



Saint Antoine Notes

A QUARTERLY NEWSLETTER FOR THE SAINT ANTOINE COMMUNITY

Fall 2014
Volume VIII, Issue 3



Saint Antoine Community
A CARELINK PARTNER

Saint Antoine Residence
EXCELLENCE IN NURSING AND REHABILITATIVE CARE

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Special Care Unit's Intergenerational Program



Resident Jacqueline Mackenzie with Bishop Hendricken High School student John Willette

In April and May of this year, 25 young men, sharply dressed in their school uniforms with shirt, tie and jacket, flooded the Saint Antoine Residence lobby to volunteer on the Special Care Unit. They spent a full day, paired with a particular resident, accompanying them to Mass, and taking part in various activities such as art, and exercise projects with the residents. They came from Bishop Hendricken High School and this volunteer activity was in partial fulfillment of their community service obligations for graduation.

Although "prepped" beforehand as to what to expect working with residents with dementia, the students were still unsure of what they would encounter. As student Sam Ceceri noted, "We were told the area was locked down but what I saw did not match the image I had imagined. I imagined sealed doors and a place full of depression but what we encountered was the complete opposite. All workers were in a good mood and most importantly so were the residents."

All the students got to see, firsthand the devastating effects of Alzheimer's Disease. Student volunteer, Brendan Dillon, told his story about a resident named Simone. "As I was mixing her salad (the students prepared and shared lunch with the residents), she asked me a question, 'Do you like to dance?' My response was 'Oh yes, how about you Simone?' What Simone said next surprised me a bit. 'Yes, when I go home I will dance. Mom is afraid to fall but my Dad, oh, he is an amazing dancer! I love dancing with Dad. Do you like to dance?' The conversation seemed to circle, with her repeating the same story over and over again."

The day's activities had a profound effect on these 25 young men, just sophomores in high school. One student noted that, "This retreat changed the seriousness in which I view Alzheimer's Disease." Another student observed that, "...no matter how bad this disease may diminish their body and mind, the love of the parents and family will always be there, in their hearts. Their past, the love from their past, will always be present, no matter what happens in the future."

"Imagine a student noting that, '...the love of family and the past, will always be there...'" said Lisa Schenck, SCU Social Worker. "This is what we try to do as professionals, making a connection to a resident's past, to make them remember, even a feeling," continued Ms. Schenck. "These students were smart and very observant! The results with the residents were also quite remarkable. Residents were animated, involved, and very connected, even if for a moment," concluded Ms. Schenck.

While there are numerous examples of intergenerational programs (IGP) with older adults and their many benefits have been widely circulated and recognized, IGPs with older adults that have dementia or Alzheimer's disease have not been widely used and their benefits are not fully known. We intend to more formalize the program, spreading it out over a year, and to test and quantify its efficacy by setting a series of behaviors that can be measured through observation and informal interviews. To this end, we have recently applied for a grant from Leading Age's Innovations Fund Project.

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Lisa Schenck is Recipient of the 2014 Mary Ann Altrui Distinguished Service



Lisa Schenck

Lisa Schenck, MSW, was given the 2014 Mary Ann Altrui Distinguished Service Award. Lisa is the Social Worker and Co-Director of programs for the Special Care Dementia/Alzheimer's Unit, having worked on SCU for over 14 years. She received her undergraduate degree in Social Work from Providence College and Master's from Rhode Island College.

In presenting the award, Wendy Fagnoli, Saint Antoine's executive director, said, "Lisa embodies all of the attributes deserving of this award. She is the definition of a team player, never afraid to jump right in by lending a helping hand and never saying no, that is not my job. She discharges her duties with grace and joy, never taking her eye off the ball, and always going above and beyond the call of duty."

The Award was begun in 2007, upon the retirement of then executive director, Mary Ann Altrui. Mary Ann believed that there are exceptional people among our staff, who are passionate about their work and inspire others to greater things. Such is the case with this year's winner of the Mary Ann Altrui Award, Lisa Schenck.



Wendy Fagnoli

Executive Director's Letter

Second Century of Care Begins

Dear Friends,

This issue of Saint Antoine Notes is devoted, in large measure, to Alzheimer's and other dementia-related diseases.

Saint Antoine Residence was among the first nursing homes in the state to have a special care unit (SCU) dedicated to dementia related issues. It continues to operate successfully, bringing new modes of services to its residents and their families. The Villa at Saint Antoine began a memory-loss unit some five years ago. Their services are for the resident at early to mid-stage memory loss.

Surely, dementia and Alzheimer's disease has risen to epidemic proportions in this country. Some facts from the National Alzheimer's Association bear this out:

- More than 5 million Americans are living with the disease.
- Every 67 seconds someone in the United States develops Alzheimer's.
- Alzheimer's disease is the 6th leading cause of death in the United States.
- 1 in 3 seniors dies with Alzheimer's or another dementia.
- In 2013, 15.5 million caregivers provided an estimated 17.7 billion hours of unpaid care valued at more than \$220 billion.

Here at Saint Antoine, we are doing our part to help alleviate the stresses that families encounter when a loved one is diagnosed with dementia. Too, we continually strive to bring new programs to our dementia clientele in order for them to feel safe, secure, and happy.

Working on a dementia unit is not easy. One has to have great patience, understanding and a lot of love just to be able to cope. We believe we have those very special kind-of people staffing our dementia units. As you read this newsletter, you will come to believe this, too.

Wendy Fagnoli
Executive Director

Rehabilitation Expansion Project Update



The steel structure is being erected for Saint Antoine's expanded rehabilitative therapy room which will include new state-of-the-art equipment, offices, and an Easy Street environment. Easy Street simulates real life situations such as a grocery/pharmacy store, bank, car, apartment, and various walking surfaces such as curbs, tiles, and pavements

that clients will encounter upon returning to their daily lives after rehab. This makes the rehab experience fun and exciting while helping the therapist to determine a client's readiness to return to daily life routines.

Other parts of the expansion project include redesign of short-term transitional care rooms as well as a separate parking area and entrance for ease of access. To fund the \$1,500,00 project, the Second Century Capital Campaign is in full-swing with almost \$1,000,000 raised from the Manton, Champlin, and Tanner Foundations as well as from the Diocese of Worcester and numerous individuals.

When completed, Saint Antoine will be the first and only nursing home in Rhode Island to have an Easy Street environment.

TEAMhealth Changes Its Name

Health Care Training Collaborative

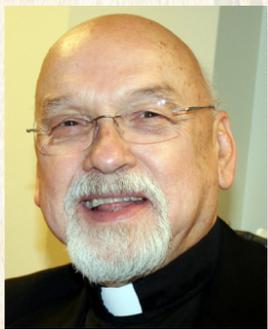
Saint Antoine Residence's Certified Nursing Assistant Training and Career Laddering program, formerly known as TEAMhealth, has changed its name. The new name is Health Care Training Collaborative (HCTC) which better describes its program scope involving various training, employer, and funding partners.

The Health Care Training Collaborative (formerly TEAMhealth) has been operating for more than seven years. In that time, it has trained, licensed and found employment for more than 462 individuals. Another 144 people are on or have graduated from the career ladder to become Level II Certified Nursing Assistants, Certified Medication Technicians, Licensed Practical and Registered Nurses.

The program's primary partner has been Family Resources Community Action, now Community Care Alliance with the recent merger with Northern Rhode Island Community Services. Health Care Training Collaborative's other partners include the Community College of Rhode Island, CareLink, Stepping Up, RIRAL, Pathfinders, NeighborWorks, Rhode Island Community Action Association, Friendly Home, Ballou Home, Heritage Hills, Hebert Health Center, Trinity Health Center, Overlook Nursing Home, Homefront Health Care, Comfort Keepers, and the Highlands.

Saint Antoine Residence's Health Care Training Collaborative recently was awarded a \$173,000 grant from the Governor's Workforce Board's Innovative Partnerships program. Other funding comes from the United Way of Rhode Island's Skill Up program. The program is also a training vendor for the departments of Health and Human Services, Department of Labor and Training, and Office of Rehabilitative Services.

Persons who are underemployed or underskilled and are interested in finding employment in the health sector may attend one of HCTC's informational sessions which are held every Wednesday from 3 – 5 PM at Community Care Alliance's headquarters, 55 Main St., Woonsocket.



The Reverend Dennis J. Kieton, Saint Antoine Chaplain

Fr. Dennis J. Kieton became Chaplain at Saint Antoine on July 1st, upon the retirement of

Bishop Louis E. Gelineau. Fr. Kieton was ordained in 1985 and served as Chaplain at Rhode Island Hospital. From there, he became Administrator of Sacred Heart Parish in Woonsocket and then was Pastor of Our Lady of Fatima in Cumberland for 15 years. His most recent pastorate before coming to Saint Antoine was of both Our Lady of Mt. Carmel and Holy Ghost on Federal Hill in Providence. Fr. Kieton says, "I'm happy to be at Saint Antoine where I can truly minister to people without getting bogged down in a lot of administrative paperwork. This can become a great distraction for many parish priests; at least, I found that to be true at my last two churches. Now, I find myself fulfilling my true calling, that of being a priest and for that, I am very thankful."

The "Mezzanine," the Villa's Memory Loss Unit

Exercising the mind, body and soul

(Editor's note: The "Mezzanine" began five years ago at the Villa, fulfilling a need in the community for people with beginning to mild stages of memory loss. The "Mezzanine" accommodates eight individuals in an unlocked unit with 24/7 around the clock care.)



"Active! You've gotta stay active," blurted out one woman as she participated in a group session with art and 50's music as the activity. By that, she didn't mean physically active, although that is important, too, but, more so, she meant mentally active.

"They are using their right side of the brain.

That's where creativity is," explained Lia Andrikos, the Mezzanine's Coordinator. "The left side of the brain is where logic, facts, and languages are and we use exercises to keep that side of the brain active, too," commented Ms. Andrikos.

Lia calls these "Brain Aerobics" ~ games that make exercising the mind fun to do. She demonstrated, interrupting the art project that was going on for a moment. "Let's go through the alphabet and I want you to come up with a person's name that starts with each letter of the alphabet." The eight member group performed magnificently, digging deep down into their memories for even the most difficult of letters like "q". "Quentin" said one woman. "There it is!" Exclaimed Ms. Andrikos. "I don't believe that even one-third of our aging population could do that, simply because they don't exercise their brains. Physical exercise, perhaps, but exercising the brain, not so often. Speaking of physical exercise, we stay active with numerous fun activities such as line dancing, music and motion, WHOGA (Wellness, Happiness, Opportunity for Gentle Activity), and as much walking as we can handle," says Lia.

In another demonstration, Lia tossed a small, cotton-filled ball to someone. The ball was covered with a soft - vinyl material and sectioned off with various written questions. "What does it say under your thumb?" Asked Lia. The person who caught the ball moved her thumb aside (fine motor skills played a part in this), and read, "who is an author of a book which you have read?" So, here at work was a physical and mind exercise combined ~ catching the ball, moving a thumb, reading, and then thinking about the answer. "Charles Dickens", exclaimed the one who had caught the ball. Everyone applauded, having fun the whole time.

"We do all this in order for the person who has mild memory loss to maintain their mental and physical abilities, supporting a level of independence, as long as possible," says Ms. Andrikos. Being active in a structured environment like the "Mezzanine" also relieves stress, anxiety, confusion, and fear. We help them stay focused, engaged, and have fun, which makes for good days!" Continued Ms. Andrikos.

"Inclusion also is a big part of what we do. So, we participate in group activities with the Villa's general population each day. One of the very important things we promote is friendship and socialization ~ and, there's plenty of that at the Villa," concluded Ms. Andrikos.

SCU's Annual Art Exhibit and Auction

Saint Antoine's Special Care Unit, each year, holds an Arts and Crafts Exhibition and Auction. Items are created by the residents, themselves, with the help of staff. Resident Bertha Duquette is shown with her son Henry and his wife Mimi at the Special Care Unit's Annual Art Exhibit and Auction. Bertha is very proud of being a campfire girl and that is why she painted her picture shown below with the help of staff member Meghan Marshall.





Saint Antoine Notes

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to love is our tradition”*



Fifteenth Annual Golf Tournament

The fifteenth annual golf tournament to raise money for nursing scholarships was a smashing success.

Held on a pristine day in late August at Kirkbrae Country Club, the event netted more than \$40,000.00 through corporate sponsorships, an online auction (Bidding for Good), silent auction, and raffle tickets.

A Day at the Beach

Every summer, residents from the Special Care Unit (SCU) spend a day at the beach. Lisa Schenck, SCU Activities Coordinator says, “We’ve been doing this for a number of years now. This year, we went to Galilee Beach in Narragansett with about 12 residents.” Shown above is resident Maureen Bessette with Lisa Schenck and nursing assistant Amanda Heywood. Maureen used to take her eight children to the beach every summer and her one wish was to get back to the beach, once again, and relive her past memories with her children. When asked her favorite thing about the beach, she said, “the sun and the surf.” “One of the things that we try to do with our residents who have dementia is to relate to their long term memories; in Maureen’s case, I think we accomplished our goal,” says Lisa Schenck.



EDITORIAL INFORMATION

“Saint Antoine Notes”

is published quarterly for families friends, residents, staff, and others interested in the work of the St. Antoine community by the:

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