

The HEALING SPIRIT

NOTRE DAME HEALTH CARE

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WINTER 2025



Looking Ahead With Gratitude and Excitement!

As we are about to turn the page on another year at Notre Dame Health Care, we do so with deep gratitude, renewed enthusiasm, and a strong sense of purpose. It has been a busy stretch—and one filled with meaningful milestones that speak to the heart of our mission and the strength of our community.

This year marked a very special celebration for our du Lac Assisted Living Residence as we honored its 25th Anniversary. For a quarter of a century, du Lac has been a vibrant, welcoming home for residents and families, and this milestone gave us the chance not only to look back on its rich history but also to reaffirm our commitment to compassionate, person-centered care.

We also proudly completed the renovation project at our Long Term Care and Rehabilitation Center. This transformative effort enhances comfort, accessibility, and the overall experience for residents, families, and staff. Alongside this, our Hospice and Palliative Care service line continued to expand its reach, supporting both community members and Veterans with the dignity, expertise, and compassion they deserve.



A major highlight of the fall was welcoming **Bryan Rossano, LNHA**, as Vice President of Healthcare Services for our Long Term Care and Rehabilitation Center. With more than 30 years of experience in post-acute care—including leadership roles in both skilled nursing and senior living settings—Bryan brings a wealth of

knowledge and a steady, mission-driven approach. His background spans the management of rehabilitation centers, large skilled nursing facilities, and multiple senior living communities across Massachusetts and New York. As a Licensed Nursing Home Administrator, he is already proving to be a wonderful asset, and we are excited for the vision and leadership he brings to our organization.

Looking ahead to the new year, we are preparing to launch new community-based offerings within our Hospice and Palliative Care service line. These services are designed to strengthen the support we provide to patients and families every day which will aid in broadening access, deepening care, and responding to the evolving needs of our community.

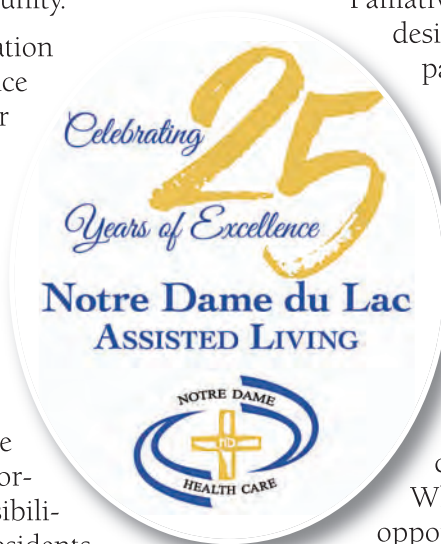
With our newly renovated Long Term Care and Rehabilitation Center complete, we also invite you to consider a gift that will help offset unfunded costs and support this important work. Your generosity can make a meaningful difference, reducing long-term debt and helping ensure our continued strength for years to come. Whether through naming and dedication opportunities, tribute gifts, or other forms of support, there are many ways to leave a lasting legacy.

As we prepare to welcome the new year, we do so with optimism, pride, and heartfelt appreciation for everyone who makes our mission possible. If you would like to explore giving opportunities or have questions, please don't hesitate to reach out to our Development Office at pthayer@notredamehealthcare.org.

Here's to a bright, hope-filled year ahead and to continuing our mission of caring, service, and community together.

—PHILIP T. HICKEY,
President and CEO

**We
Have
So Much
To Be
Grateful
For!**



du Lac Assisted Living Happenings

The Silver Jubilee of Notre Dame du Lac

September marked the official 25th anniversary of Notre Dame du Lac Assisted Living Residence's opening to the community. The residents, senior leadership team, board members and special guests gathered under a tent in the du Lac courtyard on a balmy evening to commemorate the milestone.



groundbreaking at du Lac

The evening began with welcomes, prayers and speeches from Sr. Pat O'Brien, Sister of Notre Dame de Namur and member of the U.S. East-West Leadership Team, Jessica Brigham, Vice President of Notre Dame du Lac Assisted Living Residence and Worcester Mayor Joseph Petty.

Sr. Pat O'Brien, SNDdeN, began her introduction by asking us if we could remember the year 2000. She noted, "It was the year of Y2K. There were no iPhones or iPads, no Twitter or Facebook, no Instagram or Chat-GPT." Sr. Pat referred to the early days of welcoming in lay people and eventually Sisters from other congregations.

"We look back on these first 25 years with thanksgiving for what has been, and we look ahead with hope-filled anticipation for the next 25 and beyond," said Sr. Pat. She went on to offer a truly inspiring blessing.

Jessica Brigham spoke from the heart in a very moving speech. "Today, we're not just marking the passage of time. We're celebrating a legacy — a quarter-century of lives touched, friendships formed, and hearts uplifted within these walls. This facility has never been just a building. It's been a home — a place where people come not only to live, but to belong."

She went on to say, "At the heart of this home is something deeper than bricks and mortar. It's a spiritual foundation — one that reminds us we are all connected by something sacred. Whether through faith, reflection, or simply the quiet peace of knowing we are cared for, this place nurtures not just the body, but the soul. It's in the morning devotions, the shared prayers, the music that stirs memories, and the gentle presence of those who walk beside us in every season of life."

Jessica and Mayor Joe Petty



du Lac Residents Having Fun



Elvis is in the House



Halloween



Harmony Connections



Long Term Care Happenings

Long Term Care Center Renovations – Mission Accomplished!

Leadership at Notre Dame Long Term Care and Rehabilitation Center is pleased to announce that our renovations are complete! Our team, pictured in our newly renovated lobby would like to thank the staff, our residents and family members who travelled with us on this journey. Many days were challenging as we made room changes, blocked off walls, created temporary nursing stations, offices, family rooms and more. This was all done with dignity and grace, as we kept our residents a top priority. Through it all, the mission remained in our hearts, as we continued Mass, Rosary and other celebrations we hold dear to us all.

We have been carried through by God's Grace and we look forward to continued blessings in our newly refreshed home. Our mission is strong, and we continue to build lasting relationships with our residents, staff, community partners and those who will come through our doors in 2026 and for many years to come.



Sister Josita

A Journey of Strength & Spirit

When rehabilitation is needed, Notre Dame Health Care is here for you. With person-centered care, proven approaches, and a commitment to enhancing lives, we strive to help those we serve regain independence and return to the life they love.

Recently, our Rehabilitation team supported one determined woman in healing and thriving as she

recovered from a shoulder replacement.

Sr. Josita's primary goals were to regain independence with mobility and self-care tasks and ultimately transition to an assisted living facility in Connecticut.

Her post-operative course presented several challenges which contributed to decreased range of motion and strength in her right shoulder, as well as significant pain and limited mobility in both knees. As a result, she required increased assistance.

Thanks to her dedication and the compassionate expertise of the Notre Dame Health Care Rehabilitation team, Sr. Josita made significant strides in her recovery and regained her independence.

Sr. Josita was pleased with her recovery and shared, "I came to Notre Dame Rehab to heal in St. Julie Billiart's House. I am deeply grateful for the opportunity to rebuild my life and am hopeful for the future."

For information on our services, please call (508) 852-3011 or visit <https://www.notredamehealthcare.org/our-services/rehabilitation/>

LTC Residents, Staff Having Fun



Back to School



Pet Adventures



Nativity Event

Hospice & Palliative Care Happenings

We Honor Veterans

We are proud to announce that Notre Dame Hospice has achieved Level Four status in the *We Honor Veterans Program*. This is a testament to the incredible dedication, compassion, and teamwork our staff provides every day.

The *We Honor Veterans Program* was developed by The National Hospice and Palliative Care Organization, in collaboration with the Department of Veterans Affairs and emphasizes specialized care for the veteran who is on hospice. Our staff is trained in caring for the specific needs of the veteran and their families, especially in serving those from different military eras whose trauma situations differ.

Level Four status means we are recognized as leaders in veteran-centric care. Together, we've:

- Honored veterans through meaningful pinning ceremonies
- Integrated military history into our care plans
- Educated staff and volunteers to better serve those who served
- Built strong community partnerships to support veterans and their families

Our Hospice team is available to assist veterans with a variety of requests such as special recognition for service, special military honors, and accessing other resources and benefits they may be entitled to.



Serving Those Who Served Us!



During the Fall, our hospice and palliative care team participated in a variety of community activities for Veterans Day and Thanksgiving. We were honored to volunteer with Veterans Inc. for their Veterans Day Pancake Breakfast and their Holiday Harvest



Food Distribution Program for Thanksgiving. The Holiday Harvest program served more than 1,200 veterans and their families throughout the Northeast. We were honored to be a part of this important program.

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.

Hospice & Palliative Care Happenings — (Continued from Page 4)

Worcester Walk to End Alzheimer's

We are proud to be a partner to the Alzheimer's Association and especially the annual walk here in Worcester. It is so important to show up and do our part as a provider of care to those affected by Alzheimer's and other related memory care concerns. Notre Dame Health Care has memory care communities at both our du Lac Assisted



Living Residence and our Long Term Care and Rehabilitation Center, so we know firsthand the importance of participating in efforts that support Alzheimer's care, support and research. Our Notre Dame Health Care team is coordinated by Patty Thibeault, Director of Marketing and Admission for our Hospice and Palliative Care Program.

Did you know?

Diversity, Equity, Inclusion and Belonging at NDHC

At Notre Dame Health Care, we believe that Diversity, Equity, Inclusion and Belonging (DEIB) are forms of discipline that are essential for delivering high quality, compassionate care.

NDHC's DEIB committee consists of 13 members who come from a wide variety of backgrounds. The committee has social workers, Sisters of Notre Dame de Namur, direct care givers, dining, reception, and housekeeping staff, as well as employees from pastoral care. What unifies us is our shared goal of delivering quality care to our residents and patients, and of working toward a fair, equitable, and peaceful world for all.



Since its inception 18 months or so ago, the committee has held events designed to raise awareness, build community, and celebrate the rich traditions that exist within Notre Dame Health Care. Most recently, we did a staff exercise that highlighted our incredible commonality!

DEIB work and practice supports and fosters the Mission of Notre

Dame Health Care which is centered on ensuring that every patient, resident, and employee feels valued, heard, respected, and understood.

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.

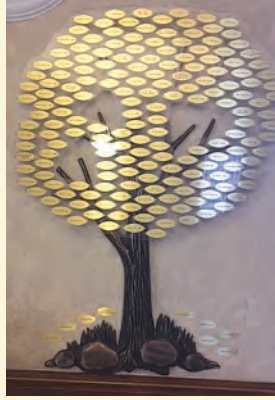


Please feel free to forward and share the digital newsletters and encourage your friends and family to subscribe to be added to our mailing list.

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

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.

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 for regular updates on what we’re up to.

FACEBOOK

@NotreDameHealthCare

INSTAGRAM

@notredamehealthcarema

LINKEDIN

@Notre Dame Health Care Center Inc.

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.



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

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NOTRE DAME HEALTH CARE

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