



It is Not Too Late!

Beginning February 2012, printed copies of the Resident and Family Newsletter will no longer be mailed to families. Electronic copies will continue to be available online at www.holyredeemer.com/stjosephmanornewsletter or it can be emailed directly to your inbox. It is not too late to receive a copy of the newsletter directly to your email. Please call Cathy at 215-938-4081 with your email address or email her at cnakonetschny@holyredeemer.com. Printed copies will continue to be available in the lobby and on all units for residents and families to read.

Pastoral Care:

- ◆ We welcome Sister Judith Filorimo, CPS, to St. Joseph Manor. She is a chaplain who will be ministering at St. Joseph Manor and Holy Redeemer Hospital.
- ◆ The Lenten Season is fast approaching – **Ash Wednesday is February 22nd**. Ashes will be distributed at the 1:30 pm Mass in Redeemer Chapel and on each floor — a schedule for the distribution of ashes and additional Lenten devotions will be posted.
- ◆ During the months of February and March the Sacrament of Anointing will be celebrated throughout St. Joseph Manor for all Catholic residents. Schedules and times will be posted.
- ◆ Redeemer Chapel: A new flat-screen television was installed for in the chapel for the residents to better view the services.
- ◆ Shabbat Service has changed: Friday at 3:30 pm.
- ◆ Mass Schedule has changed: Monday, Tuesday, Wednesday, Friday at 1:30 pm and Sunday at 10 am.
- ◆ The Evergreen Community will be joining the community for the liturgy on Tuesday, February 28th at 1:30 pm. The Evergreen families are welcome to attend.
- ◆ Feast of St. Blaise—February 3rd: Blessing of throats will be offered during the 1:30 pm Mass.

SAFETY REMINDER: When participating in religious services in Redeemer Chapel, please abide by the procedure for seating. If you are using a walker, please sit in the front rows or along the perimeter of the chapel. Be sure there is adequate space between wheelchairs so that the Ministers of Holy Communion and/or priests can bring the Eucharist to you. **The safety of our residents and visitors are of the utmost importance to us at St. Joseph Manor.**

Pastoral Care Services: If you need to contact a chaplain call 215.938.3952. In an emergency, please call 215.947.3000 for the chaplain on-call.



Congratulations go out to Shannon Tolan of the Evergreens who graduated from Temple University with a degree in Therapeutic Recreation and passed her CTRS exam! Way to go Shannon!



Your Safety is Our Primary Concern

Holy Redeemer has partnered with Healthcare Performance Improvement to provide all employees of the health system with comprehensive SafeCare safety training. This training program is a four-hour multi-media, interactive learning program to educate the staff about Holy Redeemer's safety culture transformation, our safety behavior expectations and human error prevention techniques.

Participants from all departments including clinical and non-clinical professions are learning together to reinforce that the safety of our patients, residents, families, and employees is everyone's responsibility. These trainings began in November of 2011 and of the 300+ staff members at St. Joseph Manor, already over 100 have gone through the training. In the coming months you will begin to see sections of the newsletter that will specifically explain and reinforce these concepts.

Reminder: If there have been any changes to a resident's medical or prescription drug information, please provide it to the admissions department at SJM. This is to ensure that we have the most current information and that the resident does not incur any unnecessary charges.

We have several opportunities for support and friendship with other family members. The following groups are available to you:

- The Alzheimer's Caregiver Support Group will be held on Wednesday, February 22, 2011 at 6:00 PM in Conference Room A.

If you have any questions, please contact Christine Lebisky 215-938-4087.

Just a Reminder:

It is that time of year again when many of us could be infected by the Influenza or Flu Virus. Please remember that this very contagious illness can cause life-threatening complications in our elderly population. If you are experiencing any signs and symptoms of illness please schedule your visit for another time.

Did you know?

- Influenza spreads mainly by coughing & sneezing (i.e. - droplet transmission).
- Incubation period is 1 to 4 days.
- You can remain contagious for up to 5 days after symptoms appear.
- Signs & Symptoms of flu: Fever (usually high), headache, sore throat, cough, and nasal congestion, fatigue. Some people may also experience GI symptoms such as nausea, diarrhea and vomiting. Symptoms will have sudden onset.
- Get a flu shot.

Go Green for Valentines Day!



Here are a few tips to show some love for our planet when shopping for your love for Valentines Day.



- Cards made from recycled or tree-free paper (this will be indicated on the card)
- Consider sending an e-card instead using one of the many quality services around
- Fair trade and/or organic chocolate
- Choose organic and/or locally grown flowers
- Make a donation to an environmental organization on behalf of the person
- If you wish to give jewelry, consider pre-owned or purchasing from jewelers who are certified to be sourcing precious metals and gemstones in an ecologically and socially responsible manner
- Buy the person a gift certificate for holistic therapies, e.g. massage, naturopath, health spa
- Arrange dinner at a local restaurant specializing in organic or locally grown food. Eating locally cuts down on food miles
- Perhaps make dinner yourself using locally grown ingredients, accompanied by a nice organic wine. Set the mood with earth-friendly candles.
- Book a retreat in a wildlife reserve, park or natural area. Your business will help support the running of such establishments.
- Give natural perfumes and fragrances. Popular mainstream fragrances are chemical cocktails. By buying natural fragrances, you'll be showing you not only care for the environment, but the person's health.

(Credit Green Living Tips)

PEER News:



WE WANT YOU! Become a PEER!

PEER stands for Pennsylvania's Empowered Expert Resident. PEER is a wonderful way to utilize the wisdom and experience of Pennsylvania's residents! PEER is open to all residents in the nursing home or personal care home. The PEERs at St. Joseph Manor have undergone 10 hours of training under the Pennsylvania Department of Aging's Long Term Care Ombudsman Program. PEERs educate their fellow residents about their rights and empower residents to act for themselves. The PEERs at SJM welcome new residents and assist them in learning the facility and staff - they help enhance communication between staff and residents. The PEERs have organized community projects, like sending Christmas cards and socks to our soldiers overseas. The PEERs work hard to handle concerns and initiate projects to make SJM an even better place to live and work! Interested in becoming a PEER? We'd love to have you! We are beginning plans to start a new 10 week PEER training session. To learn more, please contact your local ombudsman, Kate Willson at 610-278-3423.

On behalf of the peer group, St. Joseph Manor and myself, I can not thank everyone enough for your kind and generous support to our military. I have sent eight large boxes of socks along with Christmas cards and letters of well wishes to our soldiers. Our Socks for Soldiers have gone to various troops in Afghanistan and make shift hospitals in the field. Our soldiers have responded to my sister with their gratitude that such a response came from people they have not met but care. They have expressed that the support they receive helps carry them through difficult times. The socks are protecting them from sores and infections in their feet as they have no place to wash that often. Sewing socks with holes causes blisters and irritation. They have appreciated the new socks as not only are they warm but they provide comfort. It is very heart warming to know that although my nephew was not able to make it home his story did and people reached out to help those serving our country. I don't think I could ever express how dearly everyone has truly touched my heart with the overwhelming support given. Holy Redeemer is a family and I am blessed to be a member of that family.

Kathleen Falcone – Nurse Manager, Harmony Square

