

MOMENTS...AT ST. MARY MANOR

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MESSAGE FROM MARIA GIOVINCO, ADMINISTRATOR

St. Mary Manor continues its evolution toward culture change through physical and program changes. From a physical perspective St. Mary Manor was approved as a Continuing Care Retirement Community by the PA Department of Insurance in October. Four Personal Care Apartments are in the process of renovation into two one-bedroom independent living apartments. This addition to our current levels of care and services changes our title banner to St. Mary Manor Senior Living Community.

The door Security Project which started over one year ago is in its final installation phases. Most of the bugs have been worked out so our expectation is that this will increase the safety and protection of all residents from intruders as well as eliminate the possibility of elopement. Please remember to obtain a visitors badge at the front reception desk so you can access the various areas of the building. If you incur a situation that a door does not open after you swipe the

badge, please contact a staff member to open the doors. Please do not push on the doors. Manually pushing on the doors significantly interferes with the sophisticated electronics involved in the door security mechanism.

The person-centered dining experience for our residents continues to evolve. As we reworked the traditional medical model of care and services into a social model, our first step was to begin a biweekly Breakfast Buffet in Healthcare and Personal Care. This has been well received by all of the residents. In February, many of the staff will be attending a National Symposium on Culture Change and the Food and Dining Requirements. The symposium is part of the **“Creating Home in the Nursing Home Series”** sponsored by The Pioneer Network and CMS.



Maria Giovinco, NHA

ACTS OF KINDNESS

There are 365 days in a year, each with the opportunity for small acts of kindness.

Here are a few suggestions but try your own:

open a door for someone;

make a pen-pal of your niece, nephew, godchild - kids love getting mail;

make a friend's favorite dessert just as a surprise;

help a friend move;

bring a cup of coffee (or tea) to a co-worker;

say “thank you”;

When cooking, double the recipe and share with neighbors

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SEASONAL NEWS

The second wave of flu season is coming upon us in February and March. Please wash hands frequently to insure your safety as well as the safety of our residents.

A novena of prayer is ongoing for our co-workers with family and friends in Haiti as well as our brothers and sisters in Christ who continue to suffer following the tragic earthquake. Please add your own prayers.

“Holy Mary, Mother of God, pray for us sinners now and at the hour of our death.”

DEPARTMENT DOINGS

Nursing is moving forward with Culture Change, in particular our dining program processes are being refined. Resident input guided changes have been made to the Country Kitchen and Circle of Friends rooms. A team of CNAs are exploring 'Design-on-a-Dime' opportunities to dress up our shower rooms. Residents are asked to offer decorating ideas. Let us know if you have any suggestions to enhance our goal of resident-centered care.

Carol Ivins, Director of Nursing

The picture ID frames which are located outside of each resident's room are being replaced. A new

mahogany wood frame will hold a photo for each resident and a second slot will contain a brief history or unique quality of that resident. Families are encouraged to contribute stories and mementos. If you wish to participate in this [or any other] project please contact the Social Services director.

Vickie Budroni-Parkinson, Director of Social Services

Saint Mary Manor is committed to culture change and resident-centered dining. With staff and residents as partners, the Helping Hands/Dining for the Future initiative has identified ways to create a more home-like dining experience. Special events such as breakfast buffets, theme meals, socials, and birthday and holiday parties are shared by residents and staff alike. The participation of all departments has made this initiative a success.

Dolores Bridgewater, Director of Dietary Food Services

The Marketing Committee is reaching out to our neighbors, seeking support for resident-centered culture change. Some of our fall events for 2009 included our March for Memory fund raiser which subsidized the Memory Support Mural by

local artist, Bernadette Breshnan, granddaughter of SMM resident, Mimi Condon. Our Holiday Bazaar attracted many local crafters and artisans. November was a month full of giving: employees donated coats, scarves, and hats which were shared with neighboring charities. During the holiday season employees donated gifts to a local family in need following a home fire. We appreciate ideas from our residents, staff, families and visitors.

Karen Ball, Director of Admissions

The Recreation Department is collecting stamps from Acme to buy new pots and pans for the Country Kitchen. Anyone who would like to donate their Acme stamps please send them to the Recreation Director. The Sweet Heart luncheon is scheduled for Feb 18th. Bus trip to Souderton Mennonite home for the Valentine's bingo bash is scheduled for Feb.12. Residents from all neighborhoods are invited to come socialize with residents from nursing facilities in the surrounding area. Bus trips are scheduled regularly for all neighborhoods.

Sue Sidman, Director of Recreation Therapy

Neighborhood meetings have been rescheduled from Tuesday at 1 pm to Friday at 10:15 am, resulting in better resident attendance. To encourage even more residents to attend, we are planning a pizza lunch meeting to stimulate ideas and conversation. The newly-installed steel fencing along the perimeter provides a pleasant seating and walking area while maintaining resident safety. A new fish pond was installed outside the Friendship Kitchen to the delight of all who visit.

JoAnn Kytte, PCU Administrator

St. Mary Manor is pleased to announce that the new door and badge security project are nearing completion, providing safety and security for all our residents. We will begin our "parking lot" project in the very near future. We will be re-lining the parking lot, thereby creating more parking spaces for visitors and staff. New signs will be posted to designate various areas.

Mark Tenaglia, Director of Plant Operations

To laugh often and much; to win the respect of intelligent people and the affection of children...to leave the world a better place...to know even one life has breathed easier because you have lived. This is to have succeeded."
Ralph Waldo Emerson

CO-WORKER CORNER – JAMES GILLARD

Denise Waller, Human Resource Coordinator

St. Mary Manor is proud of its dedicated dietary staff. James Gillard, a cook with SMM since November of 2004, is our featured staff member. James' love of cooking and his caring and upbeat attitude are apparent to all who work with him.

Before coming to St. Mary Manor, James worked as a "correctional cook" in the county prison. According to James, "the food was definitely not the same quality and the environment was totally different." Since the inmates worked in the kitchen James said, "we had to lock up knives and other sharp instruments. We also had to lock up the yeast." He went on to explain that the inmates would use the yeast to make wine.

James much prefers working at St. Mary Manor over working in the prison. He enjoys the team atmosphere and is glad to be done with the 50-60 hour weeks at the prison, although he currently also works at a part-time job in another nursing home.

When he isn't at work James spends his time with his wife and daughter. He has been married for twelve years to his high school sweetheart, Sheila. Sheila has been a daycare teacher for ten years and is thinking about opening her own day-

care some day. Their daughter, Jeanne Renee is six years old and in first grade. She loves Sponge Bob, pizza and, of course, "daddy's cooking." Some of James' favorite dishes to prepare for his family are "lasagna, barbeque and stir-fry."

As a family, the Gillards enjoy going to the beach [which is their "favorite place to go"], local attractions and getting together with their families. Since James and his wife are both the youngest of twelve children, there is always some family get together to attend. Asked what it is like being the youngest of twelve, James says, "it's like having six mothers!"

James is a sports enthusiast who enjoys both the Eagles and Phillies. He attends as many games as he can. James is also a big a movie fan. He favorite movie is *The Thomas Crown Affair*. (the newer version). Also an avid reader, James' list of good books is topped by *The Maintenance Man* by Michael Baisan. James is also an aspiring author who is writing a book about his experiences while working in the prison. "I want to tell people all the stories: fathers and sons in prison, mothers and daughters, pregnant women." James goes on to say, "It's different than you could ever imagine, even what you

see on television isn't what it is really like. It is a completely different world."

As much as he enjoys his family life, James also enjoys working at St. Mary Manor. "The residents and co-workers are great and I love satisfying people with food," he says. It's really nice when people compliment the kitchen staff and "let us know the food is good."

As many of us at St. Mary Manor know, James gives us his all every day. We love having him at St. Mary Manor and hope to enjoy his cooking for a long time to come.



**James Gillard
Cook**

UPCOMING EVENTS and HIGHLIGHTS

- February is Dining Services Month
- Feb 7 Anointing of the Sick
- Feb 12 is the drawing for the Valentine's Day Romantic Weekend—tickets on sale in lobby
- Feb 14 Elvis in the building for entertainment at 2:30
- Asher's Candy Raffle tickets on sale in lobby
- Feb 17 Ash Wednesday Lent begins
- Feb 18 Sweetheart Lunch
- Feb 24 Resident Birthday Dinner (always last Wednesday of the month at 5 pm)
- Check Activities Calendar for many other February events (Super Bowl Party, Have a Heart Tribute).
- Highlights for March:
- March is Social Workers Month
- CHCS Anointing Mass
- Caregiver of the Year Award

**Special Thanks to
the following local
businesses for their
generous donations**

**Gerhard's
Appliances**
(donated a 52" Flat
Screen TV)

Joseph Ambler Inn
(donated a an overnight
stay and breakfast)

**Castello
Ristorante**
(donated a dinner for
two)

And

Asher's Candies

All proceeds benefit residents
and staff activities.



ST. MARY MANOR — SENIOR COMMUNITY
A MEMBER FACILITY OF
CATHOLIC HEALTH CARE SERVICES

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MEMBER OF
CATHOLIC HEALTH CARE SERVICES
SINCE 1990

DEPARTMENT DOINGS (continued from p. 2)

Environmental Services has been upgrading our laundry system so that all resident laundry, including labeled and/or repaired items, is returned as efficiently as possible. New laundry bags will be assigned to each resident room which will improve the collection of personal laundry and linens. The bags will also keep personal items together throughout the cleaning process. Comments on improving our service to residents are gratefully appreciated.

Gary Mills, Supervisor of Environmental Services

The Saint Mary Manor Volunteer Program offers an opportunity to reach out and make a heart happy. Our Volunteers share themselves with residents by working with activities, companionship, transport to and from physician visits, road trip companions, gift shop clerks, secretarial projects, card and board games, special talents (computer skills, bridge games, etc.), ministry aides, and fundraising.

If you are ready to share yourself and your talents with our residents, please call our Volunteer Coordinator.

Laurel Murphy, Volunteer Coordinator

AMERICAN RED CROSS BLOOD DRIVE—MARCH 19, 2010

WELLNESS DAY—APRIL 16, 2010

CULTURE CHANGE AND COMMUNICATION

Over the next months you will observe the shift to a person-centered dining experience. We are grateful for your input. Cultural change requires all stakeholders to maintain an open dialogue among engaged partners. There is now an email distribution list of SMM family and responsible parties. If you wish to be added just send the information to the email below. Also, please speak with any staff member; drop off a suggestion at the front entrance Suggestion Box; or phone the administrator directly. Any emails may be addressed to: dtaraila@chs-adphila.org.

At St. Mary Manor, we are pursuing a focus on dining and activities as the pivotal ingredients in culture change. Most of us have two thoughts upon awaking: "What am I going to do today? ...and "What am I going to eat?" It is our goal to make the response to these thoughts vital and stimulating.

The dining experience for our residents has been changing over the past several months toward a change from tray service to home style provision of meals: smells of cooking food, range of meal times, table settings, etc. The kitchen is often the

center of the home. It is the place where family and friends gather to share nourishment, news, comfort and support.. This is our goal for our residents.

LECTURE SERIES

Plans are underway for quarterly educational lectures addressing the challenges of Aging. Speakers from our local colleges and community will provide information on a range of topics: advance directives; finances; dementia; relationships; Medicare, etc. A program will be distributed with the spring newsletter.

BETHANY PROGRAM

This program began last fall and has provided our residents who are experiencing a recurring decline in overall health with spiritual and emotional support.

Residents may be referred to the program by a physician, staff member, family, resident's neighbor, or self-referral.

The Bethany Program Committee is comprised of co-workers from Nursing, Social Services, Pastoral Care, Recreational Therapy, Dietary and Administration. The group meets regularly to review referrals to determine the appropriateness of candidates for the program.

Referral forms and a brochure are available at all HC and PCU nursing stations.