

# The HEALING SPIRIT

NOTRE DAME HEALTH CARE

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WINTER 2022 / 2023



## Reflection

Looking Back so that the  
View Looking Forward  
is even Clearer.

It continues to be very busy here at Notre Dame Health Care. I hope you enjoy the brief highlights included in this issue of the newsletter, and I encourage you to both “follow” us on Facebook and to visit our website regularly to stay “up to date” on all of our happenings. I also invite you to reach out to either schedule a tour or to inquire about any of our programs and services. You’ll find a key contact for each of our program areas on our website; we welcome your call!

The impact of the COVID-19 pandemic seems to fluctuate a bit in the greater community, yet it continues to test the strength and commitment of our dedicated employees. While coming to work every day to fulfill our mission and to care for those we serve, we continue to abide by the necessary regulations and ongoing enhanced infection control protocols that ensure the health and well-being of those in our care. It remains expensive, time consuming, and tedious but our employees all know that this is “what is required of us,” and that what we do really matters.

In addition to the important work our employees do every day to support the residents, patients, families, and students of Notre Dame Health Care, they are also deeply committed to caring for our community outside

of our day-to-day work. Employees from all of our service lines have participated together in support of the **Worcester Walk to End Alzheimer’s**, the **UMass Cancer Walk**, the **Thanksgiving collection for St. Joan of Arc Food Pantry**, and so much more. I am so inspired by the compassion they demonstrate every day, as they very literally “walk the walk,” in addition to “talk the talk.”

We look forward to celebrating the 30th anniversary of the opening our Long Term Care and Rehabilitation Center in June of 2023!! This is a milestone we are enormously proud of and one that certainly highlights our ongoing commitment to those we serve and to our community as well. We are excited to continue the planning process for renovating the entire facility, both to “freshen-up” and rejuvenate the building, and to incorporate state-of-the-art enhancements that will allow us to better serve our residents and families. Please stay tuned, as there will be more to come as the plans are revealed in the months ahead!

We are blessed to have recently completed an extensive renovation of our du Lac Assisted Living Residence. This accomplishment was no small feat, especially because much of the work took place during the height of restrictions related to the COVID-19 pandemic. We also completed a total refurbishment and renovation of our beautiful chapel, which is approaching one hundred years old.

Our hospice and palliative care teams are busy working with patients and families throughout the community. They are present to hold a hand, offer guidance and support, and provide comfort to patients managing life-limiting illness or end-of-life concerns. The relationships our staff build with the patients and families they serve are truly awe-inspiring, as they often quite



naturally and seamlessly become a part of the “extended family.”

Our Educational Bridge Center provides adult basic education, English language assistance, Citizenship testing preparation, and more. After providing nearly all of our programming remotely during the earliest months of the pandemic, we are finally able to offer in-person classes and services once again, and we are beyond thrilled to continue to welcome students back into our

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## du Lac Assisted Living Happenings

### No Winter Doldrums Here!

Spend the winter months with us! Don't worry about snow, utility costs, or shopping for groceries. We are pleased to offer a special opportunity to experience our welcoming assisted living community with our "Winter Stay" program. Stay in a professionally decorated private studio apartment for three months. Enjoy our restaurant-style dining experience, meet new friends, attend as many activities as you like, read a book from our library, go to daily Mass, it's up to you! Call (508) 852-5800 x2105 to speak with Virginia Lehr for details.



### Blessing of the Chapel by Bishop Reilly

What a blessing it was! Bishop Daniel Reilly (Bishop Emeritus of Worcester) returned to Notre Dame du Lac Assisted Living to bless the newly renovated Our Lady of the Lake Chapel. Several priests who currently celebrate Mass at the chapel and some past celebrants joined in the festivities as well as residents, staff, Sisters of Notre Dame de Namur, and donors to the chapel renovation project. May the Good God continue to bless our chapel and all of us of Notre Dame du Lac!



### A Sampling of Resident Activities, Outings and Celebrations



*du Lac Assisted Living enjoyed a "Back to School" themed week that included a traditional classroom photo*

*du Lac residents enjoyed a luncheon at Longfellow's Wayside Inn in Sudbury*



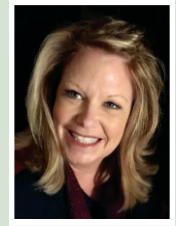
*du Lac residents enjoy Family Fun Day*

*du Lac residents and families enjoyed the Annual Holiday Raffle on November 19*



### Welcome Jessica Brigham, Executive Director

We are pleased to welcome Jessica Brigham, RN, BSN, LNHA as Executive Director for Notre Dame du Lac Assisted Living Residence. Jessica is licensed in Massachusetts as both a Registered Nurse and a Nursing Home Administrator. She currently serves on the board of the American College of Health Care Administrators, Mass. Chapter.



Jessica brings a wealth of experience from her nearly 30-year career in the senior living industry focusing on assisted living and skilled nursing communities. She has held roles as a nursing director, an administrator, and as executive director of a multi-disciplinary campus. Her background includes oversight of traditional and memory care senior living programs with roles focusing on planning, organizing, program development and overall operations.

### Jubilee Celebration at du Lac

On October 29, a Jubilee celebration was held at du Lac Assisted Living Residence for eleven Sisters of Notre Dame de Namur. The Jubilarians for 2021 and 2022 joined together in the ceremony to joyfully renew their vows. The Sisters have dedicated 60, 70 and 75 years of service to the mission of the Sisters of Notre Dame de Namur.



The celebration opened with "Song of Jubilee" written by Bernice King, SNDdeN followed by a welcome and opening prayer by Eileen Burns, SNDdeN, Chair, East-West Province Leadership Team. Bishop William F. Murphy presided over the ceremony. The Jubilarians of 2022 are: Sr. Francis Murphy-75 years, Sr. Janice Waters-75 years, Sr. Bernice King-70 years, Sr. Marna Rogers-60 years. The Jubilarians of 2021: Sr. Clare Kelly-75 years, Sr. Mary Therese Flattery-75 years, Sr. Harriet Cutting-60 years, Sr. Rosemary Fay-60 years, Sr. Maureen McLaughlin-60 years, Sr. Paul St. Katherine Murphy-60 years, Sr. Mary Lou Walsh-60 years.



## Long Term Care Happenings

### Long Term Care Center Holiday Fair

Thank you to all who participated in our Long Term Care and Rehabilitation Center's Holiday Raffle to benefit our residents. It was wonderful to see families, staff, and residents able to mill around at the tables this year as they enjoyed the excitement of who might win the Basket of Toys or talk about how many chances they will buy again for that special coveted gift! We were overwhelmed by the creativity as well as generosity of our residents' families and staff members; with over 40 gifts to take a chance on! The activities staff did a superb job organizing the raffle, finding each item perfectly described and staged. It was a tremendous success, with all proceeds to enhance the activity programs on each of our resident "neighborhoods."



### Mustard Seed Catholic Worker — We are Grateful for the Opportunity to Serve

The Notre Dame Long Term Care and Rehabilitation Center team reflected on their many blessings and worked together on a very special ministry to remember those in need who experience hunger, homelessness, and economic worry. On December 29, this special group of individuals will bring a hearty and nutritious meal to the "Mustard Seed," a program of the Worcester Catholic Worker Community which has been offering meals and hope to those in need for 50 years. We have been honored to participate in this program over the years and are looking forward to attending

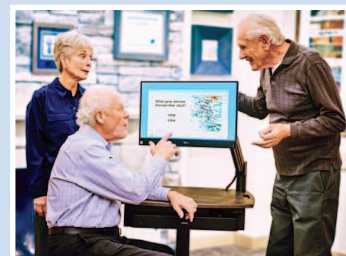


to attend to serve our special meal at the end of December. We are grateful for the culinary leadership of Arlene Vaillancourt, our

Director of Dining Services at LTC, for her skills and creativity to help us feed 140 or so guests at the Mustard Seed House of Hospitality in Worcester. Our menu includes homemade turkey pot pie, cranberry sauce, stuffing, vegetables, pumpkin custard with eggnog topping, and fresh fruit. We will also be delivering some very special notes for the dinner guests from our residents who are extending their best wishes for the New Year. We welcome 2023 remembering those in need with a gracious heart as we share the spirit of Notre Dame Health Care's mission with the greater Worcester Community.

### "It's Never Too Late" – A Campaign for Enhanced Resident Activities at LTC

We are excited to be exploring some truly cutting-edge technology solutions to enhance our resident and family experience at our Long Term Care and Rehabilitation Center. "It's Never Too Late" (iN2L) is a person-centered, customizable technology solution to enable residents to enjoy personalized engagement and activities for meaningful connectivity to the world around them.



The system includes a portable cart with a touch screen monitor and contains a robust library of specialized content such as games, travel, music, movies, worship, audio books, interactive activities, and so much more. Beyond the standard content that is refreshed regularly, the system also allows for residents and family members to create personalized content unique to the individual person. For example, a family member can upload family photos, videos, and other content to create comforting, familiar and engaging connections with their loved one. The program also includes "chat" and email capabilities.

The "It's Never Too Late" system is a true partner for our caregivers, residents, and family members to maximize meaningful engagement and activity every single day. We see this as a remarkable "game-changer" and a way for us to better serve our residents and families with powerful programming to enhance their living experience.

We are working to raise the funds necessary to purchase two units and cover the cost of the first year's subscription to the dynamic programming. If you'd like to make a donation to support this effort, please feel free to scan the QR code or contact our Development Office for further information ([pthayer@notredamehealthcare.org](mailto:pthayer@notredamehealthcare.org) or (508) 852-5800 x2509)



## At Home — Hospice & Palliative Care — Happenings

### Notre Dame Hospice – Honoring 15 Years of Service

We are humbled and grateful for the opportunity to serve and proud to mark the 15 year anniversary of Notre Dame Health Care's Hospice Program. For more than a decade, the Notre Dame At Home division has proudly and lovingly provided compassionate and holistic hospice care services to Worcester County and Central Massachusetts communities. Notre Dame Hospice has developed a reputation among local hospitals, clinicians, and physicians who can trust us as a stable, consistent, quality program to turn to when they are seeking the best care for their patients. It is our privilege to be a trusted partner for patients and families to count on during this life journey.



### Palliative Care Program

One year ago Notre Dame's At Home division launched our new Adult Palliative Care Program with nurse practitioners Steven Burokas and Elizabeth Kay to bring additional focus on the myriad of care needs for patients facing issues associated with serious illness.



Our mission is to provide support to patients and their families, allowing them to live the highest quality of life possible. We aim

to provide top-notch person-centered consultative services to ensure that care plans align with the goals of the patient and their family. Our palliative care nurse practitioners and licensed clinical social worker work closely with the patient's medical team to make certain that any suffering is relieved, whether physical, psychosocial, or spiritual.

### Pediatric Palliative Care Program (Pedi Pals) – Honoring 10 Years

Our Pedi Pals Program marked our 10 year anniversary of providing an array of services to children that have life-limiting illnesses in Central Mass. and into the Merrimack Valley Area. We have been caring for children with life-limiting illnesses since 2012, with the goal of improving quality of life and providing services to address the unmet physical, emotional, social, and spiritual needs of eligible children and their families in Massachusetts.



### So Very Grateful for the Special Support for our Pedi Pals Program

We are grateful for the support of the community this year and we would like to acknowledge and thank Talon's Christmas Wish for always being there to support our families by providing resources for special outings so families can enjoy some "fun time" with each other. Our recent Pedi Pals "Talloween Party" is an example of their amazing support.



We are also grateful to the Vernon Hill American Legion Post 435 which hosted a ride to support several organizations serving children. We are grateful to be among the recipients of their extraordinary generosity. They collected Legos and monetary donations to benefit the children and the services that are offered. We are so blessed to have received a donation of \$3,000 and a palette of Legos to share with our Pedi Pals patients and families in the months to come!



## Educational Bridge Center Happenings

### The Educational Bridge Center – “Educating for Life”

At the Educational Bridge Center we continue to follow the principle of the Sisters of Notre Dame de Namur to “educate for life.” Many of our employees are studying to earn their High School equivalency (HiSET), the initial step in preparing for college courses. Those of us who received our diplomas at age 18 often do not realize the struggles our adult learners face. Imagine studying four years’ worth of material while working full time, preparing meals, doing laundry and caring for your family. It takes a special motivation.

Many certified nursing assistants from all divisions on campus have a strong desire to take their caregiving to the next level. Whether studying for a Practical Nursing certificate or preparing to become a Registered Nurse, all nursing school candidates must score highly on the Test of Essential Academic Skills (TEAS). This means brushing up on material you may have forgotten or material you might not have learned previously. Scoring well on this

test may make a real difference in your ability to fulfill your dreams. Each nursing program has different scoring standards so this test may decide which school you will attend.

That is where the Educational Bridge Center can help. As the subjects covered in both tests are similar (Language Arts – Reading, Writing and English Language Usage; Mathematics; Science and Social Studies) a class has been designed to prepare students for the test they require. Students come together for group classes on all areas with the TEAS students breaking off for extra science practice particularly in Anatomy and Physiology. This class is motivated, coming together for small group study on their own when the instructor was out sick. In addition to two nights of class each week, all are able to receive individualized 1:1 attention through Zoom. We are extremely proud of the next generation of nurses and college graduates!



## Reflection

(continued from page 1)

building! It is a privilege for us to be able to provide these specialized services to our employees and others in the general community.

My heart is grateful for the blessings we enjoy, for the opportunity to serve, and for the continued strength to face whatever challenges come our way. On behalf of all of us at Notre Dame Health Care, I extend our very best wishes to you and yours for a very happy holiday season, and for a very Merry Christmas and a happy and healthy New Year.

—Karen Laganelli, CEO



## Across Campus Happenings

### 2022 Educational Forum a Success

We hosted our 2022 Educational Forum “virtually” on October 19 to raise funds in support of Notre Dame Health Care’s mission driven programs and services. Our featured speaker was Kate Chadbourne—singer, storyteller, poet, harper, and scholar of Gaelic language and Irish tradition. She shared her inspiring talk “*The Enchantment Cure: The Healing Power of Irish Songs and Stories.*” Her presentation was such a joy.

We are grateful for the outstanding support of our sponsors, contributors and attendees/viewers

who helped make the event a success. Special thanks to our Presenting Sponsor, FL Putnam Investment Management Company; our Partner in Care Sponsors: Cutler Associates, J.J. Bafaro Mechanical Contractors and M&T Bank; and our Production Sponsor, MediaBoss for their leadership support.

A link to view the event is available on our event webpage: <https://www.notredamehealthcare.org/annual-educational-forum/2022/>. You can also view our event program booklet and see a full list of our very generous sponsors and auction item donors. We are so grateful for the generous support of all of our contributors, and online auction donors and bidders—you all helped make this event a success!



# NOTRE DAME HEALTH CARE

555-559 Plantation Street • Worcester, MA 01605-2350

Tel: (508) 852-5800 • Web: [notredamehealthcare.org](http://notredamehealthcare.org)



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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).



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



*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.

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We invite you to visit with us, take a tour and learn more about how we can help you or your loved one benefit from Notre Dame Health Care programs and services.

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