

St. André Health Care

St. André Health Care 407 Pool Street Biddeford, ME 04005 207-282-5171



Administrator
Stephen Alaimo

Director of Nursing
Tricia Conway

Director of Dining Services
David Kessler

Director of Social Services
Mary Danis

**Director of Plant
Operations**
Francois Blais

**Director of Mission &
Spiritual Care**
Sandy Lucas

**Director of Organizational
Engagement**
Marcie Yager

Director of Recreation
Samantha Beaton

Director of Therapy
Jordyn Alvarez

I hope all are staying warm during the season. Luckily, the weather has not been too cold and the snow has been minimal as we are well into the winter season now!

We have made great progress throughout the past year with our clinical and financial capabilities. Throughout the years, we have always given great care to our residents, but during the past few years, we have seen an increase in our Star Rating which is compiled through The Center for Medicare Services. We are currently at a 4-star rating. As you may know, we keep re-investing into our clinical capabilities and training of staff. Due to this, we anticipate on becoming a 5-Star Facility in the near future. With our increase in clinical capabilities, we also have been financially very successful in 2019. All systems in place are well aligned for great success into the future.

Without each of you as caregivers and support staff, this would not have been possible. The Board of Trustees has issued the following statement to all the employees.

"The Board of Trustees acknowledges the professional manner, compassionate care, and sincere dedication of the St. André Health Care Staff. Further, the Board recognizes the Staff's considerable contribution in creating the well-regarded institution that exists today."

Without all of you, we would not have made this great progress as a leader in the health care community.

Thank you for your continuous great care and compassion that you provide to each of the residents.

Stephen Alaimo
President/Administrator

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Dior's "New Look"



A casualty of World War II was fashion. With the rationing of materials and anxiety over radicalism, civilian clothing styles became austere, utilitarian, and practical. Women no longer wore silk or other fancy fabrics, and they gave up accessories like boning for corsets and zippers. For the first time, women wore trousers! The British government went so far as to pass austerity regulations. Footwear, textiles, and clothing brandished the CC41 logo, signifying that it conformed to 1941 regulations for "Controlled Commodities." Perhaps no city suffered more than Paris, the world's fashion capital. Not only was it occupied by the Germans but fashion houses were forced to shut their doors. So, on February 12, 1947, when French designer Christian Dior debuted his "New Look" line at the Paris fashion show, he both saved Parisian fashion and brought femininity into style again.

Dior's New Look silhouette was both old and new all at the same time. It offered a return to pre-war femininity and yet presented a new, modern woman. The line did away with trousers, boxy shoulders, and civilian androgyny and returned to the small waists and hourglass figures of the pre-war era. Dior focused on soft, rounded shoulders, tight-fitting jackets, and spreading, padded skirts. Essential to the New Look was his corset, known as the *Waspie*, which narrowed the waist and accentuated the bustline. As a child, Dior grew up wandering the flower gardens of his home. Those flowers heavily influenced his notions of femininity. He rejected austerity and let fabric flow freely from his garments, like an abundance of petals. Some critics decried the designs as wasteful or extravagant, while others found them to be affronts to the newfound independence enjoyed by women who had taken over the jobs of men in offices and factories. But many women embraced the New Look as a welcome alternative to the ugly practicality of the war years. In many ways, the New Look was a rejection of the war itself and a return to the nostalgia of the pre-war years, where women were once again expected to be feminine.

News for You!

- *Keep an ear out for a new speaker system in the Community Room and Patio for music and entertainment!
- *Calendars & Newsletters available via e-mail starting with March issues. See front desk for request form.
- *The Daily Chronicle will be available on your neighborhoods!



LENT

Spiritual Care Update!

Wed., Feb. 27 Ash Wednesday Mass
10:30a.m.

Sundays in Lent Mass 10:30a.m.

Fri., March 6 Way of the Cross 2:00p.m.

Fri., April 3 Way of the Cross 2:00p.m.

Thurs., April 9 Holy Thursday Mass 4:00p.m.

Fri., April 10 Good Friday Service 4:00p.m.

Sat., April 11 Easter Vigil Mass 4:00p.m.

No Mass on Easter Sunday, April 12.

Easter Mass is on Saturday, April 11.



The EAC Has Got
Your Taste Buds
Covered!

Baked Potato Bar Fundraiser

Monday February 17th

We will have oven baked potatoes with ALL the fixings
(sour cream, cheese, chives, bacon, chili and more).

\$5/potato

Cash or Paycheck Deduction

Watch for Flyers Coming SOON!

Wash up!

Cold and Flu season is still upon us. There's never a good time to get sick; washing your hands with soap and water is the best way to stay healthy for you & your loved ones!

CONGRATS!

Please join us in congratulating Kathy Scola in her recent acceptance of housekeeping lead. Part of Kathy's duties will include room inspections, training and committees. The position was added to provide continuity of services in the Environmental Services Department.



EDUCATION CORNER

Here, you will find upcoming educational events, in-services, and news. This month, I want to THANK YOU for all of your patience and understanding over the last few months in regard to RELIAS, our new online education portal.

As you know by now, all of your annual mandatory education will be conducted on RELIAS. At present, there are approximately 12 of these modules, and we anticipate a few more will be added in the near future due to changes in Medicare/CMS regulations. No need to worry, we will do our very best to make these as educational, and painless as possible.

In addition to completing these RELIAS modules on your own, there will be group sessions offered each month on a specific mandatory topic. These will be held in the Conference Room on the 2nd floor and will be posted on the monthly Education Calendar posted by the Employee Entrance.

Staff are encouraged to utilize the Education Space on the second floor across from room 222. There is a desk and laptops available for RELIAS sessions.

There have been some technical bumps along the way with RELIAS, so don't worry if you have found errors. Just swing by my office or send me an email (myager@covh.org) to let me know and I'll help get it fixed.

I appreciate all of your patience during this process! I promise it be smoother as we move forward. Never hesitate reaching out with any questions or concerns. My door is open.

Happy February, friends!
Marcie



Who Am I?

I was born outside of the USA to a family of 6 children and a large extended family with many aunts, uncles and cousins. There, I owned a jewelry store, primarily gold, silver and diamonds which I left for my brother when I came to the United States with my spouse. The store is still in operation today. Originally, we came to Los Angeles, but after living a couple of other places we made our way to Maine. I have three degrees in Political Science and Economics; my spouse was a physician, as was my father. I have two children (who also live here in Maine) who mean everything to me. I have not been able to go back to my country of birth in over 25 years and while I miss my siblings still there, my children are here so this is where I want to be. I practice the Hindu religion and spend much of my day in Prayer. I find tremendous comfort in my prayer and faith and often reflect on my religion throughout the day. My father was a great influence in my life. My tendency is to try “not to dwell on bad things that happened in the past as it can upset yourself and others”. I try to live in the moment and not worry too much about things that I cannot change. I have been here at St André the last few years and while I don't like the cold seasons, I do love the fact that I am close to my children! -Who Am I??

Answer will appear in the next Newsletter!

January's "Who Am I" Answer:

Big thank you to Anne Marie Carbonaro, Director of Admissions, who was last month's "Who Am I?" subject. Thanks for letting us get to know you better Anne Marie!

From Your Valentine

On February 14 each year, sweethearts celebrate Valentine's Day by exchanging cards, chocolates, and other tokens of love. But do these sweethearts know who they are celebrating? The true identity of St. Valentine is murky and there are differing stories detailing his role in the church and the acts that inspired the popular holiday bearing his name.

Competing stories depict St. Valentinus (the Latin version of the name) as either a priest from Rome or the Bishop of Terni during the reign of Emperor Claudius II. Legend has it that Valentinus aided Christians who were persecuted under Claudius II's reign. Eventually, Valentinus, too, was put under house arrest at the home of Judge Asterius. It so happened that Asterius had a blind daughter. The judge asked Valentinus to prove the power of Christ by restoring the girl's sight. When Valentinus performed the miracle, the judge thanked him by freeing him and all the Christians he had imprisoned. But Valentinus did not remain free for long. He was again arrested and brought before Emperor Claudius II himself. When Valentinus attempted to convert Claudius to Christianity, he was executed on February 14, AD 270, but before his martyrdom, he is said to have written a note to the daughter of Asterius, which he signed "From your Valentine."

Another story details how Claudius II outlawed marriage for young men in the belief that single men made better soldiers than those with wives and families. Valentine defied Claudius and performed marriages in secret, purportedly cutting hearts of parchment and gifting them to the couples as a sign of God's eternal love. When Valentine's secret was discovered, Claudius executed him.

These stories are different yet they both illustrate Valentine's devotion to his faith and his people. As these legends spread, so did Valentine's reputation for heroic love and devotion, inspiring a holiday dedicated to the ideals he died for.