

A Message from Mother Theresa Louisa

“**Yá'át'ééh!**” Greetings to you All in the Most Holy Name of Jesus Christ from our mission Home in Villa Guadalupe!

It has been nearly 4 months now since I have arrived in Gallup and I was welcomed with the beautiful sight of our Residents, Staff and Little Sisters awaiting me at the front entrance. Despite the donning of masks by all, I know they were smiling through their eyes. I am deeply grateful to God for blessing me to serve Him here in our mission Home in Navajo Nation.

Blessed be God that our Home is still free of covid-19. Since our main goal is the protection of our dear Elderly, we are maintaining restrictions put forward by the New Mexico Department of Health such as:

- Only vaccinated family members, volunteers are allowed for in-room visits in the Home and unvaccinated family members are able to visit in the coffee shop (Cards of vaccination must be shown at front desk).
- All must wear masks, screening at front desk, and hand sanitizing.

Our dear Residents continue to enjoy dining together, group activities have resumed (keeping a safe distance, of course), they can go to the hair salon, participate at Mass, enjoy rides around Gallup etc,...

September is the month dedicated to the care of Creation and we have a couple of efforts to mark it. Each Resident has a small succulent plant in their rooms to take care of. On October 4<sup>th</sup> we will award the Resident who has kept his or her plant alive and healthy. We have started an Exercise Activity every Wednesday at 9:15am outside near our coffee shop. All Residents, Staff, Little Sisters are invited to take part in this effort to take care of our bodies by exercising and breathing freely provided fresh air outside. It has become the favorite activity for all, especially when there is a dance to learn at the end. We have learned so far Jerusalema (African line dance) and Aloha 'Oe (Hawaiian Dance).

If you have seen our latest newsletter, you will know that next spring we are hoping to start Phase 2 of our Home's roof repairs and due to the increased cost of supplies, we have to raise more funds. We are immensely grateful to our benefactors for their generosity because we cannot do this work alone without their help. Each day we pray for all our Benefactors, Families, Staff, AJs, Volunteers and their loved ones daily, not forgetting all those who have gone before us.

Wishing you all peace, love and good health. “**Ahéhee**”

Gratefully in Christ,

Sr. Theresa Louisa, I.S.P.