



Adopt a Sister

Program Overview

Why adopt a Sister?

The program exists to provide a low key social framework for young adults to spend time with the Sisters at Camilla Hall. The intent is to foster relationships that bring connectivity and support to the Sisters, but that also bring a broadened perspective and deepening of faith to the young adults who participate.

How the program works

The idea behind the program is to provide much needed social outlets for some of the Sisters at Camilla Hall and at the same time to give young adults an opportunity to build relationships with these Sisters. The ladies love having young people around to talk to and share stories with. The young adults have an opportunity to benefit from generational exposure, the wisdom of old age, and the very act of mercy, which is, visiting and caring for those who are old or sick. We hope that these relationships will help all of us to deepen our Catholic faith.

Each Sister was chosen because she could benefit from expanding her social circle. Some of the ladies may not have family who visit. Others who do may not get as much time as they need or could simply benefit from additional connections to feel more engaged in the community.

Please realize that the Sisters are ALL at Camilla Hall for a reason. It may not be evident or obvious at first, but keep this fact in mind. There are many different types of ailments at the facility and some ladies have multiple problems. Most commonly, we deal with the symptoms of old age including difficulty hearing, poor vision, physical limitations, and cognitive decline. Each participant will receive a brief background on their adopted Sister, but due to HIPPA regulations, little else can be discussed. Over time, you will learn about your Sister's needs and challenges and how best to work with them.

If you have any questions or concerns, ask a staff person. Remember, the staff is there to help the ladies with all of their physical needs. Your role is to provide them with a social outlet.

Contact

Lynne Pomietlarz will be your main contact at Camilla Hall. She is the Recreation Director and can be reached Monday through Friday from about 9:30am to 6:30pm at (484)321-5652. In the event that Lynne is not available, you may also call (610)644-1152 between 8am and 7:30pm on any day. This will take you to the operator who should be able to direct your call.

Scheduling

Each participant will be given a name and contact information for the Sister that they are paired with. Each group is free to schedule visits at times and on a frequency that all parties find convenient. We recommend that you meet at least 6 times per year. The point, however, is not to meet some specific number of times; it is to build a supportive relationship. Do what feels right and avoid making this an onerous activity.

A scheduled appointment is not necessary, but if you do schedule an appointment, please be respectful of the Sister's time. If you have made an appointment or agreed upon a time to visit, please try to show up on time. If you will be very late or need to cancel, please give the Sister a call to let her know or leave your message with a staff member.

A typical day in your Sister's life looks like this:

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| 8:00am – 8:45am | Breakfast |
| 10:30am – 11:00am | Mass (You are VERY welcome to attend!) |
| 11:45am – 12:30pm | Lunch |
| 4:30pm – 4:55pm | Vespers (Benediction & Evening Prayer) except Saturday |
| 5:00pm – 5:45pm | Dinner |
| 7:00pm-ish | Most of our sisters tend to keep to their old teaching schedule and head to bed early. |

Regarding Gifts

We ask that you PLEASE do not accept ANY gifts from your Sister and do not bring her any type of gift, as we would not want her to feel she needs to reciprocate. The sharing of cards, an occasional spiritual enrollment, and good conversation is recommended.

Transfers

Do not help any of the ladies with transfers to or from their wheelchair, bed, etc. If a transfer is requested, ask one of the staff. This is a big one, so don't be afraid to tell your Sister that you are a volunteer and are not allowed to do this.

Things to do during your visits

- Visit, share stories, and learn about each other's lives.
- Go for a walk. Camilla is HUGE! Get Sister out to see the building; and in warmer weather, stroll through the grounds.
- Play a game. Find out if Sister likes board games, cards, etc. and play.
- Show her technology. Many from their generation are mesmerized by telephones, tablets, etc. Maybe play a game on your tablet.
- Get a drink or food. Coffee, tea, water, and several juices are located in our dining rooms on each floor. You are also welcome to join Sister for a meal. First check with the nurse or Lynne to see if Sister has any limitations.
- Find out if Sister likes sports. Watch part of a game with her.
- Spend time in prayer. Visit the chapel, go to Mass, say a rosary, or start a novena together.
- Write a letter for Sister if she has difficulty writing. Also feel free to write her letters, especially if you are unable to visit for a while.
- Share a story. Read poetry. Work on a craft project together.

The more you visit with your sister the more you will learn what she likes to do and vice versa. This will help make your visits more meaningful and the time you are spending more purpose driven.

Questions or comments?

Contact Levi Keene at cyacc1@gmail.com.



Catholic Young Adults of Chester County (CYACC)
A ministry to Young Adults in their 20's and 30's
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