



MISSIONARY SISTERS
of the SACRED HEART of JESUS
Bringing Christ's love to the world

THE UPDATE

April 9, 2015

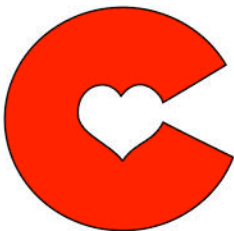
WHO? WHAT? WEAR!

Patients, residents and their families at Cabrini Health, Australia, will know who we are and what we do based on what we wear, with new staff uniforms coming later this month.



Put a large red circle around Monday 20 April. This is the first day Cabrini staff will come to work wearing their new, bright and distinctive uniforms.

In 2012, new branding was introduced across the organisation. The rebranding was reflected in Cabrini's stationery, online presence, vehicle fleet and signage. The new look presented Cabrini as a healthcare facility with a strong heritage and a progressive nature. To complete implementation of the new brand across all facets of our organisation, Cabrini staff will soon wear the same distinctive and unifying new brand integrated into their uniforms.



Natalie Sullivan, Executive Director of Continuing Care and Brighton (who has executive responsibility for patient experience), has been a member of the uniform steering committee since its inception and says the change is a successful and positive one for the organisation. Importantly, the new staff uniforms respond to feedback from staff, patients and their families.

Reason for the change

“Our research shows that patients and their families want to know who is looking after them,” says Natalie. “These new uniforms will help people to identify the role of the person providing care. “Each nurse, allied health professional, allied health assistant, diagnostic and patient services staff member will wear a distinctive uniform that identifies their role, supports them practically in the work they do, is easy to wear, care for and recognise.”

Input for the new staff uniforms was gathered during staff focus groups and discussions. Community members were consulted through Cabrini’s peak body for consumer involvement, the Patient, Resident and Family Experience Advisory Committee known as PEAC.

Natalie says she is grateful to all the staff who have provided input. “While not everyone will necessarily love every piece of the new uniforms, we have taken a lot of time with the change, seeking input and modifying the range in response to staff feedback.”

Looks, comfort and practicality

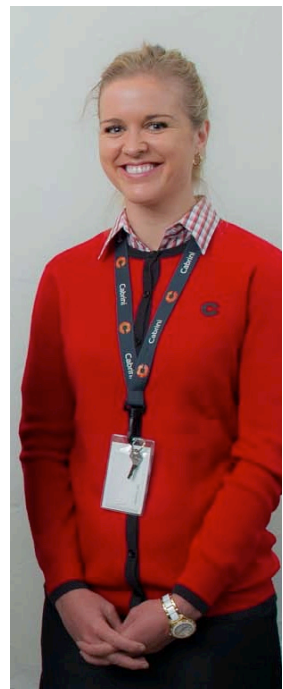
The main point of differentiation in the uniforms is the tops staff will wear. Our nurses will wear a red shirt featuring a dense pattern made up of the Cabrini ‘C’ symbol designed by Jock Mitchell of Manifesto Works. Allied health professionals will wear shirts sporting a yarn-dyed check in Cabrini colours. Diagnostic practitioners will wear shirts featuring a small grey check. Ward assistants and patient services assistants will wear a shirt that has a fine red stripe. Patient services and administrative staff will wear a printed blouse featuring a print showing elements of the Cabrini logo. All will choose from the same range of skirts, pants and shorts in a charcoal fabric designed exclusively for Cabrini. While unquestionably charcoal in effect, the fabric is a subtle blend of black and silver, to give it a slight lift and sense of class.

Perhaps more importantly, the fabrics used in the new staff uniforms are easy-care and designed to be fit-for-purpose. For example, a ward nurse in their daily activities may need to stretch, bend and shower patients. To support these tasks, the nursing shirts have extra deep action backs, are slightly longer in the body than before and sport a concealed modesty button. The fabric has a mechanical stretch and wicking feature to draw moisture away from the skin and dry quickly. Such role-specific modifications were based on feedback at staff focus groups and will ensure that the uniform items are not simply attractive, but will perform at an optimal level in the rigours of a work day.

The fabric for the pants and skirts has the feel of fine wool. The same cloth is used in the jackets worn by administrative staff and nurse managers. Optional pieces including a red cardigan with charcoal piping, or a new Cabrini tie are also on offer for specific working groups.

Cabrini is part of the communities in which our hospitals and healthcare facilities lie, so our uniform, colours and logo are familiar. It will take a little time before the new look is instantly recognisable as distinctly Cabrini but information will readily be available to patients, residents and their families, explaining what each uniform means, and before long, our new uniforms will once again blend into local life.

~ submitted by Christine Elmer



The following is a message from Dr. Michael Walsh to the staff members of Cabrini Health, Australia as they anticipate the inauguration of new uniforms. Although writing to his staff in Australia, his words serve as a reminder to all of us what it means to be a member of the Cabrinian community, no matter who we are or where we serve.

A Message from Dr. Michael Walsh Cabrini Health, CEO



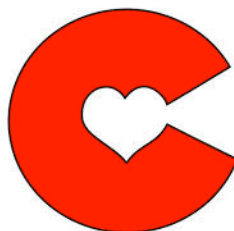
Welcome to our future

The decision to change the Cabrini staff uniform, which has served us well for more than a decade, was not taken lightly. With the rebranding of our organisation in 2012, we identified an opportunity to review our approach to uniforms for our staff: the purpose of a uniform, who should wear a uniform and why, what the uniform says to the people to whom we provide care.

At Cabrini, our brand is our reputation; it has been built up over the past 67 years, it is the sum total of everything we do. It affects the way people think and act towards us. The Cabrini brand reflects the spirit, courage and vision of our founder, Saint Frances Xavier Cabrini. Our staff uniforms are an important part of our identity and one that our communities know and trust.

The new staff uniforms are an important investment and the culmination of a great deal of consultation and hard work. In particular, I would like to acknowledge the leadership and contributions of the Uniform Steering Committee. I would also like to thank the staff who have provided input, particularly during our focus group research, and community representatives who were involved in the process.

At Cabrini, our people are the most important expression of our brand and are key to our image in the community. I encourage you to wear your Cabrini uniform with pride, to look after it and to know that you are carrying on a proud tradition of caring.





New Faces and New Places at Cabrini of Westchester!

Cabrini of Westchester bids farewell to its Administrator/Vice President of Operations, Barbara Gaughan, who retired on April 2nd after 16 years of service.

At the recent Board of Trustees meeting, Ms. Gaughan was presented with a bouquet of flowers and an Orrefors crystal bowl, which is symbolic of those who share in the mission of Cabrini of Westchester. The inscription on the bowl read:

In appreciation for sixteen years of
outstanding service and dedication.
We are forever grateful for your leadership,
compassionate care and advocacy for
all those we serve.
You have left your indelible mark on
Cabrini of Westchester
and will truly be missed.

Ms. Gaughan's leadership, dedication and quick wit will be missed by all!

Welcomed is the newly appointed Administrator/Vice President of Operations, Bonita ("Bonnie") Burke. Mrs. Burke has extensive experience as a Nursing Home Administrator and has served in that capacity at both Bon Secours New York Health System and at St. Joseph's Medical Center where she served as Vice President for Long



From left: Sr. Catherine Garry, MSC, Cabrini of Westchester Trustee, Barbara Gaughan, Vice President of Operations, Ralph Lucariello, MD, Board Chair, and Patricia Krasnausky, President and CEO, Cabrini of Westchester are pictured at the farewell ceremony.

Term Care with additional responsibility for home care and day care programs. Bonnie can be reached at 914-693-6800 x 557 and at bburke@cabrini-eldercare.org.

Robin Larkins, former Director of Cabrini Immigrant Services, has accepted a similar position at the Hudson Valley Community Coalition. Over the past seven years, Ms. Larkins has had several roles at Cabrini of Westchester. As the Director of Cabrini Immigrant Services, Ms. Larkins left her mark on



Corrine Campanelli (2nd l.) and Robin Larkins (r.) receive flowers from Barbara Gaughan and Patricia Krasnausky to wish them well in their new roles.

the community and on the countless number of individuals she assisted through the program's many services. Robin is known for her passion for helping newcomers to this country and we wish her success in her future endeavors.

Lorraine Campanelli replaces Robin as Director of Cabrini Immigrant Services. Ms. Campanelli has been a member of Cabrini of Westchester's family since 2002. For the past year, Ms. Campanelli served as the Director of Social Work for Cabrini of Westchester. When asked to serve in this new role, Ms. Campanelli responded with great enthusiasm. As a former teacher turned social worker, Ms. Campanelli has the ideal skill set to lead this important ministry to benefit the many clients and children served in the program. Ms. Campanelli can be reached at 914-674-1937 or at lcampanelli@cabrini-eldercare.org.

~ submitted by Susan Strangio



MSC House of Formation & Discernment, West Park, NY

Our Hearts Within Christ's Heart...

... so we started our Holy Week. With a deep desire to walk with our brothers and sisters behind the footsteps of Jesus in his triumphant entrance into Jerusalem, to the passion and Resurrection.

On Sunday, 29th April our community, The House of Formation and Discernment, participated in the celebration of Palm Sunday at St. Joseph Parish, located in New Paltz, NY.

Immediately thereafter, we joined in an ecumenical procession through the village streets as a sign of brotherhood and faith in Jesus who brings salvation to His people. It was a very joyful and colorful demonstration, in which many Christian communities participated: Baptists, Anglicans, Catholics, Lutherans, Methodist and the Bruderhof community

It was the first ecumenical experience, for many of us, in the United States. We joyfully shared with our brothers and sister, who believe in the same Risen Lord.

As we processed through the streets, with the donkey and the apostles leading the procession, we were a witness to the many spectators. All of us were raising our palms and sharing them with the people on the street. After processing and celebrating our faith



Sr. Lucy Panettieri, MSC (2nd L.) and those in community at the House of Formation and Discernment in West Park participated in the Palm Sunday celebration at St. Joseph Parish in New Paltz, NY. They were joined by many Christian denominations including members of the Bruderhof community.

journey, we shared a simple and cheerful meal, having once more the opportunity to interact among ourselves and with our brothers and sisters in Christ.

We feel very blessed and want to share this blessing with all of you, wishing you a blessed Holy Resurrection of our Lord.

Let us continue to meet each other in this endless mystery of the Risen Lord.



Many different Christian faith communities joined in the Palm Sunday celebration.

~ submitted by Sr. Laura Baldini, MSC

Mother Cabrini Shrine, Golden, CO

Holy Week and Easter Observances

Holy Week and Easter was a busy and grace-filled time at Mother Cabrini Shrine. Fr. John Lager, O.F.M., Cap. celebrated all of the services. Several student friars and postulants, as well as, several other Capuchin priests concelebrated the services. The Sisters, staff and countless visitors, pilgrims and friends of the Shrine participated in the Triduum. Holy Thursday began with a Seder Meal for staff and volunteers followed by the Holy Thursday Liturgy, which included the washing of feet of twelve people and the hands of all in attendance. On Good Friday several groups of people walked up the road to the Shrine on Pilgrimage, not to be deterred by the snowfall the night before. There was a Reflection on the Seven Last Words Jesus spoke from the cross followed by the Liturgy of the Passion and the veneration of the cross. The Easter Vigil was celebrated on Holy Saturday with the blessing of fire and water. This year, a baby boy was



Fr. John Lager, OFM, Cap washes the feet of two of the faithful at the Holy Thursday liturgy.

baptized and welcomed into the Church. Easter Sunday Masses were celebrated with crowds overflowing the chapel and surrounding area. The 2 p.m. Spanish Mass was very popular with well over 300 in attendance.

One of our outreach projects during this Lenten season has been filling and delivering Easter baskets to the students at Annunciation Catholic School in Denver. Through the generosity of those who worship at the Shrine, we were able to deliver 200 baskets and a large donation toward the social service needs of the students.

~ submitted by JoAnn Seaman



Shrine volunteers delivered 200 Easter baskets to the children at Annunciation Catholic School in Denver.



Braving the snowy conditions at the Shrine, people made the journey carrying the cross up the mountain to the Shrine on Good Friday.



St. Frances X. Cabrini Shrine, New York, NY

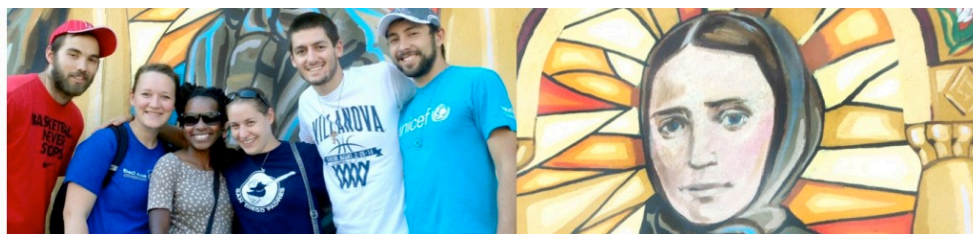
Celebrating the Risen Lord with Song



Sr. Mary Ann Hawes, MSC
directs the hand bell choir
at St. Frances Xavier
Cabrini Shrine in New York
City during Easter Services.

To view a video of the bell choir and listen to their sweet sounds : <https://youtu.be/P9HGKyd8LbA>

Cabrini Mission Corps Fundraiser



Join us in the Cabrini College Mansion as we celebrate the Cabrini Missions Corps and our legacy of service lived through our missionary identity expressed in prayer, in community and in ministry. On Friday, April 17th, supporters of the Cabrini Mission Corps will gather with the Cabrini College community as we honor its work. Come and celebrate our 2014-2015 Missioners--Connor, Jenay CC '14, Martin, Matt, and Melanie. Please join us for heavy appetizers and wine and beer, music and celebration, and prayer and testimony in a short program as we celebrate Mother Cabrini's legacy and how it's lived today.

We hope you can join us! If not, please consider [making a donation](#) to keep the Cabrini Mission Corps serving, now and in the future.

Tickets purchased by students and members of religious congregations are not deductible.

Have questions about Cabrini Mission Corps: Love Through Service? [Contact Tom Southard](#)

To purchase tickets: <https://www.eventbrite.com/e/cabrini-mission-corps-love-through-service-tickets-15521334730>

Hoping you can join us for a wonderful evening!

One Minute Meditation

Self Acceptance

We hold our breath waiting for the perfect moment, the right person, the peak experience that makes life worthwhile.

Meanwhile, we forget to breathe. To throw ourselves fully into every instant of every single day. The mundane as well as the magical.

Every experience – no matter how ordinary – makes us who we are and prepares us for who we are becoming. Every part of our lives has meaning – God is present there – each moment must be claimed in full.

~adapted from Ellen Sue Stern Running on Empty

Cabrini College, Radnor, PA

Honoring a Civil Rights Pioneer



Civil rights pioneer and honoree Gloria Richardson is interviewed by Joseph Fitzgerald, an assistant professor of History and Political Science at Cabrini College. He is currently finishing a biography on the life of Gloria Richardson. His academic expertise centers on critical race feminism and the Civil Rights and Black Power Waves of the Black Liberation Movement.

contribution in the field of public affairs. This is the first time a civil rights leader has been so recognized.

This year's honoree, Gloria Richardson is best known as the leader of the Cambridge Movement, a local human rights struggle in Maryland's Eastern Shore town of Cambridge during the early 1960s. Under Richardson's leadership, the Cambridge Movement established the goal of overthrowing Cambridge's racial caste system that included inadequate living wages, poor housing, and lack of healthcare. The Cambridge Movement utilized the tactics of passive resistance and armed self-defense to achieve these goals. Importantly, the social justice focus of the Cambridge Movement signalled the beginning of the Black Power phase of the modern Black liberation struggle.

Ms. Richardson was born in Baltimore in May 1922 and went on to earn a B.A. in Sociology in 1942 at Howard University, an historically black institution in Washington, D. C.

The Ivy Young Willis and Martha Willis Dale Award honors the belief that women have a unique talent for improving the climate and conduct of public affairs.

~ excerpts from Cabrini College award program

Yesterday, the Cabrini College community bestowed the Ivy Young Willis and Martha Willis Dale Award upon Gloria Richardson, a civil rights pioneer. The award was inaugurated in 1992 through the generosity of William G. Willis, to honor his late wife. Ivy Young Willis was a teacher, administrator and reading consultant whose work at WQED in Pittsburgh led the way for the teaching of reading on public television.

The title of the award was amended to honor the impact of and memory of Martha Dale, William and Ivy's daughter, and her time at Cabrini College. Martha passed away in 2012.

The award is presented annually to a woman who has made an outstanding



Gloria Richardson is welcomed by John Dale, (l.) husband of the late Martha Dale, and Rob Anderson, (r.) the grandson of Ivy Young Willis and son of Martha Willis Dale for whom the prestigious award is named.

Human Exploitation: Ending the Demand

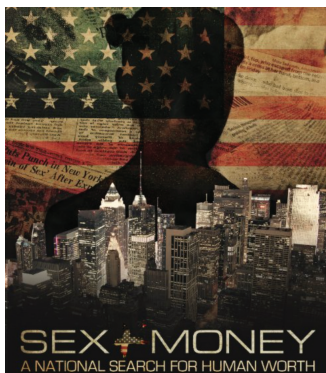


Sat., April 11th

2:00-4:30pm

Widener Lecture Hall

Learn about the connection between the demand for pornography and human trafficking.



Featured documentary:

**"Sex and Money:
A National Search
for Human Worth"**

sexandmoneyfilm.com



Featured speaker:

Dr. Mary Anne Layden

Director, Sexual Trauma and
Psychopathology Program,
Department of Psychiatry,
University of Pennsylvania



James Tarring Cordrey

Founder of **Intentional
Warriors** and author of
*Intentional Warriors: Fighting
For Purity And Freedom In
A Sexually Saturated Society.*



**Cabrini College
Widener Lecture Hall**

610 King of Prussia Road Radnor, PA 19087

Please park in the lot directly behind Founders Hall
and the George D. Widener Center



This event is sponsored by:

The Criminology Club, CRS Ambassadors,
Cabrini Action and Advocacy Coalition,
The Wolfington Center, and BRVHEART.

For more info, please contact:

brvheart@blueroutevineyard.com



Cabrini **Action and Advocacy** Coalition

Prayer Requests

Katia Byram

Katia asks prayers of Mother Cabrini and the Cabrinian community so that she will obtain her Green Card and find employment.

Cathy Burns and Marie Cooper

We have been asked to pray for sisters Cathy and Marie who are each having health problems at this time. Pray for their healing and peace of mind.

Connie Cabrera

Prayers are asked for Connie Cabrera, who was recently diagnosed with thyroid cancer. Please pray for her to have strength and hope. Connie's daughter writes, "Our family loves her and will take care of her, we need prayers for her."

Sr. Maria Loretta Caeti, MSC

Please remember Sr. Maria Loretta who is recuperating at St. Cabrini Nursing Home from recent hip surgery. Let us keep Sr. Maria in our plans during her time of rehabilitation.

Harry Cade

Liz Kanaras-Cade, a Cabrini College alumna, asks the prayers of the Missionary Sisters and the Cabrinian community for her husband, Harry, who is scheduled to undergo double by-pass surgery next week. Pray that the surgery will go smoothly and that Harry's recovery will be swift.

Charlie Campbell

Your prayers are asked for Charlie, a good friend of the Missionary Sisters, who has been placed under hospice care.

Sue Kempen

Sue Kempen requests prayers for her son that he might find employment.

Patricia-Claire Murphy

Patricia-Claire asks prayers that she be discharged from the hospital and be restored to full health.

Laura Nowry

Your prayers are asked for Laura, the niece of Sr. Arlene Van Dusen, MSC, who is in need of prayers for a medical issue. Laura will be undergoing surgery on April 15th.

Nicholas Pappas

Our prayers are asked for Nicholas, the husband of a cousin of Liz Kanaras-Cade. Nicholas was diagnosed with prostate and bladder cancer. Please pray that he will be restored to full health.



Mary Reinhart

Mary asks that we please pray with her for help to finally finish her thesis. "Thank you and God bless you, sisters, companions, and lay missionaries!"

Tom Storti

Tom has requested prayers for the resolution to several pressing matters in his life. He seeks the prayerful support of the Cabrinian Community.

Sr. Alberta Surico, MSC

Please keep Sr. Alberta in your prayers. She is now at St. Cabrini Nursing Home in Dobbs Ferry, NY. Let us hold Sr. Alberta in our prayers during this time of transition.

Prayer requests from...

Villa Cabrini Academy Alumnae and Friends (VCAAF)

PJ Bright

Nancy Urell Bright (Class of 1976) would appreciate prayers for her daughter, PJ, who recently underwent surgery for a ruptured appendix.

Kathy McClintock Dieward

Please pray for Kathy (Class of 1965) has been diagnosed with a brain tumor. Fortunately, the condition was discovered early and it is being carefully monitored.

Phyllis Phillips' father

Phyllis (Class of 1975) requests prayers for her elderly father who suffers from multiple health problems.

Michele Crawford Quinn

Michele (Class of 1962) requires surgery to repair carpal tunnel syndrome. Pray that all will go well.

With Thanks

Sister Regina Palamara, MSC

Sr. Regina is recovering from her third eye surgery, and she is very grateful for all the healing prayers that have come her way.

Gisela Slonneger

Gisela, a Villa Cabrini Academy alumna for whom we have prayed in recent weeks is feeling better. She recently attended the VCAAF board meeting and joined us for lunch and cheerful camaraderie afterwards. Thank you for including all of us in your prayers.



In Loving Memory

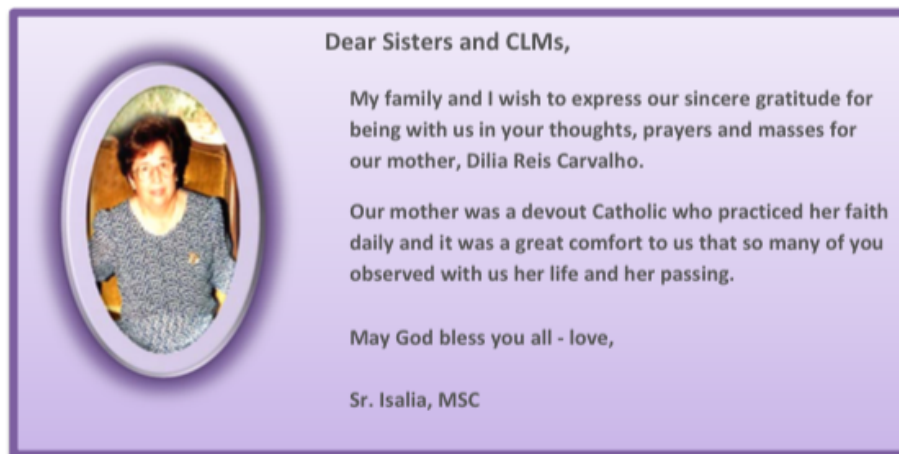
Lizzie Brennan

Cabrini College alumna Jamie Tadryzinski requests prayers for the repose of the soul of Lizzie Brennan, Cabrini College Class of 2013, who passed away on February 25. Lizzie was a source of life and light to her friends, and they will all miss her very much.

Paul Gary Christians

Jeannine Christians (daughter of the late Rebecca Christians, VCAAF Class of 1933) requests prayers for her brother, Paul Gary Christians (age 62, U.S. Veteran), who passed away on February 2, 2015. May he rest in God's eternal peace.

A Note of Appreciation from Sr. Isalia Carvalho, MSC...



Did you know that ...

During a penitential service at St. Peter's Basilica on March 12th, Pope Francis announced the extraordinary jubilee **Year of Mercy**, which will begin later this year on the Solemnity of the Immaculate Conception, Dec. 8. It will end on the Solemnity of Christ the King, Nov. 20, 2016. Next week's Update will carry more information.

Click here to learn more:

<http://ncronline.org/news/vatican/francis-announces-new-global-jubilee-holy-year-mercy>

