



GOOD THINGS LEARNED

By Sr. Diane and Maria Cunningham

Times have been tough for people everywhere in the last two years, especially our elderly. At St. Anne's we have always focused on the blessings and the light and hope of each new day. Living through the pandemic was not any different. There is no question that our Home has been challenged at every level, but as we look back we realize just how much we've learned and how truly grateful we are.

What have we learned? How thankful we are for the gifts that we can sometimes overlook in the midst of days filled with demands and responsibilities:

GENEROSITY and the willingness of people to help. When people stopped being able to give of their time they turned to giving in whatever way they could whether it was one container of disinfectant wipes, one box of medical grade masks, or cases of Ensure.

INFORMATION TECHNOLOGY has made our world smaller and is sometimes looked on as detracting from our ability to interact with each other personally, but our world at St. Anne's is very grateful for the ability to have our Residents remain connected with their families through the gift of FaceTime, Skype or Zoom. The virtual world has kept us connected during a difficult time of disconnect and quarantine.

FRIENDSHIP and the effect one person can have on another — it's huge. We have witnessed how a word, a simple gesture, or eyes smiling behind a mask can carry someone through.

TEAMWORK and the importance of working together. Everyone in our community contributed to provide help in whatever ways they could. We are firm believers in the statement, "we are because you are" and it could not be more true at this point in our lives. As Little Sisters we answer a calling to serve God through a lifetime of service to the elderly, but during the pandemic many others have answered the call to help make a difference in countless ways. For many, the ability to help others helped them to find a sense of purpose during a time that brought so much uncertainty and sense of doom. We are thankful for all who join our team.

SAVOR life because it is a gift that we should not take for granted. We should not lose the humor in life and share laughs, big or small, with those around us because it could make someone's day.

We proceed in this new year with faith in the good things learned and with gratitude in our hearts for the goodness of humanity.



Our team savoring laughter and friendship with gratitude for the kindness of generosity.

Living Life to the Fullest

By Maria Cunningham

At St. Anne's the process of aging is well recognized and appreciated. It is understood that memories may fade, but feelings and dreams have no expiration date and are meant to be nurtured and fortified regardless of age. There is nothing more heart-warming than discovering Resident experiences that bring to life the wisdom of age and the value of knowledge shared.

Resident Lucy Avila, whose motto "I am here to serve God's will by being happy, and I am" is daily proof that it is possible to live out one's convictions, even in old age. Lucy loves music and listens to her favorite playlist on Alexa. She can often be seen in her room exercising to energetic tunes from her wheelchair, but she doesn't stop there. She is known to raise the volume and invite her Sacred Heart Hall neighbor to listen to favorite old songs while they both dance from their wheelchairs. A wonderful sight to behold, especially when accompanied with their hearty laughs. Lucy also enjoys



Chess Mates Lucy and Maria

playing chess and has recently been joined by Resident, Fr. Phillip D'Auby, (98) as her new chess student. The two of them can be found at the chess table, Lucy intently giving him pointers and Father engrossed in following her instructions. On most Wednesdays, Certified Nurse's Assistant (CNA), Maria Campos comes in to work one hour before the start of her shift for chess lessons with Lucy. It is



Chess with Fr. Phil



Happy Dancers

impressive to see the capable instructor fully enjoying teaching her two interested students — so much so that she has now added two more CNAs to her list of potential students!

It is these types of personal connections that fill the heart. Seeing our Residents embracing life, learning or teaching new things and continuing to grow each day inspires us all!

Welcome to America

The three Provinces of the Little Sisters in the United States recently welcomed a very special transatlantic guest – Mother General María del Monte Auxiliadora. A native of Seville, Spain, Mother María, as she likes to be called, was elected the first Spanish superior general in 2015. She had been planning her first visit to the United States sooner in her tenure, but was delayed by the restrictions of the pandemic. This past December, however, she and Mother Assistant Joseph Christine braved the varying stages of an international trip and arrived in Chicago ready to meet their American Little Sisters and Residents. It was a whirlwind trip through six states: Illinois, Baltimore, Washington DC, Delaware, New York and Connecticut.

There were meetings and greetings, music

and dance, worship and meditation, and shared repasts with joy all around. The extra warm welcomes were understated yet heartfelt, with the common goal of giving Mother General a glance into the local flavor of each region and a glimpse of life in our U.S. Homes. The thoughtful multilingual receptions left Mother María with a deep appreciation for the internationality of the U.S. Homes and looking forward to her next visit, when she hopes to discover more of our Homes. In her words, "Even through I was not able to visit each of your Homes, you were all very close to me, and it is with a heart full of gratitude to the Lord, who allowed me to make these visits, that I entrust to Him all those I met."

¡Hasta pronto! À bientôt ! Mère Maria



Mother General and Resident Anna Grattoni in Palatine.

Employee Spotlight – Steve Lewey

By Maria Cunningham

Thirty-three years ago, a young man who graduated from UC Berkeley with the dream of being an automotive journalist or writing for Rolling Stone Magazine found his way to the Little Sisters of the Poor in San Francisco to serve as the Human Resources Director at St. Anne's Home. He started his career as an intern at KNBR Radio and went on to serve as their Human Resources Director for a number of years until his plan to make that his "forever job" was thwarted by the sale of the station. He admits, "Little did I know that my real dream job was waiting for me at St. Anne's Home." In 1989, Steve did not know too much about the Little Sisters and their work, but because of his close relationship with his grandparents, he knew he appreciated older people. Although he was not Catholic, he had



been raised in a religious Episcopal setting and welcomed working in a religious environment. He knew quickly that working for the Little Sisters was a good fit for him.

In 2022, Steve is integral to the operation of St. Anne's Home and is

always happy to help the Little Sisters well beyond the scope of his job description. He has been Santa at a few Christmas parties, he has played St. Joseph in the annual Nativity play, in a pinch he will cover the reception desk or pick up an arriving Little Sister at the airport. Impressively, he has had perfect attendance for almost his entire tenure at St. Anne's. When asked about the best thing about his job, without hesitation he says, "I have a deep admiration for the Little Sisters' hard work and their devotion to the care of the elderly. I enjoy having the ability to talk with a wide range of people every day and working with a very dedicated group of individuals. When I leave the Little Sisters, it will be to retire, travel, and work on cars because I found my dream job in this place. I was even lucky enough to meet my wife of 27 years here. It doesn't get any better."

From Ashes to Resurrection

The observance of Lent is defined differently by many people. For some, it is a good time to "diet". A time to give up unnecessary favorite things, whether they be in the form of food and drink or in the form of activities. For some it is a time to repent for past wrongs. For others it is a time for contemplative meditation and prayer, but for all Christians it is a 40-day period, not including Sundays, that starts with Ash Wednesday and culminates with the celebration of the resurrection on Easter Sunday.

Over the centuries, Lenten traditions have evolved, but the purpose has remained the same. It is a season for fasting, penance, prayer, and almsgiving intended to prepare us spiritually for the passion and resurrection of Jesus, while we, in his image, also find renewal in our lives. The Lenten journey can lead us to being the best person we can be, with awareness toward kindness and understanding not only for those most like us, but also for those most unlike us. Almsgiving is not necessarily about writing a check, but about having the generosity of heart to help those who are in need of our help. Lent is a journey that reminds us of the road that we should be on throughout the year, not just for 40 days in the Spring, and one that allows us to strive for this enlightenment each year, allowing us to reunite with our Lord.

The Little Sisters of the Poor and the elderly for whom they care and prepare for eternal life wish you a Holy Lent and Blessed Easter!



**"Let us sing
the glory
of our risen
Jesus."**

St. Jeanne Jugan

MOTHER'S MESSAGE

Dear Friends,

We never tire of letting everyone know how much gratitude encompasses our lives. There is no question that times continue to be difficult and uncertain for us in terms of health and safety in a community setting, but there is really so much to be thankful for. We have a wonderful family at St. Anne's and a wonderful extended family that includes Resident families, volunteers and benefactors, all of whom continue to be our source of strength and who collectively help us in many significant ways. We are deeply grateful to all of you for your active presence in our lives and in our community.

Your generosity during the Christmas Season truly made a difference in the lives of the elderly entrusted to our care. We are thankful for the school drives that provided toiletries for our Residents, for the great response to our first Food Drive that provided for many special meals, for all the gifts that were left at our doorstep, and for every cent donated in support of our mission of care and to help us through the economic challenges of COVID-19.

All donations large and small are what allow us to continue our work at St. Anne's as we enter 121 years of service to the elderly in San Francisco. The message of love, light, and hope came through loud and clear and helped contribute to our grateful and joyful celebrations as we closed out 2021.

With deepest gratitude for your generosity and goodness, you remain in our prayers as we ask that the blessings of good health and happiness reign in your lives.

May God bless you,
Mother Marguerite

We invite you to join us on our annual spiritual pilgrimage of renewal and hope. Walk with us as instruments of God's love and journey with us through the 40 days of Lent to the Glory of Easter.

FROM ASHES TO EASTER

You are invited to observe this Lenten journey with an offering to honor the importance of care for the elderly.

DAILY OFFERING

Please consider an offering of \$1 a day for each of the 40 days of Lent.

WEEKLY OFFERING

An offering of \$10 could be made for each week for the 6 weeks of Lent.

EASTER TRIDUUM OFFERING

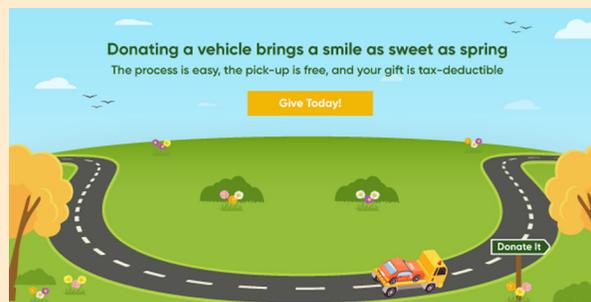
Holy Thursday, Good Friday and Holy Saturday could be marked with an almsgiving of \$100.

EASTER SUNDAY OFFERING

In celebration of Easter Sunday, consider a gift of any amount to express your thanksgiving to the Lord for the presence of hope and His gift of eternal life.

We thank you for accompanying us in our journey of care and preparation for eternal life. Wishing you a safe, healthy and Holy Lenten Season and a very Blessed Easter!

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



Smile because it's Spring and because you can donate your vehicle to the Little Sisters of the Poor as an alternative way of giving. We will use the proceeds from the sale of your vehicle to help us to make ends meet as we continue to struggle through the effects of the lingering pandemic.

It's easy, the pick-up is free and your donation is tax-deductible.

For more information visit www.littlesistersofthepoorsf.org or

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