



SANTA MARIA Resident Newsletter

4215 Regina Ave., Regina, SK S4S 0J5
Phone: 639-625-7100 www.santamariaregina.ca

A Catholic Health Care Facility in the Emmanuel Health Family



**Emmanuel
Health**



September 2023



History of Labour Day

- The origins of the Canadian Labour day can be found in an 1872 printers' revolt in Toronto. The printers were trying to establish a maximum work week of 54 hours.
- Labour Day, honouring organized labour, is a legal holiday observed throughout Canada on the **first Monday in September**. The contribution of organized labour to Canadian society has been recognized since **1872**, when parades and rallies were held in Ottawa and Toronto.
- It became a national holiday in 1894.



**Labour Day
September 4**

Enjoy a safe and relaxing long weekend, and take a moment to honour the history and people of this day.

Resident and Family Council

The Resident and Family Council meets several times a year to provide communication between the residents/family members and the Administration of Santa Maria.

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

Our next meetings are in October:

Dates: Oct 17– 2nd Floor
Oct 19 – 3rd & 4th Floors

Time: 2:00 pm

Location: Activity Room

**Residents and their family are
welcome to attend.**

Vision Statement

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

Spiritual Care Message September 2023

Santa Maria, in partnership with St. Paul's Hospital in Saskatoon, is now offering Clinical Psycho-spiritual Education which certifies Spiritual Care Practitioners in Canada through the Canadian Association of Spiritual Care (CASC). Certified Supervisor-Educator Julie Bergen, and Provisional Supervisor-Educator Erika Mills will be leading the program from September 2023 to March 2024. Six students across the province (including students from Saskatoon, Prince Albert, Regina and Estevan) were admitted into this year's program.

We are very fortunate to have Holly and Daris serving Santa Maria for the next 8 months. Please feel free to talk with them and share your personal stories and concerns when you see them around. They are caring and confidential spiritual care providers who are here to support the holistic health of our residents, their families, and staff.



To learn more about CASC, visit www.spiritualcare.ca or stop by and talk to me.

Erika Mills

Director of Spiritual Care and Mission

Do what you can to
show you care about
other people, and
you will make our
world a better place.
Rosalynn Carter



Thanksgiving
October 9, 2023

Contacts

2 nd Floor Nurse Station	639-625-7102
3 rd Floor Nurse Station	639-625-7103
4 th Floor Nurse Station	639-625-7104
Renee Goulet Director of Care	639-625-7085
Sussan Falodun Nurse Manager	306-519-9181
Dinah Grapa Nurse Manager	306-520-8728
Manoj Fernandes Director of Support Services & Safety (meals, cleaning, laundry, etc.)	639-625-7082
Erika Mills Director of Spiritual Care	639-625-7092
Lana Seip Recreation Therapist	639-625-7095
Kelly Chessie Executive Director	639-625-7094

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Business Office

Please note that the Business Office will be closed for the following Statutory Holidays:

Monday, September 4 (Labour Day)
Monday, October 9 (Thanksgiving)
Friday, November 10 (Remembrance Day)



Guest Suite Booking

A Guest Suite on the main floor is available to out-of-town guests for short-term visits. This suite consists of a bedroom with two single beds, a full bath with tub and shower and a living room/kitchenette with a small fridge and microwave. There is a fee of \$50.00 per night.

Meals can be taken in the dining room with the resident you are visiting, if desired, with applicable per meal charges for visitors only. There is no charge for resident meals off the floor.

Arrangements for booking this unit can be made by contacting the Administration Office at 639-625-7100.



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 the following:

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!



The second Sunday in September is National Grandparents' Day in Canada. This year, it will be celebrated on September 10.

What a wonderful 4 generation family picture we recently had the pleasure of taking for one of our residents.

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Sisters Celebration Tree

You may have noticed that a new tree was planted in the green space off the main floor dining room. This tree is a Celebration Maple and it comes to us from the Sisters of Our Lady of the Missions. This tree helps celebrate their 125th Anniversary of being in Canada.

The Sisters gathered in Regina in June to celebrate and tend to business. Part of the business was deciding where to plant this special tree. They chose Santa Maria given their connection to the Home (they have been here since 1998 when the Sisters of St Joseph moved away) and because they knew, like the residents who live here, that this tree would be well cared for by the people who make this place a Home.

This tree will add beauty to the back green space, especially in the autumn when its leaves turn red.

Thank you Sisters for being a part of our community!



NOVEMBER 11, 2023



*"They shall not grow old, as we that are left grow old,
Age shall not weary them nor the years condemn,
At the going down of the sun and in the morning,
We shall remember them"*

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Leaves

by Elsie N. Brady

How silently they tumble down
And come to rest upon the ground
To lay a carpet, rich and rare,
Beneath the trees without a care,
Content to sleep, their work well done,
Colors gleaming in the sun.

At other times, they wildly fly
Until they nearly reach the sky.
Twisting, turning through the air
Till all the trees stand stark and bare.
Exhausted, drop to earth below
To wait, like children, for the snow.

Maintaining a Healthy Environment

Santa Maria strives to maintain a quality indoor air environment. Scented products can aggravate existing health problems for individuals with asthma and allergies.

Please be considerate of other people's sensitivities when using scented personal care products.



Fragrance Free Zone

Influenza Vaccinations

The elderly and those with underlying cardiovascular and respiratory problems are the most seriously affected by the flu virus. Vaccination each year before the flu season is recommended as the most important measure in reducing risk.

The Influenza vaccine is administered yearly to all residents on the written order of the physician. Because nursing home outbreaks tend to occur in the latter part of the flu season and resident's immunity tends to wane more quickly, immunization of residents is not recommended until late October or early November.

In order to help protect our residents, we encourage all staff to be vaccinated each fall. Families should give serious thought to getting vaccinated, especially if a frequent visitor to Santa Maria. Refraining from visiting when ill and diligent hand washing before and after visiting are other simple ways of protecting all the residents of Santa Maria.



Santa Maria Foundation 50/50 Raffle Great Success!

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 supported this fundraising opportunity by both selling and purchasing 50/50 Raffle Tickets.

With your generous support we raised a total of \$3,830.00. The prize winner was Judy Ellis who received 50% of the total raised (\$1,915.00).

Santa Maria's 50% portion of the funds raised will be used to support the Santa Maria Foundation.

Thank you for your support!



Dementia Caregiver Support Group

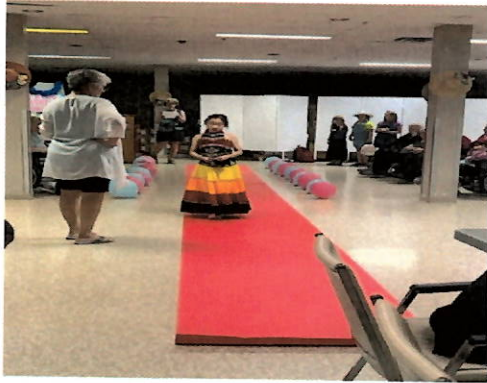


September 24 @ 1:00 pm
Activity Room

Please Register: diane.lemon@accesscomm.ca or (306) 522-7338

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**Jack Mackenzie School children entertained our residents on May 30 with a fashion show.
The residents loved it!**



**"Young at Heart" performed for us on June 14 for our 2023 Summer Social.
It was a beautiful day which all of our residents and families enjoyed!**

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