

Life at 2080

Saint
Vincent's
NURSING HOME

Spring 2018

Crafty Cronies

We are Hilary Wellard, Emma Boudreau, Julie Lombardo, Elsie Lewis and Kim Wright. Earlier this year we talked about how we could develop a program that would help break up the week, be

We are already talking about expanding our mandate by planting seeds on 4th floor in homemade green houses for the residents to tend until the plants can be placed in outside gardens. We

would also like to support an art show to show case resident and staff art in

the garden area this summer to help celebrate the new fence and our community.

Crafty Cronies is supportive of all of our residents and we encourage everyone to attend. We all have different abilities and we try to help each other with the projects and applaud everyone's accomplishments.

We look forward to Tuesdays and we are pleased to be able to plan and participate in a program that is purposeful but also a lot of fun. We share a lot of laughs and stories.

Thank you to the staff who have given their time on Tuesdays helping out. Families and staff are welcome anytime to give us a hand.

Remember to look for us on Facebook.

We're on Facebook!

held during the evening, would involve as many residents as possible, provide a meaningful purpose and of course it had to be fun. That's how Crafty Cronies of SVNH was founded.

The Cronies meet every Tuesday after supper. We rotate the units where we meet to encourage the residents on the units to wander in and participate.

We are crafting Christmas ornaments and cards with a plan to sell our wares at the Fall Fair in November. As a group we have not decided how to use the money we raise. A popular idea is to donate the money to purchase raised flower beds in the garden areas for the residents to tend.



Submitted by Crafty Cronies – Emma, Julie, Elsie and Hilary



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What Happens during an Outbreak

Did you ever wonder what happens at Saint Vincent's during an outbreak? There are quite a few additional precautions that we put in place behind the scenes. Staff work extra hard during this time making sure that extra cleaning is done on all of the floors that are affected. Extra supplies are ordered such as gloves, gowns, and masks so that we do not run out before the next delivery day. The residents are very patient with us during an outbreak as they may end up eating in their rooms and limiting movement on their floor. All church services are cancelled as well as



any recreation activities. Staff movement between floors is limited as much as possible so that any germs or viruses are not spread around to other residents on different floors.

We are fortunate to have the opportunity to speak with Public Health on a daily basis during an outbreak. They help

ensure we are putting all of the precautions in place in a timely manner. Health inspectors are also involved with any outbreaks that include vomiting and diarrhea. They offer valuable advice to help clear up the outbreak as quickly as

possible. Sometimes the medical officer of health will recommend antiviral treatment for the residents. This is a huge task because every single resident has a specific dosage which needs to be carefully calculated. This medication is not something that we have on hand so it can involve late nights and additional staff.

Thank you to all the residents, family members, and staff for doing what was needed to get our recent outbreaks declared over. Your diligence and patience is appreciated. Happily, all activities, church services and dining rooms are back in full swing and Saint Vincent's is back to its usual busy, bustling self.

Kitchen Reno Update

We have begun the renovation of our kitchen ventilation system which will take approximately 14-16 weeks.

The project is divided into "phases", each impacting a different area of the main kitchen. The first phase involved our dishroom (which required the use of disposable dishes) is now complete. In the next two phases, the cooking and meal preparation areas of the main kitchen will be shut down. Meals will be prepared in a mobile kitchen located at the north end of the building. During these phases, our menus will be modified slightly to accommodate our temporary cooking area. Residents should see minimal impact to their meal service.

From now until completion of the project, the Windsor Room will be used for storage as well as a food preparation area.

This project will continue over the summer with an estimated completion in August.

Continue to watch for updates on the whiteboard located outside the main kitchen!

Cooks Theresa, Kim and Gloria are checking out the new kitchen



Greetings from the Executive Director

I am pleased to present the quarterly newsletter for spring 2018. It is packed with all the activities and work being done on a daily basis.

In March we received good news from the Department of Health and Wellness in the form of unexpected funding for capital projects. We were allocated \$24000 towards the purchase of key equipment that will assist in supporting safe lifts and transfers for employees such as lifts, slings, slider sheets, bath lifts and beds. This is great news as our funding for resident transfer items has been cut or unfunded over the past few years. We also received funding to replace the solarium roof (\$30000) and funding for the initial process of replacing our hot water tank (\$17000). These projects, along with the pending repair of the penthouse cladding are being scheduled and we hope to have everything done before winter.

I was very happy to announce last week that Kim Wright joined the senior leadership team as the Director of Quality & Risk. This was a natural progression for Kim who oversees the quality and education programs and nutrition services. She now will also act as the safety officer and oversee our risk management program. Congratulations Kim.

You may have noticed a new planter outside the Windsor Room. The planter was purchased with money from the resident fund and we already have a group of resident

gardeners who are eager to get planting. The leadership team is getting ready for our annual spring clean-up. This will be our first summer with the new fence so I am anticipating more use of our garden space this year. We are also in the process of sourcing the platform swing with the money raised from the *Gift from the Heart* campaign at Christmas time.

Efforts by the joint working group of CUPE members and members of the leadership team continues as we near the completion of the Civility and Respect in the Workplace policy. Jenna from CUPE has held a number of sessions with staff discussing bullying and harassment and there are flip charts in the building asking what civility looks like to you. Your information will be used in the finalized copy of the policy which will be rolled out in May. This has been a very productive collaboration; I look forward to continuing to address issues on psychological health and wellness as a group.

Tim's coffee and donuts were served on April 27th to staff and residents as a thank-you for working so hard during the outbreak and for patiently living through the long days of restricted movement. We also wanted to thank staff for the wonderful job done during our emergency drill. The exercise went well with different areas of improvement identified. Thank-you

to Ann and Sarah who ran the exercise with professionalism and calmness.

We celebrate Employee Appreciation Week each May when we recognize the valuable contribution of all who make Saint Vincent's function and thrive. Watch for details.

Ever wonder where I am? Part of my role is participation in external committees and groups to advocate for Saint Vincent's and to ensure our voice is heard at the Department of Health & Wellness and the Nova Scotia Health Authority. I sit on two Boards and meet with other executive directors to discuss and strategize on common issues like violence in the workplace, staffing, resident placement and more. I'm always willing to share details on this work so stop by if you want to know more or book an appointment through Nancy.

That is all for this edition of *Life at 2080*. Keep an eye out for upcoming Town Hall meetings and let me know if you have a topic you'd like added to an agenda.

Angela

Korean Church gives back to the Community

The recreation therapy department was approached by a local Korean Church group interested in giving back to their community. When we received this call we were thrilled that they had thought of Saint Vincent's and excited to get them started. Every Monday members of the group gather residents who are interested in the 4th floor family room and provide a small service including prayers and hymns. At Christmas time, they held a special service as well as generously donated gifts to the residents. We appreciate the Korean Church coming in and providing this wonderful service.

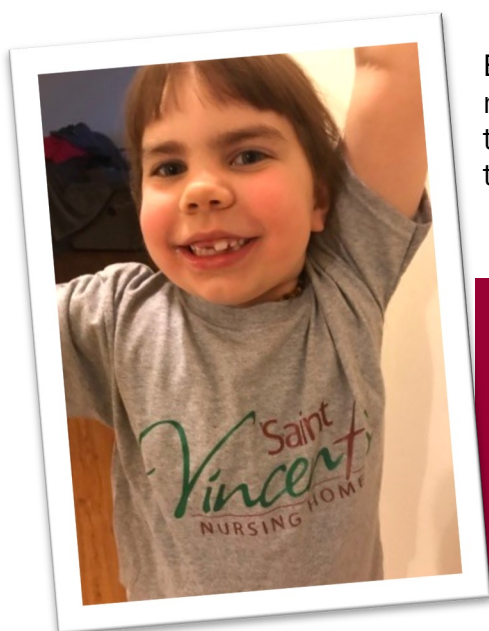
Palliative Care Committee

The committee has been busy these past few months. We are pleased to report that we have three brand new palliative care carts with supplies for residents who are at their end of life and for their families who support them during this difficult time. These carts can be obtained by any staff member and are located on the 3rd floor by the staffing office.

We have also been working hard on reviewing and updating policies for end of life care to hopefully be rolled out in the fall.

Lastly we would like to thank everyone who baked and/or supported our bake sale held on April 19th. We raised over \$400 to be used towards the purchase of a second cot for families to use. It was a huge success and we thank everyone for their hard work and "sweet appetites".

***Thank you all for
your support.***



Emma C is shown modeling the SV team t-shirt. Emma is ready to walk on May 6th.

SVNH Team walks May 6th

WALK FOR ALZHEIMERS

We'll be Walking to Make Memories Matter!

Thanks to everyone who has supported our team and the Alzheimer Society of Nova Scotia. To make a donation, see Kim Wright.

Changes to our Health Benefits

Effective April 1st there were significant changes to our health benefits including increased premiums and added co-pay costs to certain benefits. There is now a \$5 fee per prescription and a \$10 fee for most of the paramedical services.

The Health Association Nova Scotia (HANS) is our benefits provider (Manulife is contracted by them to administer the benefits). They explain the reason for the increase is due to members spending more in benefits than what is collected in premiums and so they must roll

the deficit into our premiums. For example, last year Saint Vincent's employees spent \$100,000 more in benefits than we paid in premiums.

As the employer, we are dismayed with the need to increase the cost of benefits and see the co-pay costs as a potential barrier to access for employees. I contacted HANS and met with both the benefits coordinator and president of the association to advocate against the significant cost increases. Unfortunately, the decision to increase costs is out of our

control. We are not the only ones facing these changes; the cost increases affect all members of the plan including the Nova Scotia Health Authority and IWK members.

We explored the option of changing service providers but there are no real options for Saint Vincent's. More is being paid out than is coming in, which wouldn't change with another provider.

Angela Berrette
Executive Director

Music Therapy Program



The recreation therapy crew is very excited to announce the arrival of two music therapists

(MTAs) as part of our interdisciplinary team at Saint Vincent's.

Rachel and Paige are part of a year-long music therapy pilot project facilitated by Heartsparks Music Therapy, The Mental Health

Foundation of Nova Scotia and Nova Scotia Health Authority Seniors Mental Health Team.

Heartsparks

Music Therapy

So, what will music therapy look like?

The music therapists will be using musical elements such as singing, instrument playing, improvisation, song-writing and

more as the intervention to create connections, relationships and positive change within our residents. They will be providing selected residents with individual and small group therapy, along with a group program open to all residents and staff.

Welcome to the team Rachel and Paige!

The Scoop on Hip Protectors

Hip fracture

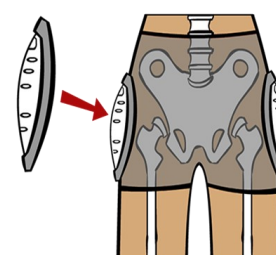
A hip fracture/broken hip is a break at the top part of the leg (femur) bone where it connects to the pelvis. 95% of fractured hips are due to falls. A hip fractured can cause serious disability. Some of our fall prevention strategies include recommending the use of the following medical equipment: walking aids, wheelchairs, bedside crash mats, supportive footwear, body alarms and the use of hip protectors.

What is a hip protector?

A hip protector is a specialized form of pants or underwear containing pads (either hard or soft) along the outside of each hip/leg, designed to help reduce the risk of a hip fracture following a fall. They are most commonly recommended by our health care team for our residents who have a high risk of falling. There are a variety of different styles and sizes including underwear-type styles, sweat pants, shorts and capri pants.

How do they work?

When worn correctly, hip protectors can potentially absorb the impact of a fall and direct it away from the bone. They can potentially reduce the risk of sustaining a hip fracture.



Running the Boston Marathon



4:38:41

The Saint Vincent's community is so fortunate to include such a caring and diverse group of people.

An exceptional member of our community is **Malcolm Pain**. The loving husband of our resident Evelyn Pain has such a passion and energy for life, he recently finished second in the Boston Marathon for his age group with a time of 4:38:41. In doing so he also established a record as the very first Nova Scotian to run the Boston Marathon at the age of 80. Malcolm could often be seen training by running laps around the field adjacent to Saint Vincent's in all weather which must have prepared him for the cold, rain and wind offered at this year's marathon. Malcolm proposed the generous and fun idea of having a fundraiser where donors could guess the seconds of his time and the one with the correct time collecting half of the proceeds and Saint Vincent's Foundation receiving the other half. Malcolm proudly ran the Marathon with our logo on his T-shirt. Thank you for your support Malcolm, you are an inspiration to all of us and an important part of our community.

RESIDENTS AND FAMILIES
WE WANT TO HEAR FROM
YOU!

PLEASE FILL OUT ONE OF OUR
RESIDENT CARE
QUALITY OF LIFE SURVEYS

How are we doing?
How can we improve?
Please let us know.

If you have not received a survey,
see reception



Menu Planning Committee

Nutrition Services wants your input! Our Menu Planning Committee meets quarterly and provides a forum for residents and family members to share their thoughts on the menu and offer ideas for new menu items and recipes. Our first three meetings were well attended by residents from all units. Residents have expressed that they are very pleased with the incorporation of their suggestions into their menu plan. Our next meeting will be in August. Watch for the date!

Quality Report

The Resident Care Quality Annual Report is available for all residents, their families and staff to read. It can be found on our website and limited copies are available in the lobby.

Thank you to all the staff for your continued commitment to our residents. Because of you we are able to provide quality care and services which are reflected in this report. I look forward to working together with you, our residents and families as we continue to meet our goals over the next year.

Kim Wright, RN
Director, Quality & Risk

Congratulations Father Albert Cosgrove

On May 11th Father Cosgrove will be celebrating his 50th year of ordination to the Priesthood. We appreciate his many years of service to the residents of Saint Vincent's and we hope his is with us for many more.

From all of us at Saint Vincent's,
Congratulations!

In Memorium

A memorial gathering was held April 24th in celebration and remembrance of employee Robert Paul, RN, who passed away on April 11th, 2018 and former employee Madonna Millman who passed away April 10th, 2018. A touching tribute to each of them was presented by Lisa Walters. Robert and Madonna had many friends at Saint Vincent's and they will be dearly missed.

Evacuation Exercise

As part of our ongoing emergency preparation, on April 26th our Joint Occupational Health & Safety committee organized a very successful evacuation exercise. Many responses were tested including a fire (Code Red), horizontal and vertical evacuations (Code Green Stat), missing resident (Code Yellow) and a relocation.

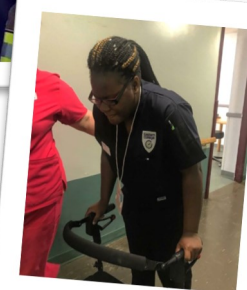
Thank you to everyone who helped make this exercise a success. The commitment from our staff, Joint Occupational Health & Safety committee, volunteers, students and community enabled us to conduct a successful exercise that tested our ability to respond in the event of an

actual emergency. As part of our exercise we invited observers Andy Wentzell, Deputy Fire Marshal and Erica Fleck, Division Chief Emergency Management with Halifax Regional Fire & Emergency as well as our local fire

emergency procedures and better plan for future training and emergencies. As is the goal of every drill or exercise, several areas for improvement were identified which we will review. We also identified many strengths of our plan and those who have a role in keeping our people and facility safe.

I am proud of our efforts and thank you to all who participated, cooperated and supported us throughout this drill.

Scott Bell, Director of Finance



department and metro transit to take part in our exercise.

This drill provided us an opportunity to test our