



Winter 2009

# Life at "2080"

## Annual Fundraising Campaign 2008/2009

### Thank you to all of our donors

The campaign that we launched in October, 2008 with a target of \$100,000 has been a huge success thanks to our many dedicated donors. The slogan "Building on our Tradition of Caring" will now become a reality as we plan the third floor addition to house dentistry, podiatry, audiology, pharmacy and physician services. The total raised to date as we start our corporate campaign is \$109,000!

A large part of the success of this campaign is due to the enthusiasm and dedication of our honorary chair, the Hon. Alan Abraham. Without his commitment this project would not have seen the results that it did. Please join me in thanking him for his devotion to Saint Vincent's and to the residents who will ultimately benefit as we move forward with plans to build the addition.

Nancy Maguire  
Fundraising Committee



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## *This n' that*

- The Ladies Auxiliary would like to thank everyone who made donations in the past year. These donations have enabled the Auxiliary to continue with their volunteer work here at Saint Vincent's.
- Any resident/family member who would like a Revenue Canada volunteer to prepare the resident's income tax return **FREE OF CHARGE** is asked to add their name to the list at the reception desk. The tax return must be a "basic" return with no income/investments.
- Kudos to **Janet MacDonald**, LPN 5<sup>th</sup> floor and **Cindy Maxwell**, LPN 2<sup>nd</sup> floor who had their "Standing Wound Care" initiative highlighted in the College of Licensed Practical Nurses of Nova Scotia Newsletter (winter edition)! It is always great to see the hard work and creativity of staff recognized.
- Some staff members have asked where they would find the website and password to access the online service of our EAP carrier, Shepell-fgi. If you are interested simply contact Bill Woodward in payroll, Nancy Maguire in administration or your supervisor for the organization code and password. It is also posted on the bulletin board in the staff lounge.

**Spring Lecture Sponsored by Saint Vincent's**

## **Knowledge is the Best Medicine** **Are your medications in conflict?**

Saint Vincent's is once again sponsoring a **FREE** lecture for the public.

Guest speakers will be **Dawn Frail**, Manager, Drug Technology Assessment, NS Dept. of Health; and **Michele Lycett**, President Elect, Pharmacy Association of NS, Project Manager, Medication Review Program.

When: Wednesday, April 22, 2009

Time: 7:00 PM

Where: Bella Rose Arts Centre, Clayton Park  
(at Halifax West High School)

Drug reactions and interactions are a concern for many people taking both prescribed and non-prescription medication. Dawn Frail will focus on some common concerns when combining medications with other medications or with certain foods. Michele Lycett will explain the Medication Review Service that is now offered by pharmacists in Nova Scotia.

**Lecture is open to the general public**

### **Welcome New Residents**

Annie Blackburn • Marguerite MacPhee •  
Marjorie Scott • Vera Sullivan •  
Mary Savi • Doris Meuse • Raylene Gillis •  
Sarah Cash • Nola Drisdelle • Barbara Gunn •  
• Eileen Sudall • Dorothy Howard  
• Elizabeth Keohan •  
Linda Fowler • Pearl Webb

### **Welcome New Employees**

Tammy Wingfield • Karen Poole •  
Dorothy Parker • Lisa Mettam •  
Glenda Jones • Tyler Brown • Amanda Harlow

## Working Together...



*Saint Vincent's*  
*Promoting Quality of Life*



ACCREDITATION  
CANADA  
*Driving Quality Health Services*

## Accreditation 2009

### *Did you Know?*

In Nova Scotia, besides the nine district health authorities and the IWK Health Centre, only **14** long term care organizations (out of more than 70) are accredited by Accreditation Canada.

- Evergreen Home for Special Care
- Glen Haven Manor Corporation
- Harbour View Haven Lunenburg Home for Special Care
- Kings Regional Rehabilitation Centre
- Northwoodcare Inc. & Northwood Homecare Ltd.
- Oakwood Terrace
- Ocean View Manor Society
- R.K. MacDonald Nursing Home
- **Saint Vincent's Nursing Home**
- Seaview Manor Corporation
- Shannex Health Care
- St. Anne Community & Nursing Care Centre
- Valley View Villa
- Wolfville Nursing Homes Ltd.

As an accredited organization we can say that we are working to ensure Canadians are receiving the highest quality health care services possible. **As an employee of Saint Vincent's, you can be PROUD of your contributions to our status. Be sure to complete the on-line surveys to have your input included in this process.**

**Accreditation 2009 is off to a wonderful start.** The response rate to the recent infection control survey was 41%, medication management was 55% and long term care was 63%! These numbers reflect the real effort staff made to complete the surveys. Thanks to all who participated. Work will now begin on each team to address concerns raised by the surveys.

The winners of the prize draws for these surveys were Kathleen Osbourne and Sheryl Psuik (Empire Theatres Movie Packages); Jackie Daley, Noreen Batt, Ann Conrad, Crystal Poirier and Susan Sabourin (\$10 Sobeys' gift cards) and Laurie Fox (USB flashdrive). The BONUS refreshment break prize was awarded to Environment Services who had a whopping 79% response rate. They enjoyed a 'catered' morning break of fruit, treats, coffee and tea.

There are more prizes available to be won including gift cards and another refreshment break for the winning team and the grand prize – a Samsung Blu-Ray (all ballots from each survey will be used for this draw). All 192 full time and part time staff are asked to participate in the next two surveys, the **Worklife Pulse** and the **Patient Safety Culture**. These surveys measure your perception of your work environment, quality of work life and organizational performance; and the Patient Safety Culture Survey focuses on your perception of safety, what happens after an event and individual actions. Both will provide us with important data to make improvements here at SVNH. In order for these surveys to be considered statistically valid **we need 128 staff members to participate (67%)**. This target is high but we can do it! If you have any problems, questions or concerns, please see Angela Berrette, Accreditation Coordinator.

Angela Berrette, Manager Quality & Planning

## Healthier Lifestyle Initiative 2nd floor

Recently the staff of 2<sup>nd</sup> floor started a “**Wellness Program**”. This was prompted by the ideas of Danelle Riach, a PCW, and the idea was soon embraced by staff of the unit. Danelle and the staff provided the following insight into how the program started and what it is all about:

*What prompted you and the staff of 2<sup>nd</sup> floor to take an interest in developing a “Wellness Program”?* “We wanted to maintain a healthier and more positive atmosphere on our unit.”

*What does the “Wellness Program” consist of?* “We have a chart with staff names listed on it. Staff self-report by placing a check mark in the appropriate spot if they have participated in exercise (programs, taking stairs, walking, etc); a “Thought of the Week” board on which we write a positive thought each week; a corkboard in the nursing station area where we can put up healthy recipes and staff are encouraged to bring in healthy recipes to share.”

*Who participates?* “Anyone and everyone who is interested in being healthier.”

*How do you keep track of who is doing what for health?* “Staff members self-report on a chart that is kept in the area of the nursing station. For example, if they eat healthier they would place a check mark in that column.”



*What keeps staff motivated to continue participating in the “Wellness Program”?* “We all motivate and encourage each other in having a healthier lifestyle and a more positive outlook on life.”

The “Wellness Program” is very impressive in its approach and degree of participation. Anyone interested in finding out more about this healthy initiative should visit 2<sup>nd</sup> floor and speak to any staff member. Kudos to 2<sup>nd</sup> floor and their “Wellness Program”! Any one of us could take a lesson in getting healthier from this group of staff!

Candy Allison  
Director of Nursing

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### ...and the Winner is...

Congratulations are extended to **Maureen Noble** who was the winner of the Airmiles draw on December 12<sup>th</sup>. When asked what she did with the 18,000 Airmiles – she bought a Wii for her girls, bought lunch for her co-workers in Environment Services, and Sobey’s gift certificates with the remainder. How many \$20 gift certificates does that equate to you ask? LOTS!!!

## The continuing saga of the “Renovation Update”

Since the last newsletter, the 4<sup>th</sup> floor dining room was finally completed; and by all indications the residents are enjoying their new space. The staff and residents deserve a big thank you for their patience and understanding during the process.

The Emergency Generator Replacement Project is nearing completion. The new generator and enclosure are in place and most of the internal wiring is complete. There will be some interruptions in certain electrical services soon in order to tie in the new system. We anticipate that we will be fully operational by early to mid March, 2009.

Currently we are exploring a “Performance Assurance Contract” for some much needed energy improvement initiatives and capital equipment upgrades. Presently we are waiting for bids from several qualified companies for comprehensive

services that should include converting our hot water system to solar energy. Additionally we are fortunate to be in a position to convert a number of electrical or oil fired equipment to natural gas. Bidders are also exploring a number of other initiatives that will move us towards a “greener” and more energy efficient facility. The concept of performance assurance means that it is expected that the costs of these improvements are paid for over time through energy savings.

We are continuing with our planned painting schedule and seeing lots of improvements in public areas. Thanks to Scott for his efforts with the “brush and roller” and to Ron for making sure the maintenance department service in other vital areas continues in the manner we are all accustomed to.

Jim Young,  
Facility Maintenance Manager



Residents and staff of the 4<sup>th</sup> floor had a delightful afternoon on January 29<sup>th</sup> in celebration of the grand opening of their new dining room. They were entertained by the music of Mark Reid which led to great dancing and plenty of toe-tapping and singing.

Pictured here are Kay Leslie (l) and Doris MacKinnon who had the honours of cutting the cake as part of the activities.

## *Farewell to Ruth Lombard, as she retires from Saint Vincent's*

*“Ruth is a very dedicated PCW.”*

Ruth Lombard has been a personal care worker at Saint Vincent's for 16 years. She has been with me and the 3<sup>rd</sup> floor girls for most of those 16 years – and Ruth was always smiling! Ruth is a very happy spirited person and that has trickled down to staff through listening to her stories of dancing and socializing or stories of her family.

The residents always love to see Ruth walk in the room and say “I am your nurse today”. Ruth is very kind, tender and comforting. She has an excellent bedside manner and always had time to listen and run to get whatever was asked of her. Ruth is never negative – always positive.

Ruth has had such a great relationship with the residents and family members just love and adore

her. She is a very dedicated PCW, always coming to work on time – sometimes she would be here by 1:00 PM for a 3-11:00 PM shift because it was snowing.



*Ruth (l) with Candy Allison, Director of Nursing*

Her ability to speak French has come in very handy many times while communicating with French residents over the years.

On behalf of the residents, staff, and management, we thank you Ruth and wish you many wonderful years of retirement. All of us who know you realize that your retirement will not be spent

knitting in a rocking chair!! May you have many happy, healthy years to enjoy your retirement.

Fondly written by Danette Ryan  
February 13, 2009

## Education at Saint Vincent's

### Virtual Dementia Tours

For two afternoons, staff of Senior's Mental Health conducted Virtual Dementia Tours for 16 staff. The Virtual Dementia Tours provide an opportunity for staff to experience a few minutes in the world of a resident who lives with dementia. This was a most insightful experience for those participating causing significant shifts in attitudes. Walking in someone else's shoes creates empathy and patience that we may not have had before the experience. We are looking forward to working with Senior's Mental Health to offer this experience for more of our staff.

### CPR Recertification

Over the last three weeks, 33 of our staff have been recertified in CPR Level C.

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### Required Inservice Schedule for March-April-May

Date	Time	Inservice	Location
March 13	1:45-2:15	WHMIS	2nd floor meeting room
March 16	1:45-2:15	Fire Safety	2nd floor meeting room
April 20	1:45-2:15	Back Care	2nd floor meeting room
April 24	1:00-5:00	Choking	2nd floor meeting room
May 4	1:45-2:15	Fire Safety	2nd floor meeting room
May 8	1:45-2:15	WHMIS	2nd floor meeting room
May 11	1:45-2:15	Back Care	2nd floor meeting room
May 15	1:45-2:15	Choking	2nd floor meeting room

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### Thank you to our new volunteers!

Danielle Cooper • Erin Chambers • Grace Hamilton-Burge • Daniel Nolan •  
Shadid Salam • Grace Gibson • Kim Jae Hyuck • Bailey Park • Susan Sobey •  
Nicole Nixon • Kendra Bertin • Laura Nabuurs • Catherine Mackasey

## Ethics Corner



**Health Ethics Week 2009** is from March 2<sup>nd</sup> to the 9<sup>th</sup>. The theme this year is *Nurturing Respect and Caring in Times of Transition*. We are asked to consider how our nursing home can help to ensure that a premium is placed on treating residents, their families, health care providers and staff with respect, compassion and dignity.

The Ethics Committee at Saint Vincent's is hosting a *Round Table Discussion on Ethics* to look at the above theme and to examine and discuss the results of our recent ethics survey. All are welcome. **Come and join us on March 3<sup>rd</sup> at 2:00 p.m.** in the second floor meeting room. Refreshments will be served.

Mary McIlwraith, Chair  
Ethics Committee

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## Have you heard about CREW?

### Civility, Respect and Engagement in the Workplace

**Civility** is an ongoing expression of courtesy and consideration among colleagues.

**Respect** includes behaviour that conveys appreciation and regard for others.

**Engagement** is an energetic, involved, and effective connection with work.

Saint Vincent's is excited to announce that we are committed to this **employee-driven** initiative with a goal of improving on the day-to-day interactions with one another. CREW operates through a series of meetings in which employees strive to improve the quality of interactions among team members. A particular department or unit will identify issues, set goals for improving teamwork, and evaluate progress towards these goals. Group facilitators (staff) receive training to guide their work.

Watch for the first "wave" to start in May.

## Family Council Update

The current members of our Family Council are: Ms. Janet Jericho, Ms. Grace Gibson, Mr. Don Moors, Mr. Joe Tramble, and Mr. Neil MacKinnon. Saint Vincent's representatives are Ms. Vanessa Nixon, recreation therapist and Charles Anderson, social worker. We are still assisting with the recruitment of volunteers, have regular education or "What's New" sessions and will finalize plans for a Family Night in March at our February meeting. The council continues to meet at noon on the last Thursday of each month and is always looking for new members, either family or volunteers. If interested please contact Charles Anderson at [canderson@svnh.ca](mailto:canderson@svnh.ca) or call 429-0550 ext 113.

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### Operation Coin Laundry

As most of you know there was a problem with the operation of the laundry equipment from December 24<sup>th</sup> to January 9<sup>th</sup>. What you may not know is that Valerie Millington and her staff were faced with the monumental task of washing and drying all resident personal laundry at various off-site locations. This was a very difficult task; but the service to residents went on with virtually no interruption. Valerie and her staff deserve credit for shouldering the load and making the best of an otherwise very difficult and stressful situation. The following staff are thanked for their patience and dedication that ensured our residents had clean clothes over the Christmas holidays: Cathy Austin, Ann Conrad, Michelle Corkum, Yvonne Dawson, Jennifer Jones, Bernice Kelsey, Valerie Millington, Kim Moulton, Maureen Noble, Natalie Robinson, Shauna Robinson, Sandra Seward.



Jim Young  
Facility & Maintenance Manager

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**We hereby recognize the following residents  
who touched our hearts in so many ways, and who recently passed away.**

Margaret Hickey • Elizabeth Power • Evelyn Power • Thelma Monk • Anne MacNeil •  
Margaret Lively • Carmen Cockburn • Margaret Rea • Eileen O'Hanley •  
Maurice Cody • Zygmunt Poplawski • Mary Grandy • Thelma Gordon • Ruth Hallisey •  
Olive Poole • Leo Butler • Edna DeCoste

## Farewell to Sister Theresa

A fond farewell from all of us to Sister Theresa. She should be called Mother Theresa for the love, devotion and spiritual guidance she gave to all. All of you may not have known Sister Theresa, RN, who was on the night shift. Of course all nurses are well trained and experienced; but the night shift nurses are a special breed as they have to cover several floors.

Betty states that when Sister came into her room it was like a ray of sunshine had crossed the room. She will be taking a holiday in her native Nigeria then continue on to another assignment. A small get together was held on Friday, February 20<sup>th</sup> after midnight by her co-workers and Betty, who promised to keep in touch.

Betty Duruty  
Resident



*Betty Duruty pictured here with Sister Theresa.*

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## February 2009 Marks the Start of Focus Charting at Saint Vincent's

Focus Charting is a format for documenting resident care, developed in 1981 by a committee of staff nurses at Eitel Hospital in Minneapolis, Minnesota. Focus Charting grew out of a dissatisfaction with problem orientated progress notes and a desire to make resident progress notes more valuable. The widespread acceptance and success is due to the fact that the format is easy to learn, it is a useful way to organize data, and it provides easy information retrieval. The title – Focus Charting – reflects the intent: to be resident-centered, to focus on the resident. The focus charting format supports critical thinking and will allow all caregivers to communicate clearly that quality care is being provided.

All RNs, LPNs and therapeutic staff attended workshops during the month of January to learn about focus charting. During February and March our PCW/CCAs are attending workshops to also learn the focus charting format. As our PCW/CCAs have never documented on the Resident Health Record, they are also learning the principles of documentation and by April 1, 2009, they will all be ready to start documenting! The legal and professional principle is that “the care provider with personal knowledge should document the resident care” (*Grant & Ashman, 1997, p137*).

We are very pleased that our PCWs and CCAs will now be able to contribute to enhancing resident care by providing documentation.

Laurie Fox

## **Resident Care Initiative Update**

- Comprehensive Resident Falls Management and Assessment Program implemented in the fall of 2008. This new framework utilizes assessment and falls management prevention strategies including environmental assessment to minimize, as much as possible, falls and most importantly, injuries secondary to falls.
- Biannual Medication Review: these are ongoing with all residents of SV. Although we conduct a review of residents' medications on an ongoing basis, twice a year a team comprised of nurses, a pharmacist and physicians conduct an intensive review of each residents medication. It is well documented in the literature that a negative consequence of medications are the numerous side effects an individual may experience. The goal of this intensive review is to minimize the number of medications a resident is taking while ensuring that they continue to receive the medications needed to manage their health conditions.

## **Environment Team/Committee Update**

- 3<sup>rd</sup> floor received a fresh coat of paint, bathing system and room renovation completed.
- 4<sup>th</sup> floor dining room renovation completed. The new flat screen TV was wall-mounted; decorating is underway. The 4<sup>th</sup> floor also received a new coat of paint.
- A procedure was developed and will be circulated for dealing with equipment downtimes.
- In collaboration with OH&S Committee, Safety Rounds are now being conducted on a monthly basis.
- A policy/procedure for defects and recalls was developed for inclusion in the OH&S manual.
- WHMIS education module was updated to include a section on "what every staff member must know" in regards to chemical safety.
- Infection control inspections have been conducted. The review and follow-up of results are underway.
- Infection Control Week activities were held November 20-24<sup>th</sup>.
- OH&S conducted a "mock" disaster; testing various components of the emergency plan.
- OH&S Committee completed a review of the Fire & Disaster Plan manual. The new manuals are to be distributed to all units/services.
- OH&S Committee members are currently conducting OH&S inspections facility-wide.
- A new humidifier and new generator are currently being installed.

## **Human Resources Update**

- Revised the terms of reference to better reflect the function of the team.
- Currently developing a policy and procedure on bullying.
- Supporting various "healthy" initiatives.
- Developing strategies for recruitment and retention of nursing staff.
- Offering support of CREW in the workplace.

## Countdown to Quit

Have you been thinking about quitting smoking, but somehow just haven't gotten around to it yet? What better time to start planning to quit than right now? It's important to know that preparation is an important stage of quitting because it allows for time to come up with an effective plan to quit for good. It also ensures smokers are aware of the symptoms they will face, and allows them time to assemble the support they will need – from informing family and friends, to consulting their doctor to selecting the appropriate cessation aid.



There are several smoking cessation tools available to anyone who wants to butt out. By registering at [www.itscanadastime.ca/en/countdown](http://www.itscanadastime.ca/en/countdown) you will be shown the steps you can take to start the quit process; obtain information and statistics on smoking; access tools and resources to help you better understand your smoking addiction. Weekly emails are sent to inspire and prepare smokers in the time leading up to their quit date.

Gerry Brosky, associate professor of family medicine at Dalhousie University, says that “before people stop smoking, they have to think about where, why and when they smoke a cigarette. What are they going to do instead? Most started in their teens and have not had the experience of coping in life without cigarettes. It's how they wake up, calm down, gear up and celebrate.”

### Capital Health's FREE Tobacco Intervention Programs

Whether you want to stop or cut down, or are simply looking for reliable information about tobacco use, Capital Health offers free programs to help you. The programs include:

- An opportunity to receive support from others who are experiencing the same thing as you;
- FREE nicotine patch or gum;
- A positive personal message rather than a moral message to support your decision to not use tobacco.

If you would like to take advantage of their programs, you must first attend a one-hour Getting Started Session. Call Krystle at 424-2025 for more information.

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### A Trip to the Casino

The bus trip to the casino on Thursday, February 12<sup>th</sup>, was a huge success. Although there were no big winners, everyone had a really good time and enjoyed themselves. After walking around the casino and playing the nickel machines for a while, we decided to sit and have a coffee. The trip most definitely brought back memories for some residents, talking about how they used to go every once in a while just for fun. For some it was a new experience that they thoroughly enjoyed. Everyone left asking the same question – when are we going to go back?

