



Keeping the SPIRIT ALIVE

SPRING 2021

FOUNDATION NEWS

We are honoured to work with St. Patrick's Home and the community to provide residents with quality, person-centred care, meaningful programs, and a warm, vibrant home environment.

In this issue of we reflect on the people who carried our Home through many difficult months – loyal and new donors who provided crucial moral and financial support, and an incredible staff that demonstrated courage, compassion and dedication to the residents and their teams.

We couldn't share every story or moment of inspiration here, but we do try to capture the unique spirit of our Home, and how together, we continue to good for others.

COVID HEARTS

Excerpted from a story by Julia Gorman. The original version can be found at www.stpatsfoundation.ca/news-and-events.

There is another story to be told, beyond the worry, lockdowns and isolation; beyond healthcare workers that are stressed, rushed, or underpaid. It is a story of **love and dignity** – given naturally to the residents at St. Pat's by thoughtful, caring staff. My sister calls them, "COVID Hearts."

Our mother's story began with a smile. Her beautiful smile has always been her starting point, her entry into friendships. Even now, well into her eighties, and incapable of speech, her smile continues to support us and connect her with others.

Over the past year, Mum connected with Shawleen, a Ward Clerk, whose effort to provide small comforts is exemplary of her thoughtful approach to care. On occasion, I've arrived to find Mum's hair set in soft curlers, her open hand beautifully manicured, plastic spoons at her place setting

instead of metal, and special ice cream for the holidays.

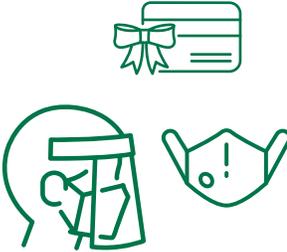
There are many COVID hearts at the Home. One afternoon, I heard Mitchell speak into Google Translate on his phone and then say, "You look beautiful today!" in Bulgarian, to the woman he was cajoling to eat. She smiled gently through the fog of her dementia, and Mitchell beamed.

We say, "Thank you" as often as we can, and while our thanks is welcomed, it doesn't seem necessary. When I marvel that Barbie knows the complex meal requirements of each resident by heart, she simply smiles. When I ask Tracey to check Mum's sore elbow – yet again – she patiently and carefully checks. **There is another story about the pandemic, about love and COVID hearts that care for the tender lives of our loved ones and make each difficult day a little better.**



YOUR SUPPORT MATTERS HERE

Year after year, community donations enable the delivery of essential programs such as spiritual care, social engagement and musical programs that truly enhance daily life and contribute to the well-being of residents. In 2020, donations also helped to protect residents and staff, and ensure that everyone felt supported and cared for throughout the COVID-19 pandemic. Here, we summarize the impact of your gifts and generosity.

<p>Spiritual and Pastoral Care</p> <p>Spiritual care is an essential part of St. Pat's history and values and is a vital factor in the health and well-being of residents.</p> <p>\$66,000</p> 	<p>Community and Social Engagement</p> <p>Keeping residents engaged in activities and with each other, and connected to their loved ones was a top priority throughout 2020.</p> <p>\$7,400</p> 
<p>Music & Memory Therapy Program</p> <p>Music has the power to connect us to our past, present and each other, and has proven therapeutic benefits.</p> <p>\$5,000</p> 	<p>COVID-19 Staff Support & PPE</p> <p>Emergent needs related to the pandemic included alternate accommodations, staff appreciation initiatives and PPE.</p> <p>\$16,750 (incl. \$6K in-kind)</p> 
<p>Endowment Fund</p> <p>A bequest from a former resident with a deep family history of volunteering at St. Pat's enabled this investment in the Foundation's General Endowment Fund (to provide for future capital or emergency needs of the Home).</p> <p>\$50,000</p> 	<p>Medical Equipment</p> <p>All-Day Slings enable safe, comfortable, dignified transfers from one's bed to chair, or the tub, and reduces the risk of injury to residents and staff.</p> <p>\$5,600 (pledged for 2021)</p> 
	<p>Communications</p> <p>The Foundation collaborates with St. Pat's to develop website and social media content, articles for <i>Keeping the Spirit Alive</i> newsletter, and videos to inform and engage the community, and support fundraising.</p> 

THANK YOU

VOLUNTEERING IS GOOD FOR THE SOUL

Serendipity is the word that came to mind when we discovered that nine of our cherished volunteers would return to St. Pat's during National Volunteer Week.

It's hard to express the warmth in our hearts, and theirs, as they rejoined our Home team to assist with meals, porter residents to mass, the hairdresser or the outdoor garden, and support small group or one-to-one activities.

Here's what they had to say...



"When I'm at the Home, I am a better person. St. Pat's brings out the best in me. The most rewarding part is that I'm forming relationships."

Frank Duggan
Volunteer, 6 years



"When I walked into the door, I was drawn to tears. I felt hope – hope that we will get back to the place we were, soon."

Barbara O'Connor, Volunteer, 12 years

"It is really nice to be back. The nurses the meal service staff, and visitors – they all welcomed me, and thanked me for being there."

Cathy Seaborn
Volunteer, 2.5 years



"It was really hard to be away for an entire year. I missed the people, and it was difficult to not know how they were doing. It's nice to be contributing. Helping people is a good feeling."

Judy Rodrigue
Volunteer, 6 years



WITH GRATITUDE

"I want to thank you again for your frequent communications to keep families up to date on what is going on at St. Pat's! I have supported the Foundation throughout COVID and very much appreciate everything St. Pat's has done, and is doing for the benefit of our loved ones."

On June 4th, my husband, David Allen, will have lived on Cavan for three years. He has received dedicated care from the staff. I do not know how they do the good work they do. And the screeners in the lobby, and those doing rapid COVID testing, are friendly and efficient, which makes the process easier for us all. Grateful thanks to everyone."

– Joan Allen

THE PEOPLE OF ST. PAT'S

The St. Marguerite d'Youville Excellence Award recognizes outstanding employees whose daily work reflects the tradition, mission and values of St. Patrick's Home. Twenty-one nominations were submitted in 2020 – each one detailing the nominee's character, work ethic and attributes – and each one worthy of such recognition.

The third person to receive this award of excellence was **Shawleen Robinson**, an employee of St. Pat's since 1989, who is known for her warmth, compassion and experience.

Her nomination read... ***Shawleen's kindness and interest in each resident is palpable, and her ability to make each person feel important is beautiful. She adapts to the increasing needs of our mother and takes time to understand her feelings and concerns – to be the sunshine in her dark days. She does this for all those she works with. Shawleen is the embodiment of an exemplary and compassionate caregiver.***



The Catholic Health Sponsors of Ontario **Living the Mission Award** recognizes the highest level of excellence in people or teams that contribute to the advancement of Catholic health care in Ontario.



Maryan Hassan, a Personal Support Worker (PSW) and a 12-year employee of St. Pat's, was just one of two people to receive this honour in 2020. Her nominator wrote, ***Maryan takes her role seriously, and is always looking to learn more. She has completed training in Responsive Behaviours, DementiAbility, Person-Centred Care, and Excellence in Resident-Centred Care.***

Maryan has an instinctive talent in building relationships, and takes the time to ensure that others feel heard. She is known to advocate, to adapt and innovate in the delivery of care to meet the specific needs of residents. She celebrates diversity, and treats each person with dignity. Maryan exemplifies the, Mission, Vision and Values of St. Patrick's Home.

