



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.

December 2024



Resident Family Council

**Jan 21/2025 – All Floors
2:00 pm - 3:00 pm
Activity Room**



Winter Menu

The Food Services Department is starting their Winter 2024 Menu. We are delighted to try some new recipes. Let us know your review!

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!

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!



Vision Statement

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

Spiritual Care Message December 2024

A Season of Soul Care

Plato wisely observed, "If the head and the body are to be well, you must begin by curing the soul that is the first thing..." As caregivers, we are privileged to engage in this sacred work of soul care. Our recent learning from an Indigenous elder about the healing wheel—a compass for holistic health—reminds us of the interconnectedness of our body, mind, intellect, and spirit.

At Santa Maria, we strive to nurture souls through compassionate one-on-one conversations, ongoing learning, fostering spiritual care within our broader community, preparing for dying well, welcoming clergy and spiritual leaders, and offering special services for celebration and mourning. We believe in the transformative power of genuine human connection.

The teachings of Jesus emphasize the importance of our relationship with the Divine and with one another. A life well-lived is one rooted in community, mercy, and forgiveness. As we journey through Advent, let us commit to caring for the souls of our residents, staff, and the wider Santa Maria community, embracing both joy and sorrow (sometimes at the same time).
How will you nurture your soul this Advent season?

If you're overflowing with joy, please join us for our family dinner to share in the celebration. If sorrow weighs heavy on your heart, we invite you to our Blue Christmas service on December 12th at 10:00 AM.

You are a valued member of our community, and we are grateful for your presence.

Peace and hope be yours,

Erika Mills, Director of Spiritual Care and Mission



Santa Maria Foundation's 12 Bountiful Baskets Raffle

1 for \$10.00

3 for \$20.00

Lottery Licence # SR24-2355

Draw Date:
December 18/2024

**Tickets are being sold in the Administration Office
until December 13.**



Contacts

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



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

*MLA Warren Steinley dropped off
a Remembrance Day wreath.*



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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.

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.



The Residents carved these lovely pumpkins for Halloween!

We are thankful for Santa Maria staff!



grateful
THANKFUL
blessed

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, pens, Cup-a-Soup, small chocolate bars, chips, granola bars, cookie packs, oatmeal, etc.

Drop off is at the Administration Office.

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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.

Administration Office Holiday Hours

Please note that the Administration Office will be closed:

December 25 & 26
January 1, 2025



Santa Maria Foundation – “Season of Giving” Campaign

This past year, Santa Maria residents were blessed to receive your support and your gifts of new Broda chairs, linens and other requested items. During our 2024-25 **Season of Giving** campaign, we are inviting you to join us in giving another gift to our residents. We will be fundraising for new beds.

Please join us this **Season of Giving** in meeting our goal to have a new bed for all residents.

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).



In September, Santa Maria's Volunteers helped us participate in the Alzheimer Society of Saskatchewan's Coffee Break Fundraiser.
Thank you for your support in raising \$176.50 for their fundraiser.



The Santa Maria Foundation would like to congratulate Fred. He was the lucky winner of the 50-50 draw in October. Thank you to everyone who purchased and sold tickets for this fundraiser. All proceeds go to enriching the lives of our residents.

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