

"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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The Villa at Saint Antoine

AN ASSISTED LIVING COMMUNITY

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Intergenerational Arts Program a Hit at the Villa



Villa resident Marie Pino paints a still life

RiverZedge is an after-school arts program for youth up to age 18 years of age where participants mentor each other, volunteer for outreach programs in the community, and maintain a business for selling their art works. "It's like a family. Everyone helps everyone else," says 17 year-old Jade Shaver about the RiverZedge youth arts program in Woonsocket RI.

Jade and 15 year-old Sierra Valois, also a Riverzedge participant, volunteered to teach painting to VILLA residents this past summer. "This is what RiverZedge is all about. We learn our craft through mentoring and then bring it into the community," explains Sierra.

Sierra is already a mentor at RiverZedge, guiding a group of beginning art students. "I've had a small amount of teaching experience through my mentoring but teaching the elderly was new for me," says Sierra. Jade says that she has wanted to teach seniors and because of Riverzedge's outreach program, she had the opportunity this summer. Both young people say that it has been a challenge instructing VILLA residents.

"Where do you start? How do you actually tell or show them how to be better? How do you motivate them? These are some of the questions we had when we started at the VILLA," says Jade. Sierra is quick to note that, "the elderly are great! They tell us what they want to do and what they need."

"We learned very quickly to listen to them, and to actually take their hand and paint with them when Most of all, we learned that praise goes a long way in motivating them to get better," concludes Jade.

What does the future hold for these two talented and mature young women? Jade is attending Beacon Charter Art School this year as a 10th grader. She wants to go to the Rhode Island School of Design and Art (RISDA) when she graduates high school. Sierra is in 11th grade this year at Woonsocket High School. She says that art will always be an important part of her life but she wants to go into bio-chemistry.



RiverZedge student Sierra Valois instructs Villa resident Barbara Fitzgerald.

As for the VILLA residents, they gave a "thumbs up" for the program. Painting class member, Lillian Letendre, seemed to voice everyone's feelings. "I truly enjoyed this class. I loved every bit of it," as she reached for Jade to give her a hug. "This is my girl," she exclaimed!

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Memorial Garden Dedicated

In late October, on what was a warm, splendid afternoon, Saint Antoine's new Memorial Garden with its inscribed memorial and tribute bricks and pavers was dedicated by Bishop Louis E. Gelineau. More than 40 people were in attendance and heard Bishop Gelineau eulogize the meaning of the inscribed markers as symbols of the Communion of Saints in which those that have gone to Heaven are bound with us, the faithful on earth, in a spiritual unity with Christ, each contributing to the good of all and sharing in the welfare of all.

The Memorial Garden is located to the left of Saint Antoine's portico entrance with a statue of Saint Antoine's patron saint, Saint Anthony, overlooking the Garden. Executive Director Wendy Fagnoli also noted that three rose bushes had been planted in the Garden, in memory of people who had passed away on Hospice Services.

The memorial and tribute bricks and pavers have been placed along the border of the Memorial Garden. Ms. Fagnoli pointed out that when the border is completed, other places on the Saint Antoine campus will be found for future Memorial Gardens.

The afternoon ended with refreshments being served in the lobby/reception area of Saint Antoine Residence.

To order an inscribed brick or paver, please call Robert Christensen, Director of Development, at 401-767-2574.602



Bishop Louis E. Gelineau dedicates the Memorial Garden. To the right of the Bishop are dedication-participants, Eugene Peloquin, Executive Director Wendy Fagnoli, Joyce Corsi, Director of Nursing Services, and Jean Rondeau.

Executive Director's Message



Wendy Fagnoli

THE FLU SEASON

Dear Friends:

With so much talk about H1N1, and the flu season that is upon us, we want our readers to know that we are taking every precaution to keep our residents healthy.

Some actions are mandated such as offering flu shots to our staff who come in direct contact with residents. Some other actions are just common sense such as frequent hand washing.

We have enclosed a flu informational leaflet, prepared by our Infection Control Director, Diane Racine. Below are some simple steps that most healthcare workers agree upon to limit the spread of a cold or flu.

1. Wash your hands frequently;
2. Try to keep your hands off your face;
3. Drink plenty of liquids;
4. Get plenty of rest;
5. Sneeze or cough into a tissue and dispose of it or into your sleeve.

It is so important that we take flu season seriously and take the necessary precautions to protect ourselves and others. Most, importantly, I would like to stress the importance of staying home when ill and not bringing germs or illness into the nursing facility.

We hope this information is helpful to you.

Sincerely,

Wendy Fagnoli
Executive Director

Intergenerational Arts Program

continued from page 1

If scheduling problems can be worked out, the class may resume in the Winter, says Villa Administrator, Jean Larkin. "During the summer, when youth from RiverZedge were out of school, we were able to schedule the class in the early afternoon. However, when the young people are in school, the earliest they can get here is at 4 P.M. This is not the most ideal time for our elderly residents who begin their dinner hour at 4:30 PM."

"We're working on it, though" concluded Ms. Larkin, "because it was such a big 'hit' with our residents."

Villa Residents' Paintings

GERANIUM - Marie Pino



SPRINGER SPANIEL - Theresa Bedard



RED DELICIOUS - Fern Chasse



MOUNTAIN VIEW - Lee Vario



St. Antoine campus considers wind power: yearly savings \$500,000

Town also studies 'green' energy

NORTH SMITHFIELD - *Sitting high atop a hill on Mendon Road, the Villa at St. Antoine is a notably windy place.*

“We’re up on a hill in one of the highest places in North Smithfield. People often say, ‘Wow, it’s windy up here,’” said Robert Christensen, director of Development and Communications.

Christensen said the heavy and constant wind reminded him of the Holy Name High School campus in Worcester, Mass. where he used to teach. “The principal of the school insisted that there was enough wind to power a wind turbine to provide electricity for the whole school. This was 10 years ago, and everyone thought he was crazy, but he was determined.”

Christensen added, “It took him a long time to make it happen, because this type of thing was unheard of then, but he succeeded and now there is a wind turbine at the school taking care of all their electricity needs.”

His former principal’s groundbreaking ingenuity and the thought of the \$500,000 per year that St. Antoine would save if it could produce its own electricity prompted Christensen to investigate whether the wind blustering around the elder care community could serve as a renewable energy source.

Christensen’s inquiries into the idea led St. Antoine to engage EAPC Energy Services, a Vermont-based wind engineering and consulting firm, to conduct what is commonly referred to as a “behind the computer” study as the first phase of the wind resource assessment process.

Results from the preliminary study, conducted in February, revealed that, “There were sufficient wind resources to power a wind turbine which could supply all the electrical needs of the St. Antoine campus,” said Christensen. “Not only that, but we could probably produce more electricity than we need, and if we do, we could sell it back to National Grid.”

In addition to its administrative offices, the St. Antoine campus houses a 262-bed nursing home and a 76-unit assisted living facility.

To move forward with the second phase of the feasibility study, Christensen applied for and received a \$33,000 grant from the Rhode Island Economic Development Corporation.

If permission can be secured from the Zoning Board for a variance, the funds will be used to build a meteorological tower. The grant will pay for more than half of the \$60,000 price tag for erecting the tower and conducting the study. The balance will be paid for with individual donations and foundation grants, Christensen said.

Christensen said the tower will house an anemometer, a piece of equipment with the diameter of a pencil which will record and



Saint Antoine Residence is presented a “check” for a second phase assessment study for a wind turbine project. From left to right: Julian Dash, Director, Renewable Energy Fund, RI Economic Development Corporation; James Simard, Project Developer, EAPC Wind LLC; Wendy Fagnoli, Executive Director, Saint Antoine; Robert Christensen, Director of Development and Communications, Saint Antoine Community.

transmit wind frequency and velocity data, and will serve to assess the validity of the initial “behind the computer” study’s findings.

Town Planner Robert Ericson, who is examining the possibility of erecting a wind turbine on Woonsocket Hill for the town’s use, said the information garnered from St. Antoine’s private study could be useful to the town.

While St. Antoine must build a tower to conduct its study, Ericson has proposed using the Mowry Fire Tower on Woonsocket Hill as a wind testing site and possible site for a wind turbine.

Ericson said he recently climbed the tower as far as he could, and noted, “The top of the tower is about 25 feet above the oak canopy,” said Ericson. “I think it would serve as a good wind testing site.” Ericson also secured a Renewable Energy Fund grant from RIEDC, for \$9,800, which is nearly enough to pay the \$11,000 cost for the town to conduct a wind resource study similar to that which St. Antoine is undertaking.

Ericson said the town study would be conducted in collaboration with the Rhode Island Emergency Management Agency, which houses communication equipment at the tower. Mowry Tower sits lower than the tower proposed for St. Antoine, and so wind velocity information at higher elevations would be difficult for the town to determine without figures from the St. Antoine study.

Due to a concept called the “wind shear factor,” wind velocity at increasing elevations increases at a predictable and exponential rate, said Ericson. Using a simple mathematical equation, figures from the St. Antoine study could be used to determine wind speeds at higher elevations for the town, eliminating the need to build a tower any higher than the existing Mowry tower.

“St. Antoine and the town are working on complementary projects,” said Ericson. “What St. Antoine is doing makes what we’re doing more useful and more practical.”

St. Antoine proposes to build the meteorological tower on Lot 9 along Mendon Road, which falls in the residential, rural agriculture zone and would require a variance from the Zoning Board. Christensen said St. Antoine has just begun the application process. If a wind turbine is ultimately deemed feasible, it would be erected on Lot 14, which is located within an area that allows for a special-use permit.

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*“To serve is our mission,
to love is our tradition”*



SAINT ANTOINE'S TENTH ANNUAL GOLF TOURNAMENT

The tenth Annual Saint Antoine Golf Tournament was held in late August at Kirkbrae Country Club. The tournament raised \$35,000 for nursing scholarships. We are very thankful to our loyal supporters who, despite the poor economy, continue to support us. Next year's tournament is scheduled for Monday, August 23, 2010.

THANK YOU TO OUR DONORS!

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