



Message From Our CEO

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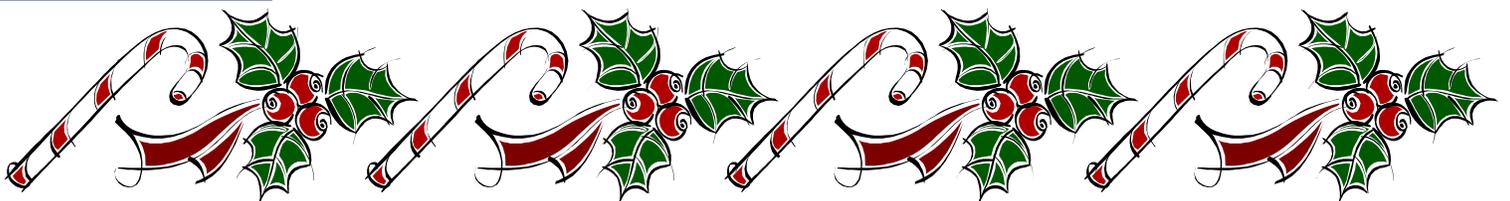
This being my first Christmas and holiday season at St. Joseph's Residence, I invite all of you to enjoy this special time of year with family and friends, staff and neighbours. Christmas often brings out the best in everyone, and the season reminds us how fortunate we all are to be in the company of our loved ones.

We wish we could capture the spirit of Christmas and keep this feeling alive throughout the entire New Year. We can extend the true spirit of Christmas by continuously reflecting on the values of St. Joseph's. Our **COMPASSION** and **INTERCONNECTEDNESS** is shared daily as we come together to serve and care for our residents. Our residents are treated with the utmost care and safety, which reflects the **REVERENCE** we hold for each individual. The **HOSPITALITY** we provide to our residents, their families, visitors and staff, ably demonstrate that St. Joseph's is a welcoming place. We strive to be aware of and sensitive to the needs of each and every resident so that we can continue to successfully fulfill the original mission of the Sisters of St. Benedict and the Sisters of St. Joseph. Our **LEARNING** is continuous, so that all our staff can and will meet this expectation every day. We are and will continue to be a truly excellent personal care home.

The Christmas season is a celebration of the birth of our saviour Jesus Christ. He remains our source of inspiration and dedication to 'do unto others as you would have them do unto you' (Luke 6.31). We are both blessed and honoured to be a part of this important mission.

Merry Christmas to all!

Charles Gagné



Message From Spiritual Care

Winter has arrived, and with the change of season one cannot help but think of Christmas, which is soon to be upon us. Advent begins next week, and as we wait and reflect on the coming of Jesus Christ our Saviour, we tend to become more hopeful, wistful and loving.

Most of us reflect on Christmases past. Who was there? What traditions do you hold dear? What meals were served and shared? These may be just a few of the questions that will come to you as you prepare to host your own family gatherings. Most of us hold our traditions as a sacred event. We remember Jesus's entry into the world, when he was born in a manger in Bethlehem.

We are happy to continue with many of the St. Joseph's Residence traditions. We will be celebrating our St. Nicholas Day, on Friday, December 5, after our morning mass. St. Nicholas will arrive to bring cookies and cheer to our residents as our staff and volunteers sing Christmas carols in many languages throughout the facility.

St. Joseph's is joyfully preparing a new tradition. Christmas Candlelight services will be held December 16 & 18 in the evening. I am in the midst of preparing a lovely service which will include our very own nativity play. If you have a child from the age of 6 to 13 willing to act and be a part of our very own little Bethlehem, please let me know, and I will be happy to include them. We can never have enough little angels and shepherds. The more, the merrier it will be. For this event, the Seven Oaks School Division has graciously offered to deliver and donate a small stage to our facility, as a Community Christmas Present to our residents. We are truly blessed and grateful!

Our full Christmas Eve Mass will be celebrated in our Chapel on Wednesday, December 24 at 11 am complete with Sister Josephine Chudzik as our organist. I can't wait to sing our favourite Holy Christmas hymns together.

I wish you all a special Holy Day Season. From my family to yours, Merry Christmas and have a blessed and Happy New Year 2015!
Peace on Earth, Good Will to all Mankind,

Mirela Stepic-Rhodes, Spiritual Care Coordinator

P.S. My new office hours are: Monday, Wednesday & Friday from 8:15 to 4:15, Tuesday 12:00 to 4:00, and Thursday 8:15 to 12:15.

Volunteer Services Update

As usual, we have had a turnover of Student volunteers since May 2014 and have placed a few new students. It is normal to have turnovers, as most students volunteer a set number of hours. We have been lucky over the years to have had three or four who keep coming back even though they have obtained their school credit. Noah, Jonathan, and Tyler come to mind as examples.

We have also been blessed with a good number of dedicated and compassionate Adult and Spiritual Care Volunteers. Some resign because they find a job, or go back to school to better themselves. One such volunteer was Rey, who gave our residents much time and compassion. Rey assisted Shannon, our Rehab aide, and is now returning to school. Shannon was very sad to say goodbye to Rey. Rey THANKED all the staff for the opportunity to spend his spare time with us. He "loved being here" and said he felt staff were friendly, understanding, and helpful.



A number of volunteers who have been coming to St. Joseph's Residence to help for many years have no plans to resign yet. Our residents feel very blessed to have these volunteers sharing their time and talents with them.

On behalf of the residents and staff, I would like to give ALL the volunteers a great, big thank you.

Pat Gustave, Volunteer Services Coordinator

Alzheimer Caregiver Support Group



Sometimes it helps to talk to other people who are experiencing the same feelings, frustrations and challenges as you. If you are the family, friend or caregiver of a person with Alzheimer disease or any dementia, the Alzheimer Society can help. A support group meets in the Conference Room at St. Joseph's Residence 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.

Resident Birthdays



Comings & Goings

Support Services News

The new menu cycle started on October 13th. All feedback gathered thus far has been favorable. The Dietary department has worked hard to perfect recipes and offer a large variety in menu items. Aside from the popular perogies at lunch - which appears three times in the 5 week menu cycle - some menu items are different, and in many cases new, to the menu cycle. "Resident Choice" is found at both lunch and dinner in the menu cycle, and is decided at Resident Council meetings or through feedback received.

It appears as though Winter is upon us! Dietary is looking forward to the holiday season, particularly the Resident Family Candlelight Services slated for Tuesday December 16th for Unit 2 and Thursday December 18th for Unit 1. We are electing a different approach this year, with Candlelight Services in lieu of the Resident Family Christmas dinners. This event will encompass all residents, rather than just those who can have guests attend. All Residents can invite two guests to attend. Services will start at 6 pm on both evenings. We look forward to seeing everybody there!

A friendly reminder that due to space limitations, bookings will no longer be accepted for the Multi-Purpose Room from December 24th, 2014 to January 2nd, 2015. The space will be available to Residents and families in small groups who wish to have gatherings. The room will be shared for use on a come-and-go basis. Catering services will not be available during these dates. Families can arrange for external catering or bring in items and be responsible for all dishes, utensils and refreshments.

We have undergone a change in the hand soap, hand towels, and hand sanitizer used. In October and November, new hand towel dispensers, soap dispensers, and hand sanitizer dispensers were installed throughout the home. These replacements are the result of a new WRHA contract for paper and soap products. They are intended to reduce waste and contain costs, as well as improve utilization and reduce infections. The dispensers were installed at no cost to the facility.

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 our departments. Feel free to drop by in person or contact me directly at extension 234.

Trish Kirby, Manager of Support Services

Resident & Family Christmas Candlelight Service

UNIT 2 RESIDENTS –
TUESDAY, DECEMBER 16 @ 6PM

UNIT 1 RESIDENTS –
THURSDAY, DECEMBER 18 @ 6PM

IN THE DINING ROOM

Please RSVP
with Reception staff
by December 9.



Nativity Tree for Spiritual Care

Please help the Friends Foundation fund Spiritual Care at St. Joseph's Residence by donating to the 22nd Annual Nativity Tree Campaign. Ornaments are available in the front lobby. You will get two ornaments – one to hang on our Nativity Tree to show your support, and another for you to keep.

For more information on the Friends of St. Joseph's Residence and this campaign, please call Linda at 204-697-8031.



FOCUS ON SAFETY – Electrical Safety

With the holiday season comes the decorating of trees and the use of lights to make things festive. When the need for more electricity for your holiday decorating needs comes into play, it's important to remember electrical safety! PLEASE NOTE that St. Joseph's Residence does not permit the use of multi-outlet taps or extension cords. Only power bars with surge protectors that are marked as CSA approved are permitted for use.

Please keep the following in mind when using power bars:

- ↪ Always carry out a visual inspection before each use. Equipment **MUST** be unplugged before any inspections are carried out.
- ↪ Keep rubber and plastic covered cables well away from hot surfaces.
- ↪ Unplug and remove power bars that are not in use and store safely until needed.
- ↪ Use power bars that have a three-core cable with the earth conductor connected.
- ↪ Ensure that the length of the cord to the appliance is as short as possible.
- ↪ Avoid running cords across walkways to avoid trip hazards.
- ↪ Never exceed the power bar's maximum load rating.
- ↪ Never use more than one power bar at any one main outlet.
- ↪ Never join multiple extension cables / power bars together (DAISY CHAINING).
- ↪ Never use a coiled power bar without first fully unreeling the cord. The heat generated in a coiled cord carrying power can lead to the insulation melting..
- ↪ Never run extension cables / adaptors under carpets or through doorways.
- ↪ **NEVER** use damaged equipment.

Use this checklist to spot signs of damage and deterioration when inspecting power bars:

- Hardening of the cable's outer insulation, making it brittle and prone to splitting.
- Coiling of long lengths of cable.
- Signs of mechanical damage or corrosion or a situation where future mechanical damage or corrosion is likely e.g. a piece of equipment going over the cable and cutting through.
- Signs of overheating, e.g. burn marks, discolouration / staining or distortion.
- The plug being cracked/scorched/rattling.
- The main cable not being held securely by the plug's cable grip (coloured wires should not show).
- The extension lead being knotted, twisted or kinked.
- The lead not being earthed.
- The maximum load not being marked on the extension lead.
- Strain on the cable.

SOURCE: www.activesafetynetwork.com

Give us your email!



Would you like to stay on top of all the news at St. Joseph's? Email to admin@sjri.ca to be added to our email list for updates, including news on upcoming events and links to the newsletter as soon as it's out!

Christmas Word Search

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V K

X G I V

Q I C O T Y

Z Y F I X N E P

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R H U G S Y

R N A H P V Y G

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All of us at St. Joseph's Residence wish all of you a very Merry Christmas and a blessed New Year!



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| BELL | FRIENDS | ORNAMENTS |
| CANDY | HOLLY | SHOPPING |
| COATS | HOMEMADE | SNOWFLAKE |
| COOKIES | HUGS | SONG |
| DINNER | NATIVITY | TREE |
| | | WREATH |

