



NEWSletter

ENHANCE RESIDENTS' WELL-BEING



RECREATION TEAM - ACTIONMARGUERITE ST. BONIFACE. SEE PAGE 2

REMI BRENGMAN, DONOR

Remi Brengman has been coming to Actionmarguerite St. Boniface for more than 50 years. That's why he didn't think twice about becoming a regular donor to the organization.

"I used to come to the old Taché Centre 50 or 60 years ago with my grandmother and my mother," he says. "They used to work with the Grey Nuns of the St. Boniface Hospital, so they had many friends at Taché Centre. In 2004, my mother's health started to decline, so she began attending the day program. She finally became a resident of Actionmarguerite St. Boniface in 2006.

"I began making donations to Actionmarguerite after she became a resident. I'm a bachelor, and my mother was my only family, so it was important for me to show my respect and appreciation for the care she was receiving. The staff was always generous and competent, taking care of her every need. She was very happy and loved the activities. She found a real family there."

While Remi Brengman's mother passed away at Actionmarguerite St. Boniface in February 2012, her son has continued to donate, in addition to his regular visits to the residents and staff he got to know over the years. "My mother is no longer there, but there is still a need," he says. "I also bequeath a future donation in my will and I would encourage others to do the same," insisted Mr. Brengman.

"Mr. Brengman's contribution goes beyond recognizing the quality of care and service his mother received," says



The generous donor Remi Brengman.

Charles Gagné, CEO of Actionmarguerite. "It's a testament to the importance that residents and their families place on their relationships with our staff."

"For Mr. Brengman, we represent an extension of the time he spent with his mother, and he has immense gratitude for the compassion, friendship and respect we showed his mother and him. There is no greater compliment for our staff and volunteers."

It is with great pleasure that we welcome to Actionmarguerite the following new employees:

ST. BONIFACE

Care and Services

Mizra Kishwar • Penpa Chokpa
Maria Barivan • Kayla Whitehurst
Richa Sharma • Rianna Carment Prayag
Carole Thibeault • Gay Marie Cabrera
Françoise Nkuba
Mapendo Mutabaruka • Faith Ogbeide
Faila Yuma • Jasmin Almosara
Karna Karki • Elvie Nyelele
Terry Klassen • Abdur Sharif
Robert Tibayan • Jaspreet Gohal
Kathrina Dalisay • Jefferson Tan-Awon
Lea Dickieson

Community Programs and Services

Geanne Basilio • Claire Reyes
Diane Carrière • Precy Manalang
Ma Christian Fe Asis • Claudin Ann Noay

Food Services

Marlyne Bahigani • Paolla Mangiri
Raphael Mushingliwa • Sandra Nsimire

Physical Plant and Maintenance Services

Weitian Zhang

Housekeeping

Grace Mukata • Nadine Tanly
Nzapena'a Tetang • Thierry Dunia

ST. JOSEPH

Administration

Dann Gervais

Care and Services

Ruel Buclatin • Jessica Abagon
Jamie Patiu • Juliet Aquino
Chris Hyde • Jean Solitario
Ludmila Bilkova • Simarjit Brar
Juvyline Celestino • Karen Camagay
Vanessa Barrientos • Irene Alviola
Vanessa Barrientos • Gemma Elomina

Food Services

Socorro Pineda

ST. VITAL

Administration

Edem Drovi

Care and Services

Elda Sara Noble • Oyeronke Obatusin
Susan Joy • Claudine Tuwonbe

Community Programs and Services

Patient Kadima • Shar-Len A Cuevas
Augustine Jesudas • Gladys Demition
Ryan Lester Catenza • Louise Lage
Ugochi Dimkpagu • Adebowale Ashiru

Food Services

Vener Valencia • Robert Smith
William Smith • Clariza Pelayo
Van Do Tran

We welcome them to our team!

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TRANSITIONING TO A MORE INTERDISCIPLINARY APPROACH

Four members of Actionmarguerite St. Boniface recreation team traveled to Selkirk on August 10 in search of inspiration for improving recreational services offered at the residence.

"I suggested going to Selkirk because I wanted to further my professional development and see how we could better serve our residents through our services," says Susie Piad, the Recreation Worker behind the project. "I also wanted to see their multisensory experience room. It's one of the few rooms of its kind in Manitoba...perhaps the only one." She was accompanied by Stephanie Kolody, Jessica Rodway and Lenise Smith.

The room is painted black and is filled with sensory objects for residents, including many different textures, lights, Montessori kits, music, sensory books, and more.

"It's a place where Selkirk residents can be taken when they are agitated or aggressive and need to calm down," says Susie Piad. "You can also create programs for small groups there."

Apart from the multisensory experience room, the four

visiting Recreation Workers were able to observe how activities are organized in Selkirk, drawing on the strengths of every individual member of the greater team.

"In Selkirk, they use resources offered by different people," says Stephanie Kolody. "The social workers host programs, along with clinical care nursing resources and spiritual care providers, with a view to more effectively connect with and help the residents. The nutritionists are also involved, with cooking and baking programs. Their recreational activities are not just the responsibility of the recreation team."

The nutritionists also use a wealth of creative ideas to improve residents' quality of life by finding ways to help them eat the food they enjoyed in the past. "For instance, they serve pureed pizza," says Stephanie Kolody. "This truly collaborative effort involving everyone to enhance residents' well-being has been a real lesson for us, and these new ideas were very well

received by the rest of the team and the administration after we returned from Selkirk," says Susie Piad.

"Since then, we have been trying to work more cooperatively with the other services at Actionmarguerite, including spiritual care, which launched the *Spiritual Cinema* film series."

The recreation workers at Actionmarguerite St. Boniface are also developing a multisensory experience space based on Selkirk's multisensory experience room. "Even though we don't have a special room, we wanted to at least create a multisensory experience area where we can organize activities for our residents," says Susie Piad.

Half the recreation team returned to Selkirk in late September for training; the remaining half will be going there later this fall.

"I LOVE ST. JOSEPH'S SO MUCH, I JUST CAN'T LEAVE"

With close to 30 year's volunteer service, Ina Andruskow-Jablonski is now the longest serving volunteer at St. Joseph's Residence.

"When the Benedictine Sisters took over St. Joseph's, Sister Catherine, who attended the same church as I did, asked me to volunteer at their new Saint-Joseph's residence," recalls Ina Andruskow-Jablonski.

"I had just retired, so I accepted. Nearly 30 years later, I'm still here!"

"I've given up other volunteer positions elsewhere, but I love it so much at St. Joseph's, I just can't bring myself to leave. There's no better way to spend my time and give back to the community."

Ina Andruskow-Jablonski's volunteer experience initially focused on art. "I organized artistic activities for the residents," she says. "But nowadays people are more infirm and less capable of doing crafts."

So she switched to working in the chapel. "I set up the altar, making sure that everything is where it's supposed to be, and I take the residents to the chapel for mass, and then to the dining room. There's a great need, because these days very few of the residents are able to get around by themselves."

Volunteer Services Coordinator, Pat Gustave, says that "thanks to volunteers like Ina, we have always been blessed with four masses a week at St. Joseph's, for different Christian denominations and in different languages."

Ina Andruskow-Jablonski adds that "St. Joseph's Residence chapel is also a blessing. It's a real church inside the residence. Our Anglican priest always says she loves coming here because of the special atmosphere."

The artistically gifted Ina also looks after decorating the chapel with handcrafted banners that enhance the atmosphere. "Given that I was already making felt banners for my church, I started making them for here as well," she says. "I had to make more than 50, representing each part of the liturgy or events in the liturgical calendar. I change them depending on the type of service being held."

Ina Andruskow-Jablonski, who spends her Wednesdays at St. Joseph's residence, is also the volunteer team leader for that day. While she has become the go-to person for other St. Joseph's volunteers, she gives due credit to Marilyn Krochak, former Spiritual Care Coordinator, who, she says, taught her everything. "Without her, I wouldn't be here today," says Ina.



Ina Andruskow-Jablonski

THEY MAKE A DIFFERENCE



From left to right: Margot Disawa, Dietetic Aide; Suzanne Passante, Staffing Clerk; Paul Arnal, Engineer; Donald Senez, Dietetic Aide. (St. Boniface)

Actionmarguerite recognized its support staff, representing some 725 employees across all sites and departments, by giving out 12 awards: two at the St. Joseph facility on September 21, four at St. Vital on September 22, and six at St. Boniface on September 23.

The 12 award recipients were chosen by their peers for their warmth and positive energy, compassion, generosity, availability, team spirit, embodiment of the mission of the Grey Nuns and Benedictine Sisters, and for the example they set for other employees.

"It's important to recognize and honour our support staff," says Charles Gagné, CEO of Actionmarguerite. "All too often, we get so busy that we forget to say 'thank you'."

In their respective roles, each one makes a difference in residents' lives by helping offer them the best possible quality of life. "Taking care of our residents is a real team effort," says Dann Gervais, Support Services Manager of Actionmarguerite St. Joseph. "Without our support staff, we'd never be able to do this so effectively."



From left to right: Ma Chita Beltran, Health Care Aide; Shawn Maxwell, Cook. (St. Joseph's)



From left to right: Raquel Maglaque, Dietary Aide; Claude Bellefeuille, Recreation Worker; Dagmar Secky, Health Care Aide. (St. Vital)

A SUCCESSFUL FIRST EXHIBITION

On June 17 and 18, residents from all the Actionmarguerite St. Boniface units presented the very first exhibition of the artwork they created over the past year with the help of the organization's certified Recreation workers.

"Making art is important for the residents," says Jodi Holt, the certified Recreation Worker who coordinated the exhibition. "It gives them a means to express themselves when they can no longer speak, and a reason to get up in the morning. They sometimes create exceptional pieces, but their artwork stayed hidden in storage. That's what gave us the idea to do an annual show."

Art in the dementia unit gives residents "a way to express themselves when they have no other means, which is why it's so important to show their work," says Sue Piad, the dementia unit's certified Recreation Worker.

For these creations, the units used shaving cream, paint and marbles in a pizza box, pencils, small objects for gluing, and even cookies! A variety of techniques are used so that every resident can create a work of art, either by themselves or using the hand-on-hand technique.

"Some of our residents had never done art before having a stroke and being admitted to Actionmarguerite," says Jodi Holt. Such is the case of Joe Unrau, who had never painted in his life and had an entire table of paintings at the exhibition. "When I had my stroke, they put a paintbrush and some paint in front of me, and I picked them up. That was my first time, and now I paint a lot. The stories people tell me are my inspiration. I also do beadwork, with help. I am very proud to have exhibited my artwork," he says.

"The best part of this exhibition is seeing how proud the residents are of the beauty that they have been able to create," says Jodi Holt. "And it only cost us a dollar to put on this two-day art event!"



A NEW DANCE OUTING

On September 16, some ten Windsor Park Place residents took part in a brand new outing organized by Doreen St. Onge, Supportive Housing Companion of the residence: an afternoon of dance and music at the Bronx Park Community Centre.

"I found the Afternoon Dance activity on the Internet," says Doreen St. Onge. "Windsor Park Place residents really love music and going on outings as often as possible, so I thought it would be good to give it a try. I am always looking for new things to do with our seniors. What's more, I got a wonderful reception when I contacted the Community Centre about the activity."

The ten residents were driven to the Community Centre in a wheelchair-friendly bus, chartered especially for the occasion. The music enthusiasts began their Afternoon Dance by listening to some pieces by the Highway 6 Trio, who hosted the activity.

They then had lunch with the rest of the wide diversity of participants before the music and dancing resumed.

"The residents didn't dance too much, because many of them use walkers and were afraid of falling, but several got onto the dance floor anyway," says Doreen St. Onge. "The rest of the group were really happy they came and loved the music. Some even told me it was one of the best group outings ever!"

"I would like to make Afternoon Dance at the Bronx Park Community Centre a regular event," she says. "It was very pleasant, inexpensive, the music was very good and the experience was much appreciated by the residents. It's important for them to get out of Windsor Park Place and see other people."



Walk for Alzheimer's

The mood was decidedly upbeat around The Forks' Scotiabank Stage at 5:30 p.m. on June 14, 2016. There were food stands, children's activities, concerts and Zumba classes for all the walkers who gathered in the fight against Alzheimer's disease. Actionmarguerite teamed up with the Alzheimer's Society of Manitoba to complete the three- or five-km loop that started at The Forks and passed through St. Boniface.

With a total of 1,300 walkers, the Alzheimer Society raised \$360,000 to enhance their numerous assistance and support programs. The funds will be used to help train staff, support family members, educate children of Alzheimer's patients, and conduct research. Many groups came out to support their loved ones.

The idea to create the Actionmarguerite-St. Boniface Action Hi-5 Team came from Bonnie Thiessen, whose husband was diagnosed with Alzheimer's last year. For Bonnie, it's critical to "raise public awareness of this devastating disease." Her 19-member team raised \$7,000, which is \$1,000 more than last year, when they participated in the walk for the first time. One of the walkers, Simon Boily, Bonnie Thiessen's grandson, is a passionate supporter of the cause. "I wouldn't wish this disease on anyone. Our goal is to raise as much money as possible."

The many blue t-shirts in the crowd featured the slogan "Make memories matter." This walk reminds us to appreciate every minute we have with our loved ones and promotes working together to fight the disease.

Cars that remind us of the good old days



On August 24, the residents of Actionmarguerite St. Boniface enjoyed an antique car show held right on its grounds. It's an eagerly anticipated annual event.

"Everyone was excited to see the car show, even the women," says Martina Piehl, 2 ABC unit Recreation Worker. "The cars bring back memories for everyone."

Penny Seier, 3 ABC unit Recreation Worker, adds that "the models and ages of the featured cars, ranging from the 1920s to the 70s, really resonated with our residents. It was important for them to be there, regardless of their level of care."

While all the residents reconnected with their past on seeing the 13 antique cars exhibited, the event was especially touching for one Alzheimer's resident and his son.

"The resident and his son had actually purchased and restored a vintage car before he was diagnosed with Alzheimer's, and his son brought the car to the show," says Nicole Gariepy, 4 DE unit Recreation Worker. "Our resident was able to sit in his wheelchair beside his car, and his son was very proud."

Many other of the residents' families made the trip to enjoy the car show with their loved ones. "People of all generations never seem to tire of looking at vintage cars," says Nicole Gariepy. "Many posed for pictures with the cars and asked the owners questions."

DES EMPLOYÉS DÉVOUÉS POUR UN ORGANISME À SUCCÈS

Le 27 octobre prochain à l'hôtel Norwood de Saint-Boniface se tiendra la *Soirée de reconnaissance de long service et de départ à la retraite* des employés d'Actionmarguerite.

Plus de 150 employés et leurs partenaires ont été invités par l'équipe de direction d'Actionmarguerite à célébrer autour d'un repas chaud, d'un bar à bonbons et en musique leurs 5, 10, 15, 20, 25, 30, 35 et même 40 ans de service dans l'organisme, un fait de plus en plus rare dans notre société!

Le succès des programmes et la qualité des soins et services offerts à Actionmarguerite sont en effet dus pour beaucoup à ses employés dévoués, et l'organisme a à cœur de souligner leur importance. Cet événement sera aussi une première pour les employés de St-Joseph.

Les personnes ayant pris leur retraite dans l'année seront elles aussi reconnues le 27 octobre, car ces « piliers » sont tout autant à la base des succès d'Actionmarguerite.

DEVOTED EMPLOYEES FOR A SUCCESSFUL ORGANIZATION

On October 27, 2016, a Long Service Awards and Retirement Recognition Reception will be held for Actionmarguerite employees at the Norwood Hotel in St. Boniface. Over 150 employees and their partners have been invited by Actionmarguerite's management team to enjoy a hot meal, candy bar and music to celebrate their 5, 10, 15, 20, 25, 30, 35 and even 40 years of service with the organization - an increasingly rare occurrence in today's society.

Much of the success of programs and the quality of care and services offered at Actionmarguerite are due to its devoted employees, and the organization feels it is important to recognize their importance. This event will also be a first for employees of the St. Joseph's facility.

Individuals who retired this past year will also be recognized on October 27, given that these "pillars" are the foundation of Actionmarguerite's success.

Rose

GOSSSELIN,
Aide en réadaptation à AMSV et AMSB | **35 ans de service**

« La direction d'Actionmarguerite a toujours été bonne pour moi, elle a toujours pris soin de moi. Quand j'ai eu mes enfants, par exemple, on m'a laissé réduire mes heures sans problème. De plus, j'ai pu changer plusieurs fois de poste, et c'était toujours intéressant et facile de faire la transition. J'ai aussi pu suivre le cours de préposée aux soins, qui était offert sur place. Professionnellement, je me suis toujours sentie en sécurité ici. »

Luc

VANDALE,
Chef d'équipe de l'entretien ménager et buanderie à AMSB | **35 ans de service**

« Actionmarguerite a été ma première *job*. J'ai commencé à 16 ans. Je nettoiais le premier plancher les samedis et les dimanches. 35 ans plus tard, je suis toujours ici grâce à la qualité des personnes que j'ai pu rencontrer. Les résidents, qui ont toute une vie d'expérience, ont toujours un mot de sagesse à partager avec moi. J'aime discuter avec eux, car ils me donnent du courage. Et les gens avec qui je travaille, ce sont les gens avec qui il a toujours été vraiment facile de travailler. »

Elvira

PARRENAS,
Registered Nurse at AMSJ | **25 years of service**

« I have a real passion working with the elderly, they remind me how important it is to take care of one's own family. I have always enjoyed working at St. Joseph. It's a beautiful home with beautiful people and a very good mission. I have found a second family here, a second home. We love and support each other like family members. »

Jozianne

CARRIÈRE-KHAN,
Commis de paie à AMSB | **20 ans de service**

« Ce qui m'a fait rester à Actionmarguerite toutes ces années, ce sont mes collègues. J'en ai eu plusieurs en 20 ans, mais tous ont été très sympathiques. Je n'ai eu que des bonnes expériences. Je me suis toujours sentie comme en famille ici. On a eu des moments difficiles, notamment lors des changements de programmes, mais à chaque fois notre soutien mutuel restait très fort. On est une véritable équipe et ça, ça m'a toujours donné envie de venir travailler, même dans ces temps-là. »

Isam

OSMAN,
Health Care Aide at AMSB | **10 years of service**

« I am very happy here. There is a positive and healthy relationship between the staff and the residents which includes a lot of respect. That makes me want to go to work. My colleagues know my family, my kids, and they are like family to me. The residents even know my daughter's name and they ask me to bring her sometimes! I can't see myself working anywhere else. »

Jodi

HOLT,
Recreation Worker at AMSB | **5 years of service**

« Time has flown. I've found my comfort place at AMSB. We don't have to follow a pre-established structure here at Actionmarguerite, we can be as creative as we want and I love that. They let us do our job, develop our own talents with the residents on our own schedules. »

Elaine

MCPHERSON,
Directrice adjointe aux soins à AMSV | **5 ans de service**

« Mon expérience à Actionmarguerite a été excellente. Ce que j'aime le plus ici, c'est la convivialité et le soutien de l'équipe. C'est facile de venir à l'ouvrage le matin car tout le monde est toujours de bonne humeur et on travaille bien ensemble. C'est la capitale de l'humanité et de l'intégrité ici. On s'engage tous, chaque jour, pour faire une différence, car pour nos résidents ce n'est pas juste une résidence, c'est LEUR résidence. Je dois bientôt prendre ma retraite et je sais déjà que ça va être dur de partir. »

NOMS DES PERSONNES À LA RETRAITES EN 2016 NAMES OF RETIREES IN 2016

Saint-Boniface/St. Boniface

Lorraine Beaudette
Patricia Chammartin
Michel Fourneau
Ruth Hudson
Yvette Isabay
Gordon Lamirande
Marie Enith Louisia
Dinh Nguyen
Lucille Robert
Carole Thibeault
Carlita Weekes

Saint-Joseph/St. Joseph

Lourdes Alarkon
Rosa Bergamorto
Berlino Mas
Mary Perera

Saint-Vital/St. Vital

Karen Roche
Olga Boily
Hélène Brétécher
Louise Gogal
Irene Lajoie
Edouard Laurin
Jeannette Madhosingh
Janine McElhoes
Lucinda-Luise Pagé
Suzanne Pelletier
Rose Marie Sevald
Louise Simard

RÉCIPENDIAIRES DES ANNÉES DE SERVICES LONG SERVICE AWARDS RECIPIENTS

Saint-Boniface /St. Boniface

Sandra Bonneteau | 40
Rose Gosselin | 35
Luc Vandale | 35
Elenita Mao | 30
Deborah Breland | 25
Pauline Chin | 25
Evelyn Chudy | 25
Elaine Gosselin | 25
Sally Jarman | 25
Theresa Loran | 25
Dana Nurse | 25
Jozianne Carrière-Khan | 20
Patricia Comeault | 20
Dr. Philippe Erhard | 20
Nathalie Leroy-Blanchette | 20
Maureen Senez | 20
Jacqueline Catellier | 15
Denise Cyr | 15
Carmel McPherson | 15
Agnes Mortinson | 15
Yvette Saurette | 15
Gisele Therrien | 15
Takubusoka Bendera | 10
Clemence Kirongonzi | 10
Leigh-Anne Lagsdine | 10
Nicole Nadeau-Frêchette | 10
Alice Ndabacekure | 10
Isam Osman | 10
Fabien Piette | 10
Maribel Quesada Amador | 10
Philip Yoane | 10
Stella Akpalo | 5
Elom Akpalo | 5
Elizabeth Alija | 5
Pamela Audette | 5
Sheila Bayda | 5
Rita Bérard | 5
Amel Cherif | 5
Lise Cloutier | 5
Joseph Felizardo | 5
Imen Gharbi | 5
Karamjit Gill | 5
Maria Gratito | 5
Jodi Holt | 5
Diane Lajeunesse | 5
Jacqueline Murawski | 5
Latifa Nachafi | 5
Garelle Ndala | 5
Sandra Paquette | 5
Pierre Ruberandinda | 5
Nicholas Schillaci | 5

May Darlene Schultz | 5
Jason Valenzuela | 5
Chloé Williamson | 5
Katherine Rackham | 5

Saint-Joseph/ St. Joseph

Heather Gauvreau | 30
Alsira Mendez | 25
Elvira Parrenas | 25
Shawn Maxwell | 20
Pamela Eagle | 15
Lisa Harasemiw | 15
Tina Pimentel | 15
Michelle Sulyma | 15
Milo Ugto | 15
Maria Castillo | 10
Jordan Ochoa | 10
Beverley Parisian | 10
Doreen Szydlak | 10
Jonaphine Belamide | 5
Princess Bonifacio | 5
Cecilia Braga | 5
Philson Perey | 5
Ryan Rubio | 5
Angelica Szydlak | 5

Saint-Vital/ St. Vital

Nicole Chouinard | 40
Karen Roche | 35
Mirielle Kehler | 25
Anna Lebrun | 15
Joanne Simard | 15
Lucille Desrosiers | 10
Mireille Malu Bungi | 10
Geneviève Ngatcha | 10
Chantal Paillé | 10
Angelique Uwizeye | 10
Humberto Wa Mulumba | 10
Adjoa Avovlanou | 5
Gerald Boily | 5
Ashley Boily | 5
Catherine Christie | 5
Nicolas Djomguem | 5
Princess Lacebal | 5
Dawn Mac Intyre | 5
Elaine McPherson | 5
Marie-Françoise Merlin | 5
Karen Kathleen Ramos | 5