



May 1, 2024

UPDATE TO ALL FAMILY AND FRIENDS

Hello,

Outbreak Status

We are currently in enteric outbreak on Donegal and Dublin.

Infection Prevention and Control

Thank you to everyone for following the infection prevention and control best practices to help keep your loved ones and all of our residents safe. As a reminder, we are including some educational materials for your reference:

<https://stpats.ca/wp-content/uploads/2022/03/IPAC-Education-for-Visitors-032022.pdf>

Window Cleaning

Please be advised that there will be window cleaners on-site from today until Friday cleaning all exterior windows. This work will not affect any aspects of the daily operation of the building and all the safety procedures will be followed by the contractor to ensure all the residents, staff and family members who on the property are safe. Our staff will be ensuring the privacy of residents by closing the curtains when providing personal care.

Family and Friends Council Meeting Notice

Save the Date: Saturday May 11, 2024 at 10am - Family and Friends Council will meet via Zoom, more details to come next week.

Family and Friends Support Group

We are starting a new Family and Friends Support Group. Please see the attached memo for more information.

Be well and stay safe,

Monique Patterson

Interim President and CEO

May 1, 2024

Re: Family and Friends Support Group

TO: Interested friends and family members

The Family and Friends support group pilot study has now concluded and it was a success. We would now like to form another group and are extending the invitation to family members and friends who have not yet had a chance to participate. The purpose of the group is to give participants an opportunity to connect with one another and share their experiences and knowledge as caregivers. The in-person sessions will be held once per month and each session will be 1.5 hours. Meetings will be run by the support group facilitator. The facilitator's role is to guide participants in a respectful and purposeful discussion on selected topics and support them in mutually addressing the issues and concerns they bring to the meetings. See below for further details:

1. **WHO IS INVITED:** Any friends and family members who did not participate in the pilot study. Admission to the group will be on a first come first served basis to a maximum of ten people. Please contact Claire Rykelyk-Huizen at clairerykelyk-huizen@stpats.ca if you are interested (email only please).
2. **PURPOSE:** To promote relationship building, emotional and physical well-being, awareness of resources, effective caregiving strategies, problem solving, mutual support and stress reduction. **N.B.** The group is not an extension of the Family and Friends Council. We will not be discussing issues related to St. Pat's.
3. **TIME OF DAY:** The first Wednesday of every month from **4:00-5:30 p.m.** starting **June 5th, 2024**
4. **FREQUENCY:** Monthly.
5. **NUMBER OF SESSIONS:** 8
6. **LOCATION:** Shamrock Boardroom (across from the hair salon)
7. **FORMAT:** in person

If you have any questions about the group feel free to call Claire at **613-731-0094 x. 285**

Thank you for your attention.

Warm regards,
Claire Rykelyk-Huizen, MSW, RSW