



# Keeping the SPIRIT ALIVE

FALL 2021

## FOUNDATION NEWS

### Restoring vital programs and activities for residents

While communities across Canada navigate the fourth wave of the pandemic, St. Patrick's Home of Ottawa continues to take small but significant steps toward a more normal way of life. While we continue to follow strict COVID-19 safety measures, we have gradually restored vital activities of daily living such as attending mass in The Gathering Place, sharing meals in the dining room, visiting with family and friends, enjoying a summer barbecue, or taking in a live performance in the garden.

With 200 residents scheduled to receive a third dose of the Pfizer vaccine in the next days (the remainder will be eligible



five months after their second dose), and cherished volunteers returning to service, we have reason to hope that 2022 will make more milestones like this possible.

In this issue of *Keeping the Spirit Alive*, we shift our focus to the future and the possible construction of a new facility that would offer affordable, supportive housing to seniors; the landscaping of under-utilized green space behind St. Patrick's Home; and a renewed commitment to person-centred care and training. Please take some time to learn about these initiatives and contact the Foundation if you'd like more information.

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### Every senior deserves and safe, affordable and supportive place to call home

In the weeks before the federal election, Canada's housing crisis, and the need for more affordable housing, became one of the most important issues for voters and campaigning political parties.

For years, Canadian housing prices have risen faster than incomes. A report by Oxford Economics (May 2021) found that homes in Canada were 34 percent more

expensive than the average household could afford; and that in 2020 alone, the average purchase price soared by more than 30 percent.

At the same time, government funding for new social housing units has dwindled and rent control measures have been eliminated. Which means that owning or renting a home is simply unattainable for a growing number

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Affordable Housing Exterior View and Aerial View (right)



Creation of affordable housing for seniors



Serving the most vulnerable seniors



Creation of a seniors' services hub



Providing supports and services to residents

of Canadians — especially older seniors living on a fixed income.

For two years, St. Patrick's Home has been working behind the scenes to address the housing gap for seniors in Ottawa, and provide an alternative to long-term care for those that can continue to live independently with assistance. Their vision is to build a 6 to 7-storey facility on its current site, and provide affordable, supportive housing for people in need, who are 65 years and older.

With a mix of studio, one and two-bedroom apartments, and urban cottages with shared amenities, the proposed facility would provide 24/7 support with healthcare, meals, assisted living services and security.

The Corporate Development Committee has consulted with the Riverside Park Community Association and engaged with Cahdco, Hobin Architecture and the City of Ottawa to develop a capital budget, operating budget, architectural concept plan and Zoning By-Law Amendment Application.

Currently, the project looks feasible; however, there is much work, and many factors to consider before the Board of Directors can make an informed decision to move ahead, or not. From obtaining an estimate for construction costs, to completing funding proposals and taking the next steps in design development, it could be the fall of 2022, before a verdict is made.

### Summary of Architectural Concept Options

Type of Space	6-Storey Concept	7-Storey Concept
	Number	Number
Studio Unit	3	3
1-Bedroom Unit	48	56
2-Bedroom Unit	12	14
Cluster Unit	50	60
<b>Unit Total</b>	<b>113</b>	<b>133</b>
<b>TOTAL GFA</b>	<b>107,662 sq.ft.</b>	<b>123,042 sq.ft.</b>

#### Parking

Parking Phase	Number
Existing Parking	109
Proposed New Parking Spaces	120
<b>Total Proposed Parking Spaces</b>	<b>229</b>

Updates on the affordable and supportive housing project will be provided in future issues of *Keeping the Spirit Alive* and on the Foundation website at [www.stpatsfoundation.ca](http://www.stpatsfoundation.ca).



# The South Garden:

## A new outdoor destination for residents and visitors

During the longest days of the pandemic, when restrictions were placed on visitors, and residents were spending a great deal of time in their rooms, outdoor walks in the Larry Kelly Family Garden provided fresh air, exercise and the chance to do something that felt good and supported residents' mental health and wellness.

As such, we're making plans to further develop the green space behind St. Pat's and create a new destination for residents, families and other visitors. The South Garden would include accessible pathways, benches



South Garden Aerial View

and other seating areas, shrubs, flowers and plants that attract butterflies. We will share information about this exciting project when architectural drawings, cost estimates and additional details have been approved by the Residents' Council and St. Patrick's Home.

## Priority needs on the horizon

Community donations support essential, core programs like spiritual and pastoral care; the Music & Memories therapy program; community and social engagement initiatives; and professional development workshops in person-centred care, palliative care, and DementiAbility Methods. This year, your donations will also fund the following priorities:

### Live musical and theatrical performances for each Resident Cohort

While the residents continue to cohort with people on their Resident Home Area (i.e., Galway House, Dublin House, etc.) St. Pat's wishes to bring live entertainment directly to each RHA in addition to broadcasting performances from The Gathering Place via closed-circuit television.



Cost: One performance per month per RHA = **\$13,500**



### Powdercrush Pill Crusher

Turns pills into a super fine powder to make administration to residents easier.

Cost: Four units = **\$3,396**

### Ultrasound Bladder Scanning Tablet

provides clear imaging and helps to reduce catheterizations and urinary tract infections.

Cost: One unit = **\$6,498**

### P.R.O. Matt Plus Therapeutic Mattress

automatically adjusts and redistributes a resident's body weight to prevent stage-two to stage four pressure ulcers.

Cost: Four units = **\$7,312**



ES2 Control Unit



# THE PEOPLE OF ST. PAT'S

Your donations ensure the employees at St. Pat's have the resources they need to deliver excellent, person-centred care and meaningful programming in a warm, welcoming and vibrant Home environment. Even with the challenges posed by the COVID-19 pandemic, St. Pat's continued to pursue this vision. A recent letter from a grateful family affirms that the spirit of St. Pat's lives on.

Dear David,

It has now been four weeks since my mother, Dorothy Garvey, passed away and I am finally getting around to sending this letter. We want to start by thanking you for your warm welcome. From day one, you were extremely helpful, kind, and went out of your way to resolve any issue that arose. Your calm, friendly, and professional demeanour made it a joy to interact with you.



We don't know how to express our gratitude to the outstanding and compassionate staff responsible for the daily care and wellbeing of our parents, Reg and Dorothy. We couldn't begin to name all the staff whose tender and personal attention made a huge difference to the quality of their lives.

We appreciated their hard work, and their kindness brought a real sense of peace to our entire family. It was a pleasure to get to know the staff who we saw weekly for the past three years. Their patience, good humour, willingness to help in any situation, and positive attitude will never be forgotten.

We'd also like to expressly thank the pastoral care team whose regular visits and assistance in providing access to mass, meant a lot to my parents. Even when my parents could no longer easily communicate, the team continued to visit, bringing joy and compassion.

The decision to move our parents to a home was very difficult. However, it was made easier by moving them to St. Pat's. We were aware of its excellent reputation, and now know that to be an accurate reflection.

Let me end by saying how endlessly grateful we are for the warmth and compassion shown to Dorothy and Reg. Please share our gratitude with the team in Dublin House, to whom we are forever indebted.

Susan, Thomas, Sandra & Michael Garvey

**Thank you for supporting St. Patrick's Home and  
keeping the residents in our care close to your heart.**



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