



Greetings From Our CEO, Charles Gagné



I would like to thank the residents, families, and the staff for the warm welcome as we begin a new chapter in pursuing the mission of the Sisters. Since June, we have introduced new members of our team that will assist me in developing plans and strategies to enable our staff in providing quality, safe care to our residents.

We are very impressed by the generous support we have received, and continue to learn and become familiar with St. Joseph's Residence. We are committed to making this home a place of compassion and of dignity. We have noticed many great things about the care and services and we trust that, with the cooperation of the residents, families and staff, we are building on the home's capacity to provide safe and compassionate care.

With time, we will get to meet and learn from residents and families on how we can meet your needs and expectations. I hope that many residents and families attend our September 12th meeting to review some of the opportunities to improve care and services. We plan to listen to residents and their families tell us of their experiences and satisfaction with St. Joseph's Residence. We also intend to share with you some of our challenges and our plans in moving forward.

The key to our success is communication. We need everyone's collaboration in focusing on resident needs and supporting our staff in delivering quality care and services. We are hopeful that in the upcoming months we will earn your trust and respect, and work together in creating a better home.

Sincerely;
Charles Gagné



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Admin News

CHANGES TO THE TEAM - There have been some big changes since the last newsletter! We wish John McFarlane, our former CEO, all the best following his resignation in June. We also bid adieu to Barbara Little, Manager of Resident Services, as she retires.

We welcome the newest members of the Management team:

- Charles Gagné, CEO
- Madeleine Baril, Director, Care and Services
- Natalie Power, Director - Finance and HR
- Sheresse Weekes, Manager, Resident Services



JOIN OUR EMAIL LIST! - Want to keep informed of special events and be notified whenever a new issue of this newsletter is published? Send an email to admin@sjri.ca to be added to our email list!



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).
- ▶ Accurate records of building traffic increase safety.
- ▶ If you bring a vehicle here and do not record your license plate in the sign-in book, it may be towed.



A big bouquet goes out to Sr. Filomena Silva, who is maintaining the circular garden in the back section of Memory Lane. THANK YOU!



Message from Spiritual Care

It's hard to believe that an entire year has gone by since I began my ministry as St. Joseph's Spiritual Care Coordinator. Last year's outdoor mass was when I was first introduced to most of you, and I can honestly say that it has been a great honour and privilege sharing in all your lives. This year I look forward to celebrating the annual Friends of St. Joseph's Outdoor Mass on Sunday, September 7th at 3pm. Reverend Father Robert Polz will officiate, with Joanna Gustave providing musical accompaniment. The Friends of St. Joseph's along with the Spiritual Care team look forward to welcoming you all. In addition, the confirmation students from St. Nicholas Tavelich Church will be volunteering to help us ensure success.

The past year has been full of learning, growth, challenges and "relationshiping". I no longer feel like the newest kid on the block as we have had substantial changes in our administration and leadership. Please join me in welcoming our new Management staff. I would like to assure them that the residents, families, staff and volunteers have been an amazing blessing in my life, and we truly are enriched with such a supportive and loving community.

The Autumn Memorial Service will be held on Friday, October 24, 2014 at 2pm in our beautiful chapel. All are welcome to attend as we pray, remember and celebrate the lives of the residents who have passed away since April, 2014.

During these past months where so many things have changed and may continue to change, the Serenity Prayer has been whispering softly in my heart: *God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.*

And I leave you with another quote regarding change that I am quite fond of: *The only way to make sense out of change is to plunge into it, move with it, and join the dance.*" — Alan Wilson Watts

Blessings and love, from my heart to yours,

Mirela Stepic-Rhodes



My chapel office hours are Monday, Tuesday, Wednesday and Friday from 8:15 to 4:15. Please stop by and let me know if I can be of assistance in any way!

Support Services News**Nutrition & Food Services (NFS)**

- Even though warm temperatures prevail, it's time to start planning the new fall/winter menu cycle. We are working hard towards perfecting recipes and providing a large variety in menu selections. Residents will continue to have a choice at lunch and dinner meals with the new menu cycle. Ideas and suggestions for the menu are always appreciated, and can be shared at Resident Council meetings, by dropping by NFS, or by phone (ext. 234). The new menu is anticipated to start around Thanksgiving.
- We welcome and encourage families to join their loved ones for meals. Please keep in mind that advance notice is needed in order to adequately prepare for our residents. As space is limited, bookings for guest tables will be made on a first come first serve basis. On special occasions and holidays, no booking for meals will be accepted once tables are filled. The Multi-Purpose Room can be booked when not in use by Recreation for small groups wishing to bring in their own food / supplies. Bookings for meals can be made at the Front Desk seven days per week. Please note that meals will not be provided without a meal ticket. Meals can also be charged to a resident account should this assist.
- We were fortunate enough to host a BBQ for all residents this summer. I would like to extend gratitude for all involved for making this a successful event. Positive feedback was received, and will we definitely look at hosting a BBQ again next year.

Housekeeping & Laundry

- Housekeeping and Laundry works hard to ensure that the cleanliness of our home is maintained. We recently introduced a new rotation to improve continuity for both Residents and staff. We will now have two housekeeping staff working per floor Monday to Friday and one housekeeping staff per floor on weekends. With this change we hope to increase the time spent in each resident room, have a set system in place for duties in each area, and have the same staff working in each area so Residents can identify with staff. The majority of the cleaning will occur Monday to Friday. Lighter duties (Resident restrooms, common areas) will be completed on weekends, of as many residents have visitors and this will limit

interruptions. One housekeeping staff will also be designated to the reception area and west wing (i.e. MPR and Dining Room).

- Taking care of personal items remains a top priority for us. All articles of clothing will be labeled for each resident. Items that cannot be laundered in house or sustain the heat of the labeling machine will be returned. Please ensure all clothing brought to the facility is taken directly to the nursing station or the Housekeeping & Laundry Lead Hand. All items brought in will be recorded and labeled prior to going to residents.
- Space allocations in resident closets and drawers can be a barrier. We request that families periodically review clothing items to determine what should be removed as well as what items may be needed.
- We do our best to ensure clothing sent to laundry goes back to all residents in a timely manner. Should an item go missing, feel free to contact the nursing station or extension 234. Every effort will be made to locate items in a timely manner. In most cases one of two events occurred: the items were placed in different Resident room, or the items were sent to Selkirk Linen in error. Clothing sent to Selkirk Linen is typically brought back within two weeks.
- Due to a number of reasons to do with space restrictions and infection control, we are unable to accept donations following a resident's passing. There are a number of charities in the city that will gladly accept these items.

Maintenance

- Five new mattresses have been ordered to replace the oldest mattresses in use. New hand towel dispensers are also coming soon.
- Maintenance continues to paint in efforts to refresh the appearance of our home.
- Maintenance staff recently received training on new air filtration systems and related codes as well as confined space procedures.
- The hydro guard that controls tap water temperatures was upgraded to prevent scalding. Sprinkler system upgrades were also completed recently.

Sincerely,
Trish Kirby



FOCUS ON SAFETY – Swallowing Difficulties 101

Swallowing difficulties are a cause for concern because they can lead to serious problems such as malnutrition, dehydration, choking, and aspiration pneumonia (pneumonia resulting from foods and liquids entering the lungs).

Talk to your nurse when noticing these signs of swallowing difficulties:

- ↵ Coughing, choking, sputtering or drooling when eating or drinking
- ↵ A wet or gurgly voice after food or liquids are taken
- ↵ Refusing to eat or drink certain foods
- ↵ Food sticking in the throat
- ↵ Eating less than half of the meal
- ↵ Taking longer than 30 minutes to eat a meal

A swallowing assessment will be completed and recommendations made if needed.

Changes to diet textures and fluid consistency may be made, including:

- ↵ Soft, chopped, minced, or pureed items
- ↵ Adding sauces and gravies
- ↵ Avoiding some items
- ↵ Adding thickener to liquids

Different feeding techniques may also be used to improve safety and increase oral intake.

Tips for safe feeding:

- ↵ Only eat foods at the proper texture and consistency for your needs
- ↵ Eat slowly and make sure to swallow before taking another bite
- ↵ Wear your dentures, hearing aids, and glasses
- ↵ Make sure the person assisting you is at your eye level
- ↵ Sit upright
- ↵ Take teaspoon-sized bites
- ↵ Clean your mouth and teeth after meals

SOURCE: WRHA PCH Program brochure "Swallowing Difficulties: Information for families and Friends who Help with Meals"



Resident & Family Council Meeting

*Special "Meet and Greet" edition –
introducing the newest members
of the Management Team*

Friday, September 12, 2014 @ 1:30 pm
in the Multi-Purpose Room

Comings & Goings

In Memoriam

New Residents



Resident Birthdays

September

October

November



Our Board of Directors – 2014 / 2015 Term

St. Joseph's Residence

Fr. Gerry Ward, Chair
Ardelle Martin, Past Chair
Mark Nesar, Vice-Chair
Linda Ratynski, Treasurer
Cliff Jeffers, Secretary
Tyson Buors
Marian Dore
Darlene Kolody
Marilyn Krochak
Roy McPhail
Michael Radcliffe



Friends of St. Joseph's Residence

Ivan Derlago, Chair
Fatima Mota, Vice Chair
Lydia Pronyk, Past Chair
Linda Ratynski,
Secretary / Treasurer
Maria Cabral
Jose Delgado
Marge Kemerle
Toni Squires
Ivan Werbovetski



ALZHEIMER CAREGIVER SUPPORT GROUP

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

The Realities of Dementia: "I'm Still Here"

DVD presentation on the impacts of a dementia diagnosis on people, their families and friends

Wednesday, September 24, 2014 | 7 - 8:30 pm

Multi-Purpose Room, St. Joseph's Residence

Presented by Maria Mathews,

Education & Client Support Manager, Alzheimer Society.

To register, contact Maria at 204-943-6622 or

mmathews@alzheimer.mb.ca

