



Greetings From Our CEO, John McFarlane



We have enjoyed a warmer than usual summer and the air conditioning was really appreciated. We are privileged to live in a climate which offers so much variety that there is something for everyone. As Fall comes we will see the leaves changing colours and the harvest of our gardens and grain. Only a few look forward to the snow but it does provide relief from those pesky mosquitoes.

Our Board of Directors have been reappointed by the Catholic Health Corporation of Manitoba and our Friends of St. Joseph's Board have begun their activities for another year. Our annual Outdoor Mass will be held on September 9th. This will be an opportunity to invite our families and community to our wonderful grounds.

I would like to thank our staff and volunteers for the lovely care taken to maintain our grounds and shrubs in great condition through the summer months. The addition of a few new trees and roses provides colour and warmth.

We look forward to our Fall activities. Hope you had a great summer.

Sincerely,
*John A.
McFarlane*



In This Issue

Social Health & Lifestyle Communiqué	2
Special Events	2
Message from Spiritual Care	3
Nursing News	4
Focus on Safety	6
Comings & Goings	7
Resident Birthdays	7
News from Maintenance	8
A New Way to Donate	8

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

The 2012 summer season is quickly coming to an end. Each of the four groups of Residents had the opportunity to attend at least one special meal during the summer months. Fresh fruit, ice-cream, frozen yogurt, hot dogs, ham, breakfast sausage, fish and chicken with fries were some of the food items that were enjoyed. The different diet textures and fluid consistencies required by our Residents pose a challenge. However, Social Health and Lifestyle Services strive to ensure that the Residents participating in a program have similar food items in a texture or consistency that meets their needs. We try to eliminate the distress caused by isolation, embarrassment or self-depreciation due to being different.

UPCOMING SPECIAL EVENTS



Petting Zoo	September 7
Museum of Man and Nature Outing	September 12
Thanksgiving Events	~ October ~
Annual Craft and Bake Sale	November 3
<i>(donated items would be greatly appreciated)</i>	

Please watch the calendars for Christmas events.

EMAIL CHANGES IN EFFECT!

Good news – we are all changing over to shorter email addresses!

“@sjri.ca” now replaces

“@stjosephsresidence.mb.ca”.

For example, our CEO, John McFarlane, can now be reached at jmcfarlane@sjri.ca (instead of the very long address jmcfarlane@stjosephsresidence.mb.ca).

You can see all our new contact email addresses at <http://sjri.ca/contact-us/>.

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 order).
- ↪ Accurate records of building traffic increases Resident safety.
- ↪ If you bring a vehicle here and do not record your license plate in the sign-in book, it can be towed.



Friends of St. Joseph's Residence
Annual Outdoor Mass & BBQ
Sunday, September 9, 2012 @ 2:00 p.m.
In Memory Lane
Come join us!

Message from Spiritual Care

The last of human freedoms - the ability to choose one's attitude in a given set of circumstances. (Viktor Frankl)

Those words by Psychologist Viktor Frankl, who was a survivor of the concentration camps at Auschwitz, in the Second World War, have been very inspiring to me lately. They serve to help us all, no matter how helpless we might feel in any situation in which we find ourselves.

Dr. Frankl learned early on while in the camps that he was in control of 'his own mind' and that no one could take that freedom from him. He resolved to live his life not intimidated by the harsh guards who could hurt or kill him. In that impossible situation he discovered he could choose his attitude of joy and purpose.

His message to us is that one has the power to make choices and to make the best of all life situations. This power is the choice to choose our 'attitude' especially when we have tried everything to change a situation and we come to the place where we 'know' we cannot change it. We can accept with a grudge or we can accept with an attitude of 'this is the way it is and I will make the best of it'.

I'm sure you have been in such situations and now is a time to know you have the freedom to choose, "your attitude" the last of human freedoms.



Nursing News

St. Joseph's Best Kept Secret - Are you aware that on the second floor, across from the nursing desk, there is a Relaxation Room? This room has been created for our residents. It provides stimulation for the senses. There are tactile items for touching, lights and videos for sight and sound, aromatherapy for smell and music for sound just to name a few. There are many other interesting things in this room for our residents. We invite families and friends to use this room with the residents. The only things we ask you is to wash yours' and the resident's hands prior to use and please do not leave the residents alone in the room. Please check with your nurse prior to entry to ensure this space isn't already booked. Enjoy!



Influenza Season - Influenza season is quickly approaching us. We are currently underway with our campaign and are promoting the seasonal influenza and pneumococcal vaccinations to our residents and employees. Consent forms for our residents are now with the nurses at the nursing station. We would be grateful if families will have those consents signed as soon as possible to ensure that the residents receive their "flu shot" so please contact the nurse on your next visit. In the event that you are unable to physically come to St. Joseph's, please call the nurse on the unit and we will take your verbal consent over the phone. Community vaccination kick-off will occur in October. We will be vaccinating at that time also.



Resident Safety - As part of resident safety, we want to ensure that the residents have all of the equipment they need to promote safety, quality and comfort. Equipment such as appropriate wheelchairs, seating devices and mechanical lift slings play a major role. A proactive approach is our priority. When a resident's health status changes it impacts on their physical needs. We want to ensure we can count on family's support. This may come

in the form of families having to purchase items after assessments have been made. When this occurs, families will be made aware of the assessment and recommendation and as to why these items are required. These items will be tailored specifically to the resident therefore, eliminating generic or shared items which are not beneficial and may potentially cause a safety risk. We appreciate our families as part of the care team and promoting quality to the residents of St. Joseph's!



Alzheimer Caregiver Support Group CHANGE IN REGULAR MEETING DATE

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.

ALZHEIMER SOCIETY COMMUNITY EDUCATION EVENT

Food for Thought: Exploring the Role between Diet and a Healthy Brain
Wednesday, Sept 19 from 7-8:30 pm in the MPR at St. Joseph's Residence
Presented by Christine Tuan, RD,
Dietitian, Geriatric & Acquired Brain Injury Program, Selkirk Mental Health Centre

Alzheimer Society
MANITOBA
Dementia Care & Brain Health

Help for Today...
Hope for Tomorrow



FOCUS ON SAFETY: *Chill* to Keep Food Safe

FightBAC![®] is a national awareness campaign to educate the public on food safety. The campaign's message is to *Clean, Separate, Cook* and *Chill* in order to fight bacteria and prevent foodborne illness.

FightBAC![®] *Focus on Chill* addresses food refrigeration with the following tips:

- Cold foods should be kept at 4°C (40°F). Refrigerate or freeze perishables, prepared foods and leftovers within two hours.
- Never defrost food at room temperature. Thaw food in the fridge, in cold water, or in the microwave if cooking immediately. When thawing in cold water, replace water every 30 minutes.
- Marinate foods in the fridge.
- Separate large amounts of leftovers into small, shallow containers for quicker cooling in the fridge.
- Don't overstuff the fridge. Cold air needs to circulate above and beneath food to keep it safe.
- Clean your fridge regularly. Throw out any expired food. Remember that refrigeration does not prevent, but just slows, the growth of harmful bacteria.



When serving food “buffet style” or outdoors:

- Cold foods should be kept at 4°C (40°F) or colder. Keep all perishable foods chilled until serving.
- Place containers of cold food on ice for serving to make sure they stay cold.
- Refrigerate custards, cream pies and cakes with whipped cream or cream cheese frostings. Don't serve them if refrigeration is not possible.

When travelling with food, time, temperature and cold containers are key:

- Keep frozen foods in the fridge or freezer until you are ready to go.
- Always use ice or cold packs and fill your cooler with food. A full cooler will maintain its cold temperatures longer than one that is partially filled.
- When travelling, keep the cooler in the air-conditioned passenger compartment of your car, rather than in a hot trunk.
- If you've asked for a 'doggie bag' to take home from a restaurant, it should be refrigerated within two hours.

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

Comings & Goings

New Residents

New Staff

Departing Staff



In Memoriam



Resident Birthdays

September

October

November



We wish you all a
WONDERFUL birthday!

News From Maintenance: Capital Project Updates

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

- ↪ The Resident Room Baseboard Heaters project is now complete.
- ↪ Plans are in place to perform upgrades on the Nurse Call System.
- ↪ A new heat exchanger was recently installed for the home's boiler.
- ↪ Painting of the 1st and 2nd floor hallways is now complete.
- ↪ The Code Review project is stalled pending a new Manager.
- ↪ A big bouquet goes out to Sr. Filomena Silva, who has taken on the upkeep of the circular garden in the back section of Memory Lane. She is planting and maintaining a vegetable garden there. THANK YOU!!!



A New Way to Donate!

Did you know that the Friends of St. Joseph's Residence Foundation, the foundation that raises funds to enhance the quality of life for our residents, is registered with CanadaHelps? In this day and age, you can buy almost anything online. With CanadaHelps, anyone wishing to donate to the Friends Foundation can now do so online, and in a way that is easy and secure.

In the Friends Foundation section of our website (<http://sjri.ca/our-friends/friends-foundation/>), you will find the button below. Click on it to get to the Friends Foundation page on the CanadaHelps Site. There, you can do a number of things:

- Make a donation and get an instant tax receipt,
- Set up a monthly donations with your credit card,
- Give the gift of giving with a Charity Gift Card,
- Donate securities (stocks and mutual funds), and
- Manage it all with a personal CanadaHelps account!



With CanadaHelps, you can decide how much to donate, when and how often to donate, and who gets your personal information, all with just a few clicks of a mouse!



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.

