

Spirit Alive

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

St. Patrick's Home of Ottawa Inc.

Medical Arts Dispensary of Ottawa



Jack-O'Lantern

The jack-o'lantern chuckled then winked his funny eye, "I would rather be a pumpkin-face than be inside a pie!"

Founded over 75 years ago, Medical Arts is an Ottawa-based pharmacy specializing in Long Term Care in Ottawa and surrounding region. Medical Arts Dispensary became the first pharmacy service provider in Canada to employ a multi-dose packaging system over 10 years ago.

Medical Arts has been proudly serving St. Patrick's Nursing Home for many years and has recently installed eMeds™ at the home. eMeds is their proprietary wireless software that guarantees proper medication management. The management team at St. Patrick's and Medical Arts pharmacy believe that proper medication management is an evolving process that involves nurses, physicians and pharmacists, and that the use of new technology will assist in that process.

eMeds™ system allows electronic record keeping and makes it easy to retrieve information, create a complete resident medication record and update profiles as soon as changes are made. It is also equipped with two-way communication between nursing and medical staff with the pharmacy allowing nurses to request refills through the system.

Along with the pharmacy's unique multi-dose packaging system, eMeds helps the nursing staff with administration of medication and promotes the 6 Rights of sound medication administration. The nurses are able to verify:

- Right Resident: through photo ID and barcode scanning,
- Right Drug: packaged in a single dose packet.
- Right Dose: The medication packages (Readi-meds™) are labeled with the resident's name, date/time, dose, strength and quantity.
- Right Time: with built in administration flags to notify of late or missed doses
- Right Method: State of the art pharmacy labeling on all medications
- Right Documentation with real-time updates to resident's profiles through secure wireless communication

eMeds™ system includes bar-coded verification of Read-Meds™ packets (commonly known as strip packaging).

These security features allow validation and tracking of when the medication was given as well as who it was given by. Ultimately, the system increases nursing accountability and resident safety in the medication administration process. The eMeds™ system also reduces the time required for medication passes, therefore allowing the nursing staff to focus more on caring for the residents.

(Continued on page 3)

Our Core Values

Sacredness of Life

Spirituality Hospitality

Justice

Growth and Vision

Linda's Corner



ANNUAL COMPLIANCE REVIEW

Ministry of Health Compliance Advisors spent four days at St. Pat's in late August to assess our compliance with the 400 standards applicable to long term care homes. I am delighted to say that we had no unmet standards for the third year running. Congratulations to all staff whose attention to detail and commitment to teamwork make this possible on a daily basis.

ACCREDITATION UPDATE

Our response to the preliminary Accreditation Canada survey is due by Dec.10/08. We have every confidence that we will receive a full three year award.

REDEVELOPMENT

The Ministry of Health and Long Term care advised us mid-summer that redevelopment approvals and accompanying funding announcements have been post-

poned until late Fall. The Ministry has encouraged us to continue our background preparatory work at St. Pat's.

This background work includes:

- Current building assessment
- Site survey
- Geotechnical (soils) survey
- Cost consultation — to validate our cost projections

Throughout September and October you will see various consultants on site performing this work. The surveys are financed through St. Patrick's Home Foundation and are required steps. The Foundation has been very busy over the summer building a steering committee and soliciting support so that we are well positioned to publicly fundraise as soon as needed approvals are announced.

LONG TERM CARE FACILITY DESIGN

Design for new construction in Long Term Care is based on four main objectives:

- A physical environment that contributes to the well being and overall health of residents
- Design objectives are outcome-focused i.e. what residents want and how we link their wishes and needs with the spaces we create
- The resident's physical environment is part of a complex system where the resident's behavioural, organizational and social contexts interact

- Design criteria must be flexible to respond to resident needs today and in the future, as well as caregiver and family needs

The design standards and functional considerations for new Long Term Care construction evolved from the above-noted design objectives. Features (among others) that we can expect in a new building will include:

- Each Resident Home Area (RHA) will accommodate a maximum of 32 residents and will be a self contained unit for the residents in that area i.e. bedrooms, washrooms, bath and shower rooms, dining area, lounge, program/activity space, staff work space and storage space for that RHA

Requirements for each of the areas are specified in detail in the design standards.

Some of the resident bedroom and bathroom details are set out below:

- All resident bedrooms contain either one or two beds i.e. Private or Semi-Private accommodation. A private room must have at least 130 sq.ft. of floor space excluding the space for the vestibule, washroom and closet. A semi-private bedroom must have at least 130 sq.ft. per resident (the washroom is shared for semi-privates)
- The bedroom must allow access by caregivers to three sides of the bed i.e. to both sides and the foot

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Additional Services provided by Medical Arts

Medical Arts also undertakes regular medication check in conjunction with physicians and nurses where a pharmacist meets with the residents to discuss their medications and answer any questions they might have.

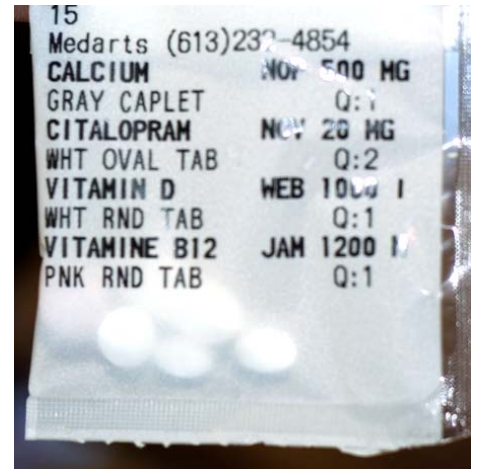
The residents' medication lists are reviewed regularly in what is called medication reconciliation where profiles are constantly updated in consultation with physicians and nurses at St. Pat's.

Medical Arts pharmacists also provide education sessions for the nursing staff on topics such as newly-released drugs, disease states such as diabetes, osteoporosis, asthma, etc.

Medical Arts pharmacists are on call 24/7 to fill and deliver any emergency prescription medications to St. Pat's, or simply to answer any questions the nurses might have about drugs or drug interactions.

Telephone: (613) 232-4854

Facsimile: (613) 237-1500



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- Every bedroom must have a barrier-free washroom; the entrance width must be at least 36 inches and accessed from within the bedroom itself. There must be a 5 foot turning circle in each resident washroom
- Each bedroom door must be a minimum width of 44 inches
- Each bedroom must be designed to allow 180 degrees change of direction for any care equipment in the room
- Each bedroom must have at least one window that provides a direct view to the outdoors or to other naturally lit space from both a sitting and lying-in-bed position

You will note that new design standards in long term care are clearly resident focused. We look forward to feedback from staff, residents and their families through Focus Groups that will take place in advance of the detailed design work for a new St. Patrick's Home.

In this month, where there is a sense of 'back to school', we remain thankful for our dedicated volunteers, including Board members, who offer their talents and sincere commitment to the organization and those we serve. They embrace our values and work with us towards achieving a Home in which residents and their families feel well cared for and safe.

As with all organizations, there are those whom we will miss as they pursue other options like retirement. On behalf of her

past and current residents and their families, a special note of thanks goes out to Dr. Judith Davey who is retiring from St. Pat's after almost 20 years. We wish her well in all her upcoming adventures.

I would like to close with a standing offer of my open door if you have concerns or suggestions for improvement in the care and services we offer. Because we know that gratitude is always the best attitude I wish all a thankful Thanksgiving. Borrowing the words of Meister Eckhart, a German theologian and mystic from the 13th century, "If the only prayer you said in your whole life was, 'thank you' that would suffice."

*Linda Chaplin
Executive Director*



Snippets of News & Information



St. Pat's library is on the move LIBRARY ON WHEELS



Volunteer Lesley LeMarquand has completed a re-organization and classification of the St. Pat's Library. The library houses approximately 1409 volumes, 817 non-fiction, 484 fiction and 108 large print. Subjects include religion, art, music, history, literature, travel, sports, adventure and biography.

Commencing Thursday October 9th Lesley will be visiting residents' rooms weekly with a selection of books for resident's to borrow. Books can be signed out by residents and kept for a period of three weeks .

We hope that residents will take advantage of this service and explore the rich and varied collection of library materials at St. Pat's.

THE SECOND ROUND

The Second Round, located on the Ground Floor just to the right when exiting the elevators, sells gently used clothing and other small knick knacks, books, etc. It's the "General Store" for residents, staff and visitors alike.

We welcome – and need – donations year round. Anything that falls into the above categories of goods can be dropped off at the Reception Desk and will be put to good use.

FRAGMENTS of Snippets



Room Safety: For staff and resident safety, resident rooms must be free of items which could cause staff or residents to trip and not be cluttered so that Housekeeping staff can clean. As well, in certain situations, in order for staff to give resident care, a minimum amount of space must be left clear around the resident's bed for use of a lift.

Fragrances: St. Patrick's Home strives to maintain an environment comfortable for all. As a courtesy to all, the Home requests that staff, volunteers, visitors and resident refrain from wearing scented products while on campus. We appreciate your cooperation and support in making the Home safe and welcoming for all.

Baby Powder/Talc Often seen as a nice gift for an older person, talcum powder is a fall just waiting to happen. On our terrazzo floors, the fine powder creates a skating rink, unsafe for residents and staff! And it may have a strong perfume too (see above re **Fragrances**).

Equipment Brought Into the Home Any equipment brought into the Home, for personal use by a Resident, or donated to the Home, is subject to safety inspection by the Maintenance Department. Please see Rick Videto or any of the department staff when bringing equipment into the Home.

Walk The Block for St. Pat's a Great Success A very special Thank You to all you participated in Walking the Block for St. Pat's on Saturday September 27th. A special Thank You also to all the sponsors

who so generously contributed a total of \$4,700 to St. Patrick's Home. We will let you know in the next issue how the funds were used.

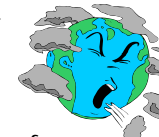
Pumpkins for Sale Help support the home; buy your special pumpkins here! Only \$6.00 each.

Pumpkins will be for sale starting Oct 16th—please pay at reception.

BIG PUMPKIN Also we will have the giant pumpkin weight game again this year in support of the Social Committee. Guess the right weight and win the pumpkin; ballots are \$1.00 each & will be available at reception once the big boy arrives!

FLU SEASON

Flu season is again approaching. Vaccines will be available for staff around the 2nd week of November, then for residents (they need it later in the season, so it lasts later).



Family members and volunteers are encouraged to go to their family physicians to get flu shots and **not to come to the Home with symptoms of the flu, nor come for 5 days after onset of the symptoms.**

These symptoms include:

- Muscle ache
- Runny nose/sneezing
- Sore throat/hoarseness
- Nasal congestion
- Chills
- Headache
- Fatigue
- Anorexia
- Fatigue
- Abnormal temperature

Snippets, continued

NURSING ROTATIONS

Nursing staff changes result regularly when a position becomes vacant. The position is posted so that qualified staff can apply. The successful applicant will then move to a different care area. Recently we have received funding for additional PSW and RPN hours thus more postings and changes than usual have resulted. On other occasions staff may request a transfer to a rotation for many personal reasons such as workload, additional or less hours and/or a different shift that suits their family schedule better. On rare occasions, a management decision will lead to changes in staff configuration. Every staff change causes what we call a 'domino effect' and we do our best to accommodate everyone while making the transition as smooth as possible for our residents.

ALZHEIMER COFFEE BREAK

Our annual "Coffee Break" in support of the Alzheimer Society of Ottawa and Renfrew County was held on Tuesday, September 30. Thanks to the very generous support of Staff, Sisters, Volunteers, Residents, Family Members and Visitors who enjoyed a cup of coffee and a tasty treat for the price of a donation to the Alzheimer Society and participated in the raffle and silent auction, we raised over \$850! Once again, we have done our part to help promote awareness of Alzheimer's disease and raise funds to support the programs and services of the Society and had fun at the same time. A special thanks goes out to Lynda McLachlan who is our annual organizer.



Retirement of Dr. Judith Davey



Dr. Judith Davey transferred the care of her residents at St. Patrick's Home to medical colleagues on October 1st. Beginning work at the Home over twenty years ago while also run-

ning a busy general practice, Dr. Davey has seen many changes in medicine and was an integral part of the individualized attention that each resident experiences from the day they arrive at St. Pat's. It was with complex emotions that she opted for retirement after a lengthy and varied medical career to enjoy some travel and tend her beloved gardens. On October 2nd, her colleagues at the Home gave her a heartfelt sendoff to her next ventures in life. Dr. Davey will be missed by her residents, their families, by her medical colleagues and by our staff.

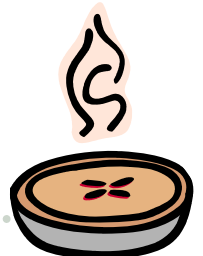
Resident Tourtiere Contest

Every year at St Patrick's Home we survey our residents for their favorite tourtiere recipe.

The recipes are collected and are cooked in the Home's kitchen. Then the residents gather and the members of the Residents' Council vote on their favorite pie! The winner is rewarded with a photo and article in the Spring issue of

this newsletter; in addition, their recipe is featured on the Home's menu cycle.

This year winning Tourtiere will be available for purchase starting Nov. 17th 2008 through the Coffee Shop for \$7.99.



Board Profile: Don Burke, Chair of St. Pat's Board of Directors



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Born and raised in Ottawa, lawyer Don Burke has long been aware of St. Pat's presence in the community, even before he became Chair of the St. Pat's Home Board. "From the first time I came into St. Pat's, I realized there's a warm feeling here. Staff and volunteers always make you feel welcome. St. Pat's has a tremendous volunteer corps – the enthusiasm and the time they contribute are amazing!" Don has also had direct contact with St. Pat's through his mom, Theresa, who lived here for two years until she passed away in 2005. But his Board involvement started back in 1995, "when one of my former partners, Jeff King, introduced me to his fundraising work with the Foundation Board." After several years with the Foundation, Don became involved with the Home Board and in 2007 became Chair of that Board, which focuses on the governance of the Home.

It's the Home Board's responsibility to ensure that St. Pat's continues to operate successfully and that it has the necessary funds, resources, and support from year to year. "The challenges are always there with health care and with non-profits, but we have great Directors who work well together and with the Executive Director." He remembers the first Executive Director (ED) he worked with – Sister Mona Martin – and recalls her presence as they both attended and participated in numerous activities. "She was the face and voice of St. Pat's for years. Linda Chaplin [the current Executive Director] had very big shoes to fill and she's filled them well. She's extremely qualified and experienced with health care, administration, and with working in the role of Executive Director. We're lucky to have her."

The biggest challenge and goal that the Board has been focusing on for the past few years is the future of St. Pat's. As Don states, "We have to ask the questions, 'What services should we offer? In addition to long-term care, what about outreach, palliative care, and more? How and where could we offer these services? How do we keep the place operating successfully and comfortably, taking into account the challenges and changes we're always facing?'"

In the process of answering these questions, the Board made the decision to apply in late 2006-early 2007 for 96 new beds and was successful. This fit with the Board's more expansive goal of creating a new and improved St. Pat's facility. These plans involve ongoing lobbying and work with the Ministry of Health and Long Term Care and the Champlain

Local Health Integration Network, as well as ongoing fundraising, in order to get the necessary funding and commitments to complete the plans. As Don states, "we believe we are well positioned to accomplish our goals, but plenty of hard work remains."

The amount of time involved for Don and other Board members to achieve these goals is extensive. You may not think of Board members as volunteers in the traditional sense, but they voluntarily contribute many long hours to St. Pat's. Don estimates that, between Board meetings, Committee meetings, activities and events, reading and writing documents and emails, dealing with public contacts and queries, etc., his participation adds up to an average of 6-8 hours per week. While Don may have a bit more free time now that he and his wife of 30 years, Nancy, are recent empty-nesters, he also is a partner at a busy law firm (Kelly Santini LLP). He points out that other Board members work as accountants, senior executives, investment brokers, and in other professional roles. Each one generously contributes his or her time, skills, knowledge, and expertise to St. Pat's.

For those staff, residents, or volunteers who haven't yet had the pleasure of meeting Don in person, hopefully you will at some point. In the meantime, know that you have a very enthusiastic, distinguished, and articulate representative looking out for the best interests of St. Pat's.

Foundation Update

This time every year, the Foundation looks back to a successful summer and ahead to a busy and exciting time for “friendraising” and fundraising!

Steady progress continues to be made in building our team of supporters who will work with us in our dream of an enlarged and enhanced St. Patrick’s Home. We are excited to be part of this developing project and look forward to concretizing our plans and activities.

The annual Golf Tournament sponsored by Tierney Stauffer LLP was once again a great day for friendraising AND fundraising. This year, this popular and well-

attended event raised over \$50,000.00 for our residents.

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!

Back by popular demand, once again for the Christmas season, we will be providing an opportunity to recognize and memorialize your loved ones through a “Caring Tree” in the Chapel. More information about this wonderful way to pay tribute to a family member, friend, resi-

dent, 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.



Spotlight on Health

We all know that a healthy weigh is important for so many reasons. No harping on that. However, here are some tried and true tips, secrets to successful weight control.

10 tips to boost your metabolism:

1. Stop fad diets.... the industry is way too rich.
2. Eat breakfast.... you need fuel to start your day.
3. Drink plenty of water.... daytime fatigue can be related to dehydration.
4. Eat snacks... do not get too hungry.
5. Eat carbs..... they are needed for energy.

6. Get moving.....exercise helps you look thinner.
7. Eat protein at each meal.....protein is needed to build and maintain a healthy body.
8. Calories do count....successful weight control is achieved through the loss of body fat, not water
9. Balance carbs, protein and fats.....do not eliminate any of them.
10. Eat more food to fill up.....try more raw fruit raw and green vegetables .

By Mary Merrigan RN



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Psssstttt
A few reminders:



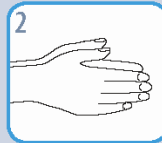
- We're on the web:
www.stpats.ca
- Don't forget the "**Suggestion Box**" next to the stairwell in the Front Lobby. It can be used for suggestions, complaints, commendations—just remember to sign it.
- Remember that residents leaving for an outing must sign out at the nursing station **AND** at reception
- All **ELECTRICAL** devices **must** be checked and approved by Environmental Services before being put into service.

How to handrub

Rub hands for 15 seconds



1 Apply 1 to 2 pumps of product to palms of dry hands.



2 Rub hands together, palm to palm.



3 Rub in between and around fingers.



4 Rub back of each hand with palm of other hand.

Rub hands for 15 seconds



5 Rub fingertips of each hand in opposite palm.



6 Rub each thumb clasped in opposite hand.



7 Rub hands until product is dry. Do not use paper towels.



8 Once dry, your hands are safe.



JUST CLEAN YOUR HANDS



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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..... the Community Care Access Centre, 613 745-5525
Book a tour of the Home..... Suzanne Jeansonne, ext 235
Compliment Us or Offer Suggestions..... Linda Chaplin, the Exec Dir, ext 233
Buy Seasonal Foods..... the Food Services Supervisors, ext 250
Support the Foundation's Work..... the 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.