

the SPIRIT

SPIRITUALITY PROFESSIONALISM INNOVATION RESPONSIBLE STEWARDSHIP INTEGRITY TEAMWORK

OCTOBER 2015

Founder's Day BBQ



On Wednesday, September 23rd, Hotel Dieu Shaver hosted its second annual Founder's Day BBQ. The annual affair was established to pay tribute to our founding Sisters and to celebrate our history. A presentation explaining our history was displayed for staff, volunteers, board members and community partners that were in attendance. A special presentation was made to celebrate 70 years which The Religious Hospitallers of St. Joseph have served in St. Catharines at Hotel Dieu Hospital and Hotel Dieu Shaver.

MEMORY CLINIC OPENING AT HDS

A new Memory Clinic will be opening at Hotel Dieu Shaver November 9th. The Clinic will be accessible to people across the region, giving increased access to services for patients and their care givers.

Following a model established in Kitchener, memory clinics are staffed by physicians and nurses with specialized training in diagnosing and treating dementia. Patients are put through a battery of cognitive and functional tests to determine if they have dementia. Patients are put on a treatment plan, or referred to a specialist.

Dr. Rhonda Collins, who heads up the Hotel Dieu Shaver Clinic, said memory clinics are common in Ontario but are typically only found in family health teams and are only accessible to patients of those teams.

The Hotel Dieu Shaver clinic will be open to any patient referred by a family doctor.

UPCOMING EVENTS

Employee Recognition Evening

Tuesday, November 10th
6:30 pm

An Evening in the Courtyard

Saturday, November 14th
4:30 pm - 7:30 pm

Meridian Celebrity Ice Cup

Thursday, February 25th &
Friday, February 26th
www.celebrityicecup.ca

Follow us on Twitter!
[@HotelDieuShaver](https://twitter.com/HotelDieuShaver)

STROKE CONGRESS

Chris Pollard, Clinical Manager of Inpatients & David Ceglie, Director of Rehabilitation & Acting Vice President of Clinical Services, presented at the 2015 Canadian Stroke Congress held in Toronto on September 19th, 2015. Chris Pollard presented on “Minimizing Arm Pain” with stroke patients and David Ceglie presented on “HDS Rehabilitation Alignment Project – the POD Model.”



NEW CALL BELL ON NURSING UNITS

The new Call Bell System installation has been completed on all nursing units. This project was completed nearly 2 months ahead of schedule! Staff members now have portable phones to carry with them, which allows them to answer patient call bells as well as outside calls as needed. This new technology will provide Hotel Dieu Shaver with the opportunity to continue to add value to the patient experience. Overall our nursing staff are very satisfied with this upgrade.

IEQUIP PROJECT

Janice Wright, Nurse Practitioner and Dr. Luce continue to work on this joint venture with Brock and McMaster Universities, as this project begins to enter a new phase. The project purpose is to examine the stroke admission process with a focus on incorporating secondary stroke prevention best practice targets across the inpatient trajectory. Audits, tool design and tool testing have been completed with some PDSA (plan, do, study, act) cycles on going. Presentation and poster abstracts will be submitted to the upcoming IEQUIP/Quality conference.

BOOT SALE

The Auxiliary's Gift Shop hosted a special one day Boot Sale for staff and visitors to raise funds for the hospital. The room was busy all day with shoppers. There are few sizes and styles remaining in the Gift Shop for those interested.



EMPLOYEE RECOGNITION EVENT - NOVEMBER 10TH

On Tuesday November 10, 2015, the Hospital will be hosting its annual Employee Recognition Event. This year, 49 employees and 11 retirees will be recognized. The event will be held at Club Capri in Thorold with registration starting at 5:30 p.m. and dinner being served at 6:00 p.m. This is an important and well received event for staff as we join together to acknowledge and celebrate many years of service to the Hospital and the patients we serve. All trustees are encouraged to attend and asked to please RSVP with Kris Lidstone, Development and Communications Office, at extension 84211 by Wednesday, November 4, 2015.

ART THERAPY WALL

To showcase Hotel Dieu Shaver's Art Therapy program overseen by Recreational Therapy and our Social Workers, we have transformed a wall in the outpatient building into an art showcase. The quote: "Art Therapy Transforms Pain into Beauty"



is a reminder that by utilizing the creative process of art, a therapist can help patients see things about themselves that they otherwise may not have comprehended. The creation of art can help a patient process emotions and feelings that they are struggling with, so they can heal.

SANDWICH MAKING FOR CARD PARTY



On the morning of September 23rd, Senior Management and Managers took time out of their busy schedules to make fresh sandwiches for the ladies of Hotel Dieu Shaver Auxiliary. The sandwiches were given to patrons who attended the Card Party

fundraiser to raise funds for Hotel Dieu Shaver.

OTN PROGRAM NOW OPEN

Our new OTN clinic has been continuously receiving referrals for local Parkinson's and ALS patients to access this specialized service. In September our team began training for providing this service through patient home visits.



AN EVENING IN THE COURTYARD

Hotel Dieu Shaver Foundation will be kicking off its second annual An Evening in the Courtyard event on Saturday, November 14th in Hotel Dieu Shaver's 5,700 square feet of therapy space. The event is designed to showcase the therapy space and to kick off the annual Snowflakes and Angels Christmas Campaign. This year the Foundation is highlighting Sherry Carson, a patient with MS that has contributed her quality of life to nurses and therapists at Hotel Dieu Shaver. Her short video can be seen on Hotel Dieu Shaver's YouTube page by simply searching Hotel Dieu Shaver/Sherry Carson.



Support Hotel Dieu Shaver!

An Evening in the Courtyard

Help us kick off our Snowflakes & Angels Christmas Campaign as we transform 5,700 square feet of therapy space into an elegant reception style event.

Saturday, November 14, 2015
4:30 pm - 7:30 pm
Hotel Dieu Shaver Health and Rehabilitation Centre
547 Glenridge Ave. St. Catharines
(across from Brock University)

This all inclusive evening spotlights Niagara wine, craft beer, food stations, various musicians and a silent auction.

Tickets are \$65.00 per person
(\$35.00 for HDS Staff)

Please RSVP before:
Friday, November 6, 2015
hdscourtyard.eventbrite.ca
905-685-1381 ext. 84214
nadine.webster@hoteldieushaver.org



hdscourtyard.eventbrite.ca

MISSION MOMENT

"TO SEE THE MIRACULOUS WITHIN THE ORDINARY IS THE MARK OF HIGHEST WISDOM."

~Ralph Waldo Emerson

TREE PLANTING CEREMONY

On October 14th, Hotel Dieu Shaver planted a Canadian Red Bud tree to honour the Religious Hospitallers of St. Joseph who have faithfully served in the City of St Catharines for 70 years. The tree was also planted to commemorate the employees of Hotel Dieu Shaver Health and Rehabilitation Centre that continue to live the vision, mission and values established by the Sisters.



MOCK CODE GREEN EXERCISE

The mock code green evacuation is scheduled for October 21st. The Fire Marshall and his staff will be observing as staff respond to a code red, and then escalate this to a code green evacuation of 18 patients to the safe zone. The Fire department specifies that the fire must start in a patient room, and that the simulation must represent a time when staff are substantially reduced such as evening or night shift.

RECIPE OF THE MONTH

SPICED PUMPKIN SEEDS

- 1 1/2 tablespoons margarine, melted
- 1/2 teaspoon salt
- 1/8 teaspoon garlic salt
- 2 teaspoons Worcestershire sauce
- 2 cups raw whole pumpkin seeds

Preheat oven to 275 degrees.

Combine the margarine, salt, garlic salt, Worcestershire sauce and pumpkin seeds. Mix thoroughly and place in shallow baking dish.

Bake for 1 hour, stirring occasionally.

Happy Halloween!



It's Flu Season!

Seasonal influenza (the flu) is a serious illness that infects millions of Canadians every year. It is a common infectious respiratory disease that begins in the nose and throat. It is highly contagious and can spread rapidly from person to person. Flu cases result in approximately 12,200 hospitalizations and, on average, 3,500 deaths in Canada each year. **Remember... influenza is not the same as a common cold!**

HDS Presents: Flu Shot Myth Busters

Myth 1: The flu shot will give me the flu.

No, the flu shot cannot cause flu illness. However, did you know it takes 2 weeks for the body to develop immune protection? Therefore exposure may have occurred prior to receiving the flu vaccination or during this timeframe.

Myth 2: Healthy people don't need to be vaccinated.

The influenza vaccine is the best protection against the influenza virus. The flu shot is recommended for healthy people who might spread the virus to others who are particularly susceptible or where vaccination is not recommended

Myth 3: You don't need to get a flu shot every year.

The influenza virus mutates each year. So getting vaccinated each year is important to make sure you have immunity to the strains most likely to cause an outbreak. Although some years the vaccine does not match the most prevalent strains some immunity is provided. When a match does exist we see a reduction in influenza related morbidity.

Myth 4: It's better to get the flu than the flu shot.

No. Any flu infection can carry a risk of serious complications, hospitalization or death, even among otherwise healthy children and adults. Many medical professionals would argue that getting vaccinated is safer than risking serious illness.



The Top Reasons to Get the Flu Shot

1. The flu affects everyone.
2. The flu shot is safe. Speak to our Occupational Health Department for more information on the contents of the vaccine.
3. You have a child under 5 years old.
4. You are pregnant or considering pregnancy.
5. You – or someone you know – is over 65 or has a long-term health condition.
6. Getting the flu shot is part of a healthy lifestyle.

Tips to Avoid Getting the Flu

- Wash your hands often.
- Use hand sanitizer.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Avoid touching your face.
- Stay at home when you're sick.
- Keep common surfaces and items clean and disinfected.



HDS Influenza Clinics

Influenza clinics for **staff, physicians, students & volunteers** will be held during the following times:

Tuesday, November 3 rd	S1S2	9:30am – 12:00pm & 1:30pm – 3:30pm
Thursday, November 5 th	Lou Cahill A/B	9:30am – 12:00pm
Monday, November 9 th	Conference Room C	1:00pm – 3:30pm
Thursday, November 12 th	S1S2	9:30am – 12:00pm

