

*With respect, we acknowledge the Lekwungen speaking peoples on whose traditional territory Mount St. Mary Hospital stands and the Songhees, Esquimalt and WSÁNEĆ peoples whose historical relationships with the land continue to this day.*

## *Greetings from Sara John Fowler*



We are thrilled to resume publication of Connections - our resident and family newsletter. Please submit any items or thoughts you have for future editions to Jane Bowers by email at [jbowers@mountstmary.ca](mailto:jbowers@mountstmary.ca) or phone at 250-516-2817.

The past two years have been different and interesting as we navigated to this side of the pandemic. While the pandemic has not been declared over by the World Health Organization, we are managing COVID-19 and its spread differently than in 2020.

Our Infection Prevention & Control Program served us well, with thanks to all at Mount St. Mary. We know COVID-19 with its many variants remains highly contagious. It is important to keep up-to-date on our vaccinations and our preventative measures. Mask wearing, social distancing and excellent hand hygiene helps ensure the virus does not spread between ourselves, residents and our visitors.

I am exceedingly proud and pleased to share with you the results of the accreditation survey conducted on June 27th and 28th. We knew from our debriefing meeting with the surveyors that Mount St. Mary did well. The formal report received on August 1st confirms their observations. Being accredited is a requirement of our funder, the Ministry of Health via the health authority.

It is also an important process which guides us towards continuous quality improvement. Accreditation is a peer review process based on thousands of standards. Surveyor feedback helps refine out quality improvement plan for the coming years. We will develop and implement the plan with staff, resident and family input over the next three months.

Drum roll please...Mount St. Mary Hospital earned Three-Year Accreditation! This is the maximum term allowed.

*"The leadership team and staff are complimented and congratulated for this achievement."*

CARF Canada 2022



Some of the Accreditation Decision comments:

1. Residents, their families, and staff express high levels of satisfaction with the organization. The organization has developed the ability to grow and adapt to a changing environment.
2. Mount St. Mary is commended for providing excellent care. Residents and families are happy and engaged. The interdisciplinary team values teamwork and ensures that all hands are on deck when team members need help. The team creates a comprehensive individualized living care plan demonstrating person-centred care, valuing opinions and suggestions from residents' families and loved ones.
3. Mental health has become a important focus in the employee wellness program. This is especially relevant in light of the stresses and lived experiences of many staff members during the pandemic.
4. Mount St. Mary has a strong Strategic Plan.
5. The organization uses an ethical decision-making framework for addressing issues relating to resident care and resource allocation.
6. The organization has a number of long-serving staff members.
7. Mount St. Mary participates in a long-term care initiative for physician recruitment and retention.
8. The organization has a number of creative strategies for recruitment.
9. Mount St. Mary has demonstrated ongoing commitment to residents' quality of life through the enhancement of programs, such as music therapy, spiritual care and volunteer recruitment and retention (among other initiatives).

Great thanks to our residents and family members who participated in the survey.

We are pleased to resume our Resident & Family Advisory Group. We drew the names of six residents and six family members from those who wanted to be part of this group. Thank you to every for your interest in participating in the group. There will be a report of the August meeting in the next issue of Connections.

On behalf of all of us at Mount St. Mary, wishing you a lovely end of summer and fall,

Sara

# UPDATE FROM THE RECREATION TEAM



The Recreation Team is very pleased to offer some outdoor summer programs. Residents enjoyed our Hawaii Day celebration complete with dancing, the limbo, treats and drinks. Residents went under the limbo stick in every way they could. Everyone had lots of laughs.



On July 20th, we had a Hot Dog Day. This was the first resident BBQ since the start of the pandemic. The BBQ was a great opportunity for residents to connect over a meal.



Over the summer months, activities also included: garden teas, ice cream socials, strawberry shortcakes, flower arranging and more!

-Anita Angelozzi



*Recreation Team: Janice Arnot (RAA), Anita Angelozzi (Recreation Therapist), and Kristina Gu (RAA.) Not pictured: Claire Pepper, Sheryl Friesen, and Laura Lane.*



# BRINGING COMFORT THROUGH TOUCH



Special delivery! In the past couple of months, three dogs and four cats have arrived at Mount St. Mary Hospital. We're now awaiting the arrival of two more cats and another dog.

These aren't your every day pets but they're bringing joy and comfort to many.

With realistic fur and sounds, these animals have sensors so they respond to petting and hugs with familiar pet-like actions. These pets encourage connection and provide comfort. The anxiety, loneliness and depression many residents experience is reduced through your generous support.



Our Companion Pet program and our Aquarium Therapy program are both funded entirely through donations. Thank you to the donors who purchased these wonderful animals and support the maintenance and upkeep of the aquariums.

**4** ways to  
enhance the  
lives of family  
and friends

## YOUR GIFT MAKES A DIFFERENCE

**Gift of Cash:** You may make a gift by cash, cheque, or credit card (online & in person) or set up a monthly donation via EFT, credit card, or your resident account.

**Tributes:** A gift in honour or in memory of loved ones, friends, or colleagues is a meaningful alternative to giving "stuff."

**Appreciated securities, real estate, and other assets:** A gift of appreciated assets can reduce your capital gains.

**Leave a gift in your Will:** A specific donation or part of the residue of your estate after you take care of your family and friends will have a huge impact.

Contact Jane at 250-516-2817  
or [jbowers@mountstmary.ca](mailto:jbowers@mountstmary.ca)  
for more information.

# Hydration Tips from Registered Dietician Roberta Jackson

Drinking water is crucial for many reasons: regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood.



**HYDRATION**

**FEELING DEHYDRATED?  
THESE ARE SOME SIGNS YOU MAY NEED  
TO DRINK MORE H<sub>2</sub>O:**

- Fatigue, feeling weak
- Headaches
- Muscle cramps in arms and legs
- Dry mouth

**TIPS TO STAY HYDRATED:**

- Keep water within reach: at your bedside or next to your favorite chair while watching TV
- Include water rich foods: fruits and vegetables, popsicles, soups and broths
- Build water into your routine: when you get up in the morning, at every meal, during visits with family

**REHYDRATING DRINK RECIPE:**  
1 part juice + 3 parts H<sub>2</sub>O + pinch of salt

**Source**  
NCOA. 2021, August 23. How to stay hydrated for better health. Hydration for older adults. Available at: <https://www.ncoa.org/article/how-to-stay-hydrated-for-better-health>

*Roberta (Bobby) Jackson joined Mount St. Mary in April 2022 as the Registered Dietician. Stay tuned for our next issue of Connections - The Resident & Family Newsletter to learn more about Bobby.*



## FACILITY UPDATES

Mount St Mary is responding to the Province of BC's "Roadmap to 2030." We started two important projects this year. The first project was a large lighting upgrade to convert existing lighting to LEDs including:

### Units 4 & 5:

- Resident rooms, hallways, kitchens
- Elevator lobbies
- Service corridors
- Mechanical, electrical, storage

### All Units:

- Tub rooms
- Team Centres

### Facility:

- Stairwells
- Parkade

There are resident-focused benefits to the lighting changes. The lights in resident rooms, the tub rooms and team centres have six settings. Depending on the time of day and the activity, residents and staff can adjust lighting levels for comfort, aesthetics, and safety.

# Equity, Diversity & Inclusion at MSMH

Do you know that Mount St. Mary Hospital has an equity, diversity and inclusion statement?

*At Mount St. Mary Hospital, we value equity, diversity and inclusion. We embrace the uniqueness of all individuals and believe that every person has the right to equal treatment. Together, we are strengthened by our diverse backgrounds, perspectives and experiences. In the spirit of reconciliation, we also strive to develop and enhance relationships with Indigenous Peoples.*

Find the full equity, diversity and inclusion statement on our website.

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## Sawsan's Syrian Cookies



Sawsan Burrows joined the MSMH Food Services Team in February 2018. She became a Greeter in August 2021.

This recipe is from my mother. I would watch and help my mother. I would ask her questions learn how to do it myself. When we served these cookies, we would decorate the dessert table with crescents and star figures to give it a beautiful and elegant look.

Normally we make these cookies on a special occasion called “Eid Alfter Almubark.” This happens after fasting for one month during Ramadan.

My home country is Syria. I lived in Latakia. It is located on the eastern coast of the Mediterranean Sea in western Syria and 385 km northwest of the capital city Damascus.

The Mediterranean climate is characterized by hot, dry summers and cold, rainy winters with two transitional seasons, autumn and spring. The dry climate is characterized by little rain. Cold winter temperatures can drop below zero degrees Celsius. Moderate temperatures prevail in the summer due to the high altitude.

## Sawsan's Cookie Recipe

### Ingredients:

1 ½ cups of white flour  
1 ½ cups of semolina flour  
1 cup of ghee  
1 cup of dates  
1 tbsp. of sugar  
1 tsp. of vanilla  
½ tsp. baking soda  
Your choice of walnuts, pistachios, and/or sugar to dust on the cookies after they are done.

### Instructions:

- Mix all ingredients together, cover and leave out for 12 hours (overnight).  
-After 12 hours, sprinkle the dough with rose water to get a soft dough that is easy to form.  
- Shape hollow balls of the same size and put a date in the middle. Close the dough around the date.  
-Arrange the balls onto parchment paper on a cookie sheet and bake at 400 degrees F.  
-Dust with your choice of nut and/or sugar.

