

ST. JOSEPH'S LIFECARE CENTRE BRANTFORD

RESIDENT FAMILY NEWSLETTER



Natalie Saville-Townsend
Director of Care

Each June, communities across Ontario celebrate Seniors Month. A time to reflect on the contributions of older adults who have helped shape the world we live in. At its heart, this month is about more than recognition. It's about connection. It's a moment to pause and honour the lives, stories, and experiences that continue to enrich our communities in meaningful ways.

For many, growing older brings a deepening sense of identity, shaped by culture, faith, family, and experience. These are not just personal milestones, they are the building blocks of our collective history. The individuals in our home are not only recipients of care, but carriers of knowledge, resilience, and grace. Their lives continue to teach us what it means to live with purpose.

In long-term care, we witness the everyday strength of our residents. Their humour, patience, insights, and



Honouring Our Seniors This June: Celebrating Wisdom and Living Legacies

quiet leadership. Seniors Month gives us a chance to lift up their voices, and to remind them (and ourselves) that their contributions matter, not just in the past but here and now.

As American writer and activist Betty Friedan once wrote, *"Aging is not lost youth but a new stage of opportunity and strength."* We see this every day: in the resident who mentors a younger staff member, in the one who leads a prayer, or simply in a shared story over morning coffee.

And sometimes, it's in the wisdom they share so freely: ***"I'm not going to keep knocking at the door that doesn't open for me. I'm going to create my own door and walk."***; ***"Always keeping your smile. That's how I keep my long life."***

Throughout June, our Life Enrichment Team is marking Seniors' Month with

a variety of fun, engaging activities. From themed parties to music, treats, and movement sessions. Check out the calendar and photo highlights throughout this issue.

As summer arrives, we also encourage residents to enjoy the season safely and comfortably. Staying hydrated, wearing sun protection, and pacing outdoor activities are simple but important ways to make the most of the warmer months with good health and happiness.

We're proud to be Brantford's largest not-for-profit long-term care home, inspired by the mission and compassion of the Sisters of St. Joseph. This month and always, we honour not just what our seniors have done, but who they are, and the light they continue to bring into our lives.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15 9:45 Church Service with Rev Larry Amiro (M) FATHER'S DAY	16 1:30 Dads and Dogs (HC)	17 1:30 Casino Games (M)	18 10:30 Drumfit (M) 1:45 Food Committee Meeting (M)	19 1:30 Birthday Party with Andy DeCampos (M) JUNETEENTH	20 1:30 Indigenous Appreciation (M) SUMMER BEGINS	21
22 9:45 Church Service with Michelle Smedes (M)	23 1:30 Mystery Bingo (M)	24 1:00-3:00 Ice Cream Day (outdoor, front)	25 10:30 Catholic Mass (M)	CARNIVAL DAY 26 10:00 Carnival Games (M) 1:30 Doug the Great / Lobby Treats (M)	27 10:30 Geras Dance (M) 1:30 Country Party with Wally Maggs (M)	28
29 9:45 Virtual Church Service (M)	30 1:30 Canadian Strawberry Social (HC)	<h1>JUNE 2025</h1> <h2>SENIORS MONTH</h2>				

Celebrating Seniors Month – Compassionate Care Lives Here

June is Seniors Month. A time to celebrate the lives, contributions, and well-being of older adults in our communities. At St. Joseph’s, it’s also an opportunity to highlight how we provide high-quality, compassionate, and person-centred care to seniors across our integrated system of care.

This year’s provincial theme, “Fit, Active and Healthy Seniors,” aligns with our commitment to helping older adults thrive physically, mentally, and emotionally. In honour of this theme, recreation therapists, life enrichment teams, and therapy teams across all St. Joseph’s member organizations collaborated on an organization-wide Seniors Month campaign: Compassionate Care Lives Here.

Throughout June, we are sharing the voices of seniors – patients, residents, clients, and beyond – reflecting on the compassionate care they receive at St. Joseph’s, what compassion means to them, and what advice they’d give to help others be more compassionate. Their reflections and advice showcase the deeply personal and meaningful impact of our mission-driven care across our hospitals, long-term care homes, and community care settings.

Compassionate care isn’t just a value. It’s something that lives in every action, every interaction, and every story.

This June, let’s celebrate the seniors we are honoured to serve and the compassionate care that unites us. Stay tuned throughout the month as we share photos and reflections on social media that highlight how Compassionate Care Lives Here.

We also invite everyone across our organization to take part in this celebration and deepen their understanding of how our organization supports seniors through a series of informative and engaging virtual events:



Bocce Ball

Keeping Seniors Fit, Active and Healthy: Exploring Exciting Intervention Options for Seniors

St. Joseph’s Hamilton is hosting the 2nd of three educational sessions featuring Amanda Ead and Karolina Grzelakowski. They’ll present on chair yoga and the Stay Well program, both designed to support the physical needs of long-stay ALC patients and community outpatients.

When: Wednesday, June 18, 12-1 p.m. | **Where:** Virtual on Teams

Collaborating to Support Seniors: COAST, GEM, & DREAM Team

The 3rd Seniors Month session will highlight programs that support seniors in crisis. Speakers from Crisis Outreach and Support Team (COAST), the geriatric emergency nurse team, and the Alzheimer Society’s Dream Team will share how care is provided from the community through to hospital admission.

When: Wednesday, June 25, 12-1 p.m. | **Where:** Virtual on Teams



Farm Day Brings Joy to SJLC

As part of our Seniors Month celebrations, we welcomed a much-loved tradition back to St. Joseph's Lifecare Centre – Farm Day! This special event brought smiles, laughter, and meaningful moments to our residents through friendly animals, gentle interactions, and heartwarming connections, thanks to the generosity of animal caregivers from our community.

A heartfelt thank you to our Recreational Therapy and Restorative Teams for organizing the event and sharing wonderful photos, and to volunteer photographer Colleen Rintoul for beautifully capturing the joy of the day.

Visit our [Facebook page](#) to see more photos. Stay tuned as we continue to celebrate the incredible seniors in our care and the compassionate teams who support them every day.

Help us Honour Sister Anne Anderson's 60 Year Legacy at St. Joseph's



Sister Anne Anderson is celebrating 60 years of visionary leadership, compassion, and dedication to St. Joseph's Health System, its member organizations, and Catholic healthcare across Canada.

A Sister of St. Joseph of Canada, Sister Anne held many roles, including as a frontline nurse, a director of nursing, the President and CEO of St. Joseph's Healthcare Hamilton and later, the President and Board Chair of St. Joseph's Health System. Whether you

worked closely with Sister Anne, were inspired by her impact, or simply shared a smile in the hallway, your voice matters.

Here's a few ways that you can help to honour Sister Anne's legacy:

Leave a Message in her Memory Book

[Click here](#) to upload well wishes, share a photo, quote or a story, or write a reflection about Sister Anne and what she's meant to you or to St. Joe's.

Help Establish an Award in her Honour

As Sister Anne completes her term as Past Chair of the Board of SJHS, we plan to continue her legacy and contribution to St. Joseph's through the creation of The Sister Anne Anderson Award – a bursary to be granted annually to a SJHS team member to support a journey to [Centre International St. Joseph](#) or another educational pursuit to continue the [healing mission](#) of the [Sisters of St. Joseph](#). [Click here](#) to make a tax receiptable donation to help establish this award.

Watch the Commemorative Video

To learn more about what inspired the award, and about Sister Anne's contributions to our organizations and to Catholic healthcare in Canada, [click here](#) to watch this tribute video created with the help of her colleagues, friends, teachers, students and mentors.

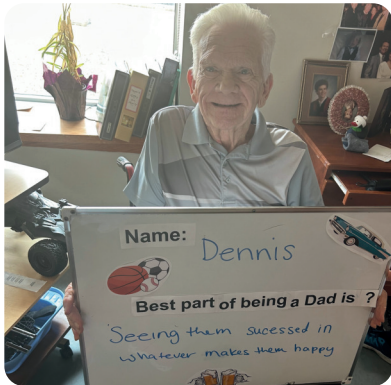
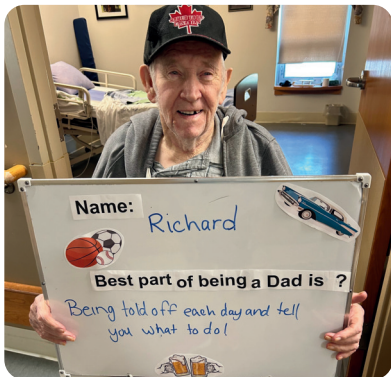
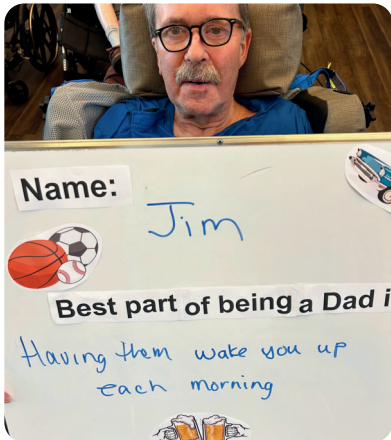
St. Joseph's Lifecare Centre Brantford is a member of St. Joseph's Health System, one of the largest Catholic corporations in Canada, serving more than two million Canadians. With an integrated care model that includes acute care, long-term care, home and community care, rehabilitation, and hospice services, SJHS provides high-quality, compassionate care to people throughout their lives.

Let's come together to show Sister Anne just how much her legacy lives on. Your contribution, no matter how big or small will help make this tribute truly special.

Thank you for helping us celebrate her remarkable legacy of compassion and service.



We celebrated Father's Day by asking the dads in our home what the best part of being a father is. Their thoughtful and often humorous answers brought plenty of smiles.



The celebration also included a hotdog cookout, making the day extra special for all the dads in our care.



Deadline for submissions and donations: September 1, 2025

You're Invited to Join Your Family Council!

Family Council welcomes all family members and caregivers of St. Joseph's Lifecare Centre residents to be part of our meetings and activities.

We are a caregiver-led, autonomous group, and a member of the Family Councils of Ontario. Our purpose is to give and receive peer support, build positive partnerships with the home, and advocate for improvements that benefit both residents and caregivers. We meet regularly to learn about the home's operations, policies, and rules, bring forward concerns as a collective voice, and work together to enhance resident-centred care and quality of life.

Help Represent Your Resident Home Area

The Council is seeking representatives from each resident home area. If you can attend our monthly meetings held on the third Tuesday of each month (except July and December), and would like to represent your unit, please get in touch. As a unit attendee, you'll have the chance to share ideas, provide feedback, contribute to initiatives, and stay informed about the latest updates from the home.

Connect With Us

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

- Michelle (519-802-2951)
- Sally (519-753-2063)



Last month's Educational Session on Dementia



Residents and their families gathered for an afternoon of connection and community in McMillen Hall

Upcoming Council Activities

Tuesday, June 17, 1:30 p.m.
Boardroom (Level 4)

Family Council Meeting - The meetings aim to keep families and friends informed and empowered with helpful information. SJLC Administrator, Cindy Perrodou, will be attending.

Sunday, June 22, 1:30 p.m.
McMillen Hall (Level 1)

Resident/Family Social Get-Together - These gatherings offer a great way for residents and families to connect and enjoy time together. Join us for an afternoon of friendship, fun, refreshments, and live music featuring entertainer Jack Coulson.

Thursday, July 17, 5 p.m. - 8 p.m.
SJLC Main Parking Lot

Vintage Car Show and BBQ - Join us for an evening of classic cars, delicious barbecue, and community fun! We're currently looking for vendors—6-foot tables are available for \$20, along with a raffle prize donation to support the Family Council's raffle table. To reserve a table or for more information, please contact the Family Council at sjlcfamilycouncil@gmail.com or reach out to Michelle at 519-802-2951.

Celebrating a Century of Life: Bea Cranston's 100th Birthday

This June, we are honoured to celebrate Bea Cranston, a cherished resident of St. Joseph's Lifecare Centre, who marked her 100th birthday on June 10. Over the course of a remarkable century, Bea has lived a life full of energy, connection, and community spirit.

Bea and her husband were known as the "partiers" of their circle, embracing every chance to dance and enjoy winter curling nights. Their home was often the backdrop for memorable gatherings like the Halloween party when one of their friends arrived with a real pumpkin over his head - moments full of laughter and camaraderie. Travel played a big role in Bea's life as well. She and her husband journeyed widely around the world, forming lasting friendships that endured through the years. Bea's social nature extended to her love of bridge, where she and seven other women met monthly for more than 50 years. Over countless games, they enjoyed their signature "Tab" sodas (sugar-free, for the sake of their figures) paired with exceptional cheesecake. For Bea's children Barb, Doug, Joan and Scott, those bridge nights were a source of both amusement and caution. Among the group, someone always seemed to know about the latest youthful mischief!

Beyond her social circles, Bea has been deeply committed to charity and community work. She brought fresh ideas and enthusiasm to church events and local initiatives, breathing new life into long-standing traditions and inspiring those around her. Bea Cranston's century of life is a tapestry of joy, friendship, and generosity. A legacy that continues to inspire everyone around her.



Bea with her great-grandson, sharing a special moment



Bea's 100th birthday celebration at SJLC McMillen Hall, surrounded by the love of her family



Vintage CAR SHOW



**FREE TO ATTEND
OPEN TO THE PUBLIC**

THURSDAY JULY 17 | 5-8 P.M.
99 WAYNE GRETZKY PKWY MAIN PARKING LOT

FREE Parking for attendees
Accessible from Grey Street, back lot of SJLC

**BBQ, Vendor Booths,
50/50 Tickets, Raffle Tickets**
Come as a spectator or bring your classic car
For info call 519-751-7096, ext 3315

Featuring cars from Piston Pushers Car Club

**Other Vintage
Cars Welcome**

FUNDS RAISED GO TO THE SUPPORT PROGRAMS OF ST. JOSEPH'S LIFECARE CENTRE



National Indigenous History Month

A Time to Learn, Reflect, and Take Action

June is National Indigenous History Month. A time to honour the history, cultures, and contributions of First Nations, Inuit, and Métis peoples.

At St. Joseph's Lifecare Centre, we're committed to learning, respect, and reconciliation. This month, we encourage families to reflect on the importance of land acknowledgements and to learn more about local Indigenous history.

We are located on the traditional territories of the Haudenosaunee and Anishinaabe peoples, including the Six Nations of the Grand River and the Mississaugas of the Credit First Nation.

Looking for a meaningful way to celebrate? Join the Woodland Cultural Centre in Brantford on June 21 for National Indigenous Peoples Day. This free event features live music, storytelling, food, crafts, and the opening of Indigenous Art 2025: 50th Annual Juried Exhibition. Learn more at woodlandculturalcentre.ca.

You can also explore Indigenous storytelling through imagineNATIVE, the world's largest presenter of Indigenous screen content.

50 WOODLAND CULTURAL CENTRE

NATIONAL INDIGENOUS PEOPLES DAY

Indigenous Art 2025
50th Annual Juried Exhibition

Saturday, June 21, 2025
11am - 4pm

Woodland Cultural Centre
184 Mohawk Street, Brantford ON

THE BROWN HOMESTEAD

Funded by the Government of Canada / Financé par le gouvernement du Canada

Canada

Celebrating Pride Month 2025

Happy Pride Month!

In June, we join St. Joseph's organizations across the region in celebrating the diversity, resilience, and contributions of 2SLGBTQIA+ communities. At SJLC, we believe in creating a safe, inclusive, and welcoming environment for everyone - residents, families, staff, volunteers, and visitors alike.

On June 4, we proudly raised the Pride flag together as a symbol of our ongoing commitment to inclusion. A heartfelt thank-you to everyone who joined us for this meaningful moment.

Looking to celebrate in the community?

Check out local Pride events and resources throughout June:

- Brantford Pride Events
- The Bridge Brant – programs, support groups & senior-focused resources
- Grand River Community Health Centre
- Brant Youth Pride – events and resources for youth

Wishing you a joyful, safe, and meaningful Pride Month!



A Giant Help in the Kitchen

Thanks to the efforts of St. Joseph's Lifecare Foundation, our kitchen recently received a big upgrade – an industrial soup kettle worth \$15,500 – made possible by a generous grant from the Samuel W. Stedman Foundation. This essential equipment is already hard at work, helping our Nutrition Management Services team prepare comforting oatmeal, soups, chili, pasta sauces, and more for our residents every day. Our old kettle had faithfully served the kitchen for more than 12 years but had reached the end of its life. Recognizing the need for replacement, the Foundation successfully applied for funding not only for the kettle but also for a commercial Vitamix food blender valued at \$3,320 – two vital tools that support our mission to deliver nutritious, home-style meals.

The Samuel W. Stedman Foundation has been a long-standing supporter of our Campus, dedicated since 1963 to charitable and educational initiatives within Brantford and Brant County. We're incredibly grateful for their ongoing generosity, which helps us continuously improve the care and comfort we provide.



Corporate Communications Survey

Help us improve our corporate communications tools at St. Joseph's Lifecare Centre Brantford. This brief survey is your opportunity to provide feedback on our newsletters, emails, and bulletin boards so we can make them more timely and helpful for you.

Notes:

- This survey focuses on general corporate communications and not on care or health updates specific to your loved one.
- Your feedback will remain confidential and will be used solely to help us strengthen how we communicate as a community.



Take the survey

[CLICK HERE](#)

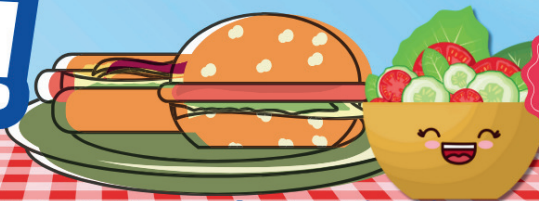
Or Scan the
QR Code below



Summer BBQ!

June to July 2025

Every Wednesday from 12:30 to 1:00 p.m. | Hummingbird Courtyard



\$4
only

Star of the Month

Congratulations to

SHYLA PAIEMENT, PSW



Nominated by staff member
Jeanette McLean, RPN

Jeanette shared:

"Shyla always puts the needs of residents first, with a calm and gentle approach. I regularly receive compliments from both staff and families about the quality of her care. She truly deserves this nomination and represents the values and spirit of St. Joe's. Shyla consistently goes above and beyond, supporting new staff and helping them feel comfortable in their roles. She is a dependable, compassionate, and dedicated team member."

Thank you, Shyla, 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.](#)

**STAY ENGAGED AND INFORMED!
FOLLOW OUR SOCIAL MEDIA
CHANNELS!**



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