



"TO SERVE IS OUR MISSION, TO LOVE IS OUR TRADITION"

Saint Antoine Notes

A QUARTERLY NEWSLETTER FOR THE SAINT ANTOINE COMMUNITY

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Saint Antoine Community
A CARELINK PARTNER

Saint Antoine Residence
A NURSING AND REHABILITATIVE CENTER

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AN ASSISTED LIVING COMMUNITY

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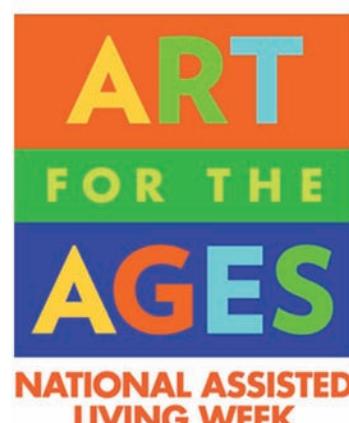
Villa Celebrates Assisted Living Week

National Assisted Living Week was celebrated at the Villa at Saint Antoine, September 9th through the 14th. This year's theme was "Art for the Ages" and the week was chock-full of activities in which residents, staff, and families celebrated their talents and creative sides.



Villa Administrator, Tammy Summiel, helps Villa resident, Felix Pellitier, in Card Making workshop

In an in-house newsletter, Activities Director, Paula Davis said, "Art inspires and brings pride and beauty to those who create and enjoy it. Music, painting, knitting, carving, model building, cooking are some of the many outlets residents have to express their creative side."



Tammy Summiel, the Villa's new administrator, shared her favorite hobby with residents, "The Art of Card Making." With various sizes and colors of paper and cards before them, residents "crafted" a greeting card under Tammy's watchful eye and helpful hands. Cautioning them, Tammy said, "You can't make a mistake. No matter what you do, remember it's your creation."

The rest of the week was also full of artistic endeavors: "The Art of Flowers" with Lia Andrikos, Dementia Care Coordinator; "The Art of Journaling," and "The Art of Soap," both led by the Villa's Director of Marketing and Public Relations, Isabel Pestana; and "Culinary Arts," hosted by Cindy Sykes, the Villa's Food Services Manager.

Throughout the week, residents celebrated their artistic side and marveled at what they had achieved. Each workshop was hands-on with total resident involvement. And, what came out was incredible --- a beautiful creation, of each resident's own making, to take back home with them.

Special Care Unit Arts & Crafts Show

At the end of August, the Residence's Special Care Unit (SCU) held an exhibit and auction of residents' crafts and art works.

This was the third year that the event was held and the first year that it was held outside in the SCU garden courtyard. Last year, the event was not held, so this year's exhibit was the culmination of two years worth of work with the residents.

More than 45 people --- family and friends --- gathered for the event which garnered close to \$2,000.00 for the Special Care Unit and its activities.

Stacie Taylor, SCU Activity Coordinator, said, "We find that individuals with memory loss respond well to being involved in arts and crafts projects. While we try to live in the moment with our residents, a color, scene or subject matter may touch a memory from their past. When completed, residents beam with pride about the finished product that they themselves have created."



Displayed are the arts and crafts of resident Sylvia Rivard. Her picture is shown with her work which includes a garden stepping stone, framed picture, functional ceramics pot, and a flower pot.

your will...
please remember St. Antoine
in your WILL and ESTATE.

Executive Director's Letter *How the Arts Lift the Spirit*



Wendy Farnoli

This issue of Saint Antoine Notes has much to do with the arts and how they lift up the spirit. So it is with the article about our dear friend and former executive director, Mary Ann Altrui, who has fallen in love with art and painting in her retirement years; also, our story about our Special Care Unit's Arts and Crafts Exhibit and Auction; and the cover article about National Assisted Living Week, whose theme is "Art for the Ages."

"Art for the Ages" was a wise and informed choice as a theme for this year's celebration of Assisted Living Week. Much research has taken place over the last several years as to how arts contribute to healthy aging. The evidence is striking. Physical faculties may decline but creativity, imagination, and a sense of pride never diminishes.

And so, this focus on creative aging has spurred the National Center for Creating Aging in Washington D. C., books such as, "Creativity Matters: the Arts and Aging Toolkit," published by the National Association of Arts Education in New York City, and such national programs as the Horizons Band Program for Seniors.

We have featured the arts in some of our programming, as well, such as the Villa's Summer Concerts in the Courtyard Series; The Residence's Special Care Unit's arts program with memory-impaired residents; and the Villa's painting classes for residents in conjunction with RiverZedge Arts.

In the final analysis, there is a vital relationship between creative expression and healthy aging. The National Center for Creative Aging's mission statement underscores this relationship. "The process of aging is a profound experience marked by increasing physical and emotional change and a heightened search for meaning and purpose. Creative expression is important for older people of all cultures and ethnic backgrounds, regardless of economic status, age, or level of physical, emotional, or cognitive functioning. The arts can serve as a powerful way to engage elders in a creative and healing process of self-expression, enabling them to create works that honor their life experience."

We whole-heartedly endorse this premise and will continue to schedule arts activities for our elderly residents.

Sincerely,

Wendy Farnoli

Executive Director

Saint Antoine Hosts Summer Youth Interns

This past summer, Saint Antoine Residence and the Villa hosted eight student interns from Family Resources Community Action's Summer Youth Employment and Training Program and three from Stepping Up's Work Exploration Program. The student interns worked alongside Saint Antoine employees in the Dietary, and Activities Departments.



The five-week program continued a tradition of internships at Saint Antoine such as with the Community College of Rhode Island's Nursing Students, and Northern Rhode Island's Area Health Education Center's (nriAHEC) summer youth shadowing program.

Saint Antoine's Food Services Director, James Buck noted that, "The students we got were wonderful. They were eager to learn and had good work ethics. I think the program achieved what it set out to do and that is to give them a "taste" of what it is like to work in a nursing home. In that regard, it was very successful."

Several students expressed an interest in remaining on, saying that they liked working here and that their coworkers were nice. One has been offered employment at Saint Antoine in food services. Another was unable to take the part-time job that was offered her but is returning, now and then, to volunteer.

Family Resources Community Action (FRCA) is primary partner in Saint Antoine's Certified Nursing Assistant and Career Laddering program known as TEAMhealth. So, it seemed natural to place Family Resources' interns at Saint Antoine. Funding for FRCA's summer youth program came from The Workforce Partnership of Greater Rhode Island through the Department of Labor and Training.



Stepping Up is a year-round career advancement program, funded in large part by a Skill Up grant from the United Way of Rhode Island as is Saint Antoine's TEAMhealth program. During the year, both Stepping Up and TEAMhealth collaborate with programs that provide training, employment, and advancement opportunities to individuals in the health sector.



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Former Administrator Turns Artist

Mary Ann Altrui will have been retired six years, this coming January, as Executive Director of the Saint Antoine Community, a post she held for 18 years prior to her retirement. With all her high energy, great ideas, vision, and a deep sense of being able to "woo" people to her way of thinking, we were wondering how she has kept herself busy in retirement.



Mary Ann Altrui proudly displays a recent painting, "Flowers".

"It's how you continue to help people. You have to stay busy and feel needed; retirement has given me more time to help more people," says Mary Ann.

She has served on many boards over the last six years, including Mount Saint Rita, Visiting Nurse/Homecare, PACE, Alliance for Better Long Term Care, and Camp Ruggles. She recently joined Saint Antoine's Advisory Board and is Chair of its Golf Committee.

"But, you know, I've really fallen in love with painting and art," said Mary Ann.

Mary Ann always did have a great sense of design, form, and space. She was responsible for building the Saint Antoine Residence facility some 20 years ago. And, the Villa was her vision, constructed in a French Country design encompassing a center courtyard.

"This is where my sense of design has funneled itself. Not many people know that when I first started out, I wanted to be a concert pianist. I thought that in retirement I could get back to it. But practicing is tedious and very time-consuming. Instead, I now put all my artistic energies into painting ... and I love it!" exclaims Mary Ann.

Any regrets, retiring when she did? "Some people ask if things were getting too difficult, administering a place like Saint Antoine. There have been and will always be problems. We had the same difficulties we have now, 20 years ago: poor economy, changing regulations, etc. But those were the challenges and, for me, challenges are stimulating. I enjoyed visioning and strategizing to see how we could overcome our difficulties and move forward," says Mary Ann.

"You know," concluded the former administrator and budding artist, "Art and administration are somewhat alike. Both are beset with challenges. You might have a vision of what you would like to see and then you have to figure out how you can get there."



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Thirteenth Annual Golf Tournament GOOD TIMES FOR A GREAT CAUSE

Picture-perfect weather made for a great time by all at this year's Annual Golf Tournament, Monday, August 20th. This is the 13th year that the tournament has been held. Participants seemed to be "jazzed" by the course at Kirkbrae Country Club, the scrumptious food (lunch and dinner), and the lavish prizes and gifts. Despite the flagging economy, 28 foursomes, 30 volunteers, and more than 50 business sponsors managed to raise close to \$30,000.00 for nursing scholarships and other needs for the Saint Antoine Community.



EDITORIAL INFORMATION

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