



**Message From Our CEO**



The first signs of spring will hopefully bring joy to many residents and their families. The benefit of breathing fresh air, enjoying the warmth of the sun and the option of going outside to watch the world go by, makes us all mindful of the summer months ahead. St. Joseph's Residence continues to be a place of hope and comfort for residents and families. St. Joseph's Residence is not only the resident's home, but also a place of work for staff who chose to dedicate their work life to helping others. Resident safety, comfort and quality of life is directly related to the staff's compassion and willingness to serve residents when in need. Staff is also hopeful when spring arrives. The signs of increasing daylight and new opportunities ahead re-energize staff to pursue St. Joseph's Residence mission and commit to living the values of the Benedictine Sisters.

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April is the start of a new fiscal year. It is a fresh start in many ways. In terms of operations, there has been important changes that have affected staff in many ways. Financially, the plan in place should provide us to manage our resources while continuing to provide the range of services to residents and staff. Most importantly, the commitment is to continue to improve in providing quality and safe care to all residents living at St. Joseph's Residence. This requires good communication, team work, professionalism, and passion in caring for the elderly.

Sincerely yours;  
*Charles Gagné, CEO*



## Spiritual Care News

Even though the temperature outside has been less than favourable in recent weeks, the spring thaw will be upon us before we know it. Spring also represents Lent & the upcoming Easter season.

Recently, we celebrated the World Day of the Sick & Ash Wednesday. We at St. Joseph's are now preparing to honour our patron saint.

There will be Mission Day activities on Wednesday, March 18 and on Thursday, March 19 - the feast of our patron saint. Archbishop Richard Gagnon will arrive at 11am to celebrate Holy Mass with us all. He is looking forward to being with us again this year! More information regarding this event will be sent out shortly.

Throughout Lent, Stations of the Cross will be observed every Friday morning in the chapel at 10:30 am.

The World Day of Prayer is shared across the globe on Friday, March 6. I look forward to sharing communal prayer with you all and with Fr. Bohdan Lukie on that day.

Palm Sunday Mass will be held Saturday, March 28 at 4 pm. Good Friday Service will take place at 3 pm on April 3. Easter Sunday Mass will be celebrated at 11 am with Msgr. Louis McCloskey presiding.

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. May you find the renewal of hope, health, joy and love. Alleluia! He is Risen! Happy Easter!

*Mirela Stepic-Rhodes, Spiritual Care Coordinator*



## NURSES CORNER

Over the last few months, many personal care homes within our city have battled wave after wave of outbreaks. Working together, we were able to contain our influenza outbreak to one unit. Our staff worked together with family to minimize risk by discouraging excess visits, gowning and gloving, and identifying residents that were showing signs of illness and isolating them to prevent the spread of infection.

Thanks for your consideration of all residents during this time. I am sure it was difficult to minimize or postpone visits with your loved ones during the holiday season, but your actions worked and we have been incident free since.

I just wanted to take a moment to say... Thank you ☺

*Sheresse Weekes, Manager of Resident Services*

"Alone we can do so little; together, we can do so much." - Helen Keller

## 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, & community resources.

Alzheimer Society

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.

## Reminder From Finance

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!

Comings & Goings



Resident Birthdays



## Support Services News

It appears as though the winter season is still upon us! Many are looking forward to the spring season, and the many upcoming events including Easter.

The new Spring & Summer menu cycle is in the process of being reviewed. The anticipated start date of the new menu cycle will be Monday, May 11th; right after Mother's Day. 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 in menu items. As always, Residents and families will also continue to have input into the menu choices and selections. Our menu can be adapted and altered at any time. For those who would like to see specific meals on the new rotation, feel free to drop by and let us know. We always appreciate feedback and insight into menu suggestions.

We are pleased to share that funding is in place for some mattress replacements within our home. Thirty five mattresses will be ordered and should arrive in early spring. Assessments have been completed on current mattresses within our home and replacement will be determined according to guidelines on mattress replacement.

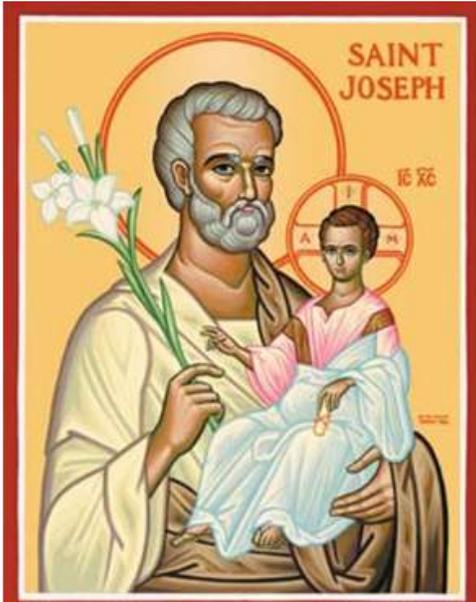
A friendly reminder to families who bring food items in for our Residents who have fridges in their rooms to ensure outdated items are discarded. Expired items in Resident rooms can present risks for all Residents.

Due to low light levels in Resident rooms, new energy efficient bulbs have been purchased that are much brighter and will enhance the lighting in Resident rooms. As lights burn out, they will be replaced with the new energy efficient bulbs.

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

*Trish Kirby,  
Manager of  
Support Services*





In Celebration of  
the feast days of  
St. Joseph &  
St. Benedict

Mass with  
Archbishop  
Gagnon

Thursday, March 19,  
2015 at 11 am



**THANK YOU** to the Catholic Foundation of Manitoba for their recent grant to the Residence in support of our Spiritual Care Program! The funds will be used to update the Schedule of Services at the chapel entrance and replace the chaplain's lapel microphone.

**2015 Annual Caritas Award Dinner**

The Catholic Foundation of Manitoba will be holding their 37<sup>th</sup> Annual Caritas Award Dinner on Wednesday, April 22, 2015 at RBC Convention Centre. For tickets or more information, please call 204.233.4268 or email [cfmb@mts.net](mailto:cfmb@mts.net).

## Volunteer Services News

I have been busy making plans for our annual Volunteer Appreciation Dinner. The date has been set for April 15, 2015, right in the middle of National Volunteers Week. I will be phoning all volunteers in March and I hope many will be able to attend.

If any staff, family members, or volunteers know of someone interested in volunteering, please suggest St. Joseph's Residence. There is always a need for volunteers. Chapel Volunteers for Monday, Wednesday, and Friday are in short supply. The time for Chapel Volunteers is 10 am until noon, and a lunch is offered after Mass.

The procedure to volunteer includes application, references, Criminal Record Certificate for individuals over 18 years, and a Volunteer Orientation. Volunteer Orientations are scheduled every 2 months and are facilitated by a nurse educator and myself.

On behalf of the residents and staff, I would like to give a great big thank you to ALL volunteers. Your time and talents are truly appreciated.

*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](http://www.sfmic.com/res_cat_doc/slips_falls_employer_guide.pdf)

# Friends of St. Joseph's Residence Bud, Spud & Steak Fundraiser



**Thursday, May 14, 2015 6-9 pm**  
**TYC Event Centre - Canad Inns Polo Park**  
**1405 St. Matthews Ave.**

**Steak & Potato dinner with drink | Music | Silent Auction**  
*For more information or to purchase tickets (\$20 each),  
please call 204-697-8031, email [admin@sjri.ca](mailto:admin@sjri.ca),  
or see Front Office Staff*



**The Friends of St. Joseph's  
Residence Foundation  
is grateful to everyone  
who donated towards the  
Nativity Campaign and the  
Angel Ornament Fundraiser.  
Through the generosity of  
their donors, the Friends  
raised over \$5000!**