



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**



Merry Christmas

*They say the best gift of all at any Christmas tree is the presence of a happy family.
Wishing you a very Merry Christmas surrounded by your precious family and many blessings for the coming year.*

Supporting Our Seniors This Christmas

Santa Maria has partnered with London Drugs this year to have Christmas gifts purchased for our residents from people in the community.

Santa Maria staff filled out an ornament with suggested ideas for each resident (first name only). (These are hung in the **South Regina London Drug** store located in Harbour Landing.)

Community shoppers can then purchase items for the residents from those ornaments!

Thank you to London Drugs and the community for supporting our Residents!



December 2023



Resident/Family Council

Jan 16/2024 – 2nd Floor
Jan 18/2024 – 3rd & 4th Floor
2:30 Activity Room



Winter Menu

The Food Services Department is happy to start their Winter 2023 Menu! We are delighted to try some new recipes.

Our menu can be found posted next to the blue elevators and on our website.

The residents will once again be treated to holiday surprises that our cooks will be whipping up in December!

Vision Statement

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

Spiritual Care Message December 2023

Dear Friends and Families,

As the long nights embrace us, our dedication to nurturing hope and generosity within our community is reignited. Throughout the fall and winter, we are intentional with shared moments of remembrance, commencing with our Remembrance Day service in the chapel. Witnessing the active engagement of residents and staff warms our hearts as we strive to cultivate a positive and inclusive community.

This Advent, we offer weekly Mass, Ecumenical Advent Services, and unit prayer sessions. New this year we will host "Soul Circles" on Tuesdays. These small social groups will provide a platform for residents of all faiths to connect through enriching conversations centered around shared memories.

Our second Blue Christmas Memorial service will take place on December 7, as we extend heartfelt invitations to fondly remember and honor the residents who died in 2023. (RSVP appreciated)

Santa Maria places great value on faith and spirituality and we are fortunate to offer for-credit education and certification for Spiritual Care Practitioners. Our residents benefit from the expertise of compassionate individuals developing therapeutic skills to support aging and spiritual well-being.

In these days of increasing darkness, may the tiny flame illuminate our paths. May we find joy in generosity and experience meaningful connections with all those who call Santa Maria home.



Erika Mills

Director of Spiritual Care and Mission

50/50 Raffle Santa Maria Foundation

1 for \$5.00
5 for \$20.00

Lottery Licence # SR23-3564

Draw Date:
January 21/2024

Tickets are being sold
in the Administration
Office.



Save The Date

SNOWFLAKE
TEA & SALE

January 20 & 21/2024
Activity Room

Watch for more details.



Contacts

Sussan Falodun 306-519-9181
Nurse Manager

Dinah Grapa 306-520-8728
Nurse Manager

Renee Goulet 639-625-7085
Director of Care

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

Erika Mills 639-625-7092
Director of Spiritual Care and Mission

Lana Seip 639-625-7095
Recreation Therapist

Kelly Chessie 639-625-7094
Executive Director

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**SANTA MARIA'S DESIGNATED
SMOKING/VAPING AREA IS
LOCATED ACROSS THE FRONT
PARKING LOT.**

**PLEASE DO NOT SMOKE OR
VAPE BY THE FRONT DOORS.
THANK YOU**



Tenant Insurance Are You Covered?

We all know the importance of insurance to provide us with coverage for the items we value.

It is also important to think about Tenant Insurance when an individual becomes a resident living in a Long Term Care home. Although a resident does not bring a lot of personal items with them when they move to a long term care facility, often they have eyeglasses, hearing aids, dentures or other items of value.

As per provincial policy, residents are responsible for lost or mislaid articles. All residents are encouraged to carry their own insurance for personal belongings (clothing, electronics and other valuables). This can usually be done through a tenant policy or as an extension to the family policy.

We encourage you to contact your insurance provider to make certain that you have proper coverage for your possessions.

Halloween Creative Carving

These wonderful pumpkins were carved by our creative residents. They joined our early snowfall!



Flu Season

During this time of year, it is especially important to receive your flu shot to prevent Influenza. Although we are focused on preventing transmission of COVID-19, it is equally important to remember that Influenza is a respiratory illness that can lead to severe complications and even death.

Immunization remains the best way to fight Influenza. The vaccine is safe, easily accessible and has very few side effects. It can lower your chances of getting Influenza or, if you get Influenza after being vaccinated, it can reduce the severity and duration of your illness.

Please remember that it is always important to practice proper hand hygiene to prevent the spread of viruses.

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Some of the staff dressed up for Halloween!

Always, and especially in this time of world conflict,
Lest We Forget

MLA Warren Steinley dropped off a Remembrance Day wreath.



Each day comes bearing its own gifts.

Untie the ribbons.

- Ruth Ann Schabacker



We are thankful for Santa Maria staff!



Leadership is distributing treats for "Thankful Thursdays".

If you would like to contribute items to share as a sign of support and appreciation, please do!

Donated items have included popcorn, pop, small chocolate bars, chips, granola bars, cookie packs, oatmeal, etc.

Drop off is at the Administration Office.

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**Administration Office
Holiday Hours**

Please note that the Administration office will be closed:

**December 25 & 26
January 1, 2024**



**Infection Control:
Importance of Hand
Hygiene**

Everyone who enters Santa Maria is required to follow infection control protocols.

It is very important that everyone entering thoroughly sanitize their hands a minimum of four times every visit:

1. Immediately upon entering the home
2. Prior to entering your loved one's room
3. As you leave the resident's room
4. As you leave the home

Please ensure you do a full 15 seconds (20 is even better) of scrubbing, palm to palm, palm to back of hand, thumbs, between fingers, knuckles, fingertips and nails.

We would strongly encourage you to wear minimal jewelry, and keep nails clipped short. It all helps keep germs off your hands and helps sanitization work most thoroughly.

Santa Maria Foundation – “Season of Giving” Campaign

This past year, Santa Maria residents were blessed to receive your support and your gifts of new mattresses. During our 2023-24 **Season of Giving** campaign, we are inviting you to join us in giving another gift to our residents.

BRONZE: (\$25-\$500) Clothing protectors, Pillows, Recreation Live Music
SILVER: (\$501 - \$1500) Oxygen Concentrator
GOLD: (\$1501 - \$3000) Broda Chair
PATRON: (\$5000) Home Renovation and Upgrades
ONE TIME DONATIONS: Towards area of highest need

Unfortunately, the Saskatchewan Health Authority does not fund us to buy these new items, so please join us this **Season of Giving** in meeting our goal for providing these items for all residents.

During this season of giving, please join us in sharing hope for a generous year for the community of residents, families, and staff at Santa Maria.

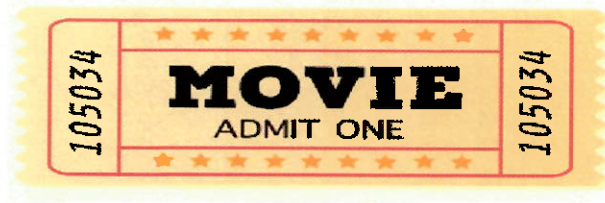
Santa Maria is a registered charity. Tax deductible receipts are issued for every donation. As always, you can donate in person at the Administration Office, by mailing a cheque to the address on the cover page of this newsletter, or online at <http://santamariaregina.ca/donate-now/> (it is a secure site).

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***Santa Maria's First Official Movie Day
in the Auditorium with our new system!***



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