

The HEALING SPIRIT

NOTRE DAME HEALTH CARE

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PASSING THE TORCH



Meet Philip Hickey, Our New President and CEO

We are delighted to welcome Philip Hickey, MBA, MHA, MLNHA as our new President and Chief Executive Officer. Philip received his Bachelor of Science Degree in Healthcare Management from Century University and his Masters in Business Administration in Health Care Administration from Trinity College & University. He is a licensed nursing home administrator in Massachusetts, Maine and Pennsylvania.

He has nearly 40 years of leadership experience in the healthcare field including many years of service in non-profit post-acute care, long term care, memory care, assisted living and independent living communities. He most recently served on the leadership team of Covenant Health, a faith based, non-profit based in Andover, MA. In his role with

Covenant over the past ten years, he has served as System Vice President of 3 post-acute facilities in Maine; and as President of St. Mary's d'Youville Pavilion, a large post-acute facility and independent living facility, also in Maine.

"My values around senior care parallel with the mission of Notre Dame Health Care and our sponsors, the Sisters of Notre Dame de



Namur," said Hickey.

"I feel honored and privileged to help lead this organization and am looking forward to working with our board and staff and to meeting our residents, patients and families."

Prior to his tenure with Covenant Health, he held executive positions with several other senior living communities. His experience includes strategic planning, fiscal management, and project oversight.

Philip joined us at the end of May and looks forward to advancing our mission and ensuring we continue our legacy of care and compassion!

Thank You to our Former President & CEO Karen Laganelli



We salute Karen M. Laganelli, MHA who recently retired from her position as President & CEO of Notre Dame Health Care after nearly ten years of service. Karen has enjoyed a long career in nonprofit healthcare with a strong focus on services for elders. During her time with us Karen served with grace, compassion and extraordinary leadership guiding us through a pandemic, a major renovation to our assisted living community, ensured the start of renovations at our long term care and rehabilitation center, implemented an innovative employee educational assistance program, and so much more. *Thank you, Karen for your many contributions. We wish you the best on your well-earned retirement.*

Long Term Care Happenings



NDHC Long Term Care & Rehabilitation Center Earns Bronze Award!



The American Health Care Association and National Center for Assisted Living (AHCA/NCAL) recently announced the 2024 Bronze – Commitment to Quality Award recipients. We are proud to be among the eight Massachusetts facilities to earn this distinction. This year, 525 skilled nursing facilities (SNFs), 135 assisted living (AL) communities, and 49 combined SNF/AL providers in 48 states earned the Bronze Award, the first of three distinctions possible through the AHCA/NCAL National Quality Award Program. The Program recognizes organizations that meet progressively rigorous standards of performance to improve the lives of residents

and staff in long term and post-acute care. Our staff works hard to provide the best care and supportive services to our residents and patients every single day, it is such a blessing to be recognized!

World War II Veteran Charles Audet Honored

Family, friends, and military personnel from far and near gathered at Notre Dame Long Term Care and Rehabilitation Center recently to honor T5 Charles Audet who served in World War II in the 509th Parachute Infantry Regiment. Members of this division performed a military ceremony and welcomed Charlie, age 105, into the Order of St Michael -Airborne ranked as Archangel -00037. He was recognized and honored for demonstrating gallant devotion to the principle of selfless service, sacrifice and courage embodied by the American Paratrooper, Air Assault Soldier, and Special Operator. Congratulations Charlie! It is our privilege having you in our ranks at Notre Dame Long Term Care and Rehabilitation Center. Thank you for your service! We appreciate the efforts of the Vernon Hill American Legion Post 435 in helping to honor Charlie on this very special day. Sadly, Charlie passed away on May 26, 2024, we are grateful for the opportunity to honor him and feel so very blessed to have him with us here at Notre Dame Health Care. May his memory be eternal.



Long Term Care Center Renovations Underway!

As you may have heard (or seen!) Notre Dame Long Term Care and Rehabilitation Center has embarked on an edge to edge \$9M renovation project to better meet the ongoing needs of our residents and patients. In a coordinated effort with our contractor, Timberline Construction, we are working through the initial phase of the project, which is expected to last 1½



years. Initial attention has been given to the South Wing, common living spaces, bath and shower rooms, family room and library; and we are nearing the completion of a beautifully redesigned and renovated courtyard off of the Harmony Wing.

The project will continue for the next year or so, but progress has been steady and very exciting! One resident commented that she had the “best shower ever” in the beautiful new shower room complete with heated towel warmers and bright, warm, luxurious space. In the coming months you will hear more from us on the progress of this project as well as some ways that you can help support these efforts, including special naming opportunities, tribute giving and more! Please feel free to reach out to our development office with questions (pthayer@notredamehealthcare.org).



du Lac Assisted Living Happenings

Sisters Building a “Dream Garden”

It was during the cold month of January when Sister Patty Butler, a Sister of Notre Dame de Namur, and Sister Paula Cormier, a Sister of the Presentation of the Blessed Virgin Mary, hatched the idea of building a vegetable garden near the campus of Notre Dame Health Care. The goal would be to donate all produce grown to those with food insecurities in the Worcester area. Neither of the women are experienced gardeners so they reached out to experts to help with the planning and purchasing of the raised beds. On a sunny April Sunday, the Sisters brought together many volunteers from the community to prepare the area, assemble raised beds and install perimeter fencing to protect the garden from the many deer that reside on the property. Through donations of goods, time, and money, the “Dream Garden” has come to fruition. The garden area is beautiful and visible to all who come down the driveway to our campus.



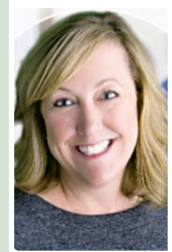
du Lac Community Connections Program

A new program, called “Community Connections” was recently launched to build relationships between our memory care residents and our traditional assisted living residents. Each month, our traditional assisted living residents are invited to the Harmony Neighborhood for a social gathering. We encourage organic conversation and storytelling, friendships, and laughter. Our Harmony Neighborhood is beautiful, with an amazing courtyard and a robust activity schedule. The residents enjoy this special opportunity to visit together!



Welcome Susan Foster!

We are very pleased to welcome Susan Foster, RN in the role of Resident Care Director. Susan joins us with 35 years of nursing experience. She led a care management team at a large hospital and has a certification in case management. Susan’s leadership experience will be very useful in working with the wellness team of nurses and PCAs at du Lac. “The health and wellness of our residents is my top priority. Not just physical health but emotional, social, and spiritual wellbeing. I will work to build trusting relationships with all our residents and families, as well as my staff and colleagues.”



Like Us, Follow Us . . .



We love to share all of the wonderful things happening around campus. We invite you to get “social” with us—“like/follow” us on **Facebook** (@NotreDameHealthCare) on **Instagram** (@notredamehealthcarema) and on **LinkedIn** (@Notre Dame Health Care Center Inc.) for regular updates on what we’re up to.

Long Term Care Happenings

A Bit About the History of our Chapel at LTC

The chapel at our Long Term Care and Rehabilitation Center is a beautiful, sacred space in which residents, staff, and family members can often be seen celebrating Mass or sitting in quiet reflection. Its history dates back to 1993 when the Long Term Care and Rehabilitation Center was created. Land was cleared and the current building was built, all on one floor to allow ready access by wheelchair. A chapel – our present chapel – was made. It was decided that a large cross would be suitable for the sanctuary.

The wood for the cross was obtained from trees on the property. “Four sturdy oaks were transported to a nearby sawmill to be stripped, cut, and kiln dried for several months.” (cf. NDLTCC The Pledge Kept, by Mary Anderson, SND (IP), pg. 9). The large oaken cross which now stands in our chapel was hewn from these, a gift from our very own grounds.

As with all created things, the wood aged and developed cracks over time. We see this as enhancing the beauty of our chapel. The giant oak cross calls us to greater humility – the splits in its wood, reflective of our own brokenness and imperfections.

When the light streams in from the circular skylight in its high vaulted ceiling, the sanctuary wall of the chapel is lit up with streams of light – like rays from heaven – and the space is enveloped in the most peaceful glow. It is impossible not to feel the presence of the divine in such beauty!

As our Long Term Care and Rehabilitation Center undergoes its planned renovations, our beautiful chapel will also undergo some refreshing in the months ahead.

—Contributed by Gina Kuruvilla, Director of Pastoral Care, Long Term Care and Rehabilitation Center



Nurturing the Spirit of our Staff

Last month, a “Heal the Healers” Retreat was held at the Notre Dame Spirituality Center in Ipswich, MA. Twenty-three Notre Dame Health Care employees joined Sister Advocates, Sister Coordinators, and members of the Saint Julie Billiart Residence Center team to rest, relax and enjoy each other’s company. The beautiful property of the Sisters of Notre Dame de Namur provided an idyllic setting for us to renew our hearts and souls through a combination of presentation, activities, quiet conversation, and

reflection. Sr. Roberta Rzeznik opened the retreat with prayer and scripture. The initial song, “Come, All Who Are Weary Come” (P. Zach) set the tone for the day.

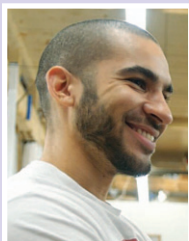
Staff were invited to participate in a variety of activities including gentle yoga, watercolor painting, a nature walk at the Cuvilly Arts & Earth Center, and viewing the 3 Sisters Garden Project. (Google both of these – they are amazing!). After being inspired by Sr. Pat Rolinger (the Founder and Executive Director) Lauren, our enthusiastic guide, explained the biodiverse landscapes as we walked through the woods, fields and pastures. There were many smiles as we met the resident animals from ducks, chickens and geese to pigs, pony, donkey, and alpacas.

The closing ceremony cemented new friendships and let us share the new self-care skills we learned. A big thank you to Notre Dame Health Care and the Sisters of Notre Dame de Namur for this opportunity!

—Contributed by Sue Strandberg, Director of Mission Integration and Workforce Development



At Home — Hospice & Palliative Care — Happenings



Jordan Seaberry

“We Live Until” Art Project Honors Hospice Patients

Recently, Notre Dame Health Care’s hospice team was invited to collaborate on a special art project that we hope can help start conversations that, at times, can be very difficult to have. Five of our hospice patients volunteered to work with artist Jordan Seaberry on his collaboration with Dr Sunita Puri, the Program Director of the Hospice and Palliative Medicine Fellowship Program at University of Massachusetts Medical Center. The “We Live Until” series includes sculptures and paintings created from conversations with patients to help bring the stories and emotions experienced during their end of life journey to light. According to the artist, this spirit of collaboration and communication is essential for

finding meaning, comfort, and agency over our treatment and support of the dying.

Peggy Arcouette, MSW, LCSW, BC is a Bereavement Social Worker with NDHC At Home Division (hospice and palliative care). “I had the distinct pleasure of meeting Mr. Seaberry while he interviewed one of our patients. He was not only polite and pleasant, but had a soothing, calming voice,” said Arcouette. “The patient answered his questions with depth and emotion as she was reliving her past in a controlled and healthy environment. She was eager to continue this experience!”

Learn more about this artist and this extraordinary project along with the exhibit “Conversation” with Seaberry and Dr. Puri here by scanning the QR code.



Pedi Pals Staff Participate in Trainings

Pediatric palliative care is unique and requires specialized training in not only medical conditions but also child development, family dynamics, and psychosocial support. By investing in education and training, we enhance the expertise and skills of our staff, improving outcomes and experiences for pediatric palliative care patients and their families. Allie Rennie, a child life specialist completed the Peacelove Creators Art Training program so she may offer our patients and families expressive art

workshops. Jenna Choquet and Emily McCroi, members of our music therapy team, enrolled to become Hospice and Palliative Care Certified Music Therapists and Arthur Terembula, also a member of our music therapy team became certified in Sound Healing. Touch is a powerful form of communication and can convey care, compassion, and comfort. Our massage therapist, Emillie Miller Braxten, became certified in infant and pediatric massage therapy. Congratulations to all who continue to pursue lifelong learning in their field. Your investment not only fosters personal and professional growth, but it benefits our patients and families in immeasurable ways.



DEIB Committee We are happy to announce the development of a new Diversity, Equity, Inclusion and Belonging Committee. In the spirit of St. Julie Billiart and the mission of Notre Dame Health Care, the committee has been developed to help ensure that NDHC does the utmost to maintain the dignity of staff and residents while creating an environment where all feel valued, respected, and heard. True to its



name, the team is a collaboration of members from distinct genders, ages, ethnicity, sexual orientations, races, and creeds, and come from various staffing levels and positions across campus. The group is working

hard to grow its own knowledge of DEIB, while forming bonds among its members. The members of the committee are excited to be working together in this endeavor and are happy to announce the first large scale, cross campus event: a Latino/ Caribbean Week of festivities in August.

Team members include Tatiana King, Judi Brennan, Gina Kuruvilla, Sue Strandberg, Jose Alvarez Rodriguez, David Day, Nexsa Candelaria, Kebbeh David, Nicole Lessard, Nitza Lugo, James Ngari, and Jason Smith
—Contributed by Judi Brennan, Director of Pastoral Care, du Lac Assisted Living

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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.



Save the Date

Thursday, October 31, 2024

AWARDS & RECOGNITION CELEBRATION

Please mark your calendar and plan to join us for our Annual Fall Fundraising Event on Thursday, October 31, 2024, for a special breakfast event to help raise funds to support the healthcare mission of Notre Dame Health Care.

During this year's special event we will honor some very special members of our community. **Donna C. Wrenn** and **Richard Smalley** will each be presented with the *Sister Jon Julie Sullivan, SNDdeN Mission Award*; **Rosemary Fraser Ford** and **Woodrow Adams, Jr.** will each be presented with *Notre Dame Health Care Quiet Hero Awards*. We will also recognize a Notre Dame Health Care employee with the *St. Julie Billiart Award*.

Please visit our website for additional details on this very special event and how you can support our work through an event sponsorship, donation, purchasing seating to the event, and more! We will also share information on Facebook as plans shape up in the coming weeks.

Special thanks to our Presenting Sponsor, F.L. Putnam Investment Management Company, for their legacy of leadership support.



We are grateful for the privilege to serve and fulfill our mission to provide our residents, patients, and families with quality and compassionate care. And we are grateful to all who support our work with gifts of time 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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The Healing Spirit is published as a service to the community.

EDITOR:
Paige Thayer

For additional stories and information, please visit our website notredamehealthcare.org