

## THE PEOPLE OF ST. PAT'S

# Barry Trudeau's connection to St. Patrick's Home started in childhood and continues today



*Historical photo of St. Patrick's School, 1938. The school, rebuilt on Nepean Street in the 50s, is now closed.*

When Barry Trudeau retired from public service and decided to volunteer at St. Patrick's Home of Ottawa, it felt like his life had come full circle. As a young child, Barry became a ward of the province and was sent to the orphanage at St. Patrick's Home, on Laurier Avenue, just a short walk from St. Patrick's Basilica. He attended St. Patrick's School and daily chapel services at the Home which was operated by the Grey Sisters of Immaculate Conception.

Barry recalls that one Sister taught him Latin so he could serve mass as an altar boy each morning. Later he became head altar boy at St. Pat's church, where on occasion, Father would give him 10 cents for getting up at such an early hour to serve mass. This was a huge treat, because in those days, a dime bought grab bags of penny candy that he could then share with his brother.

After studying business in college, Barry landed a position with the federal government as a clerk. Eventually he moved into human resources, and after a rewarding 35 year career in public service, he retired.

As Barry considered how he'd spend his retirement, and how he wanted to contribute to the community, he decided to reach out to St. Patrick's Home. In doing so, he would acknowledge the role that St. Pat's and the Grey Sisters had on shaping his life, and carry on their legacy in his way. Today, Barry is a member of the Board of Directors and a volunteer of the pastoral and palliative care team. He serves mass every Thursday and is one of four volunteers on call each Saturday.

"This is one of the most rewarding things I could do. It's a blessing to volunteer at St. Pat's, to see the residents, and know them over time. St. Pat's is a family - from top management down - it is a place where every resident is respected, valued and cared for. For me, St. Pat's feels like home and like family."



*The Board of Directors of St. Patrick's Home. Barry Trudeau - back row, second from left.*



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## Keeping the SPIRIT ALIVE

SPRING 2019

### FOUNDATION NEWS

## Spiritual and palliative care

contribute to the wellbeing of residents and families.



SPIRITUAL CARE is an essential part of our Home's values and history, and is a vital factor in the health and wellbeing of residents. At St. Pat's, we provide regular opportunities for worship, prayer and reflection, as well as pastoral visits, counseling and palliative care support for residents and their loved ones.

Fritz Clarke, Manager of Spiritual and Palliative Care, says that, "Spiritual expression and religious rituals are very important to the majority of people that live at St. Pat's." A recent survey confirmed that nearly 70% of St. Pat's residents participate in mass, feast day celebrations, bible study, a prayer circle, or quiet reflection.

"I think for many people, this becomes even more important as they age because it connects them with others and creates a real sense of community. For others, simply listening to familiar prayers, recitations and hymns provides comfort and improves the quality of their day," states Fritz.

The comprehensive nature of spiritual and palliative care programming at St. Pat's far exceeds the allocation we receive each year from the Ontario government. As such, we rely on community donations to make up the balance so that no cuts to staff or programs are necessary. We also depend on a dedicated team of pastoral and palliative care volunteers to provide support to residents. Together, last year, they contributed 3,480 hours of service! Incredible!

A few weeks ago, Jean Morse-Chevrier wrote a letter to St. Pat's to express appreciation for the personal and spiritual care that her mother, Violet, received here. She wrote:

**"Our mother desired to go to St. Patrick's Home because of its Catholic character. For six days each week, a priest was available to say mass, hear confessions or give spiritual direction. Our mother took full advantage of these spiritual**

**benefits. The music, ministry and volunteers made it so meaningful. Each resident was treated with care and respect, and a spirit of joy pervaded. My mother appreciated the beautiful statues and cross in The Gathering Place, and the adjacent prayer room.**

**Although she came to St. Pat's following a stroke at 90 years of age, the good care at St. Pat's enabled her to live to the ripe age of 98 years and 10 months. We greatly appreciate the loving care of staff and the real affection shown by residents. Both are a testament to the bonds built over time, and to the quality of human relationships at St. Patrick's Home."**

We are grateful for our family of donors who contribute to the spirit, warmth and vibrancy of St. Patrick's Home. Your support for meaningful programs like spiritual and palliative care enhances residents' lives and overall wellbeing.

YOUR SUPPORT MATTERS HERE

# Long-term care centres are embracing DementiAbility™ Methods

as an innovative approach to caring for people with significant cognitive loss

Ongoing education and training is one of the most important things we do to equip staff with the information, tools and practical experience they need to effectively support residents. St. Pat's has identified DementiAbility training for 30 staff as an urgent priority for 2019. So what is it?

DementiAbility Methods is a transformative training program developed by Gail Elliot, a Canadian gerontologist and dementia specialist that challenges staff in long-term care (LTC) to:

- Think differently about dementia and dementia care,
- Understand that responsive behaviours have meaning,
- See themselves as problem-solvers and teammates, and
- Make a fundamental shift from task-oriented care to **person-centered care**.

This means seeing the person *behind the dementia*, and making time to learn about his/her life, family, career, interests, habits, preferences for social engagement, etc. Because this

Since 2017, 23 staff members from St. Pat's have completed this intensive training.

personal information – combined with observations of behaviour – help staff to answer key questions like, “How can we change our approach, or adapt this resident’s environment to create a better outcome?”

As more LTC providers adopt DementiAbility Methods, there is growing evidence of its potential to significantly reduce responsive behaviours, increase levels of engagement and participation in activities, and improve residents’ ability to complete tasks with greater independence.

Since 2017, 23 staff members from St. Pat's have completed this intensive training. Here is a sampling of the difference it's making across our Home:

## Posting signs to support daily routines and independence

Way-finding or directional signs are easy to install and can help residents navigate their home area without assistance. Visual schedules for daily routines and tasks provide helpful cues for dressing and self-care and reminders about mealtimes, planned appointments and activities.

## Creating environments that look, feel and smell like home

Painting residents’ rooms in a colour they choose, and allowing families to create a space that is personal and reminiscent of home, can contribute to their



Visual Schedules provide helpful cues for daily routines.

overall comfort and wellbeing. Recently, a resident asked to paint her room in several vibrant colours – each representing a part of her life. After some negotiation, her room was transformed, and so was her mood. Now she feels good in her room, and is noticeably more at ease.

Transforming institutional-looking tub rooms into cozy spaces that look and feel like a bathroom at home is a challenge that staff undertook after their training. With a coat of paint, some pretty tiles and framed prints, folded towels and a bit of nautical decor, two of the Home's tub rooms are now warmer, homey spaces that have reduced many residents’ anxiety or resistance to bathing.



A tubroom, transformed from sterile to cozy.

## Building Activity Centres for each Home Area

Taking into account our residents’ personal interests, and understanding their need to be busy, distracted or socially engaged, staff with DementiAbility training have started to build Activity Centres for each Home Area.

The Centres will include a variety of cognitive activities such as sorting, matching, beading, and lacing; pastimes like cards, puzzles, colouring books, and crossword puzzles; themed-areas like a Bus Stop or Laundry Room (i.e., a space where residents can busy themselves with the familiar task of folding clothes and



matching socks); dolls that can be dressed and cared for; life-like robotic cats or dogs that can be held, and more.

The objective is to provide many options and opportunities to engage in an activity that is purposeful. For one resident, the simple act of providing him with the daily newspaper to read, decreases his restlessness and improves feelings of contentment. It's a simple solution with significant impact; and all that it required was a bit of brainstorming and coordination between staff.

Each success that we witness – that improves the daily life



Colouring and folding clothes are some of the many activities to be included in Activity Centres.

and wellbeing of residents (and supports the welfare of staff, volunteers and family members) – lends credibility to the principles of DementiAbility Methods, and gives reason to our continued investment in this training. Donations from individual donors, community organizations and granting foundations will be essential to making this possible.



On Thursday, March 7<sup>th</sup>, 225 guests arrived at the Infinity Convention Centre dressed to the nines, and ready for **A NIGHT ON THE TOWN: NEW YORK, NEW YORK**. The 2019 Soirée featured NYC-inspired décor, food and entertainment, and a lovely testimonial by Judy Dancer, filled with humorous, honest anecdotes about her mother's six-year residency (and counting) at St. Pat's.

Our generous sponsors ensured the delivery of a first-rate event and a wonderful evening with like-minded supporters, who together, raised essential funds for priority programs like spiritual and palliative care, music therapy and programming, and social engagement activities. We are grateful for your continued, generous support of St. Patrick's Home.