



# Pilgrims of Hope Visit to DC



This Jubilee Year is a special time of grace, renewal, and pilgrimage. Many faithful are making pilgrimages to Rome and other holy sites.

As Pilgrims of Hope, individuals and groups journey – both spiritually and physically – to designated holy sites, as a sign of repentance, unity, and hope for the future.

A few weeks ago a group of Residents, Sisters, staff and friends boarded the bus early one morning to take our own pilgrimage to the Basilica of the National Shrine of the Immaculate Conception and the Little Sisters of the Poor Home in DC.

The raindrops didn't dampen our spiritual experience. It was a beautiful day of prayerful reflection at the Basilica that renewed the faith of all who attended.

After time at the Basilica we journeyed across the street to our Home in Washington, DC, where we shared a meal and conversation with our neighboring Residents and Little Sisters.

It was a beautiful day for our adventure as "Pilgrims of Hope."



## New Look, Same Mission

We're excited to announce our newly re-designed logo that has been launched worldwide. Visit our website

for a explanation of the symbolism of the new look that represents the Little Sisters of the Poor and their mission.



**Little Sisters of the Poor**  
HOSPITALITY AT HEART



## Active Through Life Enrichment

Our Activities Department is always blooming with fresh ideas for fun and enrichment.

“Every day is a new beginning. Take a deep breath, smile and start again.”

Participating in social activities can be beneficial as a person ages. These pursuits can help with mental health and maintain overall well-being and independence.

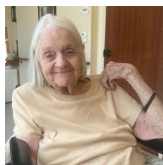
There are various types of social activities that older adults may find enjoyable. Engaging in pursuits they enjoy, being social, and staying physically active can help with mental and physical health.

Having an active lifestyle does not always mean simply getting to achieve your “daily steps.” It also includes doing activities that can be more meaningful, benefiting the mind, body, and spirit.

Our Life Enrichment Program at St. Martin’s Home has something for every Resident. Our Director, Nikki Dorey, and her assistant, Julie Collaguazo, run the gamut to engage our Residents daily and are always reaching to celebrate special events with a special flair.

On the next page, Residents share how our activities impact their daily life.

## Mary Elizabeth Olin



Mary has been a Resident at St. Martin's for 7 years. Mary volunteered here at Little Sisters for 17 years, both before and after she retired from teaching.

When asked about Life Enrichment activities, Mary said, "We have something every day to provide socialization and inclusion."

She believes that there is a connection between life enrichment and quality of life. One of her favorite activities is attending daily Mass in the beautiful Chapel, her daily dose of Light and Enrichment. Mary also enjoys the Cardinal Keeler Memorial Library, which overlooks a peaceful garden.

## Bill Wernig



Bill resides in our Guadalupe Cottage. He and his late wife, Patricia, moved to St. Martin's 6 years ago. Bill remembers it being a tough transition after having been a cattle farmer for much of his adult life. He and Pat slowly embraced the "activities" for enrichment, though he was hesitant. Now, Bill is quite fond of the enrichment options; his personal favorite is Bingo. (Bill laughed and said, "I never expected that!")

He gives thanks to our Activities Director, Nikki, saying, "We could not find a better Director anywhere. She and her team put a lot of care and creativity into planning. The Veterans' Celebration was especially meaningful. I felt like people really cared."

## Betsy Hall



Betsy resides in Our Lady of Fatima Cottage. In her opinion, Life Enrichment is directly related to the quality of her life. The Activities here at St. Martin's have become a big part of her life. As soon as she receives her Activities Calendar, she reads it from beginning to end, making notes on her favorites.

Betsy's family calls her throughout the week, which is a blessing. Her kids always want to know "what's going on tomorrow?"

At 93, Betsy doesn't think of herself as being old. She is grateful to be safe, loved, and to enjoy social gatherings with her friends and family.

## Bernie Wojciechowski



Bernie, a 6-year Resident of St. Martin's Home, is another big fan of Bingo; especially when he wins!

Bernie likes to keep busy. He has developed a core group of friends who share stories, "tell" some stories, and enjoy one another's company.

The activities give them an opportunity to connect and "keep tabs" on one another. Sometimes we find him delivering homemade candies, working out in the Physical Therapy area, or chatting with people along the hallways. Bernie always has a smile and a kind word for others.

## Mary Beth Norman



Mary Beth resides in Our Lady of Lourdes Cottage. Mary Beth shared how her very complicated surgeries have left her with severe pain-related issues. She looks forward to activities that will keep her engaged. Board games and challenging word games are her favorites!

Mary Beth appreciates the decorations and planning that go into the Holiday parties, keeping everything festive and inviting. Participating in daily Mass is also very meaningful to Mary Beth. Attending Mass and receiving the Eucharist gives her strength to endure her health issues.

## 50/50 Raffle Winner

All eyes were on the prize when we drew the winner of our 50/50 Raffle for the Little Sisters of the Poor.

**The Grand Prize Winner is Jennifer Bean-Dempsey!**

Congratulations, Jennifer, and thank you to all our friends who participated. Your donations greatly helped us with the costs of caring for our dear Residents.



## A NOTE FROM MOTHER

Dear Friends of St. Martin's Home,

We are now deeply engaged in 2025, celebrating the Jubilee Year of Hope, a significant occasion that marks the 2,025th anniversary of the Incarnation of our Lord.

This profound event embodies great spiritual, ecclesial, and social significance, resonating deeply within the life of the Church. The concept of "Jubilee" draws its roots from the Book of Leviticus (Chapter 25), symbolizing a sacred year dedicated to reconciliation, pilgrimage, and the joyous return to one another.

In his compassionate wisdom, the late Pope Francis has called upon us to embrace the Holy Year 2025 as a time for renewal, inviting us to become "Pilgrims of Hope" on our spiritual journeys.

As we continue to lift our prayers for the repose of the soul of our beloved Pope Francis, we wholeheartedly dedicate ourselves to being Pilgrims of Hope for our cherished residents, their families, our devoted staff, and all whose paths cross at St. Martin's. Together, let us



foster a spirit of hope and connection, welcoming all into our community with open hearts.

We embarked on our own pilgrimage to the Basilica of the National

Shrine of the Immaculate Conception and the Little Sisters of the Poor home in DC. It was a wonderful opportunity to step "into" our faith with our Residents and Sisters.

We welcome Pope Leo with open arms. Pope Leo brings new depth and perspective to his role as Holy Father, and we, the sheep of his flock, open our hearts and minds to renewing ourselves in the hope and promise of the God who can and does accomplish the impossible.

Our Patron Saint and Foundress beautifully embodied the message.

"For with God, nothing is impossible."

Wishing you and your families renewed hope, reconciliation, and reassurance that the Lord is in your midst.

God bless you!

*Mother Jeanne Mary, Lsp  
Superior*

## Upcoming Events



**12th Annual Nun Run**  
*Saturday, September 13*  
Cathedral of Mary Our Queen



**1st Annual Golf Tournament**  
*Monday, October 20*  
Rolling Road Golf Club



**Breakfast with Santa**  
*Saturday, December 13*  
St. Martin's Home,  
601 Maiden Choice Lane  
*Pancakes, eggs & sausage,  
crafts, Secret Santa Shop,  
and SANTA!*



## Win This Quilt!

This beautiful quilt, made by one of our Volunteers, Kathy Butcher, could be yours!

Quilt Raffle will take place at Breakfast for Santa on Saturday, December 13.

The enclosed raffle tickets are your opportunity to make this quilt yours...just in time for the Holidays!