



SEPTEMBER 2022

Mount St. Rita Health Centre

A Member of Covenant Health



A Letter from the Administrator



Dear residents, families, responsible parties, and staff,

I hope you are all having a fantastic summer.

I want to take this opportunity to introduce myself. My name is Kerri Cerra and as of April 4, 2022, I have had the pleasure of being Mount St. Rita's administrator. I was very excited to join the team here at Mount St. Rita. I am a Rhode Island native. I have been in post-acute care for 25 years. I graduated from Rhode Island College with a degree in nursing. After being a registered nurse for many years I went back to school to get my Master's in Health Administration and my Administrator's license. I am dually licensed in Rhode Island and Massachusetts.

We are coming out of a pandemic that has affected our lives for more than two years. Though the pandemic is not completely behind us, we are finally taking steps towards opening group activities, daily Catholic Mass, and hosting bingo and live entertainment for our residents. Our residents and staff have shown tremendous resilience during these uncertain times. We are so grateful for our staff and volunteers who are a testimony to the tradition of providing compassionate health care in the spirit of God's healing love and in the tradition of the Sisters of Mercy.

As an administrator, I have responsibility to advocate for our elders. As employees of one of the Church's sponsored Ministries, we are asked to commit ourselves in our own unique way to be a healing presence with each other and our residents. It is very important to me that you know I have an open-door policy whether you are a resident, employee, or family member.

Thank you for welcoming me to this facility,

Kerri Cerra



www.mountstrita.org



Mercy Rehab at Mount
St. Rita Health Centre



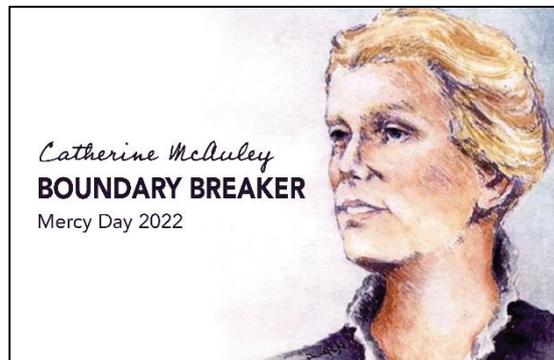
Mount St. Rita
Health Centre

Spiritual Care Corner

Perhaps the best-known prayer of Catherine McAuley is one she called her Suscipe or Act of Resignation.

My God, I am yours for time and eternity. Teach me to cast myself entirely into the arms of your loving Providence with a lively, unlimited confidence in your compassionate, tender pity. Grant, O most merciful Redeemer, that whatever you ordain or permit may be acceptable to me. Take from my heart all painful anxiety; let nothing sadden me but sin, nothing delights me but the hope of coming to the possession of You my God and my all, in your everlasting kingdom. Amen.

Catherine McAuley is the founder of the Sisters of Mercy. She recognized the needs of the poor in Ireland and opened the House of Mercy, a place to shelter and educate women and girls, on **September 24, 1827**, in Dublin, Ireland.



Rosary & Mass

Rosary is celebrated
Monday – Thursday at
10:30am.

Mass is celebrated
Monday – Friday at 11am.

If mass is cancelled, a prayer service will be held with Olivia Dutra, Director of Spiritual Care and Mission Integration.



Bible Study

Resident's will now be getting together four times a month to participate in Bible Study, an opportunity to talk about a passage from scripture and discuss what it means to each of us and our lives.



Infection Control

COVID booster

For information regarding COVID boosters please contact Rebecca Spencer at 401-333-6352 ext. 152

Visitation Policy

Effective Monday, April 25th -

Monday - Friday
9:00am - 6:30pm

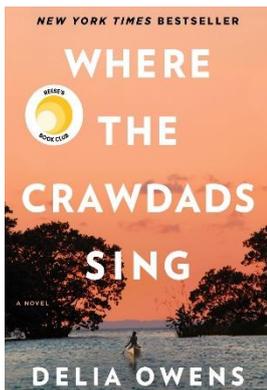
Saturday - Sunday
9:00am - 5:00pm

In-Services

Infection Control -
September 5th and 9th at 7:30am
and 2:30pm



Book of the Month



For years, rumors of the “Marsh Girl” haunted Barkley Cove, a quiet fishing village. Kya Clark is barefoot and wild; unfit for polite society. So in late 1969, when the popular Chase Andrews is found dead, locals immediately suspect her.

But Kya is not what they say. A born naturalist with just one day of school, she takes life's lessons from the land, learning the real ways of the world from the dishonest signals of fireflies. But while she has the skills to live in solitude forever, the time comes when she yearns to be touched and loved. Drawn to two young men from town, who are each intrigued by her wild beauty, Kya opens herself to a new and startling world—until the unthinkable happens.

In *Where the Crawdads Sing*, Owens juxtaposes an exquisite ode to the natural world against a profound coming of age story and haunting mystery. Thought-provoking, wise, and deeply moving, Owens’s debut novel reminds us that we are forever shaped by the child within us, while also subject to the beautiful and violent secrets that nature keeps.

“Once you can read anything, you can learn everything.” -Delia Owens, Where the Crawdads Sing



A fun and busy summer at Mount. St. Rita!!!



100th birthday party!



Enjoying the flowers on the balcony.



BINGO!



Fourth of July party!



BINGO with friends in the community!



Ice cream Social on the balcony

Get to Know...

Our Social Worker Olivia!

What brought you into this line of work?

Growing up close to my grandparents.

Favorite family recipe?

Meatballs!

Proudest accomplishment?

Masters of Social Work degree in progress!

Motivates me to work hard?

Loving the residents like my own grandparents & being a first-generation college graduate.

Favorite meal?

Pasta

Favorite book?

What Happened to You? By: Bruce D. Perry and Oprah Winfrey

Favorite moment at Mount St. Rita?

Passing out gifts at Christmas time for Adopt a Grandparent!

One thing you might never guess about our wonderful Social Worker?

In 2017, Olivia packed her car with only her essentials and moved to Florida. She is also a crisis counselor for a crisis text line!



Quote of the Month

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

– Maya Angelo



Mount St. Rita is Hiring!



Join Our Team!

CNA's
\$2,500 Sign on Bonus!

LPN's and RN's
\$5,000 Sign on Bonus!

Excellent benefits from full and part time employees and start upon hire, no waiting period.

Call us at 401-333-6352 to inquire!

Support Mount St. Rita

Write Us a Review

We are proud of the care we provide and the mission we uphold. Our nurses and CNA's go above and beyond for our residents, our activities department staff never fail to bring smiles and laughs, housekeepers are always ensuring a safe and clean home, and dietary staff cooks meals that are cozy and feel-good. A Google or Facebook review can go a long way.

Volunteer

We rely on exceptional volunteers to complete our mission at Mount St. Rita. To learn more about how you can volunteer to bring residents to Mass, help get residents to the hairdresser, or visit with residents, contact Olivia Dutra at odutra@covh.org.

Follow Us

Follow us on Facebook. Like, share, & comment. It's always appreciated!

Donate

Your simple act of kindness, expressed through your gift, helps us to provide a continuum of services and compassionate care to support the aging process for our residents and to enhance the wholeness of our residents and team members.

If you would like assistance with making a gift, contact: Susan Oldrid, Executive Director of Philanthropy at susan_oldrid@covenanthealth.net.

Mount St. Rita Health Centre is a 501(c)(3) tax-exempt organization.



Recipe of the Month

Handpicked for you by our Director of Dining Services, Linda Broccoli.

Tom's Baked Stuffed Eggplant

Perfect on a cool Fall Night

Number of Servings- 4

Ingredients

- 2 small eggplants
- 1 TBSP of olive oil
- 1 onion, finely chopped
- 1 garlic clove, peeled and minced
- 1 small zucchini, chopped
- 1 small butternut squash, peeled and diced small
- 1 can of diced tomatoes or 4 plum tomatoes, diced
- 1 tsp Italian seasoning
- Salt and pepper to taste
- 1 cup of Monterey jack cheese
- 4 TBSP grated parmesan cheese



Directions

1. Preheat oven to 375 degrees F. Prepare a baking pan with nonstick cooking spray.
2. Trim the stems from the eggplant and cut them in half lengthwise. Cut the pulp from the center of each half, leaving about ½ inch shell of flesh.
3. Cube the eggplant pulp into ½ inch pieces. Place a large sauté pan over moderate heat, then add oil. Once the oil is hot, add the onion, garlic, zucchini, squash, black pepper and the cubed eggplant. Cook, stirring until very tender, about 5-7 minutes. Add the diced tomatoes and Italian seasoning.
4. Spoon one quarter of the vegetable mixture into each shell. Top each eggplant with one-fourth of the Monterey Jack and Parmesan cheeses.
5. Place the stuffed eggplants in the prepared baking pan and bake until the eggplant is hot, and the cheese is bubbly, 20-25 minutes.

ENJOY!



Volunteers Needed!

Volunteers are needed to help transport residents to Catholic Mass and to the hairdresser onsite. Assistance with activities is also needed. Please contact Olivia Dutra at odutra@covh.org or 401-333-6352 if interested.

"This is how change happens.

One gesture. One person.

One moment at a time."



In Loving Memory...

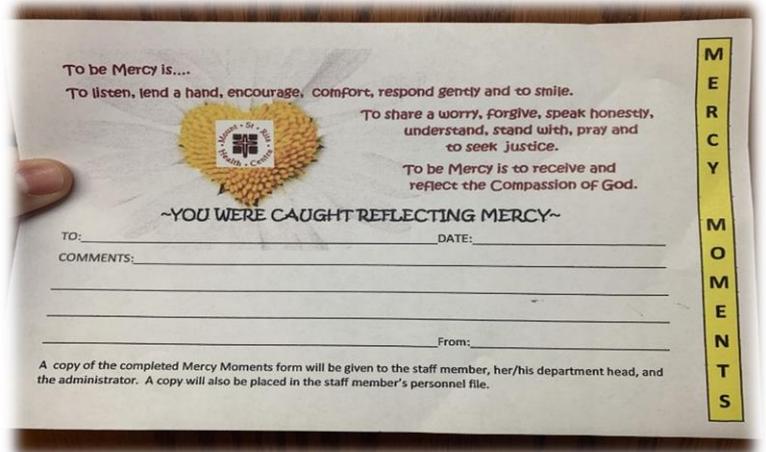
Those we love don't go away,
They walk beside us every day,
Unseen, unheard but always near,
still loved, still missed and very dear.



To learn more about *Giving from the Heart*, the Mount St. Rita Tribute Giving Program, please contact Susan Oldrid, Executive Director of Philanthropy at susan_oldrid@covenanthealth.net or 508-728-1843.

Mercy Moments

If you witness an employee going above and beyond, please take a moment to recognize them! Our Mercy Moments table is located to the left of the receptionist's desk. We want to recognize how wonderful and caring our staff are, so please feel free to share a Mercy Moment.



National Feel the Love Day

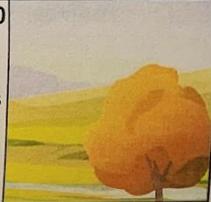
September 7th

Give a hug
Tell someone what they mean to you
Say I Love You
Offer a helping hand

Let's feel the LOVE all month!

Activities for September!

2nd floor activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Mount St. Rita Health Centre Activity Calendar 2nd floor</p> <p><i>September 2022</i></p> <p>* All activities are subject to change</p>						
<p>11:00 Room visits 2:00 Bingo 3:00 walks with staff</p>	<p>10:30 Rosary 11:00 Mass 2:00 Wisdom for living with Gwen 3:00 Refreshments</p> <p><small>Labor Day</small></p>	<p>10:30 Rosary 11:00 Mass 2:00 Music with Candida Rose (3rd floor) 3:00 Refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Bingo 3:00 refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Sing Along 3:00 Refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Discussion Group 3:00 Refreshments</p>	<p>11:00 Room visits 2:00 Bingo (2nd floor) 3:00 Walk outside/staff</p>
<p>11:00 Room visits 2:00 Bingo 3:00 walks with staff</p> <p><small>Grandparents Day</small></p>	<p>10:30 Rosary 11:00 Mass 2:00 Music therapy 3:00 Refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Music with Mike Dinardo (2nd floor) 3:00 Refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Bingo 3:00 refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Table games 3:00 Refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Resident council 3:00 Refreshments</p>	<p>11:00 Room visits 2:00 Bingo (2nd floor) 3:00 Walk outside/staff</p> <p><small>Oktoberfest Begins</small></p>
<p>11:00 Room visits 2:00 Bingo 3:00 walks with staff</p>	<p>10:30 Rosary 11:00 Mass 2:00 Wisdom for living with Gwen 3:00 Refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Music with Steve King (3rd floor) 3:00 Refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Bingo 3:00 refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Sing Along 3:00 Refreshments</p> <p><small>Autumn Begins</small></p>	<p>10:30 Rosary 11:00 Mass 2:00 Trivia of the season 3:00 Refreshments</p>	<p>11:00 Room visits 2:00 Bingo (2nd floor) 3:00 Walk outside/staff</p>
<p>11:00 Room visits 2:00 Bingo 3:00 walks with staff</p> <p><small>Rosh Hashanah Begins</small></p>	<p>10:30 Rosary 11:00 Mass 2:00 "Hang Man" game 3:00 Refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 "Name that Tune" 3:00 Refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Bingo 3:00 refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Music with Ann Watkinson (2nd floor) 3:00 Refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Ring Toss 3:00 Refreshments</p>	

Hairdressing by Appt. on Tuesdays/Thursdays unless otherwise noted.



We are accepting donations of non-perishable food items for our Employee Food Pantry. There is a box in Reception for drop off.

Thank you in advance for your generosity.

Grocery store gift cards are an option as well.

3rd floor activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mount St. Rita Health Centre Activity Calendar 3rd floor <h1 style="margin: 0;">September 2022</h1> <p>*All activities are subject to change</p>						
<p>11:00 Room visits 2:00 Bingo 3:00walks with staff</p> <p><small>Grandparents Day</small></p>	<p>10:30 Rosary 11:00 Mass 2:00 Table games 3:00Refreshments</p> <p><small>Labor Day</small></p>	<p>10:30 Rosary 11:00 Mass 2:00 Music with Candida Rose (3rd floor) 3:00Refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Bingo 3:00 refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Sing Along 3:00Refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Discussion Group 3:00Refreshments</p>	<p>11:00 Room visits 2:00 Bingo (2nd floor) 3:00 Walk outside/staff</p>
<p>11:00 Room visits 2:00 Bingo 3:00walks with staff</p> <p><small>Grandparents Day</small></p>	<p>10:30 Rosary 11:00 Mass 2:00 Music therapy 3:00Refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Music with Mike Dinardo (2nd floor) 3:00Refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Bingo 3:00 refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Table games 3:00Refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Resident council 3:00Refreshments</p>	<p>11:00 Room visits 2:00 Bingo (2nd floor) 3:00 Walk outside/staff</p> <p><small>Oktoberfest Begins</small></p>
<p>11:00 Room visits 2:00 Bingo 3:00walks with staff</p> <p><small>Rosh Hashanah Begins</small></p>	<p>10:30 Rosary 11:00 Mass 2:00 Bowling 3:00Refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Music with Steve King(3rd floor) 3:00Refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Bingo 3:00 refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Sing Along 3:00Refreshments</p> <p><small>Autumn Begins</small></p>	<p>10:30 Rosary 11:00 Mass 2:00 Trivia of the season 3:00Refreshments</p>	<p>11:00 Room visits 2:00 Bingo (2nd floor) 3:00 Walk outside/staff</p>
<p>11:00 Room visits 2:00 Bingo 3:00walks with staff</p>	<p>10:30 Rosary 11:00 Mass 2:00 "Hang Man" game 3:00Refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 "Name that Tune" 3:00Refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Bingo 3:00 refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Music with Ann Watkinson (2nd floor) 3:00Refreshments</p>	<p>10:30 Rosary 11:00 Mass 2:00 Ring Toss 3:00Refreshments</p>	<p>11:00 Room visits 2:00 Bingo (2nd floor) 3:00 Walk outside/staff</p>
<p>Hairdressing by Appt. on Tuesdays/Thursdays unless otherwise noted.</p>						

A Big THANK YOU to our donors!



Thank you to all of donors who made the newly renovated dining rooms for our residents possible, with your gifts. A special thank you to Mark Gallogly and Lise Strickler, whose leadership gift, in memory of Mark's aunt, Sr. Rosellen Gallogly, launched the renovation project.



Every day we witness our employees selflessly dedicating themselves to making life for our residents joyful. These acts of kindness reflect our Catholic mission and we wish to return this kindness to our employees who may need a helping hand during times of unexpected financial hardship.

To learn more about eligibility criteria and/or to apply for assistance, contact:

Olivia Dutra

Director of Spiritual Care, Mission Integration & Volunteers

401-333-6352 ext. 123

odutra@covh.org

Autumn Blessings



Enjoy the cool weather!

