

THE PEOPLE OF ST. PAT'S

You could say it was fate that led Bruce Payment to decide, at the very last moment, to accompany his friend to a wedding in Montreal, for there, he met Violet Miller, and it was magic.

The spark of a great love was ignited that day - the beginning of a devoted partnership and a lifetime of shared values, interests and adventures. In April, Violet and Bruce celebrated their 70th wedding anniversary at St. Pat's surrounded by the close knit circle of family and friends who shared the following anecdotes...

We met Violet and Bruce in 1987 when they moved to Russell. On summer evenings, they would go for walks, and we'd often join them. This is how our beautiful, enriching relationship began. We also enjoyed Sunday drives. For adventure, we would go to Merrickville, Stittsville Flea Market, Gatineau Park, Finnegin's in Hudson, or the Inuit Art Foundation. Bruce and Violet enjoyed fine dining, and Violet had a knack for finding gems like 'The Cook Not Made' in Gananoque. They are like second parents to us. We were very happy they could be reunited at St. Pat's.
— Jocelyne & Peter Rochon

Our friendship with Violet and Bruce is highlighted by a shared passion for quilts, crafts and craft shows, knitting and reading. They were very supportive when my mother moved from Alberta and would celebrate holidays with us at our home. Violet moved to St. Pat's in January 2018. During the 4 ½ months before Bruce also moved to St. Pat's in June 2018, he would visit Violet almost every day, commuting from Russell Meadows, often with help from St. Pat's own Linda Marrella, and of course the extended family. It's wonderful to see how they've endeared themselves to the entire Home, including staff and visitors. They are truly special to us and our family. — Diana & Brian Strom

My parents, Marilyn and Bob Austin, became fast friends with Bruce and Violet more than 60 years ago. Bob and Bruce worked for CN, and soon the two couples were frequenting dinner parties and dances. They even vacationed together, showing a particular love of cruising. When I was born, in 1968, Bruce and Violet became my Godparents and enriched my life in so many ways. I cherish the Sunday dinners, birthdays, anniversaries, holidays and the casual time they spent with my siblings, parents and me. In fact, the devotion they have for each other has inspired my own marriage. Theirs is a special love. Even now, I'm awed to see, that when they're together, they still seek out each other's hand to hold. — Pamela Keiller

To commemorate their special anniversary, Bruce and Violet, and their family and friends dedicated a dwarf limelight hydrangea tree in the Larry Kelly Family Garden.



The Payments, on their wedding day, and 70 years later in the garden and holding hands at St. Pat's.



2865 Riverside Drive, Ottawa, ON K1V 8N5
T: (613) 731-4660 E: foundation@stpat.ca stpatfoundation.ca

Charitable Business No.
88897 0399 RR0001



Keeping the SPIRIT ALIVE

FALL 2019

St. Patrick's Home of Ottawa abides by a vision to provide residents with the highest quality of care, within a welcoming home, where everyone feels supported and cared for. The Foundation is honoured to work alongside the Home, and with the community, to support this vision.

FOUNDATION NEWS

Engagement – to community and others – is a critical factor for healthy aging.

When a person transitions into long-term care, their loved ones may feel concern about lost connections with friends, favourite activities and community. On the other side of the coin, caregivers may experience relief that their spouse, parent, or relative will have the medical care and personal support they need, while also becoming part of a new community.

At St. Pat's, we understand the value of making human connections, and participating as fully as one can in daily life. Our philosophy is to provide person-centred care that reflects each person's social, spiritual and medical needs, and allows them to live as fully and

independently as possible.

Research confirms that this engagement in daily life and with others is as critical to one's wellbeing as nutrition, sleep, or not smoking.

Dr. Suzanne E. Salomon, associate chief for clinical geriatrics at Harvard's Beth Israel Medical Centre writes that, 'Even the most basic exchanges, require us to think about how to respond, and that stimulates the brain.' James Lubben, director of the Institute on Aging at Boston College also notes that, 'Conversation is a particularly challenging activity. It engages multiple mental skills, including attention, listening, reasoning, language, and memory. You also have to stay

abreast of topics, like the news, weather, sports, or politics.'

This is why St. Pat's has ranked social and community engagement as one of its priority funding needs for 2019. We know that participation in the Watermelon Social, Breakfast Club, Family Game Night, Dog Visits, News & Views, daily mass, or any of the other activities offered each day, can make our residents' lives more interesting and fulfilling. It can boost their sense of belonging, and keep many of the negative effects of aging – like cognitive loss, isolation, and depression – at bay.

Dale Sheehan recently emailed St. Pat's to share his thoughts

... continued on page 2.



FOUNDATION NEWS

continued from cover...

about his cousin's first weeks at St. Pat's. He wrote,

"It took two years of struggle to get my cousin properly placed and cared for. I simply cannot believe the difference these first weeks have made. Elaine is articulate, vibrant, and once again, excited to face the day. Your team has her outside, in the garden, communicating, doing activities, and she is treated spectacularly. It is very clear to me that St. Pat's cares."

This type of care is possible in part, because of people like you. And so we say, "Thank You!" Your donations to St. Patrick's Home of Ottawa Foundation ensure that our residents are provided with many, many occasions to engage with each other and the community; and to enjoy an enriched schedule of social, musical and pastoral programs.

Throughout 2019, community donations have allowed us to cover the cost of transportation, tickets or admission fees, professional musician and entertainer's fees, and so much more. Here is another sample of the community and social engagement activities held this year.

- **The Annual Soirée for St. Patrick's Home**
- **An afternoon at Stanley's Olde Maple Lane Farm**
- **High Tea at Billings Bridge Estate**
- **The Capital Cruise Car Show**
- **Parties to celebrate Halloween, Oktoberfest, Christmas**
- **Tour of Gatineau Park to see the autumn leaves**
- **Sports events like an Ottawa 67s hockey game**
- **Shopping and lunch at local shopping centres**

BETTY'S WALK raises \$224,000 for long-term care centres across Ottawa



On Easter weekend, April 2019, Betty Hope Gittens undertook an 800 km walk along the Camino de Santiago to celebrate her 80th birthday, and to raise much-needed funds for Ottawa's 12 non-profit long-term care homes, plus one in her birthplace, Barbados. The Camino de Santiago extends from France to Spain, and is known as the most popular Christian Pilgrimage Experience in the world. To complete it, Betty "walked with God" for an average of 22 km every day, for 36 days. BETTY'S WALK has inspired \$224,000 in donations thus far, and plans are underway for a local fundraising walk in April 2020.

Last week, St. Patrick's Home Foundation was delighted to receive a cheque for \$10,000 for Spiritual and Palliative Care. We'll be equally thrilled to support BETTY'S WALK 2020, where all funds raised by St. Patrick's teams/walkers will come back to our Home to support vital resident programs.

Let us do the Christmas gift wrapping for you – for FREE!



Throughout December, St. Patrick's Home Foundation, along with a handful of dedicated volunteers will be wrapping gifts at Billings Bridge and raising funds for priority programs like music therapy, spiritual and palliative care, community and social engagement, and more.

So bring your kids or grandkids to see The Grinch or Santa Claus (schedule will be online at <https://billingsbridge.com/events>). Then, stay for some shopping, and let us do the gift wrapping for you! The service is FREE. But donations will be accepted.

SAVE these dates in your calendar today!

Tuesdays	3 to 7:00 P.M.	Dec 3, 10, 17
Wednesdays	11 to 3:00 P.M.	Dec 4, 11, 18
Saturdays	10 to 2:00 P.M.	Dec 7, 14, 21

Billings Bridge Shopping Centre,
2277 Riverside Drive, Ottawa

YOUR SUPPORT MATTERS HERE

Capital improvement projects

preserve our new Home and enhance the warm, comfortable, homelike atmosphere of St. Pat's.

Here are two projects, recently made possible, by donors like you.

Garden restoration produces peaceful, joyful outdoor spaces

Each spring, when the air warms and the skies clear, the Larry Kelly Family Garden becomes a well-loved place for residents, family members and guests, volunteers and staff to spend time; alone, or in small groups scattered around the patio. Some enter the garden seeking a patch of sunshine, or the cool shade cast by the pergola, or a short stroll around the pathway. Whatever the case, it's clear that the garden makes people feel good. You can see it, hear it, and feel it.

This is what made the garden restoration project, undertaken in the spring, and funded by a small group of supporters, so important. In short order, their gifts allowed St. Pat's to install new sod, mulch, and dozens of colourful perennials in the family garden, and the flower beds at the front of the Home. The transformation was immediate, delightful, and a true gift to everyone at St. Pat's.

Paint, murals and valances create warmth and lift spirits on Donegal

Early in 2019, St. Pat's Leadership Team, Family Council and the Foundation began discussions about a mini renovation inside Donegal, a secure area that is home to 32 residents with advanced dementia. Given the degree of their cognitive loss, many Donegal residents cannot



participate as regularly or fully in the programs offered at St. Pat's. For some, this means a great deal of time is spent inside Donegal.

So we considered, "What would make Donegal a warmer, more welcoming and vibrant space for the residents, family members and staff that spend so much time there?"

Together, we developed a plan that is based on best practices for dementia care and will include: painting specific walls in the dining room, sunroom and library in red-brick (known to stimulate appetite) or warm-gold; installing two murals to create visual interest and help residents to differentiate one room from another; hanging decorative valances on windows to create a sense of home; and replacing a patch of badly worn carpet. With painting completed and \$4,125 raised, Donegal is already a brighter, cozier place to be. We can't wait to secure additional funds for this meaningful project, and other priority projects down the road.

