

# Spirit Alive

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

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



### Lift up your Hearts for the Arts

#### Artswell is coming to St Patrick's.

Artswell is a not-for-profit arts and healthcare organization dedicated to improving the quality of life for people living with the effects of age, illness or injury through exposure to and engagement in the arts.

Art is a universal language. Regardless of gender or ethnic background, people use similar lines and colors to express the same emotions. We all have the ability to tap our inner creativity and make images, words or sounds that will help heal our bodies, minds and spirits, and enhance our lives.

Artswell's programs prove how powerful the creative process can be.

They are led by professional artists with demonstrated skill and experience in sharing their respective disciplines; visual arts, music, storytelling, dance and humour within long term care facilities and various other healthcare settings.

The artists foster awareness of the transforming power of the arts for individuals, families and caregivers.

A long term resident had this to say:

*"Artswell programming is like painting my soul on paper."*

Artswell works diligently to provide a positive enjoyable art experience, as Kathy Leblanc and Daryl Thomas dis-

covered when they visited her mother at a long-term care residence in Ottawa. Here is an extract from what they had to say about Kathy's mother's art class.

*"Huge KUDOS to the.....Artswell program. We were very surprised by the large number of staff giving the art students such great personal attention. Kathy and I were amazed at the social interaction between the residents as we all know there is very little of that on the ward. We were also impressed at the level of art project that the group had been working on for the past few weeks with Monday being completion and presentation time. One of the staff...introduced each of the figures the students had produced. She made everyone very proud of themselves with the individual attention and did a great job involving the whole group.*

*"Kathy and I were most impressed with the motor and social skills that this fine group of Artswell staff were bringing out in each student. It made for a great afternoon of conversation with Kathy's mom and I'm sure the families of the other students must feel the same. With the limited outside access for the residents it's always nice to have something new to talk about.*

*"Please offer our heartfelt congratulations and thanks to the Artswell staff – they offer a service that is very much needed.*

You do not have to be an expert to create something you are proud to share with

your family and friends.

Enjoy the thrill of a drumming circle or produce a mural along with your fellow participants.

Watch for their posters and displays at St. Pat's. A schedule is being developed.

To discover more about Artswell, visit their website at [www.artswell.ca](http://www.artswell.ca)



**Remember: It's never too late to create.**

A collaborative painting completed by residents during an Artswell music and painting session.

**Our Core Values**

Sacredness of Life  
 Spirituality      Hospitality  
 Justice  
 Growth and Vision

## Linda's Corner



As we start what is predicted to be a record-setting summer, we have kept the heat on regarding approvals from the Ministry of Health for a redeveloped St. Patrick's Home. At this writing, we still await the same vital Ministry approvals namely: 1) that we will be able to merge the new beds awarded in August/07 with our existing 202 beds and 2) precise knowledge of the funding formula.

We know that intense fundraising on our part and significant government support in the form of a capital grant are essential for us to move forward. The previous funding mechanism and amount allocated in the Ministry of Health's 1998 new bed initiative was deemed insufficient at that time. A decade later, as one would expect, inflation factors and cost of materials have increased greatly which will bring our total projects costs for new construction to somewhere in the order of \$60 million. That \$60 million does not include plans for the existing building which may be demolished or perhaps enjoy a few more years for other purposes.

**MINISTRY OF HEALTH REPORTED TIMELINES FOR C-BED REDEVELOPMENT- David Clarke (MOH capital planning and renewal branch) stated in mid-May/08:**

**Re: Timelines**

- Strategy announced last year on July 31, 2007
- Policy & program design work through winter 2008
- Review design standards

- Review funding model
- Develop allocation & selection criteria
- Invite applications – spring/summer 2008
- Evaluate applications – summer/fall 2008
- Construction

**MINISTER OF HEALTH AND LONG TERM CARE SMITHER-MAN – stated in Mid-May/08**

**Re: Capital Program**

- We want to create as much flexibility as possible in a capital program
- The per diem may be convertible to a front-end grant to help the not-for-profit sector with mortgages
- We want to see a re-emergence of NFP homes

**OUR WORK TOWARDS REDVELOPMENT**

In order that we are prepared to start our project immediately when approvals and funding adequacy are confirmed:

- Detailed financial projections have been undertaken and refreshed each time new information is available
- A review of potential partnerships was commissioned.
- Quotes for various required surveys (land, geotechnical etc.) have been solicited and received
- Our Foundation has been working hard at garnering strong supporters among our St. Pat's friends.

We have met with: Champlain LHIN's Dr. Robert Cushman and Bernard Lamontagne, Premier Dalton McGuinty's constituency office staff John Fraser, and chief executive officer Peter Wilkinson, city officials in the planning department, city councillor Maria McCrae, Ontario Infrastructure representative Robert Keene and with Ghislaine Malo, our capital renewal account manager at the Ministry of Health.

We have met with the Grey Sisters who have a community on our 4<sup>th</sup> floor and own the land on which we are located. Always strong supporters of the work we do and of our project, the Sisters share and support our hopes and dreams.

We have interviewed architectural firms. The firms we have interviewed are talented and experienced and the decision will not be an easy one.

A number of site visits to homes that each architectural firm has built are underway which will assist us as we narrow the field for an architect. We hope to have a decision by mid-July.

As well as the substantial energy investment in redevelopment, we have enjoyed many successes and achieved milestones that assure our residents and their families that our high standards of care are being maintained. Although the final report from our accreditation survey is not yet available, we are confident that identified areas for improvement will result in the maximum award. Additionally, our application for funds from the federal program New Horizons for Seniors was a success and allowed the purchase of new equipment for the seniors day program and our application to HOBIC was approved

Our long service awards ceremonies for staff and volunteers each year demonstrates the incredible commitment that people continue to make to St. Patrick's and the residents we serve. This year was no exception. To quote Babe Ruth, "The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime." Personally I think we have a million dollar team here. Together we will continue the traditions of the Grey Sisters and make sure our core values of hospitality, justice, growth and vision, spirituality and sacredness of life and are lived out every day to the benefit of all.

*Linda Chaplin,  
Executive Director*

## Resident Profiles

### Edna and C.B. Marsh A Well-Traveled Life

Both born off the coast of England 95 years ago, Edna and C.B. Marsh are clearly happy to be together today at St. Pat's. They have known each other since they were children and have shared the joys, as well as the trials and tribulations, of a long and full life. C.B. tells of their early life in England on the Isle of Thanet, which has a rich history of piracy and smuggling. He mentions with a twinkle that some of his family were "in the trade", while Edna's family were on the other side of the fence, as excise officers. While not quite a Romeo and Juliet level of family conflict, it began perhaps as an unlikely pairing, but defying the odds, they have shared a wonderful life together since then.

In 1937, C.B. was working in Bristol, and popped into his local pub for a pint when he was pulled into a cricket game to fill out the team. He obliged and continued his pub crawl afterwards with "a good bunch of people" who turned out to be members of a new field ambulance unit in the British army. C.B. had signed on for more than a cricket game—the next day, he joined the Royal Army Medical Corps and went to work with "an interesting bunch of detachments", including the Black Watch. Edna was also doing her part, working with the Fire Service during the war. They had already decided to marry before the war began, but had planned to wait until it was over. However, things changed quickly during war time and, after surviving the Battle of Dunkirk in 1941, they decided to get

married right away, "literally in the middle of the bombing, in between air raids". Not only did they survive the rest of the war, but they are still thriving after 67 years of marriage.

After the war, C.B. wanted to travel but Edna wanted to buy a house instead. Edna's wishes prevailed and they bought their first house together in Rochester and lived there for 16 years. C.B. still got to travel, more than he ever imagined. While living in Rochester, he met a wealthy businessman who inspired him to join his company. They worked together to help rebuild the global economy by promoting the cultures and trades of countries new to much of the western world. Over the next few decades, C.B. (often with Edna) worked and traveled in India, Lebanon, Singapore, Thailand, and throughout Europe, South America, Africa, and North America.

On one visit to Canada, C.B. was struck by how "wonderful, clean, and green" the country was and he encouraged Edna to try living here "for a couple of years". During our interview, C.B. pointed out to Edna "I also promised you a car" to which Edna responded with a smile, "I think I had to wait ten years for that car." Still, they were both happy with their choice, as was their daughter Cecilia, who made the move as a teenager. They all remained in Canada long after the two-year trial period.

First settling in Toronto for 30 years, they moved to Ottawa 14 years ago to live



Photo by Lorna Hills

with their daughter. However, Cecilia and her husband have a business that requires them to travel, and they were concerned about having to be away so often. To help alleviate this concern, a few months ago, C.B. and Edna moved to St. Pat's – a move that enabled them to be together and still be near their family. This also gave their daughter peace of mind knowing that her parents would be well cared-for when she could not be there. C.B. and Edna are "quite pleased" to be St. Pat's residents and they and their daughter state that they know they are "in good hands".

As relatively new residents, they are still getting used to St. Pat's, but they are also getting involved. C.B. recently gave a workshop to the Recreation Dept. on how to create his unique paper sculptures. Perhaps Edna will do the same with her hand-knit teddy bear creations. C.B. and Edna's talents, experiences, and wonderful personalities are welcome additions to the St. Pat's community.

*By Mary Neilans, St. Pat's Volunteer*

## Snippets of News & Information

### Business Office News

In order to serve Residents better the Business Office is now located permanently just off the Main Entrance behind Reception.

Business Office Hours have been expanded to:

Monday to Friday  
10:00 a.m. to 12:30 p.m.  
1:00 pm to 3:00 p.m.

Sharon Rose-Reed will be pleased to serve you with your business needs.

*Linda Chaplin*  
Executive Director

### Room Rates 2008-2009

The Ministry of Health and Long-Term Care has announced the Resident Co-Payment rates that will be in effect as of July 1, 2008.

The full pay (non-subsidized) room rates, as of July 1, 2008 are listed below.

Private Rm:	\$2,125.52
Semi Private Rm:	\$1,821.35
Ward:	\$1,578.02

The specific room rate that each resident pays is determined on admission, and is reviewed annually.

### We Don't Want to Bug You, But...

It is mosquito and West Nile Virus time, so just a small reminder to wear long sleeves (argh, in this heat????) and/or use copious quantities of bug repellent.



### RN Training

As part of ongoing education for registered nursing staff, Louise Leclerc RN attended P.I.E.C.E.S. Education Training over 5 days in February and March 2008. St. Pats has at least 5 additional RNs and RPNs trained in P.I.E.C.E.S. "P.I.E.C.E.S." stands for "Physical, Intellectual, Emotional, Capabilities, Environment and Social" components which are cornerstones of the philosophy of the Nursing Department. It is a performance improvement approach to a common set of values, a common language and a common, yet comprehensive, approach to thinking through problems to enhance the capacity of those providing care services and support the older adults with complex needs and associated behaviours.

What participants learn/receive:

- Advanced knowledge and skills
- A common language
- Standardized instruments
- Decision-making templates
- Job aids
- Timely information PIECES Service (TIPS)
- Performance improvement approach (sustained networking and shared learning)
- A support network (psycho geriatric resource consultants)
- Evaluation

### Accreditation Survey 2008

On April 14th and 15th, St. Patrick's Home welcomed two surveyors from the Canadian Council on Health Services Accreditation (now Accreditation Canada) to our ninth accreditation survey. As explained in our last issue, the process was quite different this time. However, we were not thrown off our game. In the end, we felt good about

the experience and in only two days, because of the improved use of technology in the new process, we had an initial report. In this report, we learned that we had met their requirements in four hundred and sixty six out of four hundred and eighty applicable criteria, or 97 percent. Not bad, eh? Now, we have to work on the 3 percent that is lacking. No rest for the less than perfect. We anticipate a full award by December 2008.



### Tuck Shop Update — the Tuck Shop Express

Following in Bea Strelbisky's (Ladies' Auxiliary) footsteps, in the past two months you will have seen Volunteers with the "Tuck Shop Express" cart going around from door to door offering Residents small items for sale. Residents can buy cards, stamps, small gift items, tissue paper, treats and more. All sales are final and on a cash basis only. If Residents want items charged to their account, arrangements can be made through the Business Office by letting the volunteer know.

The present schedule for the Tuck Shop Express is as follows:

Wednesday, 10:30 AM - 12  
Ground floor, Third floor,  
Day Program  
Volunteer Muriel Inglis

Friday, 10 AM - 12 Noon  
First Floor, Second Floor,  
Day Program  
Volunteer Karen Mahoney

We look forward to having Bea back soon.



## Family Stays in Touch via Email

Like many people seeking employment years ago, I moved away from the Ottawa area to southern Ontario leaving behind parents and siblings. Weekly phone calls and regular summer and holiday visits helped maintain contact with my family. Several years ago my Dad passed away. Fortunately my siblings were able to obtain a spot for our Mom at St. Patrick's Residence. The past 2 years that she has been a resident have given us the peace of mind that she is well cared for in a warm and inviting environment. While some of my siblings are still in the Ottawa area and visit her weekly, my wife and I do not have this luxury. As well, Mom's hearing has seriously deteriorated in the past year and she can no longer engage in meaningful conversations

with us, especially over the phone. But St. Patrick's staff has provided us with the next best option — instant communication via email.

Generally I email my Mom a letter several times a week. It gets delivered to her room by staff with the day's mail if written prior to 9 a.m. and the following day if written later. Who would have thought that my 87 year old mother would be familiar with and use the term "email"?! She looks forward to receiving our letters and shares them with my brothers and sister. For us, it provides the immediacy of sending and knowing she will receive "news" or simply a "Hi, how are you? Here are some things going on in our lives" message. We learned that what

you write is not necessarily as important as the regularity of maintaining contact. While she can no longer respond in writing to our emails she often phones to let us know that they have been received. I can hear in her voice the joy that the letters give her.

Thanks to David, Roslyn and the entire staff at St. Patrick's for both making this service available and allowing many of us to continue to be a part of our parents' lives.

If you have not yet made use of [residents@stpats.ca](mailto:residents@stpats.ca) I strongly suggest that you give it a try.

*Hans van Zandvoort*

## Ontario Volunteer Service Awards



Jean McIntosh, Noreen Jette, George Lavack, Pauline Ralph, David Martyres (Youth) and Suzanne Jeansonne ( St. Pat's Coordinator of Volunteers) (Peggy Charette was absent)

Congratulations to St. Patrick's Home Volunteers **Peggy Charette, Noreen Jette, George Lavack, David Martyres (Youth), Jean McIntosh, and Pauline Ralph.**

They were presented with a pin and certificate at a special ceremony sponsored by the Ministry of Citizenship and Immigration on June 6, 2008.

**THANK YOU** for the meaningful and positive difference you make to the lives of others in our community.

## Profile of a Volunteer: Sr. Geraldine Daley

### From Compassion to Action – St. Pat's celebrates its volunteers

The prayer at St. Patrick's annual Volunteer Recognition Evening described the sentiment of the occasion perfectly: *"In gratitude for the tender, compassionate and loving care that our volunteers give to our residents on a daily basis."* This tribute was made on April 30, when a chapel service, tributes, awards, and delicious refreshments were shared by approximately 150 people who came together to celebrate our volunteers.

Suzanne Jeansonne, Volunteer Services Coordinator, commented that the evening is important because the volunteers are important and the staff and residents want to say thank-you. "Life would be so different without the volunteers—St. Pat's could not function without them."

On this evening, recognition awards were given to 45 dedicated volunteers who have contributed at least 500 hours, including one woman who has contributed a staggering 11,500 hours in assisting the residents of St. Patrick's. The person who accomplished this incredible feat is Sister Geraldine Daley. While Suzanne claims that Sr. Geraldine puts in full-time hours at St. Pat's, Sister laughs and says that she enjoys her work and that she keeps doing it because "I'm well and I love it. I'll keep doing it as long as I can... and Wednesday's my day off."



Sr. Geraldine has lived on the fourth floor of St. Pat's for 25 years. Prior to that, she taught in several high schools throughout Ontario. She commented that coming to St. Pat's was a big change from teaching—"I went from talking to teenagers who were focused on their ambitions, dreams and the future, to talking to older adults who are looking happily at the results of their dreams."

Sr. Geraldine volunteers on several teams, including Special Care (for residents with dementia), Pastoral Care, and Palliative Care. She enjoys spending time with the residents, who "are so positive, optimistic, and happy." She comments that each team requires different skills. When working with those with dementia, "I just go with the flow and accept them as they are." When working with residents requiring Palliative Care, "I help them over the

threshold. They accept where they are in life and it makes my work very rewarding, helping people prepare, and helping families grieve. Everyone appreciates prayer. It's a comfort."

Others agree and appreciate the comfort and help that volunteers like Sr. Geraldine provide. St. Pat's Volunteer Recognition Evening, with the theme "Compassion to Action", celebrates contributions of the many St. Pat's volunteers who give of themselves and who back up their words with actions. If you are interested in finding out more about volunteer opportunities at St. Pat's, contact Suzanne Jeansonne at (613)731-0094, ext. 235 or [suzanne-jeansonne@stpats.ca](mailto:suzanne-jeansonne@stpats.ca).

by Mary Neilans, Volunteer

## LOOKING FORWARD

### SEPTEMBER

**Victorian Fashion Show** You can't quite mark your calendar yet for this one – just be ready for it sometime in September because it's been a standing room only event in past years. Enjoy a fashion show and display of Victorian clothing and accoutrements, modeled by staff, residents and volunteers.

### OCTOBER

**Mary Cook** Renowned writer and storyteller Mary Cook will be joining us on Wednesday October 29<sup>th</sup> at 1:30 pm in the Auditorium to share her stories of growing up in the Ottawa Valley.



“We make a living by what we get, but we make a life by what we give.”

*Winston Churchill*

We are so blessed at St. Patrick’s Home that our many friends, donors, supporters and volunteers live Winston Churchill’s words. With so many members of the St. Pat’s “family” embracing this outlook, our Home is a more vibrant, loving and special place for our residents.

A heartfelt thank you to those who have supported our recent appeal for funds in support of the ongoing capital needs of our Home. Despite its age, St. Pat’s remains a lively, warm and wonderful place for our present residents, thanks to your support. Your investment will ensure our current building remains a dignified and suitable place for those in our care; it will ensure that critically needed renovations and enhancements can continue to make St. Pat’s “home”.

***We are also planning for the needs of tomorrow’s residents.*** With this vision, we have undertaken intensive research and planning to build our



Julie Connolly – Jane LeBreton – Jennifer Conley

team of supporters who will work with us in building our dream of an enlarged, campus setting conducive to caring for our residents. The plan for a new St. Pat’s will incorporate our proud heritage, traditions and Catholic roots while looking to the future of gerontological care. We are excited to be part of this developing project.

**You** make our projects a success and on behalf of the residents, Sisters, vol-

unteers and staff of St. Patrick’s Home, a cheerful and grateful Thank You for your wonderful support and friendship.

If you would like to support the work of the Foundation, please contact Jennifer Conley at 613-260-2739. New brochures outlining our key projects and opportunities are available throughout the Home for your interest.

## Spotlight on Health

Mary Merrigan RN, on staff at St. Pat’s since 2004, recently completed a Smoking Cessation Champions Workshop, sponsored by RNAO (Registered Nurses Association of Ontario) and the Ministry of Health and Long-Term Care. The RNAO, in partnership with the Ontario Ministry of Health and Long-Term Care, is working towards a Smoke Free Ontario. The Smoke Free Ontario Strategy, introduced in May 2006, will improve the health of Ontarians, by preventing children and youth from starting to smoke, helping Ontarians to quit smoking and preventing Ontarians from being exposed to second-hand smoke.

Mary has a Smoking Cessation Awareness Raising Kit with tools to support people’s decision to stop smoking. Included in the kit are booklets for smokers who don’t want to quit, for those who do want to quit, and for those who want to help another person quit. People can contact Mary if they want information about smoking cessation interventions at St. Patrick’s Home (613-731-4660).

*by Mary Merrigan RN*

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## More Than Just a Facelift – UNIVERSAL CODES

A long time in coming, St. Pat's Fire and Safety Manual has recently had "more than just a facelift" with a complete revamping of the codes to fall in line with the systems used in most area homes and hospitals (Universal Codes) and with the introduction of the "Incident Management System" method of handling all situations.

When asked why the Home was making this change, Jim Videto, Director of Environmental Services, said, "Many staff work in more than one facility. This will make it easier for them to remember."

Describing the Incident Management System, Jim characterized it as a way of organizing key functions that are necessary in each of the above emergency situations and in others, such as a pandemic outbreak. The system is flexible, with roles being filled by staff only as needed, often based on the length of the emergency. "The most important part of the system," Jim said, "is that it clearly identifies who is in charge at any time (the Incident Coordinator)." It is timely that we adopt this system now, in conjunction with the implementation of the universal codes. As well, it is a system that is used by all emergency responders in the city and province, so it is understood by external emergency personnel when they come on site.

The new code system will take effect on Tuesday August 5th. The one code that remains constant is **Code Red**, the code for fire. The remainder are either completely new or a renaming of a previously used code:

- Orange (External Disaster);
- Yellow (Missing Resident);
- White (Aggressive or Violent Person);
- Black (Bomb Threat);
- Brown (Internal Chemical Spill);
- Green (Evacuation);
- Grey (External Air Contamination); and
- Blue (Cardiac Arrest).

### *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.



### IF YOU WANT TO....

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