



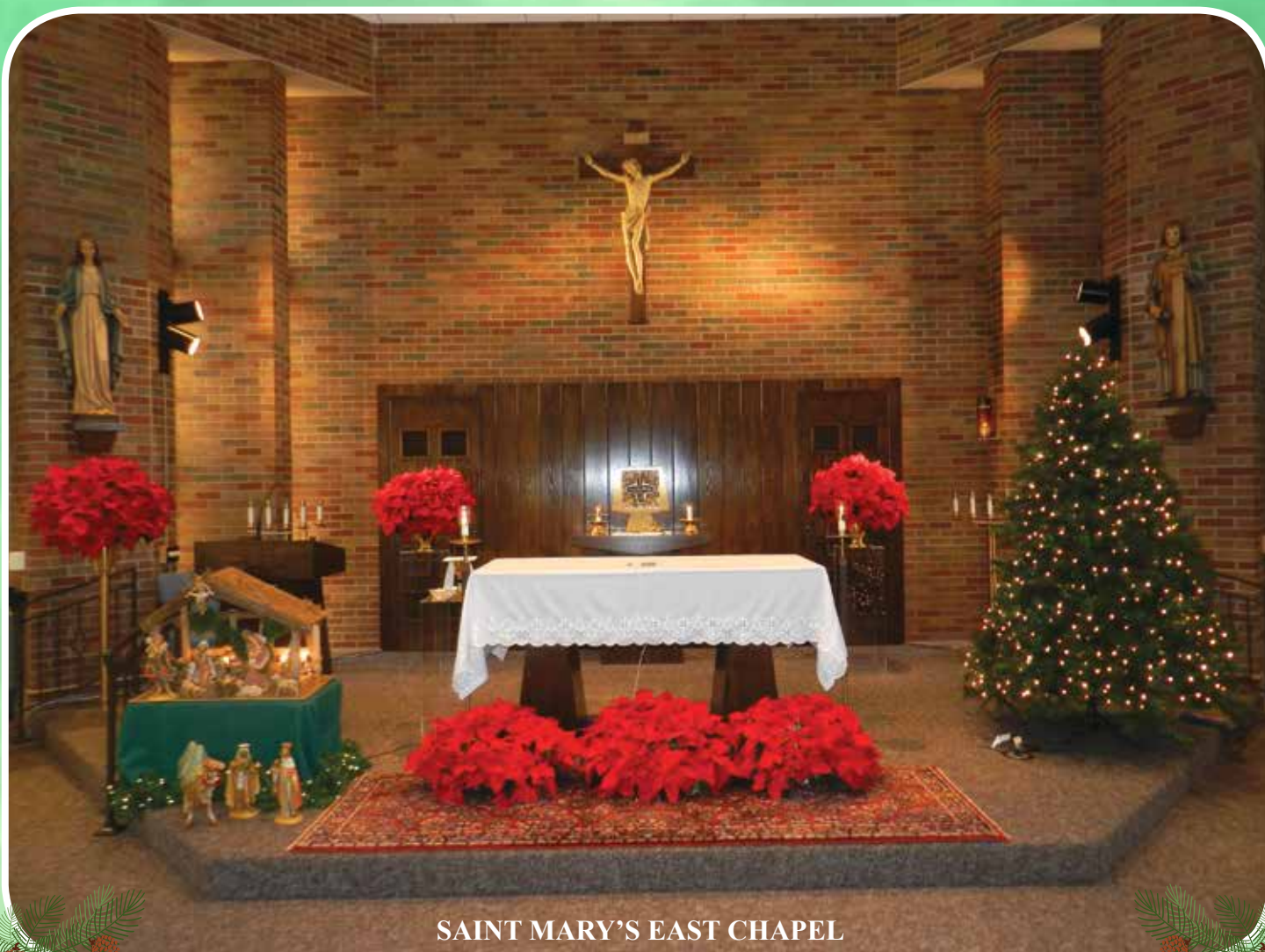
Saint Mary's Home of Erie

# *The Mirror* IN THE WINDOW

A Publication of Saint Mary's Home of Erie

December 2016

## CHRISTMAS MEMORIES



SAINT MARY'S EAST CHAPEL

### Christmas Mass Schedules

#### Saint Mary's East

Saturday, December 24, 2016, Mass at 6:30 pm

Sunday, December 25, 2016, Mass at 9:45 am

#### Saint Mary's at Asbury Ridge

Saturday, December 24, 2016 Mass at 6:00 pm

Sunday, December 25, 2016, Mass at 10:00 am

A sponsored ministry of the Sisters of St. Joseph of Northwestern Pennsylvania

#### In This Issue...

A Christmas Journey • Christmas Memories • Home for the Holidays • Around Our Home

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## A Continuing Care Retirement Community

### Levels of Care

Independent Living Carriage Homes

Independent Residential Living/  
Personal Care

Skilled Nursing

Alzheimer's/Dementia Care

Adult Day Services

Home Care

Respite Care

### Services

Short and Long-term Rehabilitative  
Therapies

On-site Nursing Staff including RNs,  
LPNs and NAs

Catholic and Ecumenical Religious  
Services

Social Services Program/Pastoral Care

Support Services

Nutritional Services

Recreational Activities

Beauty and Barber Services



## MISSION STATEMENT

Founded by the Sisters of St. Joseph and operated in the Catholic tradition, Saint Mary's Home of Erie is committed to an environment of loving to care where primarily seniors, their families, staff and Volunteers participate in fostering an atmosphere of community.

## VISION STATEMENT

Saint Mary's Home of Erie, through partnership, networking, and referrals will be a principal enabler to primarily seniors in the Erie Community aiding them in living their lives in a respectful, dignified and fulfilled manner.

Saint Mary's Home of Erie complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, handicap, sex, sexual orientation, religious creed, ancestry, familial status, veteran/military status or use of guide or support animals.

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# President's Message

The journey to Bethlehem must have been replete with memories.

What are the memories of Christmas that you can recall?

You were not present at the Inn or the stable  
yet  
you are called to gather around the table.

Are your memories of religious celebrations, joy and peace  
or  
are they mostly of shopping, toys, parties and begging for relief?

Have you given to your neighbors who are less fortunate that you  
or  
have you made the holidays revolve around things that you want to do?

There is still time to remember what Christmas is all about  
just  
harken back to the manger and see yourself in a part.

Are you the Shepherd, a Wise Man, the Inn Keeper, an Angel or simply yourself?

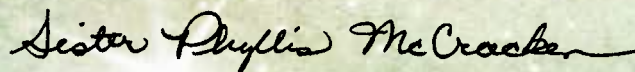
Take the journey to Bethlehem this Christmas and knock at the Inn.  
See when the door opens if you are invited in.

Remember your journey with your neighbor at your side.  
Remember the love, peace and joy which within you reside.

If you do not share our faith tradition – look within at your journey and remember  
the times that you have brought peace and joy to your neighbor.

**Merry Christmas – Happy Hanukkah – Happy Kwanza**

After all, we're Saint Mary's and we're all about YOU!



Phyllis McCracken, SSJ  
President/CEO



Sister Phyllis McCracken, SSJ  
President/CEO







## Christmas Memories

With the holiday season upon us, Residents at Saint Mary's East and Saint Mary's at Asbury Ridge shared their favorite holiday memories and family traditions.

Christmas is a joyous time to gather with family and loved ones. **Joe Pomorski, East Resident,** remembered his family gathering for the holidays when he was younger. "Christmas Eve was the big night for our family," Joe explained. "We would attend midnight mass then return to my mother's house to eat. We would gather 25 to 30 people in her small cellar. At the time, my brother worked at the Yacht Club and would bring home long tables for us to set up. Then, on Christmas day, we would attend parties at different family members' homes."

**Dolly Harrington, East Resident,** shared, "I would host a holiday gathering at my house. I would do all of the decorating and cooking and would have about 20 people over. It was so nice getting everyone together to exchange gifts. Today, even though many of the "little ones" are grown, we still continue gathering as many of us as we can."

Many families also have a favorite meal or special treat reserved for Christmas time. **Betty Moran, Asbury Ridge Resident,** remembered her family tradition

involving a tasty holiday classic. "I decorated gingerbread houses with my grandchildren," Betty shared. "We learned that you would need to let the gingerbread cool for about a week before decorating them. My grandchildren really enjoyed making them and we even had their friends join us one year. My granddaughter is asking me to make them again this year, so we may do it and keep the tradition going!"

**Alice Orr, Asbury Ridge Resident,** recalled, "Our family had a farm down in Georgia where we would get pecans for my mother to make fruit cakes. When we were young, we would help her by paring the pecans and I remember how our hands would get brown from doing this! My mother made both white and dark fruit cakes and got her recipe from her mother. I remember her laying all the fruit cakes out on the dining room table and how she would pour bourbon over them too!"



East Residents gathered to share their favorite holiday memories and traditions. Pictured, left to right, are Joe Pomorski, Jean Hughes, Dolly Harrington and Ruth Clancey.





Christmas is also a time for Santa Claus to pay a visit to little ones. **Dave Dahlkemper, Asbury Ridge Resident**, remembered, “When we were young, the older kids were in charge of decorating the Christmas tree. Our family would then go to midnight mass and when we returned home, gifts would be under the tree! I was convinced there was a Santa Claus, because how else would the gifts get there? Well, I finally figured it out and pulled the same trick on my own seven kids!”

**Jean Hughes, East Resident**, remembered, “I made a Santa suit for my husband to dress up in for Christmas. We stuffed a pillow in the suit and everything to help

him look the part. Somehow the little kids recognized him by his wedding ring of all things!”

**Ruth Clancey, East Resident**, recalled a comical tradition her family began when she was young. “I was the youngest and my older brothers would help my mom put a piece of coal, a potato, and an onion in our father’s stocking,” she explained. “We would think it was a funny trick to know that Santa thought he was bad!”

For others, Christmas is a time when we bunker down indoors and prepare for the winter season ahead.



**Margaret Gotto, Asbury Ridge Resident**, shared, “I always had the fireplace going because it always gave me such a good feeling. The boys would go out and cut the logs, but I would split and stack them. My nephew carries on the tradition to this day.”

Sometimes, the holidays seem to stay with us throughout the year. **Columbia Vlahos, Asbury Ridge Resident**, recalled, “One year, we came down to the living room to find all the needles on the Christmas tree had fallen out. I watered the tree every day, but couldn’t figure out what happened. I still remember picking needles out of the carpet in June!”

Asbury Ridge Residents gathered to share their favorite holiday memories and traditions. Pictured back row, left to right, are Dave Dahlkemper and Betty Moran. Pictured front row, left to right, are Margaret Gotto, Alice Orr and Columbia Vlahos.



# HOME FOR THE HOLIDAYS

Being away from home is not easy, especially when it is to recoup after an injury or illness. When families are considering a location for rehabilitation, they want to ensure their loved one is safe, well cared for, and comfortable.

Elda Terranova came to Saint Mary's at Asbury Ridge for short-term rehabilitation after having some health concerns. She chose Saint Mary's thanks to a friend's recommendation. "My family and I were familiar with Saint Mary's for many years," Elda explained. "When we saw Saint Mary's as an option for my rehab and heard our friend's good experience, we were sure it would be the right choice."

As a Continuing Care Retirement Community, Saint Mary's is able to offer many levels of care and specializes in rehabilitation specifically for seniors. Physical, Occupational, Speech-Language and Respiratory Therapies are available at Saint Mary's East and Saint Mary's at Asbury Ridge.

Elda has received therapies to help build her strength for her return home. "I do therapy every morning," she said. "The therapists are so nice and make sure I'm getting stronger through different exercises."

Saint Mary's is also an attractive option as both facilities offer private rooms with attached bathrooms, allowing Residents privacy. Saint Mary's East and Saint Mary's at Asbury Ridge also offer restaurant-style dining, on-site chapels, beautiful campuses and a full schedule of activities.

Elda has enjoyed playing bingo and made friends with a group of women who eat meals together every day in the

dining room. "They are like my sisters," she remarked on how close the group has become. "The food is delicious too," Elda shared. "I was surprised to learn they make everything in-house." She said she has enjoyed some of her favorites, like pasta e fagioli, as well as meals she has never tried before.

With her rehabilitation nearly complete, Elda could not be happier with her decision to come to Saint Mary's. "The staff has been wonderful," she exclaimed. Elda has come to think of many employees as her children. "I would absolutely recommend Saint Mary's to anyone looking for short-term rehab," Elda stated. "The care provided by the employees is exceptional and they are all such sweet, caring and patient people."

Recently, Elda completed an evaluation to ensure she was ready and capable to return home. She will be home in time to enjoy the holiday celebrations with her family. "There's a nostalgic feeling when you are home and around family," Elda shared.



**Elda Terranova climbs the stairs in the therapy room at the Asbury Ridge campus.**



**Elda sits and talks with Carrie Campbell, Nursing Assistant.**



**Pictured are Mirjana Lazorevic, Nursing Assistant, and Elda Terranova.**

"The care provided by the employees is exceptional and they are all such sweet, caring and patient people."

- Elda Terranova





# A CHRISTMAS JOURNEY



Sister Joseph Marie Fitzgerald, SSJ

Christmas— what a special time of the year! Won't you take a few minutes and journey with me as I do some reflecting?

The first stop on the journey is the Little Town of Bethlehem and our eyes behold a most holy and precious sight in very humble surroundings. As St. Luke tells us, "the shepherds went in haste and found Mary and Joseph and the Infant lying in the manger." This is the true meaning of Christmas and its celebrations – the birth of the Infant Savior.

Another stop on the journey is taking time to "remember."  
– Remembering all the Christmases we have celebrated with family and friends at Mass then continuing with feasting fun and enjoying all the gifts under the tree. For many this has changed as some of the "special people" are no longer with us. The true joy of the day is still with us in the form of Christmas memories.

The last stop on the journey is Saint Mary's Home where we see our Chapels decorated for the season and the manger placed near the altar. Throughout Saint Mary's Home, all the Christmas decorations bring happiness to each Resident and our many visitors.

As we end our journey, let us pause in a quiet and reflective moment to remember the birth of the Infant Savior who brings peace, joy and love. May each of us extend this to all we meet throughout the year.

**A MERRY AND BLESSED CHRISTMAS TO ALL!**





# AROUND OUR HOME...

## HAPPY 100<sup>TH</sup> BIRTHDAY

Congratulations and Happy Birthday to Ruth Clancey who celebrated her 100th birthday on Saturday, October 8th! A celebration was held at Saint Mary's East in honor of this special day.



## MATTY B. PERFORMS AT ASBURY RIDGE

Matthew Boland otherwise known as "Matty B.," performed at an Asbury Ridge birthday party. Matty B. is a popular local musician who also plays in the band, Matty B. and the Dirty Pickles. He brought his acoustic guitar and performed oldies style music to help celebrate all those with November birthdays.



## HONORING OUR VETERANS

Asbury Ridge Veterans were honored for their service to our country in a special patriotic activity on Veterans Day. Pictured, left to right, are John May, Edward Potthoff, Roy Bernardini and William Ferretti.



# Deck the Halls

## Saint Mary's East



## Saint Mary's at Asbury Ridge



Residents from Saint Mary's East and Saint Mary's at Asbury Ridge helped decorate each campus for Christmas the day after Thanksgiving. It was a fun time for everyone to get together and kick off the Christmas season. Residents have fun sharing their favorite memories while creating new ones each year.

## "The Night Before Christmas"

Saint Mary's Residents and employees from both campuses spent an afternoon together being filmed for a Christmas commercial that will air locally throughout December. This year's commercial is themed, "The Night Before Christmas."







## STAYING CONNECTED

Residents at Saint Mary's East continue to enjoy the iPad class that is offered each month. The class covers topics they are interested in learning about including face timing with family member, games and various educational apps.



## ADOPT-A-HIGHWAY

Saint Mary's Landscaping Team recently participated in the Adopt-A-Highway Program and spent a morning picking up litter along East 26<sup>th</sup> Street between French and Elm Streets. Saint Mary's employees continue to take part in helping to clean up this two mile stretch each year.



### Saint Mary's Home of Erie Receives Quality Assurance and Performance Improvement Program (QAPI) Accreditation

Congratulations to Saint Mary's East for receiving Advanced QAPI Accreditation and to Saint Mary's at Asbury Ridge for achieving Basic QAPI Accreditation for the third quarter of 2016!



## Erie's Choice Awards 2016

Saint Mary's Home of Erie was voted Erie's Choice Retirement Community for the 11th consecutive year! Everyone at Saint Mary's would like to thank the voters for their support and dedication to Saint Mary's Mission of "Loving to Care."







## Becoming a Herald of Light

According to the Merriam-Webster definition, a herald is “one that conveys news or proclaims” and “one who actively promotes or advocates...”<sup>1</sup>



**Anthony Allegretto**

This Christmas we are asking Saint Mary's family and friends to help do just that, proclaim and advocate.

Proclaim the good works that Saint Mary's does for each one of our Residents and their families! Proclaim the lives of our seniors who look to Saint Mary's to meet their needs. Proclaim the Mission of “Loving to Care” and “fostering an atmosphere of community.”

We also need to advocate for all seniors. As many of you know, health care is undergoing many changes. Rising costs and changing coverages often times create a confusing road map that is difficult to navigate. We need to advocate for the safety and well-being of all those who need support in their lives. Whether that support comes in the form of love or services, it is important that we realize these needs exist and champion these causes, especially for the elderly.

This December we will once again honor our loved ones, living or dearly departed, as shining lights symbolically represented on our Herald of Light Trees. The front lawns of Saint Mary's East and Saint Mary's at Asbury Ridge will each feature a tree that will shine from December 15<sup>th</sup> through the beginning of the New Year.

**Please take this opportunity to become a *herald* for someone who has been a shining light in your life while also becoming a light for someone else!** Donations can be easily made with the enclosed remittance envelope or online at [www.StMarysHome.org/charitable-giving](http://www.StMarysHome.org/charitable-giving). As you drive by our campuses, may the light that shines from our Herald of Light Trees serve as a reminder of God's Love and the spirit of the season.

Wishing you a Merry Christmas and Happy New Year,

Anthony Allegretto  
Director of Marketing and Development

<sup>1</sup> <http://www.merriam-webster.com/dictionary/herald>





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*The Mirror* is published quarterly for  
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Saint Mary's Home of Erie.

Comments and suggestions for articles  
are welcome.

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*Director of Marketing and Development*

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## SAINT MARY'S FOLLIES



## FOLLIES SAVE THE DATE

### Save the Date!

Saint Mary's Follies will be held on Thursday, September 14, 2017 at the Bayfront Convention Center. This elegant dining event with live entertainment honors outstanding seniors within the Erie Community through the presentation of our Ageless Remarkable Erieite Award. All proceeds benefit the Saint Mary's Benevolent Care Program. Corporate sponsor opportunities are available. For more information, please contact Anthony Allegretto, Director of Marketing and Development, at 814-451-1316 or [aallegretto@stmaryshome.org](mailto:aallegretto@stmaryshome.org).