

# News From Home

MOTHER OF GOOD COUNSEL  
HOME  
6825 NATURAL BRIDGE ROAD  
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314-383-4765  
www.mogch.org

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## *A Few Thoughts from Sr. M. Christine*

Dear Friends,

I just received the following from a friend of mine and I think you will enjoy it.

### *The Stars and Stripes*

We wave it along parade routes, drape it across caskets, rise and face it in ballparks, and plant it before headstones on hills of hallowed ground. We raise and salute it at daybreak, lower to half-mast in times of tragedy, and stand in formation as the sun slowly sets. It is satiny, lightweight, with a simple design that inexplicably and inevitably evokes an infinite number of emotions and responses at any given moment in time. To its nation, it is a symbol of hope and freedom for the living, a remembrance of respect and honor for the dead. It flies for a country that has grown from an infant republic of 13 stars with its 13 colonies to a mighty east and west coast sandwich of 50 states with millions of citizens grateful for the gift of calling it home and the newly arrived thankful for promised liberties to come. Although it has been challenged and confronted, rebelled against and wrested from, it continues to command attention and allegiance. It will continue to fly. For each of us. For all of us. Happy Fourth.



*Sr. M. Juliana's four uncles with her father, Cruz, pictured in the background, during WWII.*

As we celebrate the Fourth of July, let us recall the freedom won for us through the many that have fought for what is right and good, for what is necessary for a safe and just society. It may also be helpful for us to remember that, as Christians, we owe our ultimate freedom to Jesus Christ, who paid the price for our salvation. Filled with gratitude, let us “go forth to proclaim and bear witness to the good news of the Gospel, to communicate the joy of faith, the encounter with Christ” (Pope Francis).



We have nothing to fear. God is in our hearts, in our souls, in our minds. God is our strength, our safety, our refuge. God inspires us, gives us hope, blesses our lives. When times are troublesome, when our lives become unmanageable, when circumstances challenge us to the point of stress, exhaustion and despair, we need to keep our focus on God. As we humbly admit our need for God, we increase our intimacy with God and deepen our relationship with the one who is love, who is truth, who is life.

Our relationship with God gives us the courage to stand tall and meet whatever comes our way with the dignity that is our birthright. Knowing we are beloved of God and graced by God's Spirit, we become grateful, hope-filled witnesses to the good news of God's love and compassion.

Enjoy the summer! And have a happy, blessed Fourth of July!

Gratefully yours in Christ,

*Sister M. Christine*

Sister M. Christine

New Residents

Wanda Dulaney  
Msgr. John Hickel  
Tom Ruoff  
Fr. Ralph Wright, OSB  
James Woltkamp

With Deepest Sympathy

Mary Engelmann  
Tom Ruoff

July Birthdays

Residents

Margaret Flood—1st  
Msgr. Robert McCarthy—15th  
Bea Gillooly—23rd  
Bernadette Mason—25th  
Fr. Martin Mulvihill—27th

Staff Members

LaWanda Howard—1st  
Claudia Spagner—5th  
Rebecca Sidney—9th  
Yvette Armstead—12th  
Krechelle Watson—12th  
Dennisha Ivy—14th  
Shantay Galbreath—17th  
Veronica Bradley—20th  
Nyrach Mason-Crawford—22nd  
Johnathan Ury—23rd  
Lashon Jones—27th  
Arranetta Kyles—28th  
Tiffany Lee—31st



CLIMATE CHANGE &  
**EXTREME HEAT**



Extreme heat events, or heat waves, are a leading cause of EXTREME WEATHER-RELATED DEATHS in the United States and the number of heat-related deaths is rising!



**WHO'S AT RISK?**



Adults over 65, children under 4, people with existing medical problems such as heart disease, and people without access to air conditioning

**WHAT CAN YOU DO?**



**STAY COOL**

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device



**STAY HYDRATED**

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water



**STAY INFORMED**

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness



**LEARN MORE!**

Visit CDC's Environmental Public Health Tracking Network to learn more about climate change and extreme heat at

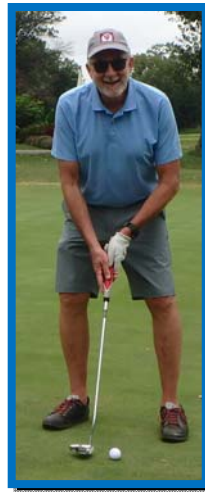
[www.cdc.gov/ephtracking](http://www.cdc.gov/ephtracking)



## Annual Golf Fundraiser!



Join the Sisters for a day of golfing, food, and a silent auction with great prizes! The MOGCH Annual Golf Tournament will be on Monday, September 23rd at Glen Echo Country Club.



Save the Date cards have already been mailed out. If you did not get a Save the Date card and would like one or want more information about the tournament please contact Marsha Heine at [mheine@mogch.org](mailto:mheine@mogch.org) or call 314-383-4765.

### Reminder:

Don't forget to let us know if you cancel or begin a subscription to the St. Louis Dispatch. We are also putting together an updated list of those currently receiving the newspaper. Please call 383-4765 and let the receptionist know at your earliest convenience. This will let us know how many newspapers are to be delivered on a given day. Thank you for your cooperation!



Some of the MOGCH Auxiliary members

Join the MOGCH Auxiliary! We are looking for new members who are committed to helping the Sisters fulfill their mission to the residents of the Home. Some of the events hosted by the Auxiliary include the annual Trivia Night, the Father's Day luncheon, yearly Christmas raffle, and the Staff Appreciation luncheon. Email Mary Jo Colagiovanni at [colag@swbell.net](mailto:colag@swbell.net) if you are interested in becoming a member.

### July Potluck!



Join us on July 9th at 5 pm in the Activity Hall for Summer Chicken Salad supper! We'll make the chicken salad, dessert, and

drinks; you bring a side dish to share! If you plan to attend, contact Sr. M. Juliana at [smjuliana@mogch.org](mailto:smjuliana@mogch.org), call 383-4765, sign up at the front desk, or tell a member of the Activity staff by July 8th! See you then!

### July Coming Events

Bingo—Mondays /Saturdays

Sing-A-Long w/Ed—3rd  
4th of July!

Exposition/Benediction—5th

Chicken Salad Potluck—9th

Birthday Party—12th

Baseball Day—17th

Hot Fudge Sundae—26th

Round Table/  
Fold & Deliver NFH—31st

Like us on **FACEBOOK**  
and check out our web-  
site at [www.mogch.org](http://www.mogch.org)!

### Alzheimer's Association

The Alzheimer's Association offers a great deal of support and information to those who are dealing with family members and friends with Alzheimer's or other forms of dementia. One avenue of support is the monthly **Family Support Group Meetings**, which are offered at many locations and times. One location is **Mother of Good Counsel Home**. The group meets the **last Saturday of every month from 10:30 a.m. - 12:00 noon**. If you would like more information or would like to attend the meeting, please contact Jeff Scheer at 314-446-2425, or [JScheer@LSSliving.org](mailto:JScheer@LSSliving.org)



The Jazz Edge Orchestra's tribute to Duke Ellington was enjoyed by residents and guests.



See Facebook for more photos!

Our fathers and their loved ones enjoy a special luncheon hosted by our MOGCH Auxiliary on Father's Day!



Celebrating the St. Louis Blues' Stanley Cup win!!!

Residents enjoying arts & crafts sessions!



Ann, celebrates her 100th birthday with family, staff, and fellow residents with a Polish themed party!



A concert with The Steely Dames, starring our own night nurse, Shaina, perform 50's & 60's hits for an enthusiastic audience!



Visit our Community's website:  
[www.altonfranciscans.org](http://www.altonfranciscans.org)