

Merry Christmas



*May grace and peace be yours in abundance through the
knowledge of God and of Our Lord Jesus Christ.*

1 Peter 1:2

Calling to mind the words of Pope Francis that “grace is not part of consciousness, but rather the amount of light in our souls, not knowledge nor reason,” we wish you a Christmas season that defines your lives by the light and joy that brings love and warmth to your hearts. May the tender mercy of God be ever present for you and your loved ones as you discover the joy of sharing the gifts of love, hope and peace with those whose life journey travels a path in need of compassion and kindness.

“Let us be renewed by God’s mercy, let us be loved by Jesus, let us enable the power of his love to transform our lives too; and let us become agents of this mercy, channels through which God can water the earth, protect all creation and make justice and peace flourish.”

Pope Francis

Merry Christmas from your grateful Little Sisters at St. Anne’s Home

Little Sisters of the Poor

Music, Memory and Beyond!

With an average Resident age of 87, it inspires to see that it is not chronological age that characterizes life at St. Anne's. We stand as proof positive that you are only as old as you feel. A typical day for our Residents can begin with 30 minutes of chair exercises that include a sprinkling of yoga poses for dose of relaxation, as well as a variety of activities to help maintain optimal physical mobility. The remainder of the day can include everything from prayerful meditation in the chapel to lively participation in "Feeling Groovy," a popular group session intended to promote socialization and mental stimulation through conversation and activities that spur happy memories.

Music is known to be a positive stimulus for everyone, and it is no different at St. Anne's. Karaoke has become a very popular weekly activity for our Residents. With the use of sites like YouTube, Residents are able to find their favorite songs in a variety of languages and genres. Some Residents join the group just to listen, while others look forward to singing their favorite tunes each week and perfecting their presentations. It is especially rewarding to see the mutual support Residents share with each other and to watch even the most reserved gain confidence.

Music and Memory, a program that introduces the use of digital music technology and personalized playlists for individuals with dementia, has garnered a great deal of recognition in recent years. Through the kindness of donors, St. Anne's has acquired a number of iPods, which are now a part of our own Music and Memory Program. Our activities

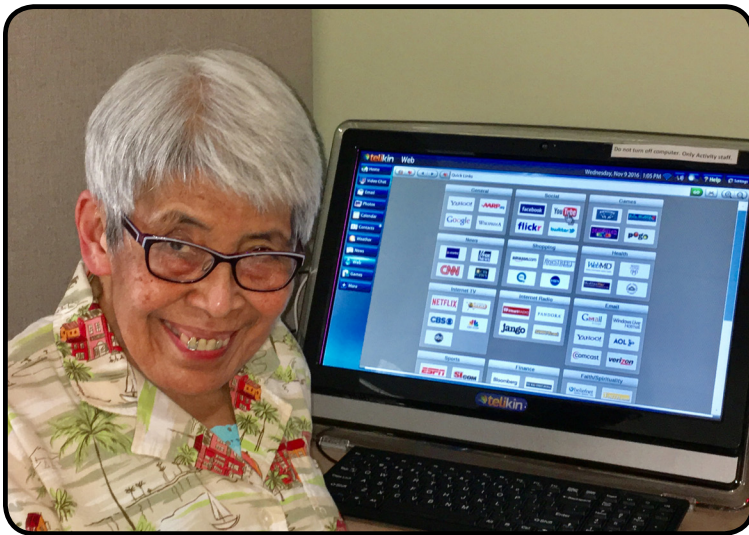
department has compiled a vast music database with 3,000 pieces of music from which playlists are assembled. The selection is comprised from a wide range of categories to suit backgrounds as well as interests. Because having the right music is key, Residents' families have also become involved in the program by identifying music that will resonate with their family members. The right music, can change a mood, encourage interaction, help with verbal skills, or promote relaxation. In

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the words of Dr. Oliver Sacks, who served as a neurology consultant to the Little Sisters of the Poor in New York and is widely known for his book *Awakenings*, which was later adapted into a motion picture, "Music evokes emotion, and emotion can bring with it memory . . . it brings back the feeling of life when nothing else can." Although our program is still in its early stages, we have every hope to continue

its growth as the benefits are undeniable and our Residents at all skill levels are realizing its rewards.

Our Residents are provided with tools for a healthy and active lifestyle, and it is impressive to see them discover and cultivate interests and talents that are sometimes completely new to them. This year, thanks to the addition of two "Senior Computers" acquired through funding received from our golf tournament, we have Residents who have embraced their computer instruction. Some Residents are using email for the first time to communicate with their families, while others have learned to search the web for a variety of things, including finding their weekly Karaoke selections. Go Residents!



Resident Elizabeth Herrera likes using YouTube to find Karaoke selections in her native tongue. She shares, "I used to be shy about singing, but now I realize it is ok if I am off key. Singing just makes me happy."



Resident Letty Mendez usually enjoys being serenaded by her husband, Henry, who is also a Resident, but admits that she enjoys singing too.

Little Sisters First Founder's Award Dinner

A Celebration of the Heart

BY MARIA CUNNINGHAM

On September 15, 2016, approximately 600 guests delighted in the splendor of St. Mary's Cathedral, from the inimitable grand plaza venue where the festivities launched for the conferring of the first St. Jeanne Jugan Award from the Little Sisters of the Poor in San Francisco. How appropriate that just as the Cathedral has been named to the Top 25 "Gems of San Francisco" List, that the Little Sisters at St. Anne's Home, gems in their own right,



would bestow their highest honor from that site on Yvonne Sangiacomo, a gem of their community.

The extraordinary honoree, friend, volunteer, benefactor, and founder of the distinctive and highly acclaimed Red Tie Gala for the Little Sisters, was greeted by an elegant evening full of praise and admiration. The Cathedral banquet hall was transformed with the effervescence of love and support for a very special woman, as well as love and respect for the vital work of the Little Sisters. It was a celebration of

heart! Little Sisters from as far as Illinois traveled to San Francisco to reminisce with gratitude on their time shared with Yvonne during their time at St. Anne's Home. Cardinal Levada gave a commanding address highlighting the importance of the care and hospitality of the Little Sisters around the world for over 175 years, the significance of giving and sharing with those in need, and gratitude for the blessing of Yvonne's long history of giving to Little Sisters and to many others in need.

Entertainment dazzled with the mesmerizing performance by star of stage and screen, Franc D'Ambrosio, the "World's Longest Running Phantom," with over 2,300 performances in the lead role of Andrew Lloyd Webber's Tony Award Winning Musical, The Phantom of the Opera. Franc's special tribute to Yvonne captivated



The St. Jeanne Jugan Award is presented by the Little Sisters of the Poor to an individual who, honoring the legacy of their Foundress, St. Jeanne Jugan, values the solidarity of the human family, the wisdom of age, and with kindness of heart, embraces the importance of care for the elderly. The Little Sisters of the Poor at St. Anne's Home were privileged to present the first St. Jeanne Jugan Award in San Francisco to Yvonne Sangiacomo.



a room that was not only at full capacity, but also at full energy. What a true tribute and magnificent performance it was! The talented and charming performer rendered a complete hush over the audience that culminated with a rousing standing ovation. The evening closed in true San Francisco style with Chave Anderson, headliner from San Francisco's longest-running musical revue, Beach Blanket Babylon, delivering a delightful rendition of their well-known signature song, San Francisco, adding a quite fitting touch to the evening. But, the evening did not conclude until a very grateful Yvonne took the microphone to make the most impassioned remarks of the evening: "Think of your blessings, of what you have been given, pass it on as best you can — help your neighbor, the person next to you or the person in front of you, ok? Don't give up on people who need your help. It will make you feel like a million bucks!"

The Little Sisters of the Poor at St. Anne's Home are deeply grateful for the overwhelmingly positive support received for this very special inaugural event and thank every collaborator whose contribution as organizer, volunteer, guest or donor helped to make this celebration possible.

A Simple Note

By: Mother Superior



Dear St. Anne's Family,

As 2016 nears its close, we reflect on our blessings, our challenges, and our undertakings for the year. We truly have much for which to be thankful. Several of our long-term projects like the upgrading of our nurse call and telephone systems, the construction of our equipment rooms, and the updating of our first set of bathrooms requiring ADA compliance are now complete. We encountered several delays in these endeavors due to required permitting and compliance issues, but we have prevailed. Our systems are up and running and our equipment rooms are outfitted with the necessary gear to support existing as well as future enhancements to our communication systems. We will now move on to new and necessary projects to help enrich and enhance the quality of life for our Residents, and we look forward to keeping you posted on our progress.

We were delighted to share a variety of events with you this year and are ever thankful for your kind support. Our Golf Tournament, our Carriage House Sales, and our first St. Jeanne Jugan Award Dinner, were all wonderful successes where our community came together for a common goal in support of our work. It is through these collaborative efforts that we are blessed to be able to continue in the joy of serving our elderly. We thank you for that from the bottom of our hearts, but our gratitude does not end there. We are also blessed by the hands that you lend and the kindness that you share with us when you help us make beds, when you assist in the dining room, when you show up with your daughters to serve ice cream to our Residents, and when you show up regularly every Sunday to help with Resident Happy Hour — to name just a few of the great things that you do. It is all of these things that make our Home a home. Thank you for being a part of our family and a part of our Home.

May you and your families be richly blessed this Christmas Season and always.

Mother Theresa

Seeking Christmas Angels

Dear Friends,

In my mind, I am often still a young woman reveling in the joys of my youth. It is not until my memory is jogged by the more frequent stiffness in my joints that I return to the reality of present day, living in the community that has fulfilled my life for the past few years. Having lived alone after losing my husband of almost 47 years, I recall eating alone was one of the most difficult aspects of being alone; but, as I have always known, when one door closes, God opens another. The doors of St. Anne's Home opened to me!

I found a new home, a new circle of friends, and breaking bread together was again a part of my life. Shared time over meals had always been focal to my life, and it is also focal at St. Anne's. Our dining room is where we come together for meals in community, and where we can discuss a variety of things or nothing at all, but always know that we belong, and that we will be missed, if we are not there. It is where we often play post-lunch bingo, join in a game of dinner time trivia or simply remind each other of an upcoming new activity. Our dining room is a haven that defies loneliness, it is where friendships are born, memories are relived, and traditions are shared. It is where we come together over a home cooked meal to celebrate our joys and to comfort each other in times of sorrow.

Our dining room is the hearth of our Home. It breeds warmth and comfort, but after 18 years of continual use by hundreds of members of our family, it is showing wear and fatigue and is in need of upgrades that will help improve our quality of life. Our floors are cracking and in need of replacement, our buffet server is in need of warming units, improved ventilation, draining, plumbing, and electricity to better meet our current needs. A new buffet server will make meal service much more efficient and enjoyable for both servers and Residents. The lighting in the room is also in need of updating to accommodate more economical LED lights. These needed upgrades are not major, but because we are classified as a healthcare facility we are subject to specific permitting and planning code requirements that increase our costs substantially, and we need help making this project a reality. Our daily gathering place is in need of Christmas Angels who will help us raise the needed funds to upgrade the core of our Home. One of my favorite proverbs says that, "Laughter is brightest in the place where food is." Won't you consider keeping our laughter at its brightest by being a Christmas Angel this season?

Your friend,

A Grateful St. Anne's Resident

