

Spirit Alive

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

St. Patrick's Home of Ottawa Inc.

Sr. Grace: A Visible Sign of the Presence of God Amongst Us

Another heading could have been: " 'Resident' of 4 Decades Departs for Pembroke" or "The Loudest Sens Fan Moves to Pembroke".

However it is said, the news flash for this newsletter is that Sister Grace Devine, g.s.i.c. was royally and religiously feted on June 11th as she made ready to move to Pembroke after over 4 decades of life, prayer and service within these walls. To those of us who have known her only recently, she is the librarian and the bringer of life to dead plants, daily tending to the greenery in the greenhouse, and to the supposed dead that we have brought ("Here, Sister, the pot is nice" - only to be surprised a month later with a revived African Violet). For those whose own careers led them here earlier, she was fellow employee and head Receptionist. Here is her story.

Margaret Mary Grace Devine

was born on the family farm in Fitzroy Township December 7, 1912. There were five children in the family, three boys and two girls. Joseph died in infancy. She attended Scott's School S. S. No.5, a one-room school covering the eight grades. She was baptized in St. Peter Celestine Church and attended Mass and Catechism classes there. Grace later went to Pakenham Continuation School. Having several religious relatives in the family, both priests and Sisters, at the age of sixteen, Grace felt the call to religious life. She applied to the Grey Sisters in Pembroke, Ontario and was accepted.

After entering the Congregation, Grace received the Habit and chose

her own name, Sister Mary Grace. After two years of Novitiate Sister Mary Grace was assigned to the Convent of Mary Immaculate (C.M.I.) for a year to continue her studies. Her first assignment took her to St. Patrick's Home for two years (1931-33) where she looked after the seniors. After two years there, Sister Mary Grace again continued her studies, this time at Eganville High School for a year.

She again returned to St. Patrick's Home in Ottawa where she had care of the children from 1934-37. In 1937 she was assigned to the Novitiate to be Assistant Mistress of Novices. This she did for twenty-two years, a task which she tells us kept her young in heart (1937-59). The Novices told us that she would have made a great detective because she missed nothing, was very observant and very quiet but knew all things. Sister Grace assured continuity in those formative years of young novices. The Mistress of Novices changed from time to time but the Assistant, Sister Grace, continued in



the support system for twenty-two years.

In 1959, Sister Grace again returned to St. Patrick's Home where she cared for the children and was Supervisor. After two years there, she returned to the Motherhouse to serve for three years.

When the new St. Patrick's Home was completed on Riverside Drive, Sister Grace was assigned to be in charge of the men's floor (1961-64). Little did she know that she would be in service at the Home for the next forty years. Over those years

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Our Core Values

Sacredness of Life

Spirituality Hospitality

Justice

Growth and Vision

Linda's Corner



At this writing we are still awaiting the Ministry's response to our April 13 application for 96 new beds. A public meeting was held in Ottawa June 7 for Ministry officials to hear any objections that members of the public may have. I am pleased to report that there were no objections to our proposal however it is important to note that there were 4 competing bids so we are by no means assured of ultimate success. We bring a number of positives to the table including 140+ years of

history as well as our reputation for excellence in care and we remain optimistic that these attributes will be considered favourably in the decision process. In the meantime, the Board's Corporate Development Committee has been developing various approaches to scenarios that the Ministry's decisions in this matter will provoke.

MANAGEMENT STAFFING CHANGES

I am please to advise that our former Business Office Manager Marilyn Willms has accepted the Director of Finance position effective June 4, 2007. Marilyn is a Certified General Accountant (CGA) and has been with St. Pat's for over 9 years.

Additionally, David Wainwright has accepted a new position at St. Pat's as Manager of Resident and Family Services effective June 11, 2007. David is well known and respected through various positions including reception and maintenance in his 19 years of service at St. Pat's. In addi-

tion to his role as Social Worker, David will join the management team and assume responsibility for Recreation, Restorative Care, Day Programs and Independent Living.

AT THE END OF YEAR ONE

As I enter my 2nd year among the St. Patrick's family, I would like to thank all who have supported my learning curve in Catholic health care as well as changes that disrupted the status quo. Throughout changes accomplished and changes yet-to-come, I can truly say that the values of our founders continue to be lived and shared in all decisions on a regular basis. It is a privilege to be part of this environment with many talented individuals and teams and one that I am thankful for every day.

Sincerely

*Linda Chaplin
Executive Director*

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Sister Grace served in many capacities; Sacristan, Receptionist, Local Leader, in charge of floors. You name it and she did it. Her present work takes her to the greenhouse which she loves. This Irish lady has a very green thumb! She is also in charge of the Residents' Library.

For her 90th birthday, Sister Grace was escorted by three fine Irish gentlemen to a Senators' game in Ottawa. The three were Fathers Bill and Len Lunney and Hugh Nugent. Father Bill says she knew every player and position, showing a far greater knowledge than they ever imagined!

In the year of 2004 Sister Grace, still on duty at St. Patrick's Home, celebrated seventy-five years of service in the Congregation; years of service to her God, her Community and the many seniors and children she has served over the years. Of the seventy-five years in religious service, Sister Grace has worked at St. Patrick's Home for more than fifty of those years, a record In Itself.

On June 11th, 2007, a very fine party was again held in her honour, wishing her well as she packs for her next move, this time to back to Pembroke. The highlight of the gathering was the presentation of the Senator's sweater, emblazoned with the name "Devine" across the back. Sr. Grace is Devine indeed.

Profiles

RESIDENT: Francis Wallace

Walking into Frances Wallace's room and seeing the numerous pictures on her walls, one gets a sense of a life full of love and family. Talking with Frances confirms that impression.

Born in 1924 in Hillsdale, New Brunswick, Frances still conveys that East Coast warmth and friendliness, generously sharing stories of her life. The baby girl in a family of five, Frances admits to being "a bit spoiled" as a child. It doesn't sound as though she'd be considered spoiled by today's standards, since she grew up on a dairy farm where horses and people still did all of the work and there were no tractors or equipment to ease the load. To go to high school, Frances needed to board with a family 30 miles away in Saint John, New Brunswick, but she made the best of it and even went on to further education, taking a business course that led to a secretarial career.

One of her first jobs was on the Navy base in Sydney, Nova Scotia, during World War II. She stayed there until after the war, when she applied for a transfer to Ottawa. She succeeded, and the Federal government happily paid her travel expenses to gain her secretarial skills. Frances' first impression of Ottawa was that it was beautiful and that "it had all the green grass in the world". Relaxing with new friends and eating her lunch on the lawn on her first day of work, it seemed like she had made a good move.

Her first boss in Ottawa was Liberal cabinet member Paul Martin Sr. - "an interesting man and a wonderful person". But working with him seemed

to have less impact politically than it did romantically, since it was Paul Martin's Executive Assistant, Dan Wallace, who made more of an impression on her. She married Dan in 1953. By doing so, she expanded her family even more than she first realized, marrying into a strong Scottish clan and quickly getting to know Dan's seven brothers and seven sisters.

She and Dan both left politics shortly after marrying. Dan went into Tourism and the two of them traveled to a number of locales for his career, including stints back in Nova Scotia, several trips to Europe, and 2-1/2 years in the Bahamas. Although the weather was nice in the Bahamas, Frances "missed the Grey Cup", so they eventually moved back to Ottawa and picked up on winter sports again, including downhill skiing in the Gatineaus. Frances and Dan had one son, named after his father. Dan Jr. and his wife, Lise, live and work in Gatineau, with their two teenage daughters, Megan and Tamara.

When Dan Sr. "finally" retired in 1986, he and Frances returned to Nova Scotia, settling in an idyllic 100-year-old house near Truro, with five acres of land and a "river leisurely drifting by it". Unfortunately, Dan had heart problems and, after four heart surgeries, he passed away in 1993. Frances stayed in the house for several years after that, at least during the summers - she may be the only Snowbird who chose to live in Ottawa during the winters, near her only son and his family.

It was her son who suggested she move to Ottawa permanently, after Frances had a stroke in 1998. Dan Jr. investigated "every nursing home in the city" before he recommended St. Pat's to his mom. Frances agreed to make the move and has been a resident of St. Pat's since October 1999.

Recently, Frances became President of the St. Patrick's Residents Council, attending monthly meetings to keep abreast of news and changes at St. Pat's and to communicate "what's going on" to the residents. Being relatively new to the position, Frances comments that she's still sorting out what her role needs to be, but she recognizes that it's important for the residents to have a voice "if you want to make any changes".

When asked what St. Pat's activities she participates in, Frances commented, "I like to hear the choirs and the children's groups when they come - any of the events with music". She enjoys going to many of the movies as well and also considers it a "great advantage" to have the chapel on-site.

Curious how the Sens rally was going on the day of the interview, Frances mentioned that she grew up liking Frank Mahovlich (yes, a former Hab and Leaf, only becoming a Senator in the government, not on the ice). These days, Frances states that "Mike Fisher sounds like a good egg" and "it's all Go Sens Go now!"

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

St. Patrick's Home Family Council

The Family Councils Program was first launched as a pilot project in Ontario in 1998 when it was introduced and initiated in 13 long-term care homes, St. Pat's being one of them. Now, based on a 2006 Family Council Information Survey, there are 502 (approximately 80%) of Ontario long-term care homes with a Family Council.

Our present Council began in 2000. Over those six years we have been very busy working to improve the quality of life of residents and giving families and friends a voice in decisions that affect them and their loved ones. We've held educational workshops for family members, residents, Family Council members and

staff and, in turn, staff have come to our meetings and explained what they do at St. Pat's. We've worked on problems within St. Pat's, with the assistance of staff and the Executive Director and have had wonderful Christmas dinners with the Residents' Council over the past 4 years. Our longest running success is the Family Council Support Group for family members and friends that meets monthly.

Along with all the progress and exciting developments with our Family Council, there have also been challenges. One of the identified challenges to maintaining a Family Council is membership turnover, a transitional period which can often result

in a need to reform and re-establish itself.

St. Pat's Home Family Council is in

just such a period. If you are a family member who has a loved one at St. Pat's, or are the friend of one of the residents, or are one who has recently lost your loved one/friend and want to keep your connection with St. Pat's, consider joining our Family Council. Our next meeting is in the Shamrock Board Room on September 17.

Barbara Brush, President



Alcohol-Based Hand Sanitizers

One of the most pervasive conceptions related to hand hygiene is that alcohol-based sanitizers are drying to hands, when in fact the opposite is true. Alcohol-based hand sanitizers are less drying than soap and water!

The Home has automatic-dispensing Purell hand sanitizers at the entrance where visitors sign in and throughout the building. We ask that everyone use them upon entering and leaving the building, and as necessary throughout the building.

"Fact Sheet" on Alcohol-Based Hand Rubs:

1. In alcohol-based hand sanitizers like Purell, as we use at St. Patrick's Home, the active ingredient is ethyl alcohol.
2. Alcohol is a natural antiseptic

that has been used in the medical field for over 100 years because it kills germs in seconds, without water, and it evaporates quickly, leaving no residue on the skin.

3. The use of alcohol-based hand sanitizers of at least 60% ethyl alcohol has been shown to reduce illness and absence rates in places where germs are commonly spread, like schools and health institutions.
4. The Centre for Disease Control and Prevention (the CDC) recommends the use of alcohol-based hand sanitizers in schools,

Hand Hygiene refers to the use of handwashing or the use of alcohol-based rubs in order to stop outbreaks of communicable diseases.

hospitals and long term care facilities to stop the spread of germs.

5. Purell kills 99.99% of the most common germs that may cause illness in less than 15 seconds.
6. Alcohol-based rubs cause less skin irritation than frequent soap and water handwashing.
7. Alcohol-based rubs do not kill viruses.
8. Apply the product in the palm of your hand and rub your hands together, covering all surfaces of the hands and fingers. Rub until hands are dry. Hands must be dry to have protection.

Snippets of News & Information



MDS Project: On June 11th Nicole Fulford RN and RAI Coordinator launched our official "kick-off" for the Long Term Care Homes Common Assessment Project. St Pat's is one of 70 homes participating in phase 4 of the project which began June 2005. RAI-MDS is an assessment tool used by the entire care team and links to care plan development and quality improvement. Participation in this initiative will benefit both the province and the Home as lessons learned will be used to develop a detailed province-wide rollout plan once mandated for all LTC Homes. Over the next 12-15 months as Nicole leads the interdisciplinary team (i.e. all departments) through this project, terms such as MDS, RAI, RUGs, RAPs will come to have meaning.

Stay tuned for more.....

Annual General Meeting of the Board of Directors: The AGM was held on a lovely evening June 7th. This is the time of year that the Board of Directors celebrate the accomplishments of another busy twelve months, in the in the form of an Annual Report. They receive greetings from the Catholic Health Corporation of Ontario, our sponsor and also say "Good-bye" to any Directors who are leaving this year. This year, we said good-bye to Ed O'Connell, Bruce Manion, and Sr. Marguerite Hennessey gsic who had served for 10, 6, 2 years respectively. We also saw the transition in the Chair, from Mary Whelan (profiled last issue) to Don Burke. Don has been active on both the St.

Pat's Board (starting in 1996) and the Foundation Board (where he served as Chair for 4 years) and has served most recently as Chair of the Planning and Evaluation Committee of the Board. We don't lose the services and corporate memory of Mary Whelan who remains on the Board as Past Chair. New Directors are Sr. Diane Carty gsic, and Hugh Mullington.

What's Paul Harris Been Up To?: This could always be an item in "Snippets", because Paul is always up to something. He's an entrepreneur, in the best sense of the word so, in addition to providing a terrific Mother's Day Brunch and Father's Day and Canada Day Dinners, Paul has been thinking up ways to make money for the Home. For the June 7-9th time period, he raised over \$3300 providing parking and selling lunches and suppers to the officials and volunteers working the international track meet at the Terry Fox Centre. The Maintenance, Department's Rick Videto has made him a sturdy, portable BBQ for selling summer goodies to workmen who are on the construction job next door (as well as anyone else that passes by, I'm sure). As well, when the Hope Volleyball Tournament takes place in July, with the help of our very willing volunteers, Paul will organize parking for a fee. Last year he made about \$2000. Paul puts these extra dollars back into special meals for the residents, for example the special dinners on the Sundays leading up to Christmas.

Paul has also conducted his annual Sodexo Satisfaction Survey with the residents. Paul has every right to be pleased with the results of this year's survey, since the overall satisfaction ratings have risen 0.7 out of a possible total of 4, a considerable accomplishment.



A community Connection, with Paul in the Middle of It

Summer should be a lazy time filled with fun for youngsters excited to be out of school. Unfortunately, over 16 million children face hunger during the summer because the free or reduced-price school meals they need end with the last day of classes.

To help with this problem, Sodexo proudly provides thousands of meals to needy children through our 8 to 10 week summer Feeding Our Future program. This resourceful program donates food and labor necessary to provide summer lunches to children who would otherwise go hungry.

Feeding Our Future provided more than 318,000 meals during the summer of 2006 to more than 50 feeding sites across the U.S. and Canada. Today, it operates in 26 cities: Atlanta, Baltimore, Boston, Calgary, Chattanooga, Chicago, Detroit, Fort Worth, Halifax, Honolulu, Houston, Los Angeles, Miami, Montreal, Nashville, New York City, Oklahoma City, Ottawa, Philadelphia, San Jose, St.

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Louis, Terre Haute, Toronto, Vancouver, Washington, D.C. and Winnipeg.

Sodexo staff here in Ottawa volunteered for the next two months to produce an average of 269 lunches a day & volunteering an average of 250 hours. Paul states, "I am proud to be part of this volunteer effort in Ottawa. The program launch was this past Tuesday where I was part of a team that produced the first round of lunches." Paul went to Agriculture Canada where he and others went into production-mode to

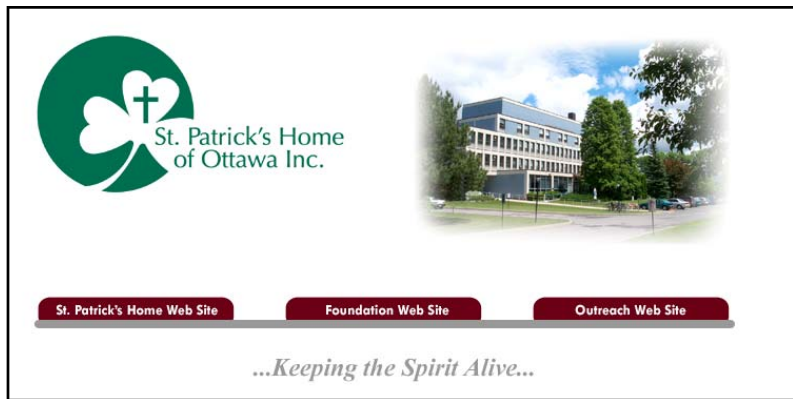
take the donated food from local restaurants and transform it into the lunches for approximately 269 children daily. "Second Harvest" then distributes the meals to Community Centres throughout the Ottawa region. Another good news story with a St. Pat's connection.

Thanks, Paul.

St. Pat's Web Site Gets Face Lift

On July 3rd the Home launched the third revision to its website, yet again bringing it a new look and new functionality for its users. The address is still the same— www.stpats.ca— but the look is updated and the content is both updated and much enlarged.

The New Opening Page to our Web Site



West Nile Virus & How to Protect Yourself

What is it? A disease transmitted to humans by mosquitoes (see our friend to the right).

And, yes, there have been cases in Ottawa area last year. There is no way to predict how serious West Nile Virus will be in any given year.

There are 3 things to do: 1) Use insect repellent; 2) Cover up when outdoors; 3) Clean up mosquito-friendly areas around your home.

The top 10 mosquito love nests:

- Bird Baths
- Old tires
- Unused containers like barrels
- Flower pot saucers
- Swimming pool covers
- Wading pools
- Clogged gutters and eaves troughs
- Clogged draining ditches
- Small containers like cans and beer tops
- Used children's toy's or vehicles

The best kind of insect repellent are those containing DEET, 30% for adults and 10% for children.

A light coating will do on exposed skin, (it can be used on top of clothing but not underneath clothing).

Healthy Info
line #: 1-877-234-4343



Foundation Update

Thank you!

So far, it has been a very good year! Two of our key events have enjoyed unprecedented success this year thanks to the generous friendship of our many supporters. Our Annual Lottery sold all 2000 tickets by the end of February, raising over \$140,000.00 for the urgent needs of St. Patrick's Home. Due to the generous friendship and support of our corporate community, our Annual Golf Tournament, sponsored by Tierney Stauffer LLP has raised over \$50,000.00 for our Home.

Along with our signature events, we have also enjoyed strong support from our Foundations, Corporations and Organizations that have positively responded to our appeals for support. We appreciate that they have made our residents a priority!

We also could not be successful without the generosity of each and every individual who has positively responded to our request for financial assistance. It is so rewarding to see how the families and friends of our residents respond to our requests to help "bridge the gap" between Ministry Funding and the financial realities of running our charitable, not for profit Home in keeping with our Core Values and Mission.

It remains a great privilege and honour to raise funds for St. Pat's and to "friendraise" and fundraise for such a wonderful Home! In response to the Home's need for financial assistance, we will continue to provide innovative opportunities for our extended St. Pats family to invest in our quality of care, such as through the Antique Auction in the Fall, and to respectfully request your partnership and support in "keeping the Spirit Alive" here at St. Pats!

For more information about our fundraising programs and opportunities for investment, please contact Jennifer Seguin, Managing Director of The St. Patrick's Home Foundation, at 613.260.2739, via email jenniforseguin@stpats.ca . Feel free to visit us at the little grey and green heritage Home on the south side of St. Patrick's Home.

Fundraising Auction

NEW TO YOU AND VINTAGE TREASURES

FROM YOUR HOME TO OUR HOME

Fall Fundraising Auction

Saturday September 29, 2007

St. Patrick's Home of Ottawa



With the support of Walker's Fine Art & Estate Auctioneers,

St. Patrick's will host an auction.

Items to be auctioned include **quality heirlooms** - your unique treasures that need a new home!

Start spreading the news - donate your items, attend the auction, make a bid, and have a fun day!

WE ARE NOW ACCEPTING DONATIONS

Contact St. Patrick's Home Foundation

Tel: 613-260-2738

Fax: 613-260-3382

email: foundation@stpats.ca

2865 Riverside Drive
Ottawa ON K1V 8N5
Canada

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

Wishing You a Safe & Fun Summer

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 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.

