

ST. JOSEPH'S LIFECARE CENTRE BRANTFORD

RESIDENT FAMILY NEWSLETTER



Finding joy in change, together

Sandra Ramelli*VP, Culture, Equity and Organizational Effectiveness
St. Joseph's Health System*

As the colours of fall deepen, our home comes alive with the spirit of the season. October is a time when gratitude and joy take centre stage and we are reminded of how much connection shapes the lives we share together.

At St. Joseph's Long-Term Care, every resident is cared for like family. This sense of belonging is especially visible during celebrations that bring people together. Thanksgiving offers an opportunity to pause and reflect on the

traditions that matter most: gathering around a meal, enjoying the company of neighbours and sharing stories that spark memories. Thanks to our teams, these traditions are made possible in ways that are meaningful and accessible for each person. It is one of the many ways we enrich daily life physically, emotionally and socially so that every resident can live with comfort and purpose.

Halloween follows closely behind with its own kind of fun. Costumes, music and

playful decorations fill the halls with laughter and lighthearted moments. Residents and staff alike join in, proving that joy knows no age. These celebrations may last only a day but the sense of community they build lingers long after.

The change of season also invites reflection. Just as the trees remind us that life is always moving forward, we are reminded of the value of compassionate care and the strength of relationships. The constants of dignity, connection and belonging guide us through change, strengthened by the unstoppable compassion that defines our community. At Brantford's largest not-for-profit long-term care home inspired by the mission of the Sisters of St. Joseph, we are proud to deliver care rooted in empathy, kindness and respect.

As we welcome autumn let us continue to celebrate the joy found in everyday moments and the comfort that comes from being part of a caring community.



Residents discover pride and purpose through gardening

Over the summer, our special care gardens have become more than a backdrop. They are places where residents find joy, creativity and connection thanks to the horticultural therapy (HT) program led by recreation therapist **Karyn Roswell**.

Residents now care for plants, collect flowers for pressing and enjoy time outdoors under the gazebo. The special care garden has become a space for relaxation, conversation and appreciation of nature.

“Residents have been taking ownership of the garden,” Karyn says. “They water, weed and look forward to harvesting the tomato crop in the fall. Many have already been enjoyed straight off the vine.”

The program also nurtures creativity. Throughout summer, residents made suncatchers with pressed flowers and foliage gathered throughout the season. On Lilac Lane, individual plant-care visits allow residents to tend greenery in their rooms and share progress with neighbours.

For resident **Michael McGraw**, gardening is both familiar and rewarding. “I have plants in my room and I like planting them too. You get your hands dirty and then clean up. It feels good,” he says. Watching his plants thrive has given him pride. “I feel better after I see them growing. It wakes you up and then you can say, ‘See that plant there? I planted that.’”

Michael also recalls a favourite moment. “I like the tomatoes. And the roses, we have one that is red and white. The nurses even brought some inside. That was nice.”

Looking ahead, Karyn plans to expand the program by growing herbs for the kitchen. It will be another way for residents to see the results of their efforts enjoyed by all.



SJLCB horticultural therapist Lynn Leach (right) with residents



Michael proudly shows off his plants

NOTABLE DATES

OCTOBER



20 Diwali



13 Thanksgiving



31 Halloween



Stay informed and involved

- Check the Family Information Board on the ground floor, near the elevator, for Council news and updates.
- Join Family Council to stay updated on what's happening at St. Joseph's Lifecare Centre, hear reports and guest speakers from the SJLC Management Team, and provide input on decisions that affect residents. You'll also have a chance to meet other residents and families in a friendly, welcoming setting. Meetings run about 90 minutes.

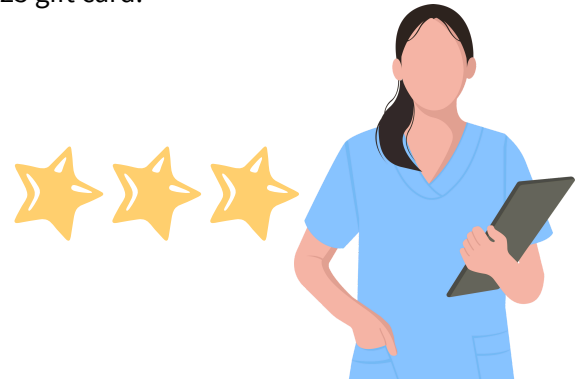
For more information, contact Michelle (Chair) at 519-802-2951, Sally (Treasurer) at 519-753-2063, or email sjlcfamilycouncil@gmail.com



Recognizing the SJLC team

Family Council is pleased to support the Star of the Month program (see page 4), an employee recognition initiative that invites residents, families and staff to nominate colleagues who make a meaningful difference to the emotional, physical or spiritual well-being of others.

Each month, the SJLC WE Team selects a winner. Starting in September, Family Council began presenting the honouree with a \$25 gift card.



Reminder

- Family and Council information is displayed on the television screens on each floor near the elevators.
- With cooler weather on the way, families are encouraged to swap out seasonal clothing and make sure all items are labelled. When bringing in clothing or hats, please place them in a bag clearly marked with your family member's name and drop it off at Reception. Reception will take care of the paperwork, send items for labelling, and ensure they are returned to your family member's room before use.

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

Upcoming Council Activities

Tuesday, Oct. 21, 1 p.m. (time changed)
Boardroom (Level 4)
(Enter elevator code 9900*, then press 4).

Family Council Meeting - All family members are welcome! Guests include Andy Lipiec, SJLC Facilities Manager, who will share updates on codes and fire plans; and Chitra Jacob, SJLC Manager of Quality, Innovation and Learning, who will discuss the 2025 family satisfaction survey results. Cindy Perrodou, SJLC Administrator, will also attend.

Sunday, Oct. 26, 1:30 p.m.
McMillen Hall (Level 1)

Resident and Family Halloween Social - Bring your loved one and join the fun! There will be prizes for the best-dressed resident and family member, refreshments and lots of laughter - a perfect chance to connect with others.

Saturday, Nov. 15, 9 a.m. - 2 p.m.
Ground Floor & Level 1

Annual Christmas Bazaar - Family Council will host a raffle table to help fund its activities and commitments. Individual and corporate donations are greatly appreciated. *To donate or ask questions, please email sjlcfamilycouncil@gmail.com.*

Thanksgiving Menu

This Thanksgiving, our residents will gather for a traditional holiday meal prepared with care by our Nutritional Management Services team. The menu celebrates the season and the comfort of sharing food together.

Menu highlights:

- Roast turkey
- Stuffing
- Cranberry sauce
- Mashed Potatoes
- Turnip



We wish all residents and families a happy Thanksgiving filled with warmth and connection!

Gazebo in the courtyard

A new gazebo has taken shape in the Level 1 courtyard. It's a thoughtful addition made possible through the generosity of our Resident and Family Councils. Their support brought this shared vision to life and created a welcoming space for residents, families and staff to gather and connect.

Already the gazebo is weaving itself into everyday moments. One morning, resident Michael and PSW Ive shared a laugh beneath its beams, a simple joyful scene that captures exactly what this space was meant to nurture.

To our Resident and Family Councils, thank you. Your dedication continues to make our home warmer, more vibrant and more connected.



Star of the Month

Congratulations to
JEFF STEED
Personal Support Worker



Nominated by family member
Lily Cornwell

She shared: "Jeff is a very pleasant and friendly PSW who brings a cheerful presence to his work. He greets residents by name and responds to their needs and requests, even when the demands are many. Jeff exudes contentment and demonstrates a positive work ethic, always willing to assist both residents and co-workers."

Thank you, Jeff, 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!**



www.facebook.com/StJoesBrantford



[@stjoesbrantford](https://www.instagram.com/stjoesbrantford)

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](#)