



Enriching the Lives of the Elderly

A Life Enrichment program is designed to keep seniors active, foster social connection, and preserve cognitive health. It is not about having a calendar full of activities, but rather including those that benefit the quality of life for each individual. Providing meaning, as well as promoting purposeful engagement, is at the core of Life Enrichment activities. The benefits of these activities include prolonging independence, reducing stress, contributing to self-esteem and providing a sense of belonging to a community.

We searched a long time for a candidate to implement and direct such a program for our Home. We wanted someone committed to the dignity and respect that our elderly deserve. We sought someone who would embrace the mission of the Little Sisters of the Poor. Finally, we met Moriah.

Moriah 'Mo' Schroeder was born and raised in Saint Cloud, Minnesota. She is the youngest of three with two older brothers. Mo graduated from the University of

“Making the elderly happy – that is what counts!”
— *Saint Jeanne Jugan*

Mary in Bismarck, ND with a bachelor's degree in social work. She enjoys long walks and hikes with her dog, Sully. Mo loves photography, capturing special moments with her camera at weddings and sports events, beautiful scenery, and the precious faces of newborns.

Mo believes the values of her Catholic education are a good fit at Holy Family Residence. Her background in social work and her certification as an activity professional are instrumental in helping our Residents. Mo brings an energetic enthusiasm and has found her passion in serving the elderly. She is making plans for implementing Life Enrichment activities that will captivate the interests of our Residents. She will be working to adapt activities for all our elderly to have a sense of accomplishment, success and enjoyment. In doing so, she will be aligning the Life Enrichment program with our mission statement and reaffirming the words of our Mother Foundress, St. Jeanne Jugan, who said, “Making the elderly happy – that is what counts!”

Seminarians Serving with a Smile



Holy Family Residence has been fortunate to have four seminarians from Saint Paul Seminary sharing time and talent with us as a part of their formation for this school year. Anthony Olmes, Joshua French, Joshua Gerads, and Zachary MacKeller have been volunteering at our Home once a week during their fall and spring semesters.

The seminarians have been ready to lend a hand around our Home in many ways. They have changed light bulbs, tested outlets, raked leaves, and organized storage, along with multiple other tasks to help Ken, our maintenance supervisor, with projects. Resident groups have enjoyed bus rides accompanied by the seminarians who led sing-a-longs as they toured the city or enjoyed an outing for an ice cream treat. The four young men have even shared their culinary talent as they whipped up a delicious batch of 'sloppy joes' for an in-house fundraiser.

Anthony, a San Francisco native, has eight brothers and one sister. He and his twin brother, who is nine minutes

older, are the oldest in the family and were raised in California. He attended Carroll College in Helena, Montana, where he earned a degree in business marketing and management. He played wide receiver on the college football team for three years. Besides football, he enjoys reading, spending time in the mountains, and going to breweries. Anthony also loves playing guitar as well as writing songs and stories. While in Montana, Anthony said, "There the Lord called me and now I am in my third year of formation at the St. Paul Seminary, studying for the Diocese of Helena, Montana."

Joshua French is from Woodbury, Minnesota, and has two older brothers and a younger sister. He loves sports in general, but golf and hockey are his favorites. He played college hockey for Minnesota State Mankato prior to entering the seminary.

Joshua Gerads was born in Crookston, Minnesota, but moved to the Twin Cities when he was just a toddler. He is the older brother

to two sisters and a brother. He earned a bachelor of science degree in homeland security and criminal justice while attending Marian University in Fond du Lac, Wisconsin. Joshua loves hanging out with his friends, watching movies, and playing video games.

Zack MacKeller is a co-sponsored seminarian for the diocese of Boise, Idaho and the archdiocese for the Military Services. Zack and his dad are both Air Force veterans who were stationed in Idaho. He loved exploring Idaho and spent much of his free time camping and backpacking, as well as running ultramarathons in the wilderness. After being stationed in Idaho for five years, Zack heard the call to the priesthood. He said, "A few years after my ordination, I'll become a full-time active duty military chaplain then return to my home diocese after my service is over."

The seminarians have joined their talents in forming a band called Tone and the Bones. They have led sing-a-longs that have escorted Residents down memory lane, triggered laughter

and smiles, as well as brought holiday cheer with Christmas carols. Songs such as "Edelweiss," "When Irish Eyes Are Smiling," and "Take Me Home, Country Roads" evoke special memories of a different era among the Residents. The seminarians have been "... touched by the chorus of voices" that have joined them singing songs. These special musical moments not only entertain, but carry through to conversations at mealtimes and the days that follow.

All four seminarians have appreciated their experiences with the Residents, Sisters and staff, and the opportunities to share meaningful conversations with them. They enjoyed spending mealtimes with the Residents and hearing of their life experiences as well as witnessing their talents and creativity. The seminarians were delighted to learn about mementoes that hold a special place in the hearts of the Residents.

Anthony shared, "I have a deeper appreciation for the gift that life is, and I see that the ministry of

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– Anthony Olmes

presence is very real. It does not take much to really have a great encounter with a Resident, it just requires you to be present to them as Christ is. I will carry that forward with me in formation as I continue to pursue the priesthood. It has been a blessing to be here at Holy Family Residence!" Joshua F. reflected that the elderly have shown him that "...life seems to produce a great simplicity and a way of cutting right to the heart and important parts of life that are worth living."

Joshua G. revealed that his experience "...has shown me the importance of listening to the elderly of our society and how in caring for them we are showing our respect and

understanding for what they have given us."

One of Zach's favorite memories took place after walking a Resident back to her room and just sitting and conversing with her. She showed pictures of her family and he noticed her incredible artwork. He noted, "It was special to see just how wonderful God created her heart and soul to be for her family. That experience has encouraged me to really look into the hearts of the elderly and see within the beauty and virtue that has lived so long and which God cherishes so much. It's like trying to understand a beautiful movie, 80 years long, compressed into a single magnificent painting."

We appreciate and are grateful for the service these men have given to our Home and the friendships that have formed during their visits. We wish them well in their continued studies and formation. They will remain in our prayers as they move closer to their ordination to the priesthood.

MOTHER'S MESSAGE

Dear Friends,

We are so grateful for the love and support that we experience on a daily basis from family,



friends, and wonderful benefactors both near and far. Each thoughtful gesture, act of kindness, and encouraging word is appreciated and has a definite impact on our elderly here at Holy Family Residence.

The Easter Meat Drive, held on March 23, was very successful. We are so grateful for all who brought in the items to add to our Easter celebration and delightful meals in the coming weeks. Your generosity is such a blessing!

Our Association Jeanne Jugan will welcome three new Associates on May 5. Our Associates are lay men and women who are involved in our spirituality and mission in a special way. They are active in various ways, such as spending time with the Residents, preparing for and participating in events in the Home, and driving or accompanying Residents for appointments and outings. Our Jeanne Jugan Associates also join the Sisters in praying with the sick and the dying. We appreciate the many hours of service given by our faithful Associates!

The dark of winter has passed, and we look forward to the bright colors of spring and the glorious celebration of the Easter season. May the joy of our Risen Lord fill your heart with love!

May God bless you,

Mother Theresa

It's Time to PAR-TEE!

Come and join us for a day of fun, food, and fabulous company!
Gather your foursome and sign up!

St. Jeanne Jugan Golf Classic

benefitting Holy Family Residence
of the Little Sisters of the Poor

Monday, June 3

Indian Hills Golf Club
6667 Keats Avenue N
Stillwater, MN 55082



11 a.m. Check-in

1 p.m. Shot gun start with dinner to follow

For further information please check our website
www.littlesistersofthepoorstpaul.org
or call Jeanie Greene at 651-227-0336.



*Wishing you
the hope,
joy and love
of this Easter
season!*

WAYS TO GIVE

General Gifts:

Either one time or sign up online for a recurring gift of any amount at the frequency you choose.

Tribute Gift:

In honor of someone for a Birthday, Anniversary or other special occasion.

Memorial Gift:

In memory of a loved one or friend.

Planned Giving:

Consider making a legacy gift through a Living Trust, Charitable Remainder Trust, Life Insurance Beneficiary, Retirement Plan Beneficiary or a provision in your Will.

Visit our website www.littlesistersofthepoorstpaul.org