

FALL 2023

## FOUNDATION NEWS

# SUPPORTING QUALITY, PERSON- DIRECTED CARE



'Tis the season at St. Pat's

At St. Patrick's Home, there is an ongoing conversation about *"living the mission"* and ensuring that our core values • **Respect. Compassion. Spirituality. Integrity. Excellence. Collaboration** • are part of the

very fabric of our work and residents' care.



**Meg Friedman,**  
**Executive Director**

Unlike many organizations, the mission of St. Pat's isn't buried in the pages of a strategic plan. It's discussed during orientation and mandatory training,

included in the commissioning service for new employees and volunteers, and presented on the Mission Board in the lobby, where each month, we explore one of these core values.

It's also seen in the manner that people engage with each other and work together

**to provide quality person-directed care and a welcoming Home where everyone feels supported and cared for.**

Our role at the Foundation is to support this mission by funding programs, special projects, professional development programs and other priorities that are not covered by government allocations or accommodation fees, but contribute in a significant way to the residents' health, well-being and quality of life.

This means the financial support you provide really matters because without you and our community of donors, important programs like spiritual and pastoral care, community and social engagement, music therapy and musical entertainment simply wouldn't exist, or would be very limited.

**Thank you for helping us fund these essential programs and support the principles of quality person-directed care.**

## DEMENTIABILITY METHODS:

An innovative approach to caring for residents with cognitive loss

**DementiAbility Methods** is an innovative approach to caring for people in long-term care with moderate to significant cognitive loss.

Developed by Gail Elliot, a Canadian gerontologist from Burlington, Ontario, DementiAbility Methods challenges staff across an entire organization to think differently about dementia care while equipping them with the information, tools and practical experience to:

- **Discover each residents' unique history, traits, interests and needs,**
- **Understand that responsive behaviours have meaning,**
- **See themselves as problem-solvers and collaborators,**
- **Make the fundamental shift from task-oriented care to person-centred care.**

In 2023, community donations financed the training of the Recreation and Behaviour Support teams; and in 2024, will continue to provide employees across many departments with the opportunity to complete this critical training and education program.



## Purposeful engagement in daily life at St. Patrick's Home

If you know St. Pat's well, you'll know we offer comprehensive spiritual and pastoral care, amazing musical programming, wonderful holiday celebrations, and a broad-range of staff-led recreational activities.

For many residents, these programs correspond with their interests, fulfill their need for community engagement and enrich the quality of their days. Other residents though, may be looking for something else, or something more. You might hear someone say, ***"There isn't enough to do," but what that could really mean is, "I haven't found things I like to do."***

St. Pat's is working hard to change that experience through "purposeful engagement."

As a principle of person-directed care, purposeful engagement places a focus on knowing your residents more deeply, learning "what makes them tick," suggesting activities that match their interests, and ultimately, empowering residents to choose how they wish to spend their time.

# THE PEOPLE OF ST. PAT'S

## Meet Sheldon Disotell

**Sheldon grew up in the town of Morrisburg, where he was an active youngster who loved to take apart and reassemble the engines of tractors, lawnmowers, and other machinery.** He had a dirt bike and a ski-doo, and worked in roofing, building truss structures for new homes or sheds. It's safe to say that he is a "handy" guy.

Last year, after moving to St. Pat's, he noticed that the COVID-19 Screeners were building small laundry carts in their spare time. The carts would be used in a new pilot project where each resident involved would get a personal supply of facecloths, towels and other items twice per week.



Sheldon volunteered to take over the task, and swiftly assembled the first 64 carts for the pilot project. Later, he assembled another 224 carts; one for each resident at St. Pat's.

***"I like to build things, and I like to be busy, so it was fun to volunteer and do something useful.*** Now, I also work in the laundry, folding towels a few times a week. I told Susan, the Recreologist on Waterford House that I wanted to help out, and she arranged it," he said. "I also go for walks and take Para-Transpo sometimes, to go visit my sister."

## Meet Mary Dawn Johnston

**Mary Dawn, born and raised in Ottawa is a self-declared enthusiast of all animals. Well, all animals, except for snakes!**

For 15-years, she was a proud federal servant, working as a Data Entry Clerk at Canadian Customs and the RCMP. It's work that she still misses, so the transition to St. Pat's and long-term care was hard at first. But, it didn't take long for Mary Dawn to set her mind to getting involved in various activities and committees, to keep busy, meet new people and help others. These days she is an active member of The Residents' Council, a volunteer with the palliative care program, and often sits on the interview panel for new hires to St. Pat's.



As she told us, ***"It's rewarding to be a palliative care volunteer, and be there for a resident who is dying and make sure have company so they're not alone.*** I want to help, and make life better for all the residents. We're here for the moment, so I want to spread friendship and love."

Sheldon and Mary Dawn's stories demonstrate how purposeful engagement and person-directed care supports their choices and reflects their personalities, interests and abilities.

But of course, this looks different for each person living at St. Pat's. Whether one chooses to start the morning at a slower pace than others; volunteer to porter co-residents to and from the hair salon; eat a meal in their room on occasion; watch sports on TV before bed, or what-have-you; it's all about understanding and accommodating the unique needs of the residents to the very best of our abilities.





Saturday, December 9, 2023

# HOLIDAY *High Tea*

A fundraising event for St. Patrick's Home Foundation

1:30 to 3:00 P.M. | ST. PATRICK'S HOME

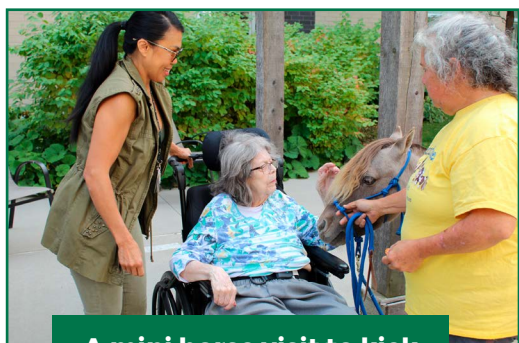
\$40 per person

[STPATSFUNDATION.CA/TEA](http://STPATSFUNDATION.CA/TEA)



## FALL HIGHLIGHTS

A special celebration for  
residents 100+ years young



A mini horse visit to kick  
off the fall season



It was a SPOOKtacular  
Halloween at St. Pat's

Gail Hopper and Barbara  
O'Connor at the Volunteer  
Commissioning Service



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