

The HEALING SPIRIT

NOTRE DAME HEALTH CARE

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WINTER 2024



Reflecting on My First Six Months at Notre Dame Health Care

It's hard to believe that six months have already passed since I had the privilege of stepping into the role of President and CEO at Notre Dame Health Care. Time has flown by, and what an incredible journey it has been so far. I am filled with gratitude for the warm welcome I've received from residents, staff, families, and donors alike. It has truly been a time of learning, growth, and connection. From my very first day at Notre Dame Health Care, I was struck by the strong sense of community here. The warmth and kindness of everyone—from staff to residents—has made it easy to feel at home.

One of my first priorities was to meet as many people as possible and learn about their experiences, hopes, and dreams for the future of our community. I spent time listening to residents, families, and staff, and I can't tell you how valuable these conversations have been in shaping my understanding of what makes Notre Dame Health Care so special.

There is a lot going on! Our adult and pediatric hospice and palliative care teams continue to be busy serving patients and families in our own buildings and throughout Central and North Central Massachusetts. Our assisted living community is brimming with activity as is our long term care and rehabilitation center. Renovations at our long term care center are on schedule and we

are thrilled to have completed renovations to our skilled rehabilitation spaces. You'll learn more about what has been happening with all of our service lines as you read through this newsletter.

Our work in the senior care industry is challenging. Rising costs for everything related to service delivery impacts all organizations like ours. To remain fiscally strong we must always work hard to be good stewards of all of our resources.

To that end, I have been working with staff to find ways to tighten expenses so that we can redirect savings to areas that more directly impact resident and patient care. Things like reducing costs related to printing (using less paper!), more sharing of office equipment, and evaluating office supplies help us save money and be more environmentally responsible.

We are also working to focus more on environmental stewardship as a priority to create a healthier environment for our residents and staff while contributing positively to the larger community and our planet! We hope to eliminate single-use plastics items; reduce waste and increase recycling; identify ways to conserve energy; focus on sustainable landscaping and gardening; and conserve water.

These are just a couple of examples of some of the tangible things we are working on, there is certainly a lot going on. I look forward to embarking on some strategic planning in the months ahead and know this will involve input from many of you.

As we celebrate our blessings and meet any challenges we may face, please know that we will continue to nurture the supportive, family-like atmosphere that makes Notre Dame Health Care such a special place. This is a place where everyone—staff, residents, and families—truly matter, and I am committed to making sure that remains at the heart of everything we do.

"...we will continue to nurture the supportive, family-like atmosphere that makes Notre Dame Health Care such a special place."

I am grateful to be part of this community. Thank you for your trust, your kindness, and your continued commitment to the future of Notre Dame Health Care. Together, we will continue to make this a place where compassion, care, and community thrive.

With gratitude and best wishes this holiday season and always,

—PHILIP T. HICKEY
President and CEO

Long Term Care Happenings

Long Term Care Education Initiative - CDP Training Across All Departments

As an organization who cares for many individuals with memory impairments, we are proud of our commitment to offer dementia training to all of our employees who are interested in empowering themselves with knowledge and confidence to engage with our memory care residents in a positive manner.

Earlier this year Notre Dame Health Care hosted a series of classes for employees and others in the community to prepare for the Certified Dementia Practitioner (CDP) credential. Each class was well attended with representation from each of Notre Dame Health Care's service lines.

The CDP course provides training on various facets of

dementia care and Alzheimer's Disease. Participants learn advanced skills to provide better care to improve the quality

of life for dementia patients. The training prepares participants to apply for certification from The National Council of Certified Dementia Practitioners, a nationally certified dementia specialist.

Our commitment to this education is part of what makes Notre Dame Health Care special, both as an employer and a healthcare provider of excellence.



Blessing of the Harmony Village Courtyard at LTC

Our Harmony Village Courtyard received a beautiful remodel earlier this year as part of the renovation project presently in process at our long-term care building. Staff, residents, and family members celebrated the grand reveal



with a special blessing of growth and prosperity bestowed by Gina Kuruvilla, Director of Pastoral Care, Notre Dame Long Term Care & Rehabilitation Center.

Guests were treated with an array of delectable

treats and a special "sparkling mocktail" to toast the event.

The event highlighted the importance of outdoor spaces in a healthcare environment, especially in memory care. Smiling faces and grateful sentiments about having a space that was not only accessible, but a piece of heaven was all that was heard by residents and family members that call Harmony Village home.



Our "garden tenders" are eager to plant vegetables and to have a small farmstand to share the veggies and herbs grown with staff and family of NDHC.

Welcome to the New Director of Our Freshly Renovated Rehabilitation Space!

Notre Dame Long Term Care and Rehabilitation Center is happy to welcome our new Rehabilitation Director, Marybeth Cellucci. She joins us as we complete our newly renovated rehab space! Her sixteen years of Catholic education helps her appreciate the mission and values of Notre Dame Health Care. She enjoys working for nonprofits.

Marybeth has an undergraduate degree in Biology from Stonehill College and a Master of Physical Therapy from Boston University. She has 32 years of experience in the field and has worked in skilled nursing facilities, assisted living and home care. She will be an invaluable asset as Notre Dame Long Term Care and Rehabilitation looks forward to growing our capacity to serve the community with our newly ren-



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du Lac Assisted Living Happenings

Friendsgiving

Residents of our du Lac's Harmony Memory Care Neighborhood enjoyed a beautiful afternoon of delicious food and thankful friends. Staff and residents were treated to a full Thanksgiving meal, complete with a sparkling cider toast, turkey and all the fixins, and of course, fresh made apple, pumpkin and pecan pie from our very own kitchen.



The Putting Green is open!!

The residents of du Lac Assisted Living thought it would be fun to have a putting green on the campus. With generous donations from families and friends of Notre Dame Health Care, we were able to complete the project in time to enjoy the nice autumn weather. We keep putters and golf balls at the front desk to borrow and our diehard golfers bring their own. We are still hoping to raise additional funds to incorporate seating, lighting, shuffleboard and other outdoor activities!

Welcome Franciscan Missionaries of Mary!

We were very happy to welcome four Sisters from the Franciscan Missionaries of Mary (FMM) to du Lac Assisted Living in November. The Sisters previously resided at their private assisted living on Fruit Hill Avenue in North Providence, Rhode Island. After a few visits and meeting the friendly and welcoming staff and residents at du Lac, they decided to make this their new home. The "FMMs" have already impressed us with stories of their missions in Nicaragua, Papua New Guinea, Congo, Senegal, Peru and working with children in the Franciscan Children's hospitals.



We're Turning 25! du Lac Assisted Living Residence opened in September of 2000, so 2025 will be a year of celebration and reflection on the past 25 years as well as looking forward to many more wonderful years. Keep your eyes open for announcements and celebrations you will not want to miss!

**WE ARE
GOING
GREEN
WITH OUR
NEWSLETTER!**

As part of our ongoing commitment to sustainability, we are excited to announce that we are transitioning to a greener approach for our print newsletter. After this **final** print issue, our newsletters will be available in digital format only. We will announce new editions on our social media with a link to our website where you can download and read the stories online (or print if you wish). But the BEST way for you to be sure you don't miss a thing, is to sign up to receive our newsletters via email. Simply visit this link on our website to provide your contact information: notredamehealthcare.org/subscribe

This change will reduce our printing and mailing costs allowing us to reinvest these savings in other areas that benefit our mission and those we serve. Together, we can create a more sustainable future, one newsletter at a time. Thank you for joining us on this journey toward a greener, more responsible way of communicating!

Please feel free to call (508) 852-5800 x2509 or email pthayer@notredamehealthcare.org with questions!

Long Term Care Happenings — (Continued from Page 2)

ovated Short Term Rehab Unit.

In the months ahead we will be making more progress with this important renovation project throughout our Long Term Care and Rehabilitation Center. You will also learn of ways that you can help support these efforts, in-

cluding special naming opportunities, tribute giving and more! Please feel free to reach out to our development office with questions (pthayer@notredamehealthcare.org). We are grateful for the patience of our residents and family members during the renovations.

Thank you and Congratulations! Fall Awards & Recognition Celebration a Success

We had an amazing morning hosting our Annual Fall Fundraising Event on Thursday, October 31, 2024 to raise funds to support the healthcare mission of Notre Dame Health Care.

During this year's special event we honored some very special members of our community. **Donna C. Wrenn** and **Richard Smalley** were each presented with the *Sister Jon Julie Sullivan, SNDdeN Mission Award*; **Rosemary Fraser Ford** and **Woodrow Adams, Jr.** were each presented with the *Notre Dame Health Care Quiet Hero Award*. We also recognized **Dr. Steven Burokas, DNP, NP-C, AGPCNP**, Notre Dame Health Care Palliative Care Nurse Practitioner, with the *Saint Julie Billiard Employee Award*.

Please visit our website to view a digital copy of our program booklet and learn more about our amazing honorees and view our full list of sponsors and program book contributors.

Special thanks to the leadership support of our *Presenting Sponsor*: FL Putman Investment Management Company; and our *Partner in Care Sponsors*: J.J. Bafaro, Sisters of Notre Dame de Namur East West Province, and Timberline Construction. We are deeply grateful to all of our sponsors, program book contributors, attendees and Mystery Box donors and ticket buyers! We look forward to another great event next fall!



Sisters of Notre Dame de Namur 175th Anniversary — Celebrating an Enduring Legacy of Goodness in New England



We were so honored to be a part of the celebrations of the Sisters who began their service in New England when they arrived in the Archdiocese of Boston 175 years ago. Since then, they have founded nearly 100 schools and sponsored ministries (including ours!) throughout the northeast. Throughout this past year they have reflected upon and celebrated their “Enduring Legacy of Goodness” by highlighting their work, sponsored ministries, and those who have benefited from their service. To all the Sisters of Notre Dame de Namur—thank you for your service, your faith in our work, and your unwavering support of our collective missions. How Good is the Good God!

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.

Hospice & Palliative Care Happenings

Congratulations to Dr. Steven Burokas

The Notre Dame Hospice and Palliative Care team offers our enthusiastic congratulations and thanks to our colleague Dr. Steven Burokas, DNP, NP-C, AGPCNP, Notre Dame Health Care Palliative Care Nurse Practitioner.

At this year's annual fundraiser and awards breakfast, Steven was presented with the *Saint Julie Billiard Employee Award*. This award is offered annually to an employee of Notre Dame Health Care who exemplifies the spirit of Saint Julie. The recipient of this award makes God's goodness known through their deeds and actions and fosters an environment of

dignity, respect, care, and compassion. Steven certainly does all of these things!

He began as a member of the kitchen staff at NDHC in 2005. He has remained with the organization throughout his personal and professional growth and has had several roles touching lives within the organization as a nurse and now as an advanced nurse practitioner at the doctorate level. Congratulations Steven and thank you for all you do.



Bereavement Services—The Holidays Can Be Difficult



This time of year can be especially difficult for those dealing with loss and grief. Help yourself heal during this holiday season and beyond by reaching out to our bereavement specialist to learn about resources and

ways to manage feelings and ways to cope during these commonly difficult times. Please email or call Peggye at marcouette@notredamehealthcare.org (508) 852-5505 x1142 or (774) 823-4344.

Welcome Amy Meyer!

Our Hospice team would like to welcome our new Clinical Director, Amy Meyer RN, BSN. Amy comes to us with more than 13 years working in healthcare. She has worked in many capacities over the years most recently as a Hospice Executive Director. According to Amy, "I decided to leave my position elsewhere as Executive Director to take the role of Notre Dame Hospice Clinical Director as their goals aligned better with my own career and personal goals and I missed the day-to-day interactions with the Hospice Clinical team and patients."

Hospice & Palliative Care Staff Presents at Education Conference

We are so proud of our team! Allison Rennie, MS, CCLS and Arthur Terembula, MT-BC presented at this year's Annual Hospice & Palliative Care Federation of Massachusetts (HPCFM) Education Conference. They shared their perspectives with our industry colleagues with their presentation entitled: *Building Legacy in Pediatric Palliative Care*. Allison and Arthur highlighted a collaborative approach to family centered care in relation to legacy building and discussed barriers and adaptations within the pediatric palliative care and hospice model. Legacy building in a pediatric palliative care model may enhance quality of life for patients and families. It was a great day of learning and sharing of ideas!



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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.



*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 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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The Healing Spirit
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to the community.

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

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.