



THE ANNA TRUST

CATHOLIC SISTERS' ELDER CARE FUND

VOL. 6

THE ANNA TRUST

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WELCOME TO OUR

Quarterly Newsletter



Sr. Teresa Maya, CCVI, The Anna Trust Vice Chair

From the Vice Chair

*Message from The Anna Trust Vice Chair,
Sr. Teresa Maya, CCVI*

*"We, as Catholic sisters, value community. It is the
essence of our life as we work together for and
toward Jesus Christ."*

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News

In November 2026, The Anna Trust Foundation will publish *Together: Case Studies of Congregation Collaboration for Elder Sisters' Care*, a new resource dedicated to inter-congregational collaboration in the care of elder sisters.

Drawing on the experiences shared by its authors, the publication - available in multiple languages - will provide practical insights for congregations exploring new forms of collaboration.

In anticipation of its release, we invite you to read about the meeting held in Rome with the authors.

DISCOVER MORE ABOUT THE MEETING

The Anna Trust Foundation has published an updated Privacy Policy, reflecting our ongoing commitment to transparency, data protection, and responsible information management.

In this newsletter:

from the Chair
news
upcoming events
articles
insights



Upcoming events

Discover the speakers, moderators, and program of the three events taking place on October 8, November 11, and December 10, 2026, focused on depression in later life, bereavement, and personal testimony.

[LEARN MORE AND
REGISTER FOR THE WEBINARS](#)



Therapeutic Gardens of the Mother Teresa of Calcutta Centre, photo from Vatican News website

Insight

Garden therapy: An effective treatment for Alzheimer's

The Therapeutic Gardens project at the Mother Teresa of Calcutta Centre in the northern Italian city of Padua has been studied, certified and recognized for excellence. Through contact with oaks, laurels and rosemary, dementia patients regain memories and impaired cognitive functions, such as language. Their mood improves, and above all they need less medication.

[**READ MORE**](#)



Sr. Mary Barron, OLA

Articles

People behind the Programs

The Anna Trust interviewed Sr. Mary Barron, OLA, Superior General of Our Lady of Apostles, one of the founding congregations of The Anna Trust and a member of The Anna Trust Steering Council.

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The Anna Trust Connects with Religious Leaders at LCWR Assembly

The Anna Trust attended the Leadership Conference of Women Religious (LCWR) Assembly in Orlando this August, sharing resource materials at its booth and joining roundtable discussions.

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From left to right: Dr. Susan Raymond, Sr. Patricia Murrya and Sr. Teresa Maya at the LCWR Assembly

Congregations Coming Together for Practical and Sustainable Elder Care

The First Grant Cycle of The Anna Trust Foundation brings congregations together to better understand the needs of elderly sisters and to explore practical, sustainable approaches to their care.

[**READ MORE**](#)

World Mental Health Day

On the occasion of the World Mental Health Day,
celebrated on October 10,
we share this prayer as a gesture of hope, entrusting to the Lord
anyone going through a period of vulnerability and asking for
strength for those called to help.

Oh Lord, hear my prayer

*Dear Lord, we ask you to comfort all who
suffer from any form of mental distress.
May your words "ask and it will be given to you;
seek and you will find;
knock, and the door will be opened to you"
reassure each one of your loving presence with them.
We pray that governments, local authorities and church
communities
will work together to provide the practical, emotional and
spiritual help that people need.
May change be transformative bringing your comfort,
healing and peace
to all.
With hearts full of gratitude, we thank you, O Lord, Amen.*

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