

MESSAGE FROM THE CEO | PATRICK GILLESPIE

The warming winds have arrived and on behalf of the Home and the Board, I wish everyone a safe and fun-filled Summer.

We have many projects currently underway at the Home. To help keep you updated, we will be setting up a PROJECT UPDATES board to the right of the main lobby elevators. Please visit it for regular reports.

I would also like to thank Residents and families who have completed this year's satisfaction survey. We have received a phenomenal response. Results to follow soon.

All the best,
Patrick Gillespie, CEO



OUR WEBSITE AND E-MAIL ADDRESSES ARE CHANGING



St. Joseph's at Fleming is in the process of updating our website, domain name and e-mail addresses.

Our website has changed from stjosephsatfleming.com to **SJFLTC.com** and is now live. Currently, a temporary web page is up. The new one will be completed in the Autumn. Stay tuned for more information.

We will also be changing our email extensions from firstname.lastname@stjosephsatfleming.com to firstname.lastname@sjfltc.com. Please stay tuned for further updates as to this changeover.

NEW BOARD CHAIR

Please join me in welcoming our new Board Chair, Joanne Carroll-Seabrook, and our new Board Vice Chair, Janie McGee. Both Joanne and Janie have represented the Home exceptionally in their past rolls on the Board: Joanne as Vice Chair and our Catholic Health Sponsors of Ontario representative; and Janie as volunteer and Board Committee Chair. We look forward to their leadership in helping to carry on the tradition, mission, vision and values that is St. Joseph's at Fleming.

On behalf of our Board and Home, I would also like to extend a personal thank-you to our exiting Chair, John Burbidge. John took over as Board Chair during a difficult time for the Home. His leadership, compassion and dedication to the Residents, Employees and Board of St. Joseph's at Fleming has moved this Home forward in a positive light, and ensured quality care, commitment and respect is at the forefront of all we do. Congratulations John and we look forward to your continued contributions in your new role as a sitting Board Director.

MESSAGE FROM RESIDENT COUNCIL

Executive

President: John Gray
Treasurer: Eleanor Farrell
Secretary: Jean Welbourn

Meeting are held on Fridays starting at 10:30 a.m. in the IHA Class Room. The following are the remaining dates for this year:

- August 5
- September 9
- October 7
- November 4
- December 9

On behalf of the Resident Council, have a wonderful Summer.

John Gray, President

A TRIBUTE TO ART MILLWARD

While Art resided at St. Joseph's at Fleming, he touched the hearts of many. He was an active resident delivering the mail and newspapers visiting many people at the Home on a daily basis. He was the President of the Resident Council ensuring the needs of the residents were at the forefront. Art was a caring and giving person - a friend to everyone he met. He was the first Mayor of St. Joseph's at Fleming and wore his badge with honour. He will truly be missed by everyone.

A tribute book will be put in the staff room for your kind words about Art. A Celebration of Life will take place in September.



NURSING SERVICES | CATHY LESSARD

Beginning on June 28, 2016, the Long Term Care Best Practice Consultant from the Registered Nurses Association of Ontario (RNAO) will be working with the Home to ensure that all of our programs are up-to-date and meet current Best Practice Guidelines. The role will assist us with the implementation of any necessary changes. This project will take place over the next three years. Initially, assistance will be with the Falls Reduction Program and the Restraint Minimization Program, then Pain and Symptom Management Program.

Currently our Restraint Minimization Project is underway and has been experiencing some successes to reduce the Homes use of restraints by utilizing alternative measures to Restraint.

In July 2016 a new Pharmacy Committee will be formed to review pill burden reduction, the use of psychotropic medications and other medications related to our Resident population.

We are proud to announce that Amy Baker, Home Area Manager of Hilltop and Creekside has received her Masters degree in Health Studies. Amy will be returning to work on July 25, 2016. Congratulations on behalf of all of our Residents and Staff.



AMY BAKER

INFECTION CONTROL

The Infection Control Committee sends a special thank you to all Residents, staff and visitors for the swift resolution of our Respiratory Outbreak in January. We were in outbreak status for about three weeks. The outbreak was caused by the Respiratory syncytial virus, a virus that can have serious consequences in the very young and the very old.

ENVIRONMENTAL SERVICES | TERRY JONES

Summer continues to be a very busy time for our Laundry, Housekeeping and Maintenance teams.

Our Lost and Found event on June 9th held alongside the J&B Clothing Sale, was a huge success! Thank you to our laundry staff who helped organize, box up, redistribute and label all new and reclaimed items. We will see you in the Fall when you come by to shop the next sale.

The Home scheduled additional staff throughout the first two weeks of June to clean all internal windows and screens in our Home. This coincided with our outside window cleaning contract into early July.

Our Maintenance Crew - Frank, Jeff, and Shawn, have been working hard on a number of projects throughout the Home. Their in-house service is unbeatable. Continued efforts throughout our Home are truly appreciated!

On behalf of the Environmental Team, I would like to wish all our Residents, families and staff a safe and happy Summer.

Projects On the Go:

- Catch basin and parking lot repair
- Front entrance redesign
- Lower level garden entrance renovation
- Furniture upgrades
- Security upgrades
- IT upgrades
- Mechanical systems upgrades

RECREATION AND THERAPY | VICKI BELL

Back in 1963, Nat King Cole's song "Roll out those lazy-hazy-days of Summer" was a big hit. And to help roll out Summer, the Recreation Department planned several events for your enjoyment.

On June 30th to celebrate Canada's 149 birthday, we teamed up with our Auxiliary and enjoyed freshly picked strawberries with cake and whipped cream while watching a video of our wonderfully diverse country.

Come to the auditorium on Thursday afternoons over the summer for ice cream treats and entertainers such as Joe Simpson, Rick & Gaillie, Randy Read, 2 Johns and a Bob, The Mundell Family, Knightshift (a local swing/jazz band). On one afternoon, several animals will visit us from the every-popular Zoo to You. On another Thursday afternoon, we'll be watching a video of Canada's own RCMP Musical Ride.

We are also planning another dance, Fair and annual bowling tournament.

Be watching on the daily boards for ice cream socials, picnics, tours of the gardens and some local excursions to Tim Horton's.

Thanks to a special Service Canada Program, three students will join us for July and August. In addition, we are looking forward to some teenage Volunteers helping with all our fun summer activities.

Just like the last line of Nat King Cole's son, "You'll wish that Summer could always be here." Have a great Summer everyone!

PASTORAL CARE | BARBARA RATZ

The Palliative Committee will be having an informal education session on a variety of topics in the evening on Tuesday September 20. This will be for Residents, families and staff.

As well, the Home continues to offer a variety of services and functions to meet the Spiritual needs of all our Residents. In fact, the Home is in discussion with His Excellency, Bishop McGrattan for more clergy assistance and functions.

If you have any questions or special requests, please contact Barbara Ratz at the Pastoral Office (Extension 3019).

A SPECIAL LEARNING PARTNERSHIP WITH FLEMING COLLEGE

On April 13 St. Joseph's at Fleming hosted a celebration of a unique intergenerational partnership with Fleming College. For several weeks leading up to the event, some residents were visited weekly for 30 minutes by a Social Service Worker student as part of their Working with Older Adults course. The end result was a great experience for both residents and students. In the photo above is John Gray, Resident Council President and a student reading over the many positive and interesting comments posted.



Here is a sampling:

- Loved talking with the students.
- Had a lot of fun with the students.
- The students made me think about my life, and that is a good thing.
- Really enjoyed getting to know the students and feel they are friends.
- The students had a gift of listening.
- The visits were like therapy.
- The students brightened my day.
- The students didn't hold back anything when sharing, and I didn't either.
- Enjoyed the experience and would do it again.

This is a partnership that takes place more than once a year. In fact, another class of SSW Students is currently visiting with residents until early August.

Thank you Residents of St. Joseph's at Fleming for helping with the education of these College students. Well done!

NUTRITION SERVICES | KENDRA JACKSON

When it comes to your Nutrition... lasting changes are the only ones that make a difference! No matter what time of year it is, you can start putting these tips into practice, building on each week for sustainable changes that will improve your health for the long term!

Week 1: Getting Ready!

To begin getting ready to take the nutrition challenge, you can start by preparing your grocery list using Canada's Food Guide. Try to plan your meals in advance for this week by thinking ahead!

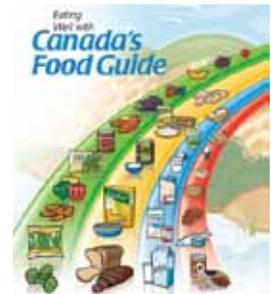


Week 2: Quality Counts!

Make sure to always be choosing nutrient-rich foods when grocery shopping. Focus on purchasing plenty of fruits and vegetables, whole grain products, lean meats and low-fat milk products. By shopping for foods more in the perimeter of the grocery store and less in the aisles, you will fill your basket with whole, nutritious foods and less processed and refined foods.

Week 3: Prioritize Portion Size!

Proper portion sizes are crucial to keep your caloric intake under control, while also making sure you are receiving enough nutrients. Use Canada's Food Guide as a reference for proper portion sizes!



Week 4: Try Something New!

Stepping out of your comfort zone can be scary, but by trying something different you could find a new favourite snack! Consider:

- Adding flax seeds to your yogurt for added fiber and nutrients
- Choosing a new fruit or vegetable when grocery shopping

Week 5: Make it Stick!

Nutrition is important all year-round. Small manageable changes to your diet can have a huge impact on your health. Make your new healthy changes a habit!



ADMINISTRATIVE SERVICES | CAROL RODD

Just a reminder that the new MOHLTC rates have come out. Please contact Nancy Best in our Business Office if you have any questions. We would also like to remind Residents and families to ensure your Trust Account has a sufficient balance at all times.

Please join us in "Officially" welcoming:

- Matthew Boyles - Financial Analyst - a member of the Operation Team
- Mark Firestone - Social Service Worker - a member of the Nursing Team

There are two individuals you already know who have been working here for some time. They have started new positions here.

- Vicki Barrow - Manager of Strategy and Special Projects
- Vicki Bell - Supervisor of Recreation & Therapy - a member of the Operation Team

MESSAGE FROM CUPE

The year 1976 and the month of June was the year that two co-workers started working at Marycrest now known as St. Josephs at Fleming.

Karen Kelly started 40 years ago, June 2, 1976 and works in Housekeeping,

Frank Benincasa started 40 years ago on June 26th, 1976 and works in Maintenance.

Please extend your congratulations to both Karen and Frank as you meet them throughout your workday.

CUPE would like to congratulate them on their 40 year anniversary, quite a milestone!

Again, CONGRATULATIONS Karen and Frank on your 40 years of service in the workplace!



VOLUNTEERS | CAROL BURTON

Seven of our St. Joseph's at Fleming volunteers were honoured at the provincial nominated volunteers ceremony in May for their years of service. Congratulations to our recipients.



COLLEEN
BREAKENRIDGE

LISA
BUTLER

JUNE
MURDOCH

JEFF
LEAL

BEV
ROBINSON

JOANNE
BROWN

ABSENT FROM THE PICTURE WAS HELEN JENSEN

St. Joseph's at Fleming also hosted a Royal Volunteer Tea luncheon on June 8th to celebrate our dedicated loyal volunteers.

We thank each of you for your consistent and devoted hours spent with our Residents. We are sincerely blessed to have great Volunteers!



KELLY GELLATLY

CAROL BURTON

The Auxiliary hosted a successful Mothers' and Fathers' Day Celebration, and a Strawberry Social this past Spring.

The Home would like to thank the Auxiliary for their generous cheque for \$1,000 to assist the Residents with their summer projects. Events like their bake sales and Share the Wealth tickets help to raise funds for services and programs for the Residents.



MARY SMITH

CAROL RODD

The Auxiliary will be busy planning for the Fall Bazaar and Bake Sale to be held on Saturday, October 1st from 1:00 to 3:00 pm. This is a very important fund raising event and we would appreciate all the help that we can get.

Wishing everyone a safe and happy Summer.

A SPECIAL POEM

A special poem for all who are new,
A special welcome to all of you.
A special smile to all with milestones,
A special cheer for how much you've grown.
A special thank you to all here now,
A special note for what you do so well.
A special nod, to all no longer here,
Missed and remembered, you remain dear.

GRAND OPENING OF OUR RESIDENT ACCESSIBILITY SENSORY PATH

I am very proud and happy to report that our path will be completed ahead of schedule, and our Grand Opening will be Tuesday, August 23 1:30pm-3:30pm (rain or shine).

As you may recall, in 2015 we applied for and were awarded a \$31,000 Federal Enabling Accessibility in Communities Grant for the creation of an external path - Phase 2 of our garden beautification project which began with the opening of St. Joseph's at Fleming.

The paving is completed and once we get the last of the safety fencing up, Residents, employees and families are invited to come out and enjoy a walk throughout the beautiful gardens and grounds. Come sit in our four gazebos; enjoy a conversation among the sweet smells of our many flowers; entertain your senses at our Resident Sensory Stations; or get out for some good old fashion exercise.

This has been a long time coming. We have stunning grounds here at St. Joseph's. Please explore, enjoy and feel free to give us your ideas for more resident sensory stations, more gardens and just your overall feedback.

