



THE BEACON

A NEWSLETTER FOR CARMELITE SYSTEM EMPLOYEES

LIVING OUR MISSION

As providers of Catholic eldercare, we actively strive to ensure that our Mission is lived by our staff and experienced by those we serve. In Massachusetts, three of our homes are extending our Mission into the broader community by helping to combat food insecurity in their service areas.

"Hearts for Hunger" was initiated by the Mission Committee at D'Youville Life & Wellness Community in Lowell as a way to spread the Carmelite values of hospitality and compassion. "During the major holidays of Thanksgiving and Christmas, many organizations hold food drives, but the shelves can become bare in winter months," observed Debbie Scionti, D'Youville's Director of Mission and Values. "We used Valentine's Day as an opportunity to connect our staff and residents with those served by the Merrimack Valley Food Bank." Signage around the campus invited all to donate non-perishable food items, or make online donations of food or cash, during a 7-day period in February.



Surprise! While the staff were amazingly generous, the independent living tenants of Bruyere Gardens led the way with their food donations. As Bruyere Gardens tenants are all of very low income, their mission-focused spirit is an inspiration to us all, and testament to the impact the Carmelite charism has on those we serve.

The numerous eldercare options of today make it more imperative than ever to highlight how Catholic senior living adds spiritual dimensions to quality of life. In Framingham, Carmel Terrace and St. Patrick's Manor are joining together to help those in need during the Easter season. The "Easter Blessings Food Drive" will

extend the Carmelite mission into the community by giving staff, residents, and families a way to share the beauty of Easter with individuals of all faiths and cultures. "Easter Blessings" will also be advertised locally, inviting the general public to drop off donations of non-perishable food items. All food donations will be delivered to a local food pantry prior to Easter.

"We are excited to extend our Easter celebration to those who are less fortunate," said Emily Collins, Executive Director of Carmel Terrace. "This is a wonderful way to help the community while visibly expressing our Catholic identity." Added Elisabeth Woolf, Administrator of St. Patrick's Manor, "What better way to introduce those outside our campus to the love and compassion shown by our staff each day?"

OUR MISSION:

The Carmelite System fosters the healing ministry of Christ in Catholic health care by proclaiming the value and dignity of the aged and infirm and providing collaborative ways to meet the needs of today's elderly. A commitment to compassionate, loving care of the highest standards with wise stewardship of resources is the hallmark of programs and services rendered.



Dignity



Collegiality



Excellence



Collaboration



Service

The Season of Renewal, Growth, and New Life at The Carmelite System.

There's no better time than spring and Easter to focus on growth and renewal, and what is growth and renewal without hope? When we look to the Carmelite System insignia, we see a lighthouse, a beacon, lighting the way toward safety, comfort, and a warm welcome. The Carmelite System maxim captures the same messaging loud and clear: "A Beacon of Hope for All We Serve."



The Flos Carmeli Award

The past few years have been a true test for our communities and employees, who've remained dedicated to serving our residents and being that "Beacon of Hope." After witnessing the overwhelming commitment by all of our staff, The Carmelite Sisters for the Aged and Infirm and the Avila Institute of Gerontology have chosen to recognize each community with the Flos Carmeli Award. The Flos Carmeli Award recognizes those

who embody the spirit of Venerable Mother Angeline Teresa as witnesses to our Core Values: Compassion, Hospitality, Sanctity of Life, and Shared Commitment. The awards will be delivered to a representative from each community at a ceremony on April 27th. The ceremony will also be streamed live so residents and staff can participate—we hope you can tune in to join us as we recognize all employees for their dedication and commitment!

Lighting the Way

The power of hope and faith is a wondrous thing. It has gotten us through so much already, considering the hardships of the past two years and the challenges our communities and staff have faced, and it is with renewed hope that we look to the future and our growth as a ministry, system, and community. After reflecting on our plans for the future, we've developed our Lighting the Way campaign which focuses on the following key messages:

- ◆ **Legacy and Mission:** Focusing the pride we have as Carmelite System communities in our long history as care providers and that the quality residents find at our community is founded in experience.
- ◆ **Vision and Future:** Focusing on the importance of having the vision to anticipate emerging needs in senior care and then the flexibility to grow to meet those needs.
- ◆ **Common Purpose:** Focusing on the amazing teams we have at each community, who are guided by a common purpose and build an inclusive and welcoming environment for residents and staff alike.
- ◆ **Better Together:** Focusing on ways to better collaborate with our partners in care, like hospitals, referral sources, discharge planners, and so on for better solutions and quicker paths to recovery.

This campaign will be used universally to attract new residents and team members to our communities, and it will also help guide our actions internally each and every day by keeping us focused on our mission, innovation, and collaborative efforts.

Find a Fresh Start This Spring

Thinking of making a few personal changes to embrace a healthier, refreshed lifestyle? Make a fresh start this spring by adopting a few new habits. We have some tips to help get you started!

Studies show that your living environment may represent your mental state. Therefore, decluttering and reorganizing your surroundings may be the first way to kickstart your growth. If you don't already have a cleaning routine, create one! Start by organizing your workspace, and sorting through your closet to see if there are any clothes you no longer wear. Next, move to the living room and kitchen. Try and pick a designated cleaning day so that it becomes part of your normal weekly routine.

Another way to maximize growth this season is to pick up a new hobby. Is there something that you have always wanted to try? Why not start now?! Embracing new hobbies is a great way to change up your routine and mindset. Start by taking a new class like painting, woodworking, or cooking or join a local club. Enlisting the help of friends or family can be a great way to not only stay social and maintain relationships but also make starting a new hobby more fun.

Journaling is another helpful way to let off some steam and clear your mind. Putting your negative thoughts on paper can help you let go of any unwanted stressors. Take five minutes every morning and let go of anything negative that comes to mind. Doing this daily ensures that you will start the day with a clean slate and more positive outlook.

Don't wait any longer to start anew! Take it one step at a time and you will find yourself thriving and living a better and healthier life.