

*Garvey Manor and Our Lady of the
Alleghenies*

AT-A-GLANCE

FALL 2017



Carmelite Palliative Care

At Garvey Manor we have been asked the question—

Do we have Hospice Care? The answer to that is more than a simple yes or no. Our program is not Hospice care it is Palliative Care. Palliative care is something very sacred to us. Allow us to explain our Palliative Care Program to you.

Our Core Value of Sanctity of Life is that we believe life is a sacred gift from God and we therefore hold life, at all stages, in reverential esteem. While life should be preserved whenever possible, sickness, suffering, and death are part of life and are potential experiences of encountering God. We know that death, as the last stage of earthly life, is the prelude to eternal life. We are committed to witness to the gospel message of Jesus Christ and the teachings of the Roman Catholic Church. We foster palliative care, which is a holistic, person-centered approach to meeting the physical, social, psychological, spiritual, and emotional needs of the resident from the time of their admission throughout their stay with us.

Palliative Care defined by the Carmelite Sisters for the Aged and Infirm seeks to provide relief from the five domains of pain that persons experience when faced with aging, declining abilities, or a debilitating diagnosis. Physical, emotional, familial, spiritual, and psychological pain are all considered in our Palliative care program. Palliative Care is not reserved for those who are imminently dying, but does include end of life care for those who are dying. **Palliative care allows each resident to receive the appropriate care and services that brings comfort and the best possible quality of life. Palliative care can be combined with curative care or with less aggressive care. It is not the same as hospice care or end-of-life care, which is reserved only for those who are clearly dying. Our care includes end-of-life care and a sensitive, attentive, approach to residents who are dying.**

For the Carmelite Sisters for the Aged and Infirm, palliative care looks at the **whole person** and the variety of ways they might be suffering as they enter and live in our long-term care facility. **It is this comprehensive, holistic, person-centered approach that sets the Carmelite Sisters' palliative care apart from Hospice care which only address the person's needs when they are at end of life.** We have done this through developing a formalized Palliative Care Program which involves three critical pieces: **providing education, using a team approach, and assessing the five domains of pain.** All persons served by the Carmelite Sisters for the Aged and Infirm receive palliative care upon admission to Garvey Manor. This interdisciplinary method involves caring for the whole person, focusing on well-being, comfort, and peace of mind.

"Palliative Care, is an expression of the properly human attitude of taking care of one another, especially if those who suffer. It bears witness that the human experience is always precious even if marked by age and sickness."

— Pope Francis



Sr. Joachim Anne, Administrator

Upcoming Special Days

- ◆ October 13: Living Rosary Service 6:45PM in St. Joseph's Chapel
- ◆ October 31: Safe Trick or Treat– limited to children of staff and residents 10 yrs. and under 6:30PM
- ◆ November 19: Memorial Mass-remembering all deceased residents 3PM

Holy Days of Obligation

- Nov. 1: All Saints Day
- Dec. 8: Immaculate Conception
- Dec. 25: Christmas

Greetings from Sister Joachim Anne,

Greetings to our At-A-Glance readers during this beautiful fall season here in west-central PA. As the warmth of summer is giving way to the cooler temperatures and changing foliage of fall, Garvey Manor and Our Lady of the Alleghenies marches ahead, after an action packed summer, into the challenges and opportunities that lie ahead.

This is the 52nd year of ministry for Garvey Manor. Over the many seasons of our life, changes have brought progress to our present status, and lives have been touched in ways that are personalized and special. The beauty of our property and building— so spectacular now as the flowers ringing our front entrance are at their most brilliant color and the lush lawns and landscape have a welcoming appeal, are only a first impression of the warm and welcoming, compassionate and hospitable spirit of the staff who greet every visitor and who serve every resident in various ways everyday.

Our commitment to meeting the daily personalized needs of each resident is paramount to all we do. This issue of Garvey-At-A-Glance gives a snapshot of some of the special happenings that are part of our overall ministry of care; enhancing the quality if life, giving purpose to each day, and letting all residents know they are not only cared for, they are cared about as the individuals they are.

Thank you for reading this newsletter and for your involvement in whatever way you are associated with Garvey Manor and our Lady of The Alleghenies. Together we are an extended family caring and sharing life changing moments in this special place that so many call “home.”

Garvey Manor and Our Lady of the Alleghenies celebrated our annual family day picnics with a Hoe-Down theme. The residents, families, staff, and guests had a wonderful time of comradery, food, entertainment, and beautiful weather. We were blessed with wonderful memories to cherish as we close up summer and head into the season of fall.



Catherine Wolf greets “Joy” the horse



The Sheriff and Deputy monitored beverages at the Saloon



Children & Adults loved watching the antics of the live chickens

SUMMER FUN!!

Summer at Garvey Manor and Our Lady of the Alleghenies was filled with fun and excitement!! Residents enjoyed bar-b-cues, trips to various ice-cream venues, attending Curve Games, and countless strolls on the patio. We are committed to enhancing the quality of life of our residents. A very substantial part of that commitment is to provide meaningful, fun, exciting, person-centered activities to our residents.



Altoona Curve Game. One of the several games we attended this season.



Observing the Solar Eclipse of 2017



PA State Representative Judy Ward was on hand to present our Centenarians with an official Certificate of Recognition for their 100th birthdays. We are proud that 6 Centenarians call Garvey Manor and Our Lady of the Alleghenies their home.



At 102 Erma Kennedy shows us she still has spunk by showing off the glittery shine of her rose sparkled shoes!!



Residents, staff, volunteers, and guests were invited to wear pink and attend the monthly birthday party celebration where everything was themed in Pink Flamingo!! Our very own Lovebird, Twinkle, showed up to get in on the fun too!

*Technology Brings **EVEN** More Quality of Life to Garvey Manor!!!*

Thanks to the wonderfully generous donation of THREE IPADS from our UPMC Health Plan provider, over the past few months, our residents have experienced several out of this world experiences at Garvey Manor. We are so grateful for this donation that we wanted to share the blessings this donation has brought to our residents, families, and staff with all of the friends and family of Garvey Manor and Our Lady of the Alleghenies Residence.

Garvey Manor volunteer Paula Elstrom loves music she says “music is an avenue, it is her thing”. We have certainly seen how music can be beneficial for our residents. Paula can’t be here all the time but, when we received the IPADS, our activities staff and Paula put their heads together. They came up with a way that Paula could be here all the time! They made a YouTube video for one of our residents who responds particularly well to Paula’s music. Our staff are able to access the channel at any time from the IPAD. Paula called the channel to “Pat from Paula”. It is truly breathtaking to watch the effects of this intervention. Paula said she was so happy to help and plans to do this again for any resident who she can help. If you have a minute you should check the video out for yourself. But make sure to have a tissue nearby.



“To Pat From Paula at Garvey Manor”

<https://www.youtube.com/watch?v=rrtOEw7Efn8&t=13s>

Barbara Hileman, Activities Director, said “The IPADS are amazing technology. They can work for everyone, you just have to find the right avenue for each individual.” Working together to find the individualized benefit of the IPADS for our residents includes all of our staff. Staff works closely with the residents so they are able to meet individualized ongoing needs as well as day to day needs. The IPADS have been used for such simple, fun things as bowling, board games, ordering Dominos pizza from the internet, and tracking the delivery of the pizza on the App. from the front porch of the Manor, to one of our residents facetimeing her sister for the last time before she passed away.

Chris, a sister of a resident of Garvey Manor was out of town in Florida attending to a family matter. She had no reason to think she wouldn't see her sister upon her return home to Pennsylvania. However, while in Florida, calls from Garvey Manor were updating her that her sister’s health was changing. Staff wondered whether the resident was going to hold until Chris could return. Before boarding the plane to return home, Chris called Garvey Manor and asked to speak with Marie in the activities dept. Marie was able to facilitate the live facetime conversation from the airport in Florida between the two sisters. They were able to share one last moment together as later that evening the resident passed away. They enjoyed using the IPAD but this of course was the most meaningful conversation they shared together on the IPAD. Not only did the sisters get to talk to one another but they got to SEE one another, and to say goodbye.

Thank you UPMC Health Plan for this kind and generous donation to Garvey Manor.



Residents enjoy bowling and many other games on the IPAD



Exercising with the IPAD

Thank You for the Continued Support of Our Mission

FALL FUNDRAISERS: Save The Date

- **Purchase Your PASS Now for the October 17, 2017 Boscov's "Friends Helping Friends shopping 25% OFF Day"**

For only \$5.00 a ticket you will receive a 25% off shopping pass to use while shopping at Boscov's the entire day of October 17th. You will also be entered into a drawing for to win door prizes. Refreshments and entertainment provided.

Please see the receptionist at the main entrance or our Director of Development Holly Keller in the her office to purchase your ticket. (Holly is located in the rotunda beside St. Joseph's Chapel)

- **Annual 400+ Club Drawing**

Tickets are available for the annual 400+ club drawing . For a \$100.00 ticket participants have the chance to win over \$12,000 in prizes. Call Garvey Manor for more information or to buy a ticket.

- **Amish Quilt Raffle**

Chances to win this beautiful hand-made Amish quilt and hand-made wooden rocking horse can be purchased at the receptionist desk. The drawing will be held November 5th. **Chances are \$1.00 a piece or 12 for \$10.00**

- **#GivingTuesday**

Garvey Manor will participate in #GivingTuesday.

Celebrated Tuesday November 28th, #GivingTuesday kicks off the charitable season, when many focus on their holiday and end-of-year giving. We ask that you consider Garvey Manor and our Lady of the Alleghenies Residence as your holiday charity. Those wishing to donate can visit <https://www.givingtuesday.org> to pledge your donation to Garvey Manor and Our Lady of the Alleghenies.

All proceeds raised from fundraisers will go directly to Garvey Manor and Our Lady of The Alleghenies. The Benevolent Care Fund makes it possible for us to extend our ministry to the residents who have established their roots and can continue to live in a dignified manner, even though they have exhausted their available resources to pay for their care. Proceeds are also used to purchase furnishings and equipment used by the residents and to enhance the services and life enriching activities we provide. Your generous support is appreciated by the Carmelite Sisters for the Aged and Infirm and elderly residents of Garvey Manor and Our Lady of the Alleghenies Residence.



Tuesday, October 17, 2017
9AM to 11PM

Join us in supporting our
Community Agencies and Organizations!

**YOUR \$5 SHOPPING PASS
BUYS A FULL DAY OF:**

- 25% Off Discount Shopping Pass
- Refreshments • Entertainment
- Fabulous Register to Win Prizes

All Shopping Pass proceeds benefit participating local non-profit agencies and organizations.

For Shopping Passes or Information, Contact:



GIVING BACK

Hurricane Harvey and Irma relief efforts held at the Manor.

As catastrophic flooding effected the Gulf Coast region of our country, Bishop Mark is asking the faithful to pray for victims of Hurricane/Tropical Storm Harvey and Irma to be as generous as possible in offering.

The Bishop has asked the clergy of the Diocese to take up a special collection at every parish, church, and chapel in Altoona-Johnstown as soon as possible.

All monies collected will go to Catholic Charities USA, which is already assisting in the areas affected by the storm. One hundred percent of donations to CCUSA for hurricane Harvey and Irma disaster relief is going to help those in need in the disaster area. None of the funding is being taken out for administrative expenses.

Garvey Manor collected donations in the Chapel and staff participated in a "Dress Down Day" where staff gave a donation for the privilege to dress down. \$1,000 was collected for the cause. Anyone who still wishes to give can make a donation, which will be directed to this cause.

Donations Collected for Veteran's.

Residents, staff, and families of Garvey Manor and Our Lady of the Alleghenies Residence collected donations for **Tomorrow's Hope**. Tomorrows Hope provides transitional housing and services for Veterans of our U.S. Armed Forces. They aid Veterans in achieving independence through the rehabilitative support and services provided. A generous match from the Cesare Battisti Club brought the combined total donation to \$300.00 and several large boxes of personal care items were also collected to be distributed to Veteran' in need.



Our Mission is: To promote and provide professional quality of care and service in an atmosphere reflecting Christ's compassion, love, and concern for the elderly.