



Greetings From Our CEO, John McFarlane



Another summer has come and almost gone. The weather gave us something new every week. It is still enjoyable to sit and listen to the fountain or look at the roses in the garden. Sr. Filomena Silva continues to show us how a garden should be cared for and the abundance of vegetables that can come from a little plot of land.

We welcome Fr. Gerry Ward as the incoming Board Chair and Mark Neskar as Vice Chair for this year. Linda Ratynski continues as Treasurer and has a challenging role to play given our continuing deficit position. We are looking at cost saving measures without reducing the hours of care for our residents.

The Outdoor Mass on Sept 8th provides an opportunity to meet some of our community. We appreciate the support of the Friends Board and the Knights of Columbus - St. Josaphat Council in making this an enjoyable afternoon for our residents.

We said farewell to Dr. Wilson last week and have welcomed Dr. Andrea Babick to look after his residents. We have been well served by our compliment of physicians, with our residents kept informed at every visit.

May we continue to enjoy the blessings of this Fall season.

Sincerely,
John A. McFarlane



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Our Board of Directors – 2013/2014 Term

St. Joseph's Residence

Fr. Gerry Ward, Chair
Ardelle Martin, Past Chair
Mark Nesar, Vice-Chair
Linda Ratynski,
Secretary/Treasurer
Tyson Buors
Marian Dore
Cliff Jeffers
Darlene Kolody
Marilyn Krochak
Roy McPhail
Michael Radcliffe



Friends Foundation
of St. Joseph's
Residence

Ivan Derlago, Chair
Lydia Pronyk,
Past Chair
Linda Ratynski,
Secretary / Treasurer
Maria Cabral
Jose Delgado
Marge Kemerle
Fatima Mota
Ivan Werbovetski

Message from Spiritual Care

St. Joseph's Residence welcomes MIRELA STEPIC-RHODES as our new Spiritual Care Coordinator. Mirela comes highly recommended, and is sure to be a valuable addition to the Care Team.

A very special thank you goes out to all the Spiritual Care volunteers, as they ensured that chapel services went off without a hitch during this transition.



Friends of St. Joseph's Residence
Annual Outdoor Mass & BBQ
Sunday, September 8, 2013 @ 2:00 p.m.
In Memory Lane
Come join us!

SOCIAL HEALTH & LIFESTYLE COMMUNIQUÉ



The 2013 summer season is quickly coming to an end. Outings this season included the Zoo, Casino, and a Goldeyes Game. We are in need of volunteers for September 26, 2013 to assist our Residents during the “Museum of Man & Nature” outing. In nice weather, Memory Lane continues to be a great place to visit with family and a safe place to walk. Social Health and Lifestyle Services continues to strive to ensure that Residents participating in a program have the appropriate texture or consistency of food items, similar to the food items being served to the other residents. We try to eliminate the distress caused by isolation, embarrassment or self-depreciation due to being different.

Please watch the calendars for autumn and Christmas events.

Barbara Little, Education and Program Manager

Mission Word Search

F E X R G M K P T I K B Z I E H B D G F
 R E S P E C T Z B J F E L K Y B U Z Y F
 G B J U Y W T Q O X N N P V A B W O W S
 Q B K O U J X L E U M E K E A A Y V M A
 P B K L M X U C N P R D H O O W B T F N
 O V J V F B O J L X P I T Y Y J T H H W
 M I S S I O N H F X R C Z R E Z X I W Y
 O Y L O V E Q J K D E T N H D M G G C Z
 G U H Y W W R E O F S A V O A D E F X S
 J C H T I F E Q H Q I H S S F F C V K E
 K M Y H V J V P R X D J G P B S Z Y K Z
 V Y J N F Q E C O Q E W T I S H S E K A
 S R N R H S R E I P N O G T C T Z W X P
 G A H P O K E D M U T Y J A I C X V D C
 L O N J A Q N P H U G V X L J M P W B G
 B S D F Z F C O M P A S S I O N B S L G
 T F B G A M E C C K T V N T Z P T K N E
 G P A U X E W I S C A R E Y N Y Z P B K
 T B C Q F U V E M U B F X H U E W H V C
 N B C N A Q S B O Y C F J A W C T K G F

Find the following words in this jumble of letters:

- BENEDICT
- CARE
- COMPASSION
- GOD
- HOSPITALITY
- JOSEPH
- LOVE
- MISSION
- RESIDENT
- RESPECT
- REVERENCE

Admin News

JOIN OUR EMAIL LIST!

Want to keep informed of special events and be notified whenever a new issue of this newsletter is published? Send an email to lsardo@sjri.ca to be added to our email list!

PLEASE SIGN IN

We kindly request that ALL visitors sign in and out in the sign-in book at the front desk for a number of reasons:

- ↪ We would know you're in the building in the event of an emergency (i.e. fire, evacuation).
- ↪ Accurate records of building traffic increase safety.
- ↪ If you bring a vehicle here and do not record your license plate in the sign-in book, it can be towed.

RESIDENT COMPUTERS

A big bouquet goes out to Nadia Didur for her donation of a new resident use computer in the Multi-Purpose Room. There is also a laptop for Resident use available from the Front Desk. As always, if you forget the password for Wi-Fi access, the Front Desk staff will be happy to share it with you. We hope that these offerings provide Residents with more ways to stay in touch with their loved ones and keep abreast of events all over the world.

SOCIAL COMMITTEE FUNDRAISER

The Social Committee (group that raises funds for staff events) will embark on a new fundraiser later this month. This To-Le-Do Foodservice Fundraiser will offer quality products produced by To-Le-Do Foods in their federally registered Production Plant. Choose from a mouth-watering assortment of steaks, pork chops, burgers and other meats. Also available will be a full line of carefully selected, quality appetizers, entrees, desserts, and grocery products just in time for Thanksgiving preparations. Their selection is sure to satisfy! Order Forms will be available shortly at the Front Desk.



News From Maintenance: Capital Project Updates



Here's a brief update on major projects at St. Joseph's:

- › We had a major maintenance overhaul to our air conditioning units in July, and we are preparing proposals for replacement in the two years.
- › Plans are in place to perform upgrades on the Nurse Call System.
- › We are working with Manitoba Health to replace our four tubs this year as part of a provincial project.
- › The Kitchen Grease Trap project was completed and we are now meeting all City of Winnipeg Water and Waste codes.
- › A big bouquet goes out to Sr. Filomena Silva, who is maintaining the circular garden in the back section of Memory Lane. THANK YOU!

ALZHEIMER CAREGIVER SUPPORT GROUP

Sometimes it helps to talk to others experiencing the same feelings, frustrations and challenges as you. If you are a family member, friend or caregiver of a person with Alzheimer disease or any dementia, the Alzheimer Society can help. A support group meets at St. Joseph's Residence in the Conference Room on the 2nd Tuesday of each month from 7:00 - 8:30 p.m. Meetings are led by the Alzheimer Society's professional staff or trained volunteers. For more information, please call 204-943-6622.



Help for Today...
Hope for Tomorrow



ALZHEIMER SOCIETY COMMUNITY EDUCATION EVENT

Alzheimer's Disease and Other Dementias:

Identifying Warning Signs & Planning for the Future

Wednesday, September 18, 7 - 8:30 pm | St. Joseph's Residence, 1149 Leila Ave

Presented by Maria Mathews, Education & Client Support Manager, Alzheimer Society.

Please call 204-943-6622 to register.

Nutrition & Food Services News

We have been fortunate to enjoy such a beautiful Summer with warm and sunny days. In the near future, winter will be upon us along with colder temperatures.

Nutrition & Food Services (NFS) is starting preparations on the upcoming Fall/Winter menu cycle. We have captured some of the facility's popular entrees, along with a few new menu ideas that may enhance our existing menu. As always, our menu cycle consists of a 5 week rotation. Something new we will introduce is a "Resident Choice" lunch and supper meal. We would like to ensure our Residents have a voice into production; two Resident choice days appear on the rotation. These meals will be determined by Resident Council at their meetings. Anyone having ideas or suggestions for menu items can join Resident Council, or feel free to see Trish (NFS Manager) in person. The new Fall/Winter menu cycle is set to start in October and will continue until May, 2014.

There are several events coming up in the near future that we can all look forward to. Several events will be held over the months of November and December, including the Resident/Family Christmas Dinner. We work diligently to prepare, and look forward to seeing friends and family in attendance. Notices will be prominent in the facility to inform all of these upcoming events.

We look forward to and encourage families and loved ones to join our Residents for meals. Space is available in Baba's Dining room, as well as a few tables in the dining area. Please let us know 24 hours in advance so we can ensure adequate amounts are prepared. NFS is looking to streamline the process for guests and staff to purchase meals. We hope to introduce a standard meal ticket for lunch and supper for a set price. Tickets will be available at the Front Desk. This process is scheduled to start when the new menu goes into effect.

Residents or families, who have comments or concerns, feel free to call Trish at extension 234, or drop by in person.



Comings & Goings

Two vertical dashed lines defining a large empty rectangular area for text.



Resident Birthdays

FOCUS ON SAFETY – Batteries

Devices requiring rechargeable batteries are everywhere – smartphones, power tools, small appliances such as hand-held vacuum cleaners, and even shavers. Because they are so common, it is easy to forget that these devices and their chargers may create fire hazards. On June 8, a house fire in Ontario involved a malfunctioning battery charger that overheated and caused over \$200,000 in damage. A \$450,000 Ontario house fire in March resulted from using a battery charger with the wrong kind of battery.

“A battery fire could happen if a device with a defective battery is left unattended and it overheats,” says Jack Smith, president of the Canada Safety Council. “Also, wireless devices should be kept away from anything that could catch fire, like a bed, pillows, or papers.” For your home and personal safety, the Canada Safety Council has the following recommendations for the usage of rechargeable batteries and battery chargers.

- Locate your battery recharging station in a safe area, such as a tabletop clear of any other objects – never near anything flammable. Be careful not to overload any power bars or outlets.
- Whenever possible, recharge batteries while you are present in the home. Have a working smoke detector in the room where the batteries are being recharged, and make sure a fire extinguisher is nearby if needed.
- Shut off battery-powered devices, such as laptops, cellphones and tablets, when not in use.
- Do not leave laptops, tablets, cellphones or similar devices unattended on couches or beds, or in other areas where they may overheat and come into contact with potentially flammable materials. Ensure good air circulation around devices at all times.
- Make a habit of removing old batteries from your home at least once or twice a year. Check with your municipality for hazardous waste collection sites, or use drop-off sites at retail stores.
- Check for battery recalls on Health Canada’s Consumer Products Safety website.
- Never put non-rechargeable batteries in a battery charger. Recharge rechargeable batteries using the correct charger.
- When recharging batteries, do not mix brands of batteries. For example, recharge Duracell batteries together in one batch, and Energizer batteries in another, and not together.
- In your devices, do not mix rechargeable and disposable batteries.

SOURCE: Canada Safety Council :

<https://canadasafetycouncil.org/news/caution-advised-using-rechargeable-batteries-battery-chargers>