



From Pause to Reset to Reopening

By Maria Cunningham

After 16 months of having our lives fixed in pause mode, the lifting of the curtain in our journey to recovery is welcome like a highly acclaimed theatrical production. The year that changed so much in our lives is behind us, and we now enter the reset sequence with the hope that all gears will remain moving in the direction of mental, physical, and economic healing.

As residents of San Francisco, we at St. Anne's Home are gratified by how well our City has fared through the traumatic trajectory of COVID-19 and to be where we are today. As our city, our state, and our country enter the various stages of reopening, we enthusiastically embrace the value of our very own reopening. However, given the vulnerability of our population, we progress with an abundance of caution and move much more slowly than the community at large. We are thankful that the reward of a vaccinated home has allowed us to slowly restart Resident community activities, including the start of meals in the dining room. The chapel is open, and Residents are able to attend afternoon Rosary Hour and Mass on Saturdays and Sundays. Residents have



started going out for appointments that, unless an emergency, were put off for several months. Outdoor family visits have evolved from the former balcony/parking lot visits to face-to-face gatherings in an outdoor tented area. At this time, only compassionate care visits are permitted indoors, but we look forward to when we can open for general indoor visits. We even hope to add open window bus excursions as an option for small numbers of Residents at a time. This will truly be a treat for our Residents after so many months in quarantine.

During the last many months, we adapted to changes that were

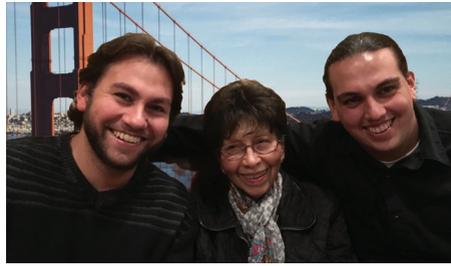
commonly recognized and dubbed as "new normal." Now as we head toward pre-pandemic norms, we surprisingly find ourselves readapting to what once had been second nature, but we also find ourselves comfortably integrating some of the new behaviors introduced by the era of COVID-19. At St. Anne's social distancing just seems to happen, masks continue to be worn in all indoor group settings, and hand sanitizer remains a trusty companion. Our reopening phases are thoughtfully slow, but the pieces are all coming together and the St. Anne's family is enjoying the process one safe step at a time.



World Day for Grandparents and the Elderly – July 25, 2021

By Maria Cunningham

This special day is intended to honor the bonds between youth and elders, grandparents and their grandchildren. In the words of the Pope, “the elderly remind us that old age is a gift, and that grandparents are the link between the different generations to pass on to the young the experience of life.” Grandparents Day 2021 takes on even more significance as it follows a pandemic that forced separation and isolation, the antithesis of the closeness vital to the development of our connections with each other regardless of age. In a span of months, it became all too apparent that social interaction and the need for human touch, whether physical or emotional, are gifts beyond measure. They are gifts from which we all benefit greatly, but



“Pope Francis’ fundamental belief in the precious contributions of the elderly and the importance of making certain that they are not overlooked or forgotten led him to institute the World Day for Grandparents and the Elderly, to take place each year on the fourth Sunday in July, close to the feasts of St. Joachim and St. Anne, the grandparents of Jesus.”

from which our grandparents and elderly, much like our children, acquire the reserves that allow them to thrive.

In an interview given by the Pope at the height of the pandemic in Europe, he recalled the prophesy of Joel (Joel 3:1), urged the elderly to dare to hope and encouraged them to dream. He

later shared, “Grandparents dream when their grandchildren go forward, and grandchildren have that courage when they take their roots from their grandparents.” In addressing youth, he has said, “You cannot carry all the elderly on your shoulders, but you can carry their dreams. Carry them forward with you, and they will do you much good.”

This July 25th as this special day is observed, we are given the opportunity to rekindle bonds with our elderly and to keep open the human connection that is a most necessary part of life and an essential element for mental and physical health. Grandparents, and our elderly in general, are full of stories and experiences waiting to be shared with the young hearts that give them a reason to dream. May this year be the start of the global movement that fuses our future with the vision of our youth and the inspiration of our elders!

Children and the elderly build the future of peoples: children because they lead history forward, the elderly because they transmit the experience and wisdom of their lives.

THE APARECIDA DOCUMENT

Go to Joseph

To mark the 150th Anniversary of St. Joseph’s designation as patron of the Universal Church, Pope Francis declared this year as the Year of St. Joseph. In his Apostolic Letter, *Patris Corde*, the Pope writes that his desire to focus on St. Joseph “increased during these months of pandemic, when we experienced, amid the crisis, how our lives are woven together and sustained by ordinary people, people often overlooked.” He goes on to say that “St. Joseph, the man who goes unnoticed . . . reminds us that those



who appear hidden or in the shadows can play an incomparable role in the history of salvation.”

The Congregation of the Little Sisters of the Poor has always had a sincere devotion to St. Joseph. The Little Sisters and Residents in San Francisco have often invoked St. Joseph’s intercession for protection or a needed favor. His first major intercession occurred in 1903, when construction was proceeding on the new Home on Lake Street. It was determined that the Residence needed its own well, but after two drilling attempts through 80 feet of rock, a water source had not been found. Nonetheless, the Little Sisters kept trying. The Little Sisters and Residents prayed to St. Joseph and a small statue of the saint was dropped into the hole. At 120 feet, a plentiful water source

was discovered.

In 1939, an anonymous 94-year old Resident of St. Anne’s Home recalled: *To some saints it is granted forever to help us in particular cases, but to St. Joseph is given power to help us in all our necessities, to all who call upon him. Therefore, the holy Church admonishes her children to “Go to Joseph” particularly for the “grace of a happy death”.*

Like the well that today continues to provide water to irrigate the grounds of St. Anne’s Home, the tradition of “going to Joseph” also continues today as the Little Sisters, fueled by faith in their patron and protector turn to St. Joseph for guidance and courage on their path of life and mission of care.

The Year of St. Joseph December 8, 2020 – December 8, 2021

Source: Working for Gold Alone by John H. McGuckin, Jr.

A Fond Farewell

As the pandemic moves from center stage to our rear-view mirror, new activities are emerging all around us. For us, it is a time to bid farewell to a few of our Little Sisters as they leave for new assignments and a time to welcome new Sisters to their posts at St. Anne's.

The Little Sisters devote their lives to the care of the elderly, but never remain in one location indefinitely. Their vows of obedience can take them across the country or across the world, but one thing is certain – they travel with a perpetual level of love in their heart for the elderly, and their unparalleled care of the elderly does not fluctuate.

One of our first Sisters to leave this year was Sr. Paul, who was with us for several years in charge of the Holy Family Hall. Sr. Paul is now at our Home in Gallup, New Mexico. Her kind and gentle demeanor is missed by all and is surely a welcome addition at Villa Guadalupe.

Mother Theresa, who has been our Home's Superior since 2014, will be moving back to Holy Family Residence



in St. Paul, Minnesota, where she previously served from 2008 to 2013. Sr. Cecilia, who has been with us since 2019 and celebrated her Silver Jubilee with us, will be joining Mother Theresa in St. Paul. Under the leadership of Mother Theresa, we have seen our aging Home refreshed and renovated. Systems have been upgraded and procedures have been streamlined all with the goal of keeping us moving as efficiently and effectively as possible, thus providing the best care we can for our Residents. With the able assistance of Sr. Cecilia, Mother Theresa diligently protected our Home with all the defenses at her disposal during a most unprecedented time in history. We are deeply grateful to Mother Theresa and Sr. Cecilia for their unwavering

commitment to safeguarding the health and safety of all at St. Anne's Home through the height of the pandemic and beyond.

Our fond farewell to these three Little Sisters is followed by a warm greeting to three other Little Sisters who join our Home. We welcome our new Superior, Mother Marguerite, who joins us from our San Pedro Home. We also welcome two very familiar faces who will be rejoining us. Sr. Diane and Sr. Clotilde, who were both here previously, will be returning to St. Anne's from our Homes in Palatine and San Pedro, respectively.

May God bless all of our Little Sisters as they follow in the footsteps of St. Jeanne Jugan, and they keep her legacy alive throughout the world.

Ode to . . .

by Zella Kotala,
a Resident



Management skills, she has in spades
Overseeing projects, progress she has made
Tough love is what she used to overcome the unexpected situation, the
Holy Spirit is her guide and inspiration
Excelling in leading us in our recent ordeal
Religion steers her and has blessed her with zeal

Tireless in her work for us, the residents
Harmony she has brought, she has set a precedent
Earntest in all her endeavors for us gents and ladies in waiting
Respectful of our differences, positive atmosphere she was creating
Eternal values she has observed that is her motivation
Service is a vow she has taken, her aspiration
Ambassador of Christ, that is her vocation

MOTHER'S MESSAGE

Dear Friends,
It has been an honor and a pleasure to serve at St. Anne's Home for the last seven years. I returned



home to San Francisco and to the neighborhood where I grew up after being away for 44 years. I was blessed to be able to return to St. Anne's Home, where I first became acquainted with the Little Sisters as a volunteer. A lot changed in San Francisco in the years I was away, but St. Anne's continues to be the loving Home that it has always been.

It is customary for all Little Sisters to go where we are most needed. It is now time for me to return to Holy Family Residence in St. Paul, Minnesota. All moves require a level of adjustment, but this move is a bit more difficult for me because I am not only leaving my St. Anne's family, I am also saying good-bye to my own family that resides in the Bay Area. I leave filled with gratitude for the love and support of the community that I have been blessed to get to know over the last several years and in awe of the generosity of the people who support our mission. That, of course, includes our devoted staff, without whom we could not have successfully faced the unexpected challenge of a global pandemic. I thank each and every one of you from the bottom of my heart for your devotion to our elderly and for the sacrifices you made over the last 16 months. You are all heroes! To the members of our Association Jeanne Jugan, Auxiliary, Advisory Board and to all of our volunteers and our loyal donors, I extend my most sincere gratitude for your friendship and kindness. Thank you for sharing of yourselves for the benefit of the elderly who call St. Anne's their home.

Until we meet again, you will all remain in my heart and in my prayers.
May God bless you,

Mother Theresa

The Little Sisters of the Poor at St. Anne's Home present

THE PPE NO-SHOW GALA

In observance of "new norms" you are invited to be a **NO-SHOW** at our

POST PANDEMIC EVENT GALA FUNDRAISER

Until we can celebrate in person together,
you **ARE** invited to join us in gratitude for the views of hope
that we can celebrate apart, but collectively.

You **ARE** invited to partner with us in our post pandemic recovery efforts.

You **ARE** invited to keep alive the importance of care for the elderly.

You **ARE** invited to start looking forward to our next in person event, but until then
you **ARE** invited to support our work with a donation that is meaningful to you.

Be assured that your support is vital to our mission.

It is with your help that we can continue to give a place of honor to our elderly.

The COVID-19 Pandemic placed tremendous burdens on us all. We are deeply grateful for your support through the post pandemic recovery phase. All funds donated to the PPE NO-SHOW GALA will go toward helping us offset the increase in costs and decrease in income as a result of the pandemic.

*Donations can be made by mail in the envelope provided or online by visiting
www.littlesistersofthepoorsf.org*

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Don't miss out on our news and information as we move toward more electronic communications.
Share your email with us. Please visit our website at www.littlesistersofthepoorsf.org.
From our Main Page go to "Contact Us", click on "Join our Mailing List".
We look forward to keeping in touch with you.

The Little Sisters of the Poor recognize the importance of protecting your information.
We maintain appropriate security measures to keep your information private.
We do not sell, share or give your information to anyone.