

"It now astounds me that *Comfort and Care* was so long coming into being because it addresses the long stated need for access to funds which will facilitate healing and well-being in ways so congenial to the central value and tenets of public health care and yet fiscally difficult to categorize.

Mental wellness is a continuum we all can be measured against. When we are suffering significant challenges to mental well being the whole person suffers and even mortality becomes an issue. Hope and nourishment to a failing spirit often comes in the form of simple, but oh so effective therapies. Music is the gateway to the soul and has a powerful capacity to heal and restore. We have no music therapist and so Pastoral Care has traditionally tried to facilitate as much opportunity for this kind of solace as possible. The old guitar here at the Waterford, donated many years ago and bearing a shiny commemorative plaque was damaged too badly to repair and was daily missed and lamented by a number of patients for whom playing was a cherished outlet. The pianos were so badly out of tune it was painful to hear them played. Worship groups and community musicians did not want to use these instruments. The single award of \$1000 will repair and tune three pianos and purchase at least one guitar. The whole hospital is celebrating. Patients who wish to spend time in the chapel practicing piano once again will be able to satisfy the basic human need for comfort, beauty and communication. Thank-you *Comfort and Care!*"

Susan Cummings
Manager, Pastoral Care and Ethics
Waterford Hospital

"Thank you for giving me the opportunity to "express thanks" for the *Comfort in Care* Grant.

We are using this money on East 3A to purchase a book rack and books, games and art supplies and possibly a games table. Before making this decision we asked the patients on the unit the type of things they would like to see. A common complaint amongst our patients is boredom. Prior to getting this grant there were very few materials on the unit for patient entertainment. Now people have a choice...they can do something independently (i.e. Paint or read a book) or an activity with two or three others. This not only makes the day go faster; it also encourages interaction which helps many people get well sooner. As a personal observation, people do not appear to be complaining as much...and that helps make everybody's job a little easier too. Thank you again."

Karen Brown
Social Worker
Waterford Hospital

"Many neurosurgery patients have limited hand function which can make it difficult to perform everyday activities that we often take for granted, such as using a telephone. At such a stressful time, communication with family and friends is essential, especially if they are far away. Thanks to the *Comfort in Care* grant, a voice activated telephone will be available for these patients so that they can independently connect with their loved ones and receive the emotional support they need."

Renée Hillier
Occupational Therapist
General Hospital

For more information on the *Comfort in Care* program
or to make a donation, please contact the Health Care Foundation



Health Care Foundation
190 LeMarchant Road

St. John's, NL A1C 2H6
709-777-5901
hcf@healthcarefoundation.ca
www.healthcarefoundation.ca



In the Words of Staff



In the Words of Staff

"Thanks to a *Comfort in Care* grant, the Speech-Language Pathology service at the General Hospital purchased Pocket Talkers portable one-to-one communication devices, which assist conversation with hard of hearing individuals. The benefits of this device to patients and staff have been immediate and immeasurable.

Staff describe the Pocket Talker as a great device that allows them to have more respectful interactions with patients and helps save their voice! Our patients benefit from increased privacy and confidentiality. With the Pocket Talker, patients are better able to participate in healthcare discussions and decisions. One team member said that thanks to the Pocket Talker, they were able to include a hard of hearing patient in the family meeting so that the plan of care was team based and patient centered.

Comfort in Care grants truly recognize that it is often the little things, like being able to communicate, that provide real comfort to patients."

Leona M. Lewis, M.Sc., S-LP(C)
*Speech-Language Pathologist &
Stroke Program Coordinator
Medicine Program, Eastern Health*

"Thank you for choosing ICU/CCU at St. Clare's to receive a grant for a recliner chair from the *Comfort in Care* Program. This will enable us to provide much needed comfort to our patients' families as they spend long hours in this area awaiting news of their loved ones and providing much needed support to their family member in one of our units. Again, thank you very much."

Roberta Corbett
*Division Manager, Cardiac Care Unit
St. Clare's Mercy Hospital*

"As you are aware, I am a recipient of the *Comfort in Care* Grants, for my patients on the Forensic Unit, Waterford Hospital. I really appreciated having the opportunity to apply for a grant, as it will be used to purchase a secured bookshelf filled with novels, educational material and magazines. Having these grants available are a welcome to those of us, who want to be able to provide comfort and care to our patients. I know our patients will take the time to enjoy reading at their leisure."

Florence Kane
*Patient Care Coordinator, Forensic Unit
Waterford Hospital*

"In May 2007, two of my staff was awarded a *Comfort in Care* grant to purchase items for a family room. On behalf of my staff and residents of Bell Island I want to express thanks to the Health Care Foundation *Comfort in Care* program.

This family room will provide patients and families a comfortable space within our facility to spend quality time. The room will also facilitate a respectful and dignified environment for patients and families during the death and dying process. It is through your support and assistance that this project will move forward."

Arthur Morgan
*Site Manager
Dr. Walter Templeman Health Centre
Eastern Health, Bell Island.*

"On behalf of the staff, patients and families of 6 East, St. Clare's, I would like to express my sincere gratitude to the Health Care Foundation and most especially the donors who make the *Comfort in Care* Program possible.

The recent approval of funds to purchase a sleeper chair for the unit is certainly appreciated as it will allow us to provide a little extra comfort for family members who must remain with very ill patients overnight. Providing an opportunity for a family member to rest in a comfortable environment helps diminish their stress and worry. It, in turn allows the family to be present for longer periods and to be able to provide additional comfort and support to their loved one.

Again, we thank you for enabling us to go that extra step in providing the best possible care for our patients and families."
Fatima Hewitt
*Division Manager, General and Thoracic Surgery
6 East, St. Clare's Mercy Hospital*

"On behalf of the Pastoral Care and Ethics Department I want to thank the Health Care Foundation for your *Comfort in Care* Award that enabled us to obtain a Digital Hymnal. Our intention is to use this device for small group worship services, particularly at the Miller Centre. It can certainly be available for use at other sites as needed.

A Digital Hymnal is a compact electronic device about 9"x9"x2" that contains over a thousand hymns and melodies that can be played at different pitches, tempos, volume and with a variation of instrumentation. It is possible to program and store in memory up to ten selections. The melodies are of the more traditional and better well-known hymns, especially for our clientele.

There are no words, but that will be remedied by preparing song sheets to match the program.

I have used the device twice already at the Dr. L.A. Miller Centre and participants agree that it is a good venture. As the operator I was delighted to have the back-up accompaniment of a pipe organ and other instruments! Thank you again for the support of the Health Care Foundation - *Comfort in Care* for this contribution to our program."

Sr. Diane Smyth
*Manager, Pastoral Care
St. Clare's Mercy Hospital and Dr. L.A. Miller Centre*

"On behalf of the Delirium Committee I would like to thank the Health Care Foundation for accepting our proposal. The symptoms of Delirium of agitation and confusion are very distressing to the patients which may lead to increase length of stay, increase morbidity and increased mortality.

In providing the committee with funding to assist with implementation of orientation stimuli such as large clocks, you will aid us, not only in the prevention, but also in the treatment of patient's experiencing Delirium. Therefore, if we can prevent Delirium there will be less agitation and more comfort for patients."

Barb Earles RN, MN
*Mental Health
Consultation Liaison Nurse*