Thanksgiving has passed, so the hustle and bustle of the holiday season is in full-swing! St. Catherine Laboure is preparing with some wonderful events (courtesy of Darleen Sanders and her team), which we are all excited about! Keep reading to find out more!

**Nursing Update**
As many of you already know, Cathy Vitello began as our new Director of Nursing in November. She has been spending time getting to know our residents, families, and associates. She's been doing a great job and we are excited that she is here!

We had a busy November interviewing for some key positions. I am pleased to announce that we have hired two more RN Supervisors. Sally Miller has accepted the position of full-time evening supervisor. Sally brings with her over 15 years of experience as an RN in long term care. Throughout her career she has held numerous positions, including Director of Nursing. Her vast experience in leadership is a perfect compliment for our nursing team and we are looking forward to having Sally join us.

We are also pleased to welcome Jinyan (Jane) Yu Hallberg to our team. Jinyan has accepted the position of Every Weekend RN Supervisor. Jinyan has been in long term care for seven years, and is currently enrolled at Daemen College pursuing her Masters in Nursing degree. She most recently worked at a nursing home in Jamestown as an RN Supervisor. Welcome Jinyan!

Finally we welcome Vanessa Rossy (C.N.A., part-time), Shawnte McDowell (C.N.A., part-time), Erica Middlebrooks (C.N.A., full-time), and Pauline Gichuri (LPN, per-diem).

We continue our search for per-diem, part-time evening, and night RN Supervisors, as well as a Unit Secretary for the 3rd Floor. We have also identified numerous candidates for our open CNA and LPN positions. We are working closely with HR to address these needs.

**Sprinkler Project and Resident Room Refresh**
The sprinkler project continues to unfold. Contractors have submitted their bids and we are in process of selecting the finalist. We anticipate starting some time in January. This will be a four month project, which will require some coordination. A detailed plan will be
shared on how this project will proceed once we have selected a contractor.

We have also developed a plan with the Sisters of Charity Hospital Facilities Department to paint all of the resident rooms. This project will occur throughout 2013 and will include the installation of wall protection behind the beds. Our goal is to improve the look and feel of the resident rooms, and to ensure better maintenance of the rooms going forward.

**My InnerView Satisfaction Survey**

Thank you to everyone who participated in the customer satisfaction survey that was distributed in November. The results are currently being tabulated and I will share the data with you in January. Our goal is to provide excellent care and service in everything we do. We worked hard this year to improve in many areas and we do hope that you have seen the impact of our efforts. As always, if for any reason you feel that you cannot rate us excellent, please let me know and will address the issue promptly.

Enjoy the holiday season!

Yours in service,

Michael Perrotta
Administrator

**L.O.V.E. Award**

If you are looking for a way to recognize an associate who does an excellent job, please submit a L.O.V.E. Award Nomination form. L.O.V.E. means Living Our Values Effectively. The award is presented quarterly to associates who exemplify our core values of Reverence, Compassion, Justice, and Excellence. Past recipients of the award are showcased on a display near the lobby elevators. You may access L.O.V.E. Award nomination forms in the lobby, at the front desk, or by visiting our website, [www.chsbuffalo.org/scl](http://www.chsbuffalo.org/scl).

Let our associates know how much you appreciate their contributions by submitting a L.O.V.E. Award Nomination today!

**Family Choice**

St. Catherine Labourè is pleased to partner with Independent Health’s Family Choice program. The Family Choice program’s goals are: to identify potential problems and illnesses before they become serious; minimize unnecessary emergency room visits and hospital stays; and to coordinate care with the resident’s doctor, the nursing home staff, and the family. Family Choice plan members receive: regularly scheduled visits from a specially trained nurse practitioner; 24 hour per day, seven day per week access to an on-call nurse practitioner; a care coordinator to manage all aspects of care; and a Family Choice Social Worker to help members and their families with difficult issues. To verify if you or your family member is eligible for the Family Choice program, please contact Marie Girling at 862-1457 or mgirling@chsbuffalo.org.

**December Associate Forums**

Attention all St. Catherine Labourè Associates! The December Associate Forums are scheduled for the following dates and times:

- December 20th – 1:30 p.m., 2:00 p.m., 4:00 p.m., 4:30 p.m.
- December 21st – 5:00 a.m., 5:30 a.m., 10:00 a.m., 10:30 a.m.

Please note that your participation in these forums is expected. This is your opportunity to meet directly with Administration to be updated on current Catholic Health and/or St. Catherine Labourè initiatives.

Thank you!
Chaplain Update

To all the residents & resident families of St. Catherine,

It has been a blessing to work here with the residents of Saint Catherine's over the past year. I would like to continue to reaffirm that if there is anything that I can do to be a help and support I desire to be that for the residents and families of this facility.

I would also like to share with the residents and families here at Saint Catherine that I am restarting the small worship service I once held on Thursday mornings. It is small non-denominational service where we sing songs together, share in the reading of scripture, and pray together. Our first meeting will be on December 6th. We’ll meet regularly on Thursday’s at 10:00 a.m. in the 2nd floor dining room. I encourage any resident or family member to attend if they feel up to coming.

Also, I recognize the holiday season is upon us & for residents & families this can be a very sensitive time of the year. During this holiday season if there are any important traditions or religious customs you’d like observed please let me know. It is important to me as your chaplain to help you honor your traditions & customs the best we can. I look forward to celebrating another holiday season with my friends here at Saint Catherine Laboure’. Until next time, take care and God bless.

Grace and Peace,
Chaplain Jonathan Moran
716-862-1538
jmoran@chsbuffalo.org

Holiday Nutrition

Healthy Holiday Parties

As the holidays approach, parties become more numerous and many of us are no longer committed to our healthful diet. If you are hosting a holiday party, you can reduce fat and sodium without sacrificing taste:

- Choose reduced fat cheese for salads and casseroles
- Use sliced almonds to top casseroles instead of French fried onions
- For dips, sauces, and pies, use fat-free yogurt, sour cream and whipped topping
- Substitute applesauce for vegetable oil in baked goods
- Use low sodium, fat-free chicken broth
- Substitute two egg whites for one whole egg which can produce the same tasty result.

Catherine Ayers
UB Dietetic Intern

Adult Day Health Care Update

December is the time of year that reminds us to step back from the hustle and bustle of the holiday season and appreciate the blessings of family and friends. The Adult Day Care Program registrants spent the month reminiscing about fond holiday memories and celebrations. The room was beautifully decorated thanks to the efforts of our CNA. The registrants spent time creating a keepsake craft for their enjoyment which they enjoyed doing immensely and we welcomed several new registrants. We were also fortunate to schedule Minister Melody on a regular basis to share inspiring words and thoughts. We hope everyone had a peaceful and joyous holiday season.

Roseann May
ADHC Director
**Social Work Update**

Family Council meeting scheduled for December 13, 2012 at 2:00pm. Family members are welcome to attend. Management team will be present to address any issues or concerns.

St Catherine Laboure' will be accepting non-perishable food items until December 19th. These items will be donated to the City Mission.

Marie Girling – Social Work
716 862-1457 mgirling@chsbuffaol.org

**December Resident Birthday’s**

Julianna A. 12-12  
Earlather B. 12-18  
Irene S. 12-18  
Jill W. 12-20  
Anthony Z. 12-23  
Samuel C. 12-26

**December Associate Birthday’s**

Lisa Walker 12-3  
Wanda Battle 12-5  
Iesha Honeycutt 12-13  
Doronda Miller 12-21

Happy Birthday to all!!!

**Activity Update**

We, here at St. Catherine Laboure' had a wonderful Thanksgiving and I hope you all enjoyed good food, family, friends and many blessings.

The holiday season is in full bloom around here. We have numerous holiday special events scheduled for our residents to enjoy (please refer to the December activity calendar). Many groups donate their time to come in and make the holidays a little brighter for our residents.

The annual Resident/Family Holiday Party will be held on Thursday evening, December 20, 2012 @ 7pm, in the Mirallac Room. Please RSVP to the activity dept. at 862-1456 by December 17th.

Darleen Sanders  
Director of Activities  
dsanders@chsbuffalo.org

**ADMISTRATION, MANAGEMENT TEAM AND ASSOCIATES OF ST CATHERINE LABOURÈ WISH YOU ALL HAPPY HOLIDAYS AND A HAPPY, HEALTHY NEW YEAR!**