



February 2nd
The Presentation of the Lord
February 17
Ash Wednesday-Lent Begins

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Archdiocese of Detroit

St. John's Deaf Center
Our Lady of Loretto

CATHOLIC DEAF NEWSLETTER- FEBRUARY 2021



current topics >>>

How to Help the Elderly in Winter

>>>Advice from Kathy

Winter can bring many healthcare challenges for older people. There are different dangers associated with winter weather. There are emotional risks such as isolation from friends and community, and physical risks, such as falls.

1. Stock emergency resources in their homes.

Emergency kits including water, flashlight, batteries, and blankets. Seniors should have at least 7-day supply of medications and a 3-day supply of nonperishable food and water.

2. Watch the temperature

For elders, there are risks of being too cold. People with heart issues tend to get cold faster. Thermostat should be set at 68 degrees.

3. Identify fall risks

This is a big problem for seniors. Often, they will take off their wet boots when they get home and walk around the house in stockings. Make sure they wear shoes or slippers. Keep driveways and walkways clear of snow. Contact city hall to see if they offer snow shoveling services.

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From Fr. MD's Desk



Dear Friends,

Happy February to all of you! You probably already know that Lent begins on Ash Wednesday, February 17. Below is Ash Wednesday Mass schedule:

OLL: 9:30 AM (in the church basement)
Holy Innocents: 11:30 AM

Because of the pandemic, distributing of the ash will be done differently. Instead of smearing ash on each person's forehead, as normally done in the past, I will sprinkle ash over one's head. By doing so, we are minimalizing physical contact as much as possible to prevent transmit of COVID virus.

On Ash Wednesday and Good Friday Catholics between the age of 18-59, health permitting, are asked to fast by eating one full meal or two small meals. All Catholics 14 years old or older, health permitting, should not eat meat on Ash Wednesday and all Fridays during Lent.

During this holy Lent season, all Christians are invited to pray more, to fast, and to help other people – especially the poor. Catholics are also encouraged to receive the Sacrament of Reconciliation (confession).

I have several suggestions for us to perform during Lent:

- Pray the Rosary everyday especially the sorrowful mysteries
- Pray the Stations of the Cross on Fridays
- Read the Bible, especially the gospels
- Go through your closet and give away your unused clothes to the poor
- Donate to a soup kitchen
- Make three VP calls each week to someone you know who would appreciate talking with you
- Go to confession

Remember Dong Jun Kim, a deaf seminarian from South Korea who visited our Deaf Catholic community two years ago? We talk on Facebook video on regular basis, and he proudly informed me that he would be ordained a deacon this spring. He asked for your prayers. He is hopeful to be ordained a priest next year, and he will be South Korea's second Deaf priest.

Have a blessed Lent.

Fr. MD



Dear Members of Detroit Catholic Deaf Community:

I am excited to announce that our website now offers online giving for one-time as well as for recurring donations! Simply make a secure donation via electronic check or debit/credit using the form on the page as follows: www.sjdc-oll.org/give. It is easy and safe!

You can donate your Sunday offertory gift or tithes on weekly or monthly basis or just as a one-time gift. You also can select where your donations should be allocated. Options are Sunday offertory: SJDC (Holy Innocents), Sunday offertory: Our Lady of Loretto, Website Support, or St. John's Deaf Ministry).

An email notification will confirm that your gift was received. If you make a recurring donation, you will also receive an email with a link to create your donor account and log in to the portal and manage your account and donation information (change the amount, frequency, or pause/cancel current transaction).

Please contact me if you need help setting up your donation on the website.

Thank you for your support to the Deaf Catholic Community. Stay safe with God's blessings.

Paul Kuplicki, Sr.
Financial Administrator
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How to Help the Elderly... >>>

4. Eliminate fire risks

Fires often start from things like overheating electric blankets or space heaters. Candles are always a risk.

5. Encourage them to stay active and try safe exercises at home

Many elderly feel lonely during wintertime. There are programs available to help. Some libraries deliver books or movies. Some church offers visitation program of volunteers who provide companionship to housebound parishioners.

6. Practice safety precautions in car

If your elderly loved ones is still driving, be sure they have emergency snow supplies in their car, including heating packs, kitty litter or sand, emergency flares and snow scrapers, water, and blanket. Make sure to keep the gas tank full.

7. Nutrition

It's important to maintain balanced diet during the winter when they are less active, at risk of catching colds and lacking vitamin D. Be sure they eat vitamin-rich fruits and vegetables. Meals on Wheels deliver affordable hot nutritious foods daily.

8. Establish a plan for winter emergencies

If power is lost, do you and your elder know where they will go and what they will need? Have an emergency bag packed with a change of clothing and all medical and care necessities.

9. Dress warm for cold weather

It is a good idea for seniors to get out for some fresh air when possible. Layered loose fitting clothing and waterproof gloves or mittens are best. Wearing a hat protects against heat loss, as close to half of body heat is lost through the head.

10. Keep in contact

If possible, make VP calls to home bound seniors to make sure they are ok.

Stay warm,

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Beginning of Lent~ by Veronica

It seems like it was yesterday that we were celebrating Advent and preparing for Christmas! And now Ash Wednesday is at our door, marking the beginning of Lent, a time to prepare for Jesus' passion, death, and resurrection.

Both Advent and Lent invite us to deepen our faith and to become more committed to following Jesus. During Lent there are different ways we can prepare to celebrate Jesus Christ's resurrection on Easter: fasting, almsgiving (helping others), self-sacrifice and receiving the sacrament of reconciliation.

Whatever you decide to offer to God keep, it simple. If you are unable to fast for age or health issues, consider fasting from gossip, buying unnecessary things, spending too much time watching TV or in the internet, or trying to break a bad habit (chewing nails, drinking, smoking, etc.). For almsgiving, consider getting in touch with those who are alone, sick or suffering; offer praise instead of criticism/complaining. Find a way to spend more time with God: reading a book, praying or attending Mass (virtually is always an option!).

May the Holy Spirit guide our thoughts, actions, and prayers during Lent. May He keep us safe and shower us with His peace. Stay blessed,

Veronica Balcarcel