

Community Formation & Growth

Community Formation:

- Engagement of Members, Feast Days, Relationships (How to get to know Regional members and & to foster and facilitate ideas)
- Community formation/organization is the most difficult issue we deal with and will become more so as we shrink.
- We have lots of things in place-
- We don't have all of the pieces
- Cor Unum is harder when we are bigger
- Our experience of one province
- How to be one province and still attend to local issues
- We don't want to lose our relationships
- Chicago/Halifax lots of new things
- Argument- more regulations - more creative you have to be
- Same things don't get done because we have been so big, like budget reports and fixing our houses
- Issues we need to discuss NOW (Barb's talk)
- How are we responsible for community formation?
 - * Is the question: Where can I live?
 - * What do we mean by community formation?
 - * What do I need from community and what do I offer?

Housing:

- Need a regional housing committee
 - * look at property management companies in place of Colliers
 - * Housing what is appropriate and not
 - * Divestment and acquisition of properties
 - * create regional committee for maintenance: assessment of needs
 - * create guidelines for approval of expense i.e., over \$10K goes to CFO;
 - *budget for regional property maintenance
- Size of community - optimal 7-8?
- *idea of a semi-institutional home-like building with space for larger community so Guests could feel welcomed & there are enough people to support guests
 - *Hospitality, spirit of welcome is part of who we are
- Houses contain our histories - hard to close & to say goodbye.
 - *May be helpful to ritualize it
 - *Makes it a sensitive topic

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- Live the Spirit of Obedience
 - *Consider the will of the group vis-a-vis houses
 - *Let it go when that is what the group determines
- Model of the CSJs moving into apartment building with 1-2 bedrooms so a group of 15 could be connected & do various things in common

Maintenance:

- On regional level have a professional person as contact for assessing needs plus RSCJ in each house to give them input (like Collier's but on West Coast level)
 - *Caring for what we have
 - *Geek Squad for technology
 - *Server for Oakland

Emergency Preparedness

New Housing: In getting new house make sure that it is

- *fully accessible
- *re-sellable
- *buy things where people can live longer - people who know the region

Vacation Home is still a desire

- *self-contained house with enough space

- Regional structures invite us to be open and welcoming people.
- Plan for R&R (vacation house)
- Guest space in regions
- Higher people to check properties
- Practical issues that often get bumped up to Provincial office (e.g., cars)
- How can Oakwood serve the region? Example offer retreat for the region.
- As members of the region develop, remain in relationship with each other. WRT: Community life and formation
- "Properties maintained" – items should be reflected under the responsibilities of the "local community" too. (local <->regional)

- Question: Is there a concern for isolation of our sisters and extended community in Seattle/Bellevue

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- Importance of telling your life story
- Concern: that we become more than the old California province.
 - * How do we engage with people from other regions?
 - * How do we cross-pollinate? Creatively?
 - * What opportunities for meeting the other regions?

Cars and Transportation

- How do we learn public transportation?
- That there be a regional car committee that would oversee
 - * dealers recommended
 - * places for maintenance
 - * exchange of car within region
 - * recommendations for purchase of new cars
- Recommendation to Provincial Team
 - * purchase/replacement of cars
 - * cars that might be available to other regions
- Questions: Payment of cars in regional budget not good - not enough money in budget for surprises
- Region projects funds
- Surprises covered by Provincial Team
- Regional Car Committee which makes recommendations
- Region to region to Regional liaison
- Information to where to take cars for maintenance
- Need to follow up with maintenance
- Where cars are aging, replace before they die
- Cost of repairs is a factor
- Climate change
- OK to buy
- Prius or other hybrid cars
- Research hybrids
- Car Committee membership is important for fairness & transparency
- It makes a lot of sense to coordinate car needs on a regional level
- Nitty/Gritty of our lives (e.g., cars)

Communication and Technology

- How do we communicate with regional team liaison?
- How do we know what members are doing?
- Oakwood needs its own server. Regional technology support (Utilize Best Buy Geek Squad).
- Create regional and inter-regional protocol to connect with technology.
- Have provinces IT coordinator make recommendations for regional tech support (vendor go-to list).

Communication:

- How does a community meet or share information?
- Facebook channel
- How will ordinary communication take place?
- Will there need to be someone at the local level to be the leader, and/or communicator?
- Where will the RTL live?
- How will she ensure care of all of the communities?
- How effective can the RTL be living in community when she has to live in St.L two weeks a month?
- Will technology allow her to stay and live in the region?
- How does the RTL ensure conversation among members primarily?
- Could be a risk that Western Region becomes more narrow, thinking of ourselves as a slice of the pie. On the other hand, since CA communities are distant than this structure will mean that we get together more often
- Clarification of terminology (expanded community versus area?)
- Divide into "faith communities" utilizing Skype & Google Hangout
- Technology
- Learning technology- even simple things
- Stronger support for Oakwood
- Help desk for people who need tech help
- Recommendations for TV purchases
- It is not around age
- Looking for connections
- Keep young adults in contact with us, stay in touch
- How to use technology to build community VIDYO
- Connect hardware/software
- Microsoft service

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- Determine what each person needs to connect
- How to connect as a province
- iPhone facetime
- When can we get new computers
- Regional bases need to update
- Hearing aid by phone
- Regional conferencing - better than airplanes to meet and inter-regional

Health and Wellness

- Medical information tape on back of bedroom door or on refrigerator (e.g., file for life). Awareness/mindfulness of sisters living alone (be attentive to people who live singly). Develop Buddy system to check-in).
- Give neighbors contact RSCJ especially if live alone or in 1-2 person community.
- 5 Wishes who follows up regionally.
 - * DPA who follows up regionally.
 - * DNR who follows up regionally.
 - * Reinstitute Province ID card with picture.
- Learn local public transportation.
- Addiction-e.g., computer, game technology.
 - * Different addictions, hard to deal with in community.
 - * Shoe has offered to lead series of informational talks.
 - * Never too early to identify addiction.
- Hearing impairments.
 - * Shoe and Helen are willing to talk to people about hearing lost.
- Depression (lack of playfulness)
 - * Using resources within (Nance Kehoe is a resource).
- Program cellphone ICE (In Case of Emergency).
- 60s ...still beyond young.
- Actuarial numbers aging/retirement in place.
- Memory loss – intervention.
- Mental Health-knowledge base.
- TRUST confidentiality and gossip.
- Check-in sharing (how are you?).
- Medical profile/electronic (EMR).
- Driving intervention.
- Hoarding/de-Cluttering
- Numbing
- Loneliness. Noticing and Awareness.
- Moving from ME to WE.
- Poverty, what is the impact on wellness.
- Education on Falls – encourage programs to increase balance (Maggee Capelli resources from the East)
- Upcoming retirement (not willing to think about East or West options)
- How to prepare self for retirement
- Emotional wellbeing is important – fun, vacation time.
- Who follows up on 5 Wishes

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- Developmental issues - pre-retirement
- Life
- Depression
- Problems with confidentiality; discretion
- Exclusion from other people in the room
- Isolation
- ICE - in case of emergency
- Same general place to put medical information
- Consensus: positive about what has been laid out: realistic, encouraging, good description of what is happening and what is being planned
- What is protocol?
 - * calling provincial needs to be known by the person who is involved
- A fall could be a stroke
- Whatever you are living with needs to know your condition but it needs to be discreet
- Documents are critically important: 5 Wishes/ Power of Attorney
- Perhaps digital forms would be helpful
- We need to take responsibility for these forms and their upkeep
- The effect of privacy on the individual, community
- Presentation helpful and sense of direction
- Agree with extra people on health
- Like reaching from eldercare to wellness
- Get good medical advice
- People being aware of what to be looking for
- Importance of primary care physician
- Might be helpful to learn as group in province to speak to about health if community is not helpful or open
- Impressed by love, care & expertise put into it and awakening us to reality
- Health & wellness cannot be separated from spiritual lives
- It is about time to do something
- Community has to address needs of a person in community
- Figure a process for local communities to learn about and access local resources
- Be simple about asking for help instead of worrying about expense
- Create an information stream, small videos on what to do in and emergency in the local area
- Suggest those living alone wear a life lock or do a call indaily to a friend
- Reasonable, good, practical, clear made sense
- Individual response
- What are challenges/accidents & healthcare needs (identify these clearly)
- How do we acknowledge that the attitude "to die with your boots on" is less than admirable?

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- "Preventative" "Positive" "Shows a great deal of care"
- Awareness is shared by leadership
- Preventative care is helpful and freeing
- Importance of Power of Attorney
- What about Canada
- Appreciation on emphasis on wellness
- Gratitude for foreseeing ways a group can remain safely in communities
- It is necessary to come up with a plan
- We were happy this issue has taken such precedence
- We like focus on wholistic wellness rather than infirmaries
- Our responsibility to take care of ourselves and our own health
- Glad they brought it up
- Received positively
- We are very fortunate to all have healthcare
- Very happy to hear that we are focusing on keeping RSCJ in community longer

2-3 greatest health needs in communities today:

- Exercise
- Nutrition
- How to access local health services
- Need for greater honesty and openness about health issues of individual
- "Privacy" reigns and gets in the way of the "community of goods" vis-a-vis our physical, emotional, mental health (this needs to be looked at and changed)
- No norm about what needs to be shared with my living group
- Members of community uncertain as to what to do in case of another with health problems
- Habits like smoking as it affects one's own health and the health of others
- People with health problems too great for community to handle or bear
- Taking medications - don't decide to stop following it
- Following directions of doctors
- Engage in hard conversations about memory
- People cover for one another
- Keeping balance in life - what I can and cannot do
- Self-awareness
- Experience of addiction: how to deal with it
- Developmental issues: pre-retirement
 - *Numbing, eating, spacing out, etc.
- Hoarding/Holding

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- Prevention so important
- Exercise
- Moment of transition & channels of communication must be seen and accepted by everyone
- Lack of trust makes health realistic/complex
- Needs mutual understanding
- Some co-dependent behavior that prevents health
- Timing is key to retirement
- If there is a significant amount of cognitive impairment in the group: why is it?
- Can we do anything with "wellness" too much in the future
- Importance of keeping the individual involved in the health process, especially if more is needed
- The decision is discerned with all the people involved
- Memory
- Hearing
- Driving
- Mental health
- Promoting self-knowledge & awareness of health issues
- Cognitive diminishment: are we up to date on what can be done (can Diana say more about what she has learned?)
- Big problem is our attitude e.g. my health is my problem. I won't go to retirement home
- Who do you go to update information Arthritis
- How ready are we to call 911?
- We need guidelines for what exercise we should be doing at our age
- You don't always have someone local to turn to if you have a health need
- Not being able to share with the people we live with what is really going on
- Need for agreed upon process for sharing of health information
- Wellness, physical, emotional
- Focus on wellness - exercise/diet
- Educate ourselves in wellness, don't wait to get sick
- Memory health
- Balance - physical, mental, psychological
- Education to resources: classes, how to contact nurses, "Costco" for hearing
- Lack of preoccupation in the cost issues
- Knowing health history of people at the local level
- Knowing when and how to intervene with health issues
- Encourage healthy living
- Addictions

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- Grieving
- Physical safety to avoid falling
- Decision making shared & discerned with individual and community
- Post-surgical care
- Discussion about mental health, nutrition, exercise
- Addictions
- Handicap communities - household help, building repairs, accessible
- Vision and hearing difficulties: the community situation could be tricky
- Time to stop driving
- Get over guilt the cost or the "bother" to others
- Truthfulness about our own health concerns and letting the community know about this
- We all need support
- Accompaniment to doctor's appointments so that someone else also hears what is said or prescribed
- How do we help a community member make a decision to move to a health care facility?
- How can we help a member stay in a community longer?
- Each community member takes her own responsibility for preventative healthcare
- Health Coordinator
- Relationship to food and alcohol and other addictions
- Transition from small community to retirement community
- local resources
- realistic appraisal of physical limitations to get needed help
- Knows of sight, hearing
- Memory
- Driving
- Property related "risks"
- Mental health, depression, addiction and difficulty to address

Who will you reach out to?

- Local community
- Other RSCJ friend
- Local community
- New health care person
- Regional team liaison
- New Health and Wellness person in the region
- A person/trust to have good judgment
- An RSCJ who dealt with this same issue
- My community or a good friend

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- Update 5 Wishes
- I am on medications or not
- Personal medication card that fits into my wallet
- Formal person to assist
- Where does the help come from? authority?
- Need for trust in community to be transparent

- **Talk to people and state our intentions**
 - * Person in charge
 - * Friend
 - * Regional contact person
 - * Depends on what concern is
 - * Say it to person first, then regional Team Liaison
 - * Those in communities would probably call the RTL
 - * One may also have a community of choice (not one's local community) and you can reach out to them
 - * Concern, may need help
 - * Community needs to know
 - * Who in region has knowledge to help - resource
 - * Regional committee for person or another person
 - * Call Dr and Director of Nursing
 - * Who in the region do you have as your health confidant?
 - * Who would help the community if someone were to di in the community?
 - * Community and or health professional and or regional provincial health person
 - * Have a Karen in each of the three regions
 - * Bring to our attention existing policies related to health care
 - * Someone locally - regional contact
 - * A friend in the region
 - * Regional contact and healthcare person
 - * Local community, expanded community
 - * healthcare Liaison or another trusted person
 - * Expanded community

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What would help you facilitate a proactive discussion about health and wellness needs in your community?

- Impetus from leadership, maybe through filling out health information card & having it available in the community
- How threatening is conversation
- How to be open and responsible & share with family as well as community
- Sometimes people do not have empathy because they don't remember what has been told to them before
- Have formal health care person educate communities & regions
- Education to raise our level of knowledge or ability of issue
- Training of intervention
- If Team designated a particular week and gave guidelines and asked members to discuss particular questions
- Extended community should have a "**5 Wishes**" party- discuss with others. What a wonderful life
 - * Put it on the agenda for a community meeting
 - * Do what Oakwood does and watch together videos on health issues as a conversation starter
 - * Someone like Karen who could facilitate this discussion
 - * Encourage guideline questions for community discussion
 - * Encouragement of a community to be open & share regarding health
 - * False concern about money
 - * If there is a need - find an outside resource, do not use resources beforehand
 - * Discuss 5 Wishes
 - * Each one shares her medical condition
 - * Start the conversation
- Education on issues such as addiction, aging, personal needs
- Follow local ER & home care policies and procedures
- Know where to find list of each one's meds and allergies
- It is sometimes easier to talk to a non-RSCJ
- Continue to emphasize the contemplative dimension as well spring of all health
- How to help one "move" when it is time
- Continue education membership on graceful aging for sake of mission
- Attention to call to share graces of elder years in ministries
- If team tells us they want to be that and ask for feedback
- Knowledge & trusting people
- Need time in expanded community to get to know people
- Cultivate relationships with others who will be honest and tell you the truth

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- Level of trust
- Mutuality of response
- Regular check-ins in community about health and wellness
- An outside person with competence to follow-up
- Regional "team" has healthcare person to help

EMERGENCY PREPAREDNESS:

- Plans for each RSCJ living singly, each community, Oakwood
 - Assess likely emergency situation where they are located
 - A communication plan: with whom? how different kinds of emergencies
 - A list of needed equipment and supplies (material preparedness)
 - Resources available locally for expertise, supplies, aid, utilities
 - Practice procedures periodically (drills)
 - Refresh supplies regularly (water, batteries, etc.)
 - Create a Preparedness Plan template and circulate to be completed by?????
 - Regional Responsibilities and Regional concern: EMERGENCY PREPAREDNESS (el Nino, Earthquake procedures)
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- Sense of low- grade depression: tension in ministry, not playful.
 - Get a sense of developmental stages 60s, 70s, 80s, etc.

Spirituality and Mission

- Create regional committee to facilitate gatherings for feast day and holiday celebration
- Desire for prayer, contemplation & Mission
- Prayer communities that can be shared
 - * Oakwood an everyday issue
 - * How to help people participate
- Attitude of spending \$\$ where good food is needed or other issues
- Mission of charism
 - *diminishment and continues to live mission
- What are the issues:
 - *respect and knowledge of others' ministries
 - *support outstanding groups
 - *dilemma: no longer want to be affiliated with "Church" What is my mission there?
 - *What is our relationship to issue of homelessness? migrants? human trafficking?
 - *example of a group or organized around a need? Such as housing for a Vietnam family
- How do we understand our mission related to vocation? education, schools, education
 - *Oakwood fosters education through both receiving and giving educative activities
 - *Nursing: attention to the needs of others, especially to the needs of the very poor
 - *Mission-education in University: reach out to students and faculty
- Concerned about how we talk about ourselves, even in our meetings.
- Need to look beyond ourselves, to push ourselves out
 - *Need to reach out to Associates, Children of Mary and "to everybody one touches" so we invite others to share our mission
 - *Help with things that are already existing
 - *We need new contemporary language - Michael Fish
 - in human condition we could speak of our emotions instead of thirsting for God
- We have an army of "collaborators" in our schools we could tap into that army more deliberately
- Need to connect with other religious orders
- Sign of life, hope for the future
 - *in the clarity of the use of technology
 - *seeing fact-to-face, simply being together
 - *experiencing the energy
 - *more orientation to how we are doing what's new
 - *she's feeling like a region
 - *admires the amount of work which went into prep
 - *new joy, new energy, new hope

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- * chemistry of being physically present
- * image of life unfolding- new wineskins has better sense of "the new wine"
- * new desire and hope
- * new structure offers mid-level of participation (not all the way to St. Louis)

MISSION

- Issues:
 - * Church in Soboba - Native American
 - * Homeless people & children: migrants & trafficking
 - * Homeless migrants
 - * Vocation
 - * Education/Schools
 - * Nursing
 - * Poverty
- Push out - few Catholics in Forest Hill
- Make love of Christ known
- The word mission is kind verge to make Jesus' love known and loved
- Building the kingdom of God building the kingdom of God
- The mission of love even though it taken different shape and different vocation e.g., becoming old is a new vocation; a new opportunity to be more focused in our daily living to be more loving and focus on the cross we wear, wherever we can
- Where are we?
- How to live the mission is a daily life through relationship - as a support to one another
- Its verge or mission to be more practically as in an individual/relations and as a group
- What is the mission of?
 - * Education
 - * Poor Schools
 - * Retreat
 - * totality
- Use technology to ask the Western Region how they are living the mission
- Growing old is opportunity of continuing relationship - a deep calling and vocation
- Where we want to be, how is to be
- Where might be at this present moment in the region
- Individual who I am and my capacity to receive love and to give love. Being present and focused
- Being extremely open to the present

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- Awareness
- Our mission is to love and can take different shape
- Building the kingdom of God
- Have union of mind and heart to be in the same wavering
- Focus on the cross
- Relationship with people, in caring and supportive
- We know each other's moment in
- How do we strengthen our Cor Unum?
- Where does Oakwood fit?
- Not much about Mission
 - *Find ways to come to know better what apostolic activities/ministries RSCJ in this region are involved in
 - *Discuss focusing as a region on a particular outreach commitment for 2 years

Create a spirituality committee for the region

Cor Unum is more than meetings; it is a gift of the heart which enables us to love all our sisters.

VOCATION

- Sophia House
- Who deals with students
- Keep them in contact with us, stay in touch
- World issues draw them in the living of it
- Differences in cultures - implies a shift on our part
- What are they dedicating their lives to today?
- Spiritual statement of what we are about
- Communications is connected here
- What kind of things are important?
- What do we and they care about?
- Listen well to people who they and we are
- What does formation look like?
- Where are we defining who we are?
- The millennials who grew up in no community
- Strategies for attention
- Where are they?
- Common concern - they don't care how old we are
- Passion and ????
- Network twitter 90% kids
- Migrant issues
- They need other groups to connect with us
- Encourage young people to looking for quality of relationship
- Quality of our relationships made public
- Relationships with nuns rub off on young people
- The pleasure of being together - we are friends with each other
- Facebook - we are happy to be together
- Youth attracts youth
- When we do something that we put pictures
- How contemplation is made available to them
- "Putting pictures on walls"
- Technology is important but...
- Personal knowledge of the nuns is not the same now as it used to be
- What is the follow-up?
- Being institutional about getting to know

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- Doing service
- We hope to have folks
- Good ideas
- Enthusiasm

Miscellaneous

- Question the role of the Associates and their future
- How to involve the Associates in the region.
- Need a method to sign onto pledges as a district (i.e., Paris Pledge) How do we take a corporate stance?

COLLABORATORS/VOLUNTEER

- Freshness
- Fixed Patterns
- Needing to educate
- People have to know us
- "The nuns are for us"