

Spring 2007

Spirit Alive

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

St. Patrick's Home of Ottawa Inc.

Hair Salon Receives New "Coiffure"

In January, the Hair Salon / Barber Shop was closed for two weeks, and when it opened, it was a whole new creature of beauty.

Renovations were funded by monies provided through the Ladies' Auxiliary. The work was done by our very competent, willing and speedy Maintenance crew and the results are dazzling.

Change is already visible as you come down the hallway—amazingly bright light spills out into the corridor from the two open doors. This creates a great atmosphere and makes it so much easier for Joanne to create her masterpieces. The room, so cheerful, and so much larger with the removal of the room-length closet, also boasts some new tiling and wall decorations. You might believe you were in a salon on Park Avenue.

We've seen a few transitions in the Hair Salon in personnel over the last little while. Shirley Perras, hairdresser of many, many years decided to retire and the work was shared by the two Joannes, Joanne Dowdall and Joanne Clarke. Last Autumn, the second hairdresser, Joanne Dowdall, decided to move on, and our current artist of the scissors, Joanne Clarke, who thoroughly enjoys her work with the seniors, took on the full time position with enthusiasm. When asked about the new renovations it was clear that Joanne was well aware of the Ladies' support for the project: "They must have sold a lot of shamrocks," she said.



Joanne Clarke

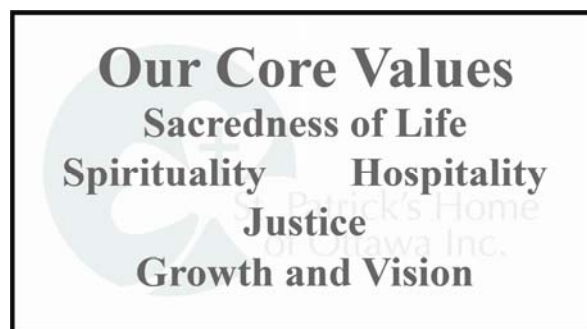
St. Patrick's Day Parade

Saturday, March 10

As part of Irish Week celebrations, a group of residents, Day Program members, family members, Sisters and volunteers boarded an OC Transpo bus to take part in the St. Patrick's Day Parade. Frank Fata, an OC Transpo bus operator, was our driver and he took very good care of his special passengers.

Although the weather did not cooperate - it was cold, with precipitation ranging from freezing rain to just plain rain - a great time was had by all. The bus was decorated inside and out. Everyone was warm and dry on the bus, and music, refreshments and fun were the order of the

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LINDA'S CORNER



The corner of the world that I live in tells me that Spring is in the air which always brings with it a sense of optimism for growth and renewal.

On the notion of growth, the Ministry of Health and Long Term Care has issued a Request for Proposals for 96 new long term care beds for Ottawa South to ease the crisis in hospitals and wait times for long term care accommodation. St. Patrick's Home Board of Directors has approved proceeding with our application for these beds. If our proposal (due in early April) is approved, these beds must be built and ready for occupancy by March 31 2010 and our future capacity would increase from 202 to 298 residents.

Sincere appreciation is extended to staff and volunteers in all departments who continue the enthusiasm and spirit of our founders to make each day pleasant and meaningful for our residents and their loved one.

Sincerely
Linda Chaplin
Executive Director

P.S. If you have concerns or suggestions for improvements in the way we deliver care and service at St. Pat's, please be sure to communicate with us.

UPCOMING EVENTS

Church Services

Palm Sunday

Sunday April 1, 10 a.m.
Collection for Shepherds of Good Hope

Reconciliation Service

Tuesday April 3, 1:30 p.m.
Chapel

Thursday April 5
NO 10:00 A.M. MASS

Easter Triduum

Holy Thursday,

Mass of the Lord's Supper

Thursday April 5, 7:00 p.m.
(The balcony will NOT be open)

Good Friday Ecumenical Service

Friday, April 6, 3:00 p.m.
(The balcony will NOT be open)

Easter Vigil

Saturday, April 7, 6:30 pm
(The balcony WILL be open)

Easter Morning Mass

Sunday, April 8, 10:00 a.m.
(The balcony WILL be open)

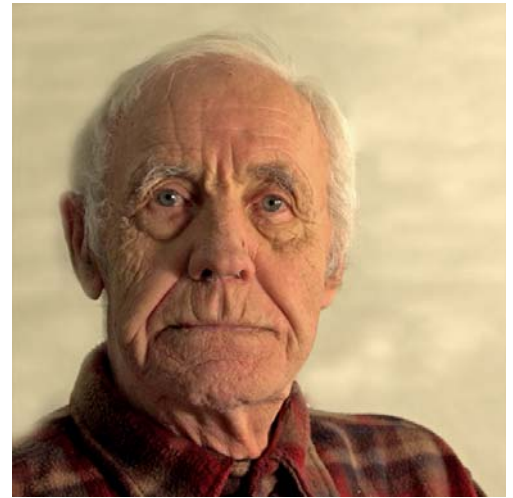


PROFILES

Day Program Member: Felix Molotkin

"You won't send me to jail?" the student asked. Felix said "I won't send you to jail today, and you won't do that again." This conversation took place at the mine where Felix was a security guard in Virginiatown, Ontario. It was a long road that had brought him to this point.

Felix Molotkin was born in 1924, in Ukraine before communism took hold – "it was OK then." He had two brothers and two sisters, parents and cows, horses and a house. After the communists came, the cows, horses and house were gone, and the family was moved into a communal building. He was able to finish Grade 7, after which he worked around the house. At some point in this take-over, notices were posted on houses of the rich saying "Deportation" and most of these village people were shipped to Siberia. Some were able to escape to western Canada.



When the Second World War started, he was captured by the Germans and taken to Germany for farm labour. As he was in what he called the "British section" of Germany, he emigrated to Great Britain after the war, where he met his wife. His wife had asthma and suffered greatly from the foggy and damp climate of Britain; doctors told Felix that he needed to get her out of the country and suggested Canada or Australia. He chose Canada and never regretted that choice.

They moved to Virginiatown, Ontario where he worked for over 30 years in the gold mine there. Felix is a tall man and when he described the work, he compared it to the work in coal mines, by pointing to the ceiling and pointing to the floor. "Coal mining, you have to work on the ground. I am so tall, I have to squat. Gold mining, I can stand." There was a twinkle in his eyes when he said this. He had found the right job for his height. Eventually, his back gave out, and that's when he turned to the job in security, at the same mine, and that's when the student learned his lesson about trying to smuggle gold out of the mine.

Felix and his wife had two children. Mike became a customs officer and is in Winnipeg and Linda is here in Ottawa, a medical assistant at the Ottawa Hospital. When Felix's wife eventually succumbed to heart disease, Linda asked her Dad to come and live closer to her. He moved to Carleton Place, where he lived in a Seniors' mobile home park at Lakewood Estates for thirteen years. He curled and kept active until his late 70s. When invited, he agreed to move in with his daughter and her family in Ottawa.

When asked about Ottawa, Felix said that he likes it. He is a member of the St. Pat's Day Program and attends on Monday and Thursday.

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Imagine this bus, painted green all over.

day. Many people braved the cold and wet to watch the parade and wave to the St. Pat's contingent - and they waved back in turn to their adoring audience.

This is a special eagerly awaited annual outing. We are very grateful to OC Transpo for providing the bus and to Frank, our "honorary chauffeur", for once again donating his time and efforts on behalf of our Residents. This could not happen without the always enthusiastic assistance of staff and volunteers - a great big thank you to all who participated.



SNIPPETS OF NEWS & INFORMATION

LAUNDRY LOST & FOUND

Janice Allen has noted that there is quite a collection of clothing piling up (neatly) in the Laundry without any owner. She encourages residents or family members to drop in to see if any of these clothing articles belong to them.

MARKING NEW CLOTHING

On a similar note, Janice reminds people to make sure that newly purchased garments intended for residents make their way to the Laundry for marking, before going into use, to prevent their ending up in the Lost and Found.

RESEARCH IN PARTNERSHIP WITH U. OF WATERLOO

St Patrick's Home will be part of a new research project with the University of Waterloo. We will be asking newly admitted residents/families and those admitted within the last year to complete a survey. The project will be examining the transition from Home and Acute Care to Long Term Care Facilities.

NEW THERAPEUTIC PROGRAM

We have started a Therapeutic Program offering Botox injections to those Residents who suffer from Focal Spasticity. This therapeutic injection provides long-lasting

muscle relaxation. For more information contact the Restorative/Rehabilitation Department at St. Patrick's Home.

INFECTION CONTROL

Influenza A is still in the Ottawa Community. Congratulations to all staff, visitors and Residents for containing our recent outbreak of Influenza A to 12 days. In March 2007, the Provincial Infectious Diseases Advisory Committee (PIDAC) issued a document *Best Practices for Infection Prevention and Control of Resistant Staphylococcus Aureus and Enterococci*. St. Patrick's Home follows these guidelines and protocols. We have also updated our policy and procedure on Clostridium Difficile (C diff, as the press calls it) .

COMMUNICATION BOARDS

On each Nursing Unit, you will now find "Communication Boards" where Nursing staff identify who is on duty during the current shift. The RN identified there is responsible for two units.

As of March 23

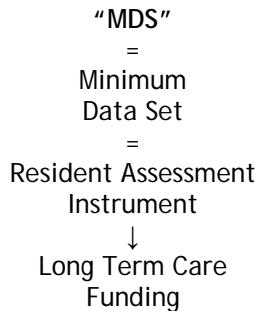
6 Homes currently have Influenza A (a respiratory outbreak)
7 Homes have an Enteric outbreak
2 have a "Respiratory, unknown type" outbreak (1 is St. Pat's)

Influenza Activity in Ontario: as of March 10th, 2007 4418 isolates (samples of someone reported to Public Health) were received with a total of 874 positive+ for Influenza A and 68 for Influenza B.

Nationally 614 viruses have been characterized at the National Microbiology Lab.
202 - A New Caledonia
382 - A Wisconsin-like virus
7—B Malaysia
23—B Shanghai. All but B Shanghai are included in this 2006/2007 vaccine.



SNIPPETS OF NEWS & INFORMATION



ST. PAT'S CHOSEN FOR PHASE 4 AS MDS EARLY ADOPTER

The Nursing Department announces our biggest news. St. Patrick's Home had been accepted as an Early Adopter Phase IV for the Resident Assessment Instrument Minimum Data Set 2.0 Common Assessment Project. This method of record keeping is used in more than 20 countries to manage the assessment, care planning and clinical care improvement for residents and patients. It also helps the Home manage its resources. Once it is up and running, the MDS assessment tool will be used by the government to determine funding for Long Term Care facilities. The training and implementation will take up to 15 months. Training begins in April 2007.

SUBSIDY (RATE REDUCTION)

In order to maintain subsidy, residents and/or family members responsible for finances must provide a copy of the *Notice of Assessment* from the previous tax year. This document is required by the Business Office to complete an **Application for Rate Reduction** by the end of June.

As well, residents who qualify for subsidy may be entitled to financial assistance from one or more government programs. The Business Office can assist the resident in applying for any benefits to which they are entitled.

NEW COMMITTEE FORMED FOR SKIN AND WOUND CARE:

In January, Nicole Fulford RN, Nursing Programs Director, took on the challenge of setting up the Skin and Wound Care Committee. In February the Committee met for the first time and began setting up its Terms of Reference. This Committee will meet quarterly and will oversee the quality of skin and wound care provided to the residents, and will continuously look for new "best practices" to improve our current protocols.

SPECIAL MEALS OVER THE EASTER WEEKEND

Paul Harris, Manager of Nutritional Services, and his staff are preparing some special meals for the Easter weekend, for Good Friday, Easter Sunday and Easter Monday dinners. You can check out the menus and make reservations through the web site, at www.stpats.ca. The cost per meal is \$12.50. Payment ahead of time is appreciated. (PS The menu for the Mothers' Day Brunch—\$15.25—is also available online.)



Profile

Board Member: Mary Whelan

This is the first in a series of profiles in which we will introduce you to the people who are setting the direction for St. Patrick's Home. The home is operated under the guidance of a Board of Directors made up of volunteers from many walks of life. They bring a variety of business, education, services and health care experience to the table.

Mary Whelan is in her fourth year as Chair of the Board of Directors, but her relationship with St. Patrick's Home goes back much further.

Residents will recognize her as one of the faces seen at Sunday morning mass. Mary joined the Pastoral Care team as a cantor almost twenty years ago. Today, she and Sr. Elaine Reaume are a team, leading the singing at mass on the third Sunday of each month.

'It is a joyful experience to sing with the residents and their families. I am so grateful to Sr. Zita (O'Grady) for introducing me to St. Pat's.' Mary tells us that Sr. Zita is a cousin and one of several Grey Sisters of the Immaculate Concep-

tion who came from her home town of Eganville. In fact, her eldest sister, Sr. Sheila Whelan, is a Grey Sister, doing pastoral work in Renfrew, Ontario.

It is truly a family affair. Mary and her seven brothers and sisters went to school to the Grey Sisters, as did the generation of Kellys who were her mother's family. Since she now makes her home in Ottawa, the link to St. Patrick's Home was a natural.

During her time on the Board, Mary has seen many changes at the Home and in the legislation governing long term care facilities. "St. Pat's was more 'residence' than health care facility when I first became involved. The President of the Residents' Council sat on the Board and residents were involved in making decisions about the programs offered."

"Today, our residents are more frail and less active, so it is all the more important to have a Board that is sensitive to their needs." Mary and her fellow board members try to balance the business of running a



long term care facility with a sensitivity to the homelike atmosphere our residents enjoy. Her background and experience in business and municipal services come in handy in discussions about making ends meet or about redevelopment of St. Pat's to keep up with new directions in care.

"But the real key," says Mary, "is to focus on the gentle folk who make St. Pat's their home. St. Pat's is a very special place, warm and welcoming, a people place. I hope and pray that we will always make decisions for the Home that respect that spirit."

*Easter Blessings to all in the
St. Pat's Family*



Foundation Update



The Foundation Team: Jennifer Seguin, Karen Joynt, Jane Le-Breton, Louise Bourbeau

The Foundation Team and its many wonderful volunteers have been very busy these last few months promoting Lottery 2007. It was quite a feat to sell all 2000 tickets by the end of February. A big thank you goes out to all of you who purchased tickets and promoted the annual lottery, thus raising funds of over \$130,000 to benefit our residents at St. Pat's.

CAPS OFF TO OUR LOTTERY TEAM!

The annual Erin Luncheon, hosted by the Irish Society of the NCR, was held at St. Pat's on March 9th as part of Irish Week Celebrations and was another smashing success. With an abundance of Irish Music, Irish Cheer, the best Irish Stew in Ottawa and a very successful Silent Auction, the event raised some \$10,000 for the Home. Congratulations to all of the Lottery Winners whose names were drawn by some very special VIP's at the Luncheon.



Gail Gavin, getting the crowd singing at the Erin Luncheon

And now with a little taste of this lovely Spring weather upon us, we hope that your thoughts have turned to "golf". The annual St. Pat's Golf Tournament sponsored by Tierney Stauffer LLP is a labour of love and we hope you will come out to join us on June 21st. This is a great fun-filled day that includes a light lunch, a round of golf, a decadent supper, Irish Music, draws, prizes and a silent auction all in support of our "Home." Watch the web site or call 613-260-2739 or 613-260-2738 for more info. Get your foursome in early before it sells out!

Volunteer's Corner

National Volunteer Week will be celebrated from April 15 - 21, 2007. What a wonderful opportunity for all to thank and recognize our volunteers for the support they give us all year round. The time, energy, skills and talents they generously lend, again and again, are priceless. Their efforts and dedication helps make St. Patrick's Home better, our community stronger and the world brighter for Residents.

THANK YOU TO VERY DEDICATED PEOPLE: ST.PATRICK`S HOME VOLUNTEERS

(Anyone interested in receiving information about joining the Volunteer team, please contact Suzanne Jeansonne, Coordinator of Volunteer Services at 613 731-0094 ext 235.)



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Fall Fundraising Auction Saturday September 29, 2007

St. Patrick's Home of Ottawa

St. Patrick's Home and *Walker's Fine Art & Estate Auctioneers* will be hosting a fun auction designed for collectors, dealers, and discerning buyers! Items to be auctioned include new, previously loved and quality heirlooms such as small pieces of furniture, china, jewellery and antiques—your unique treasures that need a new home! **Income Tax Receipts** provided for donated quality treasures!

Help us reach our goal - start spreadin' the news to your friends, neighbours and colleagues. Invite all to give a donation, attend the auction, make a bid, and have a fun day! Proceeds are in support of added comfort measures for our residents.

Contact Karen at the Foundation (613-260-2738) to arrange drop off of donations. Watch the next newsletter and the website (www.stpats.ca) for more details.



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 Ienzi, 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

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.