Voices from the Women’s Respite Program

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Stella Niagara, NY

The Women’s Respite Program provides women in need with an opportunity for rest and renewal in a safe, comfortable and healing environment.

We have annual programs for mothers with low income, grandmothers who are raising their grandchildren, mothers with children on the autism spectrum, and women with cancer.

The women are referred by various WNY agencies.

The Women’s Respite Program is a not-for-profit organization sponsored by the Sisters of St. Francis, Stella Niagara.

See the back cover for the 2020 program dates.

MAKING CONNECTIONS . . .

Above: The mothers make a web of yarn to illustrate our interconnectedness.

Left: Some of this year’s grandmothers.

“Take time to believe in yourself, and enjoy each day. Remember to laugh and find time for the beauty of life.”

—Advice from one of our grandmothers

NA ZDROWIE!

That means “blessings” in Polish. The Respite Program has been blessed to have the services of S. Gert Lacki (photo right) and in turn, we send her blessings for her new life. The timing for this piece on S. Gert is bitter-sweet. After eight years of providing wonderful foot reflexology to Respite Program women, S. Gert is leaving Stella Niagara to work in Columbus, Ohio as a pastoral assistant.

S. Gert was born on the East Side of Buffalo and has had a

Calling all ausome moms:

There will be a one-day respite for you on Saturday, Nov 16. You should find a flier with details inside this newsletter. If not, call 893-0931. Join us!
Jazz up your Christmas with the Ladies First Jazz Combo

- A jazz concert at Stella Niagara, 4421 Lower River Rd, Lewiston
  - 6 to 9 pm
- Enjoy refreshments, holiday cheer, and great music from this award-winning, 6-piece, all-female combo.
- Advance tkts: $20
- At-the-door tkts: $25

Proceeds to benefit the Women’s Respite Program. For information or tkts: Call 716-893-0931

2020 Schedule of Women's Respite Programs

- Alums from the summer programs: Feb 7-9
- Moms raising children on the autism spectrum: March 20-22
- Women with cancer: April 24-26
- Pilot program for moms with special needs children: May 16-17
- Grandmothers raising their grandchildren: May 29-31
- Mothers with low income: July 30-August 1, 2020

Restoring Hope • Refreshing Bodies • Renewing Spirits
lifelong career as a teacher, including at Stella Niagara. S. Gert was inspired to become a teacher by her own second-grade teacher, who in later years, taught S. Gert at the college level. Her advice to S. Gert as she began her new career at age 20: “Always let the children know you love them.” Words S. Gert has lived by.

Additionally, S. Gert’s work as a reflexologist has brought her (and her clients!) great joy. S. Gert first heard about reflexology in 1994 and found the holistic approach very appealing. She started learning with a long weekend of intensive training, but as her desire to learn more grew, she chose to attend the Ontario College of Reflexology where she received her certification.

Wherever S. Gert worked—Buffalo, West Virginia, Stella Niagara—she practiced reflexology and plans to continue in Ohio. She believes that in addition to addressing specific health problems, the gentle touch of reflexology is also therapeutic.

She tells us that she thanks God for bringing the Respite Program into her life, and has lots of advice for the women who attend the programs.

- Be with people who support you.
- Think about what you will take home from this experience.
- When you go home and in later weeks and months, think about the positive experience of going to the Respite Program. Such thinking and remembering can be a form of prayer.
- Keep your light shining.

We couldn’t agree more!

S. Gert, on behalf of all the women from the Respite Program, we send our gratitude and our kindest wishes.
Be a Jazzy Sponsor

Can you be a Top Ten Sponsor?

It’s nice work and you can get it by giving at least $100!

You’ll be covering the costs of our December 7 event—
Jazz up your Christmas (See back cover.)

S’Wonderful to sponsor the awesome and unique Women’s Respite Program.

We could take the A Train to Profit City if you would contribute $100 or more.

For your sponsorship, you will be acknowledged publicly and you’ll receive a complimentary ticket to the event for each $100 you contribute.

If you’re in the mood to be a sponsor, call S. Diane or Teresa at Pennsylvania 6-5000. Just kidding. Call 716-893-0931. Thank you!

A tip for letting go of things from the past

How you talk to yourself can either move you forward or keep you stuck. What you tell yourself in times of emotional pain can help you reframe your thoughts.

For example, says clinical psychologist Carla Manly, PhD, instead of getting stuck in, “I can’t believe this happened to me!” try something more positive such as, “I am fortunate to be able to find a new path in life — one that is good for me.”

Source: healthline.com