



# From The Holy Family to Our Mullen Family to Your Family



(The Holy Family, Artist Unknown)

"Among the honors due to the elderly, there is certainly the duty to create the best conditions for them so as to live this stage of life...with one's family if possible and with life-long friends."

-Pope Francis

In December, Pope Francis declared a Year of the Family, Amoris Laetitia, as a special year dedicated to the Family giving the opportunity to reflect on the fact that the Son of God wanted, like all children, the warmth of a family. The Holy Family as the model of all families helps them find their point of reference and inspiration.

In imitation of the Holy Family, Mullen Home strives to value the family unit; which is founded on love that always regenerates relationships by opening horizons of hope. Our Residents feel a strong connection with their families fostering the intergenerational bond which generates a loving kindness towards everyone.

## 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. The Little Sisters of the Poor have always been committed to respecting your personal information and privacy. The Little Sisters of the Poor will never sell, share, trade, rent or provide personal information to any other entity. Thank you for your continued support of our mission!

*"A society that is able to accept the weakness of the elderly is capable of offering everyone hope for the future."*



Resident John spends time with Sister Carolyn.

## Enjoying Family Life and Togetherness at Mullen Home

Residents are able to enjoy one another's company and maintain friendships throughout their meal time and the various activities to enhance their well-being. The Residents consider Mullen Home to be their 'home' where they are treated and cared for with joyful love, respect, and dignity. Following the call to serve the elderly poor, all the Little Sisters, Staff, and Volunteers strive to enrich the lives of the Residents by engaging in meaningful conversations, time for prayer, and events to create memories. Such moments are captured here.

"A family that discovers and experiences both the joy of having a gift, and of being a gift for the Church and society, 'can become a light in the darkness of the world' (Amoris Laetitia, 66)."

Keeping the Residents happy is one of the most important lessons passed down to us from Saint Jeanne Jugan. Her words of wisdom have been put to the challenge as the Sisters and the Staff try to invent ways to enhance the lives of the Residents.

Serving the elderly poor in Denver since 1918, 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 a family and accompanied with dignity until God calls them to Himself.



Frosty the Snowman paid a visit to add to our spirit of Christmas. This "jolly happy soul" was provided by Wish of A Lifetime prompting smiles and singing around our Home.



Sr. Joseph Marie extends Christmas gift bags provided by Knights of Columbus and also St. Joseph's parish of Globeville who lovingly donated generous gift cards to all Residents.



Sister Joseph Marie brings joy to Ida Mae as she styles her hair. (left) Mother Paul greets Ceci who is thrilled to be a part of Mullen Home. (right)



Patricia, a long-time Resident, greets Mother Paul, May 2021.

## Your Family Brings Mullen Home Such Joy

Family is important to our Residents so as soon as we were able, Mullen Home welcomed everyone to a day of First Hugs. This was the earliest opportunity for family members to finally embrace one another again after so long. Family time and human touch is the best way to uplift both body and spirit. Your visits, love, and attention were so encouraging. It was emotional and reassuring for Residents to visit with family again.



Family members lovingly surround their Mom, Irene, for FIRST HUGS.



Resident Gail is loved on by Laura & Steve, her daughter and son-in-law.

# Caring for Mullen Home, Inside & Out

Taking care of Mullen Home on the inside starts at the front desk. Staff, Visitors, Volunteers, and Vendors all complete pre-screening protocols. This is necessary to care for Residents and our Home for the Glory of God. Everyone's willingness to participate in preventive care reflects the love and respect the Little Sisters impart upon us. Outside Mullen Home, the wonderful Volunteers and Residents help plant, weed, and keep the grounds spotless for the enjoyment of all.

Earlier this year, the neighborhood Denver Fire Station #7 arrived and dissembled the many Christmas lights adorning the building and landscape. They answered Sister Joseph Marie's clarion call by bringing equipment and following safety measures. Mullen Home is grateful for the kindness of these firefighters who got the job done.



## Wish of a Lifetime: Keeping It All In The Family

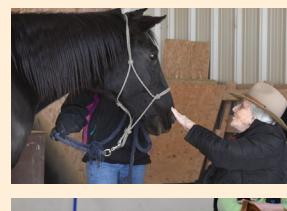
Being elderly is a gift from God and a huge resource, an achievement to be safeguarded with care, even in case of disabling illnesses. This is when the need emerges for integrated care and high-quality assistance. It is undeniable that the pandemic has given strength to our awareness that the "wealth of years" is a treasure to be valued and most lovingly protected.

It was a beautiful Colorado day when Cynthia and her family got up close and personal with several incredible horses. "Beasty," her favorite horse, enjoyed Cynthia's visit as well. He remained sweet and calm as she brushed and fed him treats. Several other horses such as "Handsome" and "Beauty" made everyone feel welcome at the stables.

The afternoon was made possible by a Colorado non-profit, Wish of a Lifetime. Their mission is "to shift the way society views and values our oldest generations by fulfilling seniors' dreams and sharing their stories to inspire those of all ages." Visiting the equestrian center was especially memorable for the family members who joined Cynthia on her personal wish. What an inspiration to us all to create memories with those we love and to appreciate our beautiful state of Colorado.



Through Wish of a Lifetime, a Colorado non-profit granting wishes for the aging, Mullen Home Resident Cynthia enjoyed a trip to the Colorado Therapeutic Riding Center in Longmont, CO.



**WISH OF A LIFETIME:** We envision a world in which society embraces aging and the inherent wisdom that accompanies it, where seniors are celebrated for their accomplishments and sacrifices, and where intergenerational connections are part of our daily lives.

## MOTHER'S MESSAGE

Dear Friends,

Many years ago, a Little Sister having lived in Denver for some years, told me "Denver is God's country!" She had no doubt about that! I never forgot her words, and wondered often what she meant.

Having lived in Denver twice, I know now exactly what she meant! The natural beauty of this state reflects God's own beauty, it is a gift that God has given to our country. Pope Francis speaks often and directly about the beauty of creation, and our obligation to care for this gift. Our Holy Father speaks of the beauty of the human person above all.

There is a deep, interior beauty that is found in the faces and lives of our Residents. Eagerly, they desire to share their lives and their spirits with us at Mullen Home. The responsibility we have to make their later years ones of joy, peace and security is always present to us. They have a history of life that everyone can learn from and grow by. They have spirits that "fly as high as an eagle" and carry all those around with them! We are blessed by our lives spent with the elderly.

There are so many we must thank and express our gratitude and appreciation to, for the love, care, support and understanding that has never failed us. It is through the prayer of so many that we continue with new strength each day to serve and care for the elderly in our Home. As you marvel at the beauty of nature, the beauty in the friends and family that you share life with, please know that as soon as we are able, we will invite you to visit our Home and you will see another real reason in these faces of the elderly, why Mullen Home in Denver is really God's country!

Wishing you every happiness, good health and peace during this year of 2022.

*Mother Paul and Little Sisters*

## Health & Safety in 2022

Given the sincere love Little Sisters of the Poor display for all Residents, the additional attention to detail to keep Mullen Home safe is no surprise.

Precautions such as social distancing, PPE, and weekly testing are not always convenient but adhered to with love. Our Residents have accommodated requirements as well knowing that honoring life is critical to our beliefs at all times but particularly during this pandemic.

Christ insisted we do all things in love. Caring for the elderly poor is no exception. It is an honor and our vocation to answer this call to love our brother, the elderly poor, as we love ourselves.



Sister Mary Nguyễn, a member of the Vietnamese congregation 'Sisters Adorers of the Holy Cross' is a seamstress for Little Sisters of the Poor. Here, she faithfully participates in COVID testing protocol.

### Wish List

- Saltine Crackers
- Olive Oil
- Cooking Oil
- All Purpose Flour
- Cookies & Chips
- Soft Drinks
  - Regular and Diet Ginger Ale
  - Regular and Diet Cola
  - Root Beer
  - Dr. Pepper

#### TOILETRIES:

- Body & Hand Lotion
  - Jergens
  - Dove
  - Nivea
- Body Wash
- Tissues
- Adult Body Wipes

#### MISC. SUPPLIES:

- 8 oz. Cups
- Copy Paper (8.5x11)
- Sturdy Paper Plates
- Dessert Plates

#### GIFT CARDS

- King Soopers
- Safeway
- Walgreens
- Wal-Mart
- Costco
- Any gift card is welcome!

