

Family & Friends

A Newsletter for the Friends of Stella Maris

October/November 2004

20th Annual Crab Feast Nets Over \$100,000 for Hospice

On September 12, nearly 1,000 friends and family members joined the Stella Maris Administration and Advisory Board for the 20th Annual Crab Feast & Auction at the Timonium

Fairgrounds. From watching the Baltimore Ravens on the big-screen television to dancing to the music provided by Leah Singleton, DJ and employee in Dietary, to enjoying the huge,

delicious crabs, everyone had a great time and contributed to the overwhelming success of the event!

We are very proud to announce that this event once again netted over \$100,000. The proceeds benefit the Monsignor Lyness Fund, which helps pay for hospice care for those without sufficient resources. Without the help of many, this wonderful achievement would not have been possible.

Stella Maris thanks all those who attended, participated in the raffles, silent auction and other activities which were part of the day's festivities. A special thank you to Francie Apollony and Susan Haak, our event Chair and Vice-Chair, respectively, and to our many volunteers, who never cease to amaze with their dedication and spirit.

Mark your calendars for the 21st Annual Crab Feast & Auction, set for September 11, 2005. We look forward to having you with us!



Sisters from The Villa enjoy the festivities.



Marylee and Joe Zeiler, residents of St. Elizabeth Hall, are faithful Crab Feast attendees!

Stella Maris
A Tradition of Mercy • A Heart of Care

2300 Dulaney Valley Rd.
Timonium, MD 21093
www.stellamarisinc.com

Don't Miss the 21st Annual Stella Maris Crab Feast & Auction

Sunday, September 11, 2005

Oct/Nov 2004

**Sister Louis
Mary Battle
Lecture**

The 7th Annual Sister Louis Mary Battle Lecture is set for Monday, November 8, at the Towson Sheraton Hotel, beginning with a reception at 6pm, followed by the lecture at 7pm. Dr. Elizabeth L. Cobbs will present: ***“We’ve come a long way: How health care can really help older adults be well”***. Dr. Cobbs is Director of the Geriatrics Fellowship Program at George Washington University and Chief of Geriatrics at the Veterans Affairs Medical Center in Washington, D.C. This event is offered at no charge, but seating is limited. To make your reservation, please call Janet Ferra in the Public Relations office at 410-252-4500 ext. 7268.

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Stella Maris Celebrates National Hospice Month

During the month of November, Stella Maris and its Hospice Program will be honoring National Hospice month. A memorial service is celebrated to remember all those who have died in the Hospice Care Program in the past 6 months, and each name of the deceased is read aloud with family members in attendance. This year’s service will be held in Timonium on November 14 at 10:30am in the Chapel and on November 10 at 7pm in the Mercy Medical Center Chapel.

The Center for Grief and Loss will also be holding its annual Holiday

Bereavement Seminars on Saturday, November 20th and Thursday, December 9th from 7-8:30 p.m. in the Stella Maris Auditorium. Please call Helen Streimer at 410-252-4500 ext. 7291 to reserve your space.

Also during this month, John McLoughlin, Hospice Volunteer Coordinator, will be initiating volunteers to assist patients and family members on the Timonium in-patient unit, hospice home care and Stella Maris Hospice at Mercy. If you are interested in being a volunteer, please call John at 410-252-4500 ext. 7315.

UM Research Project Focuses on Restorative Care

Stella Maris will soon participate in an important study of restorative care for residents of long-term care facilities conducted by the University of Maryland School of Medicine and School of Nursing. The purpose of restorative care is to help individuals stay as active as possible. In this study, restorative care will be observed in three ways:

- ❑ How residents are helped to perform activities of daily life as independently as possible,
- ❑ How residents are assisted to perform exercises to improve range of motion, strength and balance, and

- ❑ How residents use appropriate devices such as splints, braces, canes and walkers.

During this study, trained research interviewers and nurses will conduct interviews and assessments. All research staff are experienced professionals familiar with long-term care facilities and are specialists in gerontology, nursing, public health, social work and other disciplines. For more information, call the Nursing office at 410-252-4500 ext. 7530.

Center for Grief & Loss Marks September 11 With Memorial

“We Remember . . .”

On September 9, 2004, the Center for Grief & Loss at Stella Maris hosted an evening to commemorate our nation’s tragedy on September 11, 2001. Helen Streimer, Manager of the Center for Grief & Loss, welcomed those present and moderated the evening. Doreen Horan, grief counselor, provided suggestions for coping with anniversary grief reactions and discussed the importance of making meaning out of our losses.

Lieutenant Mark Gardner, from the Baltimore County Fire Department shared his personal experiences as well as his pictures from Ground Zero. Lt.

Gardner stated, “We were not the heroes. The heroes were the ones who died.” At that point in the evening, thoughts turned to the families of those who lost loved ones and to the memories we all have of the devastating pictures and stories we heard and saw during that time. Those present were deeply moved and grateful for the opportunity to remember and to talk about their own grief responses. For more information on the Center for Grief and Loss, contact Helen at 410-252-4500 ext. 7280.



Lt. Mark Gardner, Baltimore County Fire Department, shares his September 11 experience.

You Speak, We Listen

We recently told you about our customer satisfaction survey and the company that compiles the results, Press Ganey. In early 2005, we will ask you to complete this survey and mail it in as early as possible.

The survey encompasses, on average, 60-65 questions and gives respondents the opportunity to answer on 5 levels – *very poor, poor, fair, good, and very good*. The questions cover spiritual care, direct care, food, cleanliness, social services, billing, maintenance staff, activities, financial, physician care, security, rehabilitation and others. Each response is given a number value and the scores are then tallied. The results are analyzed and presented to the facility in various formats, including a comparison of

Stella Maris scores with approximately 300 nursing facilities in the Press Ganey database. Another report compares the scores internally with previous years’ scores, and a third shows the scores based on individual unit scores.

Last year we launched a new Customer Service endeavor to study our scores and find areas to celebrate and areas with opportunities for improvement. In the next issue, we will discuss the 2004 results in more detail and the approaches put in place for improvement. You may set the television monitors on the units to Ch. 26 to celebrate our successes with us! For more information, please call Dave Stratmeyer, Senior Vice President of Long-Term Care at 410-252-4500 ext. 7313.

Upcoming Support Groups

These groups meet for 6 weeks

Loss of Loved One Support Group
Tuesdays – 7pm
Begins November 2, 2004

Loss of Parent Support Group
Wednesdays – 7pm
Begins November 3, 2004

Loss of Spouse Support Group
Thursdays – 7pm
Begins November 4, 2004

Me Too! Children's Bereavement Group
Single Steps Teen Bereavement Group
6:30pm
Begins Monday, November 8 for 7 weeks

Dementia Family Support Group
2pm
Wednesdays, October 20 & November 17

Flu Vaccines To Be Offered

Flu vaccines will once again be offered to all residents. Family members are being mailed an immunization consent form that must be returned before vaccines can be distributed. Please return your form back as soon as possible. Thank you.

Calendar of Events

October 2004

- 2 Stella Maris Employee Picnic – 1pm
- 15 Auxiliary Craft Sale – 10am-2pm
McAuley Connection
- 26 Auxiliary Mass and Luncheon –
Chapel and Auditorium
- 28 Stella Maris Blood Drive – call
x7381 for an appt.

November 2004

- 2 Election Day
- 8 7th Annual Sr. Louis Mary Battle
Lecture – Towson Sheraton Hotel
6pm (see inside)
- 11 Veteran's Day
- 12 Auxiliary Used Book Sale 10am-2pm
Auditorium
- 20 Holiday Bereavement Seminar –
7-8:30pm
"Grief & the Holidays" - Auditorium
- 25 Thanksgiving

About Family & Friends

This newsletter is designed to keep our residents' loved ones informed about what is happening at Stella Maris. For more information, contact Kelly Sheridan at 410-252-4500, ext. 7570.

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