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*It is our Mission to give and receive care and
compassion for mind, body and spirit based on Catholic
Ethics and Christian Values*

To: Residents and Families

August 8, 2022

Re: Strengthen a Palliative Approach in Long-Term Care (SPA-LTC)

Good afternoon everyone,

This summer, in response to our recently updated Strategic Plan, we have partnered with the SPA-LTC team (<https://spaltc.ca/who-we-are/>) to conduct an evaluation of an adjustment to our approach to care. In this two-year project, we hope to promote good communication about health, attention to the needs of the whole person (physical, emotional, mental, and spiritual), and stronger relationships between residents, families, and staff.

Many people think of palliative care as specialized care for the dying. Actually, some of the most important palliative care practices can be offered much earlier. In fact, a palliative approach is relevant at any stage of a chronic health condition, in any healthcare setting. In this approach:

- The whole person matters. This includes physical, emotional, mental, and spiritual aspects.
- Relationships matter. The Resident and their family or circle of support are part of the care team, and things work best as we all care for each other.

Over the next several days, Terri De Baerdemaeker (formerly Terri McMillan), our Director of Quality and Strategy may be reaching out to ask if it's okay to put you in touch with the team that will be coaching and evaluating our progress on the two-year project.

Terri will be able to gently dispel myths about palliative care and confirm that your Resident could be part of the study project. Our goal during this call would be to assess your potential interest in supporting us in evaluating this change in our approach. Not all Residents would meet the specific criteria for inclusion in the project however we will be utilizing this enhanced approach to care with all Residents on a go forward basis. If you do not get contacted but would like more information, please feel free to contact me or Terri for further information. Her direct line is: 306-953-4514.

Please feel free to send me a message at any time: wnogier@montstjoseph.org; or text/cell 1-306-921-9587.

Wayne Nogier, CEO