



OUR MISSION

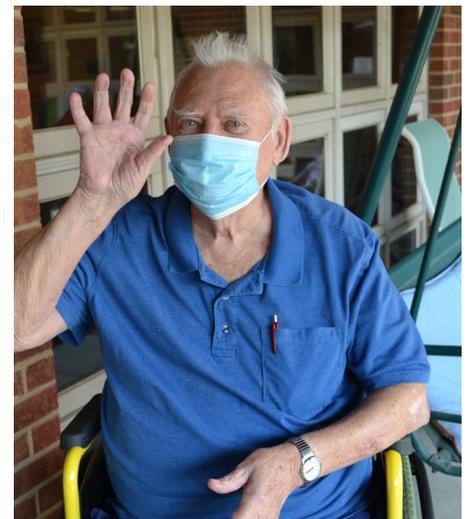
Continuing the work of Saint Jeanne Jugan, our mission is to offer the neediest elderly of every race and religion a home where they will be welcomed as Christ, cared for as family and accompanied with dignity until God calls them to himself.

Creative Pursuits

At times like these, things in the world outside our Home change rapidly and life can seem a whirlwind for many. Yet inside here it could easily become monotonous for our Residents if we focus on the things that have been put on hold due to the pandemic like Mass in our chapel, meals together in the dining room, group activities, and games. We have to be flexible and creative in how we balance keeping our Residents safe, while still providing for their quality of life. Our activities department has done a great job with this. With no group activities, it would be easy for Residents to just sit in their rooms and watch TV all day. But the activities staff thought, "if they can't come to us, we will bring the activities to them!"

So Gaby, Camille, and Mitch thought outside the box, and each day they load up their carts with things like fresh fruit and veggies for a farmer's market on wheels; or chips, dips, and drinks for Margarita Monday, and take them around their floor to each Resident's room. They also bring craft supplies and games, which many Residents have used to get quite creative themselves. Some have drawn beautiful pictures, painted masterpieces, or crocheted warm hats for winter, while others prefer a rousing game of beach ball soccer when the traveling goal makes its way around. There is truly something for everyone.

So although our Residents must stay socially distanced, we're amazed at their resilience and creativity in working with what they have to find joy, to entertain themselves, and to remain engaged.



Activities Assistant Dana (above) brings a mobile farmer's market around to each Resident's room. Resident Roger (center) enjoys some fresh air, while Resident Rosalie (bottom) plays a game of kick ball.

Spaghetti Dinner



Unfortunately, we have to cancel our annual spaghetti dinner this year. But see page 2 for some tips for creating your own delicious feast at home, and join us in spirit!



A Taste of Italy

We are sad to say we won't be having our annual spaghetti dinner this year because of the pandemic, but we would still like to give you a little taste of Italy! Below are some tried-and-true cooking tips from our Residents, Little Sisters, and employees,

garnered from years of cooking experience. Feel free to use them to prepare your own feast at home. For additional inspiration, above are pictures of us getting ready for the big day in years past. (Ah, the days of no face masks!)

SPAGHETTI SAUCE



Spaghetti sauce is like meatloaf—everyone makes it a little differently. Most Residents we interviewed said their families didn't write down recipes. Instead they were passed down from generation to generation by cooking together. Here are some of their thoughts we gathered about all things spaghetti:

- Contrary to popular belief, homemade red sauce does not need to be cooked all day to taste good - 1 to 1.5 hours is plenty.
- A pinch of sugar in the sauce helps balance the acidity of the tomatoes.
- Sautee the onions and garlic in olive oil first, then add the tomato paste and sauce.
- San Marzano tomatoes, a sweeter Italian variety, make the best sauce—many common stores sell them canned.
- Myth or truth? Some swear by the old adage that to determine if the spaghetti noodles are the right consistency, take one from the boiling water and throw it against a wall. If it sticks, it's done cooking.

MEATBALLS

Every interviewee claimed their families made the world's best meatballs! Here are some of their favorite tips.

- Soak a couple of slices of bread in milk, then mix in with other ingredients to keep meatballs soft.
- The key to a delicious meatball is lots of cheese—Parmesan or Romano, or both.
- Dice up pancetta and add it to the ground meat for extra flavorful meatballs.
- Half pork and half beef was the most common meat combination for meatballs.
- Mix the meat and other ingredients with your hands instead of a spoon or mixer for the best results. Do not over-mix, or the meatballs will be tough.
- People were divided about whether to brown the meatballs first, or throw them into the sauce raw and cook them that way. The majority here, though, preferred to brown them first.

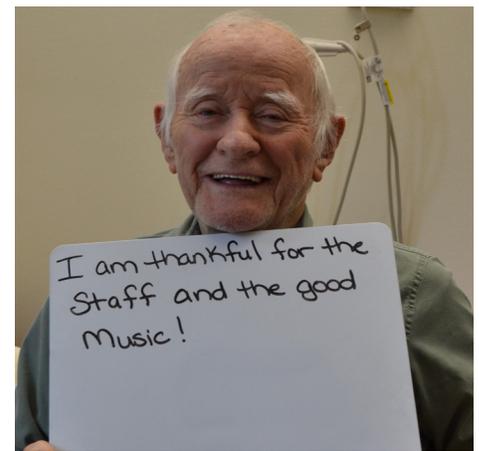
Thanksgiving



In the spirit of Thanksgiving, which is right around the corner, we thought we would share some lovely notes our Residents wrote for the staff earlier this year during National Skilled Nursing Care Week. They reminded us how much we have to be thankful for, too: our Residents, staff, volunteers, and our benefactors. We are truly blessed!



We must always say, "Blessed be God. Thank you my God."



SAINT JEANNE JUGAN

MOTHER'S MESSAGE

Dear Friends,

I hope these cooler autumn days find you well. Although it has been a challenging year in many ways, I also can't help but love this time of year with the beautiful colors of the trees, the bright blue of the sky, and the crispness of the air. It seems the perfect time for Thanksgiving - to revel in not only the glory of God's creation, but for the people in our lives, past and present.



First comes All Souls day when we remember those who have passed away, then come the holidays, which we joyfully celebrate with those who are still with us. Even though this year may be different in terms of celebrating together, we can still take time out to relish the relationships that bring joy to our lives.

Speaking of joy, we happily share with you the news of three newly professed Little Sisters from our novitiate in Queens, NY, one of whom we will be happy to welcome into our community here in Kansas City soon.

We hope you are staying safe. We appreciate your prayers for our Residents. Be assured of our prayers for you also, and for all those who are sick, have lost loved ones, and are struggling and lonely during this time. God bless you!

United in prayer and gratitude,
Mother Margaret

Our Needs

A lot of people have reached out since the beginning of the pandemic to ask if we need anything to help care for our Residents. We are grateful for everyone's generosity. We could still use the following, as well as gifts of cash to purchase needed items.

- Hand sanitizer
- Disinfectant wipes/spray
- Shampoo
(medium sized bottles easier to grasp)
- Kleenex facial tissues
- Mouthwash
(medium sized bottles)



Items can be dropped off at our front door.
Call 816.761.4744 or visit our website for more information
www.littlesistersofthepoorkansascity.org

We gratefully acknowledge the generous support of Trabon Group and K.C. Envelope for donating the printing and envelopes for this mailing

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Practice the 3 W's with the Little Sisters
Wear your mask ~ Wash your hands ~ Watch your distance
~ Keeping our family and yours healthy ~