

# *St. Patrick's Mercy Home Foundation*

## **Newsletter**

### **Spring 2023**

#### **Palliative Care Project**

**During 2023, St. Patrick's Mercy Home Foundation will be re-furbishing both of our Palliative Care suites. We will be enhancing both the McCauley and the Creedon rooms with ceiling lifts and cuddle beds**



Approximately 10 years ago, SPMHF created two Palliative Care suites at St. Patrick's Mercy Home; one suite is called the Creedon Suite and the 2nd is called the McCauley Suite. We have seen tremendous benefits from the creation of these suites in regards to end-of-life quality care for our residents. Recently it has been brought to our attention that other senior care homes in other provinces have added the "cuddle bed" to their palliative care rooms. For many in palliative care, the hospital bed is a huge barrier to comfort. The rails of the small bed make it difficult for families to feel "connected". A "cuddle bed" is a larger hospital bed that comfortably fits two people. It allows a loved one to lay with a resident/patient during their end-of-life care. These innovative, otherwise normal looking hospital beds enhance compassionate end-of-life care by increasing its size to permit greater space for physical contact between loved ones. People in palliative care often feel isolated, even when their loved ones are nearby. Traditional hospital beds provide little room for physical contact or connection and cuddle beds offer a natural alternative. SPMHF focuses on providing residents with as much

peace of mind and comfort as possible. People approach end-of-life in different ways and being able to provide options is important. Cuddle beds can make an enormous difference. When a bed can be shared, the entire space and environment can be transformed. Eastern Health will not provide funds for palliative care in our home. That is why St. Patrick's Mercy Home Foundation created the palliative care rooms in the first instance. Now we want to enhance the quality of care for our residents during end of life.

SPMH and SPMHF focus on providing residents and their families/loved ones with as much peace of mind as possible. Based on research we have gathered; cuddle beds are a groundbreaking advance in patient/resident sensitive care. People in palliative care often feel isolated and we want to remove as many barriers as possible while providing sensitive quality end-of-life care. The cuddle bed is designed to allow a second person to lie beside their loved one to share a cuddle and offer comfort when they need it most. The cuddle bed creates a safe space where two people can be connected and share those very precious moments together, without the physical barriers of an ordinary bed.

This undertaking by the Foundation will cost in excess of \$50,000 to complete. You can support us in our cause by sponsoring a team, or a golf hole for our golf tournament or donating directly on our website:

[www.spmhf.nl.ca](http://www.spmhf.nl.ca) .

Without the generosity of our supporters, we would not be able to provide our residents with the level of support they need to ensure their safety and comfort. SPMHF would like to express our sincere gratitude to all our benefactors for their collaboration and unrelenting Patronage.

## ***THANK YOU !!!!!***

*“What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead.” – Nelson Mandela*

## 25<sup>th</sup> Anniversary of SPMHF

St. Patrick's Mercy Home Foundation will turn 25 years old in November 2023. Over the past twenty-five years, the Foundation has endeavoured to support the residents of SPMH through purchasing equipment and materials that serve to improve the lives of our citizens. The Foundation also prides itself on its efforts to enhance the quality of life for our residents by sponsoring various activities in which they can participate. Whether it is our "Gardening Program", the creation of our "Sensory Garden", or our "Painting Program"; we seek to find activities that are of interest to our population. This year we have a number of "new" activities planned for our residents. Some of the activities will take place within our home, while others will be based in the greater community and we will transport our residents to the selected events. When the Foundation purchased our wheelchair accessible bus, the intent was to provide increased access for our residents to attend events and activities in the greater community. Once again we are so pleased to be able to participate more fully in activities that provide a sense of enjoyment and fulfillment for the people we serve.

During this year, our 25<sup>th</sup> anniversary of providing service, we are seeking your input in regard to identifying a need that our residents have, that is currently unfulfilled. If you wish to offer a suggestion(s), you can contact us through the following means:

Telephone: 709-752-8745  
Email: [gerard.morris@easternhealth.ca](mailto:gerard.morris@easternhealth.ca)  
Office: 1st floor SPMH next to Business Office

**WE WELCOME YOUR SUGGESTIONS**

### Humour Corner

**My nine-year-old granddaughter walked in while I was getting ready to go out. "What are you doing?" she asked. "Putting on my wrinkle cream," I answered. "Oh," she said, walking away. "I thought they were natural."**

**Curious when I found two black-and-white negatives in a drawer, I had them made into prints. I was pleasantly surprised to see they were of a younger, slimmer me taken on one of my first dates with my husband. When I showed him the photographs, his face lit up. "Wow! It's my old Plymouth."**

**Have you heard the rumor about Butter?  
Never mind, I shouldn't be spreading it!!**

## Upcoming Events in Support of St. Patrick's Mercy Home

### September 21, 2023 Golf Tournament

We are hosting a golf tournament at Bally Haly Golf and Country Club. Come join us for a wonderful day of golf, food, and fun. Prizes to be won! To enter a team call 752-8745 or drop by the Foundation Office on First Floor.

### About The Foundation

St. Patrick's Mercy Home Foundation was established by the Sisters of Mercy in 1998. The Foundation was created to support the on-going efforts of St. Patrick's Mercy Home in providing a comfortable and home-like atmosphere for its residents. The Foundation is run by a dedicated Board of Directors, and currently has one part time staff person.

## Over \$1,500,000 Contributed

To date St. Patrick's Mercy Home Foundation has contributed \$ 1,542,227.27 to improve the quality of life for the residents of St. Patrick's Mercy Home. These contributions have included, but are not limited to:

- Wheel Chair Bus
- Palliative Care Rooms
- Physiotherapy Equipment
- Bathing Systems
- Third Floor Family Suite
- Multiple Ceiling Lifts
- New Furnishing for all Floors
- Christmas Gifts for all Residents

### We are always looking for helping hands!!

To volunteer to serve on the Board or any of the committees, call Chris Peddigrew, Board Chair at 752-8745 or email [chris@pw-law.ca](mailto:chris@pw-law.ca).

### You can now donate Online

Donations in support of St. Patrick's Mercy Home can now be made online by using the secure website offered by [CandaHelps.org](http://CandaHelps.org).



Visit our website!

<http://www.spmhf.nl.ca>

**W**hy not make St Patrick's Mercy Home

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**Creating a Home away from  
Home!**