

# The HEALING SPIRIT

NOTRE DAME HEALTH CARE

Vol. 9, No. 2

WINTER 2019



## It's the most Wonderful time of the year.

Where has this year gone? Heading into the holiday season means we also realize time has gone by very quickly, as the year is almost over! Before we say "Happy New Year," we should take a few moments to reflect on some of this year's highlights at Notre Dame Health Care.

A few special events in particular do stand out. In June, the NDHC community joined the Sisters of Notre Dame de Namur in celebrating the **50<sup>th</sup> Anniversary of the Canonization of our foundress, St. Julie Billiart**. Over the course of a week, our residents, family members, volunteers and employees were engaged in meaningful activities which helped explore the legacy of St. Julie and her teachings, culminating in a commemorative Mass and cookout on a gorgeous Saturday. And our **annual fundraiser to benefit the Educational Bridge Center** in October was a wonderful success, exceeding our expectations in terms of

participation and economic support. How grateful we are to all of those who have assisted us with the further perpetuation of the NDHC mission through our Ed Center ministry!

But in addition to reflecting on the past year, it is also a great time to look forward, and for Notre Dame Health Care, despite the challenges operators face in the health care industry, our future looks very bright! We are proud to continue to offer a range of programs that are empathic, robust, resident and patient-centered and truly mission-driven, and our staff works diligently to ensure a great care experience. We believe our commitment to mission is what makes the "Notre Dame difference"; we are proud of the reputa-

tion we have earned as a premier provider in the Worcester market.

Still, there is no resting on laurels for us! While we continue to be committed to providing care at the "standard of excellence," we are aware that things change over time, and so, therefore, must we! As you will see in the coming few years, we will continue to work on improvements in our "environment of care," as we gradually move across the campus to renovate both our long term care and assisted living facilities. We will keep you apprised as the plans come to fruition, but in the meanwhile, may all the blessings of this holiday season be with you and your family.

—KAREN LAGANELLI, CEO

### Welcome New Managers



*Sandy Scarborough, CDP was recently hired as Director of the Harmony Program, du Lac Assisted Living Residence*



*Aileen MacDonnell, RN BSN was recently promoted to Assistant Director of Nursing, Long Term Care and Rehabilitation Center*



*Jill Jeffers, MA, LSW was recently promoted to Assistant Director of Pedi Pals, At Home Division*

## Educational Bridge Center Happenings



### 2019 EDUCATION FORUM

We hosted our 2019 Educational Forum on October 16 building awareness of and raising funds for our educational mission.

Our featured speaker was Tessa Todd Morgan, a nationally known mindfulness expert, who visited us from Texas with her presentation “Find Your TRIESSENCE: A mindfulness journey for a joyful and fulfilling life.” She offered ideas, tools and techniques to help attendees find their perfect physical, mental and spiritual balance. Our student speaker, Sharon Guidaboni, shared her story of how the Educational Bridge Center helped support her in achieving her educational and career goals. Notre Dame Health Care Music Therapists Emily Field and Arthur Terembula provided a meditative musical interlude during the program.

Proceeds from the event support the educational mission of Notre Dame Health Care through our services provided at Notre Dame Health Care’s Educational Bridge Center.

We are grateful for the outstanding support of our sponsors, contributors and attendees who helped make the event a success. Special thanks to our Presenting Sponsor, F.L. Putnam Investment Management Company and our Reception Sponsor, J.J. Bafaro Mechanical Contractors for their leadership support.



*Featured Speaker, Tessa Todd Morgan*

*A Huge Success!*



*Frank Laganelli with Student Speaker, Sharon Guidaboni*



*Pat Campbell, Executive Director of the Educational Bridge Center with her husband, Paul*



*Sr. Karen Coakley, SNDdeN with Sue Strandberg, Workforce Development Manager, Educational Bridge Center*



*Sisters Mary Rose Crowley, SNDdeN and Ellen Agridelley, SNDdeN*

## Recognizing Support of our Citizenship Program

We were pleased to introduce a wonderful way to appreciate gifts in support of our *Sister Helen Wright, SNDdeN Citizenship Program* during our Fall Appeal. A new Patriotic Recognition Plaque adorns the wall in our Educational Bridge Center providing an opportunity for donors to include their names, or pay tribute with a gift in honor or memory of someone else. The beautiful wooden “flag” includes placards which may be engraved with the personal sentiment of donors who make gifts of \$100 or more in support of our citizenship program. We are so grateful to all who support this critically important program. Nearly 200 new U.S. Citizens have been nurtured in their journey through this program which offers tutoring, test preparation support, assistance with application fees and more. To learn more about how you can support this effort, please contact our Development Office at 508-852-5800, x2509 or [pthayer@notredamehealthcare.org](mailto:pthayer@notredamehealthcare.org).



*Karen Laganelli, CEO of Notre Dame Health Care with Sr. Marilyn*

## Sister Marilyn Retires

We recently celebrated the service of Sister Marilyn Pechillo, SNDdeN. Sister Marilyn had been an employee of NDHC for 17 years following St. Julie's mission through her work in Pastoral Care, as a Transitional Care Coordinator, and most recently, as an Adult Basic Education Instructor and Grant Writer for the Educational Bridge Center.

Sister retired to the Julie House residential community for the Sisters of Notre Dame de Namur in Connecticut which recently celebrated its 25<sup>th</sup> Anniversary.

## JOIN US ON CAMPUS . . .

**Educational Bridge Center Classes:** Contact Sue Strandberg at 508-852-5800, X2504 to register.

- ▶ **January 8 through April 8** (Wednesdays) 4 to 7pm—*HiSET Preparation*
- ▶ **January 9 through April 9** (Thursdays) 4 to 6:30pm—*English for the Workplace*
- ▶ **May 6 through August 5** (Wednesdays) 4 to 7pm—*HiSET Preparation*
- ▶ **May 7 through August 6** (Thursdays) 4 to 6:30pm—*English for the Workplace*
- ▶ **Please call for Dates & Times—Alzheimer's Disease & Dementia Care (CDP)**—\$150
- ▶ **Please call for Dates & Times—ServeSafe Food Manager Certification**—\$185

## NDHC Employees Awarded Scholarships

Supporting our employees in their professional development is so important to all of us at Notre Dame Health Care. Our Educational Bridge Center staff routinely seeks out scholarship opportunities and assists employees in applying to receive funds to advance their education. Recently, several current employees were awarded scholarships as noted below. Congratulations to all!

**From our At Home Division:** Maureen Broyles (CNA) received a *Sister Mary Gardner* scholarship

**From du Lac Assisted Living Residence:** Abena Agyei (PCA), and Lilian Nakayiwa (PCA) both received *Wisdom's Way* scholarships; Jemimah Quarm (PCA) received a *Sister Mary Gardner* scholarship

**From our Long Term Care and Rehabilitation Center:** Dorothy Adjei Anyetei (CNA) and Pricilla Akuffo (LPN) both received *Wisdom's Way* scholarships; Steisy Ayala (CNA), Shakirah Kawagga (LPN), and Darlyn Moran (CNA) all received *Sister Mary Gardner* scholarships; Salome Njoroge (CNA) received *Wisdom's Way* and *Sister Mary Gardner* scholarships; Eunice Gamadeku (CNA) received *Wisdom's Way*, *Sister Mary Gardner* and *Mass Senior Care Foundation* scholarships; and Yvonne Lamptey (CNA) received *Wisdom's Way* and *Long Term Care Finance Association* scholarships

## At Home — Hospice & Pedi Pals — Happenings

**Our Commitment to Excellence** — Continuing education is critical to staying current with the health care needs of those we serve. We are proud of the team members in our At Home Division who are dedicated to advancing their education, enhancing our ability to serve.

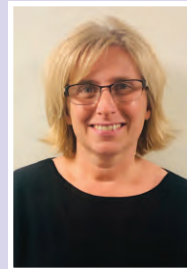
### Congratulations to . . .

Hospice Clinical Director, **Patty Tonry, RN, CHPN** (right); and Hospice Nurse Case Manager, **Laura Zazulak, RN, CHPN** (left) on receiving their *Certified Hospice and Palliative Nurse* credentials. This certification recognizes those nurses who are trained to specialize in treating patients while they are dealing with end of life issues.



Pedi Pals Case Manager, **Isaac Seigel, MSW, LCSW** for receiving his *Massachusetts Licensed Clinical Social Worker* credential.

Pedi Pals Social Worker, **June Ganley, MSW, LICSW, APHSW-C** on receiving her *Advanced Palliative Hospice Social Worker Certification*. This is a new evidence-based certification that is now available to palliative and hospice social workers.



Director for Psychosocial Services and Pedi Pals Program, **Tracy Larson-Benvenuti, MSW, LICSW, ACHP-SW** for her recent acceptance to the *Palliative Care Education and Practice Program* through Harvard Medical School.

Additionally, **Cherie Sirard, RN, BSN, QAPI Nurse** (right) and **Susan Keefe, RN, BSN, CHPN, CHPCA** (left), Executive Director, both with Notre Dame's At Home Division, recently attended the National Hospice and Palliative Care Organization's "Hospice Compliance Certificate Program" in Orlando, FL. This program provided information and tools to ensure our Hospice Program has the most up to date information to maintain a successful compliance program.



### Giving Back to the Community

Several members of our staff team in our At Home Division participated in the *Worcester Walk to End Alzheimer's*. This annual event raises funds and builds awareness for a cause that is so meaningful to all of us at Notre Dame Health Care in our role as caregivers to our residents and our patients.



Jill Jeffers, MA, LSW and Kate Martinek, RN both from our At Home Division pose in memory and celebration of a recent patient

### Grateful and Honored to Share in the Lives of Our Patients

Our Hospice team recently celebrated the life of one of our beloved hospice patients. In keeping with her wishes, we honored her memory with a staff appreciation lunch complete with some of her favorite foods, even including her favorite soft drink! She especially loved her sweets and we made sure to indulge! As a team we all have a part in caring for our patients and each person leaves us with something special to remember and celebrate. It is a joy to be able to honor their memory and reflect on our collective efforts to support each individual through a most sacred journey.



Shelley DePalo, Susan Keefe, Mary Beth Robinson and Patty Thibeault

## Long Term Care Happenings

### Garden Tours

Activities staff at our Long Term Care and Rehabilitation Center hosted garden tours for our residents on our campus. The tours were led by Stacy OBey, Grounds Manager (and horticulturalist). Residents are often curious about the plantings, flowers and trees around our beautiful campus. One individual was particularly interested in our Honey Locust trees. Stacy was very informative and a wonderful guide for our recent adventure.



*Sr. Patricia Tryon, SNDdeN  
working on her Pedi Pals project*

### Long Term Care Residents Make Special Treats for Pedi Pals Program

Residents enjoyed a wonderful project creating Halloween treats for children in service with our Pediatric Palliative Care (Pedi Pals) Program. Staff in our Activities Program worked with residents to prepare festive trick or treat baskets full of candy and surprises. The residents were excited to participate in a project that would bring joy to children struggling with life-limiting illnesses. This was a wonderful cross campus initiative highlighting one of the many ways our residents support our programs and community.



*Sr. Rosemary Ryan, SNDdeN  
working on her  
Pedi Pals project*

### Like Us, Follow Us, and Tune In . . .

We love to share all of the wonderful things happening around campus.



We invite you to get “social” with us — “like” us on Facebook (@NotreDameHealthCare) for regular updates on what we are doing; and “follow” us on Twitter (@NDHCMission) to see how our mission is being lived out on campus. You can also listen to us on Emmanuel Radio with our program *Mapping Your Healthcare Journey* featuring ongoing conversations with staff from all of our services!

*For additional stories and information, please visit our website [notredamehealthcare.org](http://notredamehealthcare.org)*

## Across Campus Happenings

### St. Julie Anniversary Event

This past June 22 was the 50<sup>th</sup> Anniversary of the Canonization of St. Julie Billiart, the foundress of the Sisters of Notre Dame de Namur. Our staff, residents and families celebrated this joyful occasion with an entire week of activities. Staff participated in a St. Julie Scavenger Hunt which enabled them to learn more about St. Julie as well as see the different parts of our campus. Other events included St. Julie Bingo and an Ice Cream Social with our residents, and more. The week culminated in a special Mass to commemorate the anniversary followed by a cookout in the Courtyard at our Long Term Care and Rehabilitation Center.



*Iaonna Tchangova, member of the Dining Services team at du Lac, scoops ice cream alongside St. Julie at the Ice Cream Social*



*Sister Edie Daly, SNDdeN and Sister Patricia Conner, SNDdeN enjoy the cookout festivities*

## du Lac Assisted Living Happenings

**Annual Holiday Craft Fair** — du Lac Assisted Living's Resident Council Annual Holiday Craft Fair took place on November 23 and was a great success! Attendees got a head start on their holiday shopping which featured handcrafted items by our residents and their families, fresh baked goods, jewelry items and more. Our annual raffle was also a big hit with dozens of items donated to help raise funds to support resident activities at du Lac. We are so grateful to everyone who participated in making this special day a success.



Sister Marna Rogers, SNDdeN greets attendees, helps with door prize tickets



Sisters Harriet Cutting, SNDdeN and Mary O'Malley, SNDdeN



Sr. Kathryn McGuiggan, SNDdeN helps at the baked goods table



### Farewell to Sister Pat McSharry, SNDdeN

We recently honored the service of Sister Pat McSharry, SNDdeN who retired from her position as Director of Pastoral Care for du Lac Assisted Living Residence. We are grateful for all she has done for our residents and look forward to seeing her regularly as she continues her service with the Sisters of Notre Dame de Namur in her role as Support Coordinator.

### Honoring our Sisters

As part of the week-long activities to celebrate St. Julie's 50<sup>th</sup> Anniversary, our staff participated in a service project to clean the grave markers of the Sisters who are buried in the cemetery adjacent to our campus. The cemetery is the eternal resting place for hundreds of Sisters of Notre Dame de Namur, from 1902 to the present. To honor the many Sisters who are buried here, staff volunteered their time to help clean the grave markers and in doing so, remember the lives and service of the Sisters. It was truly a team effort and shows that the legacy of the many Sisters who are buried on our property continues today.



Sue Strandberg, Workforce Development Manager for NDHC's Educational Bridge Center takes a moment to reflect on the progress of the cleanup project

### *The Healing Spirit*

is published as a service to the community.

EDITORS: Cathy Smith and Paige Thayer

### NOTRE DAME HEALTH CARE

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**Never a Dull Moment** — Our Activities staff at du Lac are always cooking up fun and enriching programs for our residents to enjoy time together.



Residents display their “Donut Pumpkin” project



Antoinette Palermo enjoys the Djembe Drum with Jesse Fontaine, Activities Coordinator in our Harmony Program



Dolores O'Connor poses with her leaf craft project in our Harmony Program



Residents attend a program at the Museum of Work & Culture in Rhode Island

### Artful and Delicious Charcuterie

Residents at du Lac are enjoying delicious, in-house cured meats as a part of their hors d'oeuvre selections during our holiday gatherings. Chef Mike Chiler, our Director of Dining Services, expanded the special offerings for our residents to include specialty items that he is preparing right here at du Lac so that he and his team can create amazing, beautiful and fresh charcuterie!



### The Traveling Wall of Namur

The traveling Wall of Namur is a replica of the original Wall which is located at the Heritage Centre in Namur, Belgium. It contains a list of more than 15,000 Sisters of Notre Dame de Namur and the date of their first vows. It is a living legacy and testimony to the mission of St. Julie Billiart and the many women who follow in her footsteps. It was on display on our campus during September and October, both at du Lac Assisted Living Residence and at our Long Term Care and Rehabilitation Center. All of the Sisters on our campus had a chance to view the wall and find their names. Staff, residents and visitors also had the opportunity to enjoy viewing and learning about the history of the Wall. God is good to bless us with the lives of these amazing women from the time of our beloved St. Julie.



Sr. Mary O'Malley, SNDdeN finds her name on the traveling Wall of Namur

# NOTRE DAME HEALTH CARE

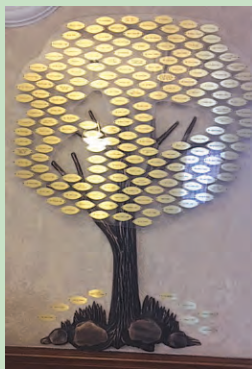
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## TRIBUTE GIVING

Remember and honor a loved one with an inscribed leaf on one of our *Trees of Life* which are located in the vestibule of the Notre Dame du Lac Chapel and the lobby of our Long Term Care and Rehabilitation Center.



By request, and with your gift of \$250 or more, we will inscribe a “bronze leaf” in memory or honor of someone special in your life and will have it placed on one of our “trees.” For details, please contact [pthayer@notredamehealthcare.org](mailto:pthayer@notredamehealthcare.org).

## JOIN US ON CAMPUS ...

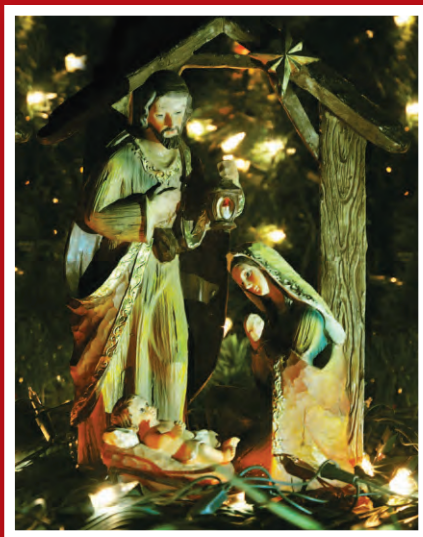
### Eucharistic Liturgy Schedule

(Note: LTCC = Long Term Care Center)

- ▶ LTCC: **Daily** at 10am
- ▶ du Lac: **Daily** (except Sat.) at 10:30am
- ▶ LTCC: **Christmas Day** at 10am
- ▶ du Lac: **Christmas Day** at 10:30am
- ▶ LTCC: **New Year's Day** at 10am
- ▶ du Lac: **New Year's Day** at 10:30am

### Hospice Bereavement Support Group

Contact Peggy Arcouette,  
Bereavement Coordinator at  
508-852-5505 for information



*May God's Blessings  
be upon you  
during this  
holiday  
season.*

Merry Christmas & Happy New Year  
from your friends at **NOTRE DAME HEALTH CARE**

*We are grateful for the privilege to serve and fulfill our mission to provide our residents, patients and families with the care they so deserve. And, we are grateful to all who support our work with gifts of time, talent and treasure throughout the year.*