



Message From Our CEO



Summer has finally arrived and the Residents are able to access Memory Lane for sun and some relaxing music. The long winter seemed to dampen our spirits, but the amazing transformation happens when we feel the warmth of the sun on our faces or arms. Soon we will see the flowers in bloom, and the change of season will be complete. At St. Joseph's, we view this changing season as an opportunity to enjoy the nature that God has given us to share.

Within the building, we also look for opportunities to improve quality of care. The Friends of St. Joseph's Residence continues to support Resident Care, and we thank them for the dollars raised to help improve the Nurse Call System. Through the use of "pagers", the ringing of bells is greatly reduced and makes for a more enjoyable experience for both Residents and family members. Other private donations are also supporting the safety of our Residents in the dining room.

St. Joseph's was proud to be honoured with the Caritas award from the Catholic Foundation of Manitoba last month. The award recognizes the caring and compassion of staff and volunteers toward Residents and within our community. May we never forget the reason we provide hospitality and quality of life to those in our care.

Sincerely,

John A. McFarlane



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Nutrition & Food Services (NFS) News

It appears as though the summer season is finally on its way! The Winter season was extremely cold and long this year, and NFS is looking forward to summer. We hope to plan some BBQ lunches over the summer months.

The new Spring & Summer menu cycle began May 12th. The department is continuously working hard towards perfecting all recipes for all to enjoy and we are proud to provide our Residents a large variety of menu items. Our Residents will also continue to have a choice for both a lunch and dinner menu with the Spring & Summer menu cycle as decided at Resident Council meetings. For those who have specific requests for meals on the menu, or ideas for Resident Choice, feel free to drop by and let us know. We always appreciate the feedback and insight into menu suggestions.

A new system for staff and visitors to purchase meal tickets was implemented in November, and the transition has been smooth so far. The cash register is no longer located in the kitchen; however meal tickets and staff cards can be purchased from reception seven days a week.

NFS looks forward to and encourages families to join their loved ones for meals. Please keep in mind that advance notice is needed in order for us to adequately prepare for our Residents. In addition, space is limited, so bookings for our guest tables will be done on a first come first serve basis. For special occasions such as Easter, Mother's Day, or Father's Day etc. once tables are filled, no more booking for meals will be accepted. Should Recreation have no activities planned, there may be space in the Multi-Purpose Room to be shared for small groups of family who bring in their own supplies. Bookings for meals can be made at front reception seven days per week. A friendly reminder to all guests that meals will not be provided from the kitchen without a meal ticket. Meals can also be charged to a Resident account should this assist.

We welcome any feedback or suggestions to enhance our department at St. Josephs Residence! Feel free to drop by in person or contact me directly at extension 234.

Trish Kirby, Director of Support Services



Director of Care Communiqué

The calendar says that Summer is near. Please enjoy an outdoor experience in Memory Lane. It is a secure area with wide sidewalks to accommodate a wheelchair. This green space has areas to sit and is a great place to enjoy the outdoors. Before you access Memory Lane and the sunshine, please notify a nurse. The nurses then know where everyone is located. Please ask the staff on Unit I to assist you in accessing this area.

Watch your Recreation Calendars for upcoming summer events. 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. Groups are rotated throughout the year.

If you have any concerns related to the care and services we provide, please pay me a visit. The Reception staff will assist you in finding me if I'm not in my office.

Barbara N. Little, Education and Program Manager / Acting DOC

News from Maintenance

Here's an update on the activities that are happening in Maintenance:

- The Multi-Purpose Room and common areas look revitalized now that they have been repainted. The floor in the basement has also been repainted, and looks great!
- After a late start, summer planting and gardening has now begun and is in full force.
- Another phase of Ceiling Lift installations is taking place. We are thankful for the patience of the Residents while workers install the tracks in their rooms.
- We are looking at getting a new steamer for the kitchen, as it seems the current one is wishing to retire.
- We are also drawing up plans to replace lighting throughout the building, as the current lighting is now obsolete and replacements will soon be no longer available.
- We continue to await approval to renovate the tub rooms and upgrade the air conditioning system. Both projects have received preliminary approval, and are waiting funding from Treasury Board.
- Pagers are now in use on Unit I to control noise levels experienced with the call bell system. After a trial period, we will extend this to Unit II.
- External door codes have been changed again to maintain the integrity of our security system.



Comings & Goings

Resident Birthdays



The Friends of St. Joseph's Residence sincerely thanks everyone who supported their first ever Annual Bud, Spud, & Steak Fundraiser! Whether you contributed by purchasing tickets, making a monetary donation, or donating a prize towards the silent auction, your generosity ensured that it was a success! Over 200 people attended, and the Friends raised over \$8000!

FRIENDS OF
ST. JOSEPH'S RESIDENCE
ANNUAL OUTDOOR MASS



Sunday, September 7, 2014 at 2 pm
In Memory Lane, St. Joseph's Residence

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



Alzheimer Caregiver Support Group

Sometimes it helps to talk to other people who are experiencing the same feelings, frustrations and challenges as you. If someone you care for or care about has Alzheimer disease or any dementia, the Alzheimer Society can help.

A support group meets the second Tuesday of every month from 7-8:30 pm at St. Joseph's Residence in the Conference Room. Meetings are led by the Alzheimer Society's professional staff or trained volunteers. For more information, please call 204-943-6622.



FOCUS ON SAFETY – Avoiding & detecting ticks

While most ticks do not carry diseases, and most tick bites do not cause serious health problems, it is important to avoid and check for ticks, and to remove ticks immediately. Removing a tick completely helps in avoiding diseases like Lyme disease as well as skin infections.

Avoiding tick bites:

- Learn where ticks and deer that carry ticks are most common and avoid those areas if possible.
- Cover as much of your body as possible when in grassy or wooded areas. Wear a hat, a long-sleeved shirt, and long pants with the legs tucked into your socks. Keep in mind that it is easier to spot ticks on light-coloured clothes.
- Use insect repellents (products with DEET).
- Clear leaves, brush, tall grasses, woodpiles, and stone fences from around your house and the edges of your yard or garden to help reduce ticks and the rodents that the ticks depend on.
- Remove plants that attract deer, and use barriers to keep deer out of your yard.
- Call your local landscaping nursery to see if your yard can be treated for ticks with nonchemical or environmentally safe methods.

Checking for ticks:

- When coming in from outdoors, check all over your body for ticks, including your groin, head, and underarms. Comb your hair with a fine-toothed comb, or have someone check your scalp.
- To remove ticks from clothing, put your clothes in a hot dryer or hang them out in the sun on a hot day for at least 15 minutes. The heat can kill the ticks.
- Check for ticks on any gear you had with you.
- Check your children daily for ticks, especially during the summer months.
- Check your pets for ticks after they've been outdoors. Your pets can carry infected ticks indoors where they might fall off your pet and attach to you.

SOURCE: HealthLink BC - <http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=tp23585spec>

REMINDER FROM FINANCE

It's that time of year again! The Provincial Government 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, Club 373!



Left - Right:
John
McFarlane,
CEO;
From Club 373:
Bill Squires,
Toni Squires,
Ed Boyechko,
Dave Boyechko,
Bob Stiller,
Ed Medzan;
Barbara Little,
DOC.
Absent
members of
Club 373:
Bob Proteau,
Tony
Swidinsky.

In May, St. Joseph's Residence was the grateful recipient of \$5000 in funding from Club 373. This funding will be used to purchase twelve new chairs for the Baba's Dining Room and the Resident / Family dining area. This generous donation will prove to be of great benefit to the residents and their guests for years to come!

ABOUT CLUB 373

Club 373 was formed and established in 1959 by a group of men that at the time belonged to a fraternal organization called THE CANADIAN ORDER OF FORESTERS, COURT ST. JOHN 373.

At inception, Club 373 was incorporated as a non-profit organization whose main goal was to support various charities and community-based endeavours through financial contributions. Bingo has been its main fundraising activity - they hold bingos 3 times a week (Mondays, Wednesdays, and Fridays) every week of the year. They make two donations monthly from the profits generated from the bingos to the more than 25 organizations they assist on an annual rotating basis. It is the people who attend their bingos that make the difference, as it is with their support that the Club is able to continue helping out the various charities and organizations it supports.

Volunteer Services News

St. Joseph' Residence honoured two long-time volunteers at the Volunteer Appreciation Dinner held May 8th. Don L. volunteered for many years as the team leader for Saturday Chapel, and will be missed by his fellow team members and the residents. Gladys K. was also honoured for her many years of service. Gladys is very active as a Chapel volunteer, assisting with the Annual Outdoor Mass, music ministry and more. A great number of active volunteers were recognized for 50 or more hours of service, and some were recognized for 100 or more hours of service. Barbara Little received a certificate for her donation of over 100 volunteer hours. A big thank you to ALL volunteers for their faithful and generous donation of time and caring for our Residents!

Rose C., our volunteer who has donated at least 440 hours annually for the last 18 years at St. Joseph's Residence, was nominated for an award from Home Instead Senior Care. The winner won \$500 or \$1000 for their favorite charity. Although Rose did not win, she received a lovely plant and framed certificate from Home Instead Senior Care. Although Rose could not attend the Salute To Senior Service Nominee Reception, Sylvia Cunningham delivered the gift to Rose in person the following day. Way to go, Rose!

We are always looking for volunteers. If you know anyone with extra time on their hands who might like to volunteer, please tell them about us. Any staff with teenagers who need something worthwhile to do over Summer Vacation, they are more than welcome to apply. Our regular volunteers go on vacations, and we hope to ensure that there is always a substitute available.

Have a great summer!

Pat Gustave, Volunteer Services Coordinator

