



BE A HERO FOR OUR SENIORS

Palliative and Spiritual Care Program

INVESTMENT: \$65,000 each year

At St. Pat's, we embrace a unique approach to end-of-life care, combining both palliative and spiritual care. This focus on the needs of the resident as a whole person—rather than just on the physical aspects—helps to relieve suffering and improve quality of life.

The end-of-life care needs of our residents are increasingly complex and multi-faceted. Meeting our residents' changing needs is a vital and central part of our future journey together.

When you make an investment in our Palliative and Spiritual Care Program, you'll be ensuring that we can continue to meet residents' needs in a context that:

- affirms life and helps residents reflect on their lives;
- recognizes and respects the values, beliefs and culture of residents and their families;
- integrates the psychological and spiritual aspects of care;
- offers a support system to help residents live as actively as possible;
- offers a support system to help family cope during a resident's illness and their own bereavement; and
- enhances quality of life, and may also positively influence the course of illness.

Your support of our Palliative and Spiritual Care Program is a direct investment in our residents' lives. Your gift will recognize that spirituality is an integral component of well-being, and will provide our residents with a vital source of coping, inner strength, peace and hope.



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Music Programs

Music Therapy

INVESTMENT: \$20,000 each year

The joy of music bridges the past with the present for so many of our residents. It is amazing to see the expressions of our residents change as they hear a snippet of a favourite song, and begin to hum or sing along.

At St. Pat's, our Music Therapy program has a direct impact on the quality of life of our residents. Used in both group and individual settings, it is a key component of our therapeutic programs, fostering residents' self-expression, communication, socialization and personal development. Music Therapy improves mood, memory recall and social interaction. It stimulates residents and often provokes interest when no other approach or therapy has been effective.

You can help us expand our Music Therapy program! Your gift will be used to provide residents with one-on-one time with a music therapist each week. You'll also allow us to provide musical performances in our auditorium for residents to enjoy as a group, making professional musicianship more easily accessible on a regular basis.

Professional Performances

INVESTMENT: \$7,200 each year

Not all of our residents are able to attend the performances in our auditorium. With this investment, you will be ensuring that additional musical performances are possible within the Residence Home areas, for those who have physical or medical issues that prevent them from attending auditorium performances.

Music & Memory Program

INVESTMENT: \$25,000

St. Pat's Music & Memory program helps residents living with a wide range of cognitive and physical challenges find renewed joy in life through music.

Your support of this program will provide headphones, iPods, charging stations, and our residents' most cherished songs for their playlists, as well as extensive staff and volunteer training.

Music Therapy Sessions

INVESTMENT: \$4,500 each year

All people—regardless of musical skill, experience or background—share the ability to take in, enjoy, and respond to music. This is especially true for our residents, who enjoy physical, cognitive, spiritual and emotional benefits from our music therapy sessions.

You can help our residents achieve these benefits by supporting our Music Circles, in which all residents are invited to participate, along with sessions led by a professional music therapist.



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Medical Equipment: Providing Comfort and Safety, Every Day

Purchasing new equipment is essential to ensure the ongoing well-being of our residents, because over time our medical equipment and furnishing begin to see wear and tear and need replacing.

You can help provide comfort and safety for our residents every day, by helping us invest in new, updated equipment.

Ceiling Lift Tracks & Ceiling Lift Cassette Motors

INVESTMENT: \$87,000, representing 30 lifts and 9 cassette motors

A ceiling lift is a motorized device that lifts and transfers a resident with limited mobility. Here at St. Pat's, lifts are used to transfer residents in and out of their beds safely and in comfort. Not all rooms currently have a ceiling lift track in place, and our goal is to have all 248 rooms outfitted over the next 5 years.

Slings

INVESTMENT: \$62,000, representing 100 slings

A sling is used to secure residents with limited mobility while transferring safely with a lift, for bathing and many other purposes. We want to increase the number of slings so that every resident has their own. Not only does this ensure our residents' comfort and safety, but it is also important for infection control reasons.



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Therapeutic Programs: Bringing Joy and Camaraderie to Residents

Our wide range of therapeutic programs bring joy, activity, and camaraderie to the residents of St. Pat's every day. Regardless of age, the drive to stay involved, grow and enrich your life never ends.

By helping fund our therapeutic recreation programs, you'll be helping us inspire movement, keep our residents' minds engaged, and create the vibrant and active environment we know is vital for enhancing our residents' quality of life.

Social & Community Engagement Program

INVESTMENT: \$12,000 each year

We all thrive when we are engaged in our communities and in activities we enjoy. Social outings and events are a highlight for our residents, and we make sure we take the time to understand each resident's personal interests to ensure we offer a variety of activities and social events that will appeal to and enrich the lives of everyone here at St. Pat's.

We see the profound impact our Social & Community Engagement program has on our residents every single day. Through these activities, they develop social, emotional, and communication skills. They develop friendships, build self-esteem, and experience emotional and personal growth.

With your gift to support our Social & Community Engagement program, you'll be providing life-enhancing outings for our residents, organized by our Recreation Team. Your support will be used to provide wheelchair-accessible transportation, tickets to events, and staff support to attend various events and activities with our residents.



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Palliative and Spiritual Care Commemorative Healing Garden: A Quiet, Healing Haven

INVESTMENT: \$100,000

Person-centred care focuses on the emotional and spiritual well-being of our residents, and that includes the physical spaces in our Home—the places that provide opportunities for quiet reflection, prayer, and gatherings.

In addition to our existing indoor and outdoor spaces (the Prayer Chapel, St. Marguerite d'Youville Gathering Place, and the Larry Kelly Family Garden), we have an opportunity for you to be part of building a Commemorative Healing Garden in a currently undeveloped, south-facing green space.

With your support, this space will give residents, families, staff and volunteers access to a quiet, healing haven. Whether it's strolling through the garden or sitting and taking in the sounds of the birds and the fragrances of the flowers, we know that being out in nature reduces stress, promotes health, and provides comfort and security for everyone at St. Pat's.

The Healing Garden will feature a mix of shared and individual seating, to allow residents opportunities to either sit quietly by themselves or to enjoy company. Our vision for the Healing Garden includes birdhouse towers, benches, a gazebo, trees, shrubs and perennials, as well as a customized patio area for family visits, celebrations and outdoor group activities.

Your support of our Healing Garden represents your investment in our residents' independence and self-esteem—you'll be planting the seeds of honour and care!



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Horticultural Therapy Program

INVESTMENT: \$7,500 each year

Horticultural therapy is the practice of using plants and gardening activities to improve the body, mind and spirit. Here at St. Pat's, our residents get to experience a variety of plant-related activities to promote health and wellness through this program. So many of our residents are delighted to be able to continue to pursue a lifelong love of gardening in a way that is accessible and achievable.

We know that Horticultural Therapy has a wide range of benefits for seniors, including improved body strength, range of motion, cognitive responsiveness, memory, concentration, speech, motor skills, and hand-eye coordination. It also decreases social isolation and stress, and reduces agitation for residents living with Alzheimer's and Dementia.

The original infrastructure required for our Horticultural Therapy program—including accessible gardening containers, ergonomic hand tools, and staff training—already exists, thanks to generous individual and corporate supporters.

You can ensure this vital program can continue to be offered to our residents. Your donation of \$7,500 per year will provide horticulture supplies, such as soil, seedlings, pots, and planters, as well as the program's ongoing administration and staffing.



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Excelling in Care: Education & Training of Staff

INVESTMENT: \$25,000 each year

Long-term care facilities will play an increasingly important role in the health care of our seniors over the coming decades, and at St. Pat's, we want to be at the forefront of person-centred care.

In order to continue to provide high-quality, consistent, leading-edge care to our residents, we need your help to invest in the ongoing training of our staff.

By staying up-to-date with the latest innovations in senior care through ongoing education and training, our team can ensure an enriched daily existence and higher quality of life for our residents.

Your investment in this program, called DementiAbility, covers course fees and staff replacement. The DementiAbility program focuses on caring for people with Alzheimer's and Dementia, with the goal of maintaining functional ability for as long as possible while the disease progresses, and on putting best practices into action for managing common behaviours such as anxiety, confusion, agitation, delusions and apathy.