

# Spirit Alive

The Newsletter for Residents, Staff, Families, and Friends of St. Pat-

St. Patrick's Home of Ottawa Inc.

## Introducing Barbara O'Connor



St. Patrick's Home is very pleased and blessed to welcome Barbara O'Connor as a member of our Spiritual and Religious Care team. Many of you will

recognize Barbara's contribution to Palliative Care in the wider Ottawa community. As a pioneer in this area, Barbara has shared her wealth of knowledge and experience and has touched the lives of many people. She has numerous accomplishments to her credit; among these are helping to establish the first hospital palliative care service in Ottawa at the Riverside Hospital in 1979; establishing the Hospice at May Court in Ottawa in 1987; helping numerous emerging Hospices to establish Day Hospice and residential care programs in 1994. Barbara has many other accomplishments that are too numerous to mention.

Throughout her professional life, Barbara has continued to provide consultation and advice to emerging hospices and to deliver workshops and seminars on board governance and pain and symptom management. She has also worked with the Ottawa Regional Cancer Foundation in development and planning for the establishment of Well-spring Ottawa.

We all look forward to working with Barbara, not only because of her competence and extensive experience in Palliative Care, but more especially because of her compassionate and kind heart which she shares through her peaceful and loving presence.

**Our Core Values**

Sacredness of Life  
 Spirituality    Hospitality  
 Justice  
 Growth and Vision

## Linda's Corner

### FALL GREETINGS

Fall is a time of transition, change and new beginnings and it is easy to be so busy that one misses autumn's beauty. Colorful leaves, crisp air, fall activities and children excited about Halloween costumes are all around us. As our green spring and summer changed into the bright and beautiful leaves of fall, St. Pat's has seen new and exciting changes over the past few months and our building project that has seemed so far away is now within the foreseeable future.

### REDEVELOPMENT

We have been enriched through strengthened relationships with our redevelopment supporters and continue to achieve various required approvals. The official fundraising launch took place Oct. 4<sup>th</sup> and 5<sup>th</sup> and background work with city and provincial officials is well underway.

We are aiming for a ceremonial groundbreaking event on St. Patrick's Day March 17<sup>th</sup>, 2011 and actual shovels in the ground later in the spring. In the meantime, fine-tuning of budget figures and detailed planning continues as we match our expectations to available funds.

### NEW – LONG TERM CARE HOMES ACT – July 1, 2010

New legislation now replaces three separate acts that governed long term care provision in

the province of Ontario. It covers the following 4 major areas:

#### 1) Establishment of the Home

- Licensing (licenses are new for charitable homes such as St. Pat's), Governance, Administration, Funding, Residents Rights, Mission

#### 2) Home Infrastructure

- Facilities, Construction
- Human Resources – Staff Qualifications, Staff Numbers, Staff Plans, Screening, Training & Orientation
- Information and Documents
- Quality, Infection, Emergencies
- Reporting & Complaints
- Councils- Resident & Family
- Reports & Records, Trust Accounts, Procurement

#### 3) Resident Admission & Care

- CCAC, Eligibility, authorizations
- Wait lists, crisis admissions, readmission, authorization timelines, accommodation types, interim beds
- Specialized Units
- Transfers
- Specialized Units, Transfers, Readmission
- Nursing and Personal Care Program, Restorative Care, Recreational & Social Activities, Dietary Services & Hydration, Medical Services, Accommodation Services,



- Pharmacy Services/  
Medication management
- Abuse, Restraints
- Absences & Discharges

#### 4) Compliance & Enforcement

- Inspection, Enforcement, Reviews & Appeals

Although many requirements of this new legislation are already in place, Homes must adjust their processes, policies and procedures to meet the requirements of the Act and Regulation 79/10. This change requires significant work to redesign our approach to monitoring and tracking compliance and in communicating the role of the governing body in ensuring compliance. Compliance continues but their role is to inspect with increased levels of sanctions rather than to advise however, there is now an appeal mechanism for Homes when a compliance finding is in dispute.

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## LET'S TALK ETHICS

### AUTONOMY

This is the second in a series of articles on ethical issues which will appear from time to time in the newsletter.

Generally there are four major elements to be described in any discussion of medical ethics : autonomy, beneficence, non-maleficence and justice. Autonomy for the individual suggests freedom of action, personal independence and immunity from the arbitrary exercise of authority. "Splendid" you say. That certainly applies to an individual who is mobile and cognitively competent, but what about our residents, many of whom are wheelchair-bound and are suffering from cognitive impairment? How do we acknowledge and promote

their right to make their own decisions about the nature and extent of their care?

In an acute care setting, autonomy is exercised through the document of informed consent. We assume that those undergoing a medical or surgical procedure understand the risks and benefits. That is not so easy in long term care. Caregivers must strive to ensure that the individual is "in charge". A simple act such as asking the individual where he/she would like the wheelchair placed before moving the resident to another part of the room can bring a spirit of autonomy to the interaction. Other examples:

- Telling the resident that you are about to start a

procedure (e.g., using the lift) and the sensations he/she will experience.

- Asking the resident what they choose to wear that day is another.

Remember, this is their home and therefore you are a guest in their "space" and should conduct yourself accordingly. Our residents have lost so much - their individuality, their home, the time they choose to rise, dress and eat breakfast, maybe even those with whom they played bridge , or who is in their room. Giving the resident as much choice as possible about their care will help them feel that they are in the driver's seat and will add to their quality of life.

*Alberta Casey  
Mission and Ethics Committee*

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### OUR 145<sup>th</sup> BIRTHDAY

Our 145<sup>th</sup> birthday celebrations over the summer included special dinners with family members from each resident care area, a Sunday vintage fashion show, staff BBQ's and breakfasts and other upcoming celebrations such as our staff appreciation service awards event in November. We owe unending gratitude to our founders, the Grey Sisters for creating this organization and its Chain of Mission that serves the residents and for reminding us to love, do justice and be humble in the work we do.

It has been said that continuity gives us roots and that change gives us branches, letting us stretch, grow and reach new heights. We respect the rich history that brought St. Pat's to its current state and welcome the changes and growth that are before us.

*Linda Chaplin  
President & CEO*

## The Family Council

The Family Council is composed of families and friends of residents. It shares ideas, informs, educates, and supports residents, their family and friends. We work closely with management and staff on items of common interest for the betterment of the residents of St. Patrick's Home. Membership is open to all family members and friends of residents.

Regular monthly Council meetings focus on systemic issues of concern to families

and are open to all family and friends of residents.

In addition to our monthly Council meetings, we sponsor monthly Family Support gatherings. These meetings are also open to family members and friends and focus on peer support and information sharing... families helping families.

The Family Council also sponsors information sessions on a wide range of topics of current interest.

All meetings, gatherings and information sessions are open

to all family members and friends of residents. Look for posters advertising upcoming events.

If you would like more information about the Council or our activities please contact Joe Brabant (VP Family Council) at 613-746-7281 or email:

josephbrabant@yahoo.ca

## Join Your Family at St. Pat's for a Seasonal Meal

The holiday season will soon be here!

We will have special meals at St Patrick's Home on the dates listed below and encourage resident family members to attend. Please RSVP by Dec 14 2010 if you would like to join us at any or all of the meals.

- \*Christmas Eve Supper Dec 24<sup>th</sup> - \$7.50 per guest
- \*Christmas Supper Dec 25<sup>th</sup> - \$15.00 per guest
- \*New Years Eve Supper Dec 31<sup>st</sup> - \$15.00 per guest
- \*New Years Supper Jan 1<sup>st</sup> - \$15.00 per guest



## Snippets

### NOVEMBER 11th— REMEMBRANCE DAY

On Thursday November 11<sup>th</sup>, Residents, Volunteers, Sisters and Staff gathered in the Chapel for a moving ceremony to mark Remembrance Day. Wreaths were laid by Mr. Ron Knipe and Mr. John Pearce, veterans of World War II, and by Mr. Charles Daniels, Retired Armed Forces, and were piped in by Dr. Daniel Cameron. The service was presided over by Fr. Peter Cody, Rev. Stewart Hewlett and Rev. Peter Crosby. Students from Holy Cross Elementary School read "What I Would Ask a Veteran". A reception was held in the auditorium after the service.

### INTEGRATED RESTORATIVE CARE

As a natural outcome of implementing RAI-MDS, RAPS and RUGS, there is increasing emphasis on restorative care. Restorative care is simply working with each resident to enable him/her to optimize abilities when possible.

LifeMark, our rehabilitation provider, is offering education and training to all staff in Restorative



Care. The goal of the program is to shift towards a restorative care approach by all care providers. Our focus on rehabilitation will increase as we develop a framework for sustainable restorative care and concrete practices.

### PROOF OF VACCINATION FOR PETS

Starting in January, we are asking anyone bringing in a pet for a visit with your relative to stop at the Reception Desk to register your pet(s) and show proof of vaccination. This will be done annually, as most vaccinations are annual. Right now, brochures are available at the Reception Desk explaining this policy.

### NOTES FROM THE BUSI- NESS OFFICE

#### Residents and Families

- ◆ Income Tax Receipts will be mailed out automatically at the end of February.
- ◆ Trust Account Statements are prepared and mailed on a quarterly basis.
- ◆ Statements for Accommodations Fess are now being prepared monthly and can be picked up from the Reception area on the 15th of the

month. Those that are not picked up will be mailed quarterly.

#### Staff

- ◆ Please ensure that your personal information is up to date with Human Resources and Payroll. If you know anyone who has left the employ of St. Pat's in the last year, ask them to call Payroll to provide a current address for the mailing of T4 statements. T4s will be available mid-February.
- ◆ Please remember to pick up your pay stub on pay week and to check immediately for errors, so that they can be corrected for you on the next pay.



## Health Corner with Mary Merrigan RN

### Info taken from the BP Blogger Volume 5, Issue 3

#### Hypertension ..... who gets it

Anyone can have high blood pressure, also known as hypertension. Blood pressure increases sharply with age. 53% of Canadians over the age of 60 years have high blood pressure. It is the 3<sup>rd</sup> leading cause of death in Canada and the number 1 cause of heart disease and stroke. Blood pressure can change during the day due to physical activity, emotions, medical conditions and medications. Several factors can lead to high blood pressure including diabetes, kidney disease, unhealthy eating, lack of physical activity, high salt intake, smoking, alcohol and obesity.

#### Warning signs...

High blood pressure is called the silent killer. It only occasionally causes symptoms such as headache. People find out they have high blood pressure after the damage has happened and caused problems like heart failure, heart attacks, stroke, kidney disease, aneurysms, and reduced vision or blindness. The only way to know if you have high blood pressure is to have it monitored regularly.

#### High blood pressure treatment

Many people with high blood pressure require a combination of antihypertensive medications and life style changes to reach recommended blood pressure goals. Many research studies have shown that controlling high blood pressure with antihypertensive medications and life style changes can reduce the development of diseases such as heart disease and stroke.

#### Life style issues    Beneficial changes

*Weight...* Maintain a healthy weight. If overweight, losing about 10 pounds will lower your blood pressure

*Waist size...* Men less than 94 cm; Women less than 80 cm

*Healthy eating...* follow Canada's Food Guide

*Salt...* Age 51 to 70                      1,300 mg daily

Age 70 and over                      1,200 mg daily

*Physical activity...* regular physical activity 30 to 60 minutes on moderate activities most days of the week such as walking

*Alcohol ...* limit alcohol to 0-2 standard drinks per day

*Smoking...* Avoid smoking and avoid second hand smoke



Mary Merrigan RN



## Foundation Update

What an exciting time for St. Pat's!

Building on Legacy, The 10 million dollar campaign to support the new Home, was formally launched on October 5<sup>th</sup>. What a great night for our St. Pat's "family" to celebrate the official start to our public fundraising efforts. Already, we have secured tremendous support and investment for the new Home. The Capital Campaign Cabinet, under the leadership of Chairman Larry Kelly, is energized by the positive response.

Over the next several months, the Campaign will continue to focus on building relationships with our community members in order to meet the ambitious fundraising goal. Starting in January, our internal "family" of next of kin, staff and volunteers will be formally invited to join us in our Campaign and become financial partners in the project. In the meantime, watch for our Campaign advertisements in the Ottawa Citizen and the EMC com-

munity-wide newsletters. We will be providing periodic updates in electronic newsletters and on our website [www.stpats.ca](http://www.stpats.ca). Feel free to contact us directly at 613•260•2739 or via email [jconley@magma.ca](mailto:jconley@magma.ca) or drop by the "Little Foundation House" on the south side of the property to learn more about our exciting and ambitious Campaign.

Although the Foundation is working diligently to ensure the Campaign meets its goal to support the future St. Pat's, our annual fundraising to support the current needs of our Residents continues. Tickets for the annual Lottery, which generates funds in support of capital projects for the current Home, are now on sale. This is the Foundation's single largest annual fundraising project and is critical to meeting the ongoing needs of the Home. You may purchase your ticket from Reception or call us at 613•260•2740.

The ongoing needs of the Home are also supported through the

Annual Caring Tree Program. This is a very special way of remembering or honouring someone that you care about in a meaningful way during the Christmas Season. During the month of December, St. Patrick's Home will once again be decorating Christmas Trees with white and blue lights - white lights representing memorials and blue lights representing honourees. The trees will be displayed in the Home's Chapel together with an Altar Book containing the names and, if you wish, a short comment about the person you are memorializing or honouring. The Caring Tree Mass will be held on December 18<sup>th</sup> at 4:00pm. Forms for honouring your loved ones in this special way may be obtained from Reception or by calling 613•260•2740.

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](mailto:jconley@magma.ca).



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## WALK THE BLOCK FOR ST. PAT'S

A Work Group of St. Patrick's Home Volunteers organized the 8<sup>th</sup> Annual Walk the Block fund raiser which was held on Saturday, September 25, 2010. The participants opted for either a 1Km or a 3Km walk around the district. This year, we were joined by The Sons of Scotland Pipe Band who accompanied the walkers on their trek. Invigorated by the pipers, the event was a resounding success filled with exercise, fun and friends.

Some 75 participants raised \$13,500.00 in pledges, with one donor designating her \$5,000.00 donation for the new building. The funds raised will be entirely spent on priorities for the Residents at the Home. The monies will purchase Infection Control Carts for the Nursing Units, increase the in-home craft sessions by Artswell, Entertainment and Social Activities as well as community excursions such as the Tulip Festival, Fall Colours, Christmas Lights, etc.

Thanks to all who pledged and participated in Walk the Block 2010.



*Pssssttttt*

*A few reminders:*

- We're on the web: [www.stpats.ca](http://www.stpats.ca)
- You can send an email to your relative via [resident@stpats.ca](mailto: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.



IF YOU WANT TO	CALL
Become a Volunteer	Suzanne Jeansonne, ext. 235
Offer your "Entertaining Talents" to the Residents	Robert Ienzi, ext. 230
Become a Resident	Community Care Access Centre, 613 745-5525
Book a Tour of the Home	Suzanne Jeansonne, ext. 235
Find out about Respite Care	Cheryl Ford, ext. 260
Offer Suggestions or Compliment Us	Linda Chaplin, CEO, 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 the isolation status of the Home call the Reception Desk	613 731-4660 or go to the website, <a href="http://www.stpats.ca">www.stpats.ca</a>

### St. Pat's Family

*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.

