

the Pulse

Together we can make a Difference 2011 Annual Fund



Those who consistently read *the Pulse* have said how impressed they are at all the Sisters of Notre Dame are involved in both here and abroad. I just smile and explain that I don't have enough space to tell you everything they do. It is hard to keep up with a group of women who are so devoted to being there for others. I listen to the Sisters, and to individuals who have had contact with them who tell me their stories, and I realize their remarkable devotion to God and others is in their blood, pumping through their hearts, and shared as love for all humankind. It is wonderful to be a part of an organization that always puts others first. You have seen it in the schools, in the care centers, and in the urban areas. The Sisters of Notre Dame are always thinking in terms of service to and for others.

The annual Fund Drive is a time when you can help the Sisters of Notre Dame. You have the opportunity to say thank you for something a Sister has done for you or a family member or because you want to help the children in Covington or in Uganda.

Notre Dame Urban Education Center
NDUEC has



been such a success for the students in Covington. When you hear comments from students such as, "I made the honor roll for the first time," or "I used to get all C's and D's and now I get A's and B's," you know how valuable this program is to the children, families, and community. The students are receiving individual attention with their lessons, which they

cannot always get in a classroom. They have somewhere to go after school, and a snack is provided to tide them over until they get home. They have had exceptional enrichment programs, such as dancing to Dr. Seuss, writing and performing their own plays, and creating their first film. As our partner, the Carnegie Center for Performing Arts has given these children opportunities in the arts that they would not have otherwise. The Annual Fund supports these educational opportunities. If you agree that this is a valuable program, please consider a contribution for the purchase of educational tools, supplies, and healthy snacks.

St. Julie Mission, Uganda, East Africa

For fifteen years, the Sisters of Notre Dame have been working in an underserved area in Buseesa, Uganda. The mission has grown since those early days, and its reputation for quality Catholic education has spread. Many

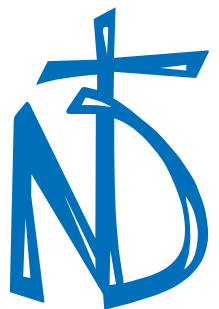


more students want to attend than can be admitted. Because of your generosity, an additional forty students were able to attend St. Julie with the start of the new school year last month. St. Julie has an excellent reputation, and students always finish in the top three percent. Recently, we opened a nursery school for children in the area of Mpala, Uganda.

A cow is needed for milk for the students both in Buseesa and Mpala. In Mpala, near the nursery school, there are swamps that breed mosquitoes. The Sisters would like to build a fish farm to control the mosquitoes, breed fish for food, and create an income by marketing the fish. Please consider a donation that will help our mission and continue to serve those in need.

Retired Sisters

As teachers, care givers, administrators, the Sisters of Notre
Continued on page 10





A Message from the Provincial

We are moving from winter to spring and the season of Lent is upon us. I think of Lent as the time God gives us to recognize that out of darkness and dying comes new life. This is the season to open our hearts to God's grace urging us to become even more the people of love God made us to be.

The Sisters of Notre Dame held our General Chapter in Rome during the month of November 2010. We reported and reflected on the past six years. We considered how we lived our religious vocation and our mission in the Church and how we are called to live and minister in the future. We hope to deepen our call to be prophetic witnesses of hope in the world and to deepen our commitment to the Gospel.

Our new General Government residing in Rome, Italy, has been initiated into their role for our international congregation. We

said farewell to our own Sister Mary Shauna Bankemper, who is the representative of our North American provinces.

I recently spoke with one of our elder Sisters who is in her nineties. God has blessed her with good health so she is able to continue in active ministry – teaching, welcoming, listening, and praying. Our elder Sisters in Lourdes Hall offer their prayer and suffering for the needs of the world. In addition, they love to do outreach projects such as baking desserts for shelters in our area.

I love the quote from Mother

Teresa: "I am not exactly sure what heaven will be like, but I know that when we die, God will not ask, 'How many good things have you done in your life?' ...rather, God will ask... 'How much love did you put into what you did?'" Seems like a good thought for our Lenten journey.

We pray for God's abundant blessings on you and those you love. We are grateful for our partnership with you in the mission of Jesus.

Sister Marla Monahan, SND

Sister Marla Monahan, SND
Provincial

Province News

✿ Sister Anita Marie Stacy and Sister Mary Judith Averbeck were "home for the holidays" from Uganda. Both were able to visit with Sisters, family, and friends. The Sisters also had the opportunity to visit several area schools and talk to the students about Uganda, St. Julie Mission, and their students. The Sisters visited Notre Dame Academy, Holy Trinity Elementary School, Holy Trinity Junior High School, Bishop Brossart High School, St. Bernard, and St. Martin of Tours. Students were able to learn about life and the culture in Uganda from those who live there.

✿ The Annual Pancake and Sausage Breakfast to benefit our mission in Uganda was held on February 27 at Notre Dame Academy. Many people came to enjoy the food and the family atmosphere. The Sisters of Notre Dame would like to thank the Ludlow Knights of Columbus, especially chairs Carl Biery and Michael Young, and the volunteers from the Knights of Columbus and Notre Dame Academy. We would also like to thank Brooks Meats, Trauth Dairy, and U.S. Foods.

✿ On January 26, Sister Marla

Monahan was named acting president of Notre Dame Academy, replacing Sister Mary Shauna Bankemper. The appointment was made effective January 31. During this time, the board will conduct a search for a new president. Sister Marla will continue as Provincial during the search process.

✿ A special thank you goes to William Sickman. His generous donation of woodworking tools and garden equipment will keep St. Joseph Heights looking its best both inside and out.

58 Members From Around the World Meet at General Chapter

During the month of November in 2010, the international congregation of the Sisters of Notre Dame entered into our every- six-year General Chapter. The theme of the Chapter was "Rooted in Contemplation, Called to be Prophetic Women, Missioned for Global Transformation."

We focused on the prophetic and transformative nature of our charism and what this charism has to say to our world today. We listened with open hearts to the experience of our congregation around the world, reviewed the urgent needs of our world, and prayed for the guidance of the Holy Spirit. Six "critical themes" emerged from this listening and sharing. The critical themes are:

Prophetic Witness: Identity, Charism, and Mission
Formation for Mission
Justice, Peace, and Integrity of Creation
SND Missions "Ad Gentes"
Sustainability and Resources
SND Governance Structures

We prepared a congregational General Chapter 2010 Document, which will serve as a guide for us for the next six years.

We move into the future united in our passion for the mission of Jesus and grateful for our partnership for the sake of our world.

-Sister Marla Monahan, SND
Provincial



Members of the 2010 General Chapter

**Weekday Volunteers
are needed to pick up
donations from area
vendors.**

**Requires valid drivers
license and light lifting**

Can use SND cargo van

**Call Linda Lucas
859-291-2040**

**We are now
accepting donations
for the 2011 Flea Market.
For further information,
please call Margie at
859-392-8229.**

New Board Chair Named Robert G. Stevens, SCR Chair

The Sisters of Notre Dame recently appointed Robert G. Stevens as the new Chairperson of the Board of Directors of St. Claire Regional Medical Center (SCR) in Morehead, KY. Bob Stevens has been involved with SCR for almost twenty-five years as a legal consultant and Board Member.

Sister Marla Monahan, immediate Past-Chair, remarked: "We are very pleased to welcome Bob Stevens as the new Chair of the Board of Directors. He has been a friend to the Sisters of Notre Dame and to St. Claire for many years. Bob brings to this leadership role, not only familiarity with SCR, but also a depth of experience and knowledge of the health care system, which will be of great benefit to the board and the hospital."

"It is an extraordinary privilege for me to be asked to serve as the Chair of St. Claire Regional's Board," said Stevens. "The Sisters of Notre Dame, the hospital staff, and the medical staff have built St. Claire Regional into an organization that is vital to the health of residents of Northeastern Kentucky and essential to the success of the entire region. I am excited to work with St. Claire Regional's talented leadership team as they respond to the challenges of health care reform and as they further enhance one of Kentucky's finest hospitals. All of the Board members are honored that we have the opportunity to be a part of the Sisters' mission to serve residents of Morehead and the surrounding areas."

The Sisters of Notre Dame are grateful to sponsor St. Claire Regional Medical Center and to be partners in the mission of St. Claire.

the Pulse

the Pulse Board:

Sister Mary Margaret Droege
Sister Mary Sharron Goller
Sister Mary Rachel Nerone
Sister Mary Evelyn Reinke
Sister Mary Kevan Seibert
Barbara Kruze
Margie Schnelle

If this is your first issue of the Pulse, we welcome you! the Pulse is a quarterly newsletter published by the Sisters of Notre Dame of Covington, KY, to maintain relationships with family and friends, as well as parishes, schools, and places where the Sisters of Notre Dame are and have been in ministry.

If you no longer wish to receive the Pulse and would like to be removed from our mailing list, call 859-392-8229 or email: development@sndky.org.

Visit our website at www.sndky.org

On Assignment To Brazil

with Sister Maria Francine Stacy



The beautiful artistry of the wood carvings of the Canoas Chapel.

Celebrations abounded during the time I was there! I visited Passo Fundo, the other Brazilian province, for the Educational Congress. Almost all the educators from the Notre Dame schools affiliated with Passo Fundo attended as well as the principals from Notre Dame schools in Canoas. The speakers were distinguished educators with whom the Sisters have contact, the liturgical services very creative and inspirational, and the time was well-spent in networking with educators



A visit to the local market with Sister Zenir.

from various regions. I also celebrated Brazilian Independence Day and the Day of the Gaucho (Latin-American cowboy), both of which are celebrated with parades and churrasco (barbecue).

Both provinces celebrated their patronal feast while I was there.

On July 2, I departed for Canoas, Brazil, to study Portuguese. Sister Mary Sujita, SND Superior General, made the request because the General Council wanted a US Sister to learn the language of our Brazilian Sisters and help with translation. Since I knew Spanish, it was assumed that Portuguese might be easier. I learned that was true in reference to written grammar, but the oral and aural aspects were strenuous!

When I arrived in Canoas, it was winter. The Sisters were very solicitous about my well-being, so they found me warmer clothes and a warmer room. Most of all, they provided me with wonderful tutors. Sister Zenir, who had been a Portuguese teacher, gave me lessons every morning from 8 to 11 a.m. When the days became warmer, she showed me typical foliage of the area and took me to a market to show me typical fruits. In September when Sister was going to head for the mission in Tocantins, Sister Veni started giving me lessons. Sister was planning to study in England, so when we could begin conversing, I was able to help her a little with English.

Passo Fundo celebrated the feast of the Holy Cross, and Canoas celebrated the Feast of Our Lady of Aparecida. The Sisters had a three-day novena before their provincial feast. They prepared the Liturgy of the Hours in a special way beforehand and on the feast, decorated the dining room, and celebrated with a special meal. The Sisters joked with me that I had experienced almost all aspects of their life together because I had celebrated these feasts, witnessed the entrance of a postulant, and attended the wake of dear Sister Mariana.

I always told my Spanish students that the most important aspect of learning another language is being able to open up the world of another culture, understand new customs, and meet new friends. This became even more evident to me from this experience. It was interesting to see similarities in the way we practice our religious life, using some of the same prayers, just in a different translation. It was valuable for me in my service to the immigrant population in Dayton to experience what it feels like to live



Gauchos perform during the celebration of Day of the Gaucho.

in a place where one has to continually ask for interpretation and not know what is going on. I was also able to see much of the work that the Sisters do in both provinces.

By the time I arrived in Rome, I could converse in Portuguese but wasn't proficient enough to do simultaneous translation. I hope I was a moral support to Sisters Adelia and Silvia who did the translating and who are very capable. I helped at table conversation since I was able, in that situation, to ask the Sisters to repeat or clarify meanings. Now as I return to my work with the Hispanic community, I again return to speaking Spanish, but I hold a little world and another language within me that I will always cherish.

*—Sister Maria Francine Stacy,
Director of Hispanic Ministry, Dayton, Ohio*

Sister Mary Shauna Bankemper To Serve on Council in Rome



Sister Mary Shauna Bankemper cuts her cake at the Open House held at St. Joseph Heights.

Sister Mary Shauna Bankemper is embarking on a new path for the Sisters of Notre Dame in Rome, as one of five Assistants General. In November she was elected to this position by the General Chapter, which is held in Rome every six years, including fifty-eight members representing each province around the world. The council also elected a new Superior General, Sister Mary Kristin Battles from the California province, and four other Assistants General from

Germany, India, South Korea, and Brazil.

"I signed up to be free for mission, but I didn't expect this," Sister Shauna said with a smile, "but, I am so happy to serve." As a member of the international governing council, she will work with the superior general and other assistants general to study and implement congregational mandates on education, mission work, formation, justice, and peace.

Sister Mary Shauna admitted that it will be difficult to leave her provincial community, her family and friends, and NDA. For the last five years as President of Notre Dame Academy she has set the standard for the school's motto, "Women Making a Difference." "Sister Shauna has been an excellent role model for our students of a woman making

a difference," explained NDA Principal Dr. Laura Koehl. "She has demonstrated what it means to make a positive answer to God's call to serve others and has done so with grace and perseverance." To Sister Mary Shauna this was a perfect teaching moment.

She explained to the girls how Mary was called to go to the unknown and how she gladly accepted. As the SND constitution reads, "In her complete dedication to the Lord in faith and love, Mary is the model for our daily surrender to the ever new call of God." She reminded the girls that one day they too will have an opportunity to answer God's call.



Sister Shauna with some of her '65 NDA classmates.

"When Sister Mary Sujita, the former Superior General, called to tell me that my name had surfaced and asked if I wanted to be

considered, I knew God was calling, was asking, and I would go," she explained. "It was a chance for me to contribute to the future of religious life and the congregation I really love. How could I say no?"

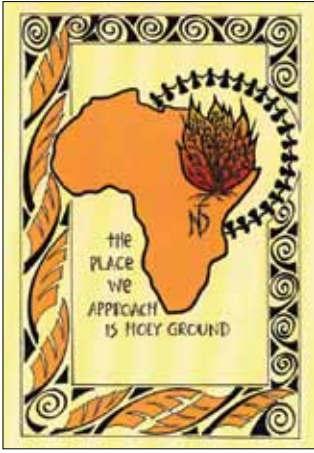
Sister Shauna's last day at NDA was January 31; she left for Rome on February 19. Her installation on February 26 included a Mass in the morning and a reception in the afternoon. She described it as "simple and tasteful" and then with a sparkle in her eye added, "prayer and party."

Many sent Sister their best wishes. Bishop Roger Foys acknowledged "This was a great honor certainly for Sister Shauna, but also for our local Sisters of Notre Dame and for our diocese." He went on to say, "I wish Sister Shauna many blessings as she takes up this new ministry of governance and pledge her my prayers." Provincial Sister Marla Monahan said she "admired and was inspired by her great willingness to serve at this level." She added, "At the heart of our vocation as an apostolic community is the willingness to surrender oneself and I respect that very much and pray every day for Sister Shauna and the other new community leaders."

Sister Mary Shauna summed up her sentiments: "I am looking forward to the wonderful relationships I am about to develop. This is a time when religious life is changing, evolving, and I am so happy to be a part of the move to the next stage of religious life."



Superior General Sister Mary Kristin Battles, third from right, and her council. Left to right: Sister Mary Shauna Bankemper, Covington, KY, USA; Sister Maria Alcidia Guareschi, Passo Fundo, Brazil; Sister Marie Emma Kim, Incheon, South Korea; Sister Mary Kristin; Sister Mary Sreeja Chittilappilly, Patna, India; and Sister Maria Julindis Melis, from Coesfeld, Germany.



Thirty Years of Celebrating for the Missions

Catholic Schools Week is always exciting in the various Archdiocesan Catholic schools, but to the students at St. Bernard School in Taylor Creek, OH, it means "The Mission Festival." For over thirty years the school has held a festival to raise money for the missions. During these years the students have helped missionaries all over the world, as well as providing help to local

in Uganda. Ms. Janie Acra, the principal of the school, said, "It was decided many years ago to

honor the Sisters of Notre Dame who taught here by celebrating their mission in Uganda." The St. Bernard students had a wonderful time playing basketball, golf, ring toss, bowling, football toss, and spin games. Delicious baked goods were available for purchase by those students who worked up an appetite. All the students knew why they were spending their money, as several said "We do this for the children in Uganda." The missionary spirit of the students at St. Bernard in Taylor Creek, planted many years ago, lives on today!



Sister Mary Magdelyn Strittholt (left), Mission Office Administrative Assistant and Janie Acra (right), St. Bernard Principal, enjoying the annual mission carnival.

charities. For many years, the money raised has gone to the Sisters of Notre Dame's St. Julie Mission

Uganda." The missionary spirit of the students at St. Bernard in Taylor Creek, planted many years ago, lives on today!



A Time for Celebration

Test Results Are Announced

The long awaited results for the Uganda Certificate Examinations have come in and it is a time for celebration. Notre Dame Academy was outstanding again this year. NDA had twelve students finish in the "First Grade" and fifteen in the "Second Grade." There are 2,551 testing centers across the country, and these centers represent many more schools. NDA-UG received a national ranking of sixty-five.

"This is quite an accomplishment for an up-country school," explains Sister Mary Rita Geoppinger, NDA principal. She explains further, "What makes this success so sweet is that this class was a hard-working, cooperative group who worked very well together. They deserved to do so well."



Students Who Make Us Proud

It is so wonderful to see children working hard in support of other children they do not even know. I had only been working with the Mission Office team for a few months, when Sister Mary Magdelyn Strittholt, Mission Office administrative assistant, shared this particular list with me. The list included names of schools who supported St. Julie Mission in Uganda through penny wars, dress down days, and carnivals in 2010. I was so impressed with what they had accomplished, and yes, proud of each one of them.

Barbara Kruze, Director of Mission Advancement

The Sisters of Notre Dame would like to say thank you to the following schools who supported St. Julie Mission in 2010:

Holy Trinity Elementary and Junior High Schools, Newport and Bellevue, KY
 Notre Dame Academy, Park Hills, KY
 Notre Dame Elementary School, Chardon, OH
 Prince of Peace School, Covington, KY
 St. Agnes, Park Hills, KY
 St. Augustine, Covington, KY
 St. Bernard, Taylor Creek, OH
 St. Columban, Loveland, OH
 St. Henry Elementary School, Erlanger, KY
 St. Joseph School, Cold Spring, KY
 St. Leo, Versailles, KY
 St. Luke, Beavercreek, OH

A Visit with Sister Anita Marie Stacy



Recently, Sister Anita Marie Stacy returned to the Provincial House for a home visit. It was an opportunity to chat with Sister Anita Marie and learn firsthand about St. Julie Mission, the people, and culture in Uganda. When you talk with Sister about St. Julie Mission and the people

of Uganda, you can sense a heart burning with love for the people with whom she lives. It is so evident in her face and her words.

Sister Anita Marie has served at St. Julie Mission for eight years. She will tell you they have been some of the most fulfilling years of her ministry. She loved her years at Bishop Brossart High School and would have been very happy to spend the rest of her teaching career there, but an opportunity arose that she could not refuse.

"A secondary school was to be started," Sister Anita Marie explains, "and they needed a math and science teacher. It was a chance for me to live with as well as serve the poor." It truly is another world and the children in Uganda and the United States have

*"I see the face of
God everyday."*

-Sister Anita Marie, SND

some unique differences. "Children are more familiar with the reality of death, because it is a frequent occurrence and they deal with more stress." These students work hard and put in long hours at their studies. After the completion of grades P7 and S4, they must sit for the National Exams, which are very stressful. "If they do not pass, they have to repeat classes, which means more school fees that their families cannot afford, or their education is over. Students worry about passing or 'if my father dies, who will pay my school fees?'"

"Uganda is a call from God," she tells us, "and I need to be there." The needs are great, but let her tell you what she has received in return. Her life has been enriched by learning a new culture, seeing children and their family's dreams of an education fulfilled, and working alongside some remarkable women who are Ugandan Sisters of Notre Dame. "I just feel so close to God at St. Julie," she explains.

During her eight years in Uganda, she feels happiest about the addition of Sisters from Uganda as a part of St. Julie Mission. "Thanks to the Ugandan Sisters, who have integrated us into their culture, we are able to see and learn

so much more about the people and their country." She has also seen other changes over eight years. "We now have electricity, not always the most reliable, but we didn't have any before. Some road improvements have been made.

We have also seen advancement in women's rights, and universal education."

Support from donors has been so important to running St. Julie Mission. Many times someone will ask if they can send crayons or other supplies. However, shipping is costly and school supplies are less expensive in Uganda. Also, Sister explains, "We want to support the local

merchants." Sister Anita Marie offers an even more important reason for financial support. The school fee the family pays is less than the actual cost of educating a child. "In the end, we subsidize much of their education and we certainly do not want to turn away a talented child. Parents support their children as much as they can," she goes on, "but many times they are pulled out and put into less expensive schools where they often have difficulty passing the National Exams."

Sister Anita Marie loves her work in Uganda. "I see the face of God every day." Her dream is to see St. Julie Mission run by the Sisters of Uganda "in the tradition of the Sisters of Notre Dame and administer to the poorest of the poor." She hopes that the basic needs of the people such as employment and education will be met. "My hope is that the people of Uganda will love God more and more – and I have no doubt that our good God loves them and will take care of them."



The Latest News From The Sponsored

Thoughts On Being an NDUEC Volunteer



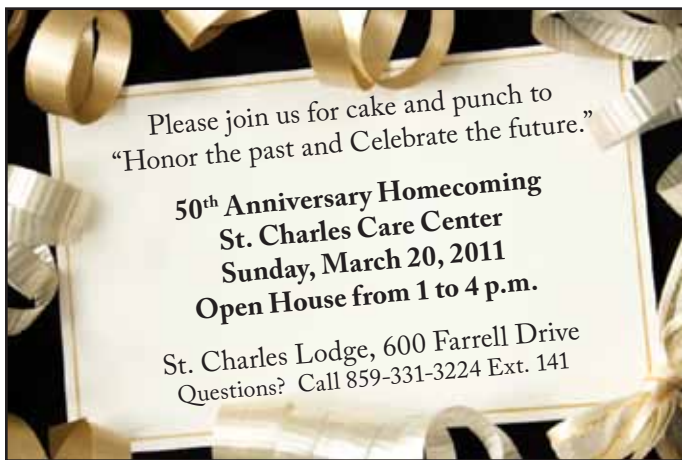
Volunteer Pauline Baumann and Donovan, an NDUEC student, have fun practicing math skills.

When I first contemplated being a volunteer for NDUEC, I must admit I was a bit nervous. Yes, I had been a teacher for many years, but I had concentrated in the field of language arts. I wondered how effective I could be with such horrors as MATH! Quickly, I realized you don't have to be a math whiz or an anything whiz. You just have to care. It is so easy to love these kids when they come bounding down the steps, full of energy and ready to get that homework done. They always say that volunteering only works when you truly feel it is a "fit" for you. Well, definitely this is a fit for me. I can show the children that it is important to do the work correctly and carefully, and they show me there is real hope for the children of tomorrow. We pray together, we laugh together, and we make sure that homework is done well.

Perhaps my greatest inspiration has come from our two fearless leaders, Sisters Mary Lynette Shelton and Reinette Kroeger. They are there every week, with tenderness for the children and yet the firmness that is needed to keep the program rolling efficiently. They have worked tirelessly to create an environment that is warm, inviting, and conducive to comfortable working. Each volunteer is treated with the greatest respect.

This truly is one of those "hands on" volunteer opportunities where I feel I might really make a difference in some child's life. We never know what kind of impact we have made on our journey through life, but we can only hope that God is smiling on our efforts.

-Pauline Baumann, NDUEC Volunteer



Everything is Golden at St. Charles Care Center: our residents, our staff, and many special events, embellished with the theme of our 50th Anniversary. We celebrated the first signature event of our Golden Anniversary, the ground-breaking of our newest facility, on March 4. We are anticipating a twelve-to-eighteen-month construction time for completion of this facility, which will include thirty-two private personal care rooms, a beautiful new adult day health program, a licensed out-patient therapy department specifically designed for senior adults, and a new entrance to our Lodge, which will house expanded dining facilities including St. Charles' very own bistro.

On Sunday, March 20, we will open our doors for a homecoming of former residents, families, and employees of St. Charles to share memories, honor the past, and celebrate the future. Please join us.

-Sister Mary Luann Bender, SND, Executive Director

JLC A Happening Place



Above, children enjoy the new exercise equipment. Left, a JLC student has her foot painted for a Lenten project.

Christmas has come and gone, and the children have been extremely excited about playing in the snow on weekends. Fortunately for the children who love the snow, it seemed to stay and stay. Our teachers, though, are longing for spring!

Thanks to a generous donation, JLC acquired two stationery bikes and a five seat Trike Circle Cycle. The children love them and it's healthy exercise, especially when the weather does not allow outdoor recess time. The children just fly on these things and feel as though they have wings.

Valentine's Day is a holiday the children truly enjoy. They each had fun decorating their bags with hearts and giving funny cards to each other.

The children are preparing for the annual Lenten season activity, footprints. Each child has a foot painted to make an imprint on paper. Later the child will put something positive they will do for Lent, such as helping mommy with the dishes each night.

-Sister Mary Patricia Sweeney, SND, Executive Director

Institutions of The Sisters of Notre Dame

The Service Program at Notre Dame Academy seeks to promote an ethic of service and care for others as well as an understanding of the need for charity and justice in our world. This year the Senior Class Service project is focused on the global ministries of the SND's.

On January 31, 2011, the Academy held a senior mission retreat led by NDA English teacher and Service Committee Chairperson - Lynn Dickman (Class of '77). The purpose of the retreat was to educate our seniors about the charism of the SND's and their many ministries around the world. Some highlights of the day included;

- Are These the Nuns You Know? – a discussion of cultural interpretations of religious life
- SND Mission and Ministry – Touching Real Lives – A presentation by Sister Marla Monahan on the SND ministries
- NDA-Uganda – a presentation by Sister Anita Marie Stacy on NDA in Uganda
- Passing the Torch, Carrying the Fire – a presentation by Dr. Laura Koehl on being an NDA alumnae and connecting with the SND Charism

One part of the day the student truly enjoyed were personal letters from Sisters in the Covington Province. The students will complete a project by the end of the year that will support one of the SND ministries. It was great to see how the students were able to witness the Sisters of Notre Dame as "women making a difference."

- Dr. Laura Koehl, Principal



Senior Mission Retreat Focuses on SND Ministries



St. Claire Regional Receives Grant for Hospice and Palliative Care

St. Claire Regional Medical Center's Hospice and Palliative Care Program has received a \$13,120 gift from the Conway Family Charitable Fund at Blue Grass Community Foundation.

Conway designated that the hospice program receive ongoing annual contributions from the fund, this being the first installment, according to Lisa Adkins, Blue Grass Community Foundation President/CEO. "This is one of the largest charitable gifts our program has ever received," said Robin Franklin, SCR Director of Hospice and Palliative Care, "and it will have a tremendous impact in helping us continue to provide needed hospice and palliative care in the region."

"We were honored to serve Ms. Conway, and her bequest is a testament to the high-quality, compassionate care that our staff provides to each of our patients every day," Franklin said. Ms. Conway held St. Claire Hospice and Palliative Care in high regard and appreciated the care and support provided to her family, explained Ms. Adkins.

St. Claire Regional Hospice and Palliative Care provides services in an eight-county region. Hospice is a program offering support and compassionate care for persons in the last phase of incurable disease. St. Claire Regional Hospice provides pain-management, symptom control, psychosocial support, and spiritual care to patients and their families. Palliative care provides family-centered care to those with life-limiting illness who are experiencing uncontrolled symptoms through aggressive symptom management, not excluding surgical or medical interventions, supportive care and education to assist patients and their families.

continued from page 1 . . . Dame have been involved in many communities, schools, parishes, and health facilities. They have been the guiding hand of children of all ages, the comforting touch when a life is ending, and a prayerful partner throughout our lives. Now you have a chance to say thank you for all they have meant in your lives.

We are hoping to purchase an audio visual program for the Sisters in Lourdes Hall. This program promotes relaxation, reduces stress and anxiety, enhances pain management, and promotes healing. It has been found to be very helpful for those suffering from Alzheimer's.

Last year, the Annual Fund raised money for NDUEC, Uganda, and our retired sisters. We were so grateful for your outpouring of support. Please consider continuing your support of these missions through the 2011 Annual Fund. We hope you will join us as a Partner in Mission during this fund drive. Together, we can make a difference in the lives of those we may not know, but we can also make a difference in the lives of those God did bless us with in our lifetime. God bless you and remember that you are always in the prayers of the Sisters of Notre Dame.



Rachel Sedmak, Lourdes Hall Activities Coordinator, and Sister Mary Caroline Hemmerle join in the sing-a-long.

Lourdes Hall Sisters Receive, But Also Give Back

Rachel Sedmak enjoys coming to work because she spends her days with her friends, the Sisters of Notre Dame in Lourdes Hall. Rachel is the Activities Coordinator who plans cultural activities of all shapes and forms.

"We have been involved with Creative Aging Cincinnati, and their programs have been so enjoyable," Rachel tells us. "We have had piano concerts from a group known as 'It Takes Two - One Piano, Four Hands' and art talks complete with art projects on such topics as French symbolism." These programs are not just entertaining, they stretch the Sisters' cognitive skills and allow for self-expression. It is especially good for Alzheimer's patients. Rachel promises more programs to come from Creative Aging Cincinnati. She smiles, "We are excited about the upcoming Cincinnati Shakespeare Company program, *In Love with Shakespeare*."

The Sisters do projects for others as well. "They are used to serving others and now they are being served," Rachel explains. "They are grateful and still have the strong desire to do for others. So they made blankets for women in crisis, baked cookies, and made centerpieces for soup kitchens, and pencil cases for the students at Notre Dame Urban Education Center." Volunteers have helped by cutting blankets or helping to get materials together. "It is always nice to see the cross-generational contact when the girls from Notre Dame Academy help with projects, as they did with the blankets."

"I have been blessed. Each Sister makes me feel so appreciated. I feel I am the one with the greatest benefits. They tell me stories and share experiences that either I never knew or just read about in books. It is quite an experience."



Rachel Sedmak helps Sister Mary Paulla Hanneken.

With the Sisters of Notre Dame Ministries:

[Bishop Brossart High School Alexandria, KY](#)

The Beta Club is preparing for their annual penny war that will sponsor a student at St. Julie School in Uganda, as well as other organizations.

[Hispanic Catholic Ministry Dayton, OH](#)

On January 23, after the Sunday Mass, the Health Department prepared a Health Fair for the Hispanic Community. The community outreach nurse, Tish Montavan, who is also one of our catechists, brought Health Department employees to give screenings. Some adults have never had their eyes or teeth checked in their entire life. Dr. Helena Duque, a family practitioner from Columbia, working in Dayton, changed weekend plans to accommodate our schedule. Since many young men work in construction, we asked the Department of Athletic Medicine at Wright State to provide some muscle relaxing tips. To encourage exercise we offered zumba dancing. Parishioners prepared a typically Mexican dish with ingredients donated by the Michoacana grocery store. Ascension Parish donated two new bicycles for the raffle, the Sisters of Notre Dame gave gift cards, and the Nutter Center from Wright State presented tickets to a horse show. These professionals volunteered a Sunday afternoon to serve the community and were happy to help such an under-served population. In fact, the Health Fair generated so much enthusiasm that we decided to plan another one—we calculated that we might have renewed energy in October!

[Holy Trinity Newport, KY](#)

Sister Anita Marie Stacy and Sister Mary Judith Averbeck spoke to the students of Holy Trinity about St. Julie Mission in Uganda. The

students were thrilled to learn about the differences and similarities of their counterparts in another part of the world. The students held a penny war to benefit St. Julie School. The Sisters are grateful for their support.

[St. Agnes Fort Wright, KY](#)

The students of Saint Agnes have been “letting their light shine” by helping others. For Thanksgiving, we had our annual grocery collection for poor families in our area. During Advent, we collected 1,200 warm socks in various sizes and colors for men, women, and children at different Covington agencies as our “Stockings for Jesus” project. During Catholic Schools Week we brought in cans of soup for those in need to be eaten during these cold winter nights. Our second graders visited, entertained, and made cards for the Sisters of Notre Dame in Lourdes Hall. Our third graders, by collecting soda pop tabs and earning their own money, provided basic necessities for several women in need at Christmas. In the spirit of St. Francis, our third graders are collecting used blankets and pillows for animals at a shelter. The sixth graders shared their time and talent by visiting parish shut-ins at Christmas time, bringing cards and a poinsettia to each one, as well as singing Christmas carols. The seventh graders donated a cow, pig, and rabbit to a family in the Philippines. A group of seventh grade parents and their children visited the cold shelter in Covington, and made sandwiches for the guests. St. Agnes students are “letting their light shine.”

[St. Augustine School Augusta, KY](#)

We began our week-long celebration of Catholic Schools Week with our Sunday parish Mass. Our Principal, Mr Ruff, welcomed everyone and talked about all the positives that Catholic Schools offer “to the now

and the future,” transmitting “the Faith to the next generation and the next.” Mass was followed by a biscuit, sausage, egg, and donut breakfast. The culmination of Catholic Schools Week will be a teacher “kissing” a live goat. Students determine who the lucky teacher will be by donating money in the name of their teacher of choice. All funds raised will benefit our local fire department.

[St. Augustine School Covington, KY](#)

Five members of the St. Augustine 4-H Earth Club competed in the Kenton County 4-H Communication Contest. Each did demonstrations that were judged by a committee. Demonstrations were given by: Cody Ellis, Sketching People; Micah Gray, Fire Bellied Salamanders; Miranda Steinau, Making Pot Holders; Harrison Tuke, Baseball; and Hope Tuke, Downloading to a Nook. The 4-H members brought home four blue ribbons and one red ribbon. Cody, Micah, and Miranda were chosen to go on to Regional competition in April. Congratulations!

[St. Margaret of York Loveland, OH](#)

During Catholic Schools Week, staff and parents prepared several student “Service Projects.” A retreat day, held on Tuesday, allowed students to look at their call to holiness. Students made fleece blankets, Boo Boo Bunnies (bunnies made from washcloths to hold ice for little bumps and bruises), and collected baby supplies for two pregnancy centers in Cincinnati. Organized by the PTO, the students were combined in various age groups and created packets of craft activities for Children’s Hospital, Valentine Heart wreaths for retired religious, rosaries, cards, and friendship bracelets for students in Nicaragua. The smiles on the faces of the students reflected the joy of giving service.

Grant Update

Greater Cincinnati Foundation Partners with NDUEC



Notre Dame Urban Education Center has received a \$20,000 grant from the Greater Cincinnati Foundation to fund the Center's operations.

The Greater Cincinnati Foundation empowers donors to make a profound difference in the quality of human and community life in the Greater Cincinnati region, today and tomorrow. GCF believes in the power of philanthropy to change the lives of people and communities. As a community foundation, GCF makes grants and provides leadership in six key areas: arts and culture, community and economic development, education, environment, health, and human services. An effective steward of the community's charitable resources since 1963, the Foundation inspires philanthropy in eight counties in Ohio, Kentucky, and Indiana.

"We are so proud of this partnership and grateful that our community believes in the future of our students in Covington," said Sister Mary Lynette Shelton, NDUEC Executive Director.

Conrad N. Hilton Fund for Sisters Provides Exercise Equipment



Much needed exercise equipment will be purchased for NDUEC thanks to an \$8,000 grant from the Conrad N. Hilton Fund for Sisters. "We are so grateful," Sister Mary Lynette Shelton, Executive Director, replied. "Now we are able to expand our programming and truly touch the mind, body, and soul."

The Foundation was established in 1986 specifically to support the apostolic work of Roman Catholic Sisters. Mr. Hilton created a legacy when he stated in his will that he wanted to "give aid to their [little children] protectors and defenders, the Sisters, who devote their love and life's work for the good of mankind."

Music Fills the Air at NDUEC Thanks to a Ronald McDonald Grant



The Ronald McDonald House Charities (RMHC) has granted \$2,800 to Notre Dame Urban Education Center for the purchase of musical instruments. "NDUEC is fortunate to have a certified music teacher, Jan Schwegmann, volunteering her services," explains Sister Mary Lynette Shelton, Executive Director of the Center. "Jan gives individual guitar and keyboard lessons to students in grades five through eight."

RMHC focuses on the welfare of children. Through this funding, RMHC hopes that children will live happier, healthier, more productive lives and that Greater Cincinnati will be a safe and friendly community for families and children.



Gratitude Has Many Forms

Each night my three-and-a-half year old granddaughter, Ella, is asked what she was most thankful for today. Her reply one night made my heart melt. "I am thankful for the overnight with Nana," she said unprompted. As I drove home, I thought what a wonderful way to teach a child that we have so much to be thankful for.

During the month of January, when Sisters Anita Marie Stacy and Mary Judith Averbeck were here from Uganda, I was thankful for the chance to accompany them on visits to a number of area schools. They talked about St. Julie Mission in Uganda and shared a video that illustrated an actual day in the life of a student at St. Julie. It was narrated by one of the St. Julie students. The children in the audience saw the differences in the way Ugandan children live, their work responsibilities, and just how many hours they put into their studies. But they also saw similarities such as children playing soccer and climbing the monkey bars in the schoolyard during recess. It was a teachable moment, children seeing other children in another part of the world so thankful for the opportunities given them.

When I visit NDUEC, I watch children so thankful for a chance to succeed. Right after report cards came out, I overheard a student tell his friends excitedly that, for the first time in his life, he made the honor role. Sisters Mary Lynette Shelton and Reinette Kroeger have created a program tailored for the individual student. Our dedicated volunteers not only carry out the lesson plan, but they serve as the child's mentor. You see the relationships building and how both student and volunteer are thankful for this winning combination.

When I get an opportunity to visit Lourdes Hall for an activity, the Sisters will tell me how blessed they are that Rachel Sedmak, activities coordinator, Sister Mary Virginia Bruemmer, pastoral care coordinator, and our dedicated volunteers bring so much to their lives with creative programming that stretch their minds, bodies, and souls. As I listen, they are most thankful that they still have the opportunity to do for others: baking cookies for a soup kitchen, making blankets for abused women, and making pencil cases for students of NDUEC.

The Sisters of Notre Dame are thankful for you, our donors, who help make all of this possible. Ella taught me how important it is not only to ask ourselves what we are thankful for, but she also showed me how the little things we do can mean so much to someone else. Thank you for your support.

Barbara Kruze

Barbara Kruze
Director of Mission Advancement

The following honorariums and memorials were donations to the Sisters of Notre Dame between February 1, 2010 and January 31, 2011. Please notify the Mission Advancement Office of any error of omission or spelling at 859-392-8229.

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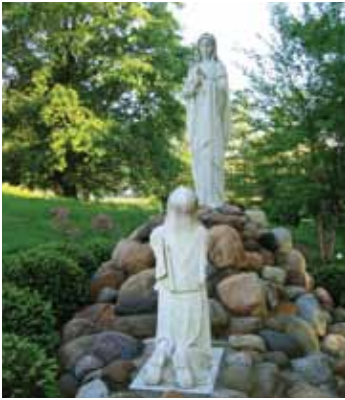
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*Sisters of Notre Dame
1601 Dixie Highway
Covington, KY 41011*

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Call the Mission Advancement Office at 859-392-8228 for further information.

A History of Our Sisters Reserve Your Copy Today

We invite you, as loyal supporters of the Sisters of Notre Dame, to enjoy a trip through the pages of the pictorial history of the Covington Province. As one of Arcadia Publishing Company's newest books, *Covington's Sisters of Notre Dame* will be available to the general public in early summer. The delightful 128-page book contains over 200 historic and contemporary photographs tracing the history of the Covington Province from its roots in Coesfeld, Germany, in 1850 to the present day. Included in the book are many vintage photographs depicting the numerous schools, orphanages, medical facilities, and missions in which the sisters have served over their 160 year history. The book also includes entertaining photographs of the sisters enjoying recreational activities and life at the convent.

To reserve your signed first edition copy of *Covington's Sisters of Notre Dame* we invite you to send your check for \$21.95 plus \$1.32 sales tax to:

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The books will be available for pick up at St. Joseph Heights by July 1, 2011. If you wish to have the book mailed, please include \$3.00 shipping and handling.

