

Spirit Alive

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

St. Patrick's Home of Ottawa Inc.

PARTY OF THE CENTURY—ST. PAT'S CENTENARIANS KEEP THE SPIRIT ALIVE

Celebrating life, love and longevity was the theme on February 21st when five of our residents, all 100 years or older, were feted in grand style. Helen Goslinski 101, Enfrozyna Kaminski 109, Doris Martin 102, Nettie Dabeka and Amy Drake, both 100 years old, were the focus for our ensemble Centenarian Celebration.

The event paid special tribute to these five fortunate women who will also celebrate on their actual birthdays this year. The celebrants were joined by over one hundred family, friends, residents and special guests who came to mark the occasion. Highlights of the festivities included a special serenade by a barbershop quartet, and an appearance by St. Patrick in full costumed glory.

"We're lucky enough to have five people celebrating in their hundreds; it's a special opportunity for our Home," Barbara Duggan commented, "We celebrate them as friends."

Our Centenarian friends enjoyed high tea and scones and especially appreciated the staff who dressed in formal nostalgic wear in their honour. Formal hats, gloves and fancy dresses added to the more traditional birthday accoutrements of colourful balloons and birthday cake.



Wise advice was also dispensed along with the goodies. Alicia Martin, Manager of Spiritual Care for the Home offered "These five wonderful women share several key

characteristics from which others can learn, perhaps most notably, that their strong beliefs and faith has played a very central part in their lives."



Perhaps the optimistic nature of the five honourees has also contributed to their longevity. As Mrs. Goslinski remarked, smiling broadly "I have to make it to 105. Then I can celebrate again!"

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

Linda's Corner



Our lengthy 'old fashioned' winter has brought with it more than enough snow and it has also brought out some of St. Pat's best human dimensions. The recent onslaught of 50+cm. of snow caused incoming staff to be delayed with some employees unable to get here at all. An example of the best in human caring is beautifully reflected in a message sent Sun. March 9/08 at 11:30 p.m. by Sharon Racine RN - Night Charge Nurse:

"Hope by now everyone is dug out, at least partially! Just want to express my appreciation to all staff who came together on March 8 and 9 and averted what could have been a total disaster. Sunday morning several of our staff were unable to make it to work in the wake of the storm. When night staff realized how compromised the day shift was, many stepped up and worked overtime in order to provide care to our residents. Same thing happened on evenings and many day staff members worked double shifts. We even had evening staff working overnight when night staff unable to get here. It is amazing what an incredible group of people we have working here. There was no arguing between shifts, no complaining at all. Most were able to see the humour (maybe a poor choice of words but I expect you get my drift) in the situation...no kitchen staff, one housekeeper etc..."

Everyone just worked extra hard and did their very best to keep St Pat's running as smoothly as possible

Special thanks to Jim Videto for working overnight (I know he loved it!); to Dan Anderson and other maintenance staff who pushed people out of the parking lot in the middle of the night, and for managing to keep walkways plowed and shoveled (must have been grueling).

There is so much more to say...just want everyone to know how very grateful I am for all the help."

Sharon

We are blessed in so many ways by the integrity and commitment of our staff and volunteers. Each person brings special skills and individual personalities to St. Pat's and when they blend their talents as a team, we experience work that is rewarding and a special place that is welcoming for all.

REDEVELOPMENT

Redevelopment dialogue and intensive planning continues with municipal and provincial officials and decision makers. We are seeking assurances that we can merge construction of the 96 new beds awarded in August/07 with the existing 202 bed complement in need of upgrade for a total estimated cost between \$55-\$60 million. The Ministry funding formula is scheduled for release in early June which could give us another go-forward point in our plans. As well, the St Patrick's Home Foundation is poised to launch an enthusiastic 'friend-raising/fund-raising' campaign in support of a new building at 2865 Riverside Drive.

A meeting is scheduled with representatives of the Premier's office in late March. Given recent coverage of the hospital bed crisis throughout the province and particularly in Champlain District, we are optimistic that our project will be given priority status and confident that we can be part of the solution.

In the meantime as all pieces of the redevelopment puzzle come together, the residents we care for continue to amaze us with their resilience, their life stories and the network of family support and relationships they bring to enrich our work lives. A smile and a look of gratitude from a resident can inspire even the most fatigued worker and inspire them to return another day – even through sky high snow banks!! For that we count our blessings every day.

*Linda Chaplin
Executive Director*

Profiles

Day Program Member: Leona Moeser



Born on September 8, 1915 in Montreal Quebec, Leona was the second eldest of five girls and four boys. Her father was a tinsmith and her mother took care of the nine children and the busy family home. Leona had her first trip at two weeks of age as her father's employment necessitated a family move to Quyon, Quebec.

As the second eldest child, Leona helped out, as so many had to in those times, by being a "big sister" and taking care of her brothers and sisters. She also acted as a valued assistant to her mother and frequently did the grocery shopping for the family. Leona and her parents and siblings faced the difficult depression years with strength and determination. When her father was unemployed, the large family learned how to make do with scarce resources.

As a teenager, Leona, strong and independent, left home on her own to live with an aunt in Ottawa where she attended secretarial school. The aunt had an 18 month old child and so, having much experience with children, Leona helped out with the child as needed. On week-ends Leona took the train back

home to visit her loving family.

Leona worked with the law firm of Smart & Biggar where she remained part time for many years. Her role included interviewing prospective staff for the law firm and recommending to the lawyers those who should be hired as new staff. She was highly respected and valued by her colleagues, and remained part time with them until she was 74 years of age. She had to finally ask for her "pink slip" as they were not keen to lose such a great employee.

Leona met her husband through her work, and they married when she was twenty one. Her husband also came from a large family of six children that included three boys and three girls. He worked for his brother's grocery store and later joined the army. Once married, Leona became an instant stepmother to a lovely three year old little girl, and then had three beautiful daughters of her own. Her upbringing taught her how to be frugal. She sewed and knitted many beautiful clothes for her children, and enjoyed cooking for her large family.

Leona and her husband bought a cottage in Constance Bay where they spent many enjoyable summers. Her children and nine grandchildren still enjoy fun times at the cottage during the summer months.

Once the children were grown up, Leona and her husband took a cruise on the Empress of Canada to Italy and other European countries. Sadly, thirty three years ago at the age of 59, Leona became a widow as her dear husband passed on.

Leona now lives independently in a house in Alta Vista and comes to the St. Pat's Day Program weekly. Her hobbies included music, plays, and taking long walks. She stopped driving her car at the age of 88 and does miss not having a car. She loves to watch golf although she has never golfed herself.

She has had a healthy life and attributes her good health to eating lots of fruits and vegetables, fish, chicken and some, but not a lot, of meat. She also feels that eating three meals a day on a regular schedule is good for one's health. She sleeps very well and attributes this to not eating before bedtime.

Leona has been coming to the Day Program for two and half years and said that she "likes everything about the Day Program". She likes the fact that "everybody meets you with a smile" and she says that it is "a nice place to come and I look forward to it".

It is a pleasure to have Leona in the Day Program. Her smile, sense of humour, friendliness and her innate good humour, dignity and elegance serve as a role model for us all.

*Mary Carson
Volunteer*

Snippets of News & Information



Emails to Residents

Did you know that on the St. Pat's web site there is a service that allows families and friends of residents to send an email to a resident in the Home?

True and FREE! If you have access to a computer and have an email account, you can send your loved one an email and it will be included with the next mail delivery (Monday to Friday). Your email is directed to the Receptionist. She/He will make sure the print is a large size, then she will print it, fold it, place the resident's name and room number on the outside and put it into the regular mail delivery for the resident's unit. It's as simple as that.

Where do you find this wonderful service? Go to our website, www.stpats.ca and go to the tab called "Who We Are", then "Send an Email" then "To a Resident".

P.S. You actually can just use the email address residents@stpats.ca but we want you to take the time to look around our web site which is full of helpful information.

P.P.S. Please, do not send attachments.

Emails to The Home



In a similar fashion, you are able to send an email to the Home. This is our electronic Suggestion Box, and like any suggestion box, we need a signature on your email. We welcome suggestions, comments, complaints and praise.

If you do have a complaint, please be objective in what you say: include the date and time, who was involved, what happened. Please describe what would have been observable to anyone who might have been there.

This service can also be found on our website, www.stpats.ca. Again, go to the tab called "Who We Are", then "Send an Email" then "To the Home".

P.S. This email address is here@stpats.ca.



Accreditation 2008

St. Patrick's Home will be welcoming surveyors from the Canadian Council on Health Services Accreditation (CCHSA) on April 14th and 15th. CCHSA is a national non-profit independent organization whose mission is to improve the quality in health services. CCHSA itself has received three accreditation awards from the International Society for Quality in Health Care (ISQua).

St. Patrick's Home was the first long term care facility in this region to participate in accreditation and has been accredited continuously since 1976.

The process of the survey days and preparation for accreditation has changed significantly since our last survey in 2005. Team meetings are no longer *de rigueur* and the self-assessments have been replaced by several questionnaires, the results of which guide the development of action plans. A focus this year is on the "Culture of Safety." Required Organizational Practices (ROPs) arise from the emphasis on safety (residents' and

staff), for example, "There is an effective Preventive Maintenance Program."

During the survey days, the surveyors will be examining our processes from start to finish, whether it be the process of a client applying to be a resident through the admission process to their residency in the Home today or the process of assessing the needs of the building, determining what needs to be purchased, deciding on the supplier, receiving the purchased goods, introducing the equipment, training people to use it safely, maintaining it and determining when it is no longer serviceable. These processes are called "Tracers" and there are about seventeen of them.

As always, Accreditation is a learning experience for all of us, and we will benefit from it.

Visiting Pets



For the safety of residents, staff and visitors and other animals that may be in the building, we ask that animals brought into the Home be registered. Once a year, we ask that the owner visit the Reception Desk to register each animal with the Receptionist. Please bring a copy of the pet's current vaccinations, including rabies.

You will be given a brochure to read, and will be asked to complete the Home's "Checklist for Visiting Pets" wherein you will state that you have read and agree to abide by the guidelines set out in the brochure.

(Continued on page 5)

Snippets of News & Information, continued



C-HOBIC



C-HOBIC or Canadian Health Outcomes for Better Information Outcomes and Care is a government project that will link to our existing MDS-RAI project (without adding extra workload to nursing). Nurses would enter resident assessment data into the add-on software. This will allow the data to be abstracted into a provincial electronic health records for use by nurses and other health care professionals as well as administrators and researchers.

The project is funded by Canada Health Infoway Technologies and driven by the Canadian Nurses Association.

St. Patrick's Home has submitted an application to participate, as recommended by a Canadian Nurses Association project representative who provided us with an overview of the project. St. Patrick's Home will use recent government funding for a newly created Registered Practical Nurse position, to take the lead on this project.

Visit www.cna-aiic.ca/c-hobic for more information.

'Think you know nursing? Take a closer look.'



Where Are We Now - RAI-MDS?

In March 2007, St. Patrick's Home of Ottawa Inc. was accepted in Phase IV of the Resident Assessment Instrument- Minimum Data Set Project. RAI-MDS is a computerized clinical

assessment instrument. This system promises accurate data in quality management, regulatory quality monitoring of activities and clinical care planning.

Since March 2007, the entire Interdisciplinary Team has been involved in training and careful implementation. Nicole Fulford, Registered Nurse and Project Manager, has stepped into the role of RAI-MDS Coordinator with energy and commitment to coordinate all training activities, audits and education for the project. Her competence and dedication in assessing coordinating and supporting us has kept us on track with project deadlines. Laurie Brown, RPN has been instrumental in completing initial assessments and supporting other staff members.

In a second step, RAPS (Resident Assessment Protocols), helps us organize MDS data to develop each resident's individual care plan. This adds an additional 3-6 hours of information collection for each resident. Each RAI-MDS assessment may take up to 4 hours to complete in addition to time spent on auditing. A RAI-MDS assessment must be completed on admission, quarterly, change of condition, annually and discharge, as well as when a resident's condition changes.

Strict data submission deadlines to the Canadian Institute for Health Information (CIHI) are mandatory. In May 2008 an audit team will visit the Home from the RAI-MDS Project to review our processes and evaluate our data for accuracy and quality.

Although not directly accountable for MDS accuracy as Director of Care, Beryl Belliveau is responsible for sufficient nursing staff to provide nursing and related services for resident care. A recent issue of *Geriatric Nursing Magazine* Dec. 2007 showed that 8 years ago in 2000, average RN staffing for all aspects of care per/resident/day

in LTC facilities in the USA was 0.6 hrs. (36 minutes) or 12 minutes per/resident/each 8 hr. shift. At St. Pat's, an RN is accountable for 2 units and up to 77 residents. Applying the same formula, St. Pat's would need another 4.8 full time equivalent RN position to meet the US staffing standards of 8 years ago.

As we celebrate 100 years of Nursing in Canada, the scope of practice expected of Registered Nurses is underestimated and undervalued. The Centennial Celebration theme '*Think you know nursing? Take a closer look*' is an overdue challenge to educators, policy makers and funding authorities to properly resource this vital profession.

Since most of the responsibility of the RAI-MDS project relies on nursing's demonstration of competence for completion, we appreciate the managers, residents, volunteers and families for their understanding of the vastness of this project.

*Beryl Belliveau
Director of Care*

CARING AND SHARING

Caring and Sharing is a community based BABY DOLL PROJECT created by the Ottawa Doll Guild. During the past six years, the Guild has collected, cleaned, dressed and donated over 188 baby-sized dolls to long term care residents in the Ottawa area. St. Pat's has received over 88. Nurturing these dolls brings peace and joy to residents who are suffering with Alzheimer patients.

If you are able to support this project, contact Pierrette Houde at 613.521.6840.

(Continued on page 6)

Snippets of News & Information, continued

Flax Flour



Nutritional Services in the near future will be incorporating flax flour into various menu items to promote natural bowel care. The purpose of this program is to improve the laxation of our residents and ultimately decrease the use of pharmaceutical laxatives.

soluble fibre to control diarrhea. Other known benefits of Flax Flour are reducing cholesterol and moderating absorption of glucose. Flax Flour is ground from the flax seed which is an oil seed, with no known allergies and is gluten free.

*Kristiina Laskujarvi
Registered Dietitian*



Flax Flour will be incorporated into hot cereals, baked items, and casseroles for example.

Flax Flour has both insoluble fibre to help minimize constipation but also

St. Patrick's Day Parade



On Saturday, March 15, a group of 27 Residents, Day Program members, Family Members, Sisters and Volunteers boarded a special OC Transpo bus to take part in the St. Patrick's Day Parade. As usual, Frank Fata was our "chauffeur".

The bus was painted green from stem to stern, arranged by Frank with OC Transpo and Wallack's Art and Drafting Supplies who supplied the paint. We won the "Best of All Other Entries" award. Kudos to OC Transpo for providing the bus and to Frank for once again donating his time, efforts and contagious enthusiasm on behalf of our Residents. A special thank you to Wallack's for making us "green". This special

event could not happen without the always enthusiastic assistance of staff and volunteers, so a great big thank you is extended to all who participated.

ERIN LUNCHEON



Spirit Alive Foundation Update



Irish Eyes are Smiling

Due to tremendous community support, Lottery 2008 was another sell-out success raising over \$145,000.00 for the residents of St. Patrick's Home! Through the generous support of 2,000 members of our community, and in partnership with our incredible volunteer team, this project has once again proven that the Spirit is Alive at St. Pat's!

Many thanks to our Honourary Chair CTV News at Noon Anchor Michael O'Byrne, Chair Brent Conley from the Ottawa Citizen, Mary Kealey, Chair of our Parish Campaign, Louise Bourbeau, Chair Administration, and additional helpers Muriel Inglis and Karen Joynt.

Special thanks to Foundation Board members Greg McEvoy, Jan Kaminski and Sr. Anna Clare for their ambassadorship of this project.

Notably, the Parish Campaign enjoyed unprecedented support this year, with almost 400 tickets sold at the Parish level. This incredible response was largely due to Champion Mary Kealey who devoted most weekends to spreading our message at the Church level.

Kudos to our corporate sponsors The Ottawa Citizen, Moe Atalla at the Newport Restaurant and Moncion's Independent Grocer for their generosity.

The Annual Erin Luncheon was another great third party event to benefit the residents of St. Patrick's Home, raising approximately \$7,000.00 for the special needs of our residents. Many thanks to the Irish Society of the National Capital Region for partnering in this "friendraising" event which has become a



Julie Connolly—Jane LeBreton-Jennifer Conley

signature party for "Irish Week". Committee members Bill Tobin, Jack McManus, Jim Dineen certainly showed their love for our Home through their work on this event.

Plans are already underway for the Annual Golf Tournament which will be held on Thursday June 19th at the Canadian Golf & Country Club. Once again Tierney Stauffer LLP will be leading the charge to ensure this event raises over \$50,000.00 for our Home.

You make our projects a success and on behalf of the residents, Sisters, volunteers and staff of St. Patrick's Home, a cheerful and grateful thank you for your wonderful support and friendship.

If you would like to participate in any of our events, or support the work of the Foundation, please contact Jennifer Conley at 613-260-2739. New brochures outlining our key projects and opportunities are available throughout the Home for your interest.



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Phone: 613.731.4660
Fax: 613.731.4056
E-mail: here@stpats.ca

Greetings from the Family Council

Upcoming Workshop Raises Awareness on Nutrition

Greetings from St. Patrick's Home Family Council. A very early Easter time has passed us by and Spring is upon us.

I'm very pleased to report that the Family Council will host a Workshop on Nutrition with Paul Harris, Manager, Nutritional Services. It will be held on **May 26th** 7:00 p.m. – 9:00 p.m. (**not April 21st as originally planned**) in the library, centering on useful information regarding this issue: nutritional concerns of the Home, feeding practices, regulations, individual meal planning, dietary needs, compliances and other important topics. Refreshments will be served at the halfway point in the evening, followed by a question and answer period covering residents' and family/friends concerns. There may also be questions about the new Ontario legislation and nutrition. We hope you will be able to come.

A challenge for the St. Pat's Home Family Council has been the need for money to keep our programmes going. The Family Council does not have an Income Tax number, but you may contribute to it by writing a cheque to St. Patrick's Home of Ottawa and writing a *designated donation* by placing "St. Patrick's Home Family Council" on the left hand bottom line of the cheque.

Thank you for considering these two worthwhile items: The Nutrition Workshop, and making a donation to our programme.

Barbara Brush,
President

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 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 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
- Support the Foundation's Work.....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.