

ST. JOSEPH'S LIFECARE CENTRE BRANTFORD

# RESIDENT FAMILY NEWSLETTER



## Summer Moments in Motion

**Shelley Murray**  
Life Enrichment Manager



There is a special kind of energy that summer brings. More time outdoors, more reasons to gather, and more chances to simply enjoy the moment. This season, it has been a joy to see residents soaking up that energy, from admiring vintage cars at our recent show to dancing at garden parties, enjoying ice cream truck visits, and relaxing during sunny afternoon BBQs. Their smiles and laughter say it all.

While these moments may seem simple, they reflect the thoughtful work happening behind the scenes. Our Physiotherapy and Restorative teams play a key role in making sure residents can safely join in. From personalized care plans to safe mobility strategies, they help each resident stay active and engaged in ways that match their needs and preferences.

As we continue to enjoy the season, we would like to share a few friendly reminders to help keep everyone safe:

- Please ensure footrests are always in place when a resident is in a wheelchair, even for short distances, to reduce the risk of injury.
- If a resident requires mobility equipment such as a walker or wheelchair, we ask that families provide a properly fitted device. Equipment supplied by the home is intended for short-term use only.

If you have questions about mobility support or equipment, please feel free to reach out. Our team is always happy to help ensure every resident can enjoy the sunshine, movement, and meaningful moments that summer brings.







## resident spotlight series

# Maurice and Maisey Muller

## A Life of Faith, Family and Quiet Adventure



At first glance, Maurice and Maisey might seem like any other couple at St. Joseph's Lifecare Centre. But behind their gentle smiles are decades of faith, family, and a life lived with quiet determination across continents.

Now in their later years, they aren't quick to speak of accomplishments. When asked what they're proud of, Maisey paused. "I think I'd rather say what we're thankful for," she reflected. Maurice agreed. "We've been given 64 years together. That's a gift."

That gratitude has been shaped by a life that began in different corners of the world, yet with one unexpected thing in common. Both Maurice and Maisey grew up as the only child in their families.

Maisey grew up in Windsor, Ont., the daughter of a physician and a former teacher. Her childhood memories are filled with walks to Victoria Public School and the steady presence of her family. At a young age, illness kept her from school for a year, but she recovered, earned a scholarship to Alma College in St. Thomas, and later trained as a nurse at McMaster University.

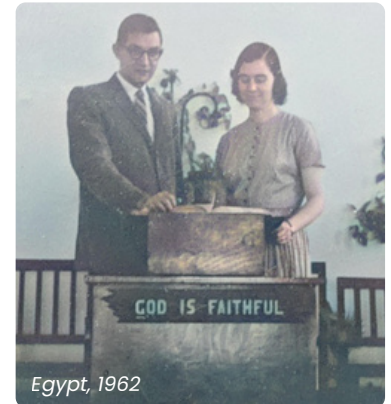
It was at McMaster that Maisey's faith became her own. "It wasn't just what I inherited," she said. "It became personal."

Maurice's story begins further away. His father was from Switzerland and his mother from France. Raised in Toronto, he recalls how his parents, with their European accents, often felt out of place. Books became his escape and his inspiration. "Stories of people, mission work, they influenced my life," he said.

That inspiration took him to Upper Egypt to help administer a girls' school. His work overseas brought him home briefly to Toronto, where he met Maisey at a youth conference. She was working as a nurse, caring for her ailing father. Their connection was immediate, their intentions clear.

"I decided when I married, I'd marry someone with Canadian roots," Maurice said, smiling.

After a brief but meaningful courtship, they married, and Maurice returned to Egypt, where he would spend a total of 15 years working in education. Maisey later joined him, and their three daughters were born there during the last five of those years.



Life abroad brought its share of challenges – learning Arabic, navigating cultural differences. But it also shaped their outlook. "You come to appreciate what's good in another culture," Maisey said. "It's not about comparing, it's about understanding."

That experience left a lasting mark on their family. Two of their daughters later chose to live or work in international communities. While their third daughter followed a path of service close to home, working with children's aid here in Brantford.

Now, as residents of St. Joseph's, Maurice and Maisey are quietly settling into their latest chapter. They appreciate the diversity among the staff and residents. "We feel welcome here," Maisey said simply.

In a world that moves quickly, their story is a reminder that a life well lived isn't measured in headlines, but in faith, service, and the small moments shared along the way.

## Every life is a story

At St. Joseph's Lifecare Centre, we believe every life is a story.

## 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.](#)

## You're Invited to Join Your Family Council!

We welcome all family members, friends and caregivers of St. Joseph's Lifecare Centre residents to our monthly meetings. Bring your questions, ideas or simply come to learn how to get involved.

We are a caregiver-led, autonomous group and part of the Family Councils of Ontario. Our shared goal is to promote the health and well-being, welfare, quality of life and happiness of every resident. Meetings offer peer support, a place to share experiences and a forum to work with the home on ideas and improvements, helping strengthen resident-centred care in our community.

### What is GPA training?

At a recent Family Council meeting, Cindy Perrodou, St. Joseph's long-term care administrator, explained the Gentle Persuasive Approach (GPA) and how it benefits residents. GPA teaches staff non-pharmacological ways to respond thoughtfully to resident behaviours.

With support from the Alzheimer's Society, two St. Joseph's staff members are currently being trained as GPA coaches. This will enable St. Joseph's to train more staff within the home, and Cindy has confirmed that all staff will receive this training. We also welcomed Sandra Mallett, St. Joseph's BSO therapeutic advisor and GPA coach.



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

### REMINDERS

- **Sign In:** Please remember to sign in when visiting your loved ones.
- **New Fall Clothing:** If bringing new fall clothes for your family, bring in a bag and request a labelling form at reception to ensure proper labelling before delivery to their room. [Label form link here](#)
- **Pet Visits:** Contact St. Joseph's Life Enrichment Manager Shelley Murray at smurray@sjltc.ca or 519-751-7096 ext. 3315. Registration and up-to-date vaccination proof are required.
- **IPAC:** The Infection Prevention and Control team is seeking a Family Council member to represent the council and family members at their monthly meetings. For questions or to get involved, contact St. Joseph's IPAC manager Katrina Marques at kmarques@sjltc.ca or 519-751-7096 ext. 3217.

### Connect With Us

For questions, suggestions, or to get involved, please email [sjlcfamilycouncil@gmail.com](mailto: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

### July Vintage Car Show

*Thank you!*

*Huge thanks to all family members who donated raffle gifts and joined us with their loved ones for a fun day.*

## Upcoming Council Activities

Tuesday, August 19, 1:30 p.m.  
Boardroom (Level 4)

**Family Council Meeting** – The meetings keep families informed, provide updates on protocols, and offer a chance to give feedback and share ideas with St. Joseph's administration.

Sunday, August 24, 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 Jeff Dawdy in August and Jack Coulson in September.

Sunday, September 21 (same time & venue)

## Supporting Residents with Dementia: Meet Sandra Mallett

We're pleased to introduce Sandra Mallett, who joined our long-term care team this spring as our new BSO Therapeutic Advisor. Sandra brings over 30 years of experience supporting individuals living with dementia and cognitive changes, including time spent in retirement homes, long-term care, hospitals, and with the Alzheimer Society.

In her role, Sandra works alongside our staff to strengthen the support we offer residents through coaching, education, and hands-on guidance. Her approach is rooted in empathy, patience, and a deep understanding of how dementia affects each person differently.

Whether she is offering tips during a team huddle or gently helping a resident through a challenging moment, Sandra is already becoming a trusted presence in our home.

**"Sandra has a natural ability to meet people where they are, with empathy, patience and deep understanding. She's become a trusted resource for our team and a calm, steady presence for our residents and families."**

**— Shelley Murray, SJLC Life Enrichment Manager**

Sandra is also passionate about helping caregivers better understand and respond to behavior changes. One of her key reminders is: **Before reacting to a behavior, pause and ask – What might this person be trying to tell me?**

Often, these moments are ways of expressing unmet needs, and with a little insight, we can respond more compassionately and effectively.

We're grateful to have Sandra with us at St. Joseph's, helping us create a calm, supportive environment where residents living with dementia feel safe, seen, and understood.



### Staff Updates: Supporting Resident Care with New and Familiar Faces

We're pleased to share some staff updates at St. Joseph's Lifecare Centre Brantford that support our commitment to compassionate, person-centred care.

Julianne Koehler has joined as full-time registered dietitian, Angela Patel is our new food services manager, and Maddison Vivian is our new food services supervisor. Bill Bonifacio is now senior manager of clinical practice and privacy, and Candice Lawrence has stepped into the housekeeping and facilities IPAC supervisor role.

We also welcome Sandra Mallett, BSO therapeutic advisor, and Grace Lockhart, supervisor of health, safety and wellness.

Additionally, Laura McEachern, our nurse practitioner, left on Aug. 8, 2025. We are actively recruiting to fill this role and will keep residents and families updated.

Please join us in welcoming and congratulating our dedicated team members.

## Stars of the Month

Congratulations to

**KIRANJOT AND  
PAWANJOT BAINS**  
SJLC Recreation Team



Nominated by Paulett Hosang  
and Joanne Costa, PSW

They shared: *"They consistently demonstrate respect and compassion toward all residents, encouraging independence while showing remarkable patience in every situation. They make sure everyone feels included in activities and thoughtfully assist with portering residents in and out of the dining room. Their kindness and dedication make a meaningful difference at St. Joe's."*

Thank you, Kiran and Pawan,  
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](https://www.facebook.com/StJoesBrantford)



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



## Seniors Month 2025 Highlights

June was a special time at St. Joseph's Lifecare Centre as we celebrated Seniors Month with a full calendar of fun, connection, and care. Our residents embraced the month's theme by staying active, engaged, and surrounded by community.

The Rec Therapy team organized a variety of events that brought smiles and laughter to the halls. From spirited games of bocce and swat ball to a lively Elvis serenade, there was something for everyone. One of the highlights was the "Dad & Dogs" cookout, which combined great food with good company, creating memorable moments for all who attended.

As the month drew to a close, residents enjoyed an Ice Cream Afternoon followed by Carnival Day featuring classic games, cotton candy, and popcorn. Doug the

Great amazed everyone with his magic tricks and Wally Mags had the crowd dancing and singing at the Country Party. We also gathered for our traditional Canadian Strawberry Social, a sweet way to celebrate community, music, and laughter together.

These events are more than entertainment. They are an essential part of the compassionate, person-centred care that defines life at St. Joseph's Lifecare Centre. They help our residents stay connected, active, and joyful every day.

A heartfelt thank you goes to our incredible Recreation Therapy team for their creativity and dedication in making Seniors Month so meaningful. We look forward to many more opportunities to create special moments together throughout the year.



View more photos on [Facebook](#)



## Vintage Car Show Brings Smiles and Summer Fun

The sun was shining and the energy was high as residents, staff, families, and community members gathered at St. Joseph's Lifecare Centre for this year's Vintage Car Show on July 17.

Organized in partnership with the Family Council, the event featured a beautiful display of classic cars, along with vendor booths, a summer BBQ, raffle draws, and 50/50 tickets. It was a wonderful opportunity for residents to enjoy nostalgic sights, reconnect with others, and take in the lively atmosphere.

Staff and volunteers helped make the day extra special by welcoming guests, sharing stories, and ensuring everyone felt part of the fun. Proceeds from the event will support resident programs at SJLC.

We extend a warm thank you to the Family Council, the vintage car owners, community vendors, volunteers, and everyone who helped bring this joyful day to life.



View more photos from the show on [Facebook](#)



Joseph has always been known for his love of music, especially playing the fiddle. He has a gift for storytelling and a great sense of humour, often bringing a smile to those around him with his jokes. His warm, welcoming spirit and love of company have made many memories over the years and we're so lucky to celebrate this special moment with him.

Wishing you a wonderful 100th, Joseph!



## Honouring Indigenous Culture and Connection

In June, as part of both National Indigenous History Month and Seniors Month, residents and staff came together to celebrate Indigenous heritage, traditions, and community in a vibrant event.

The celebration featured live performances by Trinity, Paityn, and Jess. They shared the Smoke Dance and Shuffle Dance through storytelling and movement that brought powerful meaning to the day. It was especially meaningful to welcome back Trinity and Paityn, both former high school co-op students at SJLC.

For lunch, residents enjoyed Indian tacos made with care by Jen from our Nutrition team. The recipe was a treasured family tradition passed down from Sharon's great-grandmother. Sharon, who is part of our Housekeeping team, and Ashley, a dietary aide who is also proudly Indigenous, shared stories and experiences with residents during the meal.

The food was served on custom placemats designed by our team, featuring Indigenous artwork to honour the spirit of the celebration throughout the month.

We thank everyone who helped make this day so special for our community.



View more photos on [Facebook](#)

## Supporting the Next Generation of Caregivers

At St. Joseph's Lifecare Centre Brantford, we take pride in welcoming Personal Support Worker (PSW) students into our community. Through hands-on placements, students gain real-world experience while working alongside our dedicated team.

Our staff preceptors complete specialized training to provide meaningful guidance, helping students build confidence and compassion in their care.

By investing in education and mentorship, we're not only shaping skilled caregivers but also strengthening the care our residents receive every day.



Bill Bonifacio (center), SJLCB Senior Manager, Clinical Practice and Privacy, alongside PSW students completing their placement.



# Summer BARBECUE

## EVERY WEDNESDAY

Aug 6: Ground | Aug 13: Level 2 | Aug 20: Level 1 | Aug 27: Level 3

We're pleased to offer the following upgraded meals to residents during our August lunchtime BBQs:

- Entrée - Steak or Chicken Breast
- Side Dish - Baked Potato with Sour Cream and Butter & Corn on the Cob
- Dessert - Peaches with Vanilla Ice Cream

Family Members: \$10 per person

Please confirm all orders by Friday before the BBQ.



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## 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!

### NOTABLE DATES

August



30 National Grief  
Awareness Day

September



01 Labour  
Day



07 Grandparents'  
Day