

Spirit Alive

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

St. Patrick's Home of Ottawa Inc.

Introducing Julie Bessant-Pelech—Consultant Gerontologist

It's All About Age

St. Patrick's Home knows a thing or two about aging. As an organization that has been providing services to elders for over one hundred years, it has come to understand what constitutes a good life for people in their "third age"; that time of life called elderhood.

St. Pat's also understands aging buildings, ones that while comfortable, no longer meet the needs of all who live, work and visit. At an exciting crossroads in its history, St. Patrick's Home has embarked on a journey towards a new home, one that reflects all that is precious about the current home and provides the spaces and technologies that will enable it to move into the future. To assist in this significant endeavour, St. Pat's has engaged a team of consultants led by Wendy Brawley, Project Architect. In addition to the engineers and architects, Wendy has added a gerontologist, Julie Bessant-Pelech to the team.

Just what is a gerontologist and what contribution does a gerontologist

make to the team working on a new long-term care home? Julie will tell you that gerontology, derived from the Greek words "geron", meaning old man and "logos" roughly translated to mean reasoning, is the study of aging and of persons who are aging. More specifically, gerontology is a discipline that studies aging from two perspectives, how aging affects individuals and how an aging population will change society.

Early in life, before she knew gerontology would become her passion, Julie was a student of aging. She often speaks of the gifts given to her by her four grandparents. Her interest in making a difference in how elders experience life led her to study human service planning, demography and gerontology. With a graduate degree specializing in gerontology, she has built her career in long-term care. Now, twenty-five years later, she has experience in over 150 organizations that provide services to elders across Canada. Perhaps most importantly to St. Patrick's Home, she has been involved in planning and designing over 45 new long-term care homes.

Julie brings an understanding of "home" i.e., what an elder living in long-term care needs to feel comfortable, safe, belonging and loved. She also understands long-term care operations: what makes an organization work well, provide great care



Julie Bessant-Pelech

and celebrate their service to elders and their community. Her breadth of experience allows her to share the best design and resident-centred care ideas from across Canada with the team. Her familiarity with leading edge research in aging enables her to introduce St. Pat's to new programs of service that will build on all the good things already happening.

Her role on the design team is concentrated initially in the early stages of the process. She is responsible for creating a document called a functional program that describes how the new home will look, feel and operate. Through many meetings with leadership, staff, residents, families, clients, etc., Julie will help St. Pat's make key decisions about which favourite practices will be translated into the new building and what new practices will be developed specifically for the new home. She will also prepare a room by room description

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Our Core Values

Sacredness of Life

Spirituality Hospitality

Justice

Growth and Vision

Julie Bessant-Pelech, cont.

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including size, capacity, dimensions, location, adjacency, mechanical and electrical requirements, lighting, cabinetry, furniture, equipment, as a guide for Wendy and the rest of the design team as they start sketching the building.

Julie will remain involved through the design process but her role will transition to that of support to Wendy. She will review design drawings and provide comments that will contribute to improvements from the perspective of the residents, staff effectiveness, efficiency or ergonomics and the Ministry

of Health and Long-Term Care (MOHLTC) as it is the Ministry who will approve the design drawings and give the go ahead for construction. Julie will stay on the team to participate in decisions on finishes, equipment, and furniture. She may also be present on the construction site in her well-worn boots. Julie will be around right up to the preparation for the MOHLTC pre-occupancy inspection once the building is completed and just before move-in day.

This is a fascinating journey for St. Pat's, creating a new home for 288 persons, especially when it requires

molding the best of some things new, some things old and some things special. Julie's experience is a useful guide. Her commitment to residents and a "good old age" keeps everyone focused on what is possible for the new St. Pat's. Her company logo, the Egyptian hieroglyphic for esteemed elder, reminds everyone of a key message – we are all students of aging and those of us who work with elders have the best vantage point from which to learn.



St. Pat's Influenza Immunization Program, 2009/2010

Nursing Services has already rolled out the 1st Phase of the 3 Phase strategy in the delivery of the Influenza Immunization Program for 2009/2010. The week of October 12th, 2009, residents of St. Pats were immunized for *seasonal flu*.

Community Influenza Immunization clinics are in progress in the community to deliver the H1N1 flu vaccine. The clinic locations and dates are posted in the resident's information display box in the main hall on 1st floor.

Phase 1 includes immunization for seasonal flu persons 65 years of age and older and residents of any age living in a Long Term Care Facility.

Phase 2 will be the delivery of the pH1N1 vaccine for pandemic influenza. The sequencing distribution protocol for pH1N1, as directed by Public Health and the Minister of Health and Long Term Care, is to immunize the staff 1st and then residents. Expect this phase to begin early November 2009 (week 1, 2 and 3) for

staff and at week 4 for residents. St. Patrick's Home cannot provide vaccination for family and visitors. The vaccine for pH1N1 is controlled by Ottawa Public Health to match our complement of staff and residents only. Please see community clinic locations.

The Public Health of Ottawa has posted a fact sheet on pH1H1 on their website. We also have the fact sheet available at the Home. A copy is posted with the clinic locations. We will require an informed consent before the pH1N1 vaccine is given which is the same as for seasonal flu vaccine. Expect a call from Registered Staff requesting consent for the pH1N1 vaccination. Thank you all for the consents already given.

Phase 3 will be a Universal Immunization vaccine catch up program (UIIP). This means persons who normally would receive the seasonal flu vaccine (e.g. staff and volunteers at St. Pats, babies, school children, general public under 65 and anyone over 65-new admissions after Phase 1 was completed)

who did not receive the flu vaccine earlier. The most current information on the time frame for Phase 3 is February 2010. Current information states seasonal flu is not showing up in our area, therefore we might not need to get a second vaccine.

All vaccines must meet the very highest of standards. Serious side effects from the vaccine are very rare. You cannot get the flu from the flu vaccine, as there is no live virus in the vaccine....so go forth and pull up your sleeve!

Additional information:
<http://www.ottawa.ca/health>

**Infection Prevention & Control Team,
St. Pats:**

Beryl Belliveau, Director of Care
Angela Bellantoni, Administrative Nursing
Coordinator &
Infection Control Practitioner.
Surinder Bal, RN
Roger Fex, Lead Hand Housekeeping
Paul Harris, Manager Nutritional Services

Linda's Corner



Did you know?

Did you know that the Canadian Healthcare Association (CHA) based in Ottawa has just released a very interesting report entitled *New Directions for Facility-Based Long Term Care*.

Did you know that facility-based long term care is not an insured service under the Canada Health Act and hence there is no obligation on the part of government to provide a standard range of services across the nation?

CHA's overall goal is to put facility-based long term care on the Canadian health policy agenda and continue CHA's advocacy role in strengthening this essential part of the healthcare continuum.

Four of us from St. Pat's were fortunate to attend the first session of CHA's national tour to promote the study and its recommendations to all governments and stakeholders. Their 'call to action on multiple fronts' is a comprehensive look at realities in long term care across the nation, trends and system issues as well as a series of recommendations based on the

principles of the Canada Health Act. The recommendations call for:

- adequate and sustainable funding tied to pan-Canadian principles
- investment in health human resources
- focus on quality and accountability to Canadians
- shared approach to risk where regional realities are appreciated and comparable services are available across the country
- a culture of caring where non-seniors, end-of-life care, mental health needs are addressed
- respect for volunteers and families.

The publication can be accessed free of charge at the Canadian Healthcare Association's website at www.cha.ca and via a direct link at http://www.cha.ca/documents/CHA_LTC_9-22-09_eng.pdf or you can contact CHA at 17 York St., Ottawa, ON K1N 9J6. Telephone: 613-241-8005.

Redevelopment Update

Approvals—Status Report

Our application for redevelopment is currently being reviewed by the Champlain LHIN, the Capital Planning Branch of the Ministry of Health and Infrastructure Ontario. The target date is Nov.30/09 for their formal response. The identified mismatch between capital costs and Ministry funding has required in-depth analysis of options, strategies and opportunities. We know that what we wish for and what we can afford will continue to present challenges and require difficult decisions as we move through the various milestones of the project.

In support of our project, many of us have been operating from a principle that I like to call 'strategic optimism.' My 'strategic optimism' is based on a firm belief that a combination of faith and right-minded human energy can make all things happen. Board members from both the Home and Foundation have been unwavering in their lobbying and advocacy on our behalf. We are assured on a regular basis by officials and decision-makers at all levels that, "This project is going to happen!" Our position is significantly strengthened by behind-the-scenes supporters such as the Steering Committee of the Foundation and their substantial investment of time, talent and energy in fundraising.

Activities

On a tangible note, in late August we solicited proposals through posting on MERX for project management services. The Corporate Development Committee completed the interview process with three very qualified bidders on Friday Oct. 16/09. We anticipate making a firm decision by month-end which will be one more important step in making sure we are as close to 'shovel-ready' as possible when a formal announcement is made.

Internal Focus Groups have been meeting with consultant architect (Wendy Brawley) and gerontologist (Julie Bessant-Pelech – featured in this newsletter). They have made presentations of the conceptual plans to St. Pat's Board of Directors, to Managers, General Staff, Family Council, Residents and Volunteers. Valuable feedback has been, and will continue to be,

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Linda's Corner, continued

solicited from attendees for incorporation into the planning process. Site visits by senior management to nine other long term care homes in the Ottawa and Toronto region have taken place. Focus groups and site visits to other homes provide an opportunity to see how a new building looks, feels and operates. Each home has its own culture and it is important that we develop our own pathway toward establishing a nurturing long-term care home environment in our new setting.

We know from the literature and from our own experience that the institutional model stifles innovation and can be associated with less than ideal outcomes for residents, frustration for family members and an unsatisfying work environment for staff. Focus Group members offer insights to the architect and gerontologist about what is important to maintain at St. Pat's and what we need to change. Building design is driven by prescribed codes and standards and of course, affordability; however, the manner in which space is allocated and how the spaces function will be influenced by input from our users. We must take advantage of opportunities provided by new and emerging technologies and innovative therapies and fully appreciate that we are building for the future. Trends and patterns in consumer and stakeholder behaviours, demands and expectations must be incorporated in all planning exercises.

Schedule

Assuming approvals proceed as anticipated, proposed time lines on a go-forward basis are as follows:

Activity:

Dec. 9/09: First submission of plans – preliminary sketch plans, and project summary

Dec. 15/09: Submission of Operational Plan

June 1/10: Second submission on plans-revised sketch plans, working drawings, detailed working drawings based on approved sketch plans

Public Tender for Construction

- Aug. 1/10: Invitation to tender
- Aug. 1/10: Deadline for bids
- Sept. 10/10: Submission of top bids to Minister for approval

Oct. 1/10: Construction Start Date

Fall 2012: Total Completion Date

Onward and Upward

Recently someone whose opinion I value remarked on the energy of our Home and

...” how open and supportive it was to them; that it was a gift in their day to come to our Home.”

Their statement was not tossed aside lightly but inspired reflection. What had we done to make a difference? No team of experts had been brought in nor had any special rituals been enacted.

My analysis of that powerful statement was that the human interaction at St. Pat's is based on integration and total acceptance of unique gifts and quirks that each person brings to the environment. The privilege of serving others informs every aspect of life at St. Pat's. As we move 'onward and upward' with our plans, these human strengths must be held sacred, nurtured and move with us if we are to re-create a Home that remains a gift in the day of everyone who enters.

*Linda Chaplin
Executive Director*

***If you realized how powerful your thoughts are,
you would never think a negative thought.***

— **Peace Pilgrim**, born Mildred Norman, was a peace activist and spiritual leader.

Mr. John Pearce Remembers...

Every Friday, 93-year-old John Pearce rides an OC Transpo bus from his Alta Vista home to take part in the Day Program at St. Patrick's Home. John is an advocate of the program stating that he, "thoroughly enjoys meeting with his friends for coffee time, exercises and games."

John's parents immigrated to Ottawa from England in 1905 seeking a better life for themselves and their children. The Pearce's had eight children, four of whom survived to adulthood. John grew up in Ottawa where his father worked for the provincial government on Elgin St. before the building became a Teacher's College and more recently, a heritage building occupied by the City of Ottawa.

John joined the military in 1934 and worked with the Halifax 1st Field Company for three years during which time he met his wife Alice. At that time, soldiers were not allowed to marry until they were 26 years old or had been in the military for six years. John was posted to the *Esquimalt* in 1937, however true love could not be ignored. At Thanksgiving in 1938 in Tacoma Washington, John and Alice secretly exchanged their marriage vows in a small ceremony attended by an uncle, a nephew and a niece. Everyone kept quiet about the marriage because of the military requirements. When the war started, the marriage regulations changed however the military refused to acknowledge their Washington marriage certificate as legitimate. John and Alice went to a Justice of the Peace in Victoria B.C. and after paying \$2.00 for a 'Made-in-Canada' certificate, their marriage was finally acknowledged as valid.

The Pearce family were true Canadian patriots with John's three brothers all joining the Air Force; two were pilots

and one was a photographer who took many photos of the bombing missions in Germany. Because of the threat of a Japanese invasion when war broke out in 1939, John's regiment could not leave Pacific Command. He stayed on Vancouver Island working as an electrical engineer building camps and remote stations. John recounted a story about a Japanese submarine that attempted to attack Estevan Point Lighthouse on the island. The submarine fired three times and a Canadian destroyer fired back. In all the commotion, the Canadian forces could not verify that they had hit their Japanese target. It wasn't until almost fifty years later that divers found the wreckage of the Japanese submarine to prove that the Canadians had accomplished their mission. Imagine how history might have been altered if the Japanese submarine had been successful in its mission! John stayed in Pacific Command for the duration of the war and saw first-hand, the poor condition of prisoners returning from Japanese prison camps.

As a testament to John's intelligence and work ethic, during the war, he wrote exams by mail and completed an engineering degree over a three year time period by correspondence from the International Correspondence School. John stayed on the West Coast after the war and was transferred to Quebec City in 1946. As a unilingual Anglophone, John states the posting was a challenge however he managed to pick up enough French to do his job successfully. Following the posting in Quebec City, John and his family transferred to Ottawa where they stayed until 1964. At that time, he was offered a transfer to Debert, Nova Scotia to work as engineer with an underground shelter. After thirty years of military service John chose retirement which enabled him to stay in Ottawa.



Within one week of his so-called retirement, he was employed as an engineer with a consulting firm, JL Richards and Associates, where he worked until full retirement in 1985.

John now lives on Bracebridge Ave in Alta Vista and has been on his own since his wife Alice passed away in 1999 from cancer. He credits his supportive neighbours who help him continue living independently in his own home. John and Alice had two children: a son who is a doctor in Ottawa and a daughter who lives in Texas. They applaud his independence and his five grandchildren (three grandsons and two granddaughters) recognize their grandfather as a mentor and role model.

When asked about the Day Program, John says, "The volunteers they have are wonderful. They sure look after you." He has high praise for Lorna who runs the program. The Day Program at St. Patrick's Home is a great opportunity for seniors who live alone that offers them a very human and personal contact that can be lacking when families work long hours or live far away.

For more information on the St. Patrick's Home Day Program, please contact Lorna Hills at 613-731-009 x244

By Cathy Graham
Volunteer

RESIDENT PROFILES: Aurore and John Delaney

Every second day, Doreen Dowdell leaves her husband Eldon at their Meadowlands Drive apartment and heads over to St. Patrick's Home.

Doreen enjoys spending time with her 98 year old mother Aurore Delaney and her brother, 71 year old John Delaney. Both mother and son have been residents at St. Patrick's Home for nine years, since September 14, 2000.

Aurore Delaney has seen a lot of changes in her 98 years. Imagine living through the 1900's, a century of two world wars, a depression and amazing social transformation and now this century, a time of such rapid technological growth and world change.

Aurore had six children; Doreen and John, as well as two daughters and two sons. Times weren't always easy growing up in the 1930's and 40's recalls Doreen. Their father was in the army and worked as a "Proving Grounds instructor" which is an army vehicle (Tanks) instructor. They moved to Navan, Orleans, Limoges and Chelsea.

At one time they didn't even have electricity and had to rely on a wood stove and an oil lamp, affectionately known as "Aladdin's Lamp", according to Doreen.

Their family was luckier than many as their father had steady work and the use of an army vehicle for the family to get around. Doreen also recalls there being a bus that went from Limoges to Ottawa for \$1.20 round trip.

Times have definitely changed!

John had infantile paralysis as a child, a form of polio which affected many lives during the early part of the twentieth century before a vaccine was developed in 1952. This devastating virus left him partially blind and in a wheelchair.

John enjoys the activities at St. Patrick's such as bowling, and bingo. He especially enjoys the musical events and says his favourite type of music is country and western. He likes it when musical groups come to perform for the residents and he also enjoys joining in the singalongs at Paddy's Pub. His favourite song is "Blue Spanish Eyes."

Aurore enjoys the musical events at St. Patrick's. She used to like dancing when she was younger but she doesn't like the dances of modern times.

"They wiggle too much," she says with a twinkle in her eye.

Both Aurore and John say the food at St. Patrick's is pretty good. When asked what their favourite meals are; Aurore says she likes chicken, John likes quiche and potatoes. Both mother and son agree on vanilla ice cream as their favourite flavour.

Doreen will often bring John and Aurore treats of chicken sandwiches and freshly baked muffins to add to the tasty meals they get at St. Pat's.

Doreen has six grown children, eleven grandchildren, and four great grand-



Aurore and John Delaney, with Doreen Dowdell in the background

children but still finds time to spend with her mother and brother at St. Patrick's Home. It's easy to tell that Doreen's caring for her mother and brother is a true labour of love.

Doreen has nothing but praise for the wonderful staff at St. Pat's. If there is anything wrong, the staff informs her right away. Once a year there is a meeting where residents and their families can voice any concerns and have them addressed.

It's comforting for Doreen to know that Aurore and John are well looked after in such a caring environment where the residents do matter.

"They can't do enough for the patients," Doreen says.

Cathy Graham
Volunteer



After a productive and energizing summer, the Foundation is looking forward to a busy and exciting time for “friendraising” and fundraising in the Fall.

We are proud to support the Home’s vision to better meet the present and future needs of our residents. In collaboration with the Home’s redevelopment efforts, we will be providing an opportunity for all members of the St. Pat’s family to become more involved in actively supporting this ambitious and exciting as soon as we can.

Heartfelt thanks to Suzanne Jeansonne and her amazing team of volunteers who made this year’s Walk the Block for St. Pat’s such an incredible success! Third party fundraising events such as this one are so valued and appreciated.

This year, our annual Golf Tournament was sponsored by our good friends at The Heart & Crown Irish pubs. It was once again a fantastic day for friendraising AND fundraising. We were thrilled this year to sell all 216 spots very quickly and easily and raised an impressive \$37,000.00. We look forward to developing our relationship with the Heart & Crown over the next few years and remain grateful for their generosity.

Tickets for our Annual Lottery will once again be on sale at Reception or at The Foundation House. The \$100.00 tickets will entitle you to have 51 chances to win \$55,000.00 while supporting the capital and equipment needs for St. Pat’s! Applications are also online at www.stpats.ca.

Once again for the Christmas season, we are pleased to provide an opportunity to recognize and memorialize your loved ones through a “Caring Tree” in the Home’s Chapel. This program has been so well received especially by those wishing to do something special for those “hard to buy for” people on their Christmas lists. The accompanying Service that Pastoral Care provides is a beautiful and touching event every year. More information about this wonderful way to pay tribute to a family member, friend, resident, staff or volunteer is available in information sheets in the Home.

For more information about how you can support the work of the Home through the Foundation, please contact Jennifer Conley at 613-260-2739 or via email jconley@magma.ca.

Snippets

Tourtiere Recipes Sought

Paul Harris, Manager of Nutritional Services and Pie Chef of the Century, is seeking recipes from residents by **November 20th** for the annual Tourtiere Pie Bake-Off. He will cook the pies, the members of the Residents’ Council will judge them, and we all get to eat.

Library Gets a Make-Over

Our marvellous library has had a most stylish make-over, compliments of the Ladies’ Auxiliary. Barbara Duggan, decorator-extraordinaire working with the Ladies, has chosen some very comfortable and tasteful chairs, tables, couches and accoutrements, making

our Library the “place to be” when you want to visit or just have a quiet moment.

Walk the Block for St. Pat’s

The Walk the Block for St. Pat’s event this year was a great success, raising over \$6,800 for residents of St. Pat’s. 65 people walked. Part of the money will be used to buy a computer for residents. It will be placed in the Library on a lovely table, part of the make-over just described.

Bus Trip for Residents

In mid-October, 20 residents participated in a different sort of outing. Instead of the usual tour of “Fall Col-

ours,” they went to an apple orchard, driving through miles of apple trees. They sampled the apple cider which everyone agreed was “Great!” and tasted different types of apples. The town they visited—Mountain, Ontario—boasted having only one “pizza joint.” As the story goes, this was the only place for railroad workers to eat, so they would call ahead to place their order. When the train arrived, it would stop right in front of the pizza joint and pick up their order. Different days! It was a great outing for the residents who participated, and one they will remember.

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

Health Corner with Mary Merrigan RN

Seasonal Affective Disorder

Seasonal Affective Disorder, winter blues, or Key symptoms:

seasonal depression is a medical condition caused by the seasonal change in the amount of available sunlight. People who suffer from this mood disorder experience normal mental health throughout most of the year but experience symptoms in the darker winter months.

- Depression
- Sleep problems
- Lethargy
- Over eating
- Loss of concentration
- Social problems
- Anxiety
- Loss of libido
- Mood change

Most sufferers show signs of a weakened immune system during the winter, and more vulnerable to infections and other illnesses.

SAD symptoms disappear in Spring, either suddenly or gradually depending on the intensity of sunlight in the Spring and early Summer. It may begin at any age but the main age of onset is between 18 and 30 years. SAD occurs throughout the northern and southern hemispheres but is extremely rare in those living within 30° of the equator.

Diagnosis can be made after three or more consecutive winters of symptoms. See your doctor if you are concerned about any of these symptoms.

Mary Merrigan RN

Info gathered from **Seasonal Affective Disorder Association** www.sada.org.uk



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.



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| 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.