It’s hard to believe that fall is here! After a busy September, we are moving quickly into October!

There are numerous updates that I would like to share with you this month:

**New Website**
St. Catherine Laboure has a brand new website! This new site is a wonderful resource for residents, families, and associates. The site has enhanced features including access to electronic versions of this newsletter, the monthly activity calendar, photos, and much more! Please go to www.chsbuffalo.org/scl and take a look!

**Service Improvement Initiatives**
- In September we invited Patrick Goraj, Laundry Supervisor at Father Baker Manor, to assist us in reviewing our laundry service program. We asked Patrick to assist us because of his outstanding customer satisfaction results Father Baker Manor. Patrick has since completed a report and made recommendations on how we can improve service. Our team is currently reviewing the recommendations and preparing to implement those that are feasible. Our goal is to be able to share specific details in November’s newsletter.
- Information on Medications is another opportunity identified for improvement by our customers. We plan on discussing this at the October Family Council Meeting, so be sure to attend and participate in the discussion!
- This month a team of C.N.A.’s and nurses began identifying opportunities to improve our service related to assistance to the bathroom. This team’s charge is to identify and implement improvements in this area. More details surrounding their efforts will be forthcoming next month.
- We began investigating improvement opportunities for the dining experience this month. A team of associates, including food service and nursing representatives, began a systematic overview of our dining process. We are at the very beginning stages of this analysis and will share more details in the coming months as improvements are made.
- In late September Marie Girling (Social Worker), Rose Backus (3rd Floor Nurse Manager), and Claudia Benzin (Staff Development/Infection Control) became Certified Eden Associates (CEA). The Eden Alternative is an organization dedicated to changing
the culture of nursing homes, moving from an “institutional” model of care delivery to a resident-centered home. With this certification they join myself and Darleen Sanders (Activities Director) as CEA’s. Participating in this education helps enhance our understanding of how to create home and de-institutionalize the experience for those people living at St. Catherine Laboure.

My InnerView
The My InnerView Customer Satisfaction survey will be conducted during the 4th Quarter, most likely in November. Specific details about this year’s survey process have not yet been released, but we will communicate that information with you as it comes available. Over the last few months as I have met various residents and families, I have repeatedly heard that people are very pleased with the excellent care at St. Catherine Laboure. Please be sure to complete a survey because your opinion matters!

Director of Nursing Update
L.O.V.E. Award
If you are looking for a way to recognize an associate who does an excellent job, feel free to 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.

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

We continued our search for a new DON in September. As I mentioned in the last edition of the Connection newsletter, our goal is to fill the position as quickly as possible with the most qualified candidate. Our search area has expanded and we do have interest in the position. We will be conducting interviews as qualified candidates are identified.

During the transition phase, we are pleased to have Sally Smith, RN providing DON support to St. Catherine Laboure. Sally is the DON at the Our Lady of Victory Senior Neighborhood in Lackawanna and has many years experience in long-term care. Sally is committed to ensuring that our residents receive consistent, high quality care and services. If you have any questions or concerns, please feel free to contact her.

Yours in service, Michael Perrotta Administrator

Voice of the Associate Survey
This is an opportunity for all associates to provide confidential feedback about the workplace. All associates are encouraged to take advantage of this opportunity. You will need your associate number to participate (you can find that number on your ID badge). You can take the survey from anywhere (i.e. home or work) that has internet access by going to www.surveymonkey.com/VOA2011. If you need access to a computer, please feel free to ask any member of the management team to use their terminal. The survey should take no more than 5 minutes to complete. Anyone who participates will be entered to win an i-Pad or gift cards!

The Voice of the Associate survey will be administered between October 2nd and 15th.
St. Catherine Adult Day Program is coming down to the end of a very busy summer season. Our open house in July is still the topic of discussion of the registrants as is the summer picnic with the residents of St Catherine Healthcare center. Our registrants are looking forward to the cooler, crisp days of autumn along with the spectacular fall color display. In September we celebrated National Adult Day Care Week with special games and prizes. The dietary department of Sister’s Hospital is providing us with delicious meals chosen by the registrants. We continue to admit new registrants but still have openings in the program. Anyone interested can call 862-2513 to enquire about program eligibility.

Roseann May
Adult Day Director

Good nutrition is important to the health of all Americans. We all see and hear a great deal of information about nutrition, and it is frequently confusing and difficult to sort out fact from fiction. Using the United States Department of Agriculture’s ChooseMyPlate.gov website is a fun and easy way to find sound nutritional advice. The design replaces the familiar Food Guide Pyramid and helps to remind us to enjoy a variety of foods, but in smaller amounts. Half of your plate should be fruits and vegetables and at least half of your grains should be whole grains. The milk you drink should be fat-free or low-fat (1%) milk. Choose foods with a lower sodium content and avoid sugary drinks.

The website can be accessed at www.choosemyplate.gov and contains a wealth of information including guidelines for weight loss, foods to include in a healthy diet, and information about exercise. You can look up nutritional values for specific foods, develop a personalized meal plan and have your diet analyzed, all for free and at the click of a mouse. So next time you’re surfing the web, check this site out and get a start on the way to healthier eating!

Paula Bidwell, RD, CDN  Dietitian

October is Physical Therapy month and the motto for this year is Move Forward, Physical Therapy Brings Motion to Life!!! Physical Therapy is a healthcare profession that is concerned with identifying and maximizing quality of life and movement potential within the spheres of promotion, prevention, diagnosis, treatment/intervention, and rehabilitation.

Some of the first practitioners of physical therapy were physicians like Hippocrates and Galenus who advocated massage, manual therapy technique, and hydrotherapy in 460 BC. Modern physical therapy was established in Britain near the end of the 19th century and blossomed in 1916 with the outbreak of Polio. During World War I, women called “reconstruction aides” worked with injured soldiers to restore physical function and the field of physical therapy was institutionalized. The first school of physical therapy was at Walter Reed Army Hospital in Washington, D.C. Mary McMillan is known as the “mother” of physical therapy and organized the Physical Therapy Association, which is now known as the American Physical Therapy Association (APTA). Physical therapy has continued to develop since this time and has become a major driving force in the rehabilitation world, allowing many people to regain independence and function in their lives.

The physical therapy department at St. Catherine’s assists residents and patients with relearning how to get on and off of surfaces, to walk, to use adaptive equipment (like a rolling walker or cane), and to get in and out of bed. Physical therapy here also focuses on strengthening, balance training, safety training, and wound care.

So, make sure that you celebrate with your physical therapist this month and remember to always keep moving, keep exercising, and stay healthy!! If your physical therapist can assist you in any way, please feel free to contact the department at extension 1361.

-Michalina Ryan, MS, OTR/L
To all the residents & resident families of St. Catherine,

I am thrilled to be here as your new chaplain. I have been working over this past month trying to know you all a little better. It is my joy to work here with you and try to be a loving supporting presence. I have a real heart for working in nursing homes, as I have been working as a chaplain over the past two years of my life. It is my aim to hopefully get a chance to cultivate and develop many relationships while I am here.

I am the type of person who tries his best to meet the needs of those I encounter. My theological perspective and belief is that all people should be treated with love and respect. I believe that we are all creatures of a loving God. Therefore, in all encounters I believe that reverence, compassion, justice, and excellence are at the core. I will always try to convey that to you the residents and you the families in my words and actions.

Also I want to be as accessible to both you the residents and you the families as I can be. I may only work twenty hours a week, but I always say if there is anything that I can do to make this stay at Saint Catherine's more fulfilling I want to offer that. Take care and God bless you all, I look forward to spending more time with you over the coming days and months ahead.

Grace and Peace,
Chaplain Jonathan Moran

Family Members, when taking your loved one out on pass for appointments, or extra curricular activities, please notify the nurse. You must sign in and out. The sign in sheet is located in each resident chart. This process is in place to ensure the safety of all residents.

A Family Choice representative will be in the building on the following dates:
October 12, 2011 from 3-5pm
October 25, 2011 from 9-11am
November 9, 2011 from 2-4pm
November 14, 2011 from 4-6 pm

If anyone has any questions about the program, please contact the social work dept, at 862-1457.
Marie Girling  Social Work

ST CATHERINE LABOURE’ HALLOWEEN CELEBRATION FRIDAY 10-28-11 HALLOWEEN DISCO 2:30PM COSTUME CONTEST

OCTOBER ASSOCIATE BIRTHDAYS

KATHLEEN ROBINSON 10-6
PAMELA JOHNSON 10-9
SHANDRA PHILLIPS 10-23
MIGNON YARNS 10-31
DEBORAH ARNONE 10-31
ALITA BROOKS 10-31

RESIDENT BIRTHDAYS

MARTHA ROKITKA 10-18
HELENE WOODLEY 10-22
JOSEPHINE CASSIOL 10-22
JESSE MUCHA 10-27
MYRTLE ZACCARINE 10-29

HAVE A HAPPY AND BLESSED BIRTHDAY
**It’s Cold And Flu Season!!!!!**

In order to protect the health and safety of our residents, visitors and co-workers, if you are ill with fever, diarrhea, cough/cold symptoms or the flu, please stay home because infections are easily spread from person to person by coughing, sneezing and from soiled hands. Please practice respiratory etiquette and do your part in helping to prevent the spread of illness by covering your mouth when you cough or sneeze, using tissues and frequently WASHING your hands.

Flu vaccinations for the staff began in September. Please see postings on the units for dates and times. Residents will be receiving flu vaccinations Oct. 15- Nov. 1.

**Cold versus Flu**

What is the difference between cold and flu? The flu and the common cold are both respiratory illnesses but are caused by different viruses. Because these two types of illnesses have similar flu-like symptoms, it can be difficult to tell the difference between them based on the symptoms alone. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and the dry cough are more common and intense. Colds are usually milder than the flu. People with a cold are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

Claudia Benzin RN

**3rd Quarter Love Award**
(A posthumous award)

Elaine Wright was a CNA at St Catherine Laboure’, who passed away suddenly in June of 2011.

Elaine Wright showed nothing but true dedication to her residents. Elaine would sing and dance to put smiles on the faces of the residents. Every resident was Elaine’s resident. She worked hard and did it with style and grace. Elaine was also attending school and made the Dean’s List. While being a wonderful mom and attending school, she still found the time to take excellent care of her residents.

Elaine Wright (1985-2011)