



Clelian Heights Newsletter

Winter 2010

A New Year Blessing... Although we are already three months into the New Year, this is our hope for each and every one of you for 2010...

- That the single, most significant dimension of life is your relationship with the Source of Goodness who never ceases to sing love songs to your soul...
- That you find meaning, purpose, and vitality in what you do daily...
- That you treasure your loved ones and let them know how dear they are to you...
- That you make choices and decisions that reflect your truest self...
- That you look in the mirror at least once a day and smile in happy amazement...
- That you remember relationships are what count above all else - more than work or money, or all the material things we spend so much time tending...
- That you live in an uncluttered manner, enjoying the freedom to be content...
- That you keep your sense of humor when things don't go the way you want...
- That you find adventure in each new day and marvel at the wonders of creation, which constantly present themselves to you...
- That you never give up on yourself when others turn away or do not understand...
- That you are attentive to the health of your body, mind and spirit...
- That you take risks and accept the growth-full challenges that come to you...
- That you draw on your inner strength and resiliency when you are in need...
- That you carry peace within yourself, allowing it to slip into the hearts of others so our planet becomes a place where violence, division, and war are no more...

(Sr. Joyce Rupp)

A Thought for Lent... Christ says to "Walk with me", in many ways in the scripture. Hopefully Lent will encourage us to say "YES" to this invitation as we look at our relationship with the Lord and prepare to celebrate His resurrection at Easter.

Upcoming Events

March 10th – Mother Clelia's Birthday
9:00 Mass

March 12th – No Workshop Today
9:00 – Clelian Center Staff Training
11:45 – Dismissal for School Students
1:00 – Staff Training

March 19th – Easter Flower Orders
are Due

March 25th – Special Care Planning
Workshop - 6:30 pm

March 29th – Easter Flower Pickup
after 11:00 am

March 31 – Full Day for
Clelian Center and School Programs

April 1st - 11:45 – No Workshop
Early Dismissal for School Students –
Easter Break Begins

April 12th – Classes and Workshop
Resume

April 24th – Swimming Olympics at
the Greensburg YMCA

May 8th – Track and Field at Latrobe
Stadium



MARCH 10TH...A DAY FOR REMEMBERING WHY WE ARE CALLED CLELIAN HEIGHTS... March 10th is a memorable day for the Apostles of the Sacred Heart of Jesus since it is the birthday of Servant of God, Mother Clelia

Merloni their foundress. Thus, it is also a special day for the Clelian Heights Family, too. Mother Clelia had tremendous love and compassion for children with special needs, and urged her Sisters to look after them as Christ would. That is why our school is called Clelian Heights! It is to honor Mother Clelia and to keep her spirit, memory and good works alive. The Apostles of the American Province were the first to open such a school and God has blessed us for it.

Mother Clelia was born on March 10, 1861 in Viareggio, Italy. When she was 33 years of age, she founded our Congregation - The Apostles of the Sacred Heart of Jesus. In 1902 she sent the first group of sisters as missionaries to the United States. Here, they were to bring God's message of love to the many immigrants entering the country. The Congregation flourished rapidly as many schools were established across the nation. Among them was Clelian Heights, founded in 1961 on the 100th anniversary of Mother Clelia's birth. Since then Clelian Heights has served God's special people as an example of the love, dedication and faith that Mother Clelia left to her sisters as their spiritual legacy.

The Sisters' motto, *The Love of Christ Impels Us*, is our incentive to follow Jesus in bringing love, compassion and hope to those we serve. Thus, Mother Clelia's spirit lives on in us. We hope and pray that in the near future the Church will publicly recognize her Sainthood. Let us call upon her daily asking for her protection over our Clelian Heights family of children, parents, staff, friends and benefactors. She will never let us down!

From the Development Office...

On Saturday, February 27, 2010, approximately 225 had a night of excitement and fun at



Clelian Heights Ninth Annual Night at the Races!

Horse races, prize raffles, basket raffles, and 50/50 raffles are the highlights during this fun-filled evening. A Special Thank you go to Tina Mandella and her committee for organizing this wonderful event. Thanks to all of you who bought tickets, sponsored races, purchased horses, bought chances on the baskets and bet on each race. Your contributions are greatly appreciated and help us to provide even better programs for the students and clients who are enrolled at Clelian Heights.



Holiday Happenings... All of us at Clelian Heights enjoyed a wonderful holiday season... Some of the activities included; dinner with the both the Export/Murrysville Rotary and the

Kiwanis Clubs (which included gifts and a visit from Santa for our residents.), Christmas Shopping trips to the Mall, a Christmas Performance by the School Students and the Annual Clelian Center Dinner Dance. Another highlight during the month of December was the arrival of the "REAL" Santa by helicopter. Although, the helicopters from LJ Aviation were busy doing power checks all that week, the owner **Ed Kilkeary** made it possible for Santa to pay a visit to his favorite place before Christmas break. Santa gave each student and client at Clelian a duffle bag that had their names embroidered on them. These bags were a gift from the employees of the Commissioners Office. **Trina Orlando from KDKA News** covered this event and provided excellent coverage of Santa's visit. Three of our students, Matthew Meier, Tori Null and Sammi Jo Ernette were even interviewed by Ms. Orlando and were quite professional in their presentation. If you have not seen this clip, just go to KDKA's online video library and type in Clelian Heights School. Just click on picture that surfaces and enjoy! **Throughout the Christmas Season**, we at Clelian Heights realize that we have received so much through the **generosity of others**. Whether it is time, talent or financial help, we appreciate all who made our Christmas more joyous in so many ways!

Field Trips...Rooms 107 and 108 enjoyed a lovely trip to the Cathedral of Learning at the University of Pittsburgh. In the Cathedral of Learning our students learned that

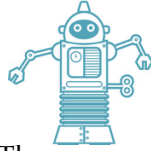


students in local schools bought each brick for the building for ten cents. The Cathedral was built because the new chancellor wanted the university to be visible in such a large city. The students enjoyed the tours given and were amazed by the craftsmanship in each room. For example in the **African Room**, the room was designed to look like a courtyard and had folk design within the wall designs. Also, in the **Chinese Room**, the artist painted the room with real gold and also designed a dragon in the middle part of the ceiling. The room was centered on learning in a group, so the round table was centered in the room and the professor or teacher would sit among the students.

Also, the students were shown a secret passage in the **Early American Room**. The tour guide explained this was for people to hide if they were accused of being a witch or warlock? Also, the **Armenian Room** was beautiful! This room was made of marble and weighs two tons, and the rooms above and below it had to be refinished to support

the weight. The students enjoyed this trip and even said they would love to go again because they did not get to view all of the rooms. Each room has a committee and they are in charge of taking care of the rooms during the year. They are even building and designing new rooms. **One will be decorated and chaired by Ben Roethlisberger.**

Recently, Room 103 went on a field trip to the Carnegie Science Center. Everyone really enjoyed the different rooms the Science Center had to offer. We were able to see the RoboWorld exhibit where there was a basketball game that was actually a giant robot!



There was also a really cool aquarium where we were able to use magnifying glasses to look at fish closely. Our favorite room was the Imagination Station Room where there were science experiments that we were able to perform, as well as a huge water table where we played for a very long time. We hope everyone gets to go to the Science Center soon. **Room 201 is having a great year so far...**some of the exciting places where we have gone include: The Gateway Clipper, Schramm's Pumpkin Patch, The Carnegie Science Center and the Westmoreland Mall to visit Santa. Our field trips are a way for our students to work on skills such as safety in the community, social interaction and sensory integration.

Also, this year, the staff and students get to be the "Star of the Month." This gives each student and staff member from 201 the opportunity to share information and pictures of their families, pets, and favorite activities. This is a great way to get to know more about each other in a fun way. If you are at Clelian Heights, please feel free to see this beautiful display outside of Homeroom 201.



Clelian Heights Starts a Boy Scout Troop... Thanks to the generosity of the Staff at The Westmoreland Fayette County Council of Boy Scouts of America, we are happy to announce that Clelian Heights **will be chartering a**

Boy Scouting program beginning in February! This program is exclusively open to all male students of Clelian Heights and will be conducted during the school session twice a month. Our goal is to create an excellent Scouting program that will be self-sustaining for years to come. **The Westmoreland Fayette Council will provide primary leadership** in the form of a **cub master and scoutmaster**, who are trained professionals and have been heavily involved in the scouting program for a number of years. Parents are invited to come to a meeting and get involved with the program. We will start out with a basic uniform neckerchief but would like to work towards having uniform shirts and hats in the near future to create a rich scouting experience.

Participating boys will be divided into two groups Cub Scouts and Boy Scouts that will meet simultaneously in two different rooms; although, there may be special programs where both groups will meet together. Periodically we will be having recognition programs where the boys will be rewarded for their achievements throughout the year. We would like to invite families to this event to share in their Scout's achievements. Clelian is so fortunate to have both a boys and girls' troop right at school. Students participate during the weekly Club Activity period on Friday afternoons.

Clelian Heights starts its first ever...Boys'

Basketball Team... Clelian Heights is very proud to introduce the Clelian Crusaders Varsity Boys Basketball Team. Sign-ups were posted following Christmas break and try-outs were two weeks later. There were 13 student



athletes who made the team. They are: Greg Baker (Captain), Justin Wright (Assistant), Zachary Proskin, Ky Mozelewski, Aaron Solmon, Alex Heiple, Matthew Koza, Tyler Reed, Matt Wilson, Alex Grubisa, Ryan Hollister, Matthew Meier, Alan Close. The team has a full dress practice during every Friday's club activity period. **Each practice includes a regiment of stretching, P.T., drills, skills set and a scrimmage match.** To dress and participate, players must maintain good classroom academic standing with their teachers. Each player signed a pledge to the coaches in regard to this team academic requirement. The Crusaders will be hosting Clairview in a home championship match during May. After a month of practices, the players were asked to privately vote for the teammate who they felt would best lead the team as their captain. The players voted for their teammate Greg Baker. The coaches selected Justin Wright as the team's other captain. The coaches and Sr. Charlene have been very proud of the sportsmanship, dedication, hard work and athletic skill that the Crusaders have displayed thus far and look forward to the upcoming match. **Head coach Brian Howard** leads the coaching staff. Coach Brian has seven seasons of experience of coaching soccer, three seasons as one of the league's commissioners, and some basketball coaching experience. The Crusaders have three additional, assistant coaches: **Mr. Jeremy Saird (offense), Mr. Robert Nichols (defense) and Ms. Jessica Ravis** (technical skills) who all have basketball and or coaching experience. The coaching staff is also blessed with a **Physical Trainer, Mrs. Lori Oddo.** Mrs. Oddo instructs on stretching, their value in regards to reducing injuries and to otherwise assist the players as needed in developing physical wellness.

The Crusaders team continues to develop, improve and support one another in developing both individual and team skills. The coaching staff is very proud of their

progress and the Crusaders are now in the process of getting their first team uniform. We hope that we can make the Clelian family proud and will give our best effort. Thank you for your prayers and support.



News from the Girls' Residence...The Girls' Residence has had a busy New Year so far. They have had "Makeovers" including; egg facials, soothing foot spray and manicures. They have also been walking around the school for exercise since the weather has been cold and snowy. Fresh fruit from Florida was enjoyed with a "fruit tasting" activity. The girls tried different types of grapefruits and oranges. All tried not to squirt one another. It was so much fun to learn about these different types of fruit in such a yummy way! The girls also continue to work on **Arts and Crafts** activities and have chosen and ordered more projects. The residents are **always full of compliments**. One supervisor was surprised to hear one of the girls say to her, "You have such beautiful eyelids". **The residents certainly know how to make everyone feel so special...what a wonderful gift to possess!**

News from the Adult Training Facility...better known as the ATF...

Whether trying out and enjoying a new job skill, moving to the music during our exercise workouts, or creating one of our craft activities, the clients in the ATF program have been kept very busy. Each week, we try to get out into the Community. **The outings so far include;** seeing the parade of decorated Christmas Trees at the Sheraton, going to a craft show, doing light shopping and sight seeing at the Mall and eating out for lunch...many times! Our favorite trip was to McDonald's. The employees treated us like kings and queens and the clients will be sure to go back! No matter what the activities of the day may be...working, increasing our daily living skills or enjoying a leisure activity, The clients enjoy themselves and keep on smiling!



FOCHO News... The January Winter Blast Cash Ticket was a great success this year, for the first time we sold all 1000 tickets. Congratulations to Diane Lindenfield our ticket winner! Diane made a very nice donation back to FOCHO and we greatly appreciate it. We really want to thank everyone that sold and/or purchased tickets. Without all of your support this ticket would not be the success it was. **SO THANK YOU SO MUCH!** The money FOCHO made will greatly benefit our children and young adults and we will keep you informed on what purchases we have made. Thank you to everyone in the office, the teachers and staff for putting up with the "BUFFER BOX" during the sale. That box has had a lot of miles put on it thru

the years and it is still holding up. Thanks everyone again for your support and hopefully your continued support with any FOCHO events in the future. Special thanks to Debbie Buffer for organizing this successful fundraiser!

WORK ZONE

Clelian Center News... The employees in the **Clelian Center Workshop** were happy to return to work in 2010 despite the weather-related delays the first few weeks back. They have been busy doing work for **the Westmoreland Chamber of Commerce** as well as for the Clelian Heights Development Office. Clerical work, labeling, counting and packaging has also kept them busy. **Wednesday morning swimming has become a favorite** for some as well as the rousing games of Wii Bowling that are enjoyed during break time. The clients have also sent care packages to the troops stationed in Iraq, reviewed workplace safety rules and shared their musical and artistic talents. **The staff and clients in the Clelian Center happily welcome Erin Eidemiller, Tim Dominick and Debbie Stramat...as the newest workers!** They are exploring all of the opportunities available in the Workshop while learning valuable skills.

Special Olympic Winter Games...

Each year, more than 300 athletes and 150 coaches from across Pennsylvania travelled to the **Special Olympics Pennsylvania Winter Games** in the Johnstown area. This **statewide competition** features intense competition in alpine and cross-country skiing, snowshoeing, figure and speed skating events. **Spectators were welcome** to visit any of the competition venues and cheer on the athletes. **Winter Games were held from February 21 - 23, 2010 in Johnstown, PA.** Our Olympic Coaches, **Gwen Diddle and Jennifer Garcia** accompanied 10 athletes from Clelian Heights to this event. They were; **Michael Anthony, Courtney Gabos, Melanie Duke, Brian Homick, Zach Proskin, Sarah Heeter, Alan Close, Greg Baker and Tanya Levic.** Our athletes showed much sportsmanship and brought back many medals. All of us at Clelian are proud of their achievements!



Dress Down Day Success... With grateful hearts we would like to express our gratitude for your donations collected during our "dress down" day on Wednesday, January 27th. With your contributions we were **able to send \$500.00 to Catholic Relief Services.** They will be able to use our funds for food, clean water and rebuilding supplies for the people of Haiti. Thank you again for your kind generosity.

Wow! What a Show...On Thursday, January 28th our students and Clelian Center Workers

experienced the NED Show...America's most popular school assembly seen by nearly 2 million kids a year worldwide. This unique character-building assembly combined a great message with yo-yos, humor, and audience participation to teach students how to develop three valuable characteristics involved in becoming champions at school and in life. Ask your child if he or she can tell you what NED means... **Never Give Up... Encourage Others... Do Your Best!**

Thank you for supporting Clelian Heights in so many ways... To those of you who took the time to cut, save and send in Campbell UPC Labels, we are grateful to you for all the Gym equipment we were able to obtain through gathering approximately 125,000 labels. To those who sent in Box Tops for Education, we appreciated the cash (**\$1,735 over two years!**) we received for the many projects we have at Clelian Heights. To those who sent in used phones, ink jet and laser printer cartridges, thank you for "hauling" these to the school office, the educational materials we receive enrich our school program and recycling these items revives our environment. **Don't forget to sign up for...GoodSearch.com.** Designate Clelian Heights as your charity of choice! Each time you search using GoodSearch.com, we receive 1 cent. The more you search, the more we receive! Our ID # is 818110. Also sign up for **GoodSearch Shopping** - Each time you go shopping online and use GoodSearch Shopping, Clelian

Heights receives a percentage of the proceeds. So...enjoy a shopping spree and support Clelian Heights as well! We received a check for \$116.00 from these programs in December.



Renovations on the Home Economics Room ... During our Easter break; the **Home Economics Room** will be receiving a "face lift." New cabinets, counter tops, flooring, and stoves will replace the original ones. This renovation will also include installing a dishwasher. The Home Economics room is a very popular room in our school program. Each Homeroom is scheduled every week for "cooking" class. Some of the students prepare sandwiches and snacks while others cook their entire lunch during this class period. In either case, the students are increasing their ability to follow a recipe and become more independent in the kitchen.



Please pray for...

...Those who are sick...

Sr. Rosemary Zaffuto, rehabilitating in Latrobe Hospital after experiencing a slight stroke.

Joseph Lane – Recovering from Brain Surgery

Russell Logan - Trish Mousseau's Father and Allie's Grandfather

Mr. Richard Miaskiewicz, Christian Father

...Those who have died...

Sophie Petrosky, Nick Kosar's Grandmother

Dorothy Borman, Sarah Heeter's Grandmother

James Drenning, Sandy Sucke's Brother-in-Law



Wish List...

A Wii Game for the Classrooms

Small Bible Stand

Gas Gift Cards

Gift Cards to McDonald's, Wendy's, etc for Field Trips

Copy Paper

Small Penny Candy

Supplies for the Home Economics Room

Art Supplies

Adult Size Scissors

Sponge tipped water bottles for wet sealing

Ink Stamp Pads

* Special Thanks to the Budd family for responding to our Wish List from our Autumn Newsletter. They donated basketballs and footballs that our students are now enjoying during recess time in the Gym.

Admission to Clelian Heights, the provision of services and referrals of residents are made without regard to race, color, age, religious creed, disability, sex, ancestry or national origin.