

A NOTE FROM MOTHER

Thanks to you, our dear friends and benefactors, we have a wonderful summer planned for our Residents.



Our outings include a trip to the Pirates Game, a picnic at North Park, and a cruise on the Gateway Clipper. With the help of our staff and volunteers we are able to take the Residents to many interesting places. In addition to the trips, we have picnics and events planned at our home. We will be celebrating America's 250th with a Patriotic Ceremony and cook-out on July 4th. We are also planning a tropical themed week for Residents' Day.

All of these celebrations and occasions are made possible through your generosity! You make a difference in the lives of the elderly living with us. We are so grateful and promise to continue to keep all those who help our mission in our prayers of gratitude. If your summer schedule permits it, please consider taking the time to stop by our home and see the smiles on our Residents' faces. You would not be disappointed!

Until then, may you and your loved ones be blessed with a happy, healthy and safe summer. Thank you for helping our mission to continue to flourish. May God bless you!

Mother Loraine Marie Clare

Summer Support



Sister Rosemarie collecting at Kuhn's Market with volunteers Judy Bendtsen and Jack Loebig.

There are so many ways to support the Little Sisters' mission. This summer you might see Sister Rosemarie at your parish collecting after Mass or at a local Kuhn's Market selling hotdogs. If you do not see her, you may send a donation in the enclosed envelope or donate online. Our Amazon Wishlist is always up to date with much needed items for this home.

August 4, 2026 is The Pittsburgh Foundation's Critical Needs Alert Day. The Foundation is providing

an incentive pool of funds to increase gifts made on that day for the Little Sisters through pittsburghgives.org. Please consider participating to increase your generosity!

Distributions made directly to the Little Sisters as a Qualified Charitable Distribution from your IRA will reduce your 2026 taxable income. Visit www.littlesistersofthepoorpittsburgh.org, scan the QR code below or call (412) 307-1268 for more info.

Save the Date

- August 4, "Day of Giving" with The Pittsburgh Foundation
- August 7 & 8 Rummage Sale 9:00am-3:00pm
- Online Ceramic Flower Sale Ongoing through Summer 2026
- August 16th Doo Wop Doctors Concert

Visit littlesistersofthepoorpittsburgh.org or call (412)307-1100 for details on any of the above.

Please remember the Little Sisters in your will or estate plans.



Continuing the work of Saint Jeanne Jugan, our MISSION is to offer the neediest elderly of every race and religion a home where they will be welcomed as Christ, cared for as family and accompanied with dignity until God calls them to himself.



Bee & Cat; The Full Story

Resident Cathy Vonderau is quite a talented and creative individual. She studied both Theater and English in college and has always had a passion for creative writing. She recently wrote and published her second children's book entitled "Bee & Cat."

For decades this heartwarming story of friendship was only an idea in Cathy's mind. Finally, through the encouragement of family, friends and staff at the Little Sisters, she was able to put pen to paper to complete the book. All that was needed was an illustrator to bring the story to life. Providentially, a young lady named Averie Strohm, a junior from Oakland Catholic, was visiting the home as part of a service weekend. Averie was seated next to Cathy as they were completing a craft in the activities room. Averie started doodling a cartoon drawing of a cat. Cathy looked down and knew immediately that this cat was the "cat" character that she had envisioned for her "Bee & Cat" book.

After discussing the possibility of Averie becoming the book's illustrator with her teacher and parents, Cathy and Averie got to work mapping out the drawings needed for publishing. After a few months of back and forth collaboration, the book was completed. Published copies are available for purchase through Amazon which is



Resident & Author Cathy Vonderau with Illustrator Averie Strohm.

linked at www.littlesistersofthepoorpittsburgh.org. Both Cathy and Averie were present at a book reading and signing party recently held at the home in celebration of this unique story! The book is now an international success as Mother Loraine gave a signed copy to Mother General Maria all the way in France!

"This is a wonderful example of how God puts together the young and old to accomplish great things!" shared Mother Loraine, Mother Superior.

Staying Active at Any Age

Two new initiatives were started this spring to inspire and motivate healthy living amongst the Residents. A new volunteer Madonna Demko has started coming twice a week to instruct apartment Residents in an afternoon fitness class. All the exercises can be completed while seated, but help to get the muscles engaged and moving. Madonna's class is typically motivated by Resident Ed Gregor who participates in the movement while also playing oldies music through his portable speaker.

The other program that recently started is the "Home Run for Health!" All Residents, including



Volunteer Madonna Demko instructs Resident Ed Gregor on how to complete a wrist exercise.

those in the nursing home, are encouraged to track their exercise and movement throughout the summer. Our Physical Therapist, Lindsey Monahan, even provided a guide for walking: nine lengths of Pavilion hallway is approx. $\frac{1}{4}$ mile and seven roundtrips between the two buildings is nearly $\frac{1}{2}$ mile. Every 15 minutes of exercise earns a base hit and the Resident with the most runs at the end of summer will receive a gift card.

Staying active at any age is important and also challenging, but these two programs will surely keep the Residents motivated and moving.

St. Carlo, Pray for Us

Saint Carlo Acutis, the first Millennial saint, developed a website that cataloged 150+ Eucharistic Miracles from around the world. Each Miracle has been meticulously studied, scientifically analyzed, and unequivocally

approved by the Vatican. The Diocese of Pittsburgh loaned our home the exhibit about these Eucharistic Miracles to display in our auditorium for a few days. Bishop Waltersheid celebrated Mass in the Chapel and later gave

a talk about the life of St. Carlo.

The Sisters, Residents, staff, volunteers and even groups from near-by churches were welcomed to see the display. Everyone was fascinated by these verified miracles.



Resident Maureen Derringer views the video about St. Carlo's life and catalogued miracles.



Resident Anna DeSimone is escorted by volunteer Diane Burns through the exhibit.

Spring Dance in Full Swing

The home once again hosted the annual *Spring Dance* for Residents. The Sisters and staff made sure that each Resident was impeccably dressed with finished hair styles and make-up. As they were escorted to the auditorium, they received a corsage to add to their look and were invited to take a photo in front of the decorated *Spring Dance* backdrop.

A lovely group of young ladies from Oakland Catholic High School were present the entire day making decorations for the auditorium and



Resident Patricia Hartung all smiles at the dance.



Sisters and Residents on the dance floor enjoying the Band's music.

transforming it into a garden escape. The young students were also dressed up to accompany the Residents to the dance. The Beaver Bobcats Alumni Band was back to perform classic songs from a bygone era. Professional ballroom dancers kept the dance floor occupied and encouraged Residents to join them. As you can see in these photos a fun afternoon was had by all!

Meals on the Households

Thanks to a recent purchase from our Amazon Wishlist of new portable stoves, the kitchen staff are now mobile! Malana Falconer, the Dietary Manager, asked each household to select a meal for her to prepare & cook on the household for lunch. Mother of Perpetual Help Residents chose spaghetti with meat sauce for their special meal. The tables were set with decorative napkins and the Residents enjoyed a first course of Caesar Salad with fresh bread & butter. Each Resident was asked how they wanted their meal prepared in a table side style. Homemade brownies and chocolate



Dietary Manager Malana Falconer prepares spaghetti to order for Resident Charlene McQuillan.

milkshakes finished the meal!

The cooks will rotate through all four nursing households preparing their special meal of choice. Up next is brunch with St. Michaels. The Residents enjoyed seeing the cooks in action and the cooks appreciated the opportunity to interact with the Residents face to face.