

## PALLIATIVE CARE PROGRAM AT ST. LUKE AND MICHAUD

Providing compassionate care through all of life's stages – it is our Mission.

Our unique Palliative Care program provides compassionate care and support for residents and families who are facing serious illness, or who are in the final stages of life. Our palliative care philosophy emphasizes quality of life and control of pain and related symptoms.

Medical and Nursing, Social Services, Nutritional and Pastoral Care staff at both Michaud Residential Health Services in Fulton and St. Luke Health Services in Oswego, work in collaboration with residents, their family members and caregivers to meet physical as well as emotional comfort needs during challenging times.

“We have worked to develop our Palliative Care program with the input of our staff and the families we have served,” said St. Luke Social Services Director Theresa Pratt. “Staff with special training provides support, counseling and locates resources to meet the social, personal, financial, and emotional needs of residents and their families who are facing a serious illness or who are in the final stages of life.”

Both Michaud and St. Luke have a dedicated room at each residence made available to individuals and their families receiving Palliative



Both St. Luke and Michaud have dedicated rooms that are available to serve residents receiving Palliative Care. The rooms are comfortable and can accommodate visitors for extended stays.



space that provides comfortable surroundings with accommodations for family and visitors to share time together,” said Laurel VanLoon, Director of Social Services at Michaud. “Having this room has been appreciated by families and helps make what can be a very difficult situation a bit better.”

### Palliative Care Program at St. Luke and Michaud offers:

- Pain and Symptom Management
- Quality, 24-hour skilled nursing care
- Specialized medical care resources and consultation
- Pain management expertise
- Nutritional needs overseen by our Registered Dietitian
- Individual and family support and counseling
- Twenty-four-hour visitation
- Recreation and therapy
- Pastoral Care services
- Palliative care focusing on ensuring dignity, respect and the comfort for those in our care

Contact our St. Luke Admission Coordinator, or our Michaud Admission Coordinator to arrange for a visit or to answer any questions you may have about Palliative Care.

St. Luke-John Foster Burden Fund  
299 East River Road  
Oswego, New York 13126-9302

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[www.stlukehs.com](http://www.stlukehs.com)

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St. Luke  
Health Services

Residential Skilled Nursing Care  
Short Stay Rehabilitation  
Adult Day Health Care

[www.stlukehs.com](http://www.stlukehs.com)

St. Francis  
Commons  
At St. Luke

Assisted Living Residence

[www.stfranciscommons.com](http://www.stfranciscommons.com)

THE ST. LUKE  
John Foster Burden  
FUND, INC.  
Fundraising and Development in support of  
the St. Luke Family of Caring

Bishop's  
Commons  
At St. Luke

Enriched Housing Residence

[www.bcommons.com](http://www.bcommons.com)



Michaud Residential  
Health Services

Residential Skilled Nursing Care  
Short Stay Rehabilitation

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# St. Luke Caring for our Community

THE ST. LUKE FAMILY OF CARING IS AN AFFILIATION OF NOT-FOR-PROFIT HEALTHCARE PROVIDERS SERVING THE GREATER OSWEGO COUNTY COMMUNITY SINCE 1975.

## WHEN LOOKING FOR “FIVE STAR” QUALITY CARE, TURN TO MICHAUD RESIDENTIAL HEALTH SERVICES

Michaud Residential Health Services in Fulton is now the highest rated nursing home in Oswego County for Quality Measures according to the latest ratings released by the Centers for Medicaid and Medicaid Services (CMS). The CMS rating system evaluates quality of care and staffing information for all 15,000 plus Medicare- and Medicaid-participating nursing homes in the country.

The “Five Star” rating earned by Michaud is the highest rating issued by CMS using their star rating system, and can be found on the agency’s Nursing Home Compare website ([Medicare.gov](http://Medicare.gov)). The measures reflect care provided to both long stay and short stay residents.

“I congratulate all of our staff for their continued hard work and dedication,” said Mary Costigan, Administrator. “This rating reflects what many in the area have known, you don’t have to travel far to get the best quality skilled nursing or short stay rehabilitation; it’s available right here in Fulton.”



## SHARING THEIR STORIES – RESIDENTS CONTRIBUTE TO A BOOK ABOUT FULTON AT HOME AND ABROAD DURING WORLD WAR II AND THE KOREAN WARS



A young Mario Galletta (kneeling, left) with the rest of his B-17 crew at their airbase in Framlingham, England during the Second World War.

Bishop's Commons residents who contributed their stories to the recently published memoir by The Fulton Public Library, entitled "The Heart of Fulton at Home and Abroad: World War II and The Korean War" include (front row, left to right) Mario Galletta; Armand DiNardo; Peg Williams; and Wally Auser. Standing (left to right) is Tom Abbate, of the memoir project team; Larry Barker and Eleanor Hackett; with project team members Mary Kimball and Jim Farfaglia. The memoir project team visited to present the memoir contributors with a copy of the book and to share a few words of thanks.

"Every Mission Was a Matter of Life or Death", is a chapter by Mario Galletta and featured in a new memoir compiled and published by the Fulton Public Library, entitled "The Heart of Fulton at Home and Abroad: World War II and The Korean War". Mr. Galletta's account is just one of many describing life during wartime. The accounts range from those fighting on the frontlines to those on the "home front" who lived through both wars.

Mr. Galletta, who now calls Bishop's Commons home, was then a twenty-two year old waist gunner on a B-17 bomber with the 570th Bomb Squadron/390th Bombardment Group, who flew 35 missions over Europe during World War II.

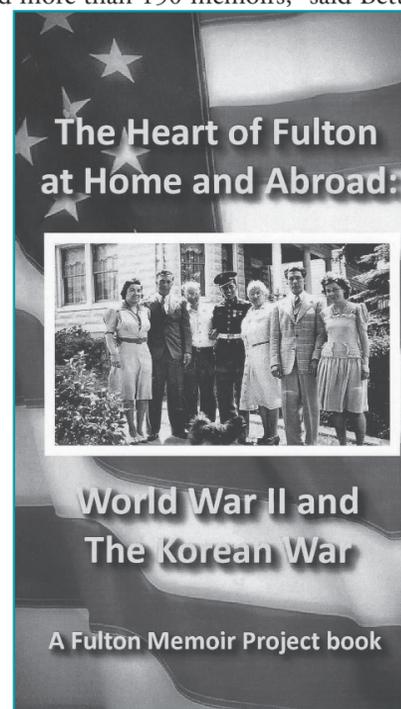
The collection of stories by area residents and their families touch on the struggles of those in the military, to those at home, living with the uncertainties of having loved ones serving our country during conflict. Included are even some fond memories of family and friendships that have endured to this day and tales of a Fulton community where sacrifice was an everyday reality for most.

The collection is a part of the Fulton Public Library 2016 Memoir Project. The 2016 project was unveiled to the public during a presentation at Cayuga Community College's Fulton campus and is part of a local history program designed to commemorate significant events in Fulton by helping its residents preserve their memories.

"Since we began The Memoir Project in 2013, we have collected more than 150 memoirs," said Betty Mauté, the library's project coordinator. "As we did for the project's first three years, we have assembled the stories from 2016 into book form."

"This year's project theme was suggested by one of our previous memoir writers," said Jim Farfaglia, who has worked with the program since its inception. "Mary Kimball suggested that we focus on Fulton's World War II and Korean War veterans. Betty and I thought it was a great idea and we began promoting the project theme to the veterans and their family members. Mary ended up interviewing over 50 community members who have ties to those wars."

Mr. Galletta said he enjoyed the experience of sharing his story with others as part of the memoir project. He and other contributors were part of a special book presentation ceremony with those who worked on the project including Jim Farfaglia, Mary Kimball and Tom Abbate, which took place at Bishop's Commons, St. Luke Health Services and Michaud Residential Health Services. The Memoir Project team presented each contributor gathered with a copy of the book and words of thanks and appreciation for their help with the memoir, and for their service and sacrifice as part of "The Greatest Generation".



## 2017 "BUNDLE OF BUCKS" CHARITY RAFFLE SUPPORTS RESIDENT PROGRAMS

Tickets to our ever-popular "Bundle of Bucks" Charity Raffle are now on sale! Our annual charity raffle features a prize pot of \$25,000 dollars, with fifteen cash prizes awarded, including a top prize of \$10,000 to a lucky winner! Every raffle ticket is eligible for all of the cash prize drawings, and you do not have to be present at the drawing to win.

Our raffle-drawing event takes place May 6, 2017 at the Elks Club in Oswego. Support of this event benefits the programs and services we provide to the community by our affiliate healthcare organizations including St. Luke, Bishop's Commons, Michaud Residential Health Services and St. Francis Commons.

To be a part of our 2017 raffle, please complete an enclosed ticket application and mail it today with your payment! The entry fee for the raffle is still \$50 per ticket; only one thousand tickets are sold. After receipt of your completed application and entry fee, your 2017 ticket(s) are mailed to you.



Be sure to get in on our "Early Bird" Drawing – everyone who purchases their raffle tickets before February 14, 2017 is entered. We will be drawing for five \$100 cash prizes on that date. So do not wait, get your tickets now; our last event was a sellout and 2017 may be your lucky year!

## EAGLE BEVERAGE INC. MARKS A FALL TRADITION AT ST. LUKE

Residents at St. Luke Health Services enjoyed a favorite tradition when Eagle Beverage, Inc. made their 10th annual visit in October, bringing along beer and other specialty beverages for residents, family and friends to sample. Laughter, conversation and camaraderie was also plentiful, and found in equal measure.



Pictured (standing, left to right) is Bernice Strother, St. Luke's Clinical Nutrition Manager; "The Bud Man"; and "Bud Girls" Liz Conway; and Angela Anthony. Seated is Francis North; Eagle Beverage's Dan Dorsey, Jr.; with Joanne Cloonan, whose late husband Arlyn, along with Mr. North, helped start the annual event at St. Luke. Thanks to everyone at Eagle Beverage, Inc. for continuing this wonderful tradition.

## "MY BACKYARD" PROJECT TAKING SHAPE AT ST. FRANCIS COMMONS

St. Francis Commons Assisted Living Residence has started work on the "My Backyard" Project, which when completed next year will see physical improvements to the residence, combined with the use of new technologies to enhance the *Memory Care at St. Francis* program. The program serves residents with early to mid-stages of a dementia-related illness like Alzheimer's disease.

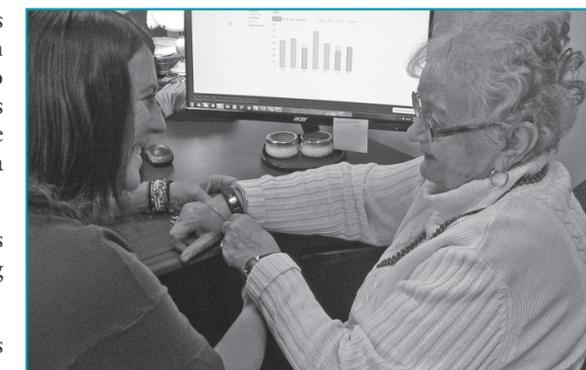
A New York State Department of Health - Special Needs Assisted Living Capital Improvements grant is funding the \$298,000 project.

The first part of the project is already underway and includes the use of Personal Activity Monitors (think FitBits) that will be worn voluntarily by residents participating in this part of the program. Activity levels, sleep and mood state data will be captured, allowing for more person-centered assistance.

Installation of touch-screen kiosks at various locations within the residence will enable staff to document care provided at the point of delivery.

By using this data, staff hope to be able to better develop the most effective and engaging activities on a resident-by-resident basis, leading to improved wellness and better management of chronic health conditions.

"My Backyard" will create new opportunities for residents to exercise and engage in physical activity while being integrated into individual routines.



St. Francis Commons Director Julie Chetney (left) demonstrates how a personal activity monitor is worn on the wrist for Judy Cornell (right). The activity monitor will be used as part of the "My Backyard" project at St. Francis Commons to help evaluate levels of activity, with the expectation that increased activity will lead to improved wellness among residents.

Beginning next spring, as soon as the weather allows, renovations to the outdoor area around the residence will begin. Construction of walking paths that will incorporate plants, planters, a garden, and a tool shed will be included. Monitoring technology will provide an added safety feature.

When complete by late spring, the new "Backyard" areas will be available to residents and visitors on a year-round basis, as weather permits, and will be easily accessible from the *Memory Care* neighborhood and other neighborhoods within the residence.