

Rocmaura

a community of caring people

ALL IN THE FAMILY

Rocmaura is known as a “home away from home”. That couldn’t be more true for a number of staff members whose family *live where they work*. David Williams has worked at



Rocmaura for 19 years. He is an RN who rotates nights between first and second floors. His 84 year old Dad Royston, a machinist at Saint John Shipbuilding, spent his final days at Rocmaura.

David says they came to Canada in 1973 from the UK. Royston’s sister is still in Australia, and his Dad visited her there several times. “He moved into Rocmaura in September and it was great having him here where my siblings and I knew he was safe, well cared for, and respected.” During his five months on Terrace Court, David was able to visit his Dad while he was working. He says staff really helped to lift his spirits.



“It was reassuring for him to know I was around. There is no other place I would have rather had him be.”

Aimee Bernier’s Grand Parents moved into Rocmaura together, in November. Aimee works in scheduling and tries to spend her afternoon breaks working on a puzzle with her Nan.



“It is very special having my Grandparents living at Rocmaura. Before my workday starts, I go and say good morning and see if they need anything for the day.”



Aimee & her parents Linda & Brian Spragg have a visit.

90-year-old Bill & 87-year-old Stella Boucher have been married 68 years. Bill was a packer at Thorns and Stella was a homemaker who looked after four boarders. They now share a room on Garden Court. On their daily walks, they peek into their Granddaughter Aimee Bernier’s office to say hi.

“I have worked at Rocmaura for 26 years and I feel very comforted that my Grandparents live here and are getting wonderful care from my co-workers.”

RN Gerri-Lynn Stephen is the Unit Manager on Trinity Court. Her Grandfather Hedley Munn moved onto Garden Court a couple of weeks ago.



During a recent stay in hospital, Hedley was told that he would not be able to return home and would require Nursing Home Care.

“Everyone has been so welcoming which has made this transition easier for him. I am so blessed to have my Grampy living at Rocmaura. Although Rocmaura will never be “home”, it truly is his “home away from home”, says Gerri-Lynn.

“How lucky I am, to be able to come to work each day, and be able to spend time with my Grampy!

I have worked at Rocmaura for 23 years & I witness daily the exceptional care staff from all departments provide. They carry out our Mission & I am so thankful that Grampy is now a part of that mission. So thankful!”

There’s no better endorsements than that, for the quality of care that Rocmaura provides.

Rocmaura Foundation appreciates Dr. Monica Mooney. She has supported every fundraiser and event in our home from placing an ornament on our Angel Tree, to making memorial donations, to buying maple syrup and fruitcakes from the Rotary Club. She has attended the Gala Dinner, purchased auction items, and served as Resident Council President, News and Views facilitator, and made sure residents got their newspapers. Monte has made a big impact at Rocmaura with her caring and thoughtful ways. Thank you Monte!



"I have heard about Rocmaura my entire life. As a child in Miramichi, my great aunts, who were Sisters of Charity, always spoke lovingly about Rocmaura and wanted me to become a Rocmaura nurse. Rocmaura really is in my blood and I would not want to be anywhere else."



"I support Rocmaura because I see all the wonderful things that happen here every single day and I want others to know about the kindnesses and love."

Sheana is always supporting the Foundation in many ways, whether attending events, making donations, or volunteering.

"The Foundation gets our story out while compelling people to give to ensure that those wonderful things continue. I am grateful that the Foundation exists to support our wonderful work."

Sheana Mohra RNBN MHA
Executive Director Rocmaura Inc.



Doreen Shanks has called Rocmaura home since 2012. You may have never thought about long term care until someone dear to you needed it. When it comes time, it will be comforting to know that Rocmaura will be there for your "home away from home" too.

*You remember the first ones who held your hand...
Will you remember the last?*

Remembering Rocmaura Foundation in your will or making a gift of life insurance will maximize the impact for you, your estate, and Rocmaura. Your generosity will help enhance the quality of life of many others for years to come.

Rocmaura
a community of caring people

(506) 643-7090 foundation@rocmaura.com

Memorial Donations Bequests Life Insurance Annuities Personal Property

Contact Me!

10 Parks St.

Saint John, NB E2K 4P1

(506) 643-7090

Foundation@rocmaura.com



Sally Cummings, Foundation
Executive Director

Memorial Donations

Planned Giving

Bequests

Life Insurance, Annuities

Personal Property

Join Our Monthly Giving Club!

Monty Johnston is Rocmaura's oldest volunteer and original founder of the monthly giving club! She donates by automatic deposit every month. With just a \$10 or \$20 monthly donation, you can help keep many wonderful programs going, like our weekly Bingo that our residents enjoy so much. Send us a void cheque to start your plan.



Smooth Sailing A Resident's Story

97-year-old Hazel McNamara is number one on the coveted list of over 420 members at the RKYC. She has been sailing since she was a teenager. Her Niece, Glenda Belyea, says, "Hazel's mother died when she was just 8 years old and so her father brought her up until he remarried. Gramp was very strict but she was independent and generally had free reign."

Perhaps it was that combination of discipline and freedom that fostered Hazel's fearlessness and sense of adventure.

Hazel and her best friend Audrey Sweeney owned a 14' SNIPE says avid yachtsman Ernest Hamilton. "My father owned a power boat and I was dying to go sailing. They were the first to take me."

Audrey and Hazel were the first to join the yacht club as Flag Members, a special membership class for women. There were only 34 members in the club at the time. They ventured up river every weekend, rain or shine. The season would start on the Victoria long weekend in May, and end after Labour Day with the Gagetown fair.

Hazel met her husband Russell who became a Commodore. He built their boat "Siboney" in 1948. They won races on the 28-foot yacht (there is a 1st Class "A" Evening Series 1968 trophy on display at the yacht club) and they plotted courses across the Bay of Fundy, cruising to Grand Manan. It was not a luxurious getaway like it is today. The couple didn't



own a car, so they would take the bus to Millidgeville carrying all their gear. Sometimes they would venture up river to Fredericton, stopping in Gagetown and the Washedomak. Some remember the swing bridge in Jemseg that rotated to let the boats go into Grand Lake. It was a wonderful time, with big potluck suppers, bonfires and singsongs on the beach.

Hazel worked as a civil servant for CN Rail as a stenographer. She loved to travel and went across Canada, to Alaska, through the Panama Canal, Australia, New Zealand, England, Scotland, Ireland, and even sailed down the Danube River. In later years, Hazel and Audrey were both named

Honourary Members of the RKYC and are fondly admired for their spunk.

THANK YOU CARING CREW!



Leanne Donovan & Cynthia McAulay dropped by with a \$100 bill and treats with funds they raise through Facebook raffles. Recreation Manager Pamela Clark says this donation will allow them to host a Pub Night for residents! Thank you!

MISSION ACCOMPLISHED!



Rocmaura Foundation's 16th Annual Curling Fun Spiel raised \$9000! This will help purchase an ice making machine to serve cold drinks to our Residents.

WHAT PEOPLE ARE SAYING ABOUT US



Alan Matheson ► Rocmaura Nursing Home

January 10 at 9:50 AM · 🌐

Thank you to all the staff at Rocmaura for all the love and care you showed Mom in her final years and days at the Nursing Home. What you all do on a daily bases is physically and emotionally hard and it takes special people to do what you do day in and day out.

God bless you all. ❤️

Natalie Ruth Johnson November 3rd, 1931-January 9th, 2020.



Tracie Harrington

There sure is amazing people there!
They take such good care of my mom
❤️..Margaret Harrington !

23h Like Reply Message



Bonnie Cox 🌟 recommends Rocmaura Nursing Home.

December 26 · 🌐

Amazing, caring staff. They offer individual care to each resident based on the resident personality. Sometimes I think they know my Mother better than I do.

Questions and Concerns are welcomed with open arms and ears. I cannot say enough good things.



Thank you to our \$200 Sponsors!

Albert's Draperies

Brenan's

B&N Flooring

Chandler

Don Mitchener

Eastern Credit

Emil Olsen

Fish & Brews Pub

Hardware Solutions

JDA Electric

Ketchum Realty

John Flood & Sons

Alternative Concrete Technologies

M&M Painting

Ray Harrington

Stark Industrial

Wolseley Canada/ HVAC



Many thanks to Emil Olsen who chaired this annual event, and Subway, Quispamsis Tim Horton's, and Taste of Egypt who donated the delicious food! Seventeen teams played. Thanks to all the volunteers and those who donated auction items.

Special thanks to Paul Mullett who won the 50/50 and donated \$266 right back, as well as Marie Murphy's team who was not able to curl, but donated their registration fees anyway. A great time was had by all.

ROCMAURA FOUNDATION MAKING A DIFFERENCE

In recent months, Rocmaura Foundation has purchased \$3500 worth of Rehab equipment. These special materials help prevent pressure wounds. Since the Foundation has started helping to provide these supplies, RN Heidi Delucry says she has noticed a big improvement in Resident's health.

"When I first came here in 2008, if someone had a pressure area starting, unfortunately rehab didn't have anything to offer to help. Now we have what the resident needs within an hour of asking. It may be a ventropedic pillowcase or mattress cover or elbow pad. Because the Foundation has helped with the purchase of these items, we now almost never have a wait period at all. A true miracle, which everyone is so grateful for, especially the residents."

Heidi Delucry RN Terrace Court



"At our annual fundraising Gala last fall, attendees did not hesitate to wave their bid cards during the live auction to purchase rehab devices for our residents. It was so heartwarming in fact, that our celebrity auctioneer Denise Long broke down in tears, and volunteers had difficulty keeping up with the outpouring of support."

Foundation Director Sally Cummings



"Rehab would like to extend our heartfelt thank you to the Foundation for their generous donations that enhance our Residents quality of life here at Rocmaura. We would also like to thank Sally for her tireless efforts and the work that the Foundation does to provide the residents comfort in their home."

Rehab Team Julie Jones & Debbie Crossman

STAY TUNED! THIS YEAR'S GALA IS SET FOR FRIDAY SEPT. 11!

ROCMAURA FOUNDATION GRANTS MORE WISHES!

- \$900 FIVE POCKET TALKERS TO HELP RESIDENTS HEAR**
- \$500 TABLE CLOTHS TO MAKE MEALTIMES HOMIER**
- \$3200 DIGITAL WHEELCHAIR SCALE – DONATED BY ROTARY CLUB OF SAINT JOHN**
- \$5000 ICE MAKING MACHINE TO SERVE COLD DRINKS**
- \$9600**

Welcome Foundation Board Member

Jen Butler of Belmont Financial and has been involved with the Sea Dogs Foundation and the Rotary Club of Rothesay Kings. We are happy to have her join us!

"Rocmaura was very special to my Dad who loved to help raise funds. (Artist Ray Butler's paintings portrayed his love of Saint John and he often donated artworks to the Rocmaura Gala auctions. He was honoured as an Artist of the Year.)

Jen continues to donate his paintings and wanted to become more involved. "I want to help enhance the quality of life for seniors in our community. Those of us who are able, need to give back to those who need us."



Meet Our Foundation Board 2020

- Emil Olsen – Chair
- Lisa Savidant – Vice Chair
- Brian Fitzpatrick – Treasurer
- Rod Flood – Rocmaura Inc. Rep.
- Sr. Anita Naves
- Sr. Sandra Barrett
- Don LeBlanc
- Jocelyn Graham
- Patricia Miller
- Joe O'Brien
- Jen Butler
- Sally Cummings - Foundation Director
- Sheana Mohra – Exec. Director Rocmaura Inc.

Many thanks to June Creamer-Cormier who just finished her three-year term on the board. June made a big difference and she will be missed.

If you are interested in volunteering on a committee, or joining our board, please reach out! 506-643-7090 foundation@rocmaura.com

I HAVE A VOICE

I may be feeble and you may have to lean in close to hear me.

Or I may talk loudly not realizing everyone around me can hear what I say.

I may try to form words and no words come out.

Or maybe what I say makes no sense to you.... But it does to me.

"I have a voice" and I deserve the same dignity, respect and attention that any other person in this world receives.

Just because I move slower or speak slower or I need help from others does not mean I deserve less.

"I have a voice" and I ask you to listen and most of all "hear" what I have to say.

Written by **Brenda Wilson - RN Garden Court**



Brenda Wilson graduated from the Saint John School of Nursing in 1986 and has been at Rocmaura for 21 years. She married her husband Brian in 1985 and has a son Scott who is 32. She worked at St. Joseph's Hospital for 25 years and then came to Rocmaura in July 1999 mainly she says, because of its affiliation with the Sisters of Charity. "Rocmaura's beliefs and values are my beliefs and values. I love the caring atmosphere and mostly I love the residents whom I feel privileged to care for."

THE SPIRIT OF ROCMAURA

Rocmaura's 240 staff have been busy attending education sessions this winter. The "Care for the Carer" Workshops focused on our Mission, Approaches to Care, Domestic Violence and its effects in the workplace, Workplace violence, harassment and discrimination. Staff learned about person-centred care and U-first techniques. "We are all Sisters of Charity," says presenter Jean Marie Dionne, who led a discussion to reinvigorate staff's love of what they do as they live out the mission every day.



Rocmaura Nursing Home

Posted by
1 min · 🌐

Look what just arrived! This beautiful theraglide rocking chair helps residents self sooth. Thank you to our kind donor Octavio Ribeiro who purchased this for us. It is the 4th one he has donated to our home. If you would like to help make a difference please call me at Rocmaura Foundation 643-7090.

