



Sister Joseph Marie received a donation from Judy Anderson & her family over Easter weekend.



Dina McNulty from Notre Dame school donated Easter bags and goodies for Residents along with a financial Gift for the Little Sisters of the Poor.



Rosalie Crespo volunteers by crocheting. She was a long-time employee at Mullen Home and continues to give her time even today.

# Volunteers give from the heart

By Cindy Charlton,  
Volunteer Coordinator

We know that our world has been shaken by the pandemic, that our sense of well-being has been tested daily, that we will never be the same again. All of this is not only true but significant in our everyday events, actions, and purpose. But our volunteers here at Mullen Home keep coming and giving of their time and their hearts in spite of the challenges posed by the pandemic.

Since being at Mullen Home, I have come to realize how valued and respected our volunteers are. Not just by me, but by the staff, and especially the Little Sisters. I now understand the centrality of volunteers to this Home.

Saint Jeanne Jugan, the foundress of the Little Sisters of the Poor, was the original volunteer. After the French Revolution she found herself thirsting to know and worship God. Through her ability to open her eyes and her heart to the homeless persons begging at the door of her employer, she set out on a spiritual journey to care for the elderly poor.

Jeanne's "volunteerism" became abundantly clear in 1839, when

she opened her home and her heart completely to an elderly, blind and paralyzed woman. She cared for her as if she were caring for Christ. Word spread about Jeanne's mission, and soon others began to join her first "volunteer corps." There was no money available to pay these young women; neither did Jeanne receive monetary compensation for her efforts in caring for the elderly living in her home. She begged for food and goods to take care of the Residents, knowing that God would provide for them.

We ask a lot of our volunteers in the present circumstances. We require them to wear masks and COVID test regularly. We ask them to sanitize their hands every time they turn around, and to maintain social distancing. We ask them to abide by all of the government regulations put in place to keep our Residents safe. They in turn help serve meals, play games and entertain, shop for and take Residents shopping, and develop and implement art projects. But most importantly, they share their lives with the Residents. They do it all without complaining and without hesitating, because they are simply here to serve

our Residents — to give from their hearts.

There is not enough money in the world to compensate something as precious and as valued as the time and commitment our volunteers bring. How can you compensate a heart so committed to Saint Jeanne Jugan's mission, a heart so full of love and caring?

So even through the upheaval of Jeanne Jugan's day and the ups and downs of our own time, volunteers have continued to come to the aid of the elderly poor. They are truly a big part of Mullen Home, and thanks to them, **our heart keeps on beating.**

Mullen Home invites volunteers to work with our staff and Residents according to their own possibilities — whether it's weekly or just for a holiday project. Giving of your time and sharing your spirit with us does not go unnoticed.

Join us in contributing to our Home with your time and talent — there are a multitude of ways to show God's love through volunteering! For more information on volunteer opportunities contact Cindy Charlton at [voldenver@littlesistersofthepoor.org](mailto:voldenver@littlesistersofthepoor.org).



Peggy Dietz is a staff volunteer who signed up to be a Prayer Partner during Lent to pray for a Resident. She drew Father Leo's name and presented him with a card at Easter.



Ceci arranges spring flowers to share inside Mullen Home.

## Activities bring joy to the heart

The joy that the Little Sisters bring to each Resident is tangible. They tend to Residents, pray with them, ask about their individual needs, and love them with the heart of Christ. Their vocation of hospitality is not a burden, but a responsibility accepted with great love. This is what creates the warmth inside our Home for all who live here.

“It is more blessed to give than to receive.”

Acts 20:35

Activities are planned with great attention to detail and the Residents respond beautifully. They include birthdays and festive holidays, Mardi Gras, a spring door-decorating contest, a St. Patrick's Day corn beef and cabbage lunch, and hand-delivered sweets by a visiting Cupid's Crew for Valentine's Day.

The relationships between our Residents and volunteers are invaluable to the elderly, especially in light of the constraints caused by the pandemic. Hair salon, library, garden, activities and facilities volunteers are all at the heart of the Little Sisters' mission of hospitality to needy elderly persons. Pope Francis says that **volunteering shows that goodness is growing**. He recognizes “the millions of Catholic volunteers who contribute, regularly and generously, to the Church's charitable mission throughout the world.”



Members of the Cupid Crew hand deliver a valentine to Janet.



Adorned in green, Monsignor Raymond honors St. Patrick.



Vivian partners with Activities Coordinator, Kit, to adorn mask and beads for Mardi Gras lunchtime.



Nurse Brian joined the Mardi Gras spirit during his shift.

# The Sacrifice of Healthcare Workers, the Heart of our Mission

Pope Francis reminds us all that healthcare is “not just an organization,” but rather depends “on men and women who dedicate their lives to taking care of other people’s health.”

In such a difficult situation, many healthcare workers, “have given their lives during this pandemic to help so many sick people recover.” (Vatican News, April 2022) The Holy Father urges the faithful to pray for healthcare workers who serve the sick and the elderly. Mullen Home Little Sisters, nurses, certified nursing assistants, and doctors have also kept our Residents’ mental health and spiritual needs at the forefront of our thoughts and prayers. Social isolation and loneliness have been real concerns during the pandemic and while regulations now allow for visitors, we are still attentive to the needs of each Resident, seeing each one as a unique, unrepeatable person.



Maria Rita does “marching” leg lifts with Physical Therapist Kelsey.



Rudy and two C.N.A.'s delight in St. Patrick's Day treats.



Occupational Therapist, Carmen, visits with Gail.

## Serving the elderly poor in Denver since 1917.

Dear Friends,

Our Mother Foundress Saint Jeanne Jugan relied on Saint Joseph as the Patron and Provider of the Congregation. To this day, following the example of Saint Jeanne Jugan, we look to Saint Joseph in these trying times and he tells us, “Do not be afraid. Set aside your fears, your frustrations and disappointments and embrace the way things are – both the positives and the not-so-positives – not with mere resignation, but with hope and courage” (Pope Francis, *Patris Corde*). Saint Joseph turned challenges and problems into possibilities by always trusting in Divine Providence.

Our ministry with needy elderly persons is dependent upon the generosity of others. Thanks to our dedicated Staff, our Residents are cared for with tender loving care and thoughtful dedication. While COVID guidelines and restrictions are still in place in our long-term care setting, the blessings we’ve endured during the last two years are truly endless. The generosity and sacrifices of everyone associated with Mullen Home — including staff, volunteers, benefactors and family members — are not in vain. Family visits lift morale among the Residents – the perfect way to put smiles on their faces! With hope, we look forward to the day when our doors will be fully opened again.

In June we celebrate the feast day of our Home, that of the Sacred Heart of Jesus. The celebration of this day makes us acutely aware of the debt we owe our benefactors for the continued existence of our Home as a safe haven for our Residents. As you experience the warmth of early summer, may God fill you with the warmth of His love, and grant you and all of your loved one’s blessings galore!

Gratefully yours,  
*The Community of Denver*



## Quilting Project for a Good Cause

The Little Sisters of the Poor will present this quilt at the national Pioneer Network convention in July right here in Denver. The host city presents a quilt at this convention and asks participants to sign it and write a “take-a-way” from their experience of the weekend. These quilts travel across the country and are presented at each convention.

Katy, our Life Enrichment Coordinator, and her team consisting of Kit, Debbie, Gabrielle, Cindy, Sister Joseph Marie, and long-time volunteers Cindy & Bill Longaker have led this quilting project with several Residents. Additionally, volunteer Tom Sarmo designed the Denver city skyline and mountain range for the quilt. Our social worker Gabrielle and Katy created the layout and design of the

quilt. Sr. Mary Nguyen created an art piece of Saint Jeanne Jugan completely made of rice. It will be included on the quilt as a tribute to our Foundress. Residents Rose and Patricia have volunteered to sew and embroider the quilt.

The Pioneer Network is a non-profit organization raising awareness and education for Life Enrichment practices and processes in long-term care facilities. It is the national leader of the culture change movement, helping care providers to transition away from a medical, institutional model of elder care to one that is life affirming, satisfying, humane and meaningful. Pioneer Network advocates for a culture of aging in which individual voices are heard and individual choices are respected.



Rose finished this embroidery for the quilt in two days.



Using only rice, Sister Mary Nguyen, the Home’s Seamstress, created this art piece of Saint Jeanne Jugan to be included on the quilt. She learned this art form in her home country of Vietnam.



Check out the Mullen Home Blog on our website for regularly posted photos and updates.