



# SANTA MARIA Resident Newsletter

4215 Regina Ave., Regina, SK S4S 0J5  
Phone: 639-625-7100 [www.santamariaregina.ca](http://www.santamariaregina.ca)

*A Catholic Health Care Facility in the Emmanuel Health Family*



**Emmanuel  
Health**



## F.A.T.H.E.R.S.

"F" aithful  
"A" lways there  
"T" rustworthy  
"H" onoring  
"E" ver-loving  
"R" ighteous  
"S" upportive

*- Author Unknown*



June 2023

## New Foam Mattresses for Residents

# THANK YOU!

On behalf of the residents of Santa Maria and the Santa Maria Foundation, we want to say a very special *"Thank You"* to those of you who contributed to our **Season of Giving Campaign**. With your generous support were able to raise money for new foam mattresses. We also received a grant from the Saskatchewan Knights of Columbus Charitable Foundation that enabled us to purchase additional foam mattresses.

These mattresses make a difference in the day-to-day life and quality of sleep for Santa Maria residents. To those of you who donated, thank you, you helped make this happen.

*Thank you for your support!*

*Santa Maria Foundation: Because We Care.*

## Upcoming Events to Highlight:



**Recreation Therapy:** Ongoing Regular programming continues which includes monthly birthday parties on each of the floors, bingo as well as KFC luncheons.  
(see calendar on unit and website)

### 1<sup>st</sup> Annual Start of Summer Social

Date: June 21, 2023  
Time: 1:30 – 4:30 pm  
Location: Visitor Parking Lot

**Spiritual Care:** Ongoing Groups of residents have been gathering for spiritual care programs.  
(see calendar on unit and website)



## Vision Statement

*A life-giving community of care where faith and hope are affirmed. \* Respect \* Compassion \* Spirituality \* Hospitality \* Quality \**

## Spiritual Care Message June 2023

I had a wonderful conversation with one of our Sisters this week about the practice of letting go. She described for me the intentional process of aging well, so she can prepare to die well.

She told me that her current life's work is to pass on her responsibilities and begin to entrust herself to the care of others. Thankfully, she has a Spiritual Director to help guide her through this process.

This story provides a beautiful reminder that we can face the future with courage and wisdom. One of the ways we do that is by helping one another to talk about dying and discovering hope. I encourage you to begin or continue this dialogue with someone you trust.

May we all come to the place within ourselves, to genuinely be able to say *"it is well with my soul"*.

*Erika Mills*

Director of Spiritual Care  
and Mission



## SARCAN Virtual Bottle Drive

Did you know you can donate the value of your recycle bottle order to the Santa Maria Foundation?

When you use the "Drop & Go" service that is available at all depots in Saskatchewan, it allows customers to skip lineups by leaving their order at the depot and have their refund transferred electronically to the Santa Maria Foundation.

All you need to do is follow these easy steps:

1. At home, separate your recycling – put plastics, cartons and aluminum cans into bags, put glass beverage containers into boxes. Don't forget to include milk containers.
2. Visit a SARCAN Depot and look for Drop & Go
3. Follow instructions on the Screen. Type **Santa Maria** when prompted to enter the group phrase.
4. The amount of your order will be processed and paid directly to the Santa Maria Foundation.

***You can make your trip to SARCAN really count!***

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## 1<sup>st</sup> Annual Start of Summer Social

The Recreation Therapy department is hosting the first annual Start of Summer Social:

Date: June 21, 2023

Time: 1:30 – 4:30 pm

There will be entertainment, food, 50/50 tickets and a raffle! All residents and their families are welcome to attend! Save the date!



## Contacts

2<sup>nd</sup> Floor Nurse Station 639-625-7102

3<sup>rd</sup> Floor Nurse Station 639-625-7103

4<sup>th</sup> Floor Nurse Station 639-625-7104

Renee Goulet 639-625-7085  
Director of Care

Sussan Falodun 306-519-9181  
Nurse Manager

Dinah Grapa 306-520-8728  
Nurse Manager

Manoj Fernandes 639-625-7082  
Director of Support Services & Safety  
(meals, cleaning, laundry, etc.)

Erika Mills 639-625-7092  
Director of Spiritual Care

Lana Seip 639-625-7095  
Recreation Therapist

Kelly Chessie 639-625-7094  
Executive Director

## Glass Elevator Project

Update... As you know, with the support of SL Builds there are renovations being done to the glass elevator. The project began in and we hope to have that project completed by early June.



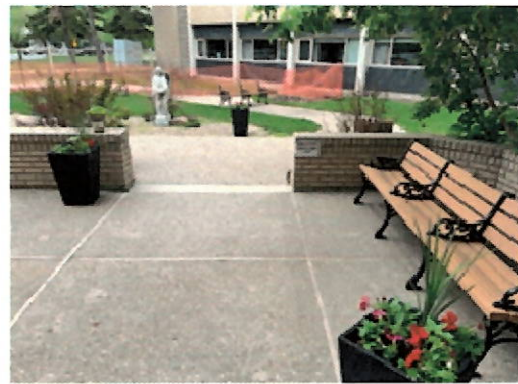
We apologize for the inconvenience.  
(but look forward to the re-opening!)

## Courtyard Open

There will be some minor work done in the courtyard on the sewer/plumbing area in early spring/summer. To ensure safety for everyone, some areas of the courtyard will be restricted with orange fencing.

The patio and part of the walkways are still accessible for residents and families.

Everyone is welcome to enjoy some fresh air and sunshine in the Courtyard.



## Exciting Updates from Food Services

### **Private Dining Room Bookings**

The Private Dining Room is available for families to reserve. The space holds up to five guests and a resident. At this time there is no charge to reserve the space; in lieu of a fee we kindly accept donations to the Foundation.

Reservations are made through the Recreation Therapy department by calling 639-625-7095 or by e-mail [santamariaresidents@hotmail.com](mailto:santamariaresidents@hotmail.com)

### **Guest Meals**

Did you know you can request Guest Meals (with advanced notice) through Food Services? Payment options are paying cash, cheque or charge to the resident account. We can also cater for a small group if planned in advance. Please contact Manoj Fernandes, Director of Support Services & Safety at: [manoj.fernandes@saskhealthauthority.ca](mailto:manoj.fernandes@saskhealthauthority.ca).

### **New Summer Menu**

We value your opinion. We appreciate any feedback that you may have regarding the New Summer Menu. Please forward your comments to: [manoj.fernandes@saskhealthauthority.ca](mailto:manoj.fernandes@saskhealthauthority.ca).

### **Nutrition Student**

We were fortunate to have a Nutrition student with us for several weeks in March and April. She assisted us to receive feedback from residents regarding the meals and contributed to the therapeutic meal improvement project.

## Lost & Found Items

The Lost & Found is located in Room 143 on the Main Floor. If you are missing an item and find it in the Lost & Found, please bring it to Administration so that it can be sent for proper labelling. The item will be labelled and then returned to the resident's room.

If you find any clothing items in a resident's room that doesn't belong to them, please bring the items to either the nursing staff on the unit, or the Administration office so that they can be returned to the correct owner.

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## Floral Conservatory Outing

We are very pleased to say that our residents went on their first outing since October 2019.

On May 16, 2023 some of our residents visited the Floral Conservatory.



## Monday Canteen

Recreation Therapy and Spiritual Care started a "Monday Canteen" from 1-2 pm in the Activity Room. Residents are welcome to come down and purchase a chocolate bar or snack for only a \$1!

It's been a hit as it's a great way for residents to come down off the floor and to enjoy a treat socializing with other residents from other floors!



## Pet Visitors Require Approval

It is nice to see your happy, healthy pets coming back in. Just a reminder that Public Health requires that all pets visiting must be first approved (one time) through the Admin office before the first visit. This is so that we can register them, check their health and vaccination status, check their behavior and temperament, and share with you a few simple rules.

As we hope you can appreciate, in a home of 147 residents, not everyone likes your pet in their space and not everyone feels safe in the presence of furry friends. Help us keep everyone comfortable and before your first pet visit, call Admin (639-625-7100) to get the quick and simple rules and to schedule your appointment to have your pet registered.

Once registered, the pet just comes with you (you don't need to register every time). You do need to follow a few simple rules, every time, which we cover with you when you call and come in to register. Thank you!

## Resident and Family Council

The Resident and Family Council meets several times a year for residents and families to attend.

We have one meeting for second floor and another for third and fourth floors together. Our last meeting was in April and the minutes are posted on the window outside the Activity Room near the door.

Our next meetings are in July:

Dates: July 18 – 2<sup>nd</sup> Floor  
July 20 – 3<sup>rd</sup> & 4<sup>th</sup> Floors

Time: 2:00 pm

Location: Activity Room

Residents and their family are welcome to attend.

***Please join us!***

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## Santa Maria Foundation

### *Call for Directors and Volunteers*

Are you interested in serving on the Santa Maria Foundation?

Do you enjoy...

- Supporting Quality of Life experiences for Seniors?
- Working on fundraising campaigns?
- Engaging with people who share your enthusiasm for helping others?

Consider joining our Santa Maria Foundation Board of Directors.

If you feel like a Board is not something you can do, you can also support our Foundation as a volunteer:

- Help sell tickets
- Help host events
- Help organize parties
- Any other such support

For more information, or to register your interest, please contact:

Kelly Chessie (Executive Director) at:

[kelly.chessie@saskhealthauthority.ca](mailto:kelly.chessie@saskhealthauthority.ca)

or call 639-625-7094

Please join us in sharing hope for a generous year for our Home and its community of residents, families, and staff. Through your generosity, together we can enhance the quality of the lives of Santa Maria's residents.

## Fundraising Project 50/50 Raffle Tickets

The Santa Maria Foundation is selling 50/50 tickets to raise funds for the Home.

Tickets are \$5 each or 5 for \$20 and are available in the Administration office. The more tickets we sell, the higher the prize value will be!

Please stop by today and support our residents and our Foundation.

Staff and Santa Maria friends and family are welcome to pick up envelopes of tickets to sell for this fundraising venture. Please visit the Administration office to pick up your tickets to sell. Your participation is greatly appreciated

*All proceeds support the  
Santa Maria Foundation*

***Thank you for your Support!***



*A multitude of  
small delights,  
constitutes  
happiness.*

*- Charles Baudelaire*

## Welcome New Director of Care

Please join me in giving a warm Santa Maria welcome to Renee Goulet, our new Director of Care. Renee brings to our team over 30 years of nursing experience and has served for over 12 years of that time as a nursing manager. She is a proud wife, Mom, RN, and BSN. Renee comes to us from a sister Emmanuel Health site, St. Joseph's Hospital in Estevan, where she was the Manager of the Acute Care.

Renee has demonstrated that she can lead and inspire her teams; work closely with people and ensure effective working relationships and good lines of communication within and across teams; keep her eyes and heart open to clients and their families, listening to their thoughts and feedback for improvement ideas; and work with teams to innovate, problem-solve, and implement lasting process improvements.

Renee is retiring with her family to Regina, but is still too young and active to stop. She is excited to serve as the DOC at Santa Maria and she looks forward to working with all of us, part-time (3 days per week). Her passion, knowledge, skills, and experience will be a great asset to Santa Maria.

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## What is a Palliative Approach to Care?

The palliative care tradition emphasizes sensitive, whole-person care that relieves suffering. Most people who access healthcare services would like an approach like this, yet, in the past, palliative care was often used in hospices at the end of life.

Introducing a **palliative approach** throughout the healthcare system is one way forward. A palliative approach builds upon the basic principles of palliative care by paying attention to them earlier – not just in the last year of life. In theory, this approach can be used as soon as someone is diagnosed with frailty or a chronic health condition, which could be years before end of life. In practice, people may be more interested in a palliative approach once they begin to need more coordinated support for health and quality of life.

To achieve a palliative approach, features of the tradition of palliative care – like sensitive answers to questions, a family-centred approach, and relief of suffering – are adapted for use in different parts of the health care system. In a long-term care home, families are supported to more fully participate in day-to-day care as well as access information to make informed treatment decisions aligned with their relative's health care goals.



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