

"Thank you for all the Foundation does. We could not function like we do without you."

Holly Jones, Director of Nursing

Foundation Grants More Wishes!

Rocmaura is committed to providing safe, quality care to its residents. "Family members often see the importance of social interactions provided by our recreation activities, but there are many other ways Rocmaura enhances our residents' quality of life," says Foundation Director Sally Cummings. "Another way we can help make life better is by providing opportunities to remain active and mobile."

ROCMAURA FOUNDATION GRANTS WISHES TO ENHANCE RESIDENTS LIVES

\$1700 REHAB EQUIPMENT

\$6300 BLADDER SCANNER

The Foundation has been able to provide special equipment to the Rehab department for wound care management, and to help prevent falls.

Irene Belliveau rests her feet on a special gel pad to help relieve pressure. These are also used for seating and on wheelchairs. They cost about \$600 each.



Holly Jones, Rocmaura's Director of Nursing says being able to provide preventative pressure relieving devices like special mattresses, seating cushions, and products for heel protection, improves personal comfort. "As a result, we have noticed a significant reduction in pressure areas and use of wound care supplies", says Jones.

Urinary Retention is another common risk factor among the frail and elderly, often causing patients much discomfort and potential infections.

When staff on Garden Court wished for a new portable bladder scanner, the Foundation came up with the funds to purchase this life changing medical device.



Head Nurse Brenda Wilson says it will allow staff to quickly assess and identify concerns and treatment without having the resident experience unnecessary invasive procedures and/or transfer to hospital.



Kevin Marks of Medical Mart shows how a new high tech piece of equipment works. Rocmaura had three patients who had to be catheterized up to three times daily, before purchasing the new bladder scanner.

Saying Good Bye to the Rocmaura Auxiliary

Rocmaura and the Foundation would like to celebrate and reflect on the efforts of the Rocmaura Auxiliary over the past 27 years. Residents and staff give a big thank you to all members, past and present, for their years of dedication and hard work!



The Auxiliary provided 809 volunteer hours a year for the past 7 years

It all began in November 1992, when Sister Anita Holmes and Louise O'Connor guided the establishment of the Rocmaura Auxiliary. At that time, the membership was approximately 300+ people. However, as many other organizations have experienced, membership began to decline. In 2012, there were 132 members and by March 2019, this number dropped to 66.

Dorothy Anne Vachon was the first president from 1992-1994, Marion Blok served from 1994-1997, and Carm McCaig 1997-2010. Marie Murphy was the last Auxiliary President 2010-2019. She has been a member since 2003, and started out initially as Treasurer.



Over the next 3 decades, \$115,000 was raised by the Auxiliary through its annual Bazaar, with bake sales, "New-to-You" tables, 50/50 draws, silent auctions, Bingo,

and in the earlier years, a Tea Room.

With the recent announcement of its dissolution, the Auxiliary's President says she is saddened but proud of their many accomplishments. "The Auxiliary has been a great asset to Rocmaura. We have had a great membership who have provided monetary and volunteer services to enhance the lives of the Residents".

Funds have been used to maintain the residents' canteen, provide prizes for weekly Bingo, support the annual Gala and Curling Fun Spiel, purchase a new audio system, for each court's Christmas celebrations, support the Staff Educational Fund, donate a new wardrobe and other furnishings, and create a "Quiet Room". In addition, members supplied new residents at Rocmaura with more than 40 welcome baskets a year.



Pat Brown has been volunteering for over 40 years. She delivers treats from the canteen operated by the Auxiliary to resident Joan Vincent. Louise O'Connor calls weekly bingo numbers. "It should be noted that even though the Rocmaura Auxiliary is closing, many members will still be available when and where needed", adds Marie.

The oldest member of the Auxiliary, Monty Johnston, will be 102 years old this year, while Doreen Butler is the longest executive member as Corresponding Secretary since the group's establishment.



It is believed that the Rocmaura Auxiliary was the last Nursing Home Auxiliary in New Brunswick; however, there are still about 14 Health Care Auxiliaries across the province.

Story by Esmee Setzke Rocmaura SEED student

Keeping the Faith – A Resident’s Story

Lots of living goes on in a nursing home. Oftentimes, we don't realize the colourful stories of the people all around us. I'm intrigued by the history within our walls. Whenever I meet a new family member at Rocmaura, I always like to ask, "What is your story?" By Sally Cummings

Most Tuesdays and Thursdays, you will find Mary MacDougall playing cards with her family and friends at Rocmaura.



Mary is joined by her daughters, Donna Abbott and Darlene Cosman, and fellow residents Mary Cormier, Nola Gillen, and Claire Gormley for a game of Auction 45. On Wednesdays, you will find Mary playing Bingo, and on Thursdays, Mary welcomes her son Clinton and her daughter Patricia Morton at the card table. No matter what day, she is always smiling, dressed to the nines, with her make up on and hair done, never letting her wheelchair slow her down from getting from one activity to another at her home at Rocmaura.



When asked what keeps her always looking on the bright side of life, Mary's daughters say, "She's a true Irish Catholic and has been an optimist all her life. When things go wrong? She prays."

It's hard to imagine there was never a challenge Mary was not willing to meet head-on over the years. In her lifetime, she has lived through a depression, war, raised four children and even worked as a crane operator!

Mary Bridget (Flynn) MacDougall is from Wine River, St. Margaret's, which is located in Northumberland County Miramichi. Born on July 7, 1923 Mary was the youngest of eight children to James Flynn Jr. and Cecelia (Power) Flynn. She grew up during the 1930's. Life was not always easy, but she never complained.



Like many youth of her era, Mary finished grade eight and worked on her parent's farm. She loved her sheep, pet cats, dogs, and horses. Mary taught herself how to play guitar and mouth organ by ear. She had a few options, but decided to follow the path that many young girls at her age did at that time, and moved to Fredericton and take the "household sciences" course to become a live-in maid for wealthy families in the province.



When war broke out, there was a shortage of men workers, so in 1940 at the age of seventeen, Mary arrived in Saint John and would hold a variety of jobs.

Her first position was working for McAvities making bullets for \$12.80 a week. Then she moved to the Eddy Match Factory packaging matches. She was a chambermaid at the Admiral Beatty Hotel, and a beer bottler at the Red Ball Brewery. She became a crane operator at the Lantic Sugar Refinery, and finally an assembly line worker at the Canada Veneer Plant. It was through these jobs that Mary would meet some wonderful new friends; three sisters and a brother who would introduce her to another brother from Black River Bridge, who would become her future husband.

At the end of the war, Private Alexander Hugh MacDougall of the North Shore Regiment came to Saint John in search of work. The couple were married at the Cathedral of the Immaculate Conception on November 29, 1946. Mary became a stay-at-home mom with four children. She was an amazing cook and baker recount her daughters. "A visit with Mary always included a good cup of tea and sweets, like her delicious

Page 4 Mary MacDougall's Story Cont'd.

homemade molasses cookies, date squares and chocolate cake to name a few."

Over the years, Mary had many interests from live harness racing at the E.P.R. Raceway, bowling, watching TV game shows, reading the Telegraph Journal, New Freeman and taking a few short trips. She even tried square dancing. While her travels took her to Ontario, or south to Cleveland, Ohio, Portland, and Bangor, or sometimes over to PEI and home to Miramichi. Her daughters say she never really enjoyed long trips, because it brought back memories of travelling by horse and wagon as a child, but as an adult, she loved to fly!

In 1955 Mary went back to work, at the McCready's Pickle factory, the Saint John Trade School, and Marshall Govang's Barbershop doing factory and custodial work. When her daughter Darlene was born, she stayed home again for 5 years, only returning to work in the 1960's.



From 1961-1972 Mary worked as a housekeeper for doctors' families. She spent eleven years cleaning homes for just six to eight dollars a day!

Mary's last position was working for Colonial Inns where she completed a 17-year career, retiring in 1989. If you notice, she is still wearing the gold-plated watch that she received upon retirement as the head of housekeeping.

Mary was widowed at the young age of 57 in 1980 but she remained at the centre of all family gatherings. She is the cherished mom of four, grandmother of six, and now has two great-grandchildren.

Mary is a woman of strong faith, a devout Roman Catholic, former parishioner of the Cathedral for 67 years, and St. Pius Holy Redeemer Parish for seven, as well as an Auxiliary member of the CWL. In her retirement, Mary joined the Forever Young Club, CYO Cliff St. under the direction of Sister Evelyn Bardsley and later Evelyn Gallant. Mary continued to bowl at Haymarket Square Lanes, played Auction 45 in Milford, Lorneville, Assumption, St. Joachim's and St. Ann's, and played Bingo at the City Market Resource Centre, and she loved going to the horse races with her son Clinton and coming home to her beloved cat Tippy. For the past four and a half years, she is very happy to call Rocmaura home.



At age 95, Mary is the last surviving member of her family. Mary came to Rocmaura in 2014 after having a few falls and a couple of hip replacement surgeries, but she never let that slow her down.

Mary is using one of the clamshell devices provided by the Foundation to prevent her safety belt from opening.

Even in her life at Rocmaura, Mary rolls with whatever life

brings. She was interviewed on TV for helping children at Rocmaura with a reading program. She lived with her sister Maria (Flynn) Nowlan until three years ago, when she passed away at the age of 100. Her son-in-law's mother, Ella Green, was also a resident of Garden Court.

If you ever need cheering up or prayers, Mary will offer you both. Mary is looking forward to a large screen TV being installed in the main lounge by the Foundation to watch Lawrence Welk and game shows. Her family says she very much enjoys all the social activities and attends Mass every Wednesday. Mary adores Father Gerry White and she thinks the world of all the staff on Garden Court and feels they deserve a lot of praise.

We are a family very grateful for Life at Rocmaura and the wonderful care given to our mother.

Mary has really enjoyed all the musical acts and outings to restaurants and the Saint John Exhibition in the new bus. Many may not realize that all these activities are provided with help from the Foundation and its benefactors. She also appreciates the use of the donated van by Father David Fulton and his family to get to appointments and outings with family.

Mary loves her meals and enjoys playing TV bingo every month. She appreciates all the staff who make her feel right at home. Mary also points out how she loves to see other families, friends and their pets coming into the home. Mary's family is very happy to have their mother in such a wonderful place.

"We cannot say enough good about the cleanliness, the food, and care given to our mother 24/7 days a week."

We would highly recommend Rocmaura for anyone choosing a home for their loved one. The MacDougall clan appreciates all the people who give to the Foundation, which is helping to enhance the resident's quality of life in so many ways.

Many thanks to all the family members and corporate supporters who help make life better for our Residents in their “home away from home” with monetary donations and gifts in kind that help provide the EXTRAS that enhance the quality of life at Rocmaura.



\$1000 Donated by Eleanor Delicaet’s daughter Allison to provide 16 hours of Music Therapy Programs on Garden and Terrace Courts.



Jane Crawford uses one of four overbed tables donated by Cardinal Health on Terrace Court!



Thanks to Covey Basics which donated an office chair for our Gala auction!

Donor Wall Celebration

Rocmaura Foundation’s **Leaves of Legacy Program** has raised about \$15,000. Foundation Executive Director Sally Cummings says, “Our staff are like the roots of the tree. They have been a big supporter of the donor wall since it went up two years ago.” Staff have placed an apple, ladybug, leaf, and bird on the tree so far. “That’s why we chose to have this celebration during Staff Appreciation Week in April,” says Cummings, “to highlight the giving staff within our home.”



Argus Audiology donates \$1000 to donor wall. “Rocmaura is our premiere neighbourhood senior care organization. So it’s only natural that we wish to support them.” says owners Bill & Norma Eaton.

Rocmaura Dietary workers place a yellow butterfly in memory of Mary Drane (Keleher). She loved the colour and she was a social butterfly. Mary passed away February 9th, 2019. She worked at Rocmaura for 29 years.

The Management team also donated two butterflies in memory of Vivian Cummings and Mary Leahy. Sally Cummings and Theresa Leahy placed the butterflies on the wall in memory of their mothers who both passed away this year.

Foundation Board Chair Emil Olsen places a bird in memory of his daughter Crystal Palmer he recently lost.



The Auxiliary is honoured with a Mission Award for their years of dedicated service.



Sylvia Yorke places a bird in memory of her husband Murray Yorke.

Rocmaura Foundation is thankful for four donations to help kick-start the final phase of the wardrobe project on Terrace Court. Among some of our latest contributors, (please understand there are others who wish to remain anonymous)... Don Mitchener is donating his fourth wardrobe. Don served two terms on the Foundation board from 2010. Thank you!



Before

Frank Fitzpatrick is donating his second wardrobe, this one in memory of John Fitzpatrick. This is part of a bigger five-year commitment he has pledged annually. Thanks to his generous support, we can begin to beautify rooms in the remainder of our home. The Foundation hopes to install a minimum order of eight wardrobe units soon; however, we still need to cover the cost of four of these built in closet spaces, says Foundation Director, Sally Cummings.



Before



After

There are a total of 49 units to build on Terrace Court at a cost of about \$171,500 (not including tax). The wardrobe project has been ongoing since 2007 with 48 units now installed on Garden Court and 29 on Hopewell, which cost about \$315,000 raised by the Foundation.

With a \$3500 donation, you can have a plaque engraved in honour or memory of someone special. Please contact Sally Cummings at the Foundation Office (506) 643-7090.

The Knights of Columbus Council 6595 are dedicating a wardrobe unit in memory of Father Eugene O’Leary. They have also donated an additional \$2500 to Terrace Court for the specific needs of residents. Thank you for your generosity! It is very much appreciated! Kevin Brown shows his Mother Dot one of the old closets that are in need of being replaced.

15th Curling Fun Spiel Raises Record \$9000!



Many thanks to Chair Emil Olsen, our faithful teams, auctioneer, volunteers, Subway and Tim Hortons Quispamsis, and our many generous Sponsors!
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