

The HEALING SPIRIT

NOTRE DAME HEALTH CARE

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SUMMER 2025



WE ARE A TEAM

I can hardly believe it has been just over a year since I arrived at Notre Dame Health Care. I have enjoyed immersing myself in the organization and getting to know our staff, our board, our community partners, and many others. We are in the home stretch of our renovation project for our Long Term Care and Rehabilitation Center and will be celebrating the 25th Anniversary of our du Lac Assisted Living Community this year.

It has truly been a fast-paced time of learning and collaboration with leadership. Together, we are identifying strengths and weaknesses and ways we can improve how we work, how we deliver services, and how we can do better.

I am a firm believer that we must constantly evaluate and monitor how we operate to ensure we are on a path of continuous improvement with an eye toward excellence in resident and patient care—every single day.

We must be good stewards of all of our resources—human, financial and environmental. How we manage what we have today directly impacts the future well-being of our organization and those we serve.

We are committed to planning carefully, making ethical choices, reducing waste, promoting fairness and making sure our staff have what they need to succeed and deliver on our mission.

We are evaluating our spending and will continue to look for ways to be more efficient by working collaboratively across our service lines.

We are committed to ensuring our staff are well-trained, ready to serve, and equipped with the tools they need to care for our residents and patients.

As an organization with multiple service lines, it can be challenging for our employees to feel a part of a singular organization and mission. Accomplishing an authentic sense of organizational pride and unity is one of my biggest priorities. Our leadership is committed to this concept, and I believe our staff understand why it matters.

United and Aligned

When our people, our values, our goals, and our actions are in alignment we will see more effective collaboration, clearer communication, and positive morale and motivation.

Unity in an organization doesn't mean everyone always agrees. Indeed there

should be healthy and constructive differences of opinion with a shared commitment to the bigger picture.

To help advance these efforts we have begun to focus more on integrating several critical areas of support for both our residents and our employees.

We recently added two key positions to our staff leadership team.

Cherie Sirard, RN, BSN was recently promoted to the role of Vice President of Training, Quality and Compliance. In this capacity, Cherie is overseeing efforts across all of our services lines to ensure consistency in all of our processes and policies; support staff training and development; and ensure we are compliant

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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.

Long Term Care Happenings

Long Term Care Center Renovations – Chapel Complete!

Our Long Term Care Center is still in the midst of our renovations which we anticipate to be complete later this fall. We are so blessed to have completed the renovations to our beautiful Chapel just in time for Easter services.

For our staff and residents, the Chapel is a calm and contemplative space to reflect, rest and worship. We are so



fortunate to have a space like this for those in our care. Every day after breakfast, the day begins with Mass and “good words” from Saint Julie, which set the tone for the day. For residents who wish to participate, the Rosary is recited following Mass.

Spiritual care is offered to people of all faiths.

Gina Kuruvilla, Vice President of Mission Integration and Pastoral Care and Sister Kay Hannigan, PBVM share a reading during the Chapel Blessing Ceremony



You can make a difference!

Over the next few months, we will be completing our Long Term Care and Rehabilitation Center renovation project. For more than a year, our contractors from Timberline Construction have worked to make major renovations to the building while working hand in hand with our staff to minimize disruption to our residents and patients. We are in the home stretch and poised for completion late this fall.

You can make a difference by making a gift to help support this effort. In doing so, you will play a role in minimizing our

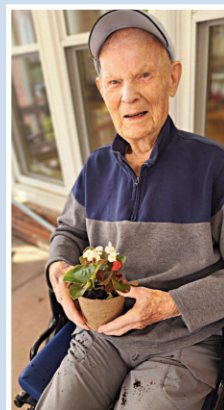
long term debt and help to ensure we remain strong financially in the months and years ahead.

We are finalizing a variety of ways for you to leave your legacy of support including 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.



LTC Residents Having Fun



Earth Day



Courtyard Music & Ice Cream



Harmony Renovation

Long Term Care Happenings — (Continued from Page 2)

Enhanced Care for Rehabilitation

Notre Dame Long Term Care and Rehabilitation Center offers both skilled nursing for rehabilitation as well as long term care. We recently completed renovations to our Rehab service wing and though we are still awaiting some very final touches we are already working hard to bring enhanced services for our patients.

With our modernized facility, and after welcoming our Rehabilitation Director Marybeth Cellucci, we are squarely focused on continuous innovation, ensuring that our Rehab Center remains a place where recovery isn't just a process – it's a transformation.

To augment our care planning, we are adding on-site **physiatry** (*fuh-zee-a-tree: physical medicine and rehabilitation branch of medicine*) **services** provided by a specialized rehabilita-

tion medicine physician. This addition will significantly expand our support capabilities to include pain management, spasticity treatment, splinting, wheelchair customization, bowel and bladder care, and cortisone injections.

Our physiatry services will also offer specialized care for individuals recovering from strokes, living with neurological disorders, or navigating life as amputees—ensuring comprehensive, personalized treatment for a wide range of needs. Under Marybeth's leadership, we look forward to setting new benchmarks in patient care.

To learn more about our rehabilitation services, please visit <https://bit.ly/NDHCPPostAcuteRehab>



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WE ARE A TEAM — (Continued from Page 1)

with the many regulations, laws, internal and external industry standards required of our organization. When these components come together we all benefit from strong, capable staff; consistent, high-quality outcomes; reduced risk and stronger adherence to regulations; and a culture of accountability and continuous improvement.

Gina Kuruvilla, MA, CDP was recently promoted to the role of Vice President of Mission Integration and Pastoral Care. In this position, Gina works with staff to promote the alignment of our mission and values into our daily operations, decisions, and culture. She is also focusing on pastoral/spiritual care, cultural awareness, and inclusion to create a spiritually centered organizational culture and a complete program of pastoral/spiritual care to residents, patients, their loved ones, and our healthcare staff. Her work connects the mission of the Sisters of Notre Dame de Namur with the mission of Notre Dame Health Care and encourages a culture of caring and compassion across our campus.

I truly hope our employees feel cared for and connected to one another—we are a team. And as a team we will work together to ensure Notre Dame Health Care remains strong and will support each other through any challenges that come our way.

This matters to me deeply. I have seen the positive impact real teamwork has on quality of care, employee morale, and organizational strength. I am proud to be a part of this amazing team and remain grateful for this opportunity to serve.

—PHILIP T. HICKEY, *President and CEO*

We Have Gone Green with Our Newsletter!

As a reminder, our newsletters will no longer be printed and mailed. We announced in our Winter 2024 final printed newsletter that we would transition to a digital format only. Please feel free to forward and share the digital newsletters and encourage your friends and family to subscribe to be added to our mailing list.



This change allows us to reduce our printing and mailing costs so we are able to reinvest these savings in other areas that benefit our mission and those we serve. Together, we are creating 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!

du Lac Assisted Living Happenings

The Butterfly Roost at du Lac

There is an exciting outdoor installation along the popular walking paths in front of du Lac Assisted Living. The Butterfly Roost features beautiful ornamental butterflies in vibrant colors and will be displayed each season from May to October. The butterflies have been created by our own grounds team, led by Andrew Dube.

The butterfly is a symbol of change, renewal, and growth. Its journey from cocoon to flight represents the potential we all have to embrace new beginnings and experience the world in

a fresh, vibrant way. This installation will bring both joy and transformation to the lives of our beloved residents as they venture outside and enjoy nature.

The Butterfly Roost is part of the fundraising campaign to bring new outdoor features to our campus. Last year, we

completed our putting green project thanks to the generosity of our community. This year, as part of our 25th Anniversary celebration of du Lac Assisted Living, we have expanded the vision with ideas to install additional seating, lighting, and a new shuffleboard court. We are dedicated to enriching the lives of our residents through outdoor experiences.

Every year, you will have the opportunity to donate to this installation and be recognized on a plaque next to the exhibit. Funds will be used to continue expanding outdoor features like the activities noted here as well as a pergola for the main courtyard at du Lac. For more information, please contact Paige Thayer at pthayer@notredamehealthcare.org



du Lac Residents Having Fun

Harmony
Neighborhood
Golden
Retriever Visit



Fat Tuesday, Mardi Gras, Fasnachts Day

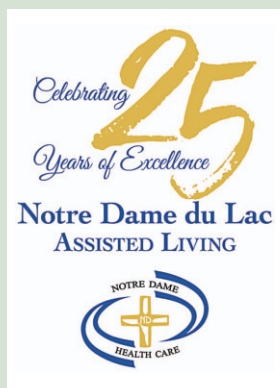


Braken Hill Farm Visit



Harmony
Neighborhood
Kentucky Derby
Party

du Lac Assisted Living is turning 25!



While many think of the year 2000 as the era of Y2K and concerns over computer systems and electronic systems going haywire, at Notre Dame Health Care we were preparing for something wonderful! Our du Lac Assisted Living Residence was officially opened and the Sisters of Notre Dame de Namur who resided here welcomed the lay community to our beautiful senior living community. du Lac Assisted Living was (and still is!) different than other supportive senior residences with its sprawling campus, on-site rehab and skilled nursing center, daily Catholic Mass and mission-driven focus.

Today, du Lac is the vibrant home to more than 120 residents. While there have been renovations and changes to the building's interior, the original façade built in 1904 has stood the test of time. We are very lucky the Sisters of Notre Dame de Namur had the vision and means to create such a treasure on the shores of Lake Quinsigamond.

Hospice & Palliative Care Happenings

Tatiana King Graduates from Leadership Academy

Tatiana King, MSW, LICSW works as a Social Worker in our Hospice Program. She recently completed and graduated from the LeadingAge Massachusetts Leadership Academy. The Academy hosts a rigorous training and educational program to help build leadership skills for professionals in the aging services field. Tatiana has long been an amazing leader, now she has the certificate to prove it. Congratulation, Tatiana! We are proud to support the continued growth and leadership of our staff at Notre Dame Health Care.



We Honor Veterans



Cemetery Flag Laying Crew

Paxton. During the big “nor’easter” which preceded Memorial Day, our group visited the cemetery to place American Flags on the graves of the armed services members who are buried there. We are grateful for the opportunity to participate and remember those who served.



Veteran Pinning Ceremony

We thank our veterans not just for what they have done—but for who they are. Their legacy lives on in every life they have touched. We salute you!



Flags honoring our veterans – Worcester County Memorial Park Cemetery

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.

The Healing Spirit is published as a service to the community.

EDITORS:
Paige Thayer and
Cathy Smith

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

Hospice & Palliative Care Happenings — (Continued from Page 5)

Holy Cross Student Volunteer



Maeve Hibbert

We are so grateful to Maeve Hibbert, a College of the Holy Cross student, who volunteered with us. She spent time learning about hospice services and visited with one of our patients.

Maeve was invited to speak at an event in May at the college during a program in which they displayed a special mural which included the color purple which represents hospice care. The event was attended by, faculty, staff, and students from the philosophy department who con-

tributed to the mural, as well as their invited guests.

She was asked to offer her perspective on how her hospice volunteer experience positively influenced her life. Maeve visited with “Teresa,” a Notre Dame Health Care hospice patient. When she began her volunteer journey, she shared that she initially wanted to give back to others, but in the end, she gained so much more. Teresa, who is 102 years old, encouraged Maeve to allow her life to have meaning. She deeply appreciated Teresa for giving her a sense of greater purpose and said if she could do it all over again, she would.

Pediatric Palliative Care Portrait Day!

Notre Dame Health Care’s Pediatric Palliative Care Program (Pedi Pals) remains committed to providing patient- and family-centered care through our ongoing Family Engagement Initiative. Each year, we build upon this foundation with the invaluable involvement and dedication of the families we serve.

On May 15, we hosted a special Family Portrait Day on our campus, offering families a chance to create lasting memories with professional photos in a beautiful setting. It was truly incredible to host these incredible children and families – it was such a joyful and special day for all of us at Notre Dame Health Care.



Our regularly scheduled Virtual Family Drop-In Sessions have given us meaningful insight into what families truly want and need in terms of programming and advocacy. Recent highlights include our presentation, “Tips and Tricks of Air Travel with a Medically Complex Child,” featuring representatives from Logan Airport, several airlines, and support from TSA Cares.

Throughout the year, we also host “Meet Ups in the Park” at local accessible playgrounds—providing fun, informal opportunities for families to connect and support one another.

Looking ahead, we are excited to present “Oral Health Advice for Special Needs,” which will be co-presented by one of our own Pedi Pals Moms.

At Notre Dame Pedi Pals, we are always evolving—striving to meet families where they are and respond to their unique needs with compassion and creativity.

To learn more about our Pedi Pals Program visit <https://bit.ly/ndhccpedipals/>

SAVE THE DATE

WEDNESDAY OCTOBER 29, 2025

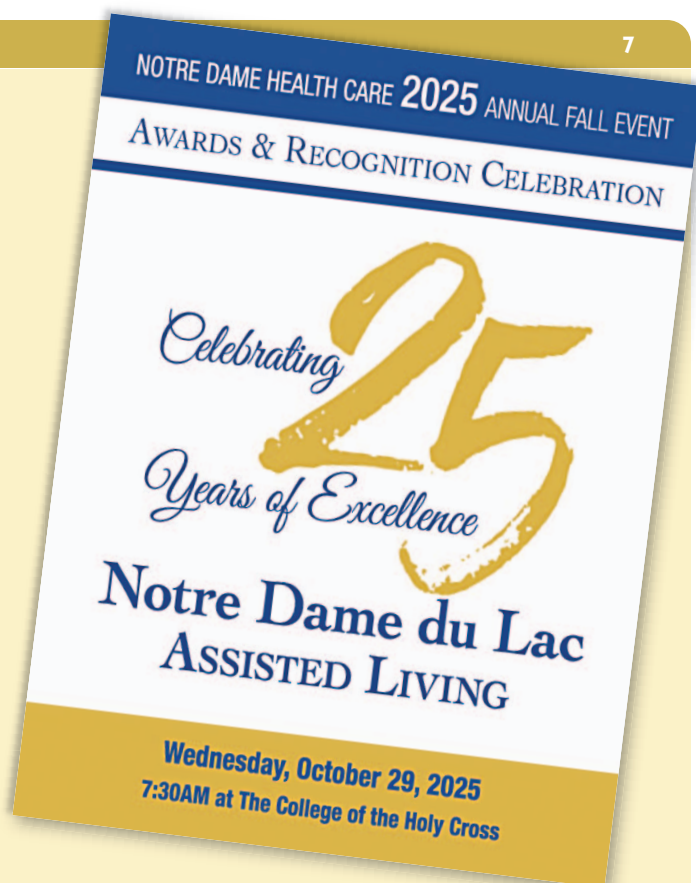
Please mark your calendar and plan to join us for our Annual Fall Fundraising Event on **Wednesday, October 29, 2025**, for a special breakfast event to help raise funds to support the healthcare mission of Notre Dame Health Care.

This year we will celebrate the 25th Anniversary of our du Lac Assisted Living Community and honor some truly remarkable members of our community.

We will present the **Sister Jon Julie Sullivan, SNDdeN Mission Award** to Sister Marna Rogers, SNDdeN to recognize her many contributions to Notre Dame Health Care (and beyond) in ways that embody the spirit and creativity of the award's namesake, the late Sister Jon Julie Sullivan, SNDdeN.

And we will present the **Notre Dame Health Care Quiet Hero Award** to Julie Lian McDonald and her Board of Directors from Juniper Outreach Foundation for their selfless acts of support of the greater Worcester community. We will also recognize a Notre Dame Health Care employee with the **St. Julie Billiart Employee Award**.

Please visit our website (<https://bit.ly/NDHCAnnualEvent2025>) 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.



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 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.