

# Spirit Alive

family newsletter of  
st. patrick's home of ottawa inc.



January 2006

## new beginnings

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### sr. mona martin

executive director

As I sit down to write this message, we are well and truly ensconced in a new year. A new year brings new beginnings – personally, professionally, nationally, globally. A new year also brings changes – the old saying that “change is the only constant” seems never to have been more true.

On the “Home” front, St. Pat’s will face several changes this year. This spring, a new Executive Director will take my place as I retire. For the first time in the history of the Home, there will not be a Grey Sister at the helm; however, as I noted in the letter announcing my retirement, I believe that our loving God will continue to bless St. Patrick’s Home by ensuring new leadership steeped in the values and mission imparted to us by St. Marguerite d’Youville and the Grey Sisters and which our residents and our staff live daily. I know that my life will change as I embark on this new adventure called “retirement” and, while I am looking forward to it, the leaving will be bittersweet, as I leave the place that has nurtured my vocation and has been my spirit’s home for so many years.

Implementation of the provincial Local Health Integration Network system will continue and evolve. This will certainly lead to changes in the way the health care system is organized and delivered across the province, hopefully for the better. As a member of the Champlain LHIN, St. Patrick’s Home will continue to build on our strengths and will take a proactive role in defining our future within the new system

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The Federal Election has just been held and a new Conservative minority government will take over from the previous Liberal minority government. Let's hope that health care will be high on the new government's agenda – improving the system and funding it properly, particularly long-term care, so that our seniors will be guaranteed the quality and level of care that they so richly deserve.

The bottom line is this: through all the new beginnings and changes – those we know about and those we don't – when the dust settles, what remains will be the continuity of more than 140 years of “caring for the community” by St. Patrick's Home. The St. Patrick's Home family will move confidently into the future, meeting and surmounting all challenges, adapting to all changes and continuing to work together to provide compassionate, quality care for those entrusted to our care.

One change I am sure we will all appreciate and welcome, the sooner the better – Spring!

Sr. Mona Martin g.s.i.c.  
Executive Director



January 20th Premier Dalton McGuinty, campaigning on behalf of his brother David, Liberal candidate in the January 23 federal election, meets and greets residents.

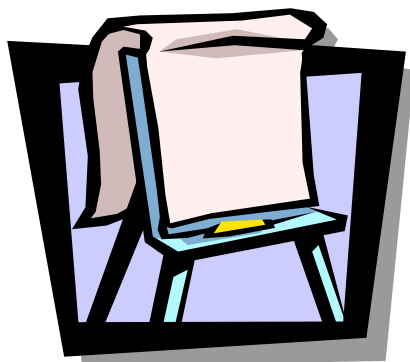
## Second Round

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The Second Round is a volunteer-run shop for residents (staff and visitors also) to purchase clothing, books, jewellery, knick knacks etc that have been donated. “Donated” is the key word here, and when asked for a contribution to this newsletter, Dorothy Hills, the Volunteer Manager said, “Ask them for donations”:

- Jewellery: earrings, necklaces, broaches
- Good wearable and wash-and-wear garments—slacks, skirts, coats—no dresses
- Books—no Readers’ Digests please
- Knick Knacks

The Second Round is open Monday to Friday, 10:30 a.m. to 2:30 p.m., barring unforeseen circumstances such as volunteer unavailability or nasty weather. Residents love to shop there and you are most welcome, too.



## continuing education for families

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brought to you by the family council of st. pat’s home

**TOPIC:** Senior Abuse

**DATE:** Monday, February 6, 2006

**TIME:** 7:00 p.m.

**LOCATION:** auditorium

**PRESENTER:** Detective Christine Wolfe

**FROM:** Ottawa Police Department

## infection control

Handwashing is still the best defence

### Just a couple notes and/or reminders:

- Please stay home when you are sick—don't share
- If you had an illness of the gastro type, don't visit until 48 hours after the last symptom
- If you had an illness of the respiratory type, don't visit until 5 days after the onset of (two) symptoms

### Immunization rates

97.5 % residents

91% Home staff.



## pot lucks for residents no longer permitted

**safety first**

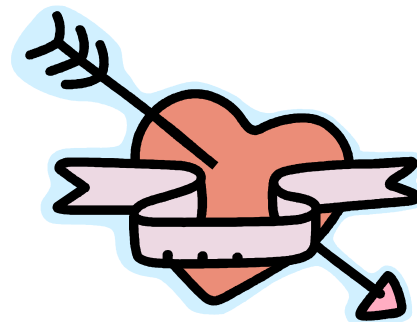
Due to a recent ruling of the Public Health Department of Ottawa, potluck snacks/meals for residents are no longer permitted.

Public Health has a responsibility to ensure the safe production of food for consumption by our residents. In the near future, St. Pat's will be working closely with the Public Health Unit to develop a procedure that will provide further direction in this matter.

## valentine's supper celebration

Guests welcome, Tuesday February 14, 5:00 p.m. RSVP by Feb. 11, 731-0094, ext 250, cost \$11.50.

Cream of Asparagus Soup  
Garden Salad  
Atlantic Salmon Fillet  
Steamed Baby Carrots  
Mini New Potatoes  
Butterscotch Cheesecake  
OR  
Sweetheart Cookies



## avril drummond, our tortiere pie contest winner of 2006



As it happens, the pie recipe comes from her daughter-in-law who in turn got it from her mother. Although Avril has her own recipe for Tortiere, she felt that this recipe really stood out in her memory as an excellent choice for the contest.

Avril was surprised and very excited to win the contest and credits her daughter-in-law for the recipe. We now feature Avril's Tortiere on our menu and to date have sold 48 pies through the Coffee Shop. This will be a regular event and we will be doing another contest in late October 2006. Maybe your Tortiere will be the next winner!

If you would like to purchase some of these wonderful Tortieres, please call Nutritional Services at 731-0094 ext 250

Thanks,

Paul Harris



## hairdresser

Shirley Perras, long time hairdresser, retired in November. Working now, are the "Joanne's" - Joanne Clarke (Monday, Tuesday and Friday) and Joanne Dowdall (Wednesday and Thursday).

### New Rates, Effective March 1, 2006:

Cut:	\$10;
Set:	\$10;
Perm,	
Cut & Set:	\$45 .

## sable's corner

As told to Mike Lipscombe



About fourteen years ago (late in 2003), Robert Ienzi asked my Mum if my brother Fox would like to visit the residents at St. Pat's. She said, "Let's try". I said "Ha, won't work" and when it didn't (he likes muffins better than the people), I graciously accepted the position and Mike (the fellow on the left) and I have been a team since then. Look at the adoration in his eyes.

We visit every second Tuesday and go to different units each time. Robert made sure we knew which people didn't want a visit—harrumph—there are even staff that we have to avoid! Oh well, I don't like most dogs, so I guess it works out, but I REALLY LIKE PEOPLE, so I don't understand why

someone wouldn't like me. Whenever there is a brightly coloured sign on the door to a unit that says something about bugs in the unit, we don't go there. Oh yes, Day Care people also like me, so we go visit them every time.

In December, Mum said that maybe families might like to hear about the visits I have with their relatives and the staff on the days I "do my job" as Mum calls it. Mike said that he could take notes of who we visited and what happened and he would help me write the article, so why not give it a go.

Tuesday is our day, and January 3rd was our first day of 2006. Mike always shows up right around the end of Mass, when we are able to catch a lot of people. We went to find the Day Program people first—they make a big fuss over me and, whatever they are doing, they wait their turn to pat me, and to talk to Mike about the dogs they have owned and loved. Aline B. was there on the 3rd — she's one of my favourites.

Mike couldn't make up his mind where to go next, so I pulled him up the ramp to Ground Floor to the Nursing Station. I always find a lot of people at the Nursing Station, not doing much, so I go and put my head on their knee and give them my paw, they like that. Then we visited people up and down the halls of Ground Floor, at least the ones that let us (again, I don't get it.....).

A funny thing happened at Mrs. Wintle's room, and it left me a bit puzzled. We met Mrs. Wintle at the entrance to her room and I'm sure I saw another dog in her room—grrrr. How did it get in, and why didn't it smell? Why didn't it acknowledge me?

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[NOTE FROM MIKE: Sable is being a little less than honest here. Sable was afraid of a life-size stuffed dog that Mrs. Wintle had on her bed which caught Sable's attention and interest. Sable sat in front of Mrs. Wintle and craned her head first one way and then the other, peering around Mrs Wintle trying to size up the competition and we left with Sable still uncertain as to who was that new dog on the block.]

After departing Ground Floor, Mike and I went to SCU and I shook paws with most of the people, the ones who wanted. From there, off to First Floor, essentially repeating the visiting of Ground Floor but no strange dogs there.

The next time Mike and I did our Visiting Program was on January 24th. Lee Smith, another volunteer, joined us. He's learning the ropes, not to take over from Mike, but to fill in the other Tuesday. So, once he's trained, I'll be working every Tuesday. The guys can only handle every second Tuesday, I guess. Anyway, back to the 24th.

We went to the Second Floor and visited with Floyd Summers, who I really like (he's quite fond of me, I think). Floyd gave me a cookie, gotta love that, eh? Next we met somebody new, Mrs Flora Murray—she loved me! I got another cookie and an invitation to return. We then invited into Marie Viau's room and the big smile we got was a well earned reward (Mike made me write that, I don't talk that way).

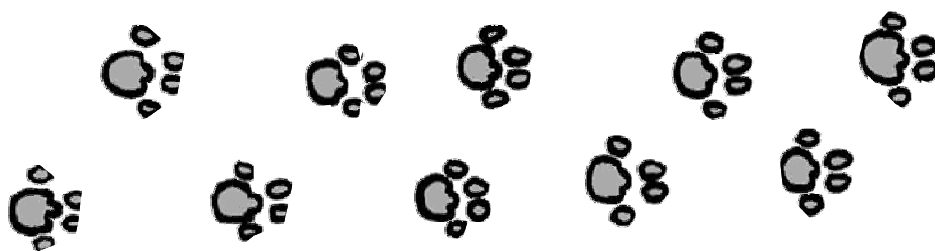
Next, off to the Day Program folks who were doing something called "exercises" Mike said, in the Auditorium. Mike took me from person to person, and we heard stories about all the dogs they once owned and loved—they hugged me like they were remembering those long-lost dogs. However, one lady, Antoinette, told us about being afraid of dogs because she had been bitten as a young girl. She looked into my eyes—they are beautiful, don't you think—and my eyes reassured her, she said, and she started to pat and stroke me. She said that it was a great feeling, being less afraid, and that she looked forward to my next visit. Nice, huh?

We went back to Second Floor and were invited by Mrs Irene Harmson into her room even though she already had a couple of visitors. Turns out she is a great dog lover, her visitors are great dog lovers and my fan club just keeps growing.

By this time, well, to put it bluntly, I needed to go out, and Mike wasn't catching on, so he brought me back to Mum, who explained what the problem was (Mike called me "fidgety" - ha!). Mike took me out, got me water and that was it for our Program for the 24th of January. I won't talk so much next time, just had to get it out of my system for the first time, had to explain myself. See you next month.

Woofs and snuffles,

Sable





## st pat's "tread lightly" foot care clinic open to the public

A new venture for St Pat's

The Foot Care services that we have talked about in earlier newsletters that are available to residents, at a cost of \$20 per session, are now being made available to the public, as a result of many requests for this service.

As always, **the residents come first**, but Nancy Hempinstall, the footcare coordinator, says that there is some slack in her schedule, and if the demand warrants it, she could add an extra day to her current 3 day a week schedule.

Nancy is a Registered Practical Nurse (RPN) who has qualified to do this work by obtaining the Foot Care Certificate from Algonquin College. She is obviously considered to be quite good in her field, since she has been asked to teach in the clinical portion of the Foot Care Program at Algonquin and is a Clinical Preceptor for students from that Program who have completed six months of training and next are required to do their practicum.

### On to the detail of this new "Tread Lightly Clinic":

**YOU MUST CALL AND MAKE AN APPOINTMENT (731-0094, ext 291)**

**Days:** Tuesday Wednesday Thursday

**Hours:** 9:30—2:30

**Cost:** \$20/appointment

Nancy will provide a full assessment and then foot care. If at any time she identifies something that requires intervention by another healthcare professional, she will provide that referral. Among the many services she provides are included:

Inspection	corn / callous care	cut toenails
Check for sensation	care for involuted toenails	file toenails
Check for pulse	care for ingrown toenails	
Diabetic monitoring	reduction of thickened toenails	

Nancy is now **OPEN FOR BUSINESS—COME ON IN**

P.S. The name, the "Tread Lightly Clinic", is a temporary name, and we welcome any suggestions that aren't already used (Best Foot Forward is used, sadly)

# 731-0094 ext 291

"Spirit Alive" is published by St. Patrick's Home of Ottawa Inc, 2865 Riverside Drive, Ottawa, Ontario K1V 8N5 for family and friends of residents of the Home. It is intended to keep family and friends abreast of the activities of the Home and developments in legislation or care methodologies that may affect them or their relatives.

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