

HDS AT THE WORLD STROKE CONGRESS



The World Stroke Congress was held in Montreal, Quebec this year from October 17 – 20, 2018. The event hosted international stroke experts from around the globe and covered topics related to scientific break-through, hyper-acute care, acute care, secondary stroke prevention, rehabilitation, and community reintegration. Our own Chris Pollard, Manager of Inpatient Rehabilitation and David Ceglie, Vice President of Clinical Operations, were in attendance and represented Hotel Dieu Shaver. They were asked to present in two categories, (1) Short Podium Communications and (2) E-poster presentations. Their presentation was entitled Advancement of a Rehab Model of Care: The Designated Stroke POD. Chris Pollard delivered an outstanding podium presentation and it was well received by rehabilitation colleagues from across Ontario, Canada, and the International Globe.

HDS SILENT TEA FOR AAC AWARENESS

International Augmentative and Alternative Communication (AAC) Awareness Month is celebrated around the world every October. Hotel Dieu Shaver AAC Clinic joined the celebration by hosting a Silent Tea for staff, patients and friends, on October 23, 2018. Awareness of AAC is important so that everyone knows about the many different ways in which people, who have difficulty speaking or writing, use AAC so that they can communicate.



The leader of the ACC Silent Tea was Sarah Hamlin; a person who uses AAC, a trained mentor through Communication Disabilities Access Canada and a music fan. The tea was attended by staff, administrators and patients. During the tea, participants took a 15 minute challenge to stay silent and to find their voice through other methods of communicating. People wrote messages on paper, pointed to alphabet boards and used gestures to greet and introduce themselves to Sarah; to have conversations; to get cup of tea or coffee and cookies.

Sarah took silent requests for songs and played them on her AAC device. We heard favourites from Taylor Swift, Elvis, Ed Sheeran, Bruce Springsteen and Backstreet Boys. Those who attended found the experience fun, joyful, peaceful and eye opening. One participant wrote: Thank you for closing our mouths and opening our minds to new ways of communicating!

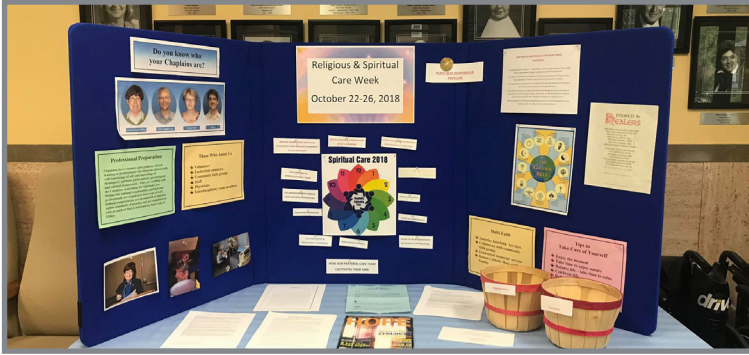


NIAGARA HEALTH EXPO

In partnership with Niagara Health Expo organizers, Hotel Dieu Shaver hosted a Health Expo in its Courtyard Therapy Space on Saturday, October 20th from 10 am – 2 pm. The Expo featured over 35 exhibitors showcasing different healthcare professionals and companies across the Niagara Region.

MISSION & PASTORAL SERVICES

Spiritual and Pastoral Care Week was celebrated October 22nd to 26th this year and the theme was ‘Hospitality.’ The Pastoral Care team placed a display board in the front lobby and offered apples to those who took a quiz.



The week of November 5-9, 2018 Hotel Dieu Shaver proudly celebrated the beginnings of the RHSJ Mission in France in 1636. That mission continues today through the leadership and professional care which is provided each and every day. Our mission would not be successful if it wasn't for the efforts of all who provide care and all those who collaborate with us. November 6th marks the anniversary of death of Jerome LeRoyeur de la Dauversiere, the founder of the Religious Hospitaliers of St Joseph.

A display board in the front entrance of the Inpatient building depicted various aspect of our rich history. Staff were invited to participate in a quiz re the history and our present mission at HDSHRC.



INFLUENZA VACCINE CLINICS



HDS starts Influenza Clinics for staff, physicians, volunteers and students. Getting your flu shot is the most effective way to prevent getting the flu.

EMPLOYEE SPOTLIGHT:

LESLEY CHOWN

Current Position/Role: Clinical Dietitian

How long have you been with HDS: I have worked at HDS for 13 years.

What is the best part about your job: One of the best aspects of my job is seeing the positive outcomes through nutrition therapy. You get a chance to be part of when nutrition improves a person's quality of life, they might look healthier, develop better blood sugar control or attain a healthy weight.

Any advice for someone coming into your line of work: The main role for the Dietitian at HDS is helping people through nutrition. Some keys to success include the love of food, returning to the basics for your nutrition education/ advice to the patients and to enjoy helping people.

What are your hobbies/interests: I have enjoyed cycling for the past 20 years, and try to cycle with my husband and the St. Catharines Cycling Club on weekends. There are many scenic routes and hills to ride in this area, which make the Niagara Region a great area for cycling. I also enjoy competing in triathlons, which I have done for the past 4 years. My family and I love swimming and hiking and spend a lot of our free time enjoying these activities.

If you could travel anywhere in the world, where would you go: I would love to go on a trip to Hawaii to enjoy the beach and surf in the waves with my family.

If you had to eat one meal, every day for the rest of your life, what would it be? One of my favorite meals that I always enjoy is oatmeal with fresh blueberries.



NATIONAL INFECTION CONTROL WEEK



National Infection Control Week was celebrated from October 15-19th this year and the theme was ‘No Borders.’ A display was placed in the lobby and various tips were shared on

social media on how to prevent infection from spreading. This week allows an opportunity for our infection control professionals to educate staff and the community about the importance of infection prevention and to promote the important work that was being done by infection control professionals in a visible and fun way.

PATIENT SAFETY WEEK

Patient Safety Week was celebrated October 29th through November 2nd this year and the theme was “Not all meds get along. Ask. Listen. Talk.” HDS raised awareness on the importance of patient safety by displaying information in the lobby, as well as sharing resources on social media.



HDS FOUNDATION CHEQUE PRESENTATIONS



Chair Alan Caslin presented the last \$25,000 installment of the Regional Chair's Charity Golf Tournament pledge of \$100,000 towards the Orthopedic Therapy Room.



The Kantymir family generously donated \$10,000 towards a patient room renovation in honour of the excellent care their mother received.

PATIENT SPOTLIGHT: MEET CELINE



Having just graduated from college and working as a dental hygienist, Celine's biggest worry was paying back her student loans.

Her left leg started dragging while she walked - the first symptom that something was wrong. She made an appointment with her family doctor. He asked Celine about her life insurance and advised that she add disability coverage to her policy to protect her income in case of a life-changing diagnosis. Celine didn't think much of it. Though money was tight, she loved her job and planned to fulfill a long career.

She was sent to a neurologist for further tests. "When the neurologist told me

I had MS, I was confused," she says. It was 1987 – before the internet and technology at our fingertips. "I didn't know what MS was."

Multiple sclerosis (MS) is a degenerative disease in which the nerve cells in the brain and spinal cord are damaged, affecting the nervous system resulting in a range of physical problems, such as vision loss, muscle weakness, and loss of coordination. The disease is twice as common in women as in men. There is no known cure.

The doctors told her to go on living and that she would have many years to enjoy her career. She was never told that one day, she would be in a wheelchair. By the time she looked into changing her life insurance policy, it was too late. She wouldn't receive any disability insurance. Celine lives off the minimal income she receives from the Canada Pension Plan Disability. Now, Celine's message to everyone is to add disability insurance to their policies. "I was never sick a day in my life. I never expected something like this could happen. No one does."

A life-long resident of Welland, Celine lives in her own apartment, but she also has expenses others do not, such as nurse visits and specialized equipment to help her get around and communicate.

For years, Celine admits her stubbornness got in her way. She couldn't accept her disability and struggled. She spent hours travelling back and forth to a clinic in Toronto. The clinic would send her home with the equipment she needed, but she was left on her own to set it up and install it.

The Augmentative and Alternative Communications (AAC) team at Hotel Dieu Shaver changed all that. AAC uses various communication aids for those unable to use traditional methods of communication, such as writing or speaking, due to illness or traumatic event.

Nicole Johnson, Registered Occupational Therapist with AAC, explains that Hotel Dieu Shaver is unique in the services it provides. "We're lucky in that we can go to Celine's home, assess her in her home environment and see what she needs to make her the most comfortable," she explains. "We can train her on the equipment here, set up the equipment exactly where she needs it and where she will use it, so that she is confident in using it."

For that, Celine is grateful. "It changed my life tremendously, and they're a big part of my new found positivity in life," she says. "Hotel Dieu Shaver has been a lifeline. They opened my world."

HOTEL DIEU SHAVER'S *Tree Lighting Celebration*



Help us kick off our Snowflakes & Angels Christmas Campaign!

Food vendors, wine, beer, kids crafting, meet Santa,
entertainment, photobooth and more!

Friday, November 16, 2018

4:30 pm - 7:00 pm

Official Tree Lighting 6:00pm

MARKET SQUARE, DOWNTOWN ST. CATHARINES

SUGGESTED \$5 ENTRY OR GIVE WHAT YOU CAN





Christmas Raffle

IN SUPPORT OF THE 2018 SNOWFLAKES & ANGELS CAMPAIGN

PRIZES:

128GB iPad & Case (Value: \$600)

2 Tickets for Saturday, Dec. 29th (Value: \$232)
Toronto Maple Leafs vs NY Islanders

\$500 Gales Gas Bar

\$500 Via Rail

\$250 Blake's Mens & Formal Wear Shop

\$200 Niagara Falls Adventure Package

\$100 Seaway Mall Shopping Spree

\$10 each or 3 for \$20

Purchase your ticket at Hotel Dieu Shaver Foundation office or e-mail katie.stranges@hoteldieushaver.org. Cash, credit or debit available

DRAW DATE: DECEMBER 18TH AT NOON