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THOUGHTS TO CONSIDER



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**What are some ways  
to help a child who  
has lost a parent?**

First it is important to make sure the child is honestly included in all information and planning. This means being honest about the death and answering the child's questions. It also means allowing but not forcing children to go to the funeral or visitation as they wish. Secondly, a child needs love and security. Let a child know they will be cared for, take an interest in schoolwork and include them in play. Some children resent being pressured to accept burdens beyond their reach. "Taking over for Dad or Mom" may be too much responsibility. Naturally, changes will occur but a child needs time and help in adjusting to them.

**SCHAUMAN-SULEWSKI  
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2100 St. Paul St., Rochester, NY 14621  
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**Senior employs baking skills  
to make 'dough' for charity**

By Joseph Kenny  
Catholic News Service

ST. LOUIS — Sophia M. Nistler puts cookies into the oven and takes out a source of money for the poor.

Nistler, a 90-year-old widow, bakes cookies, breads and other treats for residents of her apartment building in Florissant, Mo., a St. Louis suburb. Her neighbors and their friends give her money that she then donates to the Society of St. Vincent de Paul at St. Christopher Parish.

Orders for her baked goods excite her, as does the process of donating the money regularly. Discussing sales she had at a craft fair, she added, "I don't want to brag, but I really got rid of them."

Her efforts evolved from a talk with fellow parishioner Joe Volk. Volk was seeking donations to help the needy.

"It just impressed me so. He just mainly stated that they needed help ... that they really would appreciate it. It just struck me. I thought, 'Well, I'm going to see if I can't bake some stuff for them, and then when I get a nice sum then donate it.'"

So she got busy.

On her 90th birthday, the St. Vincent de Paul society presented her with a plaque recognizing her good deeds. Society representatives noted that in 1993 she raised more than \$1,000.

"I just got an order now," Nistler said gleefully in an interview with the *St. Louis Review*, archdiocesan newspaper.

"One lady bought five dozen cookies yesterday, and when she brought the tins back this morning she said her daughter wants five dozen sugar cookies."

Last fall, a friend gave her 14 fresh pumpkins that she put to good use. "I bake 'em, peel 'em, grind them up and I have fresh pumpkin for my pumpkin cakes," she said. "People really enjoyed them. My heavens, one lady said she wanted 10. I was so thrilled I could have given them to her."

"I just keep working and working. But I get such a kick out of it."

In addition to her regular charity work, she held a bake sale last year and raised \$276 for the Salvation Army for flood victims.

Volk once got \$100 from Nistler and told her he was scrambling for money for three families whose electricity service was about to be disconnected. The baker decided to help out if she was able.

"Of course, the Lord was good to me," she added. "He blessed me so that I could keep going."

**1944 graduates sought**

1944 graduates of Bishop Loughlin Memorial High School in Brooklyn will gather for a 50th reunion Oct. 14-16.

If you are a graduate, or know the whereabouts of class members, call 718/857-2700, ext. 203, or write to: Brother John, Director of Alumni, Bishop Loughlin Memorial High School, 357 Clermont Ave., Brooklyn, N.Y. 11238.

**Facility needs volunteers**

ROCHESTER — Kirkhaven, a 147-bed nursing facility located at 254 Alexander St., is seeking volunteers.

This invitation is open to anybody age 14 or older. Afternoon and evening hours are available. For details, call 716/461-1991.

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