

# Spirit Alive

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

## St. Patrick's Home of Ottawa Inc.

### 145 YEARS AND COUNTING !

St. Patrick's was founded in 1865 in response to an urgent need for shelter in the Irish immigration population. It was agreed in an unanimous vote that a house of refuge would be established and it would be called St. Patrick's Orphanage and Asylum. A Council of Management was elected to govern the institution. The first official act of the Council was to rent a house on Church Street for \$10.00 a month. An Act of Parliament incorporated the Home to carry on this work for the people in the Archdiocese of Ottawa. A short while later, a larger and more permanent accommodation was purchased at the corner of Laurier and Kent Street and St. Patrick's became Home to sixty-six orphans and nineteen elderly.

Over 145 years the impact and influence of social conscience and government legislation has

changed the face of St. Patrick's Home many times and it has evolved from its humble beginnings to today's complex and sophisticated institution.

Throughout the years and to the present, people have made the difference. History is still being recorded and the imprint of St. Patrick's Home on its community continues to be felt through the people — those who choose to live in the Home, the staff and volunteers who care for and about them and the Sisters who continue to shepherd and assist us all.

The Mission of St. Patrick's Home has forever been seated in the Vision that drives it; that St. Patrick's Home is recognized as a model of excellence in the delivery of geriatric care.

Today and forward, under the sponsorship of the Catholic Health Corporation of Ontario, we plan for opportunities and challenges that will always be present, and that call us to pursue new paths, to embrace new concepts and to transcend obstacles.



Our immediate future is bright with the prospect of a beautiful new building with state of the art accoutrements and an additional eighty-six residents to share in the larger environment. There have been and will continue to be a myriad of hoops to jump through, but the leaders and shapers of our future are fit and up to the challenge.

Just as the Sisters who have guided our history believe, we too believe that the provision of excellent and unconditional care is blessed by God who demands justice. It is our privilege to continue the healing ministry of our founders.

## The Spirit's Alive at St. Pat's!

**Our Core Values**

- Sacredness of Life
- Spirituality
- Hospitality
- Justice
- Growth and Vision

## LINDA'S CORNER

### SPRING – THE SEASON OF RENEWAL

Like so many who live in a cold climate, we experience spring as a time for overcoming the inertia of winter and to spring into action. We eagerly anticipate the end of winter each year and like most Canadians, we believe the spring season brings with it hope, life and new beginnings.

As a reflection of some new beginnings, the geese are massing in the skies and daring the icy chill of open river water. Our resident ducks, Jack and Jill are back; a sure sign of spring on Riverside Drive. Staff member Michael Horton, who is also our in-house fish tank expert, assures Jack and Jill's food supply and safety after they cross the road from the river to spend annual nesting time with us.

### 2010 - OUR 145<sup>TH</sup> ANNIVERSARY

Our commitment to celebrating St. Patrick's Home 145<sup>th</sup> Anniversary is well described in the lead article of Spirit Alive. In this era of mergers, closures and major organizational shifts, it is a significant accomplishment to have survived the transformations required of a stand-alone charitable organization. We hope you will be able to join us for some of the upcoming events.



### REDEVELOPMENT

#### *A Short Note on Perseverance*

It seems appropriate to say a few words about perseverance as it relates to our project. We persevered while we 'hurried up and waited' for formal approval though another winter.

Fortunately, our Board of Directors believes as did British politician Thomas Buxton who stated in 1833 that, "*With ordinary talent and extraordinary perseverance all things are attainable.*" On the matter of perseverance, Henry Longfellow wisely opines that,

*"Perseverance is a great element of success. If you only knock long enough and loud enough at the gate you are sure to wake up somebody."*

Many doors have been knocked on and gates have been opened. The building blocks of costing, preliminary architectural drawings and staff and other user consultations are well underway. We are confident that we are moving closer to shovels in the ground with the announcement received from Madeleine Meilleur's office and a follow up meeting with the Capital Planning Branch of MOHLTC in late February. The funding gap between actual costs and Ministry funding was partially addressed by decreasing the proposed new building size by 20,000 sq ft from non-resident living areas. This was accomplished largely by reducing the size of basement excavation, relocating some services to the main level and reducing space allocated to public areas. As a note of reassurance, the Chapel will remain a focal point on the main floor. De-



spite its reduced dimensions from what we currently enjoy, we are confident that residents and families will be well pleased with the design, aesthetics and functionality.

### MASTER PLANNING EXERCISE

Master planning is described by design and planning expert Jon Coe as a road map or,

*"an imagined journey into the future, where all outcomes are uncertain and where opportunity and peril co-exist. The only thing more dangerous than planning is not planning: facing the future without preview or preparation."*

This separate, yet critical, piece of determining a plan for St. Pat's future was undertaken by the Board and senior management in late February. The process commenced with an external market

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survey to examine the feasibility of creating a comprehensive campus of care for seniors following completion of the new long term care home. While definite plans remain at a conceptual stage, early planning is essential so that future service expansion for seniors remains within the realm of possibility.

## DAY BY DAY

Our satisfaction surveys inform us of what we do well and what areas we could improve. Your honest feedback is important. If we use our ancient elevators as an example, we cannot pretend to fix every thing/ every time/forevermore, but we do try. I can state with certainty that our solutions aspire to balance individual wishes while respecting the needs of the larger community we serve.

Although a great deal of my time is spent planning for the future, each shift of every day requires a significant investment of real-time physical, intellectual, emotional and spiritual energy from front lines staff and volunteers. It is well invested energy and I thank each of you for making St. Pat's such a special place, every moment of every day.

*Sincerely*

*Linda Chaplin  
Chief Executive Officer*

## FROM THE DESK OF BERYL BELLIVEAU

### THE ART AND SCIENCE OF CARE PLANNING

Each resident in long term care has a Care Plan that acts as road map or pathway for the entire healthcare team. Developing these plans requires both an artful and scientific approach.

From the 'science' perspective, you will hear acronyms such as RAI-MDS, RAPS and RUGS.

#### **RAI-MDS (Resident Assessment Instrument- Minimum Data Set)**

is a resident assessment tool containing 20 sections and 450 items. Data is collected for resident assessment from all professions including physicians involved in care delivery. This recognizes and values the expertise of all health care providers to create a coordinated plan of care.

#### **RAPS (Resident Assessment Protocols)**

are what we do with the data collected in the RAI-MDS assessment. The analysis gives the team a shared vision to develop a common purpose and desired outcome. It reflects participation in clinical decision making within and across professions.

#### **RUGS (Resource Utilization Groupings)**

measure day-to-day resources used in long term care. Beginning in April 2010 our data will be used to determine Nursing and Personal Care funding.

The 'art' of care planning lies in customizing or individualizing Care Plans and assuring that the plan is based on changing needs of each resident. To build a responsive care plan we must involve and learn as much as we can from the resident and their family. There is a learning curve associated with transitioning caregivers to actively engage each resident and family after decades of

delivering care 'to' a resident rather than planning care 'with' the resident and his/her family. Our goal is to eliminate past practices where residents were passive recipients of health care and family members were left on the sidelines.

### 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 enabling him/her to optimize abilities wherever possible.

LifeMark, our rehabilitation provider, is providing 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.

### INCREASED EXPECTATIONS

Over the past 5 years we have seen more complex health issues, increased resident acuity levels and escalating consumer expectations. We have also experienced fewer available health care professionals, an aging workforce and unchanged funding to improve front lines staff ratios for Long Term Care. In healthcare parlance, the vital organs are working to capacity but the system could be considered anaemic and in need of transfusion!

We believe that the Nursing Department is one of the vital organs – maybe even the heartbeat - of St. Patrick's Home. It is important that we remain strong and I invite you to work with us as we move towards the future.

## LET'S TALK ETHICS

### Mission and Ethics Committee members:

Alicia Martin, Chair  
 Sister Geraldine Daley gsic  
 Kevin Quinn  
 Marilyn Willms  
 Linda Chaplin  
 David Wainwright  
 Mary Merrigan  
 Surinder Bal  
 Alberta Casey  
 Melanie Hodgins  
 Fong Kit Chang  
 Marilyn O'Sullivan



The Mission of St. Patrick's Home is to continue living the healing ministry of Jesus Christ. As a Catholic Home it is imperative that we constantly strive to live out the gospel values of Jesus in who we are and in how we relate to others. There is a definite connection between Mission and Ethics, Mission being the "What" of our action and Ethics being the "How." Reflection on the gospel gives us the guide as to how we live and relate to our residents, their families and each other.

### What is Ethics?

Ethics is the study of values and principles that guide our attitudes and acts.

### Do I need to be concerned about Ethics?

Many of us are regularly involved with helping residents /families deal with situations which can sometimes be complex or confusing

- Pain management
- Restraints use
- Safety issues
- Compliance issues
- Lifestyle choices
- Surgery and treatment decisions
- Nutrition and hydration issues
- Sharing and distributing resources

Everyone has to deal with ethics on the job and it is important to do so with respect and consideration

### How do we show our Ethics?

- By the way we treat others
- By the way we say things
- Our tone and choice of words
- Body language
- By the little everyday things we do or don't do

### Watch for

- On going ethics education sessions
- Regular ethics column in our facility newsletter
- Advertising of ethics education sessions for all staff
- Resident /family/staff referral process

## Walk the talk of ethics

*Mary Merrigan R.N.*

## SNIPPETS

### INFECTION CONTROL — WATER SPLASH-BACK

Water splash-back from sinks cause pathogens to travel up to one meter away from sinks. This splash is contaminated aerosol particles. Caregiver work surfaces and care materials should be kept away from that one meter radius.

Water from the faucets should hit the basin and not expel directly into the drain to avoid a contaminated aerosol splash back.

This is equally important in our homes as well.

### CHANGE IN NURSING ASSIGNMENTS

You will notice that nursing staff are on the move.

This is a regular occurrence that contributes to best practice by refreshing approaches to care. Staff get to know more of our residents and their families.

Sometimes operational staffing challenges can determine the timing of these moves. Summer vacation is approaching and some employees ask for lengthy leaves from work to visit family overseas. In order to accommodate as many requests as possible, we need to have replacement staff ready to take up their shifts.

Please welcome the new faces you see on each Resident Home Area.

## RESIDENTS' COUNCIL

At April's meeting, Council was privileged to hear from Sr. Susan Daley, who kindly shared her experience of work and life in the Dominican Republic. Sr. Susan lived in the Dominican for fifty years. She began her presentation with a description of life in a care facility an hour's drive from Consuelo. The facility is home to nine retired gentlemen who worked in the region as sugar cane cutters. Most of the men migrated from Haiti and do not have family that live locally to care for them in their later years. Sr. Susan described the collaboration that makes this venture possible. The Sisters work closely with local volunteers, philanthropists and Whitby's Sunrise Rotary Club. Council members were pleased to hear that Council's recent donation will assist the facility in a meaningful way. As Sr. Susan articulated, the contributions of the network of folk connected to the facility are a demonstration of the philosophy that we are all responsible for each other.

At May's meeting, Council members look forward to a presentation from Margaret Imbleau and Liz Jeffrey, who are scheduled to talk with Council about the Stephen Lewis Foundation campaign, Grandmothers to Grandmothers.

The Residents' Council intends to hold a mini-bazaar once its stock of saleable items has reached a critical mass. Council gratefully accepts donations of all such items. You are invited to drop off donations at the reception desk. Just advise the receptionist that you are donating the items for the next Council bazaar. Monies raised from activities such as the bazaar help support charitable donations to organizations such as the care facility in the Dominican Republic.

## ST. PAT'S FAMILY COUNCIL

The Council sponsors Family Peer Support gatherings and various information sessions on topics of interest to families. All activities are open to all family members and friends of residents. 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.

Here is a list of upcoming Family Council supported activities. All events take place in the Shamrock Board Room unless shown otherwise.

**Apr 28 (Wed), 7:00 pm - Information Evening with Robert Ienzi**, - Providing a Successful Recreation Program for our residents. (In the Library)

**May 17 (Mon), 1:00 pm - Family Council Meeting**

**May 19 (Wed), 7:00 pm - Information Evening with Jim Videto** – Environ-

mental Services serving our residents (In the Library)

**May 28 (Fri), 2:00 pm - Family Support Gathering**, Families helping families and residents

**June 11, (Fri), Family Council Day – Theme: Learn About Living Life in Long-Term Care!** (Various locations in and around St Pat's)

**June 21 (Mon), 1:00 pm - Family Council Meeting**

**June 24 (Thurs) 7:00 pm - Family Support Gathering**, Families helping families and residents

**July 19 (Mon), 1:00 pm - Family Council Meeting**

**July 23 (Fri), 2:00 pm - Family Support Gathering**, Families helping families and residents

## NATIONAL VOLUNTEER WEEK

National Volunteer Week in April is always a special time of year to say thank you to our dedicated volunteers.

Have you ever thought of what our world would be like without volunteers?

Around the world, millions of people volunteer in an effort to make life better for our communities and the people who live in it.

Volunteers are creating a better world for us, one person and one act of kindness at a time.

Have you ever thought of what St. Pats would be like without volunteers? A nightmare, for administration, staff, residents and families.

St. Patrick's Home is blessed, to have many volunteers coming in every day, giving us an extra hand to serve Resi-

dents and assist in the delivery of daily care and services.

Volunteers, we join our voice in saying THANK YOU for everything you do.

*Suzanne Jeansonne  
Volunteer Coordinator*

## THE LIBRARY REVISITED

The Library has enjoyed several face-lifts since our building first opened in 1964. On opening day, the Residents, Sisters, dignitaries and families would have marvelled at the state-of-the-art room with its large folding doors separating it from the dining room, high ceiling and library wall and wonderful bank of tall windows.

Forty-six years later, after more than one renovation, the room was still large and spacious albeit dated and in need of a refurbishment. Who best to support and encourage the venture but our friends the Ladies' Auxiliary who constantly search out best methods of bringing quality and zest to lives of our Residents?

A small committee, including the Ladies, our Maintenance miracle workers, Resident CB Marsh and Barbara Duggan, worked with Brian Cummings of Weiland Furniture to trial and choose furniture that create a sense of change without the great

expense of moving walls or destroying the constants. The mirrors and the book wall stayed, as well as the carpets and windows. Framing the mirrors, painting the walls and finding some blowout deals on tables and art rounded out the new acquisitions and the new look. Once the furniture arrived, our volunteer friends, under the stewardship of Suzanne Jeansonne, "Walked the Block" as a fundraising activity. They eagerly underwrote the expense of a library computer with all the trimmings to give Residents the opportunity to gain facility with the computer and make e-mail contact with family from a distance.

The success of the project was formally acknowledged at a Tea held on January 26<sup>th</sup>. Residents and staff



gathered to enjoy camaraderie and to offer a sincere thank you to the members of the Ladies' Auxiliary for their constant and demonstrated friendship. The library is a welcoming and comfortable place. Come and visit, won't you?

*Barbara Duggan*

## FOUNDATION UPDATE



The Foundation continues to make positive progress in its role of supporting the Home's needs for today and tomorrow.

As the Home's Redevelopment plans evolve, do our efforts to expand and widen our base of friends who support the Home's vision. We are so looking forward to having the required project approvals in place so that our fundraising can progress supportively towards our new Home.

Parallel to fundraising and friendraising for the future, we remain committed to supporting current needs of our Home. Through the generous support of 2,000 members of our community, and in partnership with an incredibly

dedicated team of volunteers, Lottery 2010 sold out prior to the Early Bird Draw. This is the first time in the Lottery's 16 year history that this was accomplished. Thanks to Honourary Chair CTV News at Noon Anchor Michael O'Byrne, Lottery Chair Brent Conley, Mary Kealey, Chair of our Parish Campaign and Louise Bourbeau, Chair Administration for achieving this unprecedented success! The Lottery continues to be a great way to introduce new supporters to our Home.

Our Home was blessed once again with the friendship of the Irish Society of the National Capital Region. The annual Erin Luncheon was a "sell out" success and raised unprecedented support for the

Home. Committee members Bill Tobin, Jack McManus and Jim Di-neen worked beautifully with our volunteer extraordinaire Louise Bourbeau to make the event magical and profitable.

The Heart & Crown will be our returning Golf sponsor this year and their team of volunteers are looking forward to raising significant support for St. Pat's. The tournament will be in August again this year. Watch for more information forthcoming.

If you would like to participate in any of our events or support the work of the Foundation for the present and future needs of the Home, please contact Jennifer Conley at 613-260-2739.

## MAKE-A-WISH PROGRAM

Wishes do come true! Just ask the veteran police officer and resident of a long term care facility whose dearest wish was to ride in a modern police cruiser. Staff at the facility learned of the resident's wish, contacted the local O.P.P. detachment and the resident's wish was granted.

We are keen to hear about wishes our residents hold dear. In the very near future residents, family members and friends, Sisters, volunteers and staff will

be invited to share resident wishes with the Home's recreation team. Forms for communicating a wish will be available in the main lobby and at each unit's nursing station. We invite Residents to drop completed forms in a wishing well that will magically appear in the main lobby when the program is introduced.

We anticipate the wishing well will be stationed in the main lobby for a period of a week, so

when you see the well be sure to submit a wish.

While our heart's desire is to grant every wish submitted, available resources will limit how often we can wave the magic wand.

If you would like more information about this exciting new program, please contact Robert Ienzi or David Wainwright.



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Canada

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



**Psssstttt**  
**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.

## Health Corner with Mary Merrigan RN

### Laughter is the Best Medicine

Laughter therapy dates back to 1976 when Norman Cousins reasoned that negative thoughts and attitudes can result in illness and positive thoughts and attitudes may have the opposite effect. Cousins had been diagnosed with **ankylosing spondylitis** and was given a 1 in 500 chance of recovery and a few months to live. He discovered that 10 minutes of boisterous laughter resulted in at least 2 hours of pain free sleep. He continued this routine until he recovered. Thus he proved that laughter is the best medicine, and pointed the way to mind-body medicine.

Our five senses are not enough for ideal living. We need our sense of humour. Humour is not about telling jokes. It is about the way we view the world. Humour results in a general decrease in the stress hormone. Laughter boosts levels of endorphins, the body's natural pain killer.

#### Some of the benefits of laughter:

- it is often used to survive difficult situation
- it increases the sense of well-being
- it makes pleasant connection to others
- it help with managing stress
- it increases creativity
- it increases the heart rate, benefits the immune system, increases alertness and exercises the skeletal muscles

If you can laugh at it you can live with it. Do not wait until you are sick to practise laughter therapy. Rent a classic comedy movie, read humour books and watch comedy on TV. The time to laugh and be happy is now.

Mary Merrigan RN

Info gathered from [www.personal development.com](http://www.personaldevelopment.com)



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
Find out about Respite Care	Cheryl Ford, ext. 260
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 the isolation status of the Home call the Reception Desk or go to the website, <a href="http://www.stpats.ca">www.stpats.ca</a>	613 731-4660

*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.