

May 2020

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

Dear Residents and Staff Members,

What appears to be on everyone's mind these days is COVID-19 and the struggles for all to stay healthy during this pandemic. I never want anyone to forget the main reason that we are here doing what we do as employees and all of us as members of society...our Mission and Values that we claim each day when we wake up or come into work. Always have that in the forefront of what you do in society as we are all here to lead lives that can better someone else's life or complement their life.

Our mission is to provide healing and care for the whole person, in service to all in our communities.

Our Values are to promote the Gospel values in all of our endeavors in which we all commit to providing to each other and all. In addition to the below listed values, we never want to forget the Joy we can give by providing love and care to others.

Compassion

We show respect, caring and sensitivity towards all, honoring the dignity of each person, especially the poor, vulnerable and suffering.

Integrity

We promote justice and ethical behavior, and responsibly steward our human, financial and environmental resources.

Collaboration

We work in partnership, dialogue and shared purpose to create healthy communities.

Excellence

We deliver all services with the highest level of quality, while seeking creative innovation.

Sincerely,
Stephen Alaimo
President/Administrator

NATIONAL SKILLED NURSING CARE WEEK

May 10–16, 2020



Sharing OUR Wisdom

St. André will be celebrating in style!

Sunday, May 10th ~ Mother's Day

Mother's Day flowers will be distributed to all our ladies.

Monday, May 11th ~ Dress for Mis-match Monday!

Words of Wisdom Whiteboards

2:30pm-3:30pm Resident Thank You to Our Staff

Front Parking Lot

10:30pm Staff Appreciation!

Tuesday, May 12th ~ Hawaiian Shirt Day!

Tiki Smoothie Cart!

Wednesday, May 13th ~ Patriotic Day!

Resident Gardening in the Morning

2:00pm Plant Exchange

Memory Garden Patio

Thursday, May 14th ~ Day at the Races!

7am-9am Employee Appreciation Breakfast

Community Room

2:00pm Pool Street Derby

Memory Garden Patio

(Rain Date is Friday, May 15th)

Friday, May 15th ~ Sports Theme Day!

Afternoon Build Your Own Sundae Cart

10:30pm Build Your Own Sundae Cart

*Events are dependent on Mother Nature and may be shifted to other days during the week. Residents and staff will be updated daily on what is in store!

Mother's Day Packages & Letters

For the safety of all those within St. André we are holding all packages and letters for a minimum of 24 hours prior to distribution. We will have a designated *Mother's Day Table* set aside for all letters

and packages that are indicated for the holiday. Please have gifts for your special lady sent in by May 8th for distribution on Mother's Day.



Spring Reading List

With so many of our favorite things out of reach at the moment the staff have submitted a few of their favorite reads to help us pass through this spring time into summer:

Little Bee: A Novel, By Chris Cleave

The Alchemist, By Paulo Coelho

The Lord of the Rings Trilogy,

By J.R.R. Tolkien

The Heart of a Woman, By Maya Angelou

Roommates: My Grandfather's Story,

By Max Apple

The Husband's Secret, By Liane Moriarty

Becoming, By Michelle Obama

Tuesdays with Morrie, By Mitch Albom

Wilfred Gordon McDonald Partridge,

By Mem Fox

The Light between Oceans,

By M.L. Steadman

Spiritual Care Update!

Good news! We've been able to gather in small groups, keeping social distancing. Once a week, we gather for Rosary. Other groups include Bible Stories, Favorite Hymns, and Faith Sharing Group. In May, we'll look at "Mothers in the Bible." In our Faith Sharing group, we'll look at the "Lives of the Saints." Let me know your favorite saint!

Sunday Mass and Protestant Services are still cancelled. They will resume when it's safe to do so. There are many things that are not cancelled. Sharing hope with others has not been cancelled. Keep your spirits up!

Loving God,

Help us

*to focus on what we have,
not on what is removed or changed.*

Strengthen us

*when we feel discouraged
or overwhelmed.*

Embrace us

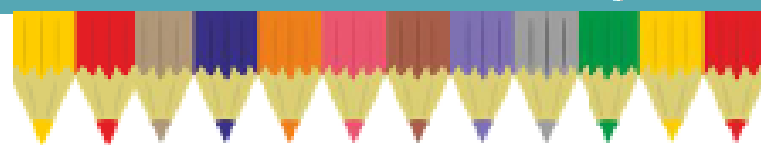
*so that we might know
your loving presence,
within us and among us.*

Walk with us

*as we bring your love,
and carry your light,
into our world.*

Amen.

(Prayer by Sandra Lucas)



May Education Corner

Amid all the chaos of March and April we had the pleasure of bringing on-board several new, amazing staff members! I'd like to mention them here – and encourage you to get to know each of them. We're so fortunate to have them on our team.

Liz Goff, Dietary Aide

Shirley Norcross, Recreation

Jenna MacCabe, Housekeeping/Laundry

Thomas Ertl, R.N.

Kayla Littlefield, C.N.A.

Christine Mercier, Receptionist

Thanks to the 56 employees who completed the mandatory Transmission Based Precautions RELIAS module! For those who have not yet completed it, please do so ASAP. If you need assistance with RELIAS, please reach out to me and let me know! I'm happy to help.

Happy Spring, everyone.

Marcie



Remember to SMILE with your eyes!

Who Am I?

Great Big Thank You to last month's subject – Al Lacava! Thank you Al, for sharing a bit about yourself with us.

Who Am I? I am from Biddeford, Maine and have lived here almost all of my life (with the exception of living for a short while in Vermont). I have family, on my father's side, in the Deer Isle, Maine area and when I can, I love to go and visit in that area. There is no place more gorgeous! I have one younger sister and one younger brother. I have always worked in the Food Service Industry. In my spare time I enjoy painting, usually with Oil or Acrylic paints. I find that with the current COVID19 crisis, I have more time to work on this. A perfect day for me would include a walk on the beach and possibly driving up to the Rockland/Deer Isle area for a visit. In my experience I have found that it is "easy to listen to someone, but takes real effort and skill to HEAR what they are saying". I have really tried to do this with those that I work with and supervise on a daily basis. I have been here at St. André for about three years now and have no plans of leaving anytime soon! Who Am I?

Read the next Newsletter for the answer!

Winter to Summer Clothing Exchange

With the seasons changing please reach out to the floor manager (Tiffany Chea, Sue Bertin, or Tricia Conway) if you are interested in swapping out your loved one's winter clothing for summer.

How Can I Connect With My Loved One?

Phone Calls

Staff can help facilitate phone calls between our residents and their loved ones.

E-mails & Letters

St. André is still receiving mail for our residents. Our staff can read e-mails to our residents and send back a response.

Video Chatting

Please schedule a FaceTime or Skype session with your loved one.

*To schedule time with your loved one or send a personal e-mail, please contact Samantha Beaton, sbeaton@covh.org.

*For Video Chatting & Window Visits we ask that a time be scheduled 24 hours in advance and it is recommended that sessions do not exceed 15 minutes. We hope to accommodate as many sessions as possible for our residents.

