



# Resident Family Newsletter

March 2024

## Newsletter reformatted to reach more families



**Angie Heinz**  
Administrator  
St. Joseph's Long-Term Care

You may have noticed that the St. Joseph's Lifecare Centre Family Newsletter has changed. Previously it appeared as a running vertical list of content, but is now in a 4-page format. February's issue was the first issue to be designed this way, and follows the same format we use for the monthly staff newsletter.

This decision was made in order to reach more family members.

During the Accreditation process, the surveyors, while pleased with the frequency of family communications and the range of information provided, suggested it would be nice if we could reach 100% of families listed in our database. They recommended utilizing more than one mode of communication to achieve this since a small percentage of our family contacts do not use email. We agree!

This redesigned newsletter is an ideal format for printing, while the previous format was intended specifically for electronic distribution. Those family members who do not communicate by email will now receive a copy of their newsletter by mail. As well, in addition to your electronic copy of the newsletter, a limited number of printed copies will be placed at the sign-in desk.

Please remember this is your newsletter, and we welcome your contributions. If you have a loved one who is a resident of our home and has a birthday or anniversary coming up, it would be wonderful to be able to share it with a photo and write-up in this newsletter and on our Facebook page. Please reach out to Nancy Billard, Communications Specialist, at [nbillard@sjlc.ca](mailto:nbillard@sjlc.ca) or by phone at 519-751-7096, ext 2476 with details.

**Facility Improvements Progressing Well**  
Andy Lipic, Superintendent

**Improvements made to Central Scheduling**  
Katelyn McGowan, Scheduling Supervisor

**Family Council Information Board**  
Family Council members

**PointClickCare technology a helpful tool in documenting resident care and maintaining compliance**  
Zoe Wickson, Director of Care

**TEM! A source of joy for residents**  
Marilyn Manning, Therapist

STEDMAN COMMUNITY HOSPICE

**CELEBRATING 20 YEARS!**

*Join Us...*

**SUNDAY, MAY 5<sup>th</sup>**

99 WAYNE GRETZKY PARKWAY

519-751-7096 EXT. 2475

**GREAT PRIZES FOR TOP FUNDRAISERS!**

[stedmanhike.ca](http://stedmanhike.ca)

The Smith Family  
2024 Hike Ambassadors

# SJLCB programs make local news twice in two weeks

## Temi, the robot



Recently, reporters from the Brantford Expositor visited St. Joseph's Long-Term Care Home to speak with residents and to interview Noelle Nieuwenhuis, Recreation Therapist and Paolo, student volunteer from Bishop Ryan High School in Hamilton, the two Project Leads for the Temi initiative.

The reporters discovered the many ways that Temi is adding quality to the lives of our long-term care residents by playing treasured songs, providing exercise lessons, and in one case, translating Ukrainian to English so that two

neighbours could better understand one another.

In the photo on the right, resident Mary Worosz demonstrates how she uses Temi to play videos of her favourite workout routines.

Below, resident LJ Charlton issues the command "Temi, Play The Wreck of the Edmund Fitzgerald" and Temi serves up the classic tune by Gordon Lightfoot, detailing the loss of a cargo ship on Lake Superior in November, 1975. The song is a treasured piece of nostalgia for LJ who spent much of her life on the shores of the Great Lakes.



[Click here for the Expositor's Temi article.](#)

## Jenny, the therapy cat



Jenny, the much-loved therapy cat and frequent visitor to St. Joseph's Long-Term Care Home, didn't just make the paper, but was front and centre in the March 2nd edition of the Brantford Expositor.

Jenny's story was picked up by a number of additional newspapers as well as publications geared to pet therapy. She's a star! Our thanks to Jenny and her Mom, Donna Kincade for bringing joy and comfort to our residents.

[Click here to read the Expositor article about Jenny.](#)

## Special occasions during March mean special celebratory meals for residents

Food is one of the great pleasures in life and St. Joseph's Lifecare Centre feels it is important to provide meals that meet the needs of our residents. We are committed to developing the menu in collaboration with our residents to ensure it reflects their personal, social, cultural and religious practices and traditions. Once a month our nutrition staff meets with residents to discuss food choices, dietary practices, and traditional foods.

This year, the month of March has a number of special occasions, including St. Patrick's Day on March 17, the Feast of St. Joseph on March 19, Good



Friday, March 29, and Easter Sunday on March 31. In response to our residents, our kitchen staff have been busy planning and preparing!

Food involves all five senses: sight, sound, touch, taste and smell. It often evokes fond memories and generates feelings of comfort and wellness; feelings of home.

### **St. Patrick's Day, March 17**

*Dinner: Guinness Beef Stew, Tea Biscuits  
Pistachio Dark Chocolate Ice Cream Bar*

### **Feast of St. Joseph, March 19**

*Zeppole as a special dessert item*

### **Good Friday, March 29**

*Serving Fish*

### **Easter Sunday, March 31**

*Breakfast: Hot Cross Buns*

*Dinner: Ham & Scalloped Potatoes  
with Brussel Sprouts and  
Sticky Toffee Pudding for dessert*

# Have you noticed an employee doing a great job?

## Consider making a nomination for Star of the Month

### About the Program

The Star of the Month program at SJLCB recognizes great work by employees. Being chosen for this distinction instills confidence and pride in the individual, and reaffirms their positive actions.

Their good work serves as a demonstration of our values such as excellence, compassion, accountability and respect, and serves as a great example for others.

The individuals chosen are profiled in the employee newsletter and on our Facebook page. Showcasing winners on social media demonstrates SJLCB's commitment to recognizing and celebrating excellence among its people which in turn generates good will in the community.

Star of the Month recipients receive a copy of their nomination, a thank you

card, gift, and a designated prime parking spot for one month.

### Nomination and Selection

Nominations can be submitted by staff, residents and resident families. Nomination forms are available in the lobby area of the home near the front desk, and will soon be available to download electronically.

Winners are chosen by the WeTeam committee which is made up of employees from various departments and includes representation from both frontline staff and management.

Each month, in a meeting of the WeTeam, nominations are discussed and voted on by committee members, utilizing a number of criteria. For more information, please email [weteam@sjlhc.ca](mailto:weteam@sjlhc.ca).

## Family Council Information Board

Family Council is dedicated to the promotion and improvement of health, welfare, quality of life and happiness of all residents of St. Joseph's Lifecare Centre.

### Families: we want your input and feedback

What would you like to see on the next agenda? What Guest Speakers would you like to have at our monthly Family Council Meetings? Your suggestions are appreciated and needed to make a difference. Please email [sjlcfamilycouncil@gmail.com](mailto:sjlcfamilycouncil@gmail.com) or contact Janet at 519-209-8638 or Michelle at 519-802-2951.

### Volunteer ... It's amazing how it makes YOU feel!

We are looking for interested family members/caregivers who would like to assist with Family Council projects. Time commitment is only 3 hours a month. Contact information provided above.

### FAMILY & RESIDENT SOCIALS

Family & Resident Socials, hosted and supported by Family Council, continue to grow in numbers. Families enjoy meeting other families, and residents experience time with other residents.

Socials have become a great way to have a visit. We're together on Sundays once a month for an hour. Watch for reminders.



### NEXT FAMILY & RESIDENT SOCIAL Sunday, March 17 at 1:30 p.m.

In McMillen Hall (Floor 1 on elevator pad)

### Wear Your Green for St. Patrick's Day

Bring your loved one to the Social Fun, Prizes, Laughs, Refreshments

APRIL'S FAMILY & RESIDENT SOCIAL  
will be held Sunday, April 21st at 1:30 p.m.

### FAMILY COUNCIL MEETINGS

Held monthly in the 4th floor boardroom of St. Joseph's Lifecare Centre

Get the latest updates and receive valuable information

**Tuesday, March 26 at 1:30 p.m.**

Guest Speaker Shelley Murray, Life Enrichment Manager  
"Family Partnering with the Recreation Therapy Team"

**Tuesday, April 30 at 1:30 p.m.**

Watch for details

Join us for "DID YOU KNOW?" HOUR  
Thursday, April 18 at 3:30 p.m in McMillen Hall

## Happy 102nd Birthday, Aleksandra!



A big congratulations to Aleksandra of Oriole Avenue who celebrated her 102nd birthday on Tuesday, March 12. In 1922, the year of her birth, pedal cars and ping-pong were all the rage. Deviled eggs and devil's food cake were crowd-pleasers, and John and Mary were two of the most popular baby names. Bread cost 10 cents a loaf, and butter was 43 cents a pound.



## We're big on birthdays!

Is your loved one a resident of SJLCB who has a special birthday or anniversary coming up?

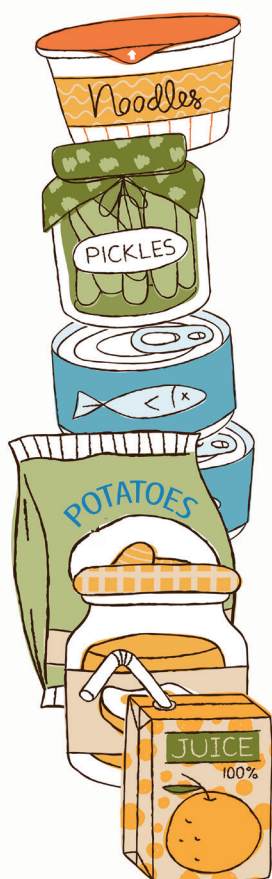
We would love to celebrate in the occasion by letting our staff and Facebook followers know about it!

Please send a photo and details to Nancy Billard at [nbillard@sjlc.ca](mailto:nbillard@sjlc.ca).



[Click here to "LIKE US"](#) on Facebook to stay informed about special moments, activities and celebrations at St. Joseph's Lifecare Centre.

AN INITIATIVE OF ST. JOSEPH'S LIFECARE CENTRE AND STEDMAN COMMUNITY HOSPICE



# Food Drive & more

NOW UNTIL MARCH 18

In support of Friendship House

TO HONOUR THE LEGACY OF  
THE FEAST OF ST. JOSEPH  
(March 19, 2024)

This is an opportunity to serve the community in the tradition of the Sisters of St. Joseph. The Sisters' mission to serve those in need has been going strong in Southern Ontario for more than 150 years.

Employees, volunteers and visitors are asked to please give generously to this worthy cause. The need is great.

**GOAL: 500 ITEMS**

Donation bins located in main lobby.

MUCH NEEDED ITEMS INCLUDE THE FOLLOWING:

- pasta
- pasta sauce
- peanut butter
- canned meats & fish
- potatoes
- nuts
- granola bars
- oatmeal
- feminine hygiene products (pads & tampons)
- soaps, shampoo & other toiletries
- bathroom tissue