

# THE CONNECTING

NEWSLETTER OF THE PASTORAL CARE ALLIED HEALTH GROUP NEWFOUNDLAND AND LABRADOR

January 2011

## HAPPY NEW YEAR

### 2010-2011 PCAHG Executive

Chair --The Rev. Ed Keeping  
[edwardkeeping@nf.aibn.com](mailto:edwardkeeping@nf.aibn.com)

Vice Chair-- The Rev. Rowena Payne  
[k.rpayne@crrstv.net](mailto:k.rpayne@crrstv.net)

Past Chair-- The Rev. Florence Sanna  
[florence.sanna@easternhealth.ca](mailto:florence.sanna@easternhealth.ca)

Secretary--- Sister Monica Hickey  
[monica.hickey@easternhealth.ca](mailto:monica.hickey@easternhealth.ca)

Treasurer-- Sister Betty Morrissey  
[betty.morrissey@easternhealth.ca](mailto:betty.morrissey@easternhealth.ca)

The Connecting-- Major Barry Gray  
[barry.gray@easternhealth.ca](mailto:barry.gray@easternhealth.ca)

Membership-- Sandra Lush  
[sandralush@westernhealth.nl.ca](mailto:sandralush@westernhealth.nl.ca)

CASC Rep-- The Rev. Jacintha Penney  
[jacintha.penney@easternhealth.ca](mailto:jacintha.penney@easternhealth.ca)

Education-- Sister Mary Molloy  
[mary.molloy@easternhealth.ca](mailto:mary.molloy@easternhealth.ca)

MIS Chair-- Sister Diane Smyth  
[diane.smyth@easternhealth.ca](mailto:diane.smyth@easternhealth.ca)

Hi: My name is Major Barry Gray – the new editor of **The Connecting**. I grew up in the town of La Scie in the White Bay. When I graduated from High School I attended MUN for 3 years before moving on to The Salvation Army Training College in St. John's, NL. In 1977 I (along with my wife, Christine) was Commissioned and Ordained as a Salvation Army Officer. I spent 25 years in Corps (Parish) ministry, 2 years on the Training College Staff, 4 years as Social Services Coordinator, Corner Brook, and presently serving as Salvation Army Chaplain for the hospitals in St. John's, NL. I am married to Christine (Andrews) Gray; we have 2 sons and 2 grandchildren.

I would like to say, 'thank you' to Father John Courage for his contribution as Editor of the Connecting over the past number of years. I will probably do things different from John as it relates to this newsletter...but that's okay because we just do the best we can.

### 2011 Contract ...

After serious & Cautious Consideration... your contract of friendship has been renewed for the New Year 2011 !

It was a very hard decision to make... So try not to mess it up!!!

### My Wish for You in 2011

May peace break into your home and may thieves come to steal your debts.

May the pockets of your jeans become a magnet for \$50 bills.

May love stick to your face like Vaseline and may laughter assault your lips!

May happiness slap you across the face and may your tears be that of joy

May the problems you had, forget your home address!

In simple words .....

May the year 2011 be the best year of your life!!!

## CHRISTMAS ACTIVITIES:

### St. Patrick's Mercy Home Christmas Activities

*We had a busy Christmas schedule here at St. Pat's. Our Christmas celebrations began with the Blessing of the outdoor crib and lighting of the Activity Room Tree on December 3. This was followed by a Christmas sing-along in the activity room. During the following weeks a Christmas prayer service and a cup of tea with music and carol singing took place on each unit of the Home. Santa visited throughout the Home on Christmas Eve, accompanied by his entourage of carolers, which included administrator, managers, pastoral care, recreation, social worker, and music therapist. Great elves! We had an Anglican Service and a United Church Christmas Service in the chapel for the residents of these faith traditions. On Christmas Eve at 8 p.m. our chapel was blocked with residents, their families and others for Christmas Eve Mass and on Christmas Day. While it was a sad time for many of our residents, it was a happy time too, with lots of family visiting, residents being taken out for a day or overnight, turkey dinner with residents joining their loved one for a family dinner at the Home and accompanying them to Church. There were visits from choirs, dancers, groups (including Salvation Army), Knights of Columbus who put off a Bingo for the residents, drives around the city, A group of Carolers came with CBC to give the Gift of Song to a resident. The interview (by Maggie Gillis) with the resident was heard live on CBC Morning Show. Christmas at our house was good!*

### Events at St. Clare's.....

Lighting Trees of Memories.

- Breakfasts with Santa,

Christmas Story in the Chapel.

- Lunches with Santa.

Caroling around the hospital wards.

- Followed by cake in the lobby.

Carol Services at all sites.

- Followed later with dinners with menus and tips.

Open Houses with sisters and chaplains galore.

- And of course cookies and tea.

Farewell Parties with sandwich trays piled high.

- While tears and good wishes are part of the day.

Decorations in the PC Offices with surprises.

- Of chocolates-candy and cookies galore.

And finally Thank-God, the Weight Watchers Van is out by The door.

### CHRISTMAS AT THE HSC....Rev. Jacintha Penney reports....

Pastoral Care workers at the HSC in St. John's gathered for an ecumenical Advent service on November 29<sup>th</sup> to help us prepare spiritually for the ministry demands of the Advent and Christmas season.

Throughout December, our particular branch of the department brought the Spirit of Christmas to many units of the hospital. From performing a Christmas puppet show and nativity pageant for the children at the Janeway to caroling with Sr. Dolorosa Brennan on the dialysis unit to preparing a Christmas hamper for a needy family we certainly kept busy! Many, many thanks to our talented group who gave so generously of their time!



To keep our energy levels high, we were treated to a Breakfast with Santa and a turkey dinner which were absolutely delicious! On a more sobering note, our department participated in the Janeway's—annual Celebration of Life memorial event in honour of children who have died as well as Coping with the Holidays, a session designed to assist people prepare for their first couple of Christmas seasons without a loved one. These two events certainly keep us mindful that many are searching for peace and comfort during the holiday season. We concluded our Christmas celebrations in grand style by gathering for a meal at Fog City on January 6<sup>th</sup> in honour of the Epiphany.

### Christmas Caroling at St. Clare's

On December 21 a large group of folks in red Santa hats moved throughout the corridors of St. Clare's Mercy Hospital singing Christmas Carols and songs.

Major Barry Gray led us with his accordion. Besides the Chaplains, Sisters of Mercy and Pastoral Care volunteers we had two recruits from the Print Shop join the singing minstrels. We

moved from the seventh floor to the basement level. People came out of rooms and offices to listen or to join us in song. It was great fun and some



comments were that we helped create a Christmas spirit; one out-patient commented that it encouraged his spirit when he was feeling anxious and stressed. One family member invited us in to sing a special request for their son, a patient in a private room.

There are other groups who came to St. Clare's in the weeks leading up to Christmas to bring some musical cheer to patients and staff. One group was a group of Medical students called Ultrasound; another group was the Salvation Army band, St. John's Citadel, who came for their annual visit. One of the choirs from St. Bonaventure's School, lead by Ms. Brenda Gatherall, participated in the Tree-lighting ceremony and the Albert Rogers Award presentation.

Another group that has been coming annually on Christmas Eve afternoon is lead by Gillian Kielly and her mother, Mary, a former Nurse Instructor. These are members of the Arts community in St. John's who give up that precious time every Christmas Eve to walk about the hospital bringing the Spirit of Christmas.

### Christmas Eve Morning Coffee at St. Clare's

For the past few years the Pastoral Care group at St. Clare's invites hospital staff to morning coffee in their office. Things are relatively quiet on Christmas Eve and a number of staff from around the hospital joined us for toasted bagels, cake and biscuits. We had draws for lucky prizes for those who attended.



### Christmas Dinner and Breakfast with Santa

We are grateful to Eastern Health for providing us with Christmas Dinner this year. It was delicious, well-presented and well served. The tables were set with care and with special treats of candy and condiments. Managers served the dinners with the juices, tea and coffee. This was a lovely gesture on behalf of EH Administration in recognition of staff. Thank you.

Breakfast with Santa has become an annual event sponsored by the Health Care Foundation as a fundraiser. Pastoral Care staff and volunteers were sponsored by our Department to have breakfast at our respective sites. We appreciate this opportunity to get together to celebrate Christmas in our workplace.

### Christmas Dinner:

Pastoral Care personnel from St. Clare's and Miller Centre got together for a Christmas "time in the hall" at the Salvation Army Citadel, Mount Pearl on December 7. It was



a lovely evening of food and fun with song led by Barry



on his accordion. Our turkey dinner was delivered from Michel's Bakery and we were served by some of Barry's church colleagues. They had set a lovely table for us. We had a

number of prizes and entertainment by the daughter of one of our volunteers!

Laughter...the best medicine!!!

DEAR GOD,

MY PRAYER FOR 2011 IS FOR A FAT BANK ACCOUNT AND A THIN BODY. PLEASE DON'T MIX THEM UP LIKE YOU DID LAST YEAR. AMEN

A man is recovering from surgery when the Surgical Nurse appears and asks him how he is feeling. 'I'm O.K. But I didn't like the four-letter word the doctor used in surgery,' he answered. 'What did he say,' asked the nurse. 'Oops!'

The graveside service just barely finished, when there was a massive clap of thunder, followed by a tremendous bolt of lightning, accompanied by even more thunder rumbling in the distance..... The little old man looked at the pastor and calmly said, 'Well, she's there.'

A doctor examining a woman who had been rushed to the Emergency Room, took the husband aside, and said, 'I don't like the looks of your wife at all.' 'Me neither doc,' said the husband. 'But she's a great cook and really good with the kids.'

*Ladies: Next newsletter I will pick on the men..... Barry*

Personal...

Congratulations to Rev'ds. Nellie and Derrick Thomas on the birth of their first grandchild on November 15, 2010.

Congratulations to Father William Browne and Rev. Marion Davis who received an award for Volunteerism at the Senior Resource Centre.

Congratulations to Rick Maher who recently accepted the position of Manager for Long Term Care; and to Rev. Dr. Curt Clarke who accepted the position as

Clinician for Mental Health and Addictions at the Waterford Hospital.

Ms. Pat Watters has been appointed the new RC Chaplain at the Waterford Hospital

Our sympathy is extended to Father William Browne whose step-mother Norah Browne passed away in December.

The Rev. Betty Marshall passed away on December 30, 2010. Deacon Marshall was an Anglican Pastoral Care Chaplain at the Carbonear Hospital until her retirement several years ago.

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The MIS Committee of the Pastoral Care Allied Health Group extend our thoughts and prayers to Deanne Thompson and her family at this time of Deanne's illness. We want her to know that we appreciate her many efforts with us to have workload as part of pastoral care accountability. Deanne works with the Newfoundland and Labrador Centre for Health Information (NLCHI) and has been our contact and consultant for over five years. We are sorry to hear that she is sick at this time and wish her every blessing and God's healing presence. Deanne may be reached at [dmt@nf.sympatico.ca](mailto:dmt@nf.sympatico.ca).

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Pat Mercer the EH UC relief chaplain is off to Israel/Palestine for some mission work with The Ecumenical Accompaniment Programme. She will be away from February – July, 2011. We wish Pat God's blessings!

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#### *Around The Province!!!!*

##### **Regional Reps Reports:**

*Wilson Gonese* reported from Burgeo that the Wednesday services at the Chronic Care Centre are going well with good attendance. A Christmas Service with Communion was planned for December 22.

*Mary Rose* reported from Burgeo: The Eucharist is celebrated once a month. A Memorial Service is held two weeks after a resident dies in LTC.

*Pastor Ed White* reported from EH Carbonear:

A pilot project by the Anglican Church is to have a lay pastoral visitor notify clergy from others areas of admissions of patients/ residents (affiliated with the church) to any of the health facilities. Plans for Christmas sing-a-long services were made with participating clergy. Bi-annual Memorial Services were conducted at Pentecostal Home, Interfaith Home and Harbour Lodge. All services were appreciated and well attended. A Christmas program entitled – "The Candles of Christmas" was held at the Pentecostal Home and Christmas sing-a-long hosted by the

Salvation Army at Carbonear General Hospital on December 15.

*Placentia Health Care* held a Pastoral Care meeting on October 27. Notes from that meeting: Pastoral Care Committee attended the joint committee meeting at the Pentecostal Senior Citizen's Home with Dr. Rick Singleton as guest speaker. Rev. Dr. Curt Clark stated that the Privacy Legislation Act will come in to effect in December. Eleven Clergy have completed Eastern Health Orientation and have been using the cardex to access residents and patients. A "Tree of Reflection" was put in place and a service was held on December 8. The next meeting is scheduled for February 2, 2011.

*Rev. Jacintha Penney* reported for the Peninsulas... Jacintha presented "Coping with the Holidays" sessions in Burin, Clarenville, and Bonavista. She led an orientation at the G. B. Cross Hospital in Clarenville on the role of Pastoral Care in Eastern Health, for new medical personnel who had relocated from India.

*Rev. Rowena Payne* reports from Labrador West: In October she had Clergy Appreciation Week by sending each clergy a Scripture Reading and a short prayer a day during the month. A service was held at the hospital on October 24<sup>th</sup>. A new recreation therapy aid was hired thirty hours a week for Seniors Home. A Memorial Service December 8 was well attended. A Christmas Service was held December 17th.

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**Teleconferences:** November 18<sup>th</sup> Laurie Anne O'Brien gave an excellent presentation on "Towards A Better Understanding and Sharing of the Signs, Symptoms and Supports For Those in the Final Days and Hours of Life". Among other topics she discussed "The 7 C's of Care" – Competence, Consistency, Coordination, Climate, Cooperation, Communication, Compassion. This presentation was enjoyed by all.

*Sr. Connie Power* reported from Grand Falls: A Christmas Service was held in the hospital chapel Regional Pastoral Care Committee have revised and adopted Policy Manual. A Christmas Pageant was held at Carmelite Resident. The Committee celebrated with a dinner at Taiwan Restaurant.

*Roger Down* reported from Clarenville: Services were proceeding as usual. New Pastoral Care clinician for Clarenville/ Bonavista/Burin, Kevin Durdle will fill a six-month vacancy, beginning February 1.

*Major Linda Budgell* reported from Glenbrook Lodge: The Pastoral Care Department hosted an Advent Chapel Service, using the theme "A season of Wonder-The Love that Keeps on Giving" with participation

**from residents and staff. A Carol Sing with the Wesley Male Choir was held and was well attended.**

*Corinne Shea* reports from Central Health: A new Palliative Care wing was dedicated in the Carmelite House in GFW this past fall with local pastoral care representatives. A service of remembrance was held at the Buchans Health Centre in early February to remember the loss of recent family and friends in the area. All sites with long-term care facilities included in the building celebrated a variety of Christmas services and activities with the residents. Regional Pastoral Care meeting was held at the end of November, was well attended by committee members and spent some time celebrating the Christmas season.

## UPCOMING EVENTS!!!!!!!!!!

The next Teleconference will be on Thursday, February, 17<sup>th</sup> @ 1pm with Dr. Bill Eaton as our guest. He will be speaking on the topic – “How to Avoid Burnout”.

Save the Date! The annual PCAHG Conference is scheduled from October 3-5, 2011 and will be hosted in Gander.

This is the 30<sup>th</sup> anniversary of the organization and this conference will include a special opportunity to reflect on and remember years past.

It will be held at the Hotel Gander and participants are welcome to call the Hotel Gander at any time to make your room reservation. Please reference the ‘Pastoral Care Conference’.

**Wanted: One Logo Our group, Pastoral Care Allied Health Group (PCAHG), does not have a logo that represents us! If you have artistic and creative talent we hope you will enter our contest. The designer of the logo chosen will receive a prize.**

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**April 17<sup>th</sup> – 23<sup>rd</sup>, 2011 is National Organ Donor Awareness Week.** Too many patients on Canada’s organ transplant list will die waiting. That is the stark reality as Organ Donation Organizations across the country mark Organ Donor Awareness Week.

The most recent statistics from the Canadian Institute for Health Information (2009) indicate there were approximately 4300 Canadians on the organ transplant list. Of that number over 2,000 received transplants and over 200 died waiting.

In Newfoundland and Labrador, between 60 and 70 people are currently awaiting kidney or liver transplants. The majority of these people need kidney transplants. Anyone from Newfoundland and Labrador awaiting a heart or lung transplant must move to the city in which their transplant will be taking place, to wait for the life-saving organ to become available.

Organ transplantation is the only surgical procedure which depends entirely on the generosity of others. Therefore, it is vitally important that people make the decision to donate this gift of life, while they are still able to make that choice for themselves.

Organ transplantation is the optimum treatment for organ failure, and its success rate has never been higher, because of surgical advances and improvements in immunosuppressant therapy (anti-rejection drugs). Paradoxically, those same medical advances mean people live longer. That, along with an aging population, means the number of patients waiting for transplants goes up, while the number of available organs goes down.

It has never been more important to consider the gift or organ donation. Therefore, consider donation, sign a donor card and talk to your family and friends to inform them of your intentions in advance, so that your wish can be honored at a time when your next of kin may not be in the frame of mind to make such a decision.”

Information booths on the province’s organ donation program will be staffed throughout National Organ Donor Awareness Week at the Health Sciences Centre and St. Clare’s Hospital in St. John’s, and many other healthcare facilities throughout the province.

(by Sandra White OPEN EH)

### ----- **ST. PATRICK OF IRELAND**

The Church celebrates Feast days in honor of special people who made a contribution to the life and witness of the Church through time. On March 17<sup>th</sup>, we give God thanks for a Bishop of Ireland named Patrick. He was born into a Christian Family on the northwest coast of Britain in about 390. His grandfather had been a Priest and his father was a deacon. When Patrick was about sixteen, he was captured by Irish slave traders and forced to serve as a shepherd in Ireland. At age twenty-one he escaped home to Britain where he was educated as a Christian and ordained a priest and bishop. He returned to Ireland in 432 as a new kind of shepherd – one who led people to Christ until his death in 461 AD. Legend says that Patrick, in order to explain the Trinity used the Shamrock. He explained that the three individual leaves represented the three persons of Father, Son and Holy Spirit, and the one plant showed unity of one. (Tri = Three; Unity = oneness thus TriUnity or Trinity.

# LENT

Lent is the forty-day liturgical season that initiates the most sacred part of the Christian year. Lent begins on Ash Wednesday and concludes Easter. The forty days do not include Sundays because every Sunday is a joyful celebration of the Lord's resurrection.

The word "Lent" is apparently derived from the Old English lencten, which means "lengthen" and refers to the lengthening of the daylight hours that occurs in the northern hemisphere as spring approaches.

While no one knows for sure why forty days became the norm, it was probably meant to recall Christ's forty-day ordeal in the wilderness during which He prayed, fasted, and was tempted by Satan (see Matthew 4:1-11).

May your Lenten journey be a time of prayer, fasting and spiritual renewal as we come to the joy and hope of Easter.

*Happy Easter from the PCAHC Executive.*

