPPLIES



Our newsletter readers are amazing!

We are grateful for the house and resident care supplies we are receiving from donors near and far who are visiting the Francis House Wish List on Amazon. Point your smartphone camera at the QR to view the list and have an item shipped to Francis House.



COME JOIN US!

We are thrilled and honored to have been announced as a qualifying company in the Central New York Business Journal's "Best Places to Work" contest, in the 51-100 employee category. We are grateful for this recognition! We are blessed by the talent that every employee brings to the Francis House family. If you are interested in a career at Francis House, please contact Jennifer Tarson at jtarson@francishouseny.org.

AUXILIARY OFFERS NEW LIFETIME MEMBERSHIP OPTION

The Auxiliary of Francis House is a community of volunteers dedicated to supporting and promoting the mission of Francis House. The Auxiliary has been a pillar of service and fundraising for Francis House for 32 years. Its 17 committees offer members unique and meaningful opportunities to serve the Francis House mission, such as bringing fresh flowers to residents, writing handwritten notes to generous benefactors, planning special celebrations for caregivers and residents, and much more. The Auxiliary offers three membership options: Annual Member for \$20.00, Senior Annual Member (62 or older) for \$10.00, and a new Lifetime Membership for \$250 (one-time payment). Visit francishouseny.org/auxiliary for more information.



Amanda Riley

Francis House volunteer Amanda Riley, marketing coordinator for C & S Companies, reflects on why she recently purchased an Auxiliary Lifetime Membership. “Joining the Francis House Auxiliary with a Lifetime Membership marks a milestone in my journey of service and volunteerism. From volunteering in the House with my fiancée, to actively participating on the “There’s No Place Like Home” event committee, my engagement with Francis House has grown, as have my relationships with the staff and residents. Now, as I begin to serve on the Auxiliary Board, I reflect on my time in the Youth Auxiliary and proudly acknowledge that Francis House has been a part of my life for the last decade. I am filled with excitement as I look forward to the future as a Lifetime Auxiliary Member, continuing to uphold the values and mission of Francis House.”



MARK YOUR CALENDARS

It was a sell-out this year! Mark your calendars for the Auxiliary Spring Luncheon and Fashion Show set for May 15, 2025, at the Doubletree Hotel, Syracuse.

YOUTH AUXILIARY

The Francis House Youth Auxiliary wrapped up its 2023-2024 school year with a cookout at Francis House on June 30. The students, representing most area high schools, gathered to share a meal, play games, talk about their favorite experiences of the year, and make cards for residents. The group is excited to start meeting again in September. If you know a student entering 7-12 grade who would be interested in joining the Youth Auxiliary, please have them visit francishouseny.org/youth-auxiliary.



SHOP FOR THE HOLIDAYS AND SUPPORT FRANCIS HOUSE

You’ll love the new swag for sale this fall! Visit the Francis House Auxiliary booth at the 2024 Holiday Shoppes event Friday, November 8 through Sunday, November 10 at the New York State Fairgrounds Horticulture Building. The Auxiliary display will feature new items and familiar favorites, too! The holiday shopping event is presented by the Junior League of Syracuse.



Don’t miss visiting the Auxiliary booth at the Turning Stone Resort & Casino’s Christmas & Crafts show Friday, November 29 through Sunday, December 1. The show will be held in the Event Center and will feature 240 vendors.



FRANCIS HOUSE MISSION OUTREACH & EDUCATION

Did you know that Francis House is part of a network of social-model homes across the country?

“The Omega Home Network is a nonprofit national membership organization that promotes the development and expansion of community homes for dying people. Through information sharing, consultation and educational offerings, we provide direct assistance to those developing and operating homes in their communities.”

~ Omega Home Network Website

Homes in the Omega Network are:

- designed for and totally focused on non-medical care at the end of life
- independent and a freestanding 501c3 nonprofit organization

- in a collaborative working relationship with the resident's hospice (medical) care team
- not a hospital, nursing home, hospice, or medical facility
- funded by community and family support
- staffed by volunteers and/or paid caregivers who are considered “extended family”
- complementary and not duplicative to what already exists in the community
- created by the local community for the local community
- reflective of the spirit of the people and the culture of the local community
- inclusive and open to all people, according to local regulations

- simply “home and family” and they carry the heart of everything that means

You can learn more about the network and the 100+ Omega homes across the country by visiting omegahomenetwork.org.

Francis House Education

The annual Omega Home Network conference in July provided energy and inspiration for the fall lineup of Francis House community education and events. Highlights for fall offerings include programs on how to talk to children about the end of life, and supportive practices and education for caregivers and those grieving the loss of their loved ones. Keep an eye out for details and information on the Francis House website and its social media channels.



TEA & TALK

The Francis House Tea & Talk book discussion group will start back up on September 28. We are reading “Learning to Fall, The Blessings of an Imperfect Life,” by Phillip Simmons. Diagnosed at 35 with Lou Gehrig’s disease, Phillip Simmons’ reflections on his life and mortality are incredibly moving and inspiring. Read the book or watch the documentary, “The Man Who Learned to Fall” (watch online at learningtofall.com), and join us to discuss!

“Not only has Philip Simmons figured out the meaning of life for himself, with prodigious literary grace, he has figured out how to tell us too. Required reading for Basic Humanity 101.”

*~ Rabbi Lawrence Kushner,
author of “Invisible Lines of Connection”*

“As intelligent as it is inspirational, “Learning to Fall” glows with vitality and honest hope.”

~ Thomas Moore, author of “Care of the Soul”



WELCOME SISTER ANN

Francis House welcomes Sister Ann Kenyon, OSF, MA, as a member of our Mission Outreach and Education staff. As Franciscan Values Coordinator, Sister will help to provide spiritual care and community education. Sister Ann’s experience includes several years of working in education, parish ministry, and in campus ministry at Le Moyne College. Sr. Ann is on the staff of Franciscan Pilgrimage Programs and enjoys leading pilgrimages to Rome and Assisi, Italy. In her free time, Sister Ann enjoys walking and spending time with family and friends.



Register Now!

THERE'S NO PLACE LIKE HOME 2024

Wednesday, October 16, 2024 | 5:30 p.m. – 8:30 p.m.

NY State Fair Exposition Center



Join us on Wednesday, October 16. We will transform the Exposition Center into the familiar and fun lock-and-key progressive event that the community has loved and supported for decades. Our auction – featuring hundreds of items – will again be offered digitally and in-person as a centerpiece of the event. Registration is just \$50 per person and includes six gourmet food stations, an open bar, and desserts.

Interested in Supporting the Event?

To join the event as a sponsor or advertiser or to donate an auction item, contact Francis House Event Manager Laura Grasselli at lgrasselli@francishouseny.org. Visit TNPLH2024.givesmart.com or scan the QR code to register or review our 2024 sponsorship packages.



DONOR SPOTLIGHT: JOHN BERTOLERO

We are grateful to John Bertolero for holding the 2nd Annual Jill Bertolero Memorial Bean Bag Tournament benefitting Francis House on August 3 at Clay Central Park in Liverpool.

John, who owns the popular Central New York food truck Jillie Dogs, recently reflected on why Francis House holds a special place in his heart.



Jill and I met as freshmen at Liverpool High School in 1981. We dated throughout high school and college and then we got married. We have two awesome sons who both meant the world to Jill. When I first met Jill, she was very shy, but always had a sense of determined confidence. Jill was impressive in so many ways and she was an unbelievable Mom. She was the best thing that ever happened to me.

Toward the end of her life, we learned that Francis House was an option for Jill. I can't tell you what a relief it was to know that Jill would have a place to rest; she could be at peace in her final days in a loving atmosphere. While Jill did not make it to Francis House, our family found comfort in knowing that a Home like this existed. That feeling has never left us.

My family wants to make sure that other families can have the same feeling that we have about Francis House. After meeting and working with some of the people there on our tournament, our commitment is even stronger. There is no other way to say it—the people at Francis House are angels. There is no better organization I would want to support.



My family started Jillie Dogs in Jill's name to honor her, believing that giving back to our community would be a pillar of our success. Francis House holds a special place in the hearts of the Jillie Dogs family.

For more information, or to invite Jillie Dogs to your next event, visit jilliedogs.com or call John at 315-546-3687.



WISH LIST

FOOD

- **Coffee: Decaf, Regular**
- Brownie Mix: Fudge, Milk Chocolate
- Chocolate Chips: Semi-Sweet
- Coffee: Decaf, Regular
- Cookie Mix
- Cooking Oils: Canola, Extra Virgin Olive Oil
- **Food Gift Cards: Nichols Supermarket, Price Chopper, Tops, 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
- Pudding Cups (Snack Pack): Chocolate, Vanilla
- Soda (2-Liters): Ginger Ale, Pepsi/Coke
- Sugar: Confectioners, Granular, Light Brown

HOUSEHOLD

- **Paper Towels – Always in Need**
- 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 & Sheets**
- **Liquid Hand Soap**
- Napkins
- Simple Green Spray
- Swiffer Sweeper Cloths: Dry
- Toilet Paper: 1-Ply
- **Trash Bags: Unscented 13- and 30-Gallon with Drawstrings**

SUPPLIES

- **Adult Briefs with Tabs (Not Pull-Ups): Unisex, Medium, Large, Extra Large**
- **Baby Wipes: Unscented – Always in Need**
- **Barrier Ointment: Baza Clear Moisture**
- **Chapstick/Lip Balm**
- Denture Cups
- Essential Oils: Eucalyptus, Lavender, Peppermint
- **Exam Gloves: Latex-Free, Powder-Free, Size Large**
- Lavender Eye Warmers
- Microwavable Heat Packs (Neck and Shoulder)
- Medical Chucks
- Mouthwash (No Alcohol)
- N-95 Masks
- **Unscented Lotion**
- **Women's Body Wash (Unscented or Sensitive Skin)**
- Women's Deodorant (No Aerosol)

MISCELLANEOUS

- **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.



108 Michaels Avenue
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~ OUR MISSION ~

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.

WE PRAY FOR OUR RESIDENTS WHO HAVE DIED

FROM APRIL 1, 2024 – JUNE 30, 2024

Monica Anderson
Robert “Bob” Andreoli
Dennis “Denny” Buckley
Dorothy Daggett
Sarah Evans
Frances “Fran” Fragola
Mark Garry
Mary “Nancy” Graziano
Herbert Grimm

David Hann
Kristine “Kris” Horn
Barbara “Barb” Howe
Colleen Keegan
Daniel Knapp
Balint “Bal” Korik
Marcelo Larangeira
David Lower
David “Mickey” Martin, III

Charles “Charlie” Owens
Shirley Palmer
John Peterson
Wayne Phoenix
Joseph “Joe” Piotrowski
Kaleb Rodriguez
Leroy Sabin
Donna Scanlon
La Toya Smith

Joseph Sochia
Richard “Dick” Sweeney
Valerie Tarbell
Daniel “Skeet” Vanmeter
Tasha Vereen
Rosemary Verrillo
Cynthia “Cindy” Wilcox
Tracy Wisniewski

We Feel Your Love

Quotes from donors

“Everyone was wonderful; Francis House was a relief I didn’t know I needed.”

“I want to shout from the rooftops how good the care is at Francis House.”

“You were there for us 24/7. It is an unbelievable blessing to have the angels at Francis House taking care of the dying in our community.”