

ST. JOSEPH'S LIFECARE CENTRE BRANTFORD

RESIDENT FAMILY NEWSLETTER



Behind the scenes: Preparing for the colder months

Andy Lipiec

Facilities Manager



As summer gives way to fall, the transition isn't just about changing leaves. For our team at St. Joseph's Lifecare Centre Brantford, it's also the time to shift the building from cooling to heating, ensuring residents remain comfortable and safe as the temperatures drop.

Much of this work happens behind the scenes. The Maintenance Department follows a detailed schedule of preventive measures each fall to keep our systems running smoothly.

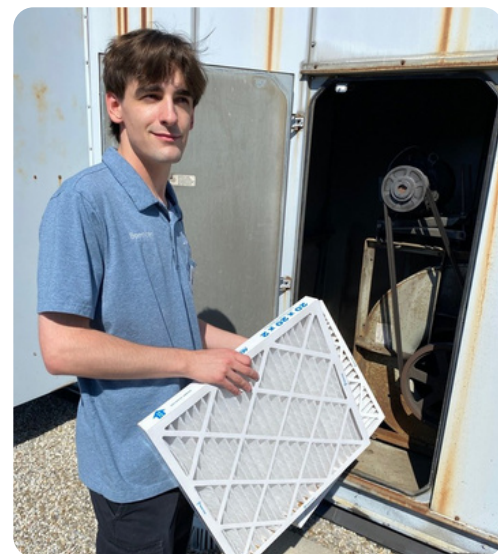
One key step is the annual inspection of the boilers – three that heat the building and two that supply hot water. Our heating and cooling service provider checks critical components such as heat exchangers, pumps and gas pressure. They also perform a combustion analysis to fine-tune efficiency and replace igniters, so the boilers start reliably throughout the season.

The rooftop air conditioning and air handling units also undergo a full

check before the heating cycle begins. Electrical systems are tested, motors and blower fans inspected, and dampers lubricated where needed. Heat exchangers are visually examined for wear, while three hot water tanks receive their own inspection.

In October, the team will complete the quarterly air-filter replacement in all air handling units, helping ensure a steady supply of clean, fresh air for residents.

These steps are part of an ongoing cycle of inspections and seasonal maintenance. While much of the work may not be visible day-to-day, residents and families can be assured that our team is always focused on comfort, safety and peace of mind at the home.



resident spotlight series

Lt. Colonel (Ret) THOROLD "BOOM" MARSAW

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For most people, the idea of calling 27 different places home is hard to imagine. But for Thorold Marsaw, it's simply been part of a well-travelled life. One filled with adventure, service, and family.

Lt. Col. (Ret.) Marsaw during his early military career



Born in London, Ontario in 1931 during the Great Depression, Thorold learned early what it meant to adapt. After his family lost their home, they moved nine more times before he struck out on his own. His mother often joked that her son was "born with running shoes on," a fitting description for someone who's rarely stayed still, and never lacked energy.

Thorold's love for adventure showed itself young. One summer, as a boy, he and his father cycled from London to Brantford to visit his grandmother, a journey many would think twice about even today. His childhood was also filled with stories of military history, games of strategy, and, surprisingly, fierce debates over chocolate pudding, the "battlefield" where Canadians and Brits staged their pretend landings.

Those early years sparked a lifelong calling. Thorold joined the military and served in Korea as a 2nd Lieutenant with the Queen's Own Rifles of Canada. As a young officer leading a platoon of men, many older than himself, he grew the moustache he's known for to project authority, a feature he proudly wore when he moved into St. Joseph's Lifecare Centre.

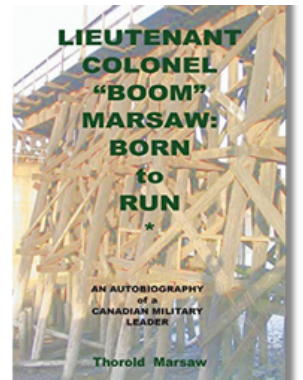
His military career took him around the world, from Korea to India, Pakistan, Germany, Norway, Cyprus, Alaska, and across Canada. Rising to command the Queen's Own, which later became the 3rd Battalion Princess Patricia's Canadian Light Infantry, Thorold lived the kind of stories most only read about, enough to fill his published book, *Born to Run*.

In 1977, after retiring as a Lieutenant Colonel, Thorold embraced his next chapter - ministry. Though some were surprised by the career shift from soldier to Baptist pastor, Thorold never saw the two as worlds apart. His life, whether in uniform or behind the pulpit, was shaped by his faith. Strategic thinking, leadership, and facing challenges - the skills honed in the military - proved just as useful in starting new churches and helping congregations through difficult times.

Through it all, family remained at the centre of Thorold's life. He often reflects on how blessed he feels to have shared nearly 67 years of marriage with his wife, Irene, and to have watched their five daughters grow their families. Even as dementia has reshaped some of his days, his pride in his children, grandchildren, and great-grandchildren shines through.

And then there's his nickname, Boom. If you've ever heard Thorold's distinctive voice, you can probably guess why. But the name actually came from an impromptu singing group he joined while at staff college, where his solo line was simply: "Boom, boom, boom."

Today, St. Joseph's is proud to be the 27th stop in Thorold's incredible journey, a place to call home, surrounded by care, laughter, and stories still worth sharing.



Thorold and Irene, married nearly 67 years, with one of their great-grandchildren

Every life is a story

Each story helps preserve a legacy and celebrates the people who make our community so special.

Share your family member's story

We invite you to help us tell the stories of our residents.

Send us a few details about your wife, husband, partner, mother, sister, brother, grandmother, grandfather or friend and we'll share their story in a future issue of the Resident Family newsletter.

Please [click here to complete the information sheet.](#)



Residents and their families gathered for an afternoon of connection and community, hosted and facilitated by the Family Council

Connect With Us

For questions, suggestions, or to get involved, please email sjlcfamilycouncil@gmail.com or contact:

- Michelle MacInnis, Chair: 519-802-2951
- **Vice Chair (vacant) — please get in touch if interested**
- Sally Summerhays, Treasurer: 519-771-6093
- Linda Fess, Secretary: 519-756-4504

Improving spaces and comfort

Over the summer, Family Council partnered with Resident Council to fund a new gazebo in the secure garden, accessible from the Bluebird and Lilac home area dining rooms. In August, Council also allocated \$2,000 to purchase furniture for the outdoor courtyards on the first and ground levels.

Council also provided funds to restock the eight End of Life Comfort Carts with items that supported families and residents during palliative care.

Supporting residents and care

From January to July, \$577.97 from the Resident Assistance Fund covered essential costs for residents without family or personal funds. Expenses included footcare, haircuts, outings, shoes and dental care. Families interested in contributing to the fund can set up a \$5 or \$10 monthly donation through the SJLC billing department at 519-751-7096 ext. 3401.

Family Council also donated to one monthly Recreation Department entertainment program, with \$875 spent by the end of July.

Families welcomed staffing changes that improved daily care and recreation programming. Four part-time shifts were converted to full-time positions, and four new full-time personal support worker roles were added. Each home area is now scheduled to have four PSWs on the day shift. In addition, four new full-time therapeutic recreation roles were created to expand activities.

Council also noted the value of staff's new magnetic name tags, which made roles clearer for residents and families.

The SJLC Recreation Department continues to organize Sunday morning interdenominational church services, a tradition that remains meaningful for residents and families alike.

Building partnerships and community

Family Council welcomed administrator Cindy Perrodou to its June and August meetings, where she shared updates and responded to questions. Her participation reflects the ongoing partnership between families and the care team.

Upcoming Council Activities

Tuesday, September 16, 1:30 p.m.
Boardroom (Level 4)

Family Council Meeting – The meetings keep families up to date and give them a chance to share feedback and ideas with St. Joseph's administration.

Sunday, September 21, 1:30 p.m.
McMillen Hall (Level 1)

Resident/Family Social Get-Together – These gatherings give residents and families a chance to connect and enjoy time together. Join us for an afternoon of friendship, refreshments and live music with entertainer Jack Coulson.

Wednesday, Oct. 8, 1 to 4 p.m.
McMillen Hall (Level 1)

Fall and Winter Clothing Donations – Family Council is collecting new or gently used fall and winter clothing for residents. Drop off on Tuesday, Oct. 7; items will be offered free to residents on Wednesday, Oct. 8. Remaining clothing will go to the Friendship House. All items must be in excellent, clean condition. For questions, contact sjlcfamilycouncil@gmail.com

An afternoon of corn husking and company

In August, residents came together to husk corn, swap stories and enjoy one another's company. The activity sparked smiles around the tables and brought back memories of past harvests.

The afternoon ended with a shared sense of anticipation for dinner, where the freshly husked corn was on the menu.



August barbecues brought residents and families together

Every Wednesday in August, the dining room filled with conversation, laughter and the smell of the grill.

Residents and their families gathered for a summer barbecue that featured steak or chicken, baked potatoes with toppings, corn on the cob, and peaches with vanilla ice cream.

The lunches offered more than food. They gave families a chance to spend time together, share stories and enjoy the season.



View more photos on [Facebook](#)

Star of the Month

Congratulations to
NOELLE NIEUWENHUIS
Recreation Therapist



Nominated by Susanne Morey,
Recreation Therapist

She shared: "Noelle is an amazing part of the recreation team. She always puts residents first and advocates strongly for their rights. She is knowledgeable, dependable and a wonderful co-worker. Noelle has a positive attitude, is a true team player and stays well organized. Her genuine care shines through and it's clear her residents adore her."

Thank you, Noelle, for demonstrating St. Joe's values and being a great example for others.

RESIDENT FAMILIES:
You, too, can nominate a
deserving individual for
Star of the Month.

[Click here to download
the nomination form.](#)

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PSW students learn safe lift techniques

At St. Joseph's Lifecare Centre Brantford, Personal Support Worker students on clinical placement are receiving hands-on lift training, the same instruction provided to staff.

The sessions are led by the Restorative Care team, who demonstrate proper techniques and guide students through practice in a supervised setting. The focus is on safe and compassionate care for residents.

By working directly with experienced staff, students build confidence while learning how to protect themselves and the people they support. The training highlights the role of safety in everyday routines and prepares students for future caregiving responsibilities.

At St. Joseph's, safety and quality care remain priorities. Introducing students to these practices reinforces a culture where safe approaches are taught, valued and carried into daily work.



Restorative Care Coach Stephanie Roddick (right) teaching "Life Training" to a PSW student

Welcoming Justin Eisinga, Spiritual Care Practitioner

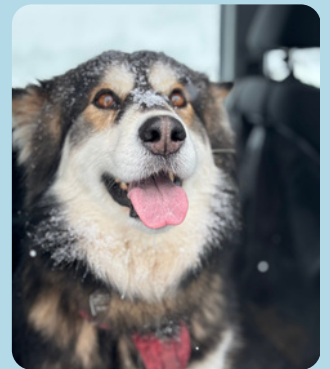


This September, we welcomed Justin Eisinga as our new Spiritual Care Practitioner. He will be working closely with residents, families and staff across our campus.

Justin comes with a background in nonprofit leadership and chaplaincy, including roles supporting people through poverty, food insecurity and homelessness. Most recently, he served as Executive Director at 541 Eatery & Exchange in Hamilton.

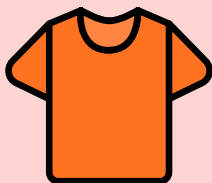
He brings training in spiritual care, grief counselling and mindfulness, with a focus on compassionate presence, bereavement support and collaboration. "I am most excited to help people find connection, meaning and comfort through seasons of transition, change and loss," he said.

Justin also looks forward to introducing his dog, Ruby, who is training to become a certified St. John's Ambulance Therapy Dog. Together, they will add warmth and support to daily life at St. Joseph's.



NOTABLE DATES

SEPTEMBER
30



National Day for Truth
and Reconciliation

OCTOBER
01



Seniors Day

OCTOBER
13



Thanksgiving

National Day for Truth and Reconciliation at St. Joseph's

On Sept. 30, residents and staff will wear orange shirts to mark the National Day for Truth and Reconciliation. The day honours the children who never returned from residential schools, as well as survivors, their families and communities.

At St. Joseph's, the date also carries local significance. The former Mohawk Institute in Brantford was one of the first and longest-running residential schools in Canada, and its impact continues to be felt by generations of Indigenous families.

Wearing orange is a visible act of respect. It also connects to the [Calls to Action](#) from the Truth and Reconciliation Commission, which guide ongoing efforts toward justice, healing and learning.



Orange Shirt Pickup

Families whose resident already has an orange shirt from past years are asked to remind them to wear it. For those receiving new shirts, pickup will be from Karen from our reception team, with instructions to be shared by email.



ANNUAL HOLIDAY BAZAAR

SATURDAY, NOVEMBER 15, 2025 ~ 9 A.M. TO 2 P.M.
99 WAYNE GRETZKY PKWY, BRANTFORD

OPEN TO THE PUBLIC ~ FREE PARKING

OVER 20 VENDORS!

SOAPS ~ CANDLES ~ TOYS ~ JEWELRY ~ CLOTHING ~ CRAFTS
OTHER UNIQUE GIFTS ~ BAKED GOODS ~ RAFFLES AND MUCH MORE!

[VENDORS, REGISTER HERE](#)