



SANTA MARIA

Resident Newsletter

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**Emmanuel
Health**



A Catholic Health Care Facility in the Emmanuel Health Family

March 2024



SANTA MARIA OLYMPICS



With the upcoming Olympics this year, the Recreation Therapy Department decided to host our own at Santa Maria during the week of February 5 – 9.

We had the following events take place:

Day 1 – Opening Ceremonies, Passing the Torch & Shot Put

Medals went to Mario, Mick and Viola, Father Peter, Hank and Irwin, Reg, Nancy and Larry

Day 2 – Floor Curling

Medals went to Del and Nancy, Irwin, Jocelyn, Pauline and Louise

Day 3 – Olympic Bingo

Medals went to Mei-Lan, Mary, Helen and Del

Day 4 – Balloon Volleyball and Staff Balloon Race

Medals went to Ute, Del, Carl, Mike, Reetha, Nancy, Yvonne, Roger, James and Louise

Day 5 – Biathlon & Closing Ceremonies

Medals went to Doreen, Linda, Reg, Eric, Gayle, Helen, Roger, Irwin and Jocelyn

Most importantly, everyone had fun and lived the spirit of friendly competition amongst the floors and residents. The Olympic Spirit was enjoyed by all!

We handed out bronze, silver and gold medals each day to each of the floors for our top participants. In total, forty medals were handed out! We had a packed auditorium each day and had so many residents attend. It was also lovely to have family members spectating!

Vision Statement

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

Spiritual Care Message March 2024

I have the privilege of attending a three module course on the Foundations in Leadership for Catholic Organizations. So far, I've learned about the rich origins of Catholic healthcare, which was started and funded by local religious orders to meet the needs of the poorest among us. While many changes have occurred within the organizational structures, Catholic health continues the mission to support the physical and spiritual health of individuals and treat every person with dignity as exemplified in Jesus' healing ministry. I was inspired by the leaders throughout our organizations who are committed to prioritizing ethical practices within our scope that support the vulnerable and those who need extra support to enhance their lives. At Santa Maria we continue this mission through being intentional about equity to those who are marginalized, stewardship of our resources and compassionate care for all. We are committed to providing excellent spiritual care throughout our home which includes weekly Mass, ecumenical religious services, individual soul-care visits, and counselling for residents and families through difficult transitions.

We invite you to consider ways you can be part of the legacy of this good and important work. Please stop by my office to talk about opportunities.

Erika Mills

Director of Spiritual Care and Mission

SAVE THE DATE

The Santa Maria Foundation is pleased to announce that it is hosting "An Evening of Italian Food, Fine Wine and Friendship"

Saturday, April 20th
6:30 pm

Details to follow.



Resident/Family Council

April 2
3rd & 4th Floor

April 4
2nd Floor

2:00 Activity Room



Contacts

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Nurse Manager

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Director of Spiritual Care and Mission

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Recreation Therapist

Kelly Chessie 639-625-7094
Executive Director

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Congratulations to our Santa Maria Foundation Painting Raffle winner! This original acrylic painting “Near The Dugout” by Dave Hengen was generously donated for the raffle.



Thank you to the Kinsmen Telemiracle Foundation for the generous support of our wheelchair washer!

We had a lovely visit from some of the members and cast members who visited us on February 21.

Safety at Santa Maria is something that we take very seriously!

Our safety system includes a series of color codes, each of which is associated with a particular situation.

To learn more about these codes, please watch for information on a specific safety code in future newsletters.



Hello Readers!

We are looking at revamping our newsletter.

Can we hear from you?

Please email:

SantaMariaGeneral@saskhealthauthority.ca

to let us know:

- What you want to see more or less of.
- How often you would like to see it come out.

Thanks for reading!

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Thank you to Les & Norma Kingdon and Hope McAdoo for the three beautifully handmade “Dignity Quilts”.

Hope designed and quilted the blankets. Les and Norma donated much of the fabric.

We thank them for their generosity!

Congratulations to our lucky Santa Maria resident, Elaine, who won the Door Prize and Santa Maria employee, Nestor, who won the 50/50 Draw at the Santa Maria Foundation’s first “Snowflake Tea” which was held January 20 & 21.

The two day event was attended by residents, family, staff and community.

Attendees enjoyed dessert and beverages, shopping at the Treasure Table, entering into a Raffle Prize Draw and purchasing tickets for the 50/50 and Painting Raffles.

The Santa Maria Foundation uses the money raised to support the Santa Maria residents.

Fun was had by all!



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HELPFUL TIPS FOR VISITING YOUR LOVED ONE LIVING WITH DEMENTIA

Visiting a loved one with dementia takes patience, understanding, and adaptability. Sometimes we are hesitant to visit because we feel awkward or unsure of what to do or say. This can mean fewer visits and more isolation for the person with dementia and nobody wants that.

Here are some tips to make visits more meaningful.

1. **Plan Ahead:** Coordinate your visit with staff to ensure your loved one is in a good mood and receptive to visitors. You are more likely to find a time when your loved one is most alert and comfortable.
2. **Create a Familiar Environment:** Bring items from home that hold sentimental value, such as family photos, favorite music, or familiar objects. These can help trigger positive memories and conversations.
3. **Use Simple Language:** Speak slowly and use simple, clear language. Avoid complicated questions that might confuse them.
4. **Maintain Eye Contact:** Maintain friendly eye contact to help establish a connection. Nonverbal cues like a gentle touch can often communicate more effectively than words.
5. **Stay Positive:** Use a positive and calm tone of voice. Your loved one may pick up on your emotions, so maintaining a positive attitude can help create a relaxed atmosphere.
6. **Listen Actively:** Encourage them to talk and share their thoughts. Listen actively and respond with empathy, even if their conversation is fragmented or repetitive.
7. **Engage in Activities:** Bring along simple, enjoyable activities such as looking through old photo albums, doing puzzles, or listening to their favorite music.
8. **Follow Their Lead:** Let your loved one guide the conversation and activities. If they show interest in a particular topic, engage with it, even if it seems random.

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9. Be Patient: Dementia can cause communication difficulties and memory lapses. Give your loved one time to respond and avoid correcting them if they get things wrong.

10. Physical Touch: Offer gentle touch if appropriate, such as holding their hand or giving a hug. Physical contact can convey comfort and reassurance.

11. Limit Choices: Offer limited choices to avoid overwhelming them. For instance, ask if they'd like tea or coffee rather than presenting an array of options.

12. Use Visual Cues: Point to objects or use gestures to help them understand what you're saying. Visual cues can aid communication.

13. Engage the Senses: Use sensory experiences like soft textures or soothing music to create a calming and pleasant environment.

14. Monitor Comfort: Pay attention to signs of discomfort or fatigue. If your loved one seems tired or agitated, it might be time to end the visit.

15. Share Moments of Joy: Focus on sharing moments of joy, laughter, and connection. It's these emotional connections that can leave a lasting positive impact.

16. Respect Their Pace: Keep in mind that your loved one's energy and attention span may be limited. Shorter, more frequent visits might be more effective than long ones.

Remember that every individual with dementia is unique, so these tips may need to be adapted based on your loved one's preferences and needs. The key is to approach your visits with love, compassion, and flexibility.



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