



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**



Dementia Caregiver Support Group



September 29 @ 1:00 pm
Activity Room

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



September 2024

Resident and Family Council

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

Our last meeting was in July and the minutes are posted on the Activity Room window near the door.

Our next meeting is:

Date: October 15

Time: 2:00 – 3:00 pm

Location: Activity Room

Residents and their family are encouraged to attend.

50/50 Raffle Santa Maria Foundation

1 for \$5.00

3 for \$10.00

Lottery Licence # SR24-1473

Draw Date:

October 21/2024

Tickets are being sold by members of the Foundation and in the Administration Office.



Vision Statement

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

Spiritual Care – September 2024

“A joyful heart is good medicine”, Proverbs 17 tells us, “but gloom and doom leave us bone-tired”.

Spiritual care contributes to the health and healing of the soul in many ways, including laughter, joy and hope. Everyone can participate in spiritual care!

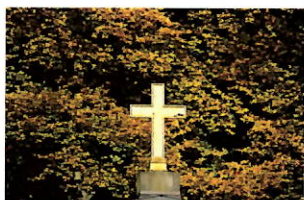
Have you noticed the increase in clergy support for our residents? We are delighted to have so many caring priests, pastors and clergy who come to lead us in worship every week. We currently hold Sunday and Wednesday Mass, and in September our monthly United and Anglican services will resume. You can find more details on the chapel calendar posted on the sanctuary door. Additionally, Santa Maria will be welcoming 4 Clinical Psycho-spiritual Education students who will study with us from Sept. 2024 – March 2025. They will offer weekly soul-support, and spiritual programs to all of our residents and families inclusive of religious affiliation. Look for the bios and pictures of Holly, Ken, Sherry and Arnel in September.

Other ways Santa Maria supports the spiritual care of our residents is through investing in healthy staff. We are excited to report that 9 of our staff Peer Leaders took a course on Mental Health First Aid in July, and attendees have remarked on the ways this important learning helps to identify and refer for mental health struggles. Having Peer Leaders in all departments around our home means staff know they are supported by caring and confidential co-workers - we don't want a work environment of gloom and doom!

Finally, we are so thankful for the wonderful response from new community volunteers who bring friendship to many of our residents, especially those with limited family in the area. Every week, joyful and friendly visitors make visits to the floors to remind people they are not forgotten, and not alone.

The work of inner healing is holy work. May you find renewal in your body; the kind that comes through true joy, laughter and hope. And may you share it with others at every opportunity.

Erika Mills, Director of Spiritual Care and Mission



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 & Mission	639-625-7092
Lana Seip Recreation Therapist	639-625-7095
Kelly Chessie Executive Director	639-625-7094

Room Bookings

The **Private Dining Room** is available for up to 6 guests.

The **Activity Room** is available for 35-40 guests for a \$40 charge.

The **Auditorium** is available for 100-125 guests for a \$100 charge.

To reserve these spaces, please contact Administration at 639-625-7100.



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The Santa Maria Foundation
would like to recognize the
generous support of our
Season of Giving
2023-24 Supporters:

SILVER \$500 - \$1499

Douglas & Brenda Bot
Rose & Jerome Cardiff
Myrtle Eddy
Allan & Sandy Edey
Gwen Edey
Stew & Karen Edey
Dr. & Mrs. Halparin
Terence Heal
Leslie & Norma Kingdon
Garth & Marilyn Kleisinger
Dr. Barry Lotz
Liz & Hammy McClymont
Remington Walker
St. Martin CWL
The Sirkovsky Family
Knights of Columbus #9859
Vipond Alsask

GOLD \$1500 - \$4999

Leona Burkhart
Kelly Chessie
Saskatchewan Knights of Columbus

PATRON \$5000+

Jocelyne Seguin
Bryngelson & Associates Inc.

Thank You!

**SAFETY CODES AT
SANTA MARIA**

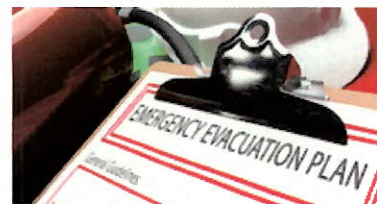
CODE GREEN

A **CODE GREEN** emergency is a critical incident that requires evacuation. The longer it takes to evacuate the area of hazard, the greater the risk to residents, staff and others in the home.

During an emergency, such as a fire/explosion, bomb threat, community disaster (e.g. toxic spill, tornado), or structural failure (e.g. roof collapse), the evacuation of all or a portion of the building may be required to protect the health and safety of the residents, staff and visitors.

Should things move to an evacuation (**CODE GREEN**), please remain calm, and listen to instructions given by the Incident Commander who will communicate instructions.

Thank you for your assistance in keeping everyone safe!



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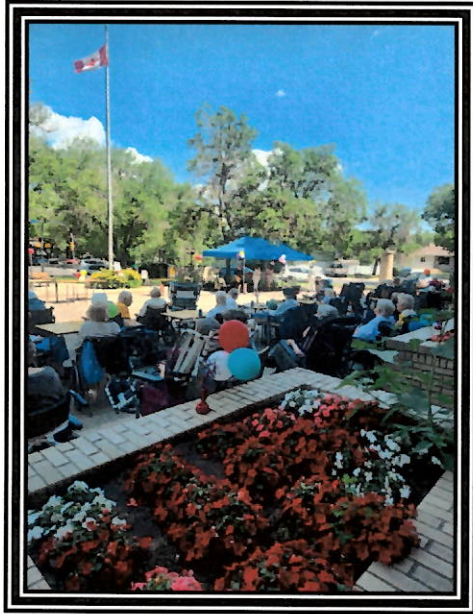
Thank you to our Fathers!

The Recreation Therapy Department hosted a Father's Day Pie Social. It was a fun event and many delicious pies were enjoyed! Thank you Dad!



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Our 32nd Annual Carnival was held in our front parking lot on July 31. We had a concession, games and photo booth. The Wascana Dog Club and entertainment by “Boomtown” were also enjoyed!

It was a beautiful day with many residents and families taking part in the event. It was such a fun afternoon!



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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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