

MAIN OFFICE  
ST. VINCENT HOMES  
1509 CHURCH STREET  
PHILADELPHIA, PA 19124

**St. Vincent Maternity**  
**Group Home**

104 E. Township Line Rd.  
Havertown, PA 19083

**Guardian Angel Hall**  
**Mother/Baby Group Home**

157 W. Carpenter Lane  
Philadelphia, PA 19119

**St. Joseph Hall**  
**Group Home**

477 E. Locust Avenue  
Philadelphia, PA 19144

**St. Joachim Hall**  
**Group Home**

1509 Church Street  
Philadelphia, PA 19124

**St. Joan of Arc Hall**  
**Group Home**

3550 Frankford Avenue  
Philadelphia, PA 19137

Let the little  
**CHILDREN**

Come unto Me

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# Ripples from the River



*A Blessed Christmas to all!*

Vol. IV, Issue 4

A Newsletter of St. Vincent Homes

December 2010

## WORKING HARD FOR SUCCESS

Crystal is sixteen years old and now has a bright future ahead of her. Crystal was placed at another agency due to family difficulties in her home which they were unable to work out. Shortly after placement, she was informed she could not stay due to her becoming pregnant. Knowing St. Vincent's has both a maternity and mother baby program, she was promptly referred to us. When she arrived at our St. Vincent Maternity Residence in Havertown, our staff was immediately impressed as she voiced a positive and mature outlook.



Crystal states that while at SVMR she has seen and has understood some life changes which she views as eye-opening and is quoted, "We all make mistakes but it's our next step that counts". This young lady is currently attending Haverford High School and is in the 10<sup>th</sup> grade and the school personnel have rave reviews of her social and academic accomplishments. Crystal receives individual therapy, attends life skills, parenting, and spirituality classes, and cooperates with our Registered Nurse's medical instructions for healthy prenatal care. In addition to these accomplishments, she has received awards for "Best Student of the Month" and having the "Best Room of the Month". Crystal is a true multi-tasker!

Crystal is working hard with our Maternity Team and planning to be reunified with her father. She is anxiously waiting for the healthy birth of her son in January. She is right on schedule! Crystal says she continues to have a rewarding stay at St. Vincent's Maternity program and is pleased with the services invoked by her social worker, Ms. Alice. She likes the staff and appreciates their help in achieving her goals. Now, life is looking good for Crystal. We wish her the best future imaginable!

## APPRECIATION

Recently we had a delightful young lady who was with us for a very short time.

We never know the impact we have on these young people!

See Thanks Page 3

## STAFF RETREAT

In appreciation for the hard work and wonderful care of our residents for the past year, an invitation was sent to all staff members to celebrate a day of reflection and relaxation. On October 6<sup>th</sup> nearly one third of St. Vincent staff traveled to the Holy Redeemer Center for an agency gathering away from the workplace. The theme for the day was "Humor in the Workplace,"



Sister Francis Christi

and the program began with spiritual reflection and several exercises and suggestions for incorporating humor -on-the-job led by Sister Francis Christi, SSJ. In addition to some free time at the beautiful facility and a wonderful catered luncheon, there were several inspirational prayer services created and carried out by volunteers from our staff. These included a solo performance of "The Our



Vanessa Wilkinson

Father," an interpretive praise dance and a meditation on "Putting on Christ," in our every day efforts with our young ladies. This annual event is much anticipated by St. Vincent staff and from the evaluations and discussions it will certainly be an agency highlight for 2011.



Sarah Hill

*John Timothy Paul, M.A., MSW*

## MED STOP



Diane Amato, RN

Every day we read about something new. When someone is talking about medical screening examinations, a new abbreviation that is used by the doctor or nurse is "BMI". How many of us really know what it means? To help explain, I will give you a brief definition. BMI, or body mass index, is a calculation that uses height and

weight to estimate how much body fat a person has. Childhood obesity is on the rise and in response many schools are adding BMI to the annual health screening of the students.

Children should be encouraged to maintain a healthy weight. Some tips to follow to achieve that goal are as follows:

- ◆ Encourage children to be active every day. Experts recommend that 60 minutes or more of physical activity on most days of the

- ◆ week should be followed.
- ◆ Offer fruits and vegetables at meals and snacks
- ◆ Serve appropriate PORTION sizes.
- ◆ Limit sugar-sweetened beverages and offer low-fat milk or water instead.
- ◆ Limit time spent in front of TV and computers to less than 2 hours a day.

If we try and follow these tips as adults, we will be setting good examples for our children.

## LAUGHTER THE BEST MEDICINE

What ballet do squirrels like?

The **NUTCRACKER**

Wishing everyone a Merry Christmas and a Peaceful, Healthy New Year!

**Nurse Diane**



## THE HEART OF THERAPY



Kamilah Barnes-Berry

"On the road to destiny, make sure the people who ride with you have gas money." It seems trivial, but looking deeper leads to more

understanding. Our road leads to our goals. There are people who have similar goals and we'd like them to "ride with us". However, there are those with their own agenda who could throw us off track and may



intend to do so. We encourage our residents to surround themselves with people who have something beneficial to contribute..."the gas money." As we fulfill our mission, let's continue to do the same.

**Kamilah Barnes-Berry,  
MA, NCP  
Director of Clinical Services**

## GUARDIAN ANGEL HOME WELCOMES BISHOP JOHN MCINTYRE



Sr. Barb Zurine, SSND

At 3:30 p.m. on Tuesday, November 2, All Souls' Day, our mothers and babies in residence, along with our staff of Guardian Angel, the Administrative Team, Mr. Rick Pytlewski, Mr. Joseph Sweeney, and Mr. James Amato, had the privilege of welcoming our new Bishop John McIntyre, Auxiliary Bishop of Philadelphia to our home for mothers and babies at Guardian Angel in Mt. Airy.



Joseph Sweeney, Bishop McIntyre & Diane Amato

The afternoon began with an introduction by Rick Pytlewski, followed by his very warm welcome to the Bishop, and proceeded with a Prayer Service

prepared and carried out entirely by our talented residents and staff of Guardian Angel.

The theme of our prayer service, "Let the Little Children Come To Me," expressed the desires of our mothers, caregivers, and Administrative Team to create a warm, safe, and joyful home for our babies and toddlers. As these words of Jesus echoed in our hearts - the innocent smiles of our ten babies who were present reminded us why we do what we do. They are all charmers!

Our staff of Guardian Angel, Miss Vonette, Miss Dominique and Miss Joyce, participated in the prayer service by reading scripture, and did a fine job of proclaiming God's word. Destiny, one of our moms, also did a lovely reading

and Amber, another one of our very talented moms, inspired us with a most prayerful praise dance.

The Bishop was escorted on a tour of the house by our volunteer moms and afterwards everyone shared in a delicious luncheon and warm conversation.

Vonette, the manager of Guardian Angel presented Bishop McIntyre with a collage of pictures of our moms and babies in an engraved frame to mark the occasion. It was a day well spent; we were all thankful to have the opportunity to get to know Bishop McIntyre and thank him for his time and kindness. We also thank the residents and staff of Guardian Angel for all the warm welcomes and preparations for this visit.



Amber

Peace and all good things to you,  
Sr. Barb Zurine, SSND  
Youth Minister

**Thanks** Chelsea wrote the following message when she left us after a very brief stay.

Dear Family, ♥♥♥♥

*I appreciate all of you. This little month I've been at St. Joan of Arc Hall, I realized you guys were the closest I've been to family in a loooonnnng time. Despite our differences, I love all of you—residents & staff. I want all of my fellow sisters to*

*get yourselves together. Stop lashing out at every little thing because in the real world that's not going to fly. Besides, why lash out at the people that control so much in your life (staff)? Be smart—stay on their good side, (your time here would be much easier).*

*As far as staff— I love all of you, you're all like mothers to me (tears). You guys are so nice*

*and I thank you for making me feel so welcomed:)*

*Stay in touch w/me (phone number).*

*I'll make sure I pray for all of you every night..*

♥Chelsea ♥  
(Kisses)

We wish you the best of everything, Chelsea! God bless you.

St. Vincent's complies with all regulations that prohibit discrimination in employment and services to clients

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Look for us on the Web!  
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**WE GIVE THANKS**

On Monday, November 22, Juan Vega, accompanied by two of his Pastors, and about 18 volunteers descended upon St.

Joachim Hall with a wonderful Thanksgiving Day Dinner complete with all the trimmings. The volunteers of

the New Apostolic Church cooked a variety of treats which delighted our

residents and staff, as they shared the meal with new friends.



The evening continued on with prayer, music, singing, and fun. We thank everyone who prepared and participated in the joy-filled evening. May God Bless us, everyone!

Sr. Barb Zurine, SSND



**Christ's peace be yours!**

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