

New Art Gallery Project

Artist Joanne Fitzpatrick shows our Recreation Therapist a collection of paintings she is donating to Rocmaura as part of a new Creative Aging Project.

Four well-known local artists, including Lana Langille-Doucette, Gerard Collins, and Octavio Ribeiro are helping to brighten our walls and our residents' days.



"Art is one of the FIRST things we notice in a home, not the carpeting or the light fixtures.



Unfortunately art is often one of the LAST items to be budgeted for," says Foundation Director Sally Cummings, "so we are very grateful to receive the help of these generous artists."

"Healing Art" stimulates the imagination and increases interaction for dementia residents by triggering memories and emotions and inspiring conversations.

Pamela Clark says residents will reminisce over comforting scenes of children and pets, recognize familiar city streetscapes, and feel better looking at colourful artworks and less clutter on the walls. We are thankful to have help making Rocmaura feel a bit homier, and enhancing our Residents' quality of life.



This painting, called "The Burpee Estate" was done by a Rocmaura neighbour and longtime Foundation supporter, Joanne Fitzpatrick. The building was once known as "Mount Carmel Convent and Academy" and it stood where the St. Vincent Residence is located now, right beside Rocmaura Nursing Home.

The home was originally built in 1864 by Isaac Burpee, a prominent hardware and iron merchant and was called "Clearview". When he died in 1920, he left it to his two sisters and then it was sold that same year to the Sisters of Charity of the Immaculate Conception. Mount Carmel was demolished in 2010 but many historic artifacts were saved and incorporated into the new building.

This beautiful artwork was donated to a Rocmaura Gala auction a few years ago and was purchased by former Foundation Board member Don Mitchener, who then donated it to our Executive Director who hung it for all to enjoy at Rocmaura. This is the image for our Christmas card this year. What a beautiful story representing our Community of Caring People at Rocmaura.

Sisters of Charity Celebrate 165 Years



It was 165 years ago that the religious institute known today as the Sisters of Charity of the Immaculate Conception (SCIC) was founded in Saint John, NB. Originally established as the Sisters of Charity of Saint John, the first English-speaking religious congregation in Canada came into being on October 21, 1854. Under the leadership of Sr. Mary Vincent (Honorina Conway), the four earliest members cared for orphaned children and established schools (first in the Saint John area, then expanding outside of the city.) As they were joined by many other women, their reach eventually extended throughout Canada, into the Prairie Provinces and Northwest Territories. Throughout this time, the Sisters set up hospitals, educated children, and cared for orphans and older adults, as well as providing other social services. The changes introduced in the Catholic Church after Vatican II also led the community to missionary work in Peru, beginning in 1967.

Here in Saint John, the work of caring for the aged began early in the Sisters' ministry. Whenever space allowed, elderly citizens stayed at the convent for a modest fee. In 1888, the Sisters expanded this ministry with the creation of the Mater Misericordiae Home on Sydney Street. The MM Home moved to a new location on Waterloo Street in 1958 and, eventually, to a state-of-the-art facility named Rocmaura (Gaelic for "Rock of Mary") constructed by the Sisters in 1972. Elsewhere in the city, the Saint John Infirmary opened its doors in 1914 and evolved into St. Joseph's Hospital.

During the 1960s, there were over 400 Sisters of Charity of the Immaculate Conception. Today, that number is just under 60. In the 1980s, the Sisters of Charity Association began, offering a new avenue for women and men who wish to be committed to the Charism of Charity in their daily lives. Presently there are 90 Active or Honourary Associates in the Atlantic, Prairie and Pacific regions.

As time has passed and membership in the SCIC has declined, the Sisters have made plans for the future

– including joining three other religious institutes and the Catholic Health Association of New Brunswick to form Catholic Health Partners. This is the group, which now sponsors the remaining Catholic health care



facilities founded by the SCIC. Several Sisters continue to be involved at Rocmaura Nursing Home and St. Joseph's Hospital through their work in mission, spiritual care, ethics, and on the Board of

Directors / Advisory Committee.

For the 165th anniversary of their founding, the SCIC organized a "Festival of Thanksgiving" to celebrate "165 years of grace and gratitude." Held October 17-20, those Sisters who live elsewhere in Canada returned to Saint John to join with their whole community in worship and fellowship. A new historical exhibition was commissioned and is now on display in the Ruth Ross Residence, highlighting "moments of grace" from the past.

We at Rocmaura share in moments of grace each and every day as we care for residents in the tradition of caring and compassion of the Sisters of Charity of the Immaculate Conception. For all that, they have given to us and to our community, we also offer thanks.



Director of Mission, Ethics & Spirituality Jean Marie Dionne

Over three years ago, I began working at Rocmaura Nursing Home (and St. Joseph's Hospital) as Director of Mission, Ethics & Spirituality. Many people ask me what exactly I do, but there is no quick and easy answer to that question. (Working at two different facilities has its pros and cons – it is great that no two days are the same, but it has been impossible so far to remember everybody's names!) The basic job description is the same at both places, even though it plays out differently depending on where I am. Let me try to explain a bit about what I do...

I usually begin with the Sisters of Charity of the Immaculate Conception (SCIC.) Rocmaura was founded by the SCIC, and even though they no longer own the building, we are steeped in their tradition and values. We strive to keep their founding spirit alive. (As the Catholic Health Alliance of Canada says, "Their ministry has become our mission.") The fact that this role even exists shows the importance of mission, ethics, and spirituality at Rocmaura. So, my main responsibility is helping to keep these ideas at the forefront of our everyday activities. Fortunately, most people here already seem to live out these ideals to the best of their ability.

We are also blessed to have some of the Sisters of Charity still working amongst us: Mae Arsenault is Mission Coordinator, Louise Arsenault is Director of Spiritual & Religious Care, and Laura Hughes is our Ethics Educator. I have the privilege of working alongside them, learning from them and contributing my ideas and services as well.

One of the things I do on a regular basis is mission orientation, which means talking to staff about the values of Catholic health care. The great part about that task is that I often end up seeing how well staff members already "live" the mission. They do it by really caring *about* our residents as well as caring *for* them. I see this when people advocate for the people in their care, when they listen to them and really see them rather than just going through the motions of their jobs.

This takes us to the "spirituality" aspect of the position. Hopefully everyone here at Rocmaura is engaged in spiritual care, because often times a smile or a listening ear is the best spiritual care you can give. However, most staff members cannot sit and listen for long periods, so meeting with residents, their family members, and staff is one of the luxuries my job

affords. I also help at the weekly mass, and sometimes I get to play the piano for singalongs or special occasions. Another regular part of my job is organizing memorial services.

Work always seems to involve committees and meetings, and my job includes a few of these too. Currently I am serving as the Chair of the Ethics Committee, which gathers several people from within Rocmaura and the wider community. We meet several times each year to discuss issues where there could be a potential values conflict (whenever humans are in close contact, there ends up being conflicts in values.) These topics are usually fascinating, but complex; luckily, the committee is very devoted. A sub-group, the Research Review Committee, examines research proposals to determine if they would be a good fit for our community.

Some of the other tasks you might find me doing include making plans for staff to attend the CHANB or CHAC conference, helping to plan the History Wall for Rocmaura, or facilitating the Resident Café or Family Café. Mostly, I try to listen to people. (I once heard about a fridge magnet that says... "Everyone needs a good listening to!")

The best part of my work is, without a doubt, coming to know so many people. Whether it is those who work here, the people who reside here or their family members, I have met so many wonderful people. I just hope you will understand if I do not know your name yet... 😊



ROCMAURA
[TOUR THE WORLD]

wish you were here!

USA, SOUTH AFRICA, AUSTRALIA, VISA

SAINT JOHN TRADE AND CONVENTION CENTRE

Thank You!

Much gratitude to our many volunteers, 600 families & friends, staff & corporate supporters who "Toured the World with Rocmaura" at our annual fundraising Dinner, Auction & Dance on Sept. 28, 2019!

Rocmaura Foundation is blessed to have such a Community of Caring People helping to make life better for our Residents in their "home away from home."

Thank you Honourary Chairs Wayne, Denise & Konnor Long, Host Cindy Day, the Barry & Hughes Families, and Celebrity Bingo Caller Dr. Michael Simon!

VERIFIED, 97.3 WAVE, TELEGRAPH JOURNAL, TAKE LIFE BY THE HORNS, Hilton, MOOSEHEAD, Liz Isaac Appraisals, PROTECH, DOUG & BARBARA BRIEN, JACKSON TRIGGS, Ovens MacFadyen Group, Saputo, Soltu John Moroccan Association, BARRY FAMILY, ATLANTIC MELBOM & GRENEY, WINDOOR, HAMILTON'S, WACK, Energy



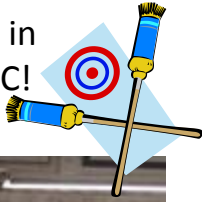
Tour the World Gala a Big Success!

Rocmaura Foundation took travelers on a Tour of the World with a passport to fun and raised close to \$100,000 to enhance our residents' quality of life thanks to our many supporters! Next year's Gala is set for Friday September 11, 2020! If you would like to get involved, please contact Sally Cummings, Foundation Director at 643-7090 foundation@rocmaura.com.





Throw a few rocks in support of the ROC!



**16TH ROCMAURA CURLING FUNSPIEL
SATURDAY, FEBRUARY 1, 2020
CARLETON CURLING CLUB
9:00 AM – 3:00 PM**

Hurry Hard! Register now for just \$40 per person or \$160 per team (4 people per team) If you do not have a full team, we will place you on one. No experience necessary. This is a fun day! Prizes for everyone. Live auction, 50/50 and more! ONLY 18 TEAMS so sign up now! Coffee & Hot Chocolate by KV Tim Horton's & Hot lunch by Subway.

Sponsorships available for \$200. Please contact the Foundation Office at 643-7090 or Emil Olsen, Chair 847-5197 eolsen@quispamsis.ca

Applause

Many thanks to the Knights of Columbus Council 6595 who made a second \$2500 donation to Rocmaura Foundation. These funds will help purchase much needed personal care items for residents. The Knights also gave \$2500 last spring for music therapy programs and \$3500 for the wardrobe project on Terrace Court.



Many thanks to Tammy Wilcox and Lawton's who donated a Geri Chair and two ventropedic pillowcases! This gift is valued at over \$1500 and will help keep our residents comfortable.

Our friends at Canaport LNG took a walk down memory lane recently. They funded \$5200 toward the project!



Residents and family members are enjoying reminiscing along this beautiful hallway.

We hope to continue this project into other parts of the home!

Foundation Grants \$7600 in Wishes!

- \$3500 for Pressure relieving devices
- \$3500 for Two Geri Chairs & Thera glide Chair
- \$600 welcome baskets for new residents

Our Wish List

Rocmaura Foundation has over \$74,000 of wishes including:

Digital Wheelchair Scale	\$3200
Pocket Talkers (5)	\$900
Shades for Residents Rooms	\$20,000

You can help make a difference. To make a gift of any amount, please contact Sally Cummings in the Foundation Office at 643-7090.

We have 40 wardrobes left to build on Terrace Court at a cost of \$140,000. **Did you know?** With a \$3500 gift, you can have a plaque engraved with your company name or in honour of someone special.

What People are Saying about Us



Dale Roberts

Best place to be for beautiful seniors
excellent staff.

8h Like Reply Message



Myrna Reid recommends
Rocmaura Nursing Home.

3 hrs · 🌐

Excellent care! I used to work there and saw first hand how the residents are treated!! good healthy meals as well!!



Avanda Speight-Wood ▸ Rocmaura Nursing Home

October 18 at 8:49 PM · 🌐



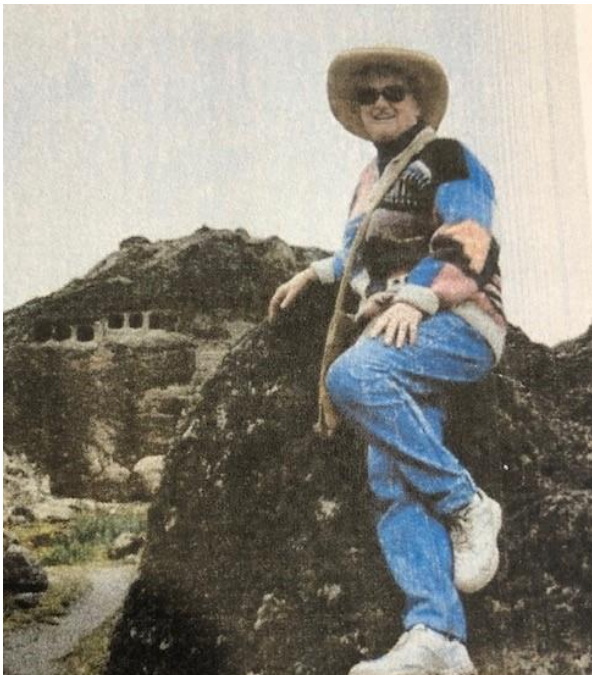
Memories of Peru – A Love Story

Sister Muriel Buckley, a member of the Sisters of Charity of the Immaculate Conception has been missioned in Peru for 46 years. She called this part of her life, her “Love Story,” because of so many riches from the culture and the experience she lived. “To live in another culture is to be born again. There were many blessings, challenges and insights into the diversity of life and living.” Here’s her story...

During my time in Peru, I lived in four different missions. Each one having a deeper entrance into the culture. I started in Comas, a shantytown outside Lima, where there was no electricity or running water. Later I moved to San Martin de Porras, a section of Lima, which was a pre-formation house. At that time, this area was heavy in terrorist cells. Sendero Liminosa was a terrorist group, which tried to change the poverty and the poor of the country. This was a very challenging time with many disturbances was very tension filled with much unrest for the whole population. After three years, I moved to Canto Grande, also a much-infiltrated area of terrorists. Later I was changed to the Andes Mountains of Otuzco. Ten thousand feet above sea level among the beautiful Andes. Here I was for 25 years. This mission led me to the heart of the Indigenous culture.

I have been blessed by living and being among all these missions. Each one had its special place in my heart. I can appreciate the diversity of people as well as how they live and value life. This culture taught me more than any course ever could. It taught me what we need of life to live humbly, freely and happily. I am ever grateful to the different Bishops, priests, sisters and lay people who are part of me today. These experiences have grown within me and make me who and what I am today. I thank the support of the SCIC also my family and friends for many years of concern and kindness. One never forgets the good that has touched life. Memories stay forever. Thanks be to God.

Muriel Buckley



Contact Us!

10 Parks St.
Saint John, NB E2K 4P1
(506) 643-7090
Foundation@rocmaura.com



Sally Cummings, Foundation
Executive Director