

Autumn 2007

# Spirit Alive

The Newsletter for Residents, Staff, Families, and Friends of St. Patrick's

## St. Patrick's Home of Ottawa Inc.

### Re-development Original Announcement, August 27th, 2007

As a member of the St. Pat's extended "family" I wanted to be sure you knew about recent developments concerning our goal to redevelop St. Patrick's Home.

In the spring of 2007, there were 4 applicants for the 96 new beds offered by the Ministry of Health and Long Term Care (MOHLTC) for Ottawa South. MOHLTC has informed us that St. Pat's was the successful applicant for the 96 new additional beds and the Honourable George Smitherman, Minister of Health and Long Term Care visited us Monday (Aug.27/07) to share this wonderful news with us. We welcome this opportunity as an important "first step" in creating a totally new Class-A 298-bed Home for our residents.

We view our success as a huge vote of confidence in St. Patrick's Home and a critical step in our future vision to redevelop to an enlarged, campus style setting conducive to caring for our present and future residents. The new St. Pat's will incorporate our proud heritage, traditions, values and Catholic roots while also looking to the future of care for individuals needing long term care.

While today the timing to achieve our overall goal is uncertain we are further encouraged in our planning by MOHLTC's recent commitment to redevelop C Level facilities like ours within the next ten years. We would like to be first in line!!

Updates that bring us closer to our goal will be communicated to you. In the interim, I encourage you to contact me directly at 613.731.4660 ext. 233 or Jennifer Seguin, Managing Director of the Foundation at 613.260.2739 with any questions or ideas you may have regarding our plans.

*Thank you  
Linda Chaplin*

**Our Core Values**

Sacredness of Life

Spirituality      Hospitality

Justice

Growth and Vision

### Stanley Cup Spends the Afternoon at St. Pat's



The Stanley Cup spent the afternoon of August 30th in the Library of St. Patrick's Home, courtesy of Sean O'Donnell of the Anaheim Ducks. Man, woman, old and young alike came to see the cup and Sean, to have their picture taken with the cup and with Sean, and with Sean and the cup. It was a terrific gesture on the part of Sean, whose grandmother, Marie Moyle, has been a resident of St. Pat's since 1993. **Thanks, Sean!**



Laurette Cloutier, Resident, Suzanne Jeansonne, Volunteer Coordinator, Sean O'Donnell

## Linda's Corner



### REDEVELOPMENT

The late summer and early fall of 2007 have been full of good news. Our RFP for 96 additional beds was approved and major pieces of the puzzle towards a planned redevelopment of the remainder of our beds are falling into place. In August the Ministry of Health and Long Term Care announced their 10-year plan, commencing in the spring of 2008, to update aging facilities like St. Pat's at the rate of 3500 beds per year. Our goal is to be first in line and to 'marry' our newly approved 96-beds with the existing 202 beds for a blended project for a total of 298 resident spaces. The resident home areas will be divided into units of not more than 32 persons per unit which will enable a closer match of resident interests and capabilities.

Our proposed target date for completion is year-end 2010 for a new building that will occupy the vacant green space here at 2865 Riverside Drive. The Home Board's Corporate Development Committee continues its diligent and thorough work with the Grey Sisters, the Champlain Local Health Integration Network, the Ministry and others towards achieving required levels of approval and to secure solid funding to move our project forward.

### FAMILY ROOMS - Second and Third Floor

Through generous donations from the Immaculata Foundation, the Ottawa Community Foundation and others, we will be refurbishing the Family Rooms on 2<sup>nd</sup> and 3<sup>rd</sup> floors. These rooms are intended as a space for families to visit with residents or take a break in a quiet place. As funds permit, we will also be sprucing up the Library on the Main Floor .....stay tuned.

### ANNUAL COMPLIANCE REVIEW

It is with great pleasure that I am able to advise you that our annual compliance review by the Ministry of Health and Long Term Care was conducted Sept. 11, 12 and 13/07. The results were outstandingly positive with the report stating, "No unmet standards or criteria were issued during this annual review." This is the second year running that we have been successful in having 'no unmetts.'

Our regular compliance inspector, Lyne Delorme, reviewed all programs and services and interviewed staff, residents and family members. Her glowing commendations for direct care delivery, spiritual care, programs and support services reflect a sincere commitment on the part of staff and friends of St. Patrick's Home to make our residents feel genuinely 'at home' and valued partners and participants in their journey with us. It is a privilege to be part of such a high functioning and caring group. Congratulations go out to every member of the team.

*Sincerely*

*Linda Chaplin  
Executive Director*



## Profiles

### Staff Member: Branka Puskarevic



Pausing to watch Branka Puskarevic greet and hug a co-worker before the start of our interview, I could sense what a warm and loving person I was about to meet. Branka is an exceptionally positive individual, optimistic and thankful for all she has - she and her family have certainly worked hard to accomplish all that they have.

Branka and her husband Nenad arrived in Canada 11 years ago as landed immigrants from war-torn Yugoslavia. They came with their two young daughters - Jelena and Jovana. Branka still finds it difficult to talk about leaving Yugoslavia, but realizes that "when the war happened, everything was destroyed, and it can never be the same - you can't put things back together when they've been destroyed so badly". After living for four years as refugees in Belgrade and Montenegro, she and her husband realized that "we were never going back. We knew we had to go and we wanted to find somewhere that would offer a better future for our children." Branka's sister was planning on moving to Holland, but Nenad already had some family in Regina and they were very happy in Canada. Branka knew that they could find an education for their children and jobs for themselves in Canada, so they applied as landed immigrants and moved here in 1996.

They moved into an apartment near Mooney's Bay, initially using their own suitcases as furniture. With help from Citizenship and Immigration Canada and friends that they quickly met, they managed to set up house in Ottawa. A young, married

couple - Angela and Kevin Doyle - volunteered to assist them to get familiar with day-to-day life in Ottawa. They were very helpful, showing them around, talking to them about everything, and offering them advice. To this day, "they are still like family. They've been there to share all of the good things with us - holidays, family dinners, good news, everything." Branka and her husband met more friends through the ESL courses they took, in the complex they lived in, and through their children's schools.

After a while getting comfortable in Ottawa and learning some English, Branka decided to walk by Mooney's Bay and into St. Patrick's one day to ask about applying for a job. Her first impression of St. Pat's was made by Mary Ann Nugent, the receptionist at the time. Branka was hesitant when asking about working at St. Pat's, knowing she had no Canadian work experience and little English, but she recalls Mary Ann's warm and encouraging response. "With her friendly smile, she responded, 'No problem. Just apply to every department and somebody will call you.'" Mary Ann was right. Branka was offered her first job at St. Pat's - and in Canada - in Laundry/Housekeeping. Thus began Branka's St. Pat's employment history - she later worked part-time in the Kitchen, then alternated between day and evening shifts in Laundry. From 1999 to 2003, Branka took on even more responsibility, accepting a full-time job as a Lab Technician at Nortel while still working part-time in Laundry/Housekeeping during the evenings.

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## Profiles

### Staff Member: Branka Puskarevic, continued

While this was a very hectic period, the additional work enabled Branka and Nenad to buy their first home in Canada. After leaving Nortel, Branka took on double duties once again when a full-time day position became available in Housekeeping. She took that job and enrolled in a one-year Personal Support Worker (PSW) program with afternoon courses at Algonquin. After completing her PSW diploma, she accepted a full-time evening job as a personal support worker at St. Pat's.

While Branka was progressing through various positions at St. Pat's, her family became involved as well. Nenad began working in Maintenance within a year after Branka was hired and he still enjoys working at St. Pat's today. "My husband is the type of guy who works hard but never complains - everybody likes him." Their eldest daughter,

Jelena, is now 23 and completing a political science degree at the University of Ottawa. Jelena has worked part-time in the St. Pat's kitchen for almost five years and her job here has paid for much of her university education. Jovana, the youngest, is 17 and at Brookfield High. An active teenager involved in sports and with many friends, Jovana enjoys taking the time to volunteer at St. Pat's, sometimes on reception and sometimes to do activities with the residents. Branka is extremely proud of her children and says that she and Nenad realize that family is everything - "at night, even though I work all day long, I'm not tired, I'm happy. Every day, something happens that reminds me that this was the right thing to do. I miss Yugoslavia but Canada has been the best choice for our children. I thank God we're here."

Through all of her roles at St. Pat's, Branka has come to know just about everyone here - staff, residents, and volunteers - and she has made many friends along the way. "Everybody is so friendly here - people will say hi, how are you, I miss you, and always take the time to talk for a few minutes. Residents and staff all care about each other - you know that you belong to a community here and that people care about you." Branka emphasizes that "the main thing is that my co-workers and the management at St. Pat's have always supported me. They gave me a chance and they helped me achieve my goals. I am happy that I found this door and that I walked in."

*by Mary Neilans,  
St. Patrick's Volunteer*

## St. Patrick's Home Supports the Community

### Backpacks For Kids

Lorna Hills has been listening for a couple of years to the radio story of "Backpack for Kids" sponsored by Sleep Country and the Salvation Army. This program supplies much needed school supplies to deserving children in the Ottawa area and across Canada, and she decided to do something about it. What a great opportunity for intergenerational programming!

Aided by the enthusiastic efforts of Pat Royds and Kaye O'Meara, Day Program members and other Volunteers with the St. Pat's Day Program, the project was deluged with supplies and money, enough to fill 18 backpacks.

Kaye and Pat went out with the \$80 that were raised and purchased whatever was lacking from the donations. Then over a couple of days, Lorna and the team brought together all the members and volunteers in the Auditorium and packed and packed and packed the backpacks.

Lorna loaded up her car on the 28th of August and delivered them to Sleep Country on Bank Street. Her car was much lighter on the trip home.

Last year, the nation-wide program received 7000 backpacks, a 900 percent increase over the previous year. Although the results of this year are not yet in, the goal was 10,000 backpacks.



Volunteer filling backpack

# St. Patrick's Home Family Council

## Autumn Greetings from the Council

Several months ago, the Ontario Legislature passed a new Long Term Care Act. It contained specific provision for the establishment of Family Councils in all Long Term Care Facilities. It also specified the powers of Family Councils.

As contained in the Act, Family Councils are empowered to:

- provide assistance, information and advice to residents, family members and persons of importance to residents;
- advise these people of the rights and obligations of the licensee under the Act;
- attempt to resolve disputes between the licensee and residents;
- sponsor and plan activities;
- collaborate with community groups and volunteers;

- advise the licensee of concerns and recommendations;
- report to the Director (a person designated by Province) any concerns or recommendations; and
- review inspection reports, allocation of funding, financial statements and the operation of the long-term care home.

St Pat's has had a Family Council for six years. During this time the Family Council has worked cooperatively with families, residents, staff and management. The Council has used most or all of these powers as opportunities to help residents and the family members and to advocate for improvement to Long Term Care.

Please contact me, one of the other members of the executive of the Council, or our Family Council e-mail, if you want to find out more about the Family Council and/or become involved in this very worth-

while organization within St. Pat's Home. You are also welcome to attend our monthly meeting. We meet in the Board Room on the third Monday of the month at 1:00 p.m.

*Barbara Brush  
President*

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## Snippets of News & Information

### Raw Food Funding Increased to \$7.00 per Resident per Day

What does this mean to the residents St Patrick's Home? For the remainder of this year, we will be offering our famous Atlantic salmon dinner monthly. Fresh salmon is one of nature's healthiest foods, being a good nutritional source of well balanced and easily digestible protein, polyunsaturated fatty acids (PUFA), omega-3 fatty acids, potassium, vitamin 'D', the 'B' vitamins, and phosphorus.

Over time, this increase will allow us to better meet the complex nutritional needs of our residents. It will allow us to provide more variety in food choices. Good nutritional health will avoid the traumatic and costly trips to the hospital that residents can face with poor nutritional intake. We are thankful for this increase and hope that the Ministry will continue to focus on the financial requirements in providing complete care for our residents here at St Patrick's Home & throughout Ontario.

*Paul Harris, Manager of Nutr. Serv.*

### Changing Faces in the Tuck Shop

The St. Pat's Tuck Shop is alive and well and operating out of the tiny room, in the main corridor. Staffed by 6 keen volunteers, this service for the residents provides for the staples as well as a social opportunity. In addition to the shop, the 'cart' serves the residents every Tuesday with a generous supply of items for sale. Bea Strelbinsky has been the

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## Snippets of News & Information

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driver behind this service for 41 years.

The tuck shop operation has been the domain of the Ladies' Auxiliary since the building opened in 1964 and various buyers over the years have worked diligently, along with the volunteer 'staff' to provide residents with all their voiced needs, from small gifts to chocolate bars. At the beginning of the summer, the Ladies' relinquished their responsibilities for this service and plans were in the formation stage, for an alternative shopping experience.

But quickly, the volunteers offered to keep the status quo in operation and, in partnership with the Nutritional Services Department, the Tuck Shop will be open Mondays, Wednesdays and Fridays from 10:30 a.m. to 2 p.m

### Working with our local Champlain LHIN

Our meetings with Champlain Local Health Integration Network (LHIN) representatives in late August and September have gone well. We introduced the LHIN to our redevelop-

ment proposal and they have indicated their support. We will continue our dialogue in working towards creative solutions for a St. Patrick's 'campus' of care and services to meet the needs of people in our area.

### Alzheimer Coffee Break

Every year, Lynda McLachlan, Phyllis Larocque, Pauline Ralph and Elsa Aga organize the "Alzheimer Coffee Break" in September, and this year was no exception. Staff and Volunteers were invited to donate baked goods, which they did in great and tasty quantity. The tables in the Coffee Shop were set with brightly tablecloths and many guests came and enjoyed a wonderful selection of tasty treats, all for a donation to the Alzheimer Society. There were also treasures to be bought and won -- all in all, a fun "Event" in support of a good cause. When all was said and done, through your generosity, \$1036 was raised to help support the family education programs of the Society and to promote research into Alzheimers Disease. Well done, everyone!

### Meeting with Ministry of Health

We were fortunate to have Ghislaine Malo, our account manager from the Ministry of Health Long-Term Care (MOHLTC) Redevelopment Project with us at St. Pat's for a meeting on October 2, 2007. Also present via teleconference was David Clarke, Director, Alternative Financing & Procurement Branch, Long-Term Care Redevelopment Project of MOHLTC and LHIN representative Bernard Lamontagne. They were supportive of our desire to get started with building a new St. Patrick's Home accommodating 298 beds, although all parties realize there are some outstanding issues associated with the funding formula that need to be confirmed. We are optimistic about the level of support shown by the LHIN and MOHLTC and feel that we are now doing one of the things we do best, that is, singing from the same hymn book!!



### Walking for St. Pat's

On a drizzly Saturday, October 13<sup>th</sup>, 18 enthusiastic participants raised almost \$4000 in the Walk the Block for St. Pat's event. Most of those taking part were either staff or volunteers, but Mrs. Marilyn Zebchuck was the exception - she was the only St. Pat's resident participating. Marilyn raised close to \$600 through

requests to family and friends and she says, "It was easy and fun. I've participated in things all my life - I've always been the one to say 'I want to do that too!'" Marilyn thinks that other residents would enjoy the walk as well and is encouraging her St. Pat's friends and neighbours to join her next year.

Despite the rain, Marilyn commented that "it was very invigorating and exciting" to be out in the

community and doing something good for St. Pat's at the same time. It didn't hurt that participants enjoyed a wonderful, relaxing lunch at Mooney's Bay Bistro, following the successful completion of their 3 km walk.

Check out the event pictures in the lobby. And don't forget to sign up next year!

*By Mary Neilans, Volunteer*

## Foundation Update

A big THANK YOU to those who made two of our recent events a big success!

The annual Golf Tournament sponsored by Tierney Stauffer LLP was once again a great day for friendraising AND fundraising. This year, this popular and well-attended event raised an unprecedented \$54,000.00 for the residents!

Kudos to the Antique Auction Committee, chaired by Sr. Mona Martin, who held a successful event on September 29<sup>th</sup> to benefit St. Pats. The Antique Auction was very well attended and there was a plethora of treasures for happy bidders. The event raised \$8,200.00 for St. Pat's.

We look forward to two signature fundraising projects this Fall and Winter. Tickets for our Annual Lottery will once again be on sale at Reception or at The Foundation House. The \$100.00 tickets will entitle you to have 51 chances to win \$55,000.00 while supporting the Special Projects for St. Pat's!

New this Winter, we will be providing an opportunity to recognize and memorialize your loved ones through a "Caring Tree" in the Chapel. More information about this wonderful way to pay tribute to a family member, friend, resident, staff or volunteer is available in information sheets in the Home.



## Infection Control

### Pandemic Update:

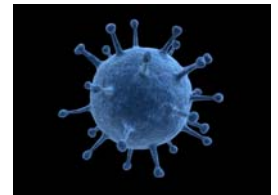
Effects of a pandemic can be lessened if we prepare ahead of time. We cannot predict how severe the next Pandemic will be or when it will occur, but being prepared may help lower the impact of an influenza pandemic on our residents, you and your family. A Pandemic Plan has been developed for St. Patrick's Home. Global public security depends on international cooperation and willingness of all countries to act effectively in tracking new and emerging threats. You can find a pandemic readiness checklist on the following website.

[www.Pandemicflu.gov](http://www.Pandemicflu.gov)

Influenza pandemics are different from many of the major public

health and health care threats facing our country and the world. A pandemic will last much longer than most flu outbreaks and may include "waves" of influenza activity lasting 6-8 weeks separated by several weeks or months.

The current World Health Organization (WHO) phase pandemic alert has been stable at the PHASE 3 YELLOW alert response. There are 6 phases. Phase 1 and 2 is Green alert meaning lower risk to humans and new viruses in animals but no human cases. Phase 3 and 4 is a Yellow alert and means that there is no or very little human to human transmission. Phase 5 represents an Orange alert and evidence of significant human to human contact. Phase 6 is a Red alert is efficient and sustained human to human transmission. This



phase is considered the Pandemic Phase. The designation of phases, including decisions on when to move from one phase to another, is made by the Director-General of WHO.

### What is the single most important infection prevention and control practice?

**Answer:** *Proper Hand Hygiene*

Flu season is just around the corner. St. Patrick's Home of Ottawa Inc. will be promoting a serious campaign for Influenza Vaccination again this fall. If you have not given consent for the vaccine and an anti-viral medication in the event of an out-

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Canada

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## Infection Control, continued

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break, expect a telephone call as the POA for your loved one from a member of the clinical staff requesting your consent. If you have been a resident in the Home more than 2 years you will have already given consent to the Interdisciplinary Team during the Care Review. Be aware that the Canadian National Advisory Committee on Immunization (NACI) recommends an immunization rate of 90% for frontline staff. In 2006/2007 season St. Patrick's Home Nursing Services, Maintenance and Nutritional Services reached a 98% immunization rate and overall the Home met the standard of 90% including all volunteers.

The influenza vaccine:

- helps prevent transmission of the flu
- keeps people in essential services healthy
- develops protection about 2 weeks after receiving it and may last up to 1 year and 4 - 6 months in the senior population

### Helpful Telephone Numbers:

1 800 358 6968 - information on influenza

1 877 234 4343 - consumer tips in Ontario

[www.health.gov.on.ca](http://www.health.gov.on.ca)

[www.SanteOntario.com](http://www.SanteOntario.com) (version française)

**Remember to get your flu shot.**

### Pssssttttt A few reminders:



- We're on the web: [www.stpats.ca](http://www.stpats.ca)
- Don't forget the "Suggestion Box" next to the stairwell in the Front Lobby. It can be used for suggestions, complaints, commendations—just remember to sign it.
- Remember that residents leaving for an outing must sign out at the nursing station AND at reception
- All ELECTRICAL devices must be checked and approved by Environmental Services before being put into service.

### IF YOU WANT TO...



- Offer your "Entertaining Talents" to the Residents.....call Robert lenzi, ext 230
- Become a Resident.....call the Community Care Access Centre, 613 745-5525
- Book a tour of the Home.....call the Reception Desk, 613 731-4660
- Compliment Us or Offer Suggestions.....call Linda Chaplin, the Exec Dir, ext 233
- Buy Seasonal Foods.....call the Food Services Supervisors, ext 250
- Buy a Lottery Ticket.....call the Foundation, 613 260-2738 or 613 260-2739
- Become a Volunteer.....call Suzanne Jeansonne, ext. 235
- Find out about our Seniors Day Program..... call Lorna Hills, ext. 244
- Check out the isolation status of the Home call the Reception Desk. ....613 731-4660  
or go to the website, [www.stpats.ca](http://www.stpats.ca)

*Spirit Alive* is a quarterly newsletter produced by St. Patrick's Home of Ottawa Inc, 2865 Riverside Drive, Ottawa, Ontario K1V 8N5. It is intended to keep residents, family, staff, volunteers and friends of the Home in touch with what matters to the Home, the activities in and around, past and planned. Please copy it and share it. Spread the news that we are here and we are good.