



Saint Mary's Home of Erie

The Mirror

A Publication of Saint Mary's Home of Erie

December 2017

A Message from the President

The Gift



COME, O LOVING GOD

We await **THE GIFT of Your Son** this Christmas
and in all times and places

- Within our
- hearts
 - relationships
 - neighborhoods
 - world



COME, O LOVING GOD

We await **YOUR PEACE** so desperately needed

- Within our
- hearts
 - relationships
 - neighborhoods
 - world



COME, O LOVING GOD

We await **THE JOY** of your presence among us

- Within our
- hearts
 - relationships
 - neighborhoods
 - world



COME, O LOVING GOD

Let us open and share the gift of
YOUR PRESENCE/YOUR BIRTH

With each other and all peoples throughout the world.

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

Sister Phyllis McCracken

In This Issue...

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



Sister Phyllis McCracken, SSI
President/CEO



Christmas Mass Schedules

Saint Mary's East

Sunday, December 24th – 6:30 p.m.
Monday, December 25th – 10:00 a.m.

Saint Mary's at Asbury Ridge

Sunday, December 24th – 6:00 p.m.
Monday, December 25th – 10:00 a.m.

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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.

Charitable Solicitation Disclosure Statement

Pursuant to state regulations regarding charitable solicitations, we are required to include certain disclosure language on Development materials.

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Saint Mary's Home of Erie

Treasure: Strength in Numbers



The theme of our Christmas MIRROR is "**Time, Talent and Treasure.**" Each word intertwines with the next. It is very fitting for the Christmas season. As you read through this issue you will see highlights of this theme throughout Saint Mary's East and Saint Mary's at Asbury Ridge. I believe that when someone shares of their time and talent, they become a treasure for someone else.

Thank you for your part in making Saint Mary's a strong organization. We will continue to challenge ourselves to adapt to the ever changing world of health care so that our tradition of "Loving to Care" touches many more generations to come. We will succeed because we are blessed with you; our loyal donors, volunteers and employees who believe in sharing their time and talent. You truly are a treasure for the seniors we serve. Please consider making a pledge or donation this Christmas season as we continue to need your support!

God Bless and Merry Christmas,

Anthony J. Allegretto

Anthony J. Allegretto

Director of Marketing and Development



Time: The Value of Volunteers

Time is a precious gift, and how we choose to use it often defines much of our life. For 36 years, the Friends of Saint Mary's has been driven by individuals choosing to give their valued time to our Residents. Founded as a volunteer organization in 1981 at Saint Mary's Home of Erie, the Friends of Saint Mary's assist the Activities Departments at both campuses with things like social events, games and community outings, as well as providing companionship and compassion to our seniors. Although new volunteers join every year, many of our Friends have been with us for more than a decade, truly showing the strength of our volunteer foundation.

Pat Wingrove began volunteering in 1997 and decided to retire from the Friends this year after achieving twenty years of service. "I had just retired from working at the phone company and to be honest I had never really thought about volunteering, but I had a cousin and a friend who were part of the Friends of Saint Mary's and they encouraged me to try it," Pat explained. "I think there comes a point in your life when you ask yourself 'what do I do with my time now?' and for me the answer turned out to be volunteering." Pat quickly grew more involved with the group, becoming President for a while in which she helped to manage activities and meetings, trained new volunteers, kept track of volunteer hours and performed outreach to encourage others to give their time. "I even got my husband Val involved too. We started out volunteering together most of the time, but as we became more comfortable we found ways to help separately as well, coming to various activities at all different times of the day," Pat said. "I used to drive to Saint Mary's so much my car probably knows the way by itself!"

Over the years, Pat made many friends and memories. "One of my favorite things to do was to help with manicures. It may seem simple, but there are many people who prefer group settings and group games instead of one-on-one activities. Manicures are more personal and I'm a people person; you sit almost face-to-face directly in front of someone, hold their hand and you just talk with them," Pat described. Interacting with the Residents and forming friendships with them is what she'll miss most. "The Residents were truly my favorite part. It will be strange not knowing how they're doing or what's going on in their life and vice versa. We went through things together, both the fun times and



(Left to Right) Cathy Kraft and Pat Wingrove



The Friends of Saint Mary's 2017 Christmas Party

sad times. If they hadn't seen me for a while the first thing they would do is ask me where I've been, they cared about me just as much as I cared about them," Pat reflected. "They became family and still are."

Within the last few years, Cathy Kraft, a volunteer of more than 30 years and a founding member of the Friends of Saint Mary's, retired as well. She and Pat have both served as former Presidents of the Friends of Saint Mary's and have found retiring harder than actually volunteering. "The Friends of Saint Mary's was started by a group of about four of us, who all had family members at Saint Mary's and were encouraged to assist with their recreational activities. I loved every minute of the 33 years I volunteered!" Cathy described. "It was a wonderful experience. I truly became friends with not only my co-volunteers but the staff and Residents as well. The summer picnics, card games and outings were always highlights for me, but what

I miss most are the Residents. You forge such strong relationships. I was raising a family at the time and sharing my own stories with them, as well as hearing their stories was therapeutic and helpful for all of us I think. I always say I got so much more back than I gave."

The work our volunteers do and the friendships they form are invaluable to our Residents. In 2016 alone, the Friends of Saint Mary's had 102 volunteers who donated 5,433 hours of their time — more than half of the total hours in a year — to our Saint Mary's community! In gratitude for all of their help and dedication throughout 2017, a special Christmas party was held on December 7th. We offer endless thanks to all of our volunteers, both past and present, who have selflessly given their time to live out our Mission of "Loving to Care" and who continue to make a difference in the lives of our Residents.



Talent: Senior Spotlight

All of us are blessed with various talents, and many of our Residents have used their talents to better the community in which we belong. Mary Fabrizio McCarthy is one of many inspirational individuals who turned their talent into a lifelong career. Mary chose to come to Saint Mary's at Asbury Ridge for rehabilitation after a long connection with the Sisters of St. Joseph and hearing from others who shared positive stories about Saint Mary's Home of Erie. She's happy with the progress she's made so far, but it's not the only progress she's achieved in her lifetime.



Mary Fabrizio McCarthy

In 1958, Mary became the first female in Erie, Pennsylvania to own an independent pharmacy, now known as Frontier Pharmacy. She was born and raised in Erie, one of three daughters of first-generation immigrant parents who came to the United States from Italy in 1913. "Our parents saw education as the big goal and always encouraged us to follow our dreams. One of my sisters earned her PhD in Pathology and my other sister studied Latin and was a talented organist. My path was pharmacy, although I enjoyed dabbling in the arts as well," Mary explained. "I don't really remember how I first knew what I wanted to do, but for a while it was between being a teacher and being a pharmacist. What set me on my path was receiving an Alumni Scholarship to Temple University and I never looked back!" Mary graduated from Temple University's School of Pharmacy in 1950 as one of only six women in a class of 80 men. "It was

groundbreaking at the time because most of the seats were given to men first, especially to those returning as veterans from World War II," Mary remembered. "It was definitely a man's world, but I was undaunted."

After graduating, Mary remained in Philadelphia for a few years, working as a staff pharmacist at Lankenau Hospital. "At one point I was offered the Chief Pharmacist position, but I felt that community pharmacy was my true calling, so when the opportunity arose I decided to return to Erie," Mary said. She worked at Hervey's Drug Store until 1958, when she decided she not only wanted to be a pharmacist, but a business owner as well. "Patrons never seemed to have a problem with me being a female, but the banks did. To even get a bank to



simply sit down and listen to me, a single woman at the time, was a tremendous task,” Mary recalled. “They either showed curiosity because they thought I was humorous or abject hostility that I had the nerve to ask for a loan. I remember going to four or five banks and being refused at every single one. My father, however, believed in me and supported me and eventually we found ways to make it work. I purchased Hervey’s Drug Store in 1958, renamed it Frontier Pharmacy, and became the founder and sole proprietor until 1991 - the first woman in Erie to do so!” Frontier Pharmacy still operates today, run under the ownership of Tom Toale, Mary’s nephew.

Throughout the years, Mary also volunteered her spare time in the Erie community as a pharmacist at St. Paul’s Neighborhood Free Clinic. “Pharmacy as a career for me was the ‘end all be all,’ but it was also a

way to give back. I loved everything about it, from the challenge and precision of the science to interacting and helping people in the community. That was my favorite part, the community, that’s what I came back for. I worked and lived in the neighborhood I served, and often children would come in with their parents and return as adults with their own children. I got to witness multiple generations grow up,” Mary recalled fondly.

Mary enjoyed other interests as well, such as ballet and traveling. She took part in a few community productions with the Erie Contemporary Ballet Theatre, including dancing in the Nutcracker during a festival in 1960. “I guess I came full circle just a few years ago when the festival was held again, only this time my role in the Nutcracker was different,” she laughed. “I danced as the grandmother!” Mary was also able to travel the world with her late husband, James, who she met by chance when he just happened to walk into her pharmacy many years ago.

Mary still keeps up with the world of pharmacology today. She uses her iPad to follow the news and does a lot of reading. “It’s almost unfathomable the amount of advancements that have been made, not only with medicine, but with women in the field. There are so many more opportunities out there, it’s great to see,” Mary smiled. “I encourage any woman who wants to pursue starting her own business. My advice? Follow your dreams. I have no regrets doing so. I would do it all again in a heartbeat.”





AROUND OUR HOME...

Happy 100th Birthday Sister Bernardine!

A group of Residents from Saint Mary's East visited the Sisters of St. Joseph Community Living Center in November to celebrate the 100th birthday of Sister Bernardine Pais, SSJ, seated center. Sister Bernardine spent more than 46 years volunteering and working at Saint Mary's Home. Volunteers and Residents, as well as many of the Sisters of Saint Joseph enjoyed an afternoon celebrating this milestone with her!



(back row, left to right) Patti Cooney, Marianne Nichol, Sr. Margaret O'Brien, SSJ, Dolores Detzel and Gayle Meyers. (front row, left to right) Msgr. Henry Schauerman, Sr. Mary Alice Reed, SSJ, Sr. Bernardine Pais, SSJ, Joe Macioh and Maxine Fromknecht.

Sending Thanks and Holiday Greetings

Residents from Saint Mary's East used their time and talents over the course of a few days to create cards for service members spending the holidays overseas. Each card was decorated with care and filled with messages thanking the men and women for their service and wishing them a happy and safe holiday season.



(left to right) Lillie Heberlein and Jackie Pacinelli.



Pictured front row, second from the left, is Julia surrounded by her family and friends.

Musical Medley

Robyn Vitson, a pianist and vocalist from the Chicago area, performed a medley of love ballads and musical selections for our Residents at Saint Mary's East. Robyn, the niece of Julia Dalton who is a Resident at Saint Mary's East, was joined by an entourage of family and friends who came to enjoy the musical performance with our Residents and spend time with Julia.



Presque Isle Chorale

Saint Mary's East Residents enjoyed an evening of musical entertainment performed by the Presque Isle Chorale. The fifty person chorus, accompanied by a pianist and flutist, helped to lighten spirits and kick off the start of the holiday season!



(left to right) Skylar House and Bernice Biernik.

Cheerful Coloring

Clients from Adult Day Services spent a December morning making crafts with children from the Mercyhurst Child Learning Center during an intergenerational activity. Everyone had fun working together to create a colorful holiday picture!



Therapeutic Expressions

Erin McCall, an Art Therapy Major at Mercyhurst University, has been leading weekly art groups for Residents at Saint Mary's at Asbury Ridge. Several Residents showed off their talents by taking part in a unique but simple project utilizing painters tape and canvas. Everyone was left with some creative designs to hang in their room or display around the campus!



(left to right) Erin McCall and Gladys Buetikofer.

Seasonal Festivities

To start the holiday season off right, Residents from Saint Mary's at Asbury Ridge attended the 33rd Annual Saint Vincent Festival of Trees. They each had the opportunity to vote for their favorite Christmas tree after wandering through the holiday displays and grabbing some fresh cookies from Mrs. Claus's bakery!



(left to right) Debbie Greenwald, Christine Opron, Pat Kelly, Alice Orr and Betty Moran.

All About Aircrafts

A group of Asbury Ridge Residents visited the Tom Ridge Environmental Center during an afternoon outing. They were able to get a spectacular view of Lake Erie and Presque Isle State Park from the observation tower before enjoying a film about Aircraft Carriers.

(back row, left to right) Sue Granger, Karin Kern, and Katie MacKenzie.
(front row, left to right) James Granger, Milt Simon and Don Bennet.





Fun with Friends

After reading one of her novels as part of book club, Residents at Asbury Ridge spent an afternoon interacting with singer, songwriter and author Julie Nevel. They enjoyed the opportunity to discuss the book with the author and to hear some of her music, in which they participated by raising their hands during the finale of the song!

Rockin' Around the Christmas Tree

Our campuses have been filled with the spirit of Christmas over the past few weeks as Residents and volunteers gave their time and expertise to help decorate our lobbies and activity centers for the holidays. Everyone enjoyed carrying on the traditions of hanging ornaments on the trees with one another!



Saint Mary's at Asbury Ridge



Saint Mary's East



Christmas Stars

Residents, Employees and Saint Mary's dog, Dexter, spent an afternoon feeling famous while filming a special Christmas commercial that will air locally throughout the month of December. From everyone at Saint Mary's Home of Erie, we want to wish you a Happy Hanukkah, Happy Kwanza and Merry Christmas!



2017 Erie's Choice Awards

Saint Mary's Home of Erie was voted as a top three finalist in the Erie's Choice Retirement Facility category of the 2017 Erie's Choice Awards. Saint Mary's would like to thank the voters for their support and dedication to Saint Mary's Mission of "Loving to Care!"



(left to right) Sister Phyllis McCracken, SSJ - President/CEO and Sister Lucille DeStefano, SSJ.

Medaille D'Or Award

Sister Lucille DeStefano, SSJ was honored with the Saint Mary's Home of Erie Medaille D'Or Award at the 2017 Saint Mary's Home of Erie Board and Friends Christmas Dinner. This prestigious award is given to individuals who at the discretion of the President/CEO and/or Board of Saint Mary's Home of Erie:



- Live out the Mission of the Sisters of St. Joseph of "unity of neighbor with neighbor and neighbor with God."
- Exemplify the Mission of Saint Mary's Home of Erie of "Loving to Care."
- Have worked and/or volunteered in the senior services field and/or provided meritorious services to Saint Mary's.

The Earliest Givers of Time, Talent and Treasure

The idea of giving of time, talent and treasure is not new to the Christian Church. In fact we find it in the very beginning, in the birth of our story; in the birth of our Lord.

Birthdays are a special day, always have been. They are days when we show our love for a person in a very special way. One of the most common traditions is of course in the giving of gifts. Big, small, given personally, shipped from around the world, gifts take all shapes and sizes.

One of the most memorable of the stories of the birth of our Savior is the story of the Magi. Who were these men? They were priests from what was then Persia and is now Iran. They followed a religion called Zoroastrianism. You don't need to try to pronounce it. It was a religion that believed in a supreme God and a cosmic struggle between a spirit of good and a spirit of evil. They followed that struggle by studying the stars.

When they saw a new and extremely bright star, they knew that something powerful and good had come to be. They studied the writings of their predecessors and looked to the stars with their own expertise. They came to believe that a new king had been born among the people known as Jews.

They set off on what would probably have been about a four month journey through the desert. They came first to Jerusalem where they discovered the name of the town of Bethlehem. Arriving at the small home where Joseph, Mary and the four month old Jesus were now living they bowed before this infant king and gave him gifts of Gold signifying his role as king, Frankincense signifying his role as high priest and Myrrh signifying the sacrificial death he would suffer.

Thus, these Magi gave of their time to travel to Bethlehem, their talent to study the heavens and follow the star and their treasure in the gifts they lay before the King.

Merry Christmas!
Father Bill Sutherland, Saint Mary's East





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- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - o Qualified sign language interpreters
 - o Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - o Qualified interpreters
 - o Information written in other languages

If you need these services, contact the Social Services Department by calling Saint Mary's East at 814-459-0621 or Saint Mary's at Asbury Ridge at 814-836-5300. If the Social Services Department is not available (after hours, weekends, holidays), the Nursing Supervisor on call will assist.

If you believe that Saint Mary's Home of Erie has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with the Corporate Compliance / HIPAA Officer, Risk Manager; by mail: 607 East 26th Street, Erie, PA 16504; by calling 814-459-0621; by faxing to 814-454-0909 or by e-mail at compliance@stmaryshome.org. You can file a grievance in person or by mail, fax or e-mail. If you need help filing a grievance, the Corporate Compliance / HIPAA Officer, Risk Manager, is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)
Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you.

Call Saint Mary's East at 1-814-459-0621 or Saint Mary's at Asbury Ridge at 1-814-836-5300.

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Français (French) - ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le Saint Mary's East 1-814-459-0621 or Saint Mary's at Asbury Ridge 1-814-836-5300.

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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.

Contact Anthony J. Allegretto at
814-451-1316
or aallegretto@stmaryshome.org

Sister Phyllis McCracken, SJ
President and Chief Executive Officer

Anthony J. Allegretto
Director of Marketing and Development

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Marketing and Development Assistant

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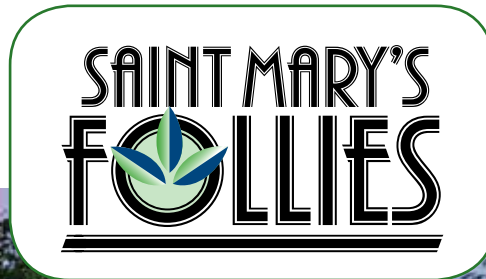
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*A sponsored ministry of the
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SAVE THE DATE!

Saint Mary's Follies will be held on **Thursday, September 13, 2018**
at the Bayfront Convention Center. This elegant dinner fundraiser
event with live entertainment honors outstanding seniors within
the Erie Community through the presentation of our Ageless
Remarkable Erieite Award. All proceeds benefit the James E.
Mantyla Benevolent Care Fund. Sponsorship opportunities are
available. For more information, please contact Anthony Allegretto,
Director of Marketing and Development, at (814)-451-1316 or
aallegretto@stmaryshome.org.