



**Message From Our CEO**



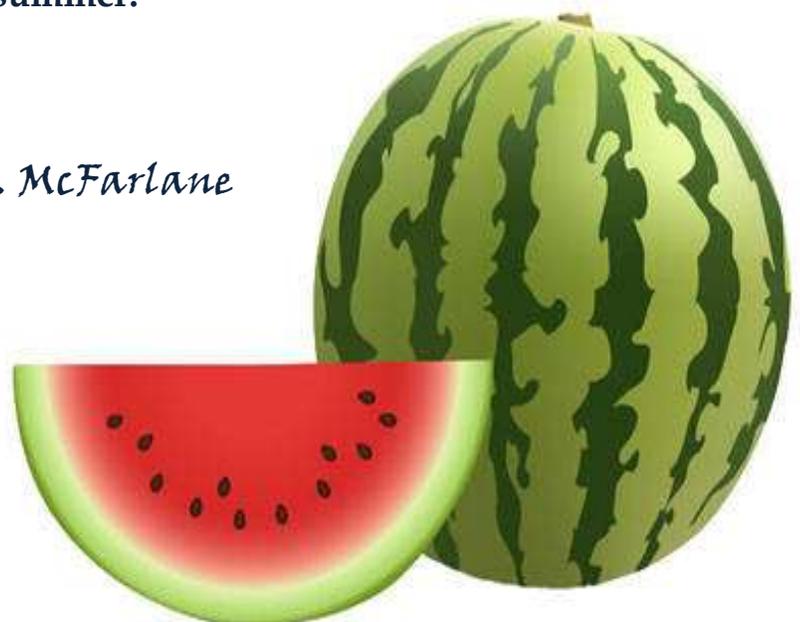
Summer is a time to watch nature grow green around us and for flowers to display their vibrant colours. This month we are planting six new trees in Memory Lane to remember residents who have lived here at St. Josephs. Families continue to work with our Foundation to make life more enjoyable and easier for our residents. I hope that you will enjoy your walks around the garden areas as well as the planned recreation events this summer.

There are a few budgetary issues facing us with our current deficit. We continue to look for ways to streamline the caring process and still maintain resident lifestyle. Preventative maintenance of our facility is also important and we are trying to repaint the Unit corridors and refinish outdoor furniture. Your patience with these inconveniences is appreciated.

I hope each of you and your families has a safe and enjoyable summer.

Sincerely,

*John A. McFarlane*



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Spiritual Care News

In the last few years the Catholic Health Corporation of Manitoba (CHCM) has been in the process of building an Accountability Framework with its 14 Communities of Service. In the past these communities were under the leadership of various religious congregations. The leadership of those congregations was fulfilling the Mission that has now been entrusted to the CHCM. The challenge now is to empower the growing number of mostly lay leaders of these communities, in a manner consistent with the rich traditions of the founding Religious Orders.

As a Community of Service under the sponsorship of the CHCM, St Joseph's Residence has agreed to do its work in accord with the *core elements of sponsorship* marked out by the corporation:

- Have a spiritual purpose
- Respond to an unmet need
- Be sustainable
- Have a consistent ethical framework, and
- Have a demonstrated commitment to quality/excellence

In keeping with the first point listed above: "Have a spiritual purpose" we submit an excerpt from a book by Val Kinjerski, PhD, entitled *"Rethinking Your Work: Getting to the Heart of What Matters"* - Page 145:

**Reaching Beyond Ourselves - See Your Work as an Act of Service**

*It is not about me; it's about them – the customer, the client, the resident.*

*We fulfill our deeper purpose by serving - serving others or serving a cause. It is through service that we make a contribution, and that is where meaning and fulfillment come from. As the saying goes, "It is through giving that we receive." Having spirit at work brings clarity about the focus of our work: "It is not about me, it is about the clients, the customers, my staff." It doesn't seem to matter whether we are a nurse, real estate agent, dentist, taxi driver or social worker; the view is the same: we are here to serve.*

*Continued...*



*Service is a natural expression of spirituality. When we recognize our connection to others and become aware of our deeper purpose, we are naturally inspired to serve. This is the case whether we are doing manual labor, sales, service or administrative support - and whether we are providing a professional service, running a large corporation or saving lives. It is less about what we do than how we do it.*

*Seeing work as an act of service is more than providing good customer service. It is about intent and serving from the heart. It is about what we can do to make a difference for others, and not about personal or corporate gain. It is about doing our best, given the situation and resources.*

In the fall, Mission week will focus on the theme 'having a spiritual purpose'.

I hope you have noticed the bulletin board on the way to the dining area. Through the year we will be using it to illustrate the Liturgical cycles of the year as a help to keep us focused on a higher purpose in accord with our spiritual roots.

I have also begun to lead residents, in a brief time of prayer just before supper in the dining area. This has been warmly received by residents as a meaningful moment in their day.

## **Social Health & Lifestyle Communiqué (Recreation, Rehabilitation and Spiritual Care Services)**

Quality of Life is a term used to evaluate the general well-being of individuals and societies. The term should not be confused with the concept of Standard of Living which is based primarily on income. Standard indicators of Quality of Life include not only wealth and employment, but also the environment, physical, spiritual and mental health, education, recreation and leisure time, and social belonging.

Recreation, Rehabilitation and Spiritual Care Services play an important part in nourishing the Spiritual and Social Health of the Resident. Family and friend participation with the Resident, in programs offered by the facility, is known to enhance the pleasure of the experience. We would like to thank the family members, guests and volunteers who have given their time to create a pleasurable experience for the Resident.

**Comings & Goings**

**Resident Birthdays**

*Happy Birthday!!!*

### 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 Annual Outdoor Mass

Sunday, September 9, 2012

2 p.m.

In Memory Lane,  
St. Joseph's Residence

For more information, please see  
Linda in the Business Office area



### Capital Project Updates

**RESIDENT ROOM BASEBOARD HEATERS** - The project is almost complete. There were only minor interruptions for residents, as St. Vital Electric was very cooperative and understanding of our residents' needs. The new heaters are slightly larger, but they will not seriously impact living space.

**EMERGENCY GENERATORS** - This project was increased to include additional electrical panels that can accommodate future expansion. We will have one short power outage in June to complete this project.

**SUMMER PLANTING** - Through the generous donations of a few families, we have purchased six new trees for Memory Lane. We are also looking at alternatives for the circular garden.



## FOCUS ON SAFETY – Lyme Disease facts

- Lyme disease is a bacterial infection transmitted through the bite of a tick. In Manitoba, blacklegged ticks (deer ticks) may carry the Lyme disease bacteria.
- Ticks are active from April to November. Blacklegged ticks survive best in wooded areas. They have been found in many locations within Manitoba. The risk is greater in areas with an established blacklegged tick population.
- Blacklegged ticks cannot jump or fly; they climb grasses or shrubs and wait for a host to rub against them so that they can climb onto the host's body and eventually attempt to attach and feed. Infected ticks must be attached for at least 24 hours before the bacteria is transmitted.
- Ticks may be brought indoors on clothing or pets; however most indoor environments are too dry for them to survive for more than a few days.
- After a bite from an infected tick, 70- 80% of people will develop a rash within 3-30 days. This red expanding skin rash is usually more than 5 cm in diameter. It is not tender or itchy and usually occurs at the site of the bite; often the centre clears and it looks like a bull's eye.
- The other early symptoms of Lyme disease are common to many diseases, and include another type of rash, headache, fatigue, chills, fever, muscle aches, joint pain or swollen lymph nodes.
- People with an untreated Lyme disease infection may continue to experience symptoms for months or years, including headaches, dizziness, difficulty concentrating, stiff neck, irregular heartbeat, or joint pain and swelling.
- Lyme disease can be successfully treated with antibiotics. Treatment is most successful in the early stages of infection.
- To protect yourself:
  - *Wear light-coloured clothing. Wear long pants and a long-sleeved shirt so that most exposed skin is covered. Tuck your shirt into your pants and your pants into your socks to make it more difficult for ticks to attach to your skin.*
  - *Apply repellent stating 'for use against ticks' on the product label on clothing and exposed skin. Always read and follow instructions for use.*
  - *Use trails, whenever possible, and stay to the centre of hiking trails or paths.*
  - *After spending time outdoors, inspect yourself for ticks and remove any ticks found as soon as possible. Regularly inspect pets for ticks.*



Source: Manitoba Health Website - <http://www.gov.mb.ca/health/lyme/docs/factsheet.pdf>



**Attention all Family and Staff**

We are looking for your help. We are currently planning a music program to enhance our residents' days. If you have any unused MP3 players or iPods that you are going to discard, please consider donating them to us! All donations can be dropped off at front reception. For further information you can contact Sharon (Resource Nurse) at 697-8031. Thank you!



**Special Events**

- |                        |                  |                     |
|------------------------|------------------|---------------------|
| Father's Day Breakfast | June 15          | (Guests \$3.00)     |
| Zoo Outing             | June 22 & July 6 | (Volunteers needed) |
| Canada Day Celebration | June 29          |                     |

Please see the calendars for more events.



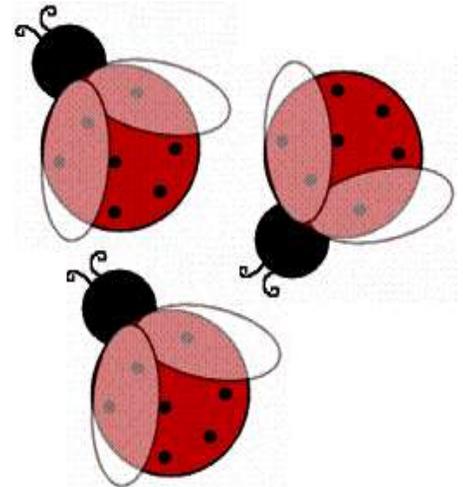
**Nursing News**

**Resident Safety** - An integral component of the Nursing department philosophy is to continually improve resident safety. Fire safety is taken very seriously. Our home is equipped with a state-of-the-art 2-stage fire alarm system connected to smoke and heat detectors. In addition, there are extinguishers on all floors, and emergency back-up power and lighting for these systems in case of power loss. St. Joseph's Residence is in compliance at all times with the provisions of the Manitoba Fire Code and our Emergency Fire Safety Plan is regularly reviewed. Regular monthly system testing and drills are conducted on all shifts to ensure ongoing compliance and staff alertness. Finally, we practice our evacuation plan and other emergency procedures periodically according to government and regulatory requirements.

**Resolving Concerns** - Both residents and providers play a role in ensuring that healthcare services are provided safely. On occasion, residents and families have concerns or complaints with regard to their healthcare. Sharing those concerns or complaints can give providers an opportunity to make improvements in their systems and practices. If you have a complaint or concern with your care, we strongly encourage that you first try to resolve your concerns directly with the unit (Care Coordinator) that provides your care. Direct communication and dialogue can often lead to resolution for both residents and providers.

**Improving Your Healthcare Experience** - You should expect that health care workers will ask you questions. Sometimes several people may ask you the same question, even if you've already answered it. Here are some questions that YOU might want to ask health care workers:

- What are you going to do now? Why?
- Can you explain that to me again?
- How will this react with the medicine I'm already taking?
- Have you done this procedure before?
- Would you please wash your hands before examining me?
- How can I be more involved in my health care?
- Can I participate in my plan of care?
- Can I sleep in as long as I would like?
- Can I choose my bath times / days?



Asking questions can assist you to participate in your care. It provides you with knowledge and the ability to make choices, and improves your experience at St. Joseph's Residence.