

# Two Locations. One Mission.



Franciscan Life Process Center

## TROUBADOUR

FALL 2019

### OUR MISSION:

*To promote a relationship with God that brings dignity and hope to the sacred process of all life through programs that assist, educate, enrich and inform.*

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## Music Therapists on the Move in West Michigan

The music therapists at the Franciscan Life Process Center often begin their day loading up their vehicles with a variety of instruments, props, and sound equipment for their groups or for individual sessions. After packing, loading, and unloading again, they enter into the school, nursing home, hospital, or home and hear, "Great! The Music Lady has arrived!" However, music therapists are much more than simply a music lady or gent.

The Center's seven music therapists completed the requirements for a bachelor's degree in music, followed by an intensive six-month internship. Finally, they sat for their board exam to earn the credentials of a *board certified music therapist* (MT-BC). Some have gone on to receive their master's degrees while others have continued to develop their expertise with specialty training in hospice or neurologic music therapy.

Why is so much training needed for these musicians?

To understand the difference between a musician and a music therapist, one needs a fundamental understanding of how the mind, body and spirit are connected, and how each of these processes respond to music.

Everyone has musical encounters each and every day since music is an integral part of our society and culture. Music can be

- a listening experience**
- a written experience**
- a creative experience**
- a movement experience**
- a social, a speech, an emotional experience**

Often these experiences happen simultaneously.

Sandy Koteskey, Associate Director of the Music Therapy program says, "Since music accesses so many areas of us as persons, it takes a clinically trained professional to be able to connect these experiences, develop these experiences, and finally, process these experiences so each person can reach their fullest potential."

One of the most important things to acknowledge is that music therapy interventions are intentional, customized and person centered. "It is fundamental for us to provide each individual with a safe, inviting and creative experience that gives them the proper support to sustain their best life," says Sandy. In addition, the therapists are supported clinically through a monthly meeting with a clinical psychologist where they present cases or concerns about their clients. These meetings ensure the strong therapeutic foundation of this practice.

Our music therapy team offers group and individual services in many different settings:

- Hospice and palliative care
- Hospital and medical setting
- Early childhood development
- Persons with Autism Spectrum Disorder
- Young and adult persons with multiple developmental disabilities
- Eldercare and Memory care
- Youth with social and emotional disorders
- Psychiatric care

In addition to the services provided throughout West Michigan, the Center has two clinics for group or individual sessions at our Grand Rapids and Lowell campuses. For more information about our services, please contact Sandy Koteskey, MT-BC at [skoteskey@lifeprocesscenter.org](mailto:skoteskey@lifeprocesscenter.org).



Seated: April Fausch Cullum, Eric Busch, Amanda Partlo Standing: Miranda Eden, Lindsey Perrault, Kylie Chivington, Sandy Koteskey

Lindsey during Music Grooves



Amanda at school in Lowell



Kylie at Veterans' Home

*"Ask Jesus what he wants from you and be brave."*

Pope Francis, April 18 2013



Warmest greetings to you, our Troubadour readers,

As I sit down to "message" you today, I am aware that you are in the midst of summer camping, sightseeing and all other types of vacationing. Whatever types of R&R we do during the summer prepares us for the Fall and Winter seasons.

You will see in this issue of the Troubadour that our programs are growing in such positive ways. The support of you, our donors, continues to sustain us as we serve each person, each family, and each group who come to our campuses. Please take note of the upcoming **LIFefest** on September 26 and the many educational classes being offered throughout the fall season.

Thank you for your faithful following of us.

*Sister Colleen Ann Nagle, FSE*

Sister Colleen Ann, F.S.E.

## News Around the Center

We still have a few openings for **music lessons**. The fall semester began on September 3 and ends December 20. (No lessons Thanksgiving week.) Cost for 15 weeks of half hour lessons is \$375. Contact Sandy Koteskey at [skoteskey@lifeprocesscenter.org](mailto:skoteskey@lifeprocesscenter.org) or 616-897-7842 to enroll.



*Student in spring recital*

The Center recently welcomed two interns to our staff. Counseling intern **Bob Eggleston** graduated from Franciscan University of Steubenville with a Bachelor's Degree in Psychology in 2015 and is currently working toward a Masters of Arts in Clinical Mental Health Counseling from Aquinas College. Music therapy intern **Mickey Byrne** is from Peoria, Illinois and is a recent graduate of Illinois State University.

Sixth graders from **Byron Center Christian School** spent a day at the Center learning about the Franciscan Sisters of the Eucharist and the mission of the Center. They learned about the history of the Franciscan Sisters from Sister Colleen Ann Nagle, FSE, participated in a work project on the land with Cris Ritsema, site manager, and wrote lyrics that music therapist Miranda Eden, MT-BC, HP-MT, incorporated into an original song that was presented at the end of the day.

**Sister Barbara Cline, FSE** recently retired from her position at the Diocese of Grand Rapids after 11 years of service. She will continue her work with Spiritual Integration at the Center. Sister works with directees to integrate their prayer life with daily life. If you are interested in learning more about Spiritual Integration, please call Sister Barbara at 897-7842.



## Sister Ann Frances Celebrates 50th Jubilee

Sister Ann Frances Thompson, FSE celebrated her 50th Jubilee as a consecrated woman on August 24. Sister worked in the Grand Rapids diocesan Catholic elementary and middle schools as a classroom music teacher and band director for twenty years. She also served as a music therapist and equine therapist as a staff member of the FLPC. Sister currently resides in Meriden, CT.



Sister celebrated her Jubilee with Mass in the Annunciation Chapel followed by a dinner with family and friends.

## On the Land

The many beautiful flower gardens found on the land of the Lowell Campus call out to our volunteers during the growing season. One such volunteer is retiree Monica Tomaszewski, a Master Gardener trained through the Michigan State Extension Service. "The Master Gardener program teaches science based, environmentally friendly gardening like using minimal insecticides, finding the right plant for a specific area, and encouraging pollinators," Monica states. "Those ideas dovetail nicely with the philosophy of the Center." Monica comes to the Center an hour or two a week depending on the season and is refurbishing the Portiuncula courtyard.



*Monica & granddaughter at the Center*

If you have a talent or special interest regarding the land that you'd like to share, please contact Cris Ritsema at [critisema@lifeprocesscenter.org](mailto:critisema@lifeprocesscenter.org) or call 897-7842 ext 314.



*Summer garden*

# LIFefest 2019

Enjoy the fruits of the local harvest by experiencing the tastings of four West Michigan chefs paired with local libations. Join us to support the growth and development of the Franciscan Life Process Center's Counseling Program

SEPTEMBER 26th  
Six O'Clock

Honey Crisp - \$40 (1 ticket)

A Peck - \$75 (2 Tickets)

A Buschel - \$300 (8 tickets & table recognition)

Revel Center  
1535 Monroe Ave NW  
Grand Rapids, MI 49505

PURCHASE  
Tickets

[Lifest2019.Eventbrite.com](http://Lifest2019.Eventbrite.com)

Questions? Contact Sarah Kelly at 616.897.7842 Ext. 307

## Music Therapists Present at MAASE

April Fausch Cullum, MA, MT-BC and Sandy Koteskey, MT-BC spoke at the Michigan Association of Administrators of Special Education (MAASE) Summer Institute in August. Through their presentation, "When Music is your Forte: Music Therapy as a Medium for Student Success", they hoped to explain to program directors and educators from around the state what music therapy is and how it can benefit and boost current curriculum and programming. April states, "When we work with students in the schools, teachers often comment that some students respond more consistently during music therapy than in any other setting. We want to be sure that special education administrators are aware of the impact of music therapy and how it can help their students better benefit from their education."

# Fertility Education and Support

## Support Groups

**Strong Wives, Strong Marriages**, formerly Healthy Wives, Healthy Marriages  
*Grand Rapids Campus*  
1st and 3rd Tuesday mornings each month, 9-10:30am.  
2019: Sept 17, Oct 1, 15, Nov 5, 19, Dec 3, 17.

**Embracing Motherhood**  
*Grand Rapids Campus*  
2nd and 4th Tuesday mornings each month, 9-10:30am.  
2019: Sept 10, 24; Oct 8, 22; Nov 12, 26; Dec 10

\$5 donation suggested  
Lap/nursing children welcome

### **New! in the midst Infertility Support Series**

*Grand Rapids Campus* 7 pm to 9 pm

Have you been experiencing infertility? Join us for a 3-session support series for couples struggling with the effects of both primary and secondary infertility.

October 7, 2019: **Grief and Loss in the midst of Infertility**

November 4, 2019: **Strong Marriages in the midst of Infertility**

December 2, 2019: **Fruitfulness in the midst of Infertility**

Cost: \$65 per couple Please use this link to register on Eventbrite: <https://bit.ly/2YuPBiz>

## Know the Franciscans

### **Sr Lucia Treanor, FSE MA, MPhil, PhD**

Sister Lucia Treanor, FSE is originally from Rhode Island although she spent many years teaching high school in New York. She received her Master of Arts degree from Columbia University and her Master of Philosophy and PhD from the City University of New York.

Sister has worked at Grand Valley State University (GVSU) for seventeen years. Currently, she is a professor in the Writing Department where she teaches writing to freshmen. "The goal of the class is to teach them to write appropriately at the college level," Sister says. "It's an important class. Their writing skills will affect their grades in all their courses and will carry over into their professional work."

Sister Lucia is the faculty advisor for GVSU Students for Life and has attended the March for Life thirteen times. She also advises the Catholic Student Ministry group on campus. She says, "It's a privilege to work with our Catholic students. They are articulate, involved and committed to our faith. I enjoy watching them as they grow and mature."

This fall, Sister Lucia takes on a new challenge by bringing her expertise to the Catholic University of East Africa in Eldoret, Kenya. Last summer, Sister and Andrea Kaitany, professor at GVSU, visited the University for two weeks to work with the faculty and the masters and doctoral students. Sister has been invited back to teach an introductory writing class, help the faculty develop a writing program, and teach other courses. Supported by GVSU and the Franciscan Sisters of the Eucharist, she will spend the coming academic year there.



## NFP Classes

**Sympto Pro** - A sympto-thermal method of NFP  
October 1, 15, 29 5:30 - 7:30 *Grand Rapids Campus*  
Cost: \$145 per 3-session class includes materials, follow-ups

**Creighton Method Introduction Session** - A mucus only method of NFP

November 6 7:00 - 8:30 pm *Lowell Campus*

Cost: \$55 Intro, \$55 materials, \$55 per follow up

### **Introduction to NFP/FABMs**

This introductory class will give basic information about NFP including how the modern, research-based methods work, effectiveness, differences between the various methods, and some basic Church teachings. This may help fulfill marriage preparation requirements.

Cost: \$20 individual \$30 couple

Contact Laura Chapin at [lchapin@lifeprocesscenter.org](mailto:lchapin@lifeprocesscenter.org) to schedule individual or group presentations.

For more information, contact Georgia Schmitz, BSN, FCP, RN at [gschmitz@lifeprocesscenter.org](mailto:gschmitz@lifeprocesscenter.org) or Laura Chapin, LMSW, at [lchapin@lifeprocesscenter.org](mailto:lchapin@lifeprocesscenter.org).

**We can bring  
this to your  
parish.  
Call us today!**

## Retreats

### **Attention High Schoolers! SOMETHING TO SAY "YES" TO**

Theology of the Body (TOB), authored by St. Pope John Paul II, is an awesome way for all of us to understand God's plan for the living of our Human Sexuality. Teens' (and adults') heads spin in confusion these days as we try to make sense of who we are as sexual beings in relationship with each other and with God. These three sequenced retreats combine unique, fun experiences that are grounded in solid Catholic teaching, all with the beautiful Franciscan farm in Lowell as our backdrop.

TOB has been collaboratively offered by the Franciscan Sisters of the Eucharist and a lay team of adults since 2007. Teens from all parishes are welcome to join us.

**For:** Students in grades 9 - 12

**Dates:** November 15-16, January 24-25, February 28-29 (students commit to all three weekends)

**Time:** Friday 6 PM through Saturday evening 9:15 pm (after Mass)

**Cost:** \$125

Please go to [TOB4teens.eventbrite.com](https://TOB4teens.eventbrite.com) for more information or to register.

### **Touched by Mercy, a Day of Reflection for Those Affected by Suicide**

with Sister Colleen Ann Nagle, FSE MA

February 8 10:00 am - 3:00 pm

Lowell Campus

Join us for a special day of reflection, sharing, and prayer for those who have been affected by the suicide of a loved one. Cost: \$60.





REGISTER NOW!

## 5th Annual Franciscan Rhythms Trail Run/Walk

Saturday, October 5, 2019  
Lowell Campus

West Michigan's most unique race is back! The Franciscan Rhythms Trail Run & Walk is returning for our fifth year! Join us Saturday, October 5, 2019 at 9 am for a 5K run or walk, 10K run, and kid's run on our beautiful 230-acre property. Seven live music stations sprinkled throughout the course will keep you entertained and motivated as you traverse our rolling hills, meadows, orchard and forest at the peak of autumn. You'll also receive a custom tee shirt showing your support for the Franciscan Life Process Center and our Music Therapy Scholarship Fund.

After the race, enjoy hot Franciscan stew, our famous, freshly-baked bread, and more live music. Early bird registration is \$10 for the kid's fun run, \$30 for the 5K run and walk, and \$35 for the 10K. Please go to [trailrun2019.eventbrite.com](http://trailrun2019.eventbrite.com) to register.

## From the Art Department

**Guardian Galleries** - View the watercolor work of Valentina Gregorieva through October followed by the abstract work of Holly Sturges through February at the Lowell campus. The pastel work of Kristen Thornton can be seen through October followed by Esan Summersal's portraits of African American women through February at the Grand Rapids campus.



**Workshops** - As the 2019 workshop season comes to a close, don't miss these workshops led by Douglas Fry (landscape), Karry Dunn (still life oil), Mary Qian (values, edges and color in oil), Tom Francesconi (watercolor), Carolyn Anderson (interpreting reality) and Kathleen Mooney (acrylics).

To learn more about our offerings, please go to [www.lifeprocesscenter.org](http://www.lifeprocesscenter.org) and click on the Services tab.

## Troubadour

Franciscan Life Center Network, Inc. dba  
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## Once a Month Kitchen 2019-2020

Cook with us! Once a Month Kitchen classes provide an opportunity to work with some of the Sisters or a Franciscan Lay Apprentice in a small group setting in order to learn a new skill in the kitchen. Cost: \$35

All classes are held at the *Lowell campus*. Classes fill quickly; register today on our website, [www.lifeprocesscenter.org](http://www.lifeprocesscenter.org).

### Celebrate Oktoberfest with Sister Mary Paul Moller, FSE

Tuesday, October 8, 6:30 - 8:30 pm

### Harvest Pies with Sister Darlene Wessling, FSE

Tuesday, November 5, 6:30 - 8:30 pm

### Caramel Corn 101 with Sister Anna Rose Kalinowski, FSE

Monday, December 9, 6:30 - 8:30 pm

### Grandma's Homemade Spaghetti Sauce with Sister Damien Marie Savino, FSE

Tuesday, January 14, 6:30 - 8:30 pm

### Bake Bread with your Valentine and Sister Colleen Ann Nagle, FSE

Tuesday, February 11, 6:30 - 8:30 pm

### Irish Soda Bread with Sister Colleen Ann Nagle, FSE

Tuesday, March 10, 6:30 - 8:30 pm

### Sambuza, a Kenyan Favorite with Sister Collette Maritim, FSE

Tuesday, April 21, 6:30 - 8:30 pm

### Gluten Free Pie Crust with Jan Hendrick, Franciscan Apprentice

Tuesday, May 5, 6:30 - 8:30 pm