



Christmas Message From Our CEO



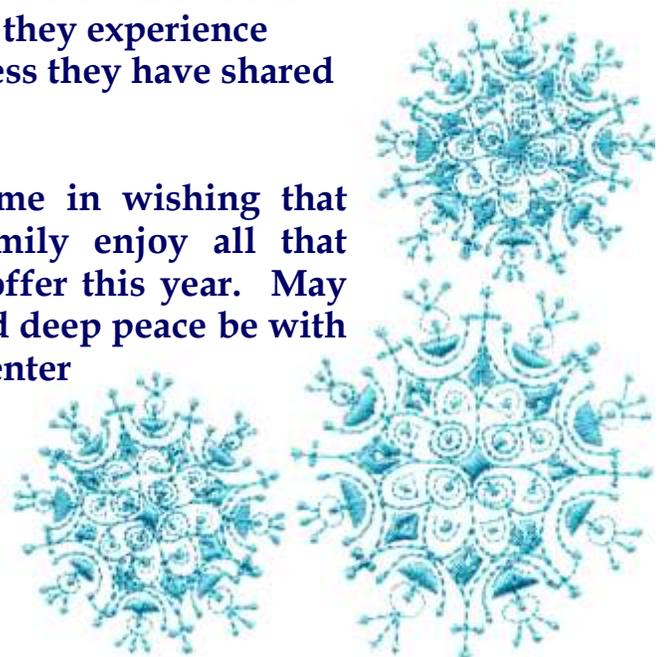
Christmas seems to bring out the kindness in everyone. We see people helping others, sharing of their time and resources; it is a time to let our heart do the thinking. At St Joseph's we hear laughter and carols being sung in several languages, and enjoy lots of food. Family members make this a special time for residents and staff.

Christmas is also a time for memories. Each of us will remember good times, but there are also thoughts of family and friends that are no longer here to share with us this year. May those memories bring us warmth and happiness to get us through this Season.

One memory is the 100 years the Sisters of St Benedict have shared in mission within their many communities of service. We have many memories of past Christmases they have been part of our family here and they continue to give of themselves for our residents and families. May they experience some of the kindness they have shared with so many.

My family joins me in wishing that you and your family enjoy all that Christmas has to offer this year. May God's presence and deep peace be with each of you as we enter into 2013.

Sincerely,
John McFarlane



In This Issue

Message from Maintenance	2
Adopt-a-Family	3
Resident Birthdays	3
Comings & Goings	4
Social Health & Lifestyle Communiqué	5
Spiritual Care News	6
Message from Nursing	7
Focus on Safety	8

Message From Maintenance

Hello everyone! With snow on the ground and Black Friday now over, Christmas and winter holidays are on everyone's mind. Getting back to reality, there have been some changes in the Maintenance department over the previous few months, with new staff and a new outlook for the department. That said, I would like to introduce Patrick Ouellette and myself, Robert Guenther, your Maintenance department.

Patrick: Patrick has a wealth of mechanical and supervisory experience, plus has owned his own small engine repair business. Patrick has learned the building system very quickly and is a valued member of the maintenance department.

Robert: Please call me Bob. I have worked in Building Maintenance for over ten years. During that time I've been a Caretaker for a school division and an Assistance Facility Manager for the Province of Manitoba. Upon my leaving my job at the Province, my position was that of Facility Manager.



Capital Projects: One of the projects Maintenance will be addressing is the replacement of the 'grease trap' in the kitchen. With this replacement, the kitchen can continue to be operational for everyone. All other maintenance and safety issues and concerns will be looked at.

Around the Corner: After Christmas, the Maintenance department will be gearing up for the next fiscal year and looking forward to completing more projects and continuing to support the staffs' and residents' maintenance and safety needs. If you have any questions or concerns, please feel free to come visit me.

Cheers and Merry Christmas from the Maintenance Team!



ADOPT-A-FAMILY CHRISTMAS HAMPER

This Christmas Season, in the spirit of giving, we are again sponsoring a family through the Salvation Army's "Adopt a Family" Program. We are sponsoring a very special family consisting of a single mother with three children. Benjamin is a one year old. His shirt/pants size is 12-18 months and shoe size is 5. His Wish List includes anything with balls, Little People toys, and anything that makes noise. Maddison is two years old. Her shirt/pants size is 2T and shoe size is 7. Her Wish List includes blocks, books, and anything Dora the Explorer. Sky is three years old. Her shirt/pants size is 3-4T and shoe size is 8. Her Wish List also includes anything Dora, as well as colouring/arts & crafts supplies and an easy-bake oven. Mom's Wish List includes murder mystery, Dean Koontz & Jonathon Kellerman books.

Soon you will see decorated boxes throughout our Residence for donation collection. We are asking for donations of new items for gift giving and non-perishable food items for our food hampers. As in the past, the generosity of all who donate will help to create a very extraordinary, Merry Christmas for this family. God Bless!



Resident Birthdays

Comings & Goings

**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 the family, friend or caregiver of a person with Alzheimer disease or any dementia, the Alzheimer Society can help. A support group meets in the Conference Room at St. Joseph's Residence 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 943-6622.

*The Friends of
St. Joseph's Residence
Nativity Tree for Spiritual Care*

Please help the Friends Foundation fund Spiritual Care at St. Joseph's Residence by donating to the 20th Annual Nativity Tree Campaign. Ornaments are available in the front lobby. You will get two ornaments - one to hang on our Nativity Tree to show your support, and another for you to keep.

For more information about the Friends of St. Joseph's Residence and their campaign, please call Linda at 204-697-8031 ext. 236.

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

I would like to extend our gratitude to the family members and to the volunteers who have given their time to ensure that the Residents enjoyed the outings and programs scheduled throughout 2012. Also, I would like to thank the family members who assisted us in raising funds for Resident Programs. You truly make a difference in the quality of life of the Residents.

December is the month for school choirs and Christmas events. Please check the Recreation Calendar for the dates & times.

The staff members of the Social Health and Lifestyle Team wish you and your family the blessings of Peace, Love and Joy during the Christmas Season.

Barbara N. Little
Education and Program Manager



Give us your email!

Would you like to stay on top of all the happenings at St. Joseph's? Send an email to Linda at lsardo@sjri.ca to be added to our email list for updates, including news on upcoming events and links to the newsletter as soon as it's out!



SPIRITUAL CARE NEWS

We are now in the Advent season. It is a time of waiting; a time of hope. The Liturgical Calendar is a teaching device. It is designed to remind us of our core values. Even though the world may seem like a crazy place, the truth is: God is with us and within us. Our faith is the key to a better world. We all need to believe that the world and our lives are getting better contrary to all appearances.



We are expecting our annual visit from St. Nicholas on Thursday, Dec. 6. Please note that the Christmas Day Mass takes place on Monday, Dec. 24 at 3:30 pm. There will be no Mass on the 25th.

Extending to you a very happy holiday season and may love grow ever deeper in your hearts and in your families.

“Christ came to be Father's compassion to the world. Be kind in your actions. Do not think that you are the only one who can do efficient work, work worth showing. This makes you harsh in your judgment of others who may not have the same talents. Do your best and trust that others do their best. And be faithful in small things because it is in them that your strength lies.”

— Mother Teresa, *In the Heart of the World: Thoughts, Stories and Prayers*

Normand, Spiritual Care Coordinator.

Reminder From Finance

If you are the financial contact of a resident, please ensure that you check for mail each time you're in.

Mail is located beside the Sign-In Book at the Front Desk.



Message From Nursing

Clean Out Closets

We ask that you please clean out any summer clothes that you may have in your closet and also bring in warm clothes to accommodate for the cold winter weather.

Please be sure the clothes that are brought by family or given as gifts are labeled by housekeeping before placing them in your closet. Unfortunately residents have had clothes lost because they did not have a label on them.

Resident Family Christmas Outings

Families, please remember to arrange any special outings that you are planning to take the resident to with the nursing units. There may be the need for the nurses to arrange for medication to be given while the resident is on the outing. Also if you wish to have the resident dressed in a particular outfit, please arrange in advance with the nursing staff. Don't forget to advise the staff when you are planning to pick up the resident and return to St. Joseph's Residence. You will be responsible for arranging specialized transportation if it is required.

Electrical Safety

We always encourage families to assist our residents with decorating their room during this special holiday season. Please remember if you bring in any electric decorations (lights, trees, etc.) have our maintenance staff check it for electric safety compliance. Also plastic, metal, paper decorations are encouraged over breakable glass decorations.

Christmas Fulfillment

*This Christmas, may you have the fulfillment
Of seeing around you the people you love the most.*

*May you have the satisfaction of giving the best gift,
Special memories that will last forever.*

*This Christmas, may you feel peaceful and contented,
Knowing what Christmas means to you and celebrating it your way.*

FOCUS ON SAFETY – A FightBac!® Focus on Clean

The Holiday season brings with it many gifts from family, friends, and loved ones. Many of these gifts are goodies like mandarins, sweets, and other food items. The following are tips to help keep food safe from bacteria:

- Always wash your hands for at least 20 seconds before handling food, after handling meat, poultry, eggs and seafood, after touching pets and after using the washroom.
- Clean and then sanitize surfaces, containers, plates, and utensils with a mild bleach solution (5ml/1 tsp. bleach per 750ml/3 cups water) before and after contact with food.
- Discard worn cutting boards. Consider using paper towels to wipe surfaces or change dishcloths daily to avoid the possibility of cross-contamination and the spread of bacteria. Avoid using sponges because they are harder to keep bacteria-free, or wash them frequently in hot, soapy water.
- Thoroughly wash fresh produce under running water to remove dirt and residue.
- Scrub fruits and vegetables that have firm surfaces such as oranges, melons, potatoes and carrots.
- Cut away any damaged or bruised areas on produce. Bacteria can thrive in these places.
- Remember that you can't see, smell or taste bacteria, so keep it CLEAN!



SOURCE: http://www.canfightbac.org/cpcfse/en/safety/safety_factsheets/separate/

