



Message From Our CEO



Lenten season is upon us here at St. Joseph's and we are observing special remembrances about our faith and heritage. Our society does not help the church observe Easter the way they do with Christmas, so it is our responsibility to respond and recognize the results of the Easter experience. Only by experiencing life can we know life and only by trusting God can we know trust. This Easter may we believe and experience God in our lives.

As Spring approaches you will notice some physical changes we are making. Our new backup generator is functional, we are getting resident rooms and corridors painted, ceiling lifts have been installed, and we are in the final process of replacing our baseboard heaters. These outward signs are a response to needed upgrades in our facility. We will also continue to look for opportunities to improve our resident care delivery systems and help our families to see that Mission is an important aspect of how care is delivered here at St. Joseph's.

All the personal care homes in the province are now in the process of being evaluated by Manitoba Health. Our goal is to surpass the required standards of care. Your feedback at Resident & Family Council and in conversation helps us to identify opportunities to improve the life experience at St. Joseph's and we want to thank each of you for partnering with us as we move forward.

As we experience the Lenten season and Easter may we be encouraged, knowing that all things are possible because "He is Risen, He is Risen Indeed."

Yours sincerely, *John McFarlane*

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www.sjri.ca Now Live!



After much planning, hard work, and collaboration, St. Joseph's Residence Inc. now has a home on the World Wide Web! On the site you'll find a wealth of information, including:

- Our Mission, Vision, Values, and History,
- Answers to Frequently Asked Questions,
- A Photo Gallery,
- Information on the Friends of St. Joseph's Residence Foundation (including a link to donate online),
- Information on volunteer and employment opportunities,
- Latest news and special events.

We encourage you to visit us at www.sjri.ca and check out our brand new website!

Alzheimer Caregiver Support Group

Sometimes it helps to talk to other people who are 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 first Wednesday each month from 7-9 pm

Meetings are led by the Alzheimer Society's professional staff or trained volunteers.

For more information, please call 943-6622.

Friends of St. Joseph's Residence 19th Annual Fundraising Dinner In support of Spiritual Care

Friday, May 11th, 2012
Canad Inns Garden City
2100 McPhillips St.

Reception 6 pm | Dinner 7 pm

Cash Bar | Silent Auction

Entertainment by CORNY REMPEL

Elvis Tribute Artist

For more information or to purchase tickets, (\$65 each - tax receipt issued) please see Linda at the front offices

SOCIAL HEALTH & LIFESTYLE COMMUNIQUÉ
(Recreation, Rehabilitation and Pastoral Care Services)

Within the past year “In-For Lunch” events have become as popular as “Bingo”. It is a Program we offer to all residents where a favorite food is served by the Recreation staff at a minimal cost to the resident. Taking each resident out to a restaurant during the year is not doable. Therefore, favorite foods are brought in. In order for all residents to have the opportunity to attend this event, our 99 residents will be divided into 4 groups. A rotation schedule will be developed. “In-For-Lunch” events are scheduled once a month.

Social Health & Lifestyle Programming is based on the Social, Emotional, Cognitive and Physical needs of the resident. Currently, there are 25.73% of Residents who, due to their cognitive and physical abilities, are able to choose and participate in self-directed leisure/recreational events. They continue to participate in pursuits which held their interest prior to admission with minimum external direction).

72.27% require staff-directed events to maintain or improve the quality of life. Depending on the resident’s capabilities, goals are set and different types of programs are suggested. The types of programs scheduled are in the form of Large Groups, Small Groups and 1:1 interventions. It is the goal of Recreation, Rehab and Spiritual Care Services to ensure that each resident receives opportunities to continue to fulfill their Social Health needs.



SPECIAL EVENTS

St. Patrick’s Day Party	March 16, 2012	Drums (Chris Scholl)	May 2, 2012
Mother’s Day Tea	May 11, 2012	Family Evening	June 6, 2012
Father’s Day Breakfast	June 6, 2012	Zoo Outing	June 27, 2012
Canada Day Celebration	June 29, 2012		

NOTE: The events held in the Chapel can be seen on the TV Channel 117.

Comings & Goings

New Residents



In Memoriam

New Staff

Departing Staff

Welcome!



Resident Birthdays

March

April

May



Happy Birthday!

News From Maintenance: Capital Project Updates

Emergency Generator Replacement Project - The replacement of the emergency generator is now complete! Thank you to everyone who was here during the short power outage that was necessary in order to complete the replacement. Your patience during the outage was very much appreciated! Funding approval has been received for upgrades to the new generator's electrical panel. These upgrades are underway and will require a much briefer power outage to complete.

Mechanical Lift Ceiling Track Installations - The Winnipeg Regional Health Authority is currently installing ceiling tracks in several resident rooms. This is a project underway in personal care homes throughout the city. Fifteen resident rooms have been equipped with these tracks in the first phase of this project, with more to come in later phases.

Baseboard Heater Replacement Project - Work will be starting soon to replace the baseboard heaters in each resident room. The project will require that each resident be out of their rooms for a few hours in order to switch out old heaters with new ones. Planning is underway to ensure the very least amount of disruption for residents.

Relaxation Room - The Relaxation Room on Unit II is nearing completion. The room will serve several uses:

- It will have sensory stimulation equipment to ease agitation and promote relaxation,
- It will be used for Massage Therapy sessions,
- It will be the new home of the Resident Use Computer (currently in the Multi-Purpose Room),
- It can be used for 1:1 Recreation programming for residents needing a serene environment.



THANK YOU to the Catholic Health Foundation of Manitoba for their recent grant to the Residence to help fund upgrades to the audio/visual system in the chapel! This upgrade will improve the quality of life for residents with hearing impairments who partake in chapel services.

**SPIRITUAL CARE NEWS:
The Lent and Easter Season**



We are on the way to Easter. We may ask: what is it? Easter is something we celebrate based on a story the Christian community believes and keeps retelling.

In the story this 33 year old man some 2,000 years ago travelled the hero's journey. The story is that in his quest to help humanity he was killed and hence went down to what was called 'Hades' or 'Hell' or 'Death'. But death could not hold on to this one. In fact, as the story goes, while in Hades he began to speak to all of those who had been in this place since the time of Adam and he unlocked the prison doors so that all of these souls aspiring for freedom would be released.

And the most outstanding thing is that this man, based on who he was, his faith and the power of the Holy Spirit arose from the dead. This testified to the fact that this was not just any man but this man was connected to God in a special way. The story says he was the Son of God, fully man and fully God and so death simply could not contain him or restrain him.

In breaking free from death's grip the curse of death was lifted for all of humanity. All be it, some would scoff; we still have death among us. *Continued...*

However, we can't forget that this is a story of Faith. In the Scripture it is clear that Jesus was visible not to everyone but to those who believed in him.

So, if you have faith, if you believe it, Easter is the story of the triumph of Life over Death.

During Lent, from Ash Wednesday to Holy Saturday is all about struggle and peoples' efforts to please God. The solution to the struggle was not human effort but the Gift of God in the Person of Jesus Christ. He lived on the basis of the power of an indestructible life.

Now that this One has destroyed the power of death, by faith we each are invited to open our hearts and receive the Gift of faith and the same "Power" that raised Christ from the dead. This is not our personal 'effort' but the gift of God's own life connecting us by Love to the One God who is over all through all and in all.

Gradually Faith in more and more individual hearts and the experience of the power of the Spirit will bring us to a tilting point where in fact death will no longer have mastery over our minds and bodies. The glorious liberty of the Children of God will be made manifest.

In the meantime we continue our ministry here at St. Joseph's Residence with hope knowing that things are not what they appear to be. We are not alone, "If God is for us, who can be against?" We celebrate Life instead of death. So, we serve the people entrusted to us with compassion fostering an environment of respect, reverence and hospitality.

- Join us as we celebrate the feast of St. Joseph/St. Benedict, in the Chapel on March 19th at 11 am.
- Good Friday service will be take place at 3 P.M. April 6. Easter Sunday service will be celebrated at 3:30 P.M.



Reminder from Finance

It's that time of year again! The Provincial Government is on the process of determining daily residential rates. PLEASE SUBMIT A COPY OF YOUR NOTICE OF ASSESSMENT to front office staff as soon as you can... Thank you!

FOCUS ON SAFETY: The Protection for Persons in Care Act

In March there have been several staff education sessions on the Protection for Persons in Care Act, a law in Manitoba that protects adults in care from abuse. The law helps protect adults from abuse while receiving care in personal care homes, hospitals or any other designated health facility. The following is information about the Act from the Protection for Persons in Care site (<http://www.gov.mb.ca/health/protection/links.html>):

Under this law, the definition of abuse includes physical, sexual, mental, emotional and financial mistreatment. Any of these, alone or in combination, is considered "abuse" if the mistreatment is reasonably likely to cause death, serious harm or significant property loss.

In Manitoba, it is now mandatory to report suspected abuse promptly. This means that anyone who has a reasonable basis to believe abuse is occurring, or is likely to occur, must report these concerns as soon as possible.

With the introduction of this new law, Manitoba Health has set up the Protection for Persons in Care Office. This office receives and investigates reports of suspected abuse.

- If a person's life or well-being is in immediate danger, take steps to ensure the person's safety first
- Then call the Protection for Persons in Care Office's confidential, toll-free line at 1-866-440-6366 (outside Winnipeg) or 788-6366 in Winnipeg
- If you're not sure whether a situation needs to be reported, call the Office for assistance



When suspected abuse is reported in good faith, the Act prohibits:

- any interruption in the care and services provided to patients and residents; and
- any action or proceedings against any person, including health facility employees, for reporting suspected abuse.

The Act also protects caregivers, and others who work with persons in care, against malicious reporting.