

Spirit Alive

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

St. Patrick's Home of Ottawa Inc.

Music for the Soul

St. Patrick's Home of Ottawa is now offering Music Therapy to its residents and their family members. Rachel Ringland, Music Therapist Accredited, visits the home each Wednesday morning for a group session and is available for individual paid sessions upon referral.

What is Music Therapy?

The Canadian Association for Music Therapy defines this treatment as *"the skillful use of music and musical elements by an accredited music therapist to promote, maintain, and restore mental, physical, emotional, and spiritual health. Music has nonverbal, creative, structural, and emotional qualities. These are used in the therapeutic relationship to facilitate contact, interaction, self-awareness, learning, self-expression, communication, and personal development."*

Music therapists use a variety of different techniques with clients in order to stimulate active participation and to work on non-musical goals. Interventions include music listening, lyric discussion, imagery

and music, rhythmic movement, song writing and composition, singing and instrument playing, as well as vocal/instrumental improvisation. Music therapists are also trained to assess, evaluate, implement treatment plans, and document results.

In addition to working on a variety of non-musical goal areas, music therapy aims to promote a meaningful environment in which residents are encouraged to share their personal reflections and vivid memories. Group discussion can be a vibrant part of each session.

Following an assessment, clients are recommended for group and/or individual sessions based on their individualized non-music goal areas. Treatment processes may be short term (i.e. 12-16 weeks) or ongoing.

Please visit www.musictherapy.ca for more information.

Benefits from Music Therapy

Research demonstrates that older adults in long term care facilities greatly benefit from music therapy. Studies have shown a multitude of positive effects including: better awareness and concentration, en-



Rachel Ringland

hanced interest levels and social interaction, increased sharing and co-operation, improved memory and recall, increased mobility and coordination, decreased physical pain and improved recovery time after surgery, reduced tension and increased relaxation. Music therapy also provides a non-threatening and acceptable outlet for emotions which promotes a happier outlook on life and increased self-esteem. In end-of-life care it can decrease the perception of pain and facilitate the release of endorphins.

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Our Core Values

Sacredness of Life
 Spirituality Hospitality
 Justice
 Growth and Vision

Linda's Corner



I hope by the time you are reading this, that summer will have finally arrived. Regardless, we continue onward.

Redevelopment

On the redevelopment front, we were encouraged by remarks given at our Annual General Meeting on May 28th by John Fraser, Premier McGuinty's representative in Ottawa. On June 17, 2009 the City's Committee of Adjustment application for minor variance was approved, completing one more step of the

process. The formal Ministry of Health application is due July 31/09 with approvals anticipated in early Fall 2009.

We continue redevelopment work on many other fronts including the proactive launch of internal Focus Groups and site tours of new long term care facilities. This will provide a frame of reference for all participants and feedback to our architect and consulting gerontologist as they design the spaces that will assure optimal placement and functionality for resident care at the new St. Pat's. Focus Groups will continue throughout the planning stage and will broaden to include Family & Resident Council representatives, family members and other interested stakeholders.

We are asking challenging questions of our participants such as the coining of a theme such as 'Our Voice in Change' and how to use the naming of areas to make them less institutional and more home-like. Examples of naming might be to call the Nursing Station a 'Communications Centre' or 'Care Centre' and the Tub Room a 'Bathing Cen-

tre' or 'Spa'. We value the feedback that Focus Groups bring to the design process which will also include best practices in providing care such as elements that make infection prevention and control a priority.

Day to Day

We remain committed to marrying the rich history that the Grey Sisters bring to St. Patrick's Home with what we will become in the future to create **'the best'** place for our residents, their families, our staff and volunteers. In the meantime, every day all day, our residents are assisted to live each day comfortably, with dignity and as fully as possible in a compassionate, faith-filled community.

Once again, if you have questions, concerns or suggestions for improvement in care, please communicate by telephone, letter, e-mail or simply drop by.

Sincerely,

Linda Chaplin
Executive Director
lindachaplin@stpats.ca

Music for the Soul, continued

(Continued from page 1)

Music therapy is also client-centered and family-focused. Family members are encouraged to participate in sessions with the residents. Sharing music can be a meaningful way of connecting with loved ones who may no longer be able to communicate verbally.

What is the Cost of Music Therapy?

St. Patrick's Home of Ottawa is currently funding a weekly music therapy group. Please contact the activation staff if you are interested in referring yourself or a loved one to the program.

Rachel Ringland, BMT MTA, is also available on Wednesday mornings for individual sessions. She can be reached at rachelringland@hotmail.com or 613.223.2000 to discuss rates and scheduling.

STAFF PROFILE: Jim and Rick Videto

Since the creation of St. Patrick's Home in its present location, the Videto name has been synonymous with the Home. In the mid-1960's, Neil Videto was invited by the Grey Sisters to head the Maintenance Department in the newly built Home on Riverside Drive, living alone in what is now known as the Independent Living Quarters until he could move his wife Laurie, sons Jim, Steve, Rick and daughter Holly into the little house on the south side of the property, now the Foundation House. Laurie worked and volunteered at the Home, giving of herself while looking after a growing family.

Jim started his career in 1970 as a part time staff member in the kitchen while still a student. He recalled an incident in those early days that bears telling. His parents had gone away on holiday, taking his brother Rick and sister Holly with them. It was party time for Jim and Steve. Jim guessed they had about forty revelers present. The next day, with no time to clean up, a very sluggish Jim crawled to work in the kitchen and struggled through what he describes as the "longest day of his life." A colleague looking out the window announced that his parents had pulled into the yard. Much to Jim's dismay, their week long vacation had been cut short. Slinking home reluctantly to face the music, he was met by Neil. "Your mother and I are on our way to the cottage. On our return this house will be as we left it!". Off they drove, with a very smug looking Rick gazing out the truck window in Jim's direction. If that Foundation House could talk!!

Jim was working picking tobacco in Shawville, Quebec when a Night Watchman at St. Pat's passed away. Neil recruited Jim to replace him doing shift-work. His desk was

set up in the boiler room; dark, dusty and very hot. Always mechanical, having built a mini bike single handedly at the age of 13, Jim began his multi-tasking career. At one point Jim discovered, in the boiler room amongst the duct work, an envelope containing pictures of persons incarcerated behind bars going about their daily tasks. The story went that a former employee had been a bank robber, had robbed the adjacent Royal Bank and had hidden his secret under the duct work. Over the years, as Jim remembers it, there have always been colourful characters working in the Maintenance Department, this being only one of them.

Jim was promoted over the years from Watchman to Maintenance worker which was a day shift and then on to his present position as Director of Environmental Services. Jim with his quiet countenance and professional manner has remained part of the St. Pat's family for 39 years.

Jim's brother, Rick, began his career with St. Pat at age 16. He worked in the kitchen and then left for various other jobs. Neil, Jim and Rick's father, was Chief Engineer at that time and Rick was not keen to work for his father but in the early eighties Rick had a motorcycle accident. At the same time, a gentleman had quit his job on the night shift in the position of security and Neil recruited Rick. One can only imagine the ironic situa-



Jim and Rick Videto

tion. A young Rick, with broken right leg in a cast and bandages on his arm, hobbling around St. Pat's as a Security Guard.

Rick went back to school and obtained his certification as Building Environmental Systems Technician. He worked during the day and went to school at night, showing wonderful perseverance until he received his Class II certification. A young man who swore he never would work for his Dad has now been with St. Pat's for 26 years.

On one occasion while Rick was at work trying to repair a pipe, he was drilling and hammering a hole in the wall of what was the "smoking room". Engrossed in his work he was interrupted by a very excited staff member. She informed him that a box on the wall in the kitchen area was jumping all over the wall. On inspection Rick discovered he was inches away from drilling into the electrical box. This incident earned Rick the nick-name "Sparky."

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Invisible Summer Visitors

Ah, summer. Finally the snow has melted, the grass becomes green, and there are smells of barbequing throughout the neighbourhood. Canadians have waited six or more long months to shed the winter boots, scarves and heavy clothing, to head out into the great outdoors, even if it is only the backyard or local park. All is well in our part of the world, even when the in-laws visit. [Cue the deep organ music here.]

Along with the lovely sun, gentle breezes and soft rains and even the in-laws, there are other visitors, invisible and unwanted, at this time of year that can put a damper on our pleasure and enjoyment. There are infections that are common in the late spring and summer such as enteroviruses (stomach bugs), parainfluenza (respiratory bugs), mosquito-borne infections and food poisoning or food-borne illnesses.

Mosquito-borne infections can lead to the West Nile Virus. Because bacteria thrive in warm, moist environments, food poisoning is relatively frequent in the summer when there are and increased opportunity for celebrations and picnics outside in the heat. It is also important to keep in mind that different parts of the world have different seasonal patterns for when infections occur.

Preventing Summer Time Infections

Once again, simple handwashing can greatly reduce your chances of getting sick.

Mosquito infections can be avoided by using a mosquito repellent and by wearing long pants and long sleeves, especially in mosquito infested areas (grassy, brushy or wooden areas). Food poisoning can be prevented by frequently washing your hands and cooking surfaces, using a cooler for foods outside and promptly refrigerating leftovers.

HAVE A FUN INFECTION FREE SUMMER !

STAFF PROFILE: Jim and Rick Videto, continued

(Continued from page 3)

Jim and Rick enjoy their work at St. Pat's Home. They love the variety in their work, always having to put out "fires" and test their abilities and endurance. They stated that there is always fun to be had and their personalities draw them at work and outside of work to the elderly. Rick said that no matter where he might be, if a senior is in difficulty they seem to find him for help.

Jim has found that he has gained a wealth of knowledge from the residents of St. Pats. He recalled fondly a time he spent with a resident who was 104. He was struck with the sudden realization that this gentleman had passed from horse and buggy days to seeing man walking on the moon. This memory

remains with him today as he converses with our residents, serving as a reminder of the respect they deserve.

Rick said he was always accused of yelling when he speaks at home and elsewhere. The reason? Working with seniors who are hard of hearing. One day while working in a resident's room and chatting amicably, he was asked by the resident "Why are you yelling?" With a laugh, Rick said that "one must not assume".

The Videto's have always been a musical family. They are self-taught and Jim and his Dad always played guitar at family gatherings. We at St. Pat's have been delighted to learn this. Jim and Rick have teamed up with

drummer Dan Anderson (also in Maintenance) to form a band. The staff and volunteers, were inspired to dance and sing to their spectacular performance during our Volunteer Appreciation evening in May. The band had the entire library area filled with staff and volunteers shaking the rafters to rambunctious renditions of the Beatles.

Truly St. Patrick's Home would not be the same today had a young Neil Videto not brought on board his very talented sons. Thank you, Jim and Rick for all that you are and all that you bring to the Home.

Muriel Inglis

Walk the Block for St. Pat's

All Family Members, Friends, Staff, Volunteers
are invited to join the upcoming event

Walk the Block for St. Pat's

Saturday, September 26, 2009, 9:30 AM (Rain or Shine)

Walk the Block for St. Pat's is an initiative to raise funds for the benefit of St. Patrick's Home Residents
Follow the steps below to be part of this great team building initiative:

- Get a sponsor form at the Reception desk or from the Volunteer office # 8 ground floor.
- Ask friends, family, colleagues to sponsor you for the walk (approx. 3 km).
- Collect all donations as you obtain sponsors.
- Donations of \$20. or more will be issued a tax receipt.
- Return your pledge form and donations to Suzanne Jeansonne, office # 8, ground floor, by September 25th
- Have fun! Exercise! Bring a friend and double the fun!
- Prizes / Light lunch / Lots of laughs / Surprises

Everyone can participate by walking or sponsoring someone.

Be Part of our St. Pat's Team!



Some of the 2008 Walkers

50 Years of Service: Sr. Mona Martin

On Saturday, June 20th Sister Mona Martin, and five other Grey Sisters of the Immaculate Conception of Pembroke, celebrated her Golden Jubilee at a Eucharistic Celebration in Our Lady of Lourdes Church, Pembroke. This was followed by a dinner at Marguerite Center where each of the Jubilarians was joined by their families and friends and Sisters from the Community.

This milestone in the Jubilarians lives gave pause for all who attended to marvel at the many years of service given by these committed women. It was very interesting to hear the scope and diversity of the various ministries that each of these Sisters had engaged in and how each of them continues to live out the Gospel at this time in their lives. As many of you know, Sister Mona provided leadership as Executive Director to St. Patrick's Home for 18 years, and was here for 35 years in total. She retired from the Home in 2006 and presently serves on the Board of Catholic Family Services as well as volunteering at St. Mary's Home and the Riverside Hospital. We congratulate Sister Mona on her 50 years of service to the Church and to God's people. In the words of John O'Donohue, "May dawn find you awake and alert, approaching your new day with dreams, possibilities and promises. May your soul calm, console and renew you."



The staff and residents of St. Patrick's Home congratulate you Sister Mona, and wish you health, happiness and peace.

Today's Nursing Service

“If it is not documented...it is considered ‘not done’ ”

At first glance, an observer might think that nursing care throughout most shifts is an endless routine of bathing, meals, treatments, medications and therapeutic activities. In order to make all these ‘routine’ tasks function optimally, each nurse must exercise critical thinking skills, problem solving, evaluation, implementation, clinical assessments, and dialogue with colleagues, residents / families. After these processes are complete and made relevant for individualized care of each resident, all must be documented so the team can deliver thoughtful and thorough health care. Throughout each step, resident response to each intervention occurs and this evaluation often leads to changes that further customize care so that the best results are achieved. Of course, this requires editing the care plan and other documents to ensure that the team is ‘on the same page.’

Documentation

Documentation must be factual, accurate, complete, current and organized. Quality documentation and reporting is necessary to assure efficient, individualized resident care. Documentation must happen soon after the event and not at the end of the shift. All members of the healthcare team document and all team members are responsible for knowing the most current status of each resident. The Care Plan serves as a description of exactly what should happen and the health record (or

chart) captures what actually happened with each resident and is considered a legal document.

Two (2) years ago in 2007, St. Patrick’s Home transitioned to computerized data entry for resident assessments with the implementation of RAI-MDS. The Registered Nurse (RN) can spend from 30-50% of their shift documenting on the 70—80 residents in their care. Routine areas of practice such as medications and treatments are documented by the Registered Practical Nurse (RPN) and supervised by the RN. All other activities and treatments performed by other disciplines, including Personal Support Workers, Registered Dietitians and Physicians are also documented. Since the team members are creating a legal document they need privacy, concentration and time to complete the process.

When a formal complaint is made, or if there is an unannounced inspection, Ministry of Health inspectors look first at documentation as the most important aspect of Resident Care. These inspectors are directed by the Ministry of Health and compare our practice with 400+ current standards that long term care operators must adhere to. Regardless of the level of satisfaction or dissatisfaction being reviewed, the inspectors consider the quality of documentation as the major measure of care delivery.

Change of Shift Reports and Other Reports

The change of shift report used at St. Patrick’s Home is a combination of au-

diotape recording, oral and written reports. As necessary, based on information in the shift report, in-coming and departing Registered staff visit the resident to ensure the report is satisfactorily understood and communicated. Throughout any shift, there are many other reports that make up the documentation process e.g. telephone reports - blood work, telephone orders from physicians and external agencies, urgent medications for residents, incident reports - falls, near misses etc. audits, narcotic counts as well as numerous verbal status reports to family members. All must be documented and if not, it will be considered ‘not done’ if called to test.

When caregivers are gathered at the Communication Centre/Area, also known by residents and families as the ‘Nursing Station,’ one should not assume this is a time they slack off. Documentation is top priority. All Health Care Professionals are governed by Professional Standards set by their professional bodies and documentation is a crucial piece of Professional Practice. When professional standards are combined with Ministry and organizational expectations, documentation is well understood as a critical part of each function that makes up the full care delivered to each resident on every shift, every day.

*Beryl Belliveau
Director of Care*

Spirit Alive

Foundation Update



Over the summer, the Foundation looks forward to continuing its dual role to St. Pat's in providing for the current needs of our residents, while also building support for a future Redevelopment to meet the needs of tomorrow's residents.

We continue to be inspired and encouraged by the team of supporters who will work with us in our goal of enlarging and enhancing St. Patrick's Home in the future. We are excited to be part of this emerging project and look forward to sharing more information with you as our plans evolve.

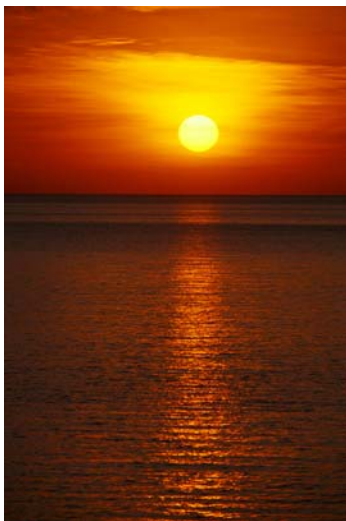
A heartfelt thank you to those who supported our recent Appeal for funds in support of the ongoing capital needs of our Home. Through ongoing donor support, St.

Pat's remains a dignified, suitable and desirable place for those in our care.

We look forward to our annual golf Tournament this year sponsored by The Heart & Crown Irish Village and to the very inspiring Walk the Block for St. Pat's. Both volunteer-led initiatives bring life, energy, spirit and financial support to our Home.

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

If you would like to support the work of the Foundation, please contact Jennifer Conley at 613-260-2739.



Staying Healthy in the Heat

Who is at Risk: The elderly, the very young, people with chronic diseases and those without access to air conditioning are the most likely to suffer in extreme hot weather.

The best defense against heat-related illness is prevention.

The following are key to staying healthy in the hot weather:

- Avoiding alcohol
- Staying cool
- Drinking plenty of fluids
- Wearing cool, loose fitting cotton clothing
- Monitoring outdoor activity
- Avoiding long periods in direct sun
- Wearing a hat with a wide brim
- Eating light
- Getting plenty of rest
- Avoiding extra salt

(Be aware that pets may also be adversely affected during hot weather. They should have access to cooler areas, adequate water and should never be left in the car for any amount of time, including "just for a minute.")

When it gets hot and humid, staying cool is important not just for comfort but also for your safety.

Signs of heat illness include dizziness, heavy sweating, nausea, headache and muscle cramping.

Stresses to the body in hot weather include hard physical activity, fatigue, dehydration, obesity, poor circulation, sunburn, prescription and alcohol abuse.

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2865 Riverside Drive
Ottawa ON K1V 8N5
Canada

Phone: 613.731.4660 or direct 613-731-0094
Fax: 613.731.4056
E-mail: here@stpats.ca



Pssssttttt
A few reminders:

- We're on the web:
www.stpats.ca
- You can send an email to your relative via **resident@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.

Staying Healthy in the Heat, continued

What to do

- Move to a cool area
- Rest for a few minutes
- Slowly drink a cool liquid
- Seek medical attention if your condition does not improve.

Other Tips:

- Avoid the sun between 10 am and 3pm
- Use sun screen with SPF of 15 or greater if you are going to be outside for 15 minutes or more
- Remember that it is possible to get sun burnt through clothing, on foggy days and from sun reflected off bodies of water and rocks

Sunburn is the most common summertime ailment. Painful red skin is the usual symptom. In severe cases, the affected area may have swelling and blisters. The victim may experience chills, fever, headache and nausea. In severe cases, delirium and kidney failure can occur.

Treatment for mild cases includes soothing cream. In more severe situations, apply wet gauze dressing to the area. It may be necessary to seek medical attention for some extremely severe burns.

Mary Merrigan, RN



IF YOU WANT TO.....CALL
Become a Volunteer	Suzanne Jeansonne, ext. 235
Offer your "Entertaining Talents" to the Residents	Robert lenzi, ext 230
Become a Resident	Community Care Access Centre, 613 745-5525
Book a tour of the Home	Suzanne Jeansonne, ext 235
Offer Suggestions or Compliment Us	Linda Chaplin, the Exec Dir, ext 233
Buy Seasonal Foods	Food Services Supervisors, ext 250
Support the Foundation's Work	Foundation, 613 260-2738 or 613 260-2739
Find out about our Seniors Day Program	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.