

Spirit Alive

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

St. Patrick's Home of Ottawa Inc.

AN INCREDIBLE SUCCESS STORY FOR THE HEARING IMPAIRED

They say it happens to everyone – the hearing starts to go and you don't always notice it at first. But, at some point, you find yourself leaning in to conversations asking people to repeat what they said, or the volume on the television seems too loud for everyone except you, then it becomes obvious that you need to do something. There are options, and Mary Ann Ladd, a long-time St. Pat's volunteer, wants to share one offered by The Canadian Hearing Society.

The PockeTalker - a catchy name for a small device that makes it look like you're carrying an iPod and listening to music, just like your grandchildren. But it's much more useful than that. Whether you already have a hearing aid or not, the PockeTalker amplifies the speaking voice of anyone you're having a conversation with. You just put on your headphones, hand them the PockeTalker, and they speak in a normal tone of voice, but you hear an amplified version of what they're saying, and you can control the volume at all times. The PockeTalker is easy to bring along to outings and appointments, where it's most useful in one-on-one conversations, like with your doctor or your partner at dinner. It comes with extensions that can be connected to a television or to a car radio, and you can use an adapter with your phone to amplify tele-

phone conversations. You can also choose from a range of headphone or earset styles – even the ones from your daughter's last flight on WestJet will work with it.

PockeTalkers are available from The Canadian Hearing Society for \$250. (613) 521-0509

That we have these modern-day miracles is the result of the **Walk the Block for St. Pat's** event, (profiled in the October issue of *Spirit Alive*) where \$4000 was raised by staff, volunteers and one hardy resident, Mrs. Marilyn Zebchuck. At that time, we hadn't decided where to direct the money we had raised. Now, as a result of this event, St. Pat's has been able to provide a PockeTalker to each nursing station so care attendants can converse more easily with residents. Each resident who requires hearing assistance will be given a personal headset to use when needed.

As Mary Ann states, "it's amazing to see someone's reaction when they try it for the first time – it gives them a new lease on life". Many residents have difficulty hearing but, for a variety of reasons, don't use traditional hearing aids. "This is an affordable option that is easy to use and more comfortable for many people.



Photo by David Wainwright

As an added bonus to the Residents of the Home, Mary Ann Ladd recently completed training at The Canadian Hearing Society, and will soon be visiting residents on a rotating basis to offer assistance with cleaning and maintaining hearing aids. You will see her around the Home with her tool kit on Tuesday afternoons.

Thank you Mary Ann for your initiative in offering this new service to Residents.

*by Mary Neilans
St. Pat's Volunteer*

Our Core Values
Sacredness of Life
Spirituality Hospitality
Justice
Growth and Vision

Linda's Corner



At St. Patrick's Home, the concept of living our Mission has permeated so deeply that I am already being asked how we will assure that our proposed new building will incorporate the spiritual dimensions of care as a priority. It is important that our residents, their families, our volunteers, the Grey Sisters and our staff know that in every planning scenario contemplated for a new building, the Board is committed to a substantial Chapel as an essential requirement.

As we all know, a physical room called a Chapel does not automatically guarantee a sense of sacred space. We will have the familiar symbols from our current Chapel and our sponsor, the Catholic Health Corporation of Ontario, is developing interesting education resources to assist in maintaining and growing our already robust spiritual and religious care program. I believe the commitment of the Leadership Team and all staff to live our core values every day will reassure the St. Pat's family that our history and Mission will be not only be kept alive but will thrive into the future.

At this special time of year, I would like to thank each person for their contributions to St. Patrick's and to wish each of you a blessed Christmas and a happy New Year filled with love given and love received.

Linda Chaplin

Christmas Greetings from the Family Council

To the residents, families, friends, staff, and volunteers of St. Pat's Home.

May I take this opportunity to ask you to share with each other those happy memories that surround the Christmas season and have been so important to you, such as:

Making the Christmas cake and special cookies; following Advent through with special Bible readings and services and the Advent Calendar; decorating the house; attending the "Nutcracker" or some other special concert; choosing and decorating the Christmas tree; singing Christmas carols with the neighbours. Other happy memories of importance to you that you could share with others at St. Pat's might include taking part in the Christmas pageant; stuffing the turkey; remembering those who will not be present at Christmas this year; attending the Christmas Eve Service; the year that.....

Through sharing, our lives will be enriched because we all have different memories which will be added to each one's life history and keep our memories alive.

And don't forget to celebrate the beginning of a New Year!

On behalf of the Family Council, I wish all residents, families, friends, staff, and volunteers the blessings of the season.

*Barbara Brush
President, Family Council*

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Profiles

Resident: Florence Turnbull

Florence was born Florence Marie Lediard October 23, 1912 in Mount Dennis, Ontario, a suburb of Toronto, Ontario. She completed Grade 13 with a Business diploma. She finished school during the Depression, and as Florence put it, it was hard 'to buy a job.' She was lucky enough at 18 years of age to get a summer job working for the Federal Tax Department in Toronto where she earned \$18.00 a week, a salary which was above her father's salary of \$12.00 a week as a postman.

She married at age 24 and had one son, but that marriage did not last. Ten years later, while working at Deerborne Chemicals as a secretary, she and two girlfriends went for a week-end to Wasaga Beach. There she met Bob Turnbull from Hamilton, Ontario. It was a match made in heaven and in 1951, at the age of 39, she and Bob moved to Ottawa. On arrival she was hired by the Federal Government and was told that, had she waited until 40, she would not have gotten a job. She first lived in a flat at Bank and Catherine Street, then in a townhouse. Her dream was to own an older house that she could fix up to call her own, so she and Bob moved to an old farm house on the Hogan Road in Cantley, Quebec. There she cultivated an extensive garden, entertained her friends and loved ones. The farm was her perfect setting for enjoying get-togethers with her extended family.

Bob retired in 1971 and, at the age of 60, Florence joined him in retirement in 1973 and they planned to travel. An early trip was to Las Vegas and they loved it. They sold the home in Cantley and bought a cottage in St. Pierre de Wakefield. From then

on, they wintered 6 months in Las Vegas and returned to the cottage for 6 months in the summer, squeezing in trips each year. After Bob's death in 1980, Florence bravely drove with her little dog Wendy to Las Vegas for years after that as she and her dear friend Dorothy by then shared a condo in a gated community. She motored through much of Canada, the United States and Mexico and her thirst for adventure also took her to parts of Latin America, Europe, China, Korea, the countries of South East Asia, Northern Africa and Alaska. She tripped across the globe until she was 86 years old!

When Florence's health began to fail, she moved to Abbeyfield House on Parkdale Avenue. Prince Charles was a patron of this establishment and he came for High Tea on his official visit to Ottawa. Charles actually visited Florence's room prior to High Tea, and upon spotting a picture of Florence's mother, he inquired who she was and exclaimed "I love her hat".

In May 2005, Florence joined our family here at St. Pats. She loves her home here and is a joy to all staff and volunteers with her very mild ways. In September of this year Florence had the honor of being maid of honor at Alastair Bain's wedding. Her picture in the wedding party shows her sporting one bare foot, having had to remove a shoe due to a painful foot.

Florence attributes her long life to having a large, loving family and good friends. Many of these helped her recently celebrate a grand 95th Birthday Party carefully catered by St. Pat's.



Photo by David Wainwright

Profiles

Ladies' Auxiliary Member and Volunteer: Bea Strelbisky

St. Pat's is very lucky to have so many dedicated volunteers, but there are few more hard-working than Bea Strelbisky. Bea has been an active member of the Ladies' Auxiliary since 1964 – the year St. Pat's opened its doors!

Although Bea may seem like a fixture here to many residents, she came to Ottawa when she was 19, from nearby Burritt's Rapids, where she was born. Bea quickly found work with the Department of Veterans Affairs (DVA), in War Service Records. She met her future husband, Walter, there and left work when she got married in 1950. Bea had her first child in 1951 and quickly had "four children in 6-1/2 years – my baby just turned 50 last week". Having her children so close together meant "they were each other's friends, and they still are". The "baby", Walter Jr., still lives in Ottawa, Maryjane lives in nearby Kinburn, while the two eldest, Anne and Michael, are both in Alberta. Bea's husband passed away 23 years ago, after working for the DVA for 37 years.

Along with several other Auxiliary ladies, Bea has worked at a dozens of events over the past 40 years. These have included coffee parties, Valentine's parties, birthday parties, St. Patrick's Day parties, and Christmas parties (yes, Bea considers herself a bit of a "party girl"). But it's not all fun and games – Bea and the Ladies' Auxiliary members work very hard at fundraising for St. Pat's. By selling shamrocks, Christmas wreaths, fruit baskets, and other items, the Ladies Auxiliary has raised "a lot of money" over the years. You can't look around St. Pat's for long without seeing some of the many items the Ladies' Auxiliary funds have contributed to. Perhaps you sat in the one of the 21 new comfortable swivel chairs at a meeting in the boardroom, watched one of the televisions in the lobbies, appreciated the dining room curtains and valances while eating your dinner, or visited the renovated beauty salon to have your hair done. If so, then you've

benefited from some of the many differences that Bea and her friends have made.

Bea states with pride, "We've done so much over the years, helped St. Pat's so much, but it gets harder when you get older." Even though there are about 35 members of the Ladies' Auxiliary, Bea estimates there are only about half a dozen or so who are active members, still participating in fundraising and organizing events. "We get along so well and have so much fun working together. We're trying to keep it going, but it's hard to find new members. We've had

to cancel certain parties and events in the past few years, like the St. Patrick's Day Tea."

Why has Bea remained so committed to St. Pat's for so long? "I enjoy it. I just love coming here. Everyone is so friendly and nice. I enjoy the people – young and old." Bea sees many of her friends at St. Pat's during her tours with the Tuck Shop cart, which she takes around weekly to sell a variety of items and chat with residents. "Over the years, different residents have thanked us numerous times and told us how much they appreciate us."

Hopefully you had a chance to attend the December 2nd Christmas party at St. Pat's – another Ladies' Auxiliary effort. If you haven't already done so, you may want to take a moment to thank Bea and the Ladies Auxiliary for helping organize yet another successful event.

*by Mary Neilans
St. Pat's Volunteer*



Photo by Paul Harris

Snippets of News & Information



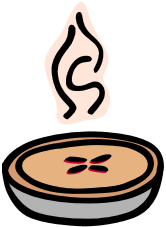
Christmas being the time of gift-giving, please remember to ensure

that all clothing given to Residents makes it to the Laundry to receive an identification label. Laundry staff will return it to the Resident as soon as possible.

Thank you and Merry Christmas from the Housekeeping and Laundry staff.

WINNER DECLARED

As most of you know, every year at St. Patrick's Home we survey our residents for their favorite tourtiere recipe. The recipes are collected and cooked in the Home's kitchen. Then the Residents' Council gathers and the members vote on their favorite pie! The winner



receives a photo and article in the Home's newsletter, plus their recipe is featured on our menu cycle. **This year's winner is "Fameuse Tourtiere de Jean-Marie"**

Thanks to all who entered and we look forward to next year's event!

If anyone is interested in purchasing a Tourtiere, pies will be available starting Dec 15th and can be purchased through the Coffee Shop, in Family & Couple sizes.

Paul Harris
Manager, Nutritional Services

EDUCATION FOR STAFF

On November 27, ten St. Pat's nursing staff participated in a day long program of learning program called *Gentle Persuasive Approaches to Dementia Care*



(GPA). The curriculum is a 7.5 hour day and is case-based, interactive and practical. It reframes challenging behaviour to be interpreted as self-protective/defensive or responsive behaviour that occurs as a result of unmet needs, thus encouraging staff to assess the meaning of the behaviour and work alongside the resident. The overall goal of the GPA curriculum is to educate staff on how to use a person-centred, compassionate and gentle and persuasive approach, respond respectfully and with confidence and skill to challenging behaviours associated with dementia.



CONGRATULATIONS to Paul Harris. Paul again passed the NSF audit (National Standards Foundation) with flying colours.

The NSF group arrive annually, unannounced, and spend approximately six hours examining food safety and health & safety. In food safety, the rating was 96% and in health and safety, 94.3%. **Congratulations, Paul and staff.**

SEASONS GREETINGS from the Maintenance Department!



In order to keep everyone safe over the Holiday Season:

- Electrical devices must be checked by maintenance before being used, this includes new or used items.
- Real Christmas trees or branches are not permitted inside the building.
- Security can also be an issue over the Holiday Season so please en-

sure valuables are locked up and that room doors are locked when you are out.

- The Maintenance Department and our snow removal contractor are working to keep the parking lots and walkways safe but caution is still required by all especially when getting in or out of your car. It is difficult to apply sand or salt in the areas between parked cars.

Jim Videto,
Director of Environmental Services



LONG SERVICE AWARDS NIGHT
On Wednesday, November 28th St. Patrick's Home celebrated thirty four staff members who

represented almost four hundred years of dedicated service to our Residents and to the Home.

Five Years: Jill Anderson, Lise Bonnevill, Mirelem Cejvan, Elena Chipilova, Lenka Cobanova, Miribel Cordero, Scott Dutton, Nada Ivandovic, Juvy Maya, Czeslaw Maziuk, Nataly Pratt, Jennifer Seguin, Sharon Sep, Marica Vreca.

Ten Years: Pam Brissenden, Eve Bujold, Frank Grant, Janine Iley, Bernice Long, Karen Mueller, Sonia Sterlin, Bozena Woronko.

Fifteen Years: Sally Bouchard, Laurie Brown, Fr. Peter Cody, Lorna Hills, Michael Ness, Richard Pietrusiewicz.

Twenty Years: Mike Mailloux, Rose Mills, Joyce White.

(Continued on page 6)

Snippets of News & Information

(Continued from page 5)

Thirty Years: Laurine Rehel, Carlotta Skeete.

Thirty Five Years: Jim Videto

A second group of 21 staff members was honoured for their stick-to-it-iveness, for in 2006 they managed to come to work every single day they were scheduled—no sick days! A remarkable accomplishment.

Not to be outdone, the Ladies' Auxiliary of St. Patrick's Home, were honoured for "time served" in their service to the Residents through their management of the Tuck Shop. In one area of service, the Ladies Auxiliary have had to hand on the reins of the Tuck Shop this summer to the Home's volunteers and Nutritional Services. They have worked tirelessly, in the Tuck Shop and elsewhere in the Home, since the Home's founding in 1865, and are recognized as the earliest Auxiliary to be founded in Ontario.



REMEMBRANCE DAY

As in years past, Remembrance Day at St. Patrick's remained a day to treasure loved ones whose acts of courage gave each of us reason to hope and believe in a better world. The presence of so many people in our Chapel was a mark of the impact that our veterans and their families have in our hearts.

The service began with our veterans being piped in by Jack Gauthier, a piper who sometimes represents the Ottawa Police Force. He was followed by our veterans as well as members of the clergy who lead us in prayer.

There were many poignant moments throughout the service. The laying of wreaths by our veterans, the haunting

words of Abide With Me, Barbara Duggan's beautiful *a capella* of In Flanders Fields, Father Peter Cody's meaningful homily, and the music so capably delivered by Mary Ann Ladd, organist and Mary Pilgrim, songleader.

The service this year had a special flavour that spoke of respect, love and gratitude for our veterans. The art work displayed in our chapel was done by Grade 3, 4, and 5 students from Holy Cross School. This gesture of friendship touched the hearts of anyone who had the good fortune to see it. The presentation by youth of St. Mark's High School was a moving tribute to our Canadian soldiers who went to war—many the same age or a little older than Kayla Iafelice and Montana Mctiernan, student presenters. They were accompanied by staff member June O'Farrell. Their presentation was inspiring, consoling, and never to be forgotten.

The connection forged between these two generations was palpable within the chapel walls. As one veteran said later—"I never realized until today that our young people really appreciated what we did in the trenches. Indeed they not only understood, but it was evident by their reactions that they have deep love for our veterans and their families who gave all.

The reception which followed in our library was a time of friendship and fellowship. It was organized by Lorna Hills and volunteers from our day program who spared no efforts to make sure that everyone enjoyed this most important day of remembrance.



ADVENT AND CHRISTMAS SCHEDULE

- Dec 7 10:00 am
Feast of Immaculate Conception
- Dec 12 1:30 pm
Sacrament of Reconciliation
- Dec 24 10:00 am
Ecumenical Prayer Service
(No morning Mass)
- Dec 24 6:30 pm
Christmas Eve Mass
Reception to follow
- Dec 25 10:00 am
Christmas Morning Mass
- Jan 1 10:00 am
Feast of Mary, Mother of God

"Thou shalt...call His name Jesus. He shall be called Son of the Highest..."

Luke 1:31,32



Foundation Update

Foundation Update The Caring Tree & The Lottery – two ways to make the Christmas season brighter for our Residents

St. Patrick's Home Foundation is proud to offer two projects that will raise funds to directly benefit the residents of our Home.

A very special way of remembering or honouring someone that you care about this Christmas Season is our new "Caring Tree" program. This provides an opportunity to memorialize or honour someone that you care about in a very meaningful way. During the month of December we will be decorating Christmas Trees with white and blue lights - white lights representing memorials and blue lights representing honourees. A name card will also be placed with each light.

The trees will be displayed in the Home's Chapel during the month of December. In addition, a book with all of the names and any short comments that you might

like to share about that person will also be kept in the Chapel. Members of the community are invited to join us on December 24, 2007 at 10:00 am, to celebrate a very special Ecumenical Service conducted by Father Peter Cody and Alicia Martin in honour of all those who light up our "Caring Tree". Our service will include meaningful words, beautiful music and a time of reflection for all of the people whose names are on our "Caring Tree" and in our Chapel Book. What a wonderful "Christmas Gift" to honour someone special that has made a difference in your life.

We hope this will become an annual tradition and that it will make the holidays just a little brighter for our Residents. Submission forms for the "Caring Tree" are available by contacting Jane LeBreton in the Foundation office at 613.260.2740



or via email janeleb@magma.ca. Your donation to the "Caring Tree" is tax deductible and proceeds from this program will be used to support projects that will enhance the lives of our residents here at St. Pat's.

Another great gift idea that gives back to our residents is through purchasing a lottery ticket. This project provides you with an opportunity to win a cash prize while raising critically needed funds for our residents. Application forms for lottery tickets may be found at the Reception desk.

Thank you for your support.

The Spirit of Christmas

Sadly, not all our residents have much, if any, family but, for the last seven years—now the eighth year—an amazing group of people have been living the Spirit of Christmas here at St. Pat's in a very concrete way, by bringing some Christmas cheer into their lives.

It started one year with Health Care Aid Joyce Richardson mentioning to her friend Janet Rose that a particular resident needed a housecoat. Janet said, "I have three, could I give her one?" Out of that small conversation evolved a tradition that we look forward to every year—Santa for Seniors!

Janet Rose and her friend Penny Clelland are the centre of a group of people that ranges in size from 10 to 15 people, including our Joyce Richardson, that make up *Santa for Seniors*. Early in the fall,

Joyce gets a list of names of residents with little or no family and a wish list of gifts that each resident might like or need, and off they go to buy. On a weekend early in December, the *Santas* meet to wrap, wrap and wrap some more! In all, they create gift bags containing 4 to 6 items for between thirty and forty five residents, depending on the year. That's a lot of buying and wrapping!

Just before Christmas—this year it will happen on December 22nd—Santa, with many of the *Santas for Seniors* and their family members, will come to St. Pat's with the gift bags and they will distribute the presents and good wishes to all the residents on his list, spending time visiting with the residents who are able. Santa especially likes to go to the Special Care Unit, where he is much appreciated.



The adaptive clothing can get quite expensive and where they used to spend about \$50 per resident, now they need between \$60 and \$70. When asked about the source for the money to support this cause, Joyce was very clear that the group did not solicit for it. "People have just heard about what we do," she said, "and they want to help." As well, she said, they receive donations from the Bank of Nova Scotia, the Royal Bank, the Knights of Columbus and from individuals.

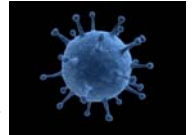
Many thanks to all the *Santas for Seniors*!

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Infection Control

Sneezing Etiquette



guy on the left. It's common sense really, because when you cough in your hands, or even into a tissue, you are just transferring the germs to your hands where they can then be passed on to objects that others will touch.

Some facts that we don't want to sneeze at:

- A sneeze starts with irritation of the lining of the nose, and ends in an explosion of air from the nose and mouth.
- Nerve impulses travel from the nose to the brain, then back to other nerves that control the muscle of the abdomen, chest, diaphragm, neck, face and eyelids as well as the mucus glands and blood vessels of the nose (that's why we usually end up closing our eyes when we sneeze, and why the nose often runs afterwards).
- The material spread by sneezing can spread 2-3 meters.
- It moves at a speed of 150 km/hr—a very efficient way of spreading germs.

Things have sure changed from when we were kids. The world has become a scarier place when it comes to the bugs that bug us, and how we deal with them has changed too.

One of the things that has changed is what we're supposed to do when we're sneezing. Mum taught us to cover our mouths with our hands when we sneeze and use a tissue if we had one, right? Right then, wrong now.

Nowadays, the best teaching tells us to cover our mouths with the crook of our elbow when we sneeze, like the little

Pssssttttt
A few reminders:



- We're on the web: 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 be-

ing out into circulation



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 Suzanne Jeansonne, ext 235
 - 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

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.