

SUMMER 2023

FOUNDATION NEWS

FINDING FRIENDSHIP & FAMILY AT ST. PAT'S



Friends, Toddy Kehoe and Heidi Martin

This article was inspired by the friendship we watched develop, between Toddy Kehoe and Heidi Martin. Yet, as we researched their story, we were directed time and again to other heart-warming, life-affirming stories about finding friendship and family at St. Patrick's Home. There were so many leads in fact, that we had to set a deadline for interviews and gathering new content. It's been one of our favourite pieces to write. We hope you enjoy it too.

Heidi has lived and volunteered at St. Pat's since 2016, and during her residency, she's served as an executive member of The Residents' Council, participated

in interviews for new hires, and helped to welcome, and be a resource for new residents. So, when Toddy moved to St. Pat's in 2021, at the age of 103, Heidi was right there to lend her support.

Heidi recalled, "When I listened to Toddy, I thought, 'I get her.' Even with a 20-year age difference, we had the same musical and cultural references. I was glad to be the friend she needed when she moved in – like a branch in a fast-moving river to hold on to. Now we're always together, we finish each other's sentences, and I try to make sure she doesn't stay in the sun too long. She loves the sun."

... continued on page 2

St. Patrick's Home of Ottawa Foundation is honoured to work with St. Patrick's Home and the community to provide residents with quality, person-directed care, meaningful programming, and a warm, vibrant Home environment.

In this issue of **Keeping the Spirit Alive**, we bring you inside and closer to the people of St. Pat's and their stories; share highlights from **St. Pat's Kitchen Party**; and illustrate the breadth of programs funded by community donations in **The 2022 Impact Report**.

FINDING FRIENDSHIP & FAMILY AT ST. PAT'S continued...

Heidi and Toddy, know each other's routines and preferences, but make time each day to attend meals and programs together, and of course, visit with Toddy's family. Nancy Landry, Toddy's daughter, shared that, "When we visit Mommy, it's become natural for Heidi to join us; and when we bring food for Mommy, we also bring food for Heidi. My brother, Tony, visits on Sundays, and on his way, he makes a special stop to pick up an almond croissant for Heidi, and a treat for himself. **She's become part of our family.** It's been wonderful to see their friendship blossom."



**Friends, Chris Reynolds
and Chris Garnett**

When Chris Reynolds moved to St. Pat's this past December, she told us how, **"from the very beginning, I had a good feeling, like I was Home."** In fact, within days, Chris had developed friendships with residents and staff throughout the Home, but grew especially close with housemate, Chris Garnett, and her daughters, Ruth and Heather. The pair, now referred to as **The Chrises,** like to spend time outdoors where they walk and wheel around The Larry Kelly Family Garden. They also drop by each other's room for a chat, and are often seen visiting with other residents in the garden, the family room on Waterford, or by the fireplace in the Lobby. Chris G. noted, "I was apprehensive about moving to long-term care, but our friendship has made the transition easier. She is a good listener, and I feel like we can talk about anything. We have fun together!"



**Friends, Larry Gagnon
and Kay McKeeman**

When Larry heard we were writing a story about friendship at St. Pat's, he was eager to tell us about his best friend, Kay. Every day, Larry draws a picture for Kay, and every night, beginning at 6:00 P.M., he dedicates his "radio broadcast" to her. As Larry explains, "I start each broadcast by saying, 'This is Larry from WW69 FM, broadcasting live from St. Pat's. I want to dedicate this song to my best friend, Kay.'" Heidi, who is also Larry and Kay's neighbour, shared that every night she also hears Larry shout out, "Good night, Kay!" Then Kay wishes him the same. As we recount these rituals with her, Kay nodded and smiled, and said, "I love it here!"

It would be implausible to write a story about friendship without including Shawleen and Mary-Anne, who met 34 years ago as new employees of St. Patrick's Home. Their shifts finally aligned 15 years ago, and they've been having lunch together every day since. With time, their friendship extended beyond the workplace to now include dinner parties, and other adventures. As they told us, *in unison*, "We love a good cocktail!" In our opinion, they are the definition of "friendship goals."



Friends, Shawleen Robinson and Mary-Anne Nugent



Martha Graham, a famous American dancer and choreographer, once said that **"Dance is the hidden language of the soul."** We agree! This joyful moment was captured at the tail end of a Hymn Service held on Donegal, where it's become custom for the last song to be "fun" (e.g., Chubby Checker's, *The Twist*), which often leads to spontaneous dancing. For sure it makes Gemma's day, and motivates her to 'get up off of that thing' (thank you, James Brown)!

Gemma O'Sullivan dancing with her friend, Nancy, at St. Pat's

9&DINE

FOR ST. PATRICK'S HOME OF OTTAWA

PRESENTED BY:



BMO Nesbitt Burns



St. Patrick's Home
of Ottawa
Foundation

SAVE THE DATE

A SOCIAL GOLFING EXPERIENCE

DRIVING RANGE. 9 HOLES OF GOLF.
PATIO & PINTS. LIVE MUSIC. DINNER.

SEPTEMBER 18 | 1:00 - 8:00 PM

CANADIAN GOLF & COUNTRY CLUB

To 9&DINE with us, and to learn more about green fees, foursomes, or sponsorship, please visit our website at www.stpatsfoundation.ca/9dine, or contact us at foundation@stpats.ca.



St. Patrick's Home
of Ottawa
Foundation

THE 2022 IMPACT REPORT

Your donations contribute to the health, well-being and quality of life of the residents at St. Pat's.

Spiritual & Pastoral Care



312 Holy Mass services



75 hymnal services

210 Sacraments delivered such as the Anointing of the Sick



14 home-wide concerts broadcast on channel 49

8 special outings into the community with transportation provided by bus or taxi



CEO's Fund

for personal care services & essentials for residents in need of financial support

Staff Training & Certification

50 employees trained in DementiAbility Methods

10 employees pursuing certification in DementiAbility Methods



1,885 pastoral visits by spiritual care staff

889 pastoral visits by trained volunteers

Social Engagement

72 musical performances on the resident home areas



Gifts in Kind

artificial Christmas wreaths, fresh Christmas trees for the garden, activity books, Christmas gifts for residents tailored to their needs or interests, tickets to sporting events, and more!

Music & Memories



90 residents enrolled in music therapy

24 new ScanDisk devices & headphones sets purchased



9 resident home areas now equipped with MP3 players, speakers and 80-hour playlists

10,600 songs in 15 languages and multiple genres in our iTunes library



Palliative Care



24/7 palliative care support

1 Sleeper Chair that reclines into a twin-sized bed for a loved one holding vigil at a resident's bedside



Plus...

providing website, communications and social media support to the Home



Your support is what makes this possible!



EST. 2019

ST. PAT'S KITCHEN PARTY

PRESENTED BY:



GOOD FOOD. LIVE MUSIC. LOADS OF FUN!

St. Pat's Kitchen Party took place on Wednesday, May 17th and was a resounding success. Here we provide a peek inside the Party...

According to Rosa Iuliano, Past Chair of the Foundation's Board of Directors, and a Partner at Baker Tilly, "The Kitchen Party is one of the most fun, effective ways that we bring our community together – to raise funds and enjoy a taste of Irish culture. It's such a great event that I hope more people will join us next year as a sponsor, Cèili Host, or guest, so we can raise even more money for St. Patrick's Home."

The Party, fashioned with the spirit and history of St. Pat's in mind, is a fusion of live Celtic and East Coast music, Irish dance performances, craft beer, and cider tastings, and a shared meal with good, caring people.

Trevor Johnson, Chair of the Board said, "As a Foundation, we're blessed to have a

1. ECE, with Anna Ludlow, was named Newcomer of the Year at the 2023 Capital Music Awards and will make their debut at RBC Bluesfest in July. 2. A dozen dancers from the Sue Fay Healy School of Irish Dance delighted us with the performance of traditional soft and hard shoe dances. 3. Thanks to a handful of loyal donors, three tables were reserved for residents and staff. 4. Rosa Iuliano, Partner at Baker Tilly Ottawa with Ken and Bev Tammage.

loyal base of donors who support St. Pat's and this event, with generosity and enthusiasm because they **believe that every senior and vulnerable person deserves quality, person-directed care** in a warm, vibrant Home environment."

Revenues from the Kitchen Party, which totaled \$63,000, will fund programs chosen by the leadership at St. Pat's, for the positive impact they have on residents' lives. These essential programs are not covered by government allocations or accommodation fees, so they must be funded through community donations.

You can still contribute to this initiative by making a donation at **stpatsfoundation.ca/kitchen-party** or making plans now to CÈILI WITH US in 2024. Contact us for information at **foundation@stpats.ca**.

THE PEOPLE OF ST. PAT'S

“I feel privileged to have a job that allows me to get to know each person that lives at St. Pat's, and learn about their unique history and life experiences.”

Claire Rykelyk-Huizen, Social Worker

From post-war refugee to gifted hematologist and professor

Dr. Janis Bormanis was born in Latvia in 1944, but soon after his birth, he fled with his parents to Germany, where they lived in displaced persons camps for several years. In 1949, they sailed to Halifax, then settled in Ottawa in a rented home on Stanley Ave. As WWII refugees, his parents worked



Dr. Janis Bormanis, M.D., FRCPC (retired), and a resident of Kilkenny House

long hours — his father at a dairy, and his mother as a housekeeper. When Dr. B was 12, his father died, and he became a newspaper carrier to earn pocket money and ease the financial burden on his mother.

He went on to earn a medical degree at the University of Ottawa in 1969, then a Fellowship in hematology in 1974. At the Ottawa Hospital, he worked as a Hematologist and undertook leadership roles in the Department of

Laboratory Medicine. He also became a Professor at the University of Ottawa, Faculty of Medicine, then retired as Professor Emeritus.

Dr. B. was academically gifted, but had a knack for teaching, and making difficult concepts easy to grasp. He loved to teach and mentor his students. He also loved the cottage he built on Lac Sam, where he'd kayak, windsurf and spend time with his wife, daughter, and son. Travel, cooking, opera, and classical music were other passions, the latter of which he continues to enjoy as a resident at St. Pat's.

A tribute to St. Pat's and a beloved Nan.

A tribute to St. Pat's and a beloved Nan. I want to **express my appreciation for St. Pat's and the wonderful people that became my mother's second family**: Jill, Maryan, and Angela, who watched over her and called if she needed anything; Erika, who planned wonderful activities like taking her for tea with the ladies; and all the staff who worked on Cavan! It gave me peace to know my mother, Irene, was cared for, and she had her beautiful friend,



Irene Ashley, visiting with her brother, Sonny, at St. Pat's

Maria by her side. They were two-peas in a pod. Inseparable. We miss our mother, sister, and Nan, but we find happiness in remembering her beautiful smile, warm hellos and

hugs; sleepovers for the grandchildren with Euchre and Nuts & Bolts; how she made every person and birthday feel special; and truly epic Christmas celebrations. Her memory will always be a blessing to us.

THE FAMILY OF IRENE ASHLEY, who was a resident on Cavan House.



Keeping the Spirit Alive is a publication of St. Patrick's Home of Ottawa Foundation.

2865 Riverside Drive, Ottawa, ON K1V 8N5

T: (613) 731-4660 E: foundation@stpats.ca stpatsfoundation.ca

Charitable Business No.
88897 0399 RR0001