



Message From Our CEO



St. Joseph's has begun its summer activity calendar, even though we have not had many summerlike days. The residents enjoy the sunshine in Memory Lane, and we continue to make this an area to enjoy nature in a safe environment. New benches are being placed in memoriam, and other additions will appear throughout the summer.

The Board will continue strategic planning to optimize the use of our current facility. Options to meet the growing need for affordable seniors' housing have been reviewed. We are working with our partners to determine viability and 'fit' with our Mission.

We would like to thank our Board Chair, Ardelle Martin, for her leadership over the past two years. We will announce our new chair after the annual general meeting later in June. Our Board members give of their time and expertise to support our ministry.

Sincerely,

John A. McFarlane

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Improving Communication

People with Alzheimer Disease and other dementias have trouble expressing thoughts and emotions, and understanding others. Here are some tips to aid in communication:

Be patient and supportive. Let the person know you're listening and trying to understand. Show the person that you care about what he or she is saying and be careful not to interrupt.

Offer comfort and reassurance. If he or she is having trouble communicating, let the person know that it's okay. Encourage them to continue to explain their thoughts.

Avoid criticizing or correcting. Don't tell the person what he or she is saying is wrong. Instead, listen and try to find the meaning in what is being said. Repeat what was said if it helps to clarify the thought.

Avoid arguing. If the person says something you don't agree with, let it be. Arguing usually only makes things worse, often increasing agitation.

Offer a guess. If the person uses the wrong word or cannot find a word, try guessing the right one. If you understand what the person means, you may not need to give the correct word. Be careful not to cause unnecessary frustration.

Encourage unspoken communication. If you don't understand what is being said, ask the person to point or gesture.

Limit distractions. Find a place that's quiet. The surroundings should support the person's ability to focus on his or her thoughts.

Focus on feelings, not facts. Sometimes the emotions being expressed are more important than what is being said. Look for the feelings behind the words. At times, tone of voice and other actions may provide clues.

SOURCE: Alzheimer's Association

<http://www.alz.org/care/dementia-communication-tips.asp#ixzz2Uh5X6s3v>



Social Health & Lifestyle Communiqué
(Recreation, Rehabilitation & Spiritual Care)

The calendar says that SUMMER is near. Assisting our Residents to access Memory Lane and the sunshine is very therapeutic. Memory Lane has areas to sit so that your visit can be enjoyed. Please ask the staff on Unit I how to access this area.

Watch your calendars for events related to Father's Day, the Resident/Family evening and the special summer outings. We are unable to have every Resident participate in each event. Therefore, events are designed for groups of Residents who have similar physical or emotional needs.

If you can assist us by being a volunteer for these events, please contact the Recreation Department. Your assistance is always appreciated.

Barbara N. Little, Education and Program Manager



Alzheimer Caregiver Support Group

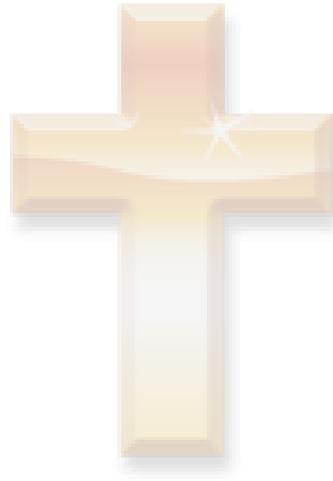


Sometimes it helps to talk to other people who are experiencing the same feelings, frustrations and challenges as you. If you are a family member, friend, or caregiver of a person with Alzheimer disease or any dementia, the Alzheimer Society can help.

A support group meets at St. Joseph's Residence in the Conference Room on the second Tuesday each month from 7-8:30 pm. Meetings are led by the Alzheimer Society's professional staff or trained volunteers.

For more information, please call 204-943-6622.

Comings & Goings



Resident Birthdays

∞ HAPPY BIRTHDAY ∞

FRIENDS OF
ST. JOSEPH'S RESIDENCE
ANNUAL OUTDOOR MASS



Sunday, September 8, 2013 at 2 pm
In Memory Lane, St. Joseph's Residence

*For more information,
please see Linda in the Front Office area*

The Friends of St. Joseph's Residence would like to express their sincere thanks to all who supported the Friends of St. Joseph's Residence 20th Annual Fundraising Dinner! Whether you contributed by purchasing tickets, making a monetary donation, or donating a prize towards the silent auction, your generosity ensured that this year's dinner was a success!



Spiritual Care News

After eight years of service as Spiritual Care Coordinator here at St. Joseph's Residence, a door of service has been opened to me and I have decided to take this opportunity as a call from God to serve in Spiritual Care at Actionmarguerite St. Boniface. I am experiencing sadness leaving you all, but am confident that this is the right thing for me to do.

I feel extremely grateful, particularly to the residents of St. Joseph's, for the privilege of serving you, and you allowing me to share in your lives. God has spoken to me in many wonderful ways through each of you, and in this way I have come to know that God is within everyone. You have helped me to grow, and I feel that in many ways I have received more from each of you than what I have given. I have appreciated and been blessed by your ability to uplift me and support me in my ministry.

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News from Maintenance

It looks like spring has finally decided to make an appearance, just in time for summer! While everyone gets ready for summer - camping, travelling, golfing, and enjoying the outdoors - let's not forget all the outdoor maintenance that has to be done!

Grease Trap Replacement Project: The project will be completed over the next week. The final phase of the project involves flooring replacement. The project has not caused any disruption to residents and staff, and has been very short in duration.

Other Projects: This year for Safety & Security projects, St. Joseph's has been tentatively awarded funding for tub room renovations (shower replacements and ventilation upgrades). In addition, personal care homes throughout the city have been assured funding for new tubs. St. Joseph's is very excited about this news, and the search for replacement tubs has begun.

Around the Corner: In the next few weeks, we will finish planting flowers and gardens as well as repairing pathways in Memory Lane. The planters and flower beds bring enjoyment to residents and staff and make the grounds and courtyard beautiful each summer.

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Cheers, and enjoy your summer!

The Maintenance Team



FOCUS ON SAFETY – Hydration Q&A

While most of us know that it's good to stay hydrated, there's more to know about the importance of drinking fluids throughout the day than just the "8 glasses a day" guideline. Here are a few questions and answers on hydration:

What can happen to your body if you're dehydrated? The body needs fluids to function properly. Dehydration can make a person feel tired or dizzy, cause headaches, and strain the kidneys. When you are dehydrated, you have a smaller volume of blood circulating through your body, and the amount of blood your heart pumps with each beat decreases. The elderly and people with chronic illness are more at risk for dehydration and its negative effects.

How can you tell if you're dehydrated? The color of your urine can tell you how hydrated you are. If your urine is deep yellow, you're most likely dehydrated. Other signs include dry mouth, dizziness, headaches, fatigue, and decreases in urine frequency and output.

What's the best way to stay hydrated? If you're not exercising vigorously, water is fine. Be sure to drink plenty of water before you exercise, and keep a water bottle with you to drink when exercising for a long period of time.

What's better, water or sports drinks? Most of us doing moderate day-to-day exercise don't need sports drinks. High-level athletes doing vigorous workouts need sports drinks to replenish their electrolytes. Sports drinks have electrolytes and carbohydrates, and add extra calories to your diet.

How much water do we really need to drink each day? While the "eight 8oz glasses of water" guideline is a good reference for most, the amount of water a person needs will differ depending on things like weight and physical activity. The best thing to do is drink throughout the day. In addition, you may need to drink more if you're going to be active in a hot environment.

Why can't we just drink when we're thirsty? Thirst is a good reminder to have a drink, but it's best to prevent feeling extremely thirsty in the first place by sipping on water throughout the day. When exercising, it is important to be hydrated before beginning and to stay hydrated throughout.

SOURCE : WCVB - The Boston Channel

<http://www.wcvb.com/Sponsors/bethisrael/hydration-hydration-hydration/-/9239880/19907554/-/ey9o5b/-/index.html#ixzz2Uc8buDnG>

World Records of Summer

The world record for longest career as an ice-cream man goes to Charlie D'Angelo of New Jersey, USA. At August 3, 2011, he had been working non-stop since 1979 in his Iggy's Igloo ice-cream truck.

The largest collection of gnomes and pixies in the world belongs to Ann Atkin of the United Kingdom. She has 2,042 gnomes and pixies as of March 2011, all kept in her 4-acre Gnome Reserve in West Putford, Devon, UK.

The world's longest carrot measured 5.841m (19ft, 1.96in) and was grown by Joe Atherton of the United Kingdom. The carrot was measured at the UK National Giant Vegetables Championship in Somerset, UK, on September 2, 2007.

The world record for the most tomatoes yielded from one plant goes to Graham Tranter of Bridgnorth in Shropshire, United Kingdom. He grew a single tomato stem that yielded a record 488 tomatoes when counted during the October 2010 harvest. Green-thumbed Graham beat his own record, set the previous year at 304 tomatoes.

The heaviest cucumber in the world was grown by Alfred J. Cobb of the United Kingdom. He grew a cucumber of the zeppelin variety weighing 12.4kg (27lb, 5.3oz) and presented it at the National Amateur Gardening Show's UK National Giant Vegetables Championship in Somerset, UK on September 5, 2003.

Minoru Saito (Japan) was 71 when he completed a non-stop solo circumnavigation of the world in his 15m (50ft.) yacht in June 2005, becoming the oldest person to sail around the world. His 233-day journey, which started and finished near the Japanese port of Misaki, covered around 50,000km (27,000 nautical miles).

The largest inflatable beach ball is 15.82m (51ft 10in) in diameter and was created in Poland. It was presented and measured in Człuchów, Poland, on May 8, 2012. The beach ball looked like a football from the outside.

SOURCE:**Guinness World Records -**<http://www.guinnessworldrecords.com>