

The HEALING SPIRIT

NOTRE DAME HEALTH CARE

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SPRING / SUMMER 2022



Welcome New Managers



Michelle Bower
Business Office
Manager, du Lac
Assisted Living



Rafael Jalles
Staffing Coordinator
Supervisor, Long
Term Care



**Kathleen
Donaldson, RN**
Documentation
Specialist, Long
Term Care



Angela Lajoie
Human Resource
Generalist, Notre
Dame Health Care



Andrew Dube
Grounds Manager,
Long Term Care



Tamilyn E. Little,
MT-BC, HPMT
Business Office
Manager, At Home



Andrea Huckins,
Accounts Receivable,
Long Term Care



Karynna Ruiz, LPN
West Unit Manager,
Long Term Care

Other recent additions to our campus management team are featured in articles throughout this newsletter

Hope, renewal, rebirth, spiritual rejuvenation—these are some of the cherished hallmarks of Spring. The days are longer, the sun shines, and we start to enjoy the beautiful outdoors and the splendor of greening trees and blooming flowers.

After the past two-plus very difficult years in “pandemic mode,” when Spring arrived this year we thought that life around us and in our “world” here at Notre Dame Health Care was finally starting to get back to something that was moving toward “normal.”

Like the rest of the world, we enjoyed a stretch of several months where we had very few COVID-19 cases among our residents and staff. It really felt like maybe, just maybe, we were nearing “the other side.”

Unfortunately, it seems that while we may be “done with the virus,” it is not “done with us.” I heard a version of this quote in a recent NPR story and can’t even recall who said it, but it conjured up a variety of frustrating feelings. I’m guessing you may feel them too. We are tired. We want to ditch the masks, gather together like the “olden days,” and not live in constant worry of getting or spreading this virus.

As we all know well, there have been increases in positive cases across the country, in Massachusetts, in our region and even here at Notre Dame Health Care. This is particularly disheartening as our vigilant infection control protocols have not wavered;

our staff have been vaccinated as mandated by regulatory agencies; and all our residents have been offered the full series of vaccines, including boosters; almost all have chosen to be vaccinated.

Thankfully, most who have tested positive for COVID-19 have been asymptomatic or had very mild illness. This is indeed a blessing. We are encouraged by signs that vaccines and medical therapies are helping to ensure better outcomes for those who do test positive.

The Heart and Soul of NDHC

We will not let down our guard and will continue to do all we can to protect and ensure the best care for our residents and patients. This includes modifying protocols from time to time for the well-being of those we serve. We will keep you informed as things change.

I continue to be so proud of our hard-working and dedicated staff—they are amazing heroes that continue to bring their best every day. They are the heart and soul of Notre Dame Health Care.

We are all tired of this pandemic and eager to put it behind us.

We remain grateful to those in our care, as well as their families for what seems like our endless requests for patience. And we appreciate the ongoing support of our community—your prayers and your moral and financial support in these trying times have been an enormous source of hope and strength.

Thank you for your continued faith in our mission and the trust you have placed in us. We will carry on, together.

—KAREN LAGANELLI, CEO

Across Campus Happenings

Save the Date

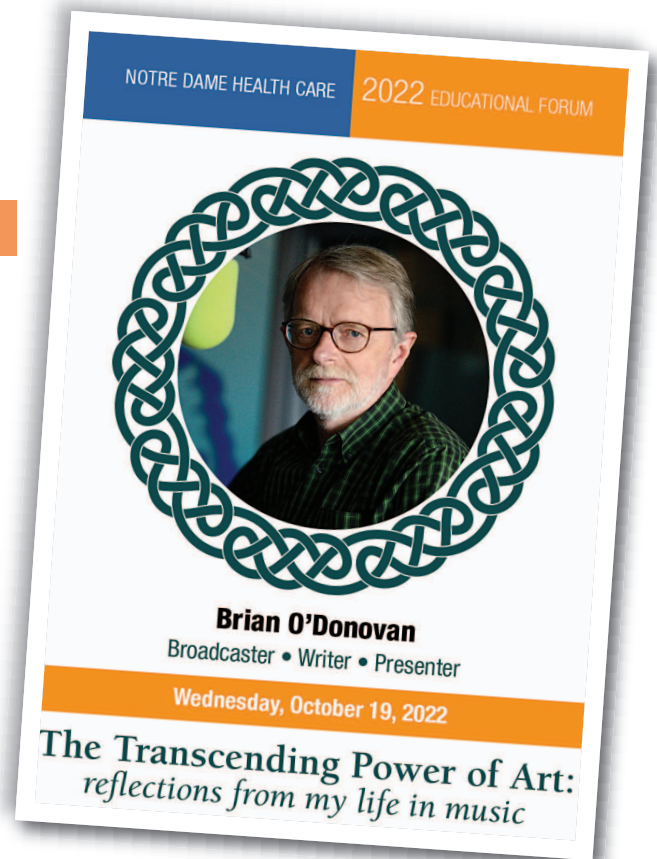
2022 EDUCATIONAL FORUM

This year's annual Educational Forum will be held on Wednesday, October 19, 2022 and will feature a special presentation by Brian O'Donovan, a broadcaster, writer, and presenter best known for his work with Boston's public broadcasting powerhouse, GBH. His popular radio program and live performances of "A Celtic Sojourn" are legendary.

We are looking forward to his special presentation: *"The Transcending Power of Art: reflections from my life in music"* where he shares the following summary of what's to come. . .

"Growing up in Ireland, songs and music, stories and poetry, surrounded me. Family gatherings in my small town in West Cork were centered on what we called "sing-songs." I was the second youngest of nine children and from an early age, we were each encouraged to have a party piece ready to sing, a poem to recite, even a story to tell. Music was around us always, as natural and present as air. A common repertoire of songs regularly united us in resonant chorus as we shared our joys and sorrows.

Music reminds us of our humanity. This in spite of - maybe *because of* - the dark shadow life so regularly throws over us. It has inspired painters, novelists, poets, dancers, and philosophers for thousands of years. Music is the essence of who I am, and I look forward to sharing my passion with you as well as favorite poems and stories, and some of the songs I grew up with. Perhaps, we'll get you to sing along!"



Our event this year is planned to be held "virtually" but we hope to incorporate some "live" surprises in our program. Sponsorship opportunities are available, please "Like" us on Facebook and check our website for details as our plans evolve. You can also reach out to our Executive Director of Development and Communications at (508) 852-5800 x2509 or via email pthayer@notredamehealthcare.org.

The Healing Spirit is published as a service to the community. / EDITOR: Paige Thayer and Cathy Smith
For additional stories and information, please visit our website notredamehealthcare.org



Residents Play a Role in Facility Health and Safety

We are always happy to welcome resident comments and feedback to ensure we maintain both a welcoming and safe environment for residents, staff, and visitors. Our "see something, say something" mantra applies to all! Recently, resident **Dorothy Suleski, RN** who is also President of our Resident Council at our Long Term Care and Rehabilitation Center voiced a concern about lifts and unused wheelchairs placed in the hallway on our West Unit. The temporary placement of this equipment made it difficult at times for residents to navigate hallways. When approached with this concern our Director of Nursing invited Dorothy to assist with tracking any issues of obstructed hallways on West. She was provided with an audit sheet and asked to record her observations. She has become the "Hall Monitor" and has

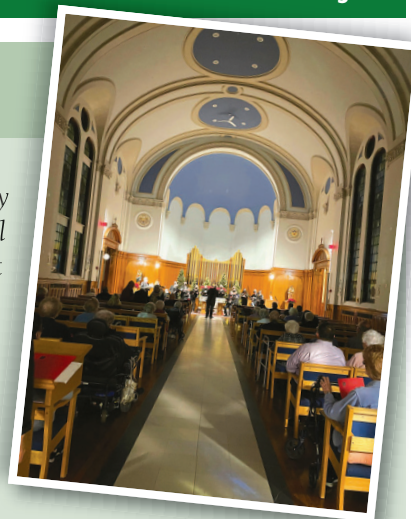
been essential in ensuring our hallways remain free of clutter and provide safe passageways for all. As a retired Registered Nurse, Dorothy is in tune and appreciative of the work that needs to be done. She is a great asset to Notre Dame Long Term Care and Rehabilitation. Thank you, Dorothy!

du Lac Assisted Living Happenings

du Lac Renovations are Complete

Our du Lac Community is pleased to share that apart from a few outstanding pieces of furniture and artwork, our renovations are completed! We were able to reopen the Chapel for Christmas Mass and even host a wonderful Christmas concert. It was fantastic to see so many residents and families gathered again and enjoying the newly renovated spaces. We have continued to welcome residents (both old and new) and their families to activities and special events going on throughout the community.

Our newly renovated Chapel was the perfect venue for a Christmas Concert performed by the Assabet Valley Chamber Choir



A Sampling of Resident Activities, Outings and Celebrations

Our residents have enjoyed some great trips, entertainment and activities as the “new normal” continues. Some of these exciting trips and activities: a brown bag lunch to Mechanics Hall, a virtual wine tasting featuring Nashoba Valley Winery, Kentucky Derby Day, Olympic Events, Twinkle Tours and even some live music for St. Patrick's Day. It has truly been a blessing to witness all the smiles and laughter throughout the community. Looking ahead to the rest of the year we are looking forward to Family Fun Day, enjoying our courtyards in the nice weather, and more trips out and about!



Residents enjoyed a brown bag lunch trip to Mechanics Hall



Residents enjoyed our St. Patrick's Day entertainment

the Sisters of Notre Dame de Namur who live in our assisted living community renewed their vows and celebrated Foundation Day



Welcome Judi Brennan, Director of Pastoral Care

We are also excited to announce a new addition to the du Lac manager's team. Judi Brennan has joined the du Lac Community as our new Director of Pastoral Care. In Judi's short time here, she has significantly elevated our Pastoral Care programming and even jumped into March in the St. Patrick's Day Parade after only a few short weeks here. Her warm and supportive nature has already been felt around the community, most notably by the beautiful prayer service she organized to honor the people of Ukraine. She has been a blessing to all our staff, residents and families.



Judi Brennan, Director of Pastoral Care, du Lac Assisted Living Residence

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.



Long Term Care Happenings



Pastoral Care — So Much To Be Thankful For . . .

We are happy to welcome back **Erin Mahadeo** (pictured, left), Director of Pastoral Care at our Long Term Care and Rehabilitation Center following the birth of her first child. We are also delighted to have the company of our **Eucharistic Ministers** who have returned to our community at Notre Dame Long Term Care and Rehabilitation Center after two years. The chapel is open and residents are able to attend Mass, Rosary and Eucharistic Adoration as appropriate with COVID protocols respected.

Our residents are participating in **The Synod on Synodality**. The Holy Father asked that every diocese in the world provide input for the Synod on topics of Church, Communion, Participation and Mission. As a part of this outreach, Father



Eucharistic Minister, Dottie Goodrich offers Communion to Sr. Jane McAndrews, SNDdeN



Richard Reidy visited with our lay and religious residents for a listening session. It was a thoughtful and lively discussion. How Good is the Good God!

Pastor Ken Reed (pictured, left), has also returned to lift the spirits of our residents with song, scripture, and spiritual discussions on a weekly basis.

During the month of May, Catholics honor Mary, Holy Mother of God, and Mother of the Church. It is a long-standing tradition to crown Mary with a

wreath of beautiful flowers. Our custom here at Notre Dame Long Term Care and Rehabilitation Center is to invite the eldest Jubilarian in residence to crown Mary. Sister Janet Cahill, SNDdeN who has served the Sisters of Notre Dame de Namur 71 years had the honor this year.

Jyllian Alvarez, Pastoral Care Associate with Sister Janet Cahill, SNDdeN for the Crowning of Mary Ceremony



New Activity Directors Join Our Long Term Care Team



Two new Activity Directors recently joined our leadership team. **Shannon Bateman** ADC, CDP, Activities Director of Harmony – Memory Care and **Katie Israelian** AD, Activities Director of our Long-Term Care South and West Units. Both Shannon and Katie bring a renewed sense of community engagement and look forward to getting to know our residents and their families. Thank you for all the Activities Department does in keeping our residents engaged. Please take a moment to review the monthly Activity Calendars on our website!



An Outdoor Oasis

The courtyard at our Long Term Care and Rehabilitation Center is blooming with beautiful plantings and flowers for residents, visitors and staff to enjoy a place of peaceful respite. We look forward to a summer of bustling activity in this lovely outdoor oasis.

At Home — Hospice & Pedi Pals — Happenings

Pedi Pals Team Partners with the Campaign for Pediatric Home Nursing

The Notre Dame Pediatric Palliative Care team (Pedi Pals) has joined with an emerging parent group, the *Campaign for Pediatric Home Nursing*, to improve the availability and quality of skilled nursing to support medically fragile children living in ICU conditions at home. Campaign representatives are meeting with elected officials and candidates for statewide office to generate awareness that the current state policies only fill 62% of the nursing hours allocated which is resulting in unsafe homecare, caregiver burnout, loss of careers and other unintended negative consequences. To date, the Campaign has conducted listening sessions and is forming relationships with members of the American Academy of Pediatrics Home Care Committee, the Federation for Children with Special Needs, Boston Children's Hospital Complex Care and Health Care for All.

Grieving with Great HOPE

The staff from Notre Dame Hospice's bereavement and chaplaincy program are happy to announce the upcoming offering of a new faith-based grief support workshop. *Grieving with*

Great Hope offers a prayerful, practical, and personal approach for anyone who is mourning the loss of a loved one. The workshop title comes from 1 Thessalonians 4:13, in which St. Paul tells the Thessalonians, "Let us not grieve as others who have no hope." This 5-part series teaches that grief is a natural reaction to loss, and there are ways to intentionally address this grief. Whether you have lost a spouse, a parent, a child or friend, participants will find strength for their journey in this grief support resource. For more information, please contact Peggye Arcouette, MSW, LCSW, Bereavement Coordinator for Notre Dame Hospice at (508) 852-5505. The workshop is tentatively planned for September, please feel free to reach out to Peggy and check our website for updated information.

Notre Dame Hospice Named 2022 Hospice Honors Recipient

Notre Dame Hospice has been named a 2022 Hospice Honors recipient by HEALTHCAREfirst, a leading provider of billing and coding services, Consumer Assessment of Healthcare Providers and Systems (CAHPS®) surveys and advanced analytics. Hospice Honors is a prestigious program that recognizes hospices providing the highest level of quality as measured from the caregiver's point of view. "Hospice Honors recipients are industry leaders in providing quality care and constantly seeking ways to improve," said Ronda Howard, Vice President Revenue Cycle and CAHPS at HEALTHCAREfirst. "We are honored to be aligned with such high performing agencies like Notre Dame Hospice and we congratulate them on their success."



Sue Keefe, RN, BSN, CHPN, CHPCA, Executive Director of Notre Dame At Home – Hospice and Palliative Care shown with the 2022 Hospice Honors Award.

Nurturing the Body, Mind and Spirit



Erin Raber sings and plays music with a patient and family

Our Hospice Care services include many therapies and programs that are an intricate part of our "Namaste" philosophy. We offer a variety of supportive services that are not required yet, they truly give our patients and their loved ones cherished memories that will live on. One of these programs, Music Therapy, helps patients and families connect. Recently, one of our music therapists, Erin Raber, MA, MT-BC was able to arrange her day so that she could be with a patient and her husband while he visited her at the nursing facility that she resides in. The family was so happy to see her remembering this song and able to move to the melody. Even when traditional communication is no longer achievable through words, we can use music to help people connect even without speaking.

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.



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.

Educational Bridge Center Happenings

Welcome Back to In-Person Learning at our Educational Bridge Center! In May, the Educational Bridge Center began hosting live, in-person classes again. The sounds of excited students have been missing in the Center since March 13, 2020 when the doors were closed because of the COVID-19 pandemic. Though we were unable to participate in face-to-face learning, we never wavered in our commitment to our educational mission.

Workforce development services such as career coaching and scholarship assistance never stopped. Our Adult Basic Education classes—HiSET Preparation, and English for the Workplace—went to an online format.

Our Sister Helen Wright Citizenship Program's services also continued with the help of our dedicated tutors. These Sisters of Notre Dame de Namur worked with students using a variety of online platforms such as ZOOM and WhatsApp. These virtual connections continued to provide excellent education as well as the individual support needed to build the confidence of our immigrant students.

But sadly, our classrooms were silent.

We are beyond thrilled to welcome students back, in-person beginning with our Summer Session classes. "The Notre Dame Difference," while certainly available online, really shines when we are all face-to-face. And we will continue to monitor the best ways to engage with our students, which may include some additional online programming, or hybrid education as we go forward. All students attending in-person learning must provide proof of full vaccination against COVID-19.

In addition, Notre Dame Health Care is demonstrating its support and concern for employees' education by ensuring they are compensated for their wages while they are in class. This alleviates one of the difficulties that result in staff being unable to attend these programs. Community students are certainly welcome if they meet the necessary vaccination requirements.

Please feel free to reach out to me with any questions, I look forward to hearing from you.

Sue Strandberg, Workforce Development Manager
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