



**SARAH MCEVOY,  
CHAPLAIN**

My name is Sarah. I have worked in long term care since 1982 when I took my first job as a dietary aide. I spent 32 years working as an Administrator. Since retiring in 2018 I have been working to become a board certified long term care chaplain.



**MARY ANNE TOTEN, MD,  
CHAPLAIN**

My name is Mary Anne. I am a graduate of the University of Kansas School of Medicine. I practiced internal medicine for 35 years and geriatric medicine for 15 years before turning my attention to the spirituality of elders. I am an ordained interfaith chaplain.

## CHAPLAIN CHAT

As part of our work at Edgewood Mary Anne and I would welcome staff to schedule a chaplain visit. Visits can be arranged in person by stopping us in the hallway or via the Social Work department. We are at the Edgewood Centre on Thursdays.

Staff who care for elders have experienced losses and seen tremendous change since the Covid19 pandemic started. Everyone has been effected in one way or another. Sometimes sharing the impact with a chaplain is helpful.

### **When to consider speaking with a chaplain:**

- When you experience signs of compassion fatigue; lowered concentration, sadness, overly sensitive, irritable, impatient, loss of purpose, loss of faith, loneliness, mistrust, low morale or low motivation.
- When you need someone to talk to who will not judge.
- When you experience moral distress or feel like you can't do what is right for your residents.
- When you feel anxious or stressed about life, family issues, or health.
- When you feel isolated or alone.
- When you may receive comfort from a simple religious ritual or prayer.

Interfaith Chaplains visit with people of all faith traditions, people who are spiritual but not religious, and people with no spiritual or religious background. We provide a listening ear, a community of two, and a way to share.