

A Bright Future

Saint Vincent's Nursing Home has been located at 2080 Windsor Street for 45 years; but has never owned the land on which it is situated.

On November 8, 2011, Saint Vincent's bought the property from the Roman Catholic Archdiocese of Halifax. This was made possible by the generosity of the Department of Health & Wellness who funded our 12 year mortgage with CIBC.



Since I came to Saint Vincent's 16 years ago, there have been many rumours that we are being sold. I am very happy to say that now our future is secure.

We look forward to many more years at this location.

Kristin Schmitz,
Executive Director

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Announcing a NEW Initiative

The countdown is on! There are only 311 days until our on-site accreditation survey. In preparation, we have electronic surveys to complete. The first one is the Worklife Pulse which looks at the quality of work life at Saint Vincent's. In order to make the results count, Accreditation Canada requires 131 of our FT & PT employees to complete the survey. There are chocolate bars and gift cards to win and if we meet our target, we will draw for a Sony e-Reader! Complete the survey by going to:

<https://www3.accreditation-canada.ca/instruments>
Organization code: STVHA
Password: 66372EFB

It is quick to complete and the results will influence change in our work life!

Once you complete the survey, fill in a pink ballot (available at reception). You can then trade the ballot for a chocolate bar (again through reception). Some bars have a special prize attached to them. You'll have to complete the survey to find out what they are.

Saint Vincent's Nursing Home is proud to announce our **Sustainability Initiative**. We have been, and will continue to be, efficient and creative in our collective efforts to reduce waste for a healthier, more sustainable Saint Vincent's.

Our goal is to keep current with the evolving face of waste resource management and apply new sustainable practices. We plan to keep staff and residents updated on our progress via the lobby monitor and newsletters, so keep your eyes peeled for us.

This is to be a volunteer effort, founded by the general staff and open to anyone. Those looking to get involved may contact Chris Payne in the Nutrition Services Department or at the email/phone number below. Questions or general inquires are encouraged as well.

Chris Payne
crpayne@dal.ca
489-9552

Welcome New Employees

Doreen Patten • Edwina Donovan • Tanya Paul • Sarah Witherell • Jodie Fitzgerald • Sonya Shelley • Anne Landry • Kaillee McPherson • Anna Liza Barlomento • Ingrid Timmons • Elisa Morgan • Kelly Richard • Amy Colquhoun • Candice Connor • Candace Fiander • Hong Shang • Emily Bilz • Maria Theresa Navida • Raymond Alshishani • Joan Liban • Haley McIntosh

Welcome New Residents

Dora Doucet • Rona Cathcart • Doris Phillips • Evelyn Sampson • Lorraine Donovan • Joyce Hall • Jean Fall • Bruce Lampman • Freda McMillan • Millicent Carey • Hazel Henwood and welcome back Clayton Organ

The Holiday Season

I would like to take this opportunity to wish all the members of our Saint Vincent's family a very happy and joyful holiday season. No matter what people celebrate this time of year – Christmas, Hanukkah, Kwanzaa, etc., there is one theme we should remember. "Goodwill towards our fellow man!"

So at this time of year when some people are suffering hardships both financially and emotionally, show them sincere caring. Give a resident a hug, smile at a face that looks unhappy,

...just because

thank the store employee who has been on her feet all day, let a car into the stream of traffic, drop money into a homeless man's cup, help your neighbour shovel snow – *just because*.

Kindness begins with a single gesture.

Seasons greetings to everyone.

Kristin Schmitz
Executive Director

Medical Services Clinic

On November 15th, National Philanthropic Day 2011, we celebrated the official opening of our Medical Services Clinic on the 3rd floor. The success of this clinic was three years in the making, and could not have been made possible if not for the generosity of our many donors throughout the fundraising campaigns 2006–2009. The inset photo is the plaque that is mounted in the clinic which names three 'benefactor' donors who each contributed \$10,000 towards the clinic.

We are now in the final stages of preparing to offer full dental services in the dental suite. **Dr. Stewart Kirby** will be coming to Saint Vincent's one half day per month beginning in late January. This time may be increased based upon demand and his schedule. An initial visit can be arranged by notifying the RN on the floor or contacting Charles Anderson at ext 113. All future visits will be coordinated by Dr. Kirby's office. We are very pleased and excited to be offering this service.

This clinic was made possible through donations made by our many loyal supporters, and in particular, the following benefactors:

***Brown Children Inc.
Homburg Charitable Foundation
The Estate of Robert MacDougall***

We would like to thank everyone who contributed in any way to making this clinic a reality for the benefit of the residents of Saint Vincent's.

Christmas Services in the Chapel

Presbyterian Church Service	December 1 at 1:30 PM
United Church Service	December 8 at 1:30 PM
Anglican Church Service	December 15 at 1:30 PM
Baptist Church Service	December 22 at 1:30 PM
Roman Catholic Services:	Christmas Eve, December 24 at 6:30 PM New Year's Eve, December 31 at 6:30 PM

Christmas & New Year's Dinner Tickets



As part of Saint Vincent's annual Christmas and New Year's tradition, family and friends of residents are invited to come and share Christmas and New Year's dinner with their loved ones. Christmas dinner will be held at 12:30 on December 25th, and New Year's dinner will be held at 12:30 on January 1st. Both of these events will take place in the Windsor Room. Tickets for these meals may be purchased from Nancy Gray in the business office. Each ticket is \$15.00 with a maximum of four tickets per resident. Initial ticket sales will be available until December 19th. Any tickets still remaining after this date will be available for purchase to those who have not yet purchased a ticket and those who would like more than four tickets. If you have any questions please contact either the food service supervisor at extension 124 or the nutrition services manager at extension 125.

Resident Christmas Parties

Please join us at one of the following unit Christmas parties. All parties will be held in the Windsor Room at 2:00 PM.

2 nd floor	Thursday, December 15
3 rd floor	Monday, December 19
4 th floor	Monday, December 5
5 th floor	Tuesday, December 20
6 th floor	Friday, December 9

Please RSVP to the receptionist at least one week prior to date of the party you wish to attend.

Gift Ideas for Residents

In case you are at a loss for what to get your loved one for Christmas, here are a few ideas. For a more exhaustive list, see the Gift Ideas brochure in the display case in the lobby.

- Lots of hugs
- Visits galore
- Clothing
- Quilt/blanket
- Drawings by a grandchild
- Greeting cards with warm, personal messages
- Lunch or dinner outings
- Gift certificates for the hair salon (see the business office)



Christmas at Saint Vincent's

MOST

Massage On-Site Therapy

Is now offering gift certificates for residents. Please contact Chrissy at 489-6678.

What a great gift for a resident at Saint Vincent's



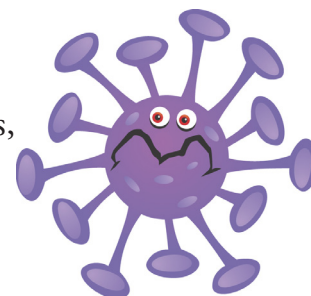
HAPPY HOLIDAYS

For the past four years, Chrissy has been providing massages for the residents at Saint Vincent's every Tuesday.



Influenza Season

It's flu season once again! Influenza is a viral infection of the bronchial tubes and lungs, causing fever, chills, cough and soreness and aching in the back, arms, and legs. In some people, especially children, adults over 65 and people with chronic illnesses, influenza can cause severe illness, hospitalizations and death.



Immunizations against influenza is publicly funded and advised for all Nova Scotians. Immunization is strongly recommended for people at high risk of influenza-related complications and those who care for them. Most people have no side effects from the influenza vaccination. The most common side effect is a sore arm that can last for a day or two.

All residents and staff at Saint Vincent's have had the chance to get their immunizations. To date, approximately 95% of our residents have received an influenza vaccination, 100% of our volunteers and approximately 75% of staff.

If Saint Vincent's does have an outbreak of influenza, notices will be posted at all entrances and exits throughout the facility advising visitors that the facility is experiencing an outbreak and that any visitors must wash their hands when entering or exiting the facility. Visitors who are ill will be asked to not visit which is a good practice at all times. Anyone visiting an ill resident should wear a mask and gloves. These will be available on all units.

Is it a cold or influenza?



COLD	SYMPTOM	INFLUENZA
rare	fever	usual high fever – 102°F/39°C to 104°F/40°C – sudden onset, lasts 3-4 days
rare	headache	usual – can be severe
sometimes, mild	general aches & pains	usual – often severe
sometimes, mild	fatigue & weakness	usual – severe, may last +2-3 weeks
usual	extreme fatigue	usual – early onset, can be severe
common	runny, stuff nose	common
common	sneezing	sometimes
common	sore throat	common
sometimes, mild to moderate	chest discomfort, coughing	usual – can be severe
can lead to sinus congestion or earache	complications	Can lead to pneumonia and respiratory failure; can worsen a current chronic condition; can be life-threatening.

Infection Control Week

Infection Control Week was held at Saint Vincent's during the week of October 17– 21. This year the theme was “provide INput, INitiate change, and get INVolved”. Activities were enjoyed by all and included several games and activities, a demonstration of the new cleaning carts, a display of what areas are considered to be “high touch” areas, and a demonstration using glitter bug powder and the glitter bug lamp which shows how well your hands are washed. A big thank you to the nutrition services staff for the delicious cake, coffee, and tea they provided for the kick-off at the beginning of the week. Prizes were awarded to the following staff for their participation in the games and activities: Susan MacDonald, Darlene Poirier, Kim Moulton, and Nadine Willis.

Thank you to all who participated and made Infection Control Week a huge success!

Watch out for monthly “Bug of the Month” information sheets on a bulletin board near you.

We are pleased to announce the appointment of **Ms. Haley McIntosh** to the position of social worker for Saint Vincent's. Haley will begin her orientation on December 12, 2011.

Having completed a BA at Mount Saint Vincent University, Haley is a recent graduate of St. Thomas University, where she earned a BSW. She is fluent in French, has worked with seniors in a number of different settings and has extensive volunteer experience.

Haley will commence her regular hours of 8:00 AM – 4:00 PM, Monday, Wednesday & Friday starting in January 2012.

We look forward to Haley joining our team.

We hereby recognize the following residents who touched our hearts in so many ways, and who recently passed away.

Christina Nehiley • Sharon Borgel • Pearl Blois • Joseph Boudreau • Verna Barkhouse • Margaret Trengove-Jones • Mabel Pellerin • Marie Carette • Gloria Clark • Mary Reyno



Winners of the Fall Fair Draws

The Ladies Auxiliary would like to thank everyone for their donations and patronage shown at the recent fall fair. The names of the lucky winners drawn at the November 25th fair are:

The basket: Florence Martin
Fudge: Tracey Slaunwhite
Quilt: Julie Thompson-Martell
Fudge: Dr. Frank Lovely

All funds raised support the residents of Saint Vincent's.

The following staff are hereby recognized for having achieved perfect attendance for the 3rd quarter of 2011

Candy Allison	Judith Hartlen	Susan MacDonald	Glenn Robinson
Charles Anderson	Lisa Heighton	Anne MacIntyre	Shauna Robinson
Cathy Austin	Carole Hughes	Nancy Maguire	Kristin Schmitz
Roisin Bezanson	Darlene Hynes	Shirley Major	Adam Seabrook
Danelle Callaghan	Richard Jones	Colleen Meisner	Marianne Seeley
Evelyn Co	Margaret Kelbrat	Shannon Neil	Sandy Seward
Ann Conrad	Philip King	Crystal Poirier	Charlene Slaunwhite
Debbie Coombs	Debbie Leavens	Cathy Regan	Colleen Spicer
Isabelita DeCastro	Debbie MacDonald	Tena Remington	Marina Symonds
Tiffany Gilkie	Elaine MacDonald	Donna Robichaud	Karen Tobin
Laura Gillies	Kathleen MacDonald	Martine Robichaud	Jim Young



ACCREDITATION CANADA
Driving Quality Health Services

Saint Vincent's Nursing Home is accredited by Accreditation Canada and audited annually by the Nova Scotia Department of Health.

Please feel free to submit articles directly to Nancy Maguire, editor, at nmaguire@svnh.ca or call 429-0550 ext. 112 E&OE