

# SPIRIT ALIVE

THE LATEST NEWS FOR SUPPORTERS OF ST. PATRICK'S HOME FOUNDATION | SPRING 2018



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## DANCING THROUGH LIFE

Every Tuesday afternoon, you will find Teresa and Russ Mildenhall volunteering their time and expertise leading a dance class on the Donegal Resident Home Area at St. Pat's. Donegal is primarily home to residents experiencing dementia and memory challenges, which Russ and Teresa have first-hand experience with from each of their parents.

Both Teresa and Russ are ballroom dancers themselves and it's definitely in their blood. Both of Russ' parents and Teresa's father were dancers. It's clear they feel very passionate about it and see it as a way to connect with residents, to reach their



Russ and Teresa Mildenhall are volunteers at St. Patrick's Home and have recently initiated the Four Saints Endowment Fund.

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souls and find that spark within them. When asked what they enjoy most about volunteering, they say that it is “seeing the spark in residents’ eyes. It’s hard to put into words, it just feels good. It warms the heart.” With a fondness for St. Pat’s as well as the Home’s respectful and person-centered approach to care, the Mildenhalls were driven to do more to improve residents’ day-to-day lives. This led them to approach the Foundation with an idea and a wish to set up a fund that would impact residents directly.

Thus, the Four Saints Endowment Fund, was created last year by the Mildenhalls, and is inspired by their families and the following four saints:

- **St. Cecilia, Patron Saint of Musicians:** for activities that bring music for the enjoyment of residents;
- **St. Vitus, Patron Saint of Dancers:** for activities that encourage appreciation or participation in dance;
- **St. Therese of Liseux,** known for her acts of kindness: for financial support of residents of limited means to participate in enrichment activities organized by the home; and
- **St. Antony of Padua,** Doctor of the Church and Patron Saint for the recovery of lost items: for residents diagnosed with dementia, to support activities that encourage their participation in activities and personal growth.

It is their hope that the Four Saints Fund will provide sustainable, long-term funding to directly help with improving and meeting residents’ needs for quality of life where no other funding is available.

Russ and Teresa firmly believe that “it’s about what will make the residents happy today, so that when they go to sleep at night, they know that they’ve lived their lives to the fullest every day.”

If you would like to learn more about how you can leave a legacy of care for the residents at St. Patrick’s Home, please contact Ruth Catana at 613-731-4660 Ext. 350 or by email at [ruthcatana@stpats.ca](mailto:ruthcatana@stpats.ca).

## LOTTERY 2018

Our Early Bird Draw took place on March 14th! The winners are:

- Ms. Mary Flowers
- Mr. A. Norman Doyle

Thank you to all of you who purchased tickets in support of our Palliative and Spiritual Care programs and services. To see the winners of the Grand Prize Draw on April 18th, 2018, visit: [www.stpatsfoundation.ca/ways-to-give/lottery](http://www.stpatsfoundation.ca/ways-to-give/lottery)



Angela, a Personal Support Worker, and Monica, a volunteer, help us out with pulling the winning tickets for the Early Bird Draw that took place on March 14th.

## YOUR FEEDBACK IS IMPORTANT TO US



We would love your feedback!

Please take a moment to fill out the brief survey enclosed to share why you support St. Pat’s and to let us know about your donor experience.

Please complete the survey and return it to us by mail using the envelope provided by May 18th, 2018.



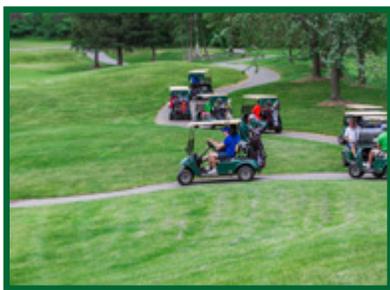
## Helping is Par for the Course!

The Foundation's second annual Charity Golf Tournament will take place on Tuesday, June 12th, 2018 at the Kanata Golf & Country Club.

Last year, \$35,000 was raised to support therapeutic programs and services in the Home and we are looking forward to another successful day out on the links this year.

We are grateful to our returning presenting sponsor BMO Wealth Management - BMO Nesbitt Burns, as well as our other tournament sponsors.

"I hope you can join us for a day on the links and help us make a senior's day better," says Elizabeth Cosgrove, Chair of St. Patrick's Home Charity Golf Tournament.



To get involved as a sponsor, register your foursome or volunteer, please call the Foundation at **613-731-4660 Ext. 352** or visit: [www.stpatsfoundation.ca/golf2018](http://www.stpatsfoundation.ca/golf2018)

## OUR 2018 BOARD OF DIRECTORS

Philip Brock, Chair  
Jan Kaminski Jr., Past-Chair  
Rosa Maria Iuliano, Vice-Chair  
Peter Hamilton, Director  
Kathy McVean, Director  
Sandy Ouellette, Director  
Janet Morris, CEO & President

## STAFF

Ruth Catana, Executive Director  
Sarah McKinnon, Development Manager  
Breanne Case, Development Officer  
Dave Spooner, Manager of Finance



Our residents celebrated St. Patrick's Day this past March with a special performance by Brian Simms and an Irish Sing-a-Long!

Thanks to donors like you for making this kind of programming possible! It brightens their spirits and it's wonderful to see residents dancing and singing along to the music.

# From our Home to Yours!

At St. Patrick's Home we are proud to provide compassionate care to our residents. It is an honour and privilege knowing that we are making a difference in the lives of our residents. So many of our residents have a challenging journey and it's comforting knowing we are there for them.

Because of you, our residents have access to a variety of therapeutic programs and services. In the years ahead, there will be a greater need to help our aging population and to continue to improve the quality of health care in our community.

As we welcome Spring, please take a moment to reflect on all the good we have accomplished together through your support. We continue to see our music therapy grow and have been able to fund the purchase of medical equipment.

“  
*Because of you... our residents are enjoying a better quality of life.*  
”



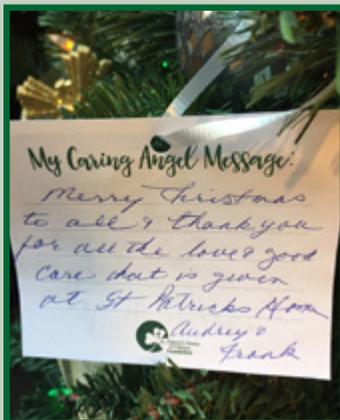
Because of you... our residents are enjoying a better quality of life.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Philip Brock'.

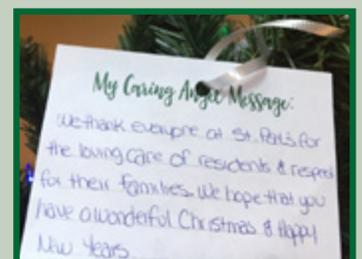
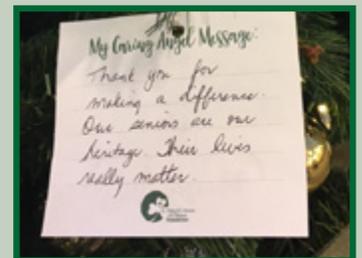
Philip Brock  
Chair,  
St. Patrick's Home of Ottawa Foundation

## Special Messages from Caring Angels



Thank you to donors and residents' family members who sent in a special message along with their holiday donation at the end of last year.

The messages are displayed on our Christmas tree in the Home's lobby and shared with volunteers, staff and residents.



# Leaders 'N Pearls Giving Circle: \$50,000 Milestone

Over the past three years, with the support of the Leaders 'n Pearls Women's Giving Circle, over \$50,000 has been raised for our Social & Community Engagement Program! We are privileged to have a group of women who support the Home and are having a profound impact on the lives of our residents.

## Thank You to our Founding Members:

Louise Bourbeau, Ruth Catana, Elizabeth Cosgrove, Charlotte Forbes, Maureen Goodspeed, Lyla Graham, Rosa Maria Iuliano, Anna Janigan, Dianna Larkin, Sylvia Manion, Irene Martin, Kathy McVean, Janet Morris, Pierrette Raymond, Kelly Sample, Catherine Shea, Marilyn Willms

### Here are some fun highlights that have been made possible by Leaders 'n Pearls donations over the past three years:



Over 2,600 songs in our music library, for residents to enjoy as part of music therapy



20 cups of tea enjoyed during High Tea at Billings Bridge Estate



16 barn yard animals visited St. Patrick's Home when the Mobile Petting Zoo took place on the front lawn



9 CD players purchased to enhance the spa experience in each Resident Home Area



Over 280 artists and composers in our Music & Memories library, which residents listen to often



3 trips to see movies on the big screen



3 fish caught during an outing to Long Island Locks, fishing on a pontoon boat



60 gift bags with supplies prepared for new residents

 **288 RESIDENTS**  
*impacted by your generosity.*  
*Thank you!*

## Did you know?

Number of residents who call St. Pat's their home, with 2 beds reserved for respite visits

288



70% of the residents at St. Patrick's Home are female

78% of residents have a diagnosis of dementia



84 years

Average resident's age. Over 90% of residents are over the age of 70

39% of residents have some form of depression



97% of residents surveyed are satisfied living at St. Pat's

Volunteers contributed 15,236 hours last year, helping residents at the Home



93% of families surveyed say that their loved one is safe & secure at St. Patrick's Home

**LEADERS**  
*'n Pearls*

## Get Involved

To learn more about Leaders 'n Pearls and how you can get involved, visit:

[www.stpatsfoundation.ca/leaders-n-pearls](http://www.stpatsfoundation.ca/leaders-n-pearls)



# Best Soirée...Ever!



On Thursday, March 8th, 2018, guests were greeted with a glass of bubbly while mingling to music from the incredible self-playing Steinway Spirio. The evening was emceed by our Soirée veteran, CTV's Michael O'Byrne and our very special "Rick," our friend Aydin Suatac. "A Night in Casablanca," presented by Colonnade Investments Inc., featured a special menu created by the team at the Infinity Convention Centre. Guests were also serenaded by the smooth sounds of Big Band Ottawa and our stunning dancers from Belly Dance with Anna & Safiya.



Thanks to the over 300 guests, sponsors and donors who attended the event, we raised over \$95,000! Funds raised from the Soirée will help support the music program and palliative and spiritual care initiatives at the Home.



Thank you for making the evening a resounding success!

*To see more photos from the Soirée, visit: [www.stpatssoiree.com](http://www.stpatssoiree.com)*

## Special Thanks To Our Soirée Sponsors



## WE NEED YOUR HELP

To ensure that St. Patrick's Home can deliver compassionate care, we need your help:



Make a donation by cheque, credit card, online or by phone



Become a monthly donor



Join us at our events



Make a multi-year pledge

## ST. PATRICK'S HOME FOUNDATION

2865 Riverside Drive, Ottawa, Ontario K1V 8N5 | 613-731-4660 | [www.stpatsfoundation.ca](http://www.stpatsfoundation.ca)

For more information about the impact of your donation or upcoming events, please contact St. Patrick's Home of Ottawa Foundation at 613-731-4660 Ext. 352.

