



Message From Our CEO



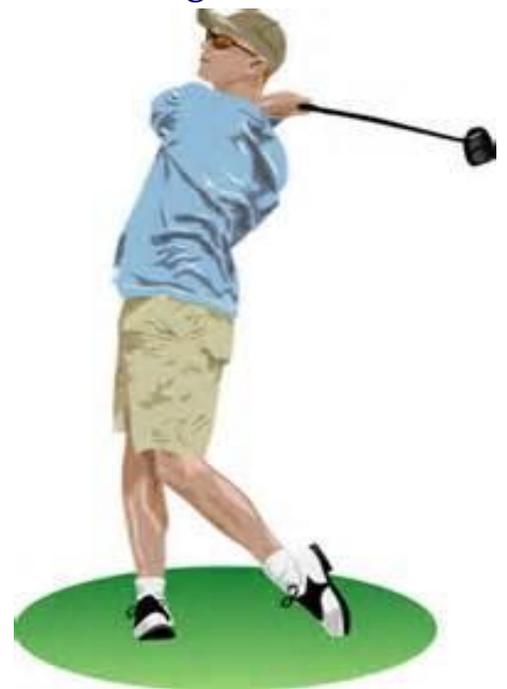
Winnipeg has experienced an unusually cold winter, and the snow continues to pile up with each passing week. We are thankful for the heating system which keeps our Residents warm and the Maintenance staff who keep the sidewalks shoveled. We are also thankful knowing that the snow will soon be melting and the green grass and flowers will return to brighten up our day.

We are looking forward to St. Joseph's Day and Mission Week activities. Several staff will be recognized for their years of service. It will also be an opportunity to discuss our revised Resident Bill of Rights. The Bill of Rights is an important document and we look forward to the input of our Residents and family members.

St. Joseph's will be saying goodbye to two managers who have dedicated several years of caring service to the Residence. Barbara Little will be retiring at the end of May and Wendy Kuzyk will be retiring at the end of March. Their commitment to our Residents has been greatly appreciated, and they will be missed by all.

I look forward to Spring and Easter this year and the opportunities they bring.

Yours sincerely,
John McFarlane



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Spiritual Care News



Think Spring! This happily means the end of winter and the beginning of Lent and the Easter season.

We recently celebrated the World Day of the Sick, when many Residents and staff received the Sacrament of the Anointing of the Sick from Fr. Sean Cahill. Now, we at St. Joseph's are preparing for Mission Week to honour our patron saint. The Celebration will be from Monday, March 17 through Friday, March 21. On Wednesday, March 19 - the feast of our patron saint - our newly commissioned Archbishop Richard Gagnon will be here at 11 am to celebrate Holy Mass and Missioning of Staff with us. He looks forward to meeting us all! More information regarding Mission Week will be sent out shortly, including posters and invitations.

Ash Wednesday will mark the start of the Lenten season, and Fr. André Lico will lead and celebrate this special mass with us. Throughout Lent, Stations of the Cross will be observed every Friday morning in the chapel at 10:30 a.m. The World Day of Prayer is shared across the globe on Friday, March 7. I look forward to sharing communal prayer with you all in the chapel that morning. Other important dates are as follows:

Palm Sunday, April 13

Good Friday, April 18

Easter Sunday, April 20

Passover begins at sundown on Monday, April 14. Let us be mindful and reflect with our Jewish brothers and sisters on the time when Moses led the Exodus from Egypt to the Promised Land.

As our hearts turn towards the yearning promise of spring, may we be reminded of God's love and presence in our lives. I look forward to celebrating with you all as we prepare for Christ's resurrection. "He has risen, have faith in Him and He will have faith in you."

May your Easter be filled with blessings!
Mirela Stepic-Rhodes, Spiritual Care Coordinator

Alzheimer Caregiver Support Group

Education & Support Group Meetings offer people caring for someone diagnosed with Alzheimer's disease or another dementia a chance to meet and share their experiences. In a supportive and confidential environment, caregivers meet and discuss common concerns, exchange ideas and coping strategies, enjoy mutual support, and gain knowledge regarding the nature and progression of dementia, treatments, and community resources.

The North Winnipeg Group meets here at St. Joseph's in the Conference Room on the 2nd Tuesday of every month from 7:00 - 8:30 pm.
For more information, please call 204-943-6622.



SOCIAL HEALTH & LIFESTYLE COMMUNIQUÉ

SPRING is on its way! With warmer weather, we will be able to have access to Memory Lane and sunshine. Watch your calendars for events related to Easter, St. Patrick's Day, Mother's Day, Father's Day and other happenings.



We look forward to organizing warm weather outings over the next few months.



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

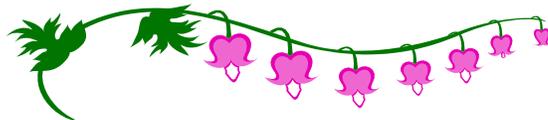
Comings & Goings

New Residents

New Staff

Departing Staff

In Memoriam



With deep sadness, we say goodbye to Catherine Flintoft, our Finance Clerk who passed away in February. She worked at St. Joseph's for over twenty years. She will be missed.

Resident Birthdays

March

April

May



News From Maintenance

New Director - Very recently, Trish Kirby has taken on the role of Director of Support Services, assuming responsibility for Nutrition and Food Services, Maintenance, Housekeeping, and Laundry Services. She has worked in this position before in other personal care homes, and will no doubt serve the Residence very well in this role.

Tub Room Renovation Project - Unfortunately, the tub project that received approval has hit a roadblock. Funding from Manitoba Health for major projects has been placed on hold. We hope that this is temporary, and that the project can proceed in the near future.



Ceiling Lifts - The Winnipeg Regional Health Authority recently announced that they will be moving into the final phases of their Ceiling Track Installation Project. In the near future, installers will be adding tracks to the ceilings of ten resident rooms, allowing for the use of portable lifts to assist Residents in moving around. Staff are finding the portable lifts to be more convenient, and they have been known to reduce back injuries.

Painting - This Spring, you will likely notice Maintenance staff hard at work painting several areas of the building. These touch-ups should make a big difference in the appearance of our home.

New Blanket Warmer - The Winnipeg Regional Health Authority announced recently that it was accepting proposals for funding for small purchases. We were successful in obtaining funding for a blanket warmer. This will surely be of great benefit, especially during winters as cold as this one!

Air Conditioning System - We will be making a submission to the Winnipeg Regional Health Authority for Safety & Security funding for Air Conditioning System upgrades. The system required several repairs over the past year, and needed an upgrade to a new kind of Freon as a result. This change increases pressure within the system, resulting in the need to replace the system lines throughout the building. These upgrades are rather costly, and while it is hoped that funding will be approved, the best we can do is keep our fingers crossed.



From your Maintenance Team

NURSING NEWS

As part of our home's infection control program, hand hygiene not only includes our employees, but also extends out to our families, volunteers and visitors. We are the culprits that bring in these nasty "bugs" to our Residents!

We invite you to do your part in performing hand hygiene upon entering with the available products at the reception desk and at the elevator. We count on you as part of our team to keep our Residents well. As you exit our home, we also encourage you to perform hand hygiene when you leave just to make sure you do not take home any unseen stowaways. We want to keep everyone healthy!

Safety: At St. Joseph's Residence, we encourage Residents to personalize their rooms to make them comfortable and homey. Part of this process includes having all electrical items inspected by our maintenance department prior to plugging them in. Older items can have electrical cords that are frayed or damaged, causing hazards. Even newly purchased items can be defective. To promote a safe environment, please leave these items with Nursing staff to ensure they are inspected safely.

R e m i n d e r f r o m F i n a n c e

It's that time of year again! Manitoba Health is in 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!

THANK YOU to the Catholic Foundation of Manitoba for their recent grant to the Residence in support of our Spiritual Care Program!

2014 Annual Caritas Award Dinner

The Catholic Foundation of Manitoba will be honouring St. Joseph's Residence, Actionmarguerite (Centre Taché and Foyer Valade), and Holy Family Home at their 36th Annual Caritas Award Dinner on Wednesday, April 30, 2014 at RBC Convention Centre. Tickets (\$95 each) may be purchased individually or in groups of ten. As seating is pre-assigned, tickets will not be sold at the door. For tickets or more information, please call 204-233-4268 or email cfmb@mts.net.

Volunteer Services News

Volunteer Services would like to say thanks to Don L. on his retirement after fourteen years of dedicated and faithful service as a Spiritual Care Volunteer, overseeing the Saturday Chapel Service. Don is well liked and respected by his team and by the Residents he faithfully served. We are sad to see you go, and will miss you!

Volunteer Services would also like to give a big thank you to Catholic Women's Leagues of St. John Cantius Church and St. Anthony of Padua Parish for their generous contributions to our monthly Resident Birthday Party for January and February. The money was used to pay for the cake/treat and to help pay for the entertainment. THANK YOU! Donations are gratefully accepted towards the monthly Birthday Party. Our Residents thoroughly enjoy the treat and look forward to the entertainment.

We are continually searching for volunteers, and have several opportunities with flexible hours. Feel free to pick up our Volunteer Brochure / Application at the Front Desk.

Thank you,
Pat Gustave, Volunteer Coordinator



FOCUS ON SAFETY: Preventing Spring Falls

The freezes and thaws that occur in the spring create hazardous conditions that can lead to falls. Here are some tips to help keep you on your feet:

- Wear appropriate footwear that is well-insulated, waterproof, has a non-slip, thick sole and a wide, low heel.
- Use walkways that have been salted or shoveled. Don't take shortcuts over snow piles and in areas where snow and ice removal is not feasible. Test your travel path for slickness by sliding your shoe or boot on it before proceeding.
- Do the "penguin shuffle": Walk flat footed. Take short steps to maintain your center of balance over your feet. Keep your head up and don't lean forward.
- Walk slowly. Never run on snow- or ice-covered surfaces.
- When entering or exiting vehicles, use the vehicle for support.
- When entering a building, remove snow and water from footwear so as not to create wet, slippery conditions indoors.



SOURCE : SFM- http://www.sfmic.com/res_cat_doc/slips_falls_employer_guide.pdf

Fundraising Update

The Friends of St. Joseph's Residence
will be changing things up a bit in 2014 with a

BUD, SPUD, and STEAK fundraiser!

Thursday, May 15, 2014 6–9 pm
TYC Event Centre at Canad Inns Polo Park
(1045 St. Matthews Ave.)

Steak & Potato dinner with drink | Music | Silent Auction
*For more information or to purchase tickets, (\$20 each)
please see Linda at the Front Office*



The Friends Foundation
is grateful to everyone
who donated towards
the Nativity Campaign
and the Angel Ornament
Fundraiser.
Through the generosity
of our many donors,
the Friends raised
just over \$6000!