



# Clelian Heights Newsletter

# Shavings

Summer/Fall 2015

### Mission

The mission of Clelian Heights is to provide spiritual, educational, and vocational programs for children and adults with intellectual/developmental disabilities that enhance their quality of life and maximize their potential for independent living.

### Vision

The vision of Clelian Heights is an atmosphere of choice, mutual acceptance, respect, and love that will make a lasting difference in the lives of persons with intellectual/developmental disabilities.

### Non-Discrimination

Clelian Heights offers services to all without discrimination on the basis of race, color, age, religious creed, disability, sex, ancestry or national origin.

### United Way

Clelian Heights can receive United Way Campaign donations. On the pledge form list, our Contributor's Choice Code is #403. Write in our address:

135 Clelian Heights Lane  
Greensburg, PA 15601

### Publication Statement

This publication is produced by the Clelian Heights School Mission Advancement Office. Clelian Heights is a non-profit organization. No copy or distribution of this publication is permitted without permission. It is mailed several times a year.

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## A Message from the Executive Director Sr. Ritamary Schulz, ASCJ



As we move into the Advent and Christmas season I am reminded of the many kindnesses and the goodness of you, our benefactors and supporters who assist us in so many ways. It is you who provide special learning opportunities for our students and working opportunities for our adults. It is because of your support that we are able to provide quality programs for our students and various jobs for adult clients.

Clelian Heights is a special place that has always been supported by friends like you. We are very privileged to work with a staff that has incorporated the Apostle mission of love, care and service. Our identity as a Catholic, caring place is evident when one enters the school, workshop or residences. Compassion, respect and attention to God's special people are true gifts for all of us.

I am very aware of the fact that our special people live fully in the moment, and happily so. There is just now: now to be present to one another, now to be attentive to the task at hand, now to reach out with a smile or caring gesture. We who minister here are blessed to learn so much from them.

As we enter this time of Advent, the time of waiting for Christ, for those here Christ is here, now, in each situation, in each joy and each challenging moment. One of my favorite songs sung by our students and clients is, "I say YES, my Lord, in all the good things, through all the bad things..." It is a song sung with heartfelt joy and enthusiasm, and brings many a tear to those who experience the happiness on the faces of our students. We may think they have less, but the truth of the matter is they have MORE to give each of us than we can ever imagine. Joy exudes and happiness is everywhere.

As we await the coming of Christ, we pray you too can feel the love of those who are here at Clelian Heights. We promise daily prayer for the goodness and generosity you have bestowed on us. May these days of waiting for Christ be fulfilled each day and may the blessings you have shared with us abound on you and your families more than a hundredfold.

May this season of peace fill your hearts as you continue to share your spirit, your love and your gifts with each of us. A blessed Advent and Christmas be yours!

*Sr. Ritamary Schulz*

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## Staff Profile: Mrs. Lisa Liston

By: Lisa Liston, Coordinator of Special Services

I am the Coordinator of Special Services at Clelian Heights. My position has evolved over the years to meet the growing needs of Clelian Heights as an organization, the students, adults, families, and staff who make Clelian the special place that it is and has been for over 50 years. My background was in special education, but most of what I know I have learned from my daughter Sarah as I muddled through the *systems* to secure services for her over the past 28 years.

As any family member or even many professionals will tell you, the *systems* are not easy to navigate. They are not particularly user friendly and often lack compassion regarding the needs of the people and families most in need of supports and services. I have been blessed to learn from many who have traveled the road before me, and now I strive to offer support to anyone who must also journey down this path. I hope to make the process a little easier or at least provide them with information and moral support along the way. *Continued on next page*

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The *systems* use acronyms to describe everything and there are ever changing rules and regulations that are difficult to keep up with, even for those of us in the field. Therefore, I stress that education, ongoing partnerships and relationship building are necessary and invaluable assets in the human service field.

Most of my days are spent advocating for individuals and their families, to secure services and funding to get the support they need to reach their individual goals. I offer an annual training for all the graduates' families to prepare them to transition from the school program into adult programs. I provide them with the tools and information they may need to effectively navigate and advocate for their sons and daughters, hopefully making this time a little less stressful. At this meeting each family is provided with a vast amount of information regarding services such as social security, case management, funding sources, and estate planning. We have been very fortunate over the past few years in being able to assist in securing funding for each of the graduates who needed it, and continue to advocate for services for the over 14,000 people currently on the Pennsylvania waiting lists for supports and services for people with developmental disabilities.

I can and do attend (many!) meetings with families often just to be available to assist in clarifications, interpretations, or to provide moral support. I also serve as a resource person for families and often make referrals for other services or to agencies for services not offered here at Clelian, but needed to enhance the person's quality of life. I try to offer personal words of wisdom that I have learned through my journey. Sometimes just talking to someone who has been through it or is currently experiencing the same issues gives a weary parent the strength and encouragement necessary to continue to fight the good fight. I also work closely with the different departments and staff members here at Clelian to provide everyone with the latest changes in state and federal requirements. This in-house collaboration ensures the best outcome for all individuals participating in our programs.

Another vital component of my position is advocacy and the need for this occurs on county, state, and federal levels. I am fortunate enough to serve on numerous committees which keep me

apprised not only of current issues, but also of proposed changes and how they may impact those we serve. The *system* we work within is ever changing and growing, and sometimes it has a dramatic effect on supports and services.

The most recent example happened when Pennsylvania drafted a plan, often referred to as "the Final Rule" which would disallow much needed and valued prevocational programs like those offered here in the Clelian Center. When this occurred, we led the charge through a coordinated effort we called "Save our Choice." We worked with our families, other agencies, local, state, and federal elected officials, and policy makers to educate them on how the proposed changes would negatively impact and quite possibly jeopardize the health and safety of those who choose and need these services. Consumers, families, staff and community members worked tirelessly to make sure the voices of those who cannot speak for themselves were heard. Through education, letter writing, focus groups for community members and elected officials, and plain old persistence, we were able to have a positive effect on our state's transition plan and the service will continue to be offered within the current ID/D waivers.

Each and every day brings different challenges and rewards. I pray for wisdom and guidance when I am contacted with an opportunity to assist a family in need, and hope I can help make the journey a bit easier for the people we serve, and those who love and support them.

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To contact Lisa  
please call  
(724) 837-8120  
ext. 125



## Pope Francis' Pastoral Visit to the United States

By: Sr. Mahilia Roache, ASCJ, Teacher

In October, it seems the entire country followed Pope Francis as he traveled to Cuba and the United States. Known worldwide since his election as an outgoing and charismatic pontiff, the Pope was keenly watched by millions, including those of us at Clelian Heights. To mark the U.S pilgrimage of Pope Francis, some classes followed him online, through news broadcasts on CNN Student News and other student websites. It was interesting to hear what students already knew of Pope Francis, including his birthday, which one student shared. Clearly, they had heard of him before this trip. So we were ready to hear the Pope's message to us.

Students listened to news reports of his trip to Cuba and asked questions about that country. To learn more, we used Google maps to locate Cuba. To see where our Holy Father's trip began, we started in Italy with a virtual tour of Vatican City and St. Peter's Square. This was a fun activity and very engaging for older students. "Where does he live?" asked one student. "Can we see it?" asked another. And so we searched for pictures of Santa Marta. They were thrilled and so was I. I could share with students, via the internet, the location of places abroad and we were all learning new things!

Since many students were unfamiliar with Rome, we took a virtual tour of the Eternal City. Then, to understand where Pope Francis traveled from, we used Google Maps to see the trajectory, or path taken from Rome. How amazed they were to see that he would travel over 9 hours to return home!

Not only did we see where he came from, but we saw pictures of places he would visit while in the US. Pope Francis was more than a part of our virtual experience. We talked about how a Pope is chosen and what we liked about him. I reminded students that as the leader of the Catholic Church, Pope Francis guides Catholics in following the example of Jesus. "With such an important job, we have to pray for him and his ministry to be a good Shepherd," I told them.

Then I asked, "If you had a chance to meet Pope Francis, what would you say to him?" There were many answers. Some wanted him to know about their families, others about their pets, and still others wanted him to pray for the military. Overall they had much to share with him. So if ever he visits again, we'll be ready to greet him with many words. Until then, we continue to look up to him, and learn from his example of love and care for all God's people. Maybe we'll perfect our letters and really send them to Rome. Who knows!

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## Jubilee Year of Mercy

By: Sr. Marialice Ackermann, ASCJ, Residential Supervisor

Pope Francis has declared an Extraordinary Jubilee Year of Mercy from December 8, 2015, the Solemnity of the Immaculate Conception until the Solemnity of Christ the King on November 20, 2016. He has declared this year of Mercy in the document entitled *Misericordiae Vultus*, which, referring to Jesus, means *the Face of Mercy*.

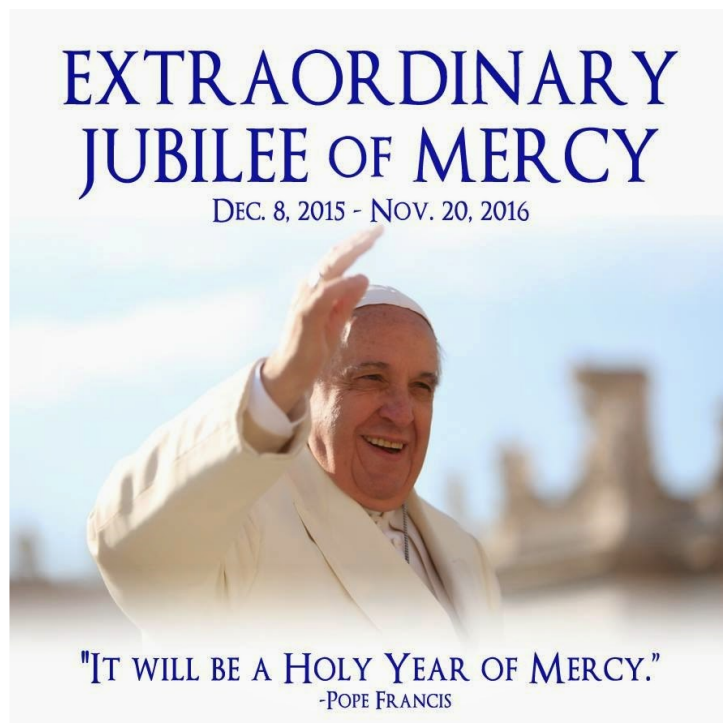
“The mercy of God is his loving concern for each one of us. He feels responsible; that is, he desires our wellbeing and he wants to see us happy, full of joy, and peaceful. This is the path, which the merciful love of Christians must also travel. As the Father loves, so do his children. Just as he is merciful, so we are called to be merciful to each other.” (9MV)

Pope Francis continues by saying that, “the time has come for the Church to take up the joyful call to mercy once more. It is time to return to the basics and to bear the weaknesses and struggles of our brothers and sisters. Mercy is the force that reawakens us to new life and instills in us the courage to look to the future with hope.” (10 MV)

It is Pope Francis’ burning desire that, during this Jubilee, the Christian people may reflect on the *corporal and spiritual works of mercy*. Jesus introduces us to these works of mercy in his preaching so that we can know whether or not we are living as his disciples. Let us rediscover these *corporal works of mercy*: to feed the hungry, give drink to the thirsty, clothe the naked, welcome the stranger, heal the sick, visit the imprisoned, and bury the dead. And let us not forget the *spiritual works of mercy*: to counsel the doubtful, instruct the ignorant, admonish sinners, comfort the afflicted, forgive offences, bear patiently those who do us ill, and pray for the living and the dead.

During this Year of Mercy let each of us try to live out mercy in our everyday life, especially with those closest to us. If we each start by being merciful to those closest to us, it can have a ripple effect and others will imitate this mercy. This mercy will spread to those around us and then they will be merciful to others because we have been merciful to them.

The spiritual and corporal works of mercy can be lived within our homes, classrooms or work places. To feed the hungry can be done by preparing food for our own family or friends in a joyful manner. Clothing the naked can be washing the family’s clothes as well as giving clothing to those less fortunate than us. We can take each of the spiritual and corporal works of mercy and apply them to our daily lives. As stated above, “just as [God] is merciful, so we are called to be merciful to each other.” Each day of this year of mercy let us try to bring joy, compassion, forgiveness and mercy to others.



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## “Together We Can” Project

By: Sr. Charlene Celli, ASCJ, Principal

During this season of giving thanks for the many graces and blessings that God has bestowed upon each of us individually, hopefully, our thoughts lovingly go to those who are in great need of even the basic essentials of life. Energized by Pope Francis’ call for a Jubilee Year of Mercy, all God’s people strive to define the term “mercy” in a personal way. “Mercy” is said to be a virtue influencing one’s will to have compassion for and, if possible, to alleviate another’s misfortune.

In an attempt to alleviate the pain of so many who go hungry each day, the Apostles of the Sacred Heart of Jesus (the Sisters who minister at Clelian Heights) have encouraged ALL of their schools throughout the country to participate in the “Together We Can” Project. This project, created by the Sisters, is a joint effort of the schools to feed the hungry by collecting canned food items for those in need. This donation drive will take place in all Apostle schools every First Friday of the month, a day that is dedicated to the Sacred Heart of Jesus. Schools are asked to keep a "can count" which will be tallied at the end of the year. This would not be a contest but an opportunity to see what we “can” do to make a difference.

Clelian Heights began the “Together We Can” initiative on the First Friday of October. In an effort to imitate the merciful love of the Sacred Heart, the clients, students, and staff will continue to make an effort to alleviate another’s misfortune in a small, but very genuine way each month for the remainder of the school year. United with other Apostle schools, we truly “can” make a difference!



**First Friday Canned Food Drive**

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## 18<sup>th</sup> Annual Wholey’s Old Fashioned Chicken Barbecue

By: Diana Fisher, Development Officer

Clelian Heights 18<sup>th</sup> Annual Wholey’s Old Fashioned Chicken Barbecue was held on September 20<sup>th</sup>. The chicken was wonderful, seasoned just right and cooked to perfection by the pit team that included the Wholey crew, led by Dan Wholey, and our own staff and family volunteers.

It was a perfect day for a BBQ; the weather was beautiful! Excitement was in the air – after all the time and effort the big day was finally here! Even the Steelers game didn’t prevent families from coming to enjoy the day. We are thrilled to say we hosted over 740 with eat-in dinners or takeout orders. Clelian Heights is blessed to have so many good friends! Over 85 volunteers, including the Sisters, staff, parents, students, and family members, all worked together to make this 18<sup>th</sup> annual BBQ a success.

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This is our biggest fundraising event. Many hours were spent by Anna Suman's recruits, Kathy Christy, Helen Smith, and Bob Fisher, who canvassed familiar neighborhood businesses in search of donors and sponsors for the event. This year we expanded our donor area which gave us an opportunity to introduce Clelian Heights and our mission to those who weren't familiar with our programs. After the collection of all of these wonderful items from donors, the magic continued! Not by elves, but by Beverly Kosor and Joyce Trew, whose skills made the donations of jewelry, gift cards and certificates, home and car items, gift baskets, wines, toys, small appliances, entertainment and sporting events, and overnight or weekend trips, into the gorgeous coordinated theme baskets or silent auction items you saw at our event. *What a great team effort!*

The level of commitment from all of those involved was amazing. The energy and the activity was electrifying. It was a wonder to watch the students turn the gymnasium into the dining area, the kitchen staff organize and work with the Clelian Center adults to move the food from the kitchen to the gym, and family and friends working hard to provide the table settings and keep side dishes fresh and hot.

There were so many volunteers--some who have been a part of the BBQ for several years, as well as those who joined in for the first time. The Sisters were everywhere assisting the 85+ volunteers as needed. 18 years has yielded a lot of versatility and a combined effort of many working together. The result of this shared commitment was a big success! We would like to thank all of those who made the day special—those who planned and worked year-round, those who worked so tirelessly the day of the event, and those who attend each year and make this a true family experience!

This year several new ideas were implemented, one of which was relocating the takeout area. We welcome your comments on the BBQ this year and suggestions that may improve the event.

**Congratulations to everyone who contributed to this event especially you!** We want to thank you for attending if you shared the day, but we also appreciate those who participated but were unable to attend!

We look forward to seeing you at the *19<sup>th</sup> Annual Wholey's Chicken Barbecue* and having the opportunity to spend some time with you!





## Family Focus: Shawn Curran

By: Sr. Benjamin Merlotti, ASCJ, Director of Mission Advancement

A Christian influence and loving environment convinced Sonja and Shawn Curran to send their son, Shawn Patrick, then 10, to Clelian Heights. Shawn has now successfully graduated and has begun working at the Clelian Center.

“When Shawn started Clelian Heights he had attended a regular school where he was partially included. I was really worried, though, that middle school would not be a good social fit for Shawn,” said his mom, Sonja. “I felt such a loving environment when I visited Clelian Heights that I chose it for Shawn.”

The experience at Clelian Heights has been a good and fulfilling one for Shawn. His parents say that they can see that Shawn has grown in many ways and were very pleased when he no longer needed an individual aid. Socially, it has been a good fit as well. “He never wanted to attend the dances and finally was asked to the Prom,” said Sonja. “He started playing on the basketball team and enjoyed it as well. He also liked swimming and the transition to work program that took him into the community.”

Shawn worked at St. Vincent DePaul thrift shop three Thursdays a month. This Transition to Work experience was a very positive skill builder. “Shawn gained so much self-confidence in this program,” said Carol Kasnevich, his instructor. “He worked happily at his job and grew in independence as he fulfilled his responsibilities.”

His family feels that Shawn’s experiences have helped him at home and in the community. “Shawn was always happy to go to school and enjoyed his many school activities and work activities,” said Sonja. “His life seems to revolve around Clelian and all it offers. I feel it has helped his comfort level in being in structured group settings and in large family gatherings. We have a number of those due to our Italian background. We also attend Cornerstone Ministries regularly and he does so well there, but that wasn’t always the case, I am sure attending services at school has also helped with that as well.”

Since graduation Shawn has joined the Clelian Center Workshop. He is making a fine transition to the full work week. Staff at the Clelian Center say that Shawn is a well-mannered young man who shows accuracy in his work and well-developed fine motor skills which are assets for small parts assembly and packaging. He has had the opportunity to try several different jobs at the Clelian Center and is working toward increasing the skills necessary for community employment. He is adjusting well to the day-long work environment.

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Shawn is also being challenged at the Clelian Center to maintain his attention on more difficult tasks for longer periods of time, to learn new skills and to work more independently. He is happy in this new setting among friends new and old and where he can enjoy one of his favorite activities during break time—reading!

Shawn has many diverse interests when not at work, these include movies, the computer, video games, eating out, seeing theater productions in Pittsburgh and especially at the Sight & Sound Theater in Lancaster, PA. He loves haunted house attractions in the fall. He also enjoys going to the library, reading, museums and the zoo. Shawn has also gone on hunting trips with his dad.

Shawn, the eldest, lives at home with his parents, six sisters; Charity (18), Courtney (16), Rebecca (13), Emma (11), Laura (9), and Rachel (3), and one brother, Noah (5) and a chocolate lab, Harley (5) who is the newest addition to their household.

Sonya added, “We plan to be a part of Clelian for a long time since Shawn’s baby sister was born with Down’s Syndrome and our immediate thought for her was to attend school at Clelian too.”

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## Special Olympics: Golf and Bowling





## Family Focus: Sebastian Arena

By: Sr. Benjamin Merlotti, ASCJ, Director of Mission Advancement

Sebastian Arena, Jr., Sab or Sabby to all friends and loved ones, came to Clelian Heights as a six year old whose parents were trying to find the best possible educational and safe environment for their youngest child. Now, at 50, Sabby is still a part of the Clelian community as a resident at Chip's House and enrolled in the Clelian Center Adult Training Facility (ATF). His family has come to love and trust the staff that work and live with Sabby at Clelian Heights.

Ramona Arena Baker, Sabby's sister, says, "Clelian Heights has exceeded our expectations - beyond our wildest dreams. The Sisters and staff at Clelian have been able to get Sab to want to accomplish things (chores, crafts, jobs) he wouldn't necessarily otherwise do - the Sisters and staff have such talent in finding the right motivations and appropriate individualized encouragement, all done with patience, kindness and gentle perseverance. There are so many opportunities to participate in all kinds of activities - the dances, the Olympics, the swimming, the wonderful playground, visitors from all walks of life - Sab loves people. And we have always felt that he is as loved and cherished at Clelian as he is at home."

"He is happy and achieving so much. He is free to be himself," says Ramona. "He continues to be exposed to new experiences and encouraged to do his best. He has had experiences he never would have had just being at home and with a much wider range of people than he would if just at home. It's broadened his circle of friends, including former teachers, who still enjoy his company and make special efforts to visit with him, although they've been away from Clelian for years. Sab has gained confidence which has enabled him to not be afraid of new experiences and, in fact, to seek them out. In some circles he's treated like Norm from 'Cheers' - that is, when he enters a room shouts of 'Sab!!' ring out."

His sister Ramona, also believes his exposure to various community and social interactions available to him throughout his time at Clelian allows him numerous opportunities to develop meaningful relationships and have a variety of experiences that encourage his confidence and independence.

His sister Mary Arena Hagan also adds that at Clelian Heights, "He fits in; he is never stared at, made fun of, or bullied by anyone because of his differences or different abilities. He is in a safe and protected environment where he can take risks without threat of harm and try without fear of humiliation. He is accepted as he is and is set up to win, not fail."

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At home with his family, Sabby loves to ride his bike and bowl. Ramona’s husband Doug often finds Sabby as his co-pilot while riding in their utility vehicle or mowing grass on their property and he enjoys the time spent together driving golf balls at the range. Traveling to visit relatives in Philadelphia and spending time with his great-nieces and nephews rank high on his list of things to do.

Even with the passing of their father in 2002 and mother in 2010, the family has never had to worry about their ‘baby brother’ Sabby while at Clelian Heights.

“He has been there 44 years and we’ve never had a moment’s worry about his safety or emotional, psychological or physical welfare,” says Ramona. “This is monumental because Sab is a person who is extremely and totally vulnerable. He is understood and loved. His outgoing nature is appreciated. He is free to be himself. He continues to be exposed to new experiences and encouraged to do his best.”

Sr. Carrie Christine who has Sabby in the ATF Program aptly describes him. She says, “He’s endearing.” What better compliment could one receive!

## You’ve Got a Friend in PA Day





## Chip's House

By: Alicia Harter, Residential Supervisor

Many people come to the Clelian Heights complex and hear about people living at Chip's House or something happening there, but they often walk away having no idea what Chip's House really is or where it is located on the property. Chip's House is a residence for men over the age of 21, and it's the large, tan brick building with the red roof located in front of the playground. It opened in 1982 so that men who graduated from the school would have a place to live with friends and receive support while developing independent living skills. The house was named after Charles "Chip" Decker, a young man who had been a part of the Clelian Heights family until he died unexpectedly in 1980. It was his dream to live at Clelian Heights with his friends so the Sisters named their new program and building in his memory. Some of the men living at Chip's House today still talk about Chip and reminisce about being in school together and participating in Boy Scouts and other activities with him.

The program at Chip's House follows the Clelian Center schedule from September through May and is open for the four-week summer session. Residents typically arrive Monday morning before work and go home at 3:00 on Friday afternoon. Currently families must pay privately for their sons/siblings to stay at Chip's House, but there is a chance that Clelian might be able to provide respite services in the near future. All the men who live at Chip's House must be affiliated with the Clelian Center.

Now that the specifics have been clarified, let's move on to what Chip's House is for the men who live there. Chip's House is a "home away from home" for the men who live here now, and it certainly was so for the many who spent time here in the past. More than fifty men have participated in the Chip's House experience since the Sisters first opened the doors in 1982. Some stayed for many years, others came for a year or two before moving back home or into permanent placements in group homes, but all received training to develop daily living skills and foster greater independence. This opportunity for time away from home in a safe, known environment often gave, and still gives, families the courage needed to allow their sons the freedom to spread their wings and move away from their family home for a few days a week. The men typically welcome the new experience, and it is often their families that have the more difficult adjustment.

The men who live at Chip's House usually enjoy being with their peers, and they find a sense of satisfaction in the independence they acquire when they are doing things for themselves. Each person is responsible to clean his own room, and is assigned a household chore to maintain overall order in the house. Men who come to

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## Clelian Scentsations Soap

By: Robin Lasich, Clelian Center Supervisor

Clelian Scentsations is our soap business, which is operated by the adults of Clelian Center. Our soap studio is located in the annex on the ground level of Chip's House. We use only premium shea butter and glycerin in the making of our soaps. The shea butter contains vitamins and minerals that help with dry skin.

Many of our adults are taught to melt, scent, and color the soaps. They enjoy picking what color each soap will be depending on the season, holiday, or order. The soap is then placed into the microwave to be melted. Adults are taught how to safely use the microwave and the safe way to remove the measuring cups full of melted soap. They then color, scent (if desired), and pour soap into the desired mold. The molds are then placed in the refrigerator to help them to set. When they are ready for unmolding, the adults remove them and make sure they molded correctly. They are cleaned with rubbing alcohol and wrapped in clear plastic wrap to keep them clean and dust free. An inventory is kept so that we know how many we have. Adults are taught how to perform the inventory so that they know what is needed to be made. Specialty packaging is also available. All our products are labeled with the ingredients inside and, of course, our contact information so that you will be able to order more when needed!

Specialty soaps that we make are Oatmeal and Lavender soaps. Oatmeal soap is good for moisturizing and exfoliating your skin. Lavender soap is great to help you relieve stress. Typically, we sell these in bars, but they can be always be customized.

We make our soaps in many shapes including hearts, flowers, and standard bars. We also make soaps based on the current trends. The soap studio currently offers Star Wars, Frozen, Star Trek, and, of course, Steelers soaps. Some of our soaps have a toy surprise inside. These soaps are particularly helpful for encouraging kids to remember to wash their hands.

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These are just some of our designs to see more of them go to our web site at [www.clelianheights.org](http://www.clelianheights.org), click on *See our Products*; and check out our photo gallery to see the designs. We are constantly updating it with new creations! If you have an idea of something you would like to see put into the soaps, please contact us. We are always looking for new and creative ideas to try.

We are able to accept custom orders for all types of events such as weddings, showers (wedding and baby), birthday parties, or special gifts for the special people in your lives. If you have a special design you are thinking of and cannot find it on our website call us and we will work with you to do something special that will meet your needs. If you would like to place an order around the holidays please give us 3-4 weeks to complete it because this is our busiest time of the year.

In addition to selling our soaps at Clelian Heights, you can also find us at many of the local annual crafts shows in November and December. We attend the *Christmas in Salem Crossroads* at St John's Parish (Delmont), and Mother of Sorrows (Murrysville) craft shows. Our adults enjoy going to these and being able to explain to customers how they make the soap. This also gives them the opportunity to learn how to market and sell the products. We also teach them how to add up the orders and to give the correct change when needed. Our clients enjoy the shows immensely and love being out in the community. The clients, staff, and Sisters look forward to attending them each year!

If you have any questions or would like to place an order please call Robin at (724) 837-8120 ext. 116.



Custom lettering



Custom dates



Steelers bars with erasers



Dr. Who's TARDIS

## Clelian Heights Crusaders Vs. Staff Basketball Game



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## Clelian Confections

By: Helen Todd, Assistant to the Clelian Center Director/Supervisor

Clelian Confections is one the “sweetest” places at Clelian Heights. This special part of the Clelian Workshop is run by our clients with staff oversight and produces many delicious treats! Puppy Chow (for people) is one of the favorite indulgences of clients and staff alike. Peanut butter melt-aways, chocolate-covered pretzels, chocolate-covered Oreos and seasonal specialties such as turtles and peppermint bark have all proven to be very popular as well. Recently we began making flavored pretzel pieces and they have become a very big seller. We currently make spicy pretzel pieces, seasoned sourdough pretzel pieces, sweet cinnamon-sugar pretzel pieces and our newest creation of honey-mustard and onion pretzel pieces. The wonderful aromas wafting throughout the building during our candy and treat making days have enticed many people to stop by and visit our room!

Clelian Confections began a few years ago as a way to teach our individuals about the fun and challenge of producing sweet treats. We started out making cookies and slowly evolved into making candy and other snacks. The clients are involved in every step of the process from set-up to clean-up. Some individuals were very hesitant to work in this area initially but have learned how to gather supplies, follow recipes, hand-dip chocolates, package and heat seal products, fill customer orders and clean up at the end of the day all with minimal supervision. The sense of accomplishment and the pride that is felt when viewing the finished product is wonderful to witness.

Many of our clients have had the opportunity to work in the “Candy Room” as it is affectionately known. When asked for a response as to what the favorite part of working in the candy room was, the number one reply was “It is fun!” Ashley M. said “It makes me happy to work there.” Sarah H. agreed, stating “I love to cook and learn new recipes. I love it!” Manda and Sarah R. both said that they like making their favorite candies. Melanie, Marsha and Ashley R. all replied that it is a good experience and that they love the feeling of independence while working and expanding on previously learned kitchen skills. Tori basically summed up everyone’s feelings when she said “I love it and I can’t wait to do it again!”

We send order forms home with clients and school students for Christmas and Easter but will gladly accept orders at any time throughout the school year (September-May). We can generally fill orders within one week of receiving them except during the high-volume periods near the holidays. In those instances, extra time is needed for processing, and early orders are highly encouraged to ensure fulfillment. Completed orders can be picked up during normal business hours or we can send them home with clients or students. Shipping is also available for a small fee. A website with all of our available products is currently being updated and can be accessed via a link at [www.clelianheights.org](http://www.clelianheights.org). Please check out all of our specialties! We have something for everyone from a sweet treat for you, to gifts for family and friends. Candy also makes great favors for baby showers, bridal showers and weddings. We are taking orders now for the Christmas season so be sure to get your order in soon. We look forward to making your day just a little bit “sweeter”!





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## Great Families of the Sacred Heart (GFASC)

By: Sr. Mahilia Roache, ASCJ, Teacher

The Great Family of the Sacred Heart, affectionately known as GFASC, is an apostolate of the Apostles of the Sacred Heart of Jesus, to draw the laity, especially families, closer to the Sacred Heart of Jesus. It allows them to pray as a community of families, with Apostle Sisters throughout the world, and to grow in their individual faith lives.

Offered as a path of holiness and devotion to the Heart of Christ, members learn about Sacred Heart spirituality and Mother Clelia Merloni, foundress of the congregation. Not only are families introduced to this spirituality but they are nourished through monthly meetings and communal events, which help members, flesh out the meaning of love and reparation in their daily lives. In practice, GFASC is more than a prayer group; it is a Christian way of life.

GFASC members are encouraged to live out their faith every day through prayer and witness to God's love in the world. We also hope that members are empowered to share that faith with others beyond their homes. Recognizing how modern families struggled in transmitting the Catholic faith, Apostle Sisters desired a means of sharing their charism with those who *"worked with them daily to build a world in justice, peace and love."* And so GFASC was born. First started in ministries served by the Apostles of the Sacred Heart in Italy, the initiative has since grown to GFASC chapters worldwide. Members have also convened for an annual conference, to share experiences from their various global regions. Recent conferences have been held in Italy and Brazil.

In prayer and through their witness, GFASC families are committed to their role to extend Christ's reign by sharing the love, mercy and tenderness of the Heart of Christ. That is one hope of GFASC: to rebuild society and reunite each person to the Heart of Christ, Source of all Life. Through opportunities for faith-sharing, community-building and personal testimonies, the faithful are assisted in being the Hands and Heart of Christ. Offering them spiritual nourishment through the Sacraments and retreats, members have time to pause and reflect on God's love for them. By nurturing their desire to grow in relationship with Christ, these spiritual tools help sustain their zeal for faith and prayer as a family unit. Each family is also encouraged to commit to and participate in the Enthronement of the Sacred Heart in the home and Family Consecration to the Sacred Heart.

From our inception as a congregation, Mother Clelia wanted every person to know how loved they are by the Heart of Jesus. She called us, her daughters, to serve as Apostles of love, and Apostles of reparation. Today, we spread that desire to families that they may become families of love, and families of reparation. May we cherish families as the bedrock of our Church, and may we also realize that when families suffer, so does the Church. In response to Pope Francis' call for greater support of families, we hope that GFASC continues to embrace families wherever they are and bring light to those who live in darkness, that their members may live as the Body of Christ.

If you or your family would be interested in joining GFASC please contact Sr. Mahilia at (724) 837-8120 ext. 168.



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## Enthronement of the Sacred Heart of Jesus

By: Sr. Shawn Lyons, ASCJ, Clelian Center Director

As Apostles of the Sacred Heart of Jesus, the sisters here at Clelian Heights want to share the love of the Heart of Jesus with all people. That is why each October, near or on the Feast of St. Margaret Mary Alacoque (a French sister given the task of spreading devotion to the Sacred Heart) we have a special ceremony during the Friday liturgy.

This year, Hannah Barkley Mastalski, a volunteer, directed a liturgical dance in which Katie M., Nick K., Katelyn M., Valerie C., and Sarah H., adults of the Clelian Center gracefully danced the crown down the center aisle of St. Joseph Chapel. Sarah crowned the statue of Jesus at the end of the dance. Amanda M. led the Act of Consecration in which we told Jesus of our love for Him and promised to make Him the King and Center of our Hearts.

The beautiful singing and full participation in the liturgy by the attending staff, students, and Clelian Center adults truly gave proof of our great love for the Sacred Heart of Jesus!



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## Summer Activities





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### Making Applesauce

