



NEWSLETTER

SUMMER 2017

MESSAGE FROM PATRICK GILLESPIE - CEO

Summer is finally here and I hope you will have the chance to enjoy the many activities and events the Home has planned. Canada 150 celebrations are well underway and I've no doubt we will be in for a treat. The Home continues with its capital upgrades and is working closely with our Foundation to invest in our future. Our Resident and Family Survey will be going out shortly.

Thank you to ALL those who participate and provide us feedback. Your suggestions and answers are key to helping us improve what we do here. I am also happy to report that the Resident's Sensory Path is open again. I encourage everyone to enjoy the wonderful gardens and pond.

On behalf of the Board, myself and the Home, we wish each and everyone a warm and blessed summer.

ST. JOSEPH'S AT FLEMING FOUNDATION - JIM COGLAN, PRESIDENT

The members of the Board of St. Joseph's at Fleming Foundation are pleased to welcome Wayne Godward to the Board. Wayne spent nearly four decades with the Bank of Montreal in several senior positions including a number of years working on mergers and acquisitions for the bank in the U.S.

Wayne joins charter member Janet Honsberger, Sister June Nash, who represents the Sisters of St. Joseph, Mary Smith, also President of the Auxiliary and a member of the Home Board, Ruth Stedall, Nursing Alumnus, and Lyn Kimmitt and Chuck Piercy, both former bank executives, along with myself.

The Board has recently engaged the services of a Consultant, the costs of which will be underwritten by a generous donation. The Consultant will be spending a number of months speaking with past and potential Donors, Staff, Residents, Family members, and the community at large to gauge the Foundation's readiness to begin active fundraising for some of the Home's needs for capital improvements and enhancements...all with the care and comfort of our Residents in mind. Stay tuned.

FAMILY CIRCLE

Family Circle is a group of friends and relatives of residents at St. Joseph's at Fleming. We meet the fourth Friday of each month at 10 a.m. in the Board Room except for July, August and December. Our role is to give the families of residents a voice, encouragement, support, education and information. The Family Circle gives families a chance to express their ideas and concerns and to work for positive change.

Need to talk? Want to join Family Circle? We welcome your ideas, information, and concerns. Please contact Peter or Rita Michielsen at 705-750-0050, or E-Mail peterandrita@cogeco.ca



NEWS FROM RESIDENTS' COUNCIL

Your Residents' Council has been experiencing some changes the past few months with the resignations of Eleanor Farrell, Treasurer, in February and John Gray, President, in May. Their sense of responsibility, hard work and dedication in support of the vital role of Residents' Councils in advocating for positive changes for the benefit of all residents in the Home, has been outstanding. Their resignations do not mean dissatisfaction with Residents' Council but rather a need for some well-earned relaxation and leisure time. A sincere thank you to Eleanor and John for their generous sharing of time and wisdom.

This Spring, the Executive and Members-at-Large watched an Ontario Association of Residents' Council (OARC) webinar titled Transitioning to a Shared Leadership Model. They learned that more and more Residents' Councils have been experiencing similar changes, and that a good solution has been to adopt a shared leadership team with no executive positions. Over 50% of Ontario Residents' Councils have changed to this model and found it to be very successful and beneficial. At the June 2017 Council meeting there was a vote and agreement to trial this model for a period of four months, and then evaluate.

For this trial period, the Leadership Team will consist of (listed alphabetically): Kim Blodgett, Penny Dalrymple-Alford, John Gray, Muriel Harris, Ray Irvine, Linda Nelson, Matthew Post, and Jean Welbourn. Vicki Bell will continue in her role as Staff Assistant to the Council. Kim Blodgett has agreed to continue with financial bookkeeping duties. This is an exciting time for the Council to grow and work collectively on behalf of all residents in the Home.

The Residents' Council thanks everyone for their support at May's Plant Sale at the Greenhouse which raised \$690.85. The money will be used to support various projects including the winter Cafés, and supplies for the Greenhouse. A special thanks to John Gray for sharing his green thumb with us. His wonderful geraniums growing in the Greenhouse all winter brightened our days, and in the summer make a very beautiful welcome to the main entrance.



Speaking of the monthly Cafés at the Greenhouse, currently the Residents' Council sponsors the winter ones and the Recreation Department sponsors the remaining ones. If you've never been to one of these, please come and enjoy a complimentary hot chocolate (requested by residents), Tim Horton's coffee and Timbits. They are held in the foyer outside the Greenhouse which is transformed into a patio-like venue where there is lots of friendly mixing and mingling by residents, families and staff. It's a wonderful St. Joseph's at Fleming community gathering where you can enjoy a treat and get to know some of your neighbours.

THE AUXILIARY – MARY SMITH, PRESIDENT



St. Joseph's at Fleming Auxiliary are pleased to report another successful Fathers Day Bake Sale and Share the Wealth Draw on Friday, June 16th 2017. The Auxiliary provided two draw prizes in the form of Gift Bags. We sincerely thank you for the continued support for our events and programs. (Photo Left - Mary presented a \$1,000 cheque to Vicki Bell). These funds given to St. Joseph's At Fleming Recreation



Department that will be used to purchase silk flower arrangements, enhancing the decor of each Resident Home area living room areas.

On June 30th 2017, the Auxiliary will be hosting our Annual Strawberry Social that will coincide with the celebration of Canada Day. There will also be a Bazaar and Bake sale on October 7th from 1 – 3:30 pm. On behalf of the Auxiliary members, best wishes are sent to everyone at St. Joseph's at Fleming for a very safe and pleasant summer season.

NURSING - CATHY LESSARD

JoAnne Stone Home Area Manager will be absent from her position for a period of time. Please join us in welcoming Julie Ross RN. She has extensive Long Term Care and Administrative background and is pleased to be joining our Team. Julie will be the Manager responsible for Pathway and Woodland areas until JoAnne's return.

A NEW STANDARD IN SKIN TEAR MANAGEMENT

Fleming has engaged Medline for Wound Care Products?

Skin Tears:

- 1) Skin tear prevalence in long term care is as high as 22%.
- 2) The International Skin Tear Advisory Panel has established recommendations for each type based on Best Practice Recommendations (RNAO. 2016).
- 3) Skin Tears require staging to determine appropriate measures for healing.
- 4) Consistency in product selection, ensure positive wound resolution and decrease costs of products.
- 5) Skin Tear Kits provided through Medline - each kit is designed for the assessed stage of skin tear and contains all the needed equipment with step by step instructions printed on the kit.

A New Product Marathon: for Stage One Skin Tears

- Designed to protect against the effects of friction and moisture.
- Forms a flexible and remarkably strong protective layer over intact or damaged skin.
- Applies as a liquid and dries to a film in 30 seconds



SPOTLIGHT ON SERVICES – DID YOU KNOW:

St. Joseph's at Fleming has a preferred vendor agreement with Motion Specialties in return for regular cleaning, maintenance and safety checks of all mobility equipment in the Home.

The Home has equipment available for general Short-Term use but, mobility and seating needs are best assessed by an appropriate physiotherapist (authorized by ADP) in order to maximize the safety and comfort of the resident. If a customized mobility or seating device is recommended the resident or POA shall be asked for their choice of vendor.

HEALTHCARE WORKERS APPRECIATION WEEK AS A TEAM WE ARE STRONG

Many thanks for to the following generous contributors for prize draw donations which included Tim cards, Starbuck cards, Dining cards, Beer cards, and Tap set – Medline, Prevail, Summit Mechanical, Guillevin International, EMCO, Medical Pharmacy and Residents' Council. Congratulations to our lucky winners.

MANDATORY FIRE TRAINING

Types of fires:

- A – Trash/Wood/Paper
- B – Liquids
- C – Electrical

Remember P.A.S.S.

- P – Pull the pin
- A – Aim at the base of the fire from a safe distance
- S – Squeeze the operating lever
- S – Sweep the nozzle side to side until the fire is out

Code Red – Upon Discovering a Fire

- R – Remove the residents in the area
- A – Activate the alarm
- C – Close & contain the fire
- E – Extinguish the fire

DO NOT cross the path of the fire. Keep a fire door between you and the fire.





NEW HORIZONS GRANT UPDATE - BARBARA RATZ

In our last newsletter we told you about our exciting new project, a mobile digital library. At that point, we had just got the news that the grant was successful. We will be connecting to our community partner, the Peterborough Public library as well as creating our own version of a library in the Home.

Visitors to a busy library see much more than people silently reading books. Library patrons surf the net, check e-mail, meet friends, join discussion groups and share information.

In our first in-house meeting, we met with residents who helped us to determine and create the structure. This project has generated both enthusiasm and constructive suggestions. This opportunity to equip our residents with the technology to participate in the modern way we now access information, education and entertainment will ensure we stay current and part of the larger community.

We will be looking for volunteers and encourage any interested family members to get involved. The chance for a creative and fulfilling role is guaranteed!

For more information contact Barbara Ratz, Pastoral Care Coordinator at Ext.3019.

ALONG THE GARDEN PATH - BARBARA RATZ

As I write this, it is Solstice eve. and Mathew Post and I have returned from another foray into the natural world that surrounds this Home. We are so lucky to have this path that allows us to reach the more remote and fascinating pockets of wildlife that also call the grounds of St. Joseph's home. As spring progressed from the blooming of the Bradford pears and Service berries in the parking lot to the hanging of the geraniums baskets so lovingly ended by John Gray, our path became more alive with birdsong and pond life.



Mathew shows me where the little chipping sparrow has built two nests. One in a thorny rose bush and the other in a tiny birdhouse hung as an ornament with no thought to its being colonized. I point out the goldfish introduced to the run off pond. Frogs mark territory with loud chatter and calls to future mates. Robins hop about by the dozens and the chickadee, the friendliest bird of all, lead us along on our walk. We have watched the spring wildflowers bloom and fade from the first yellow colts foot to the current oxeye daisy and stunning scotch thistle. Our formal gardens currently flaunt Siberian irises, old roses, chives, yarrow, and buttercups. Nature is essential to our wellbeing. Our path lets us explore its mysteries.



VOLUNTEER APPRECIATION LUNCHEON

In June, St. Joseph’s at Fleming celebrated its Volunteer Appreciation Luncheon with a 150th Canada theme to celebrate this amazing country we live in. The Home expressed its appreciation to its 150 volunteers for their contributions and for their hours of dedicated service. Each volunteer works very hard in our Home - caring, sharing and making a difference in the lives of our residents.



Ciya Thomas

Three new Canadian students –Ciya Thomas, Shreya Salim and Mintu Maria James from Fleming College were honoured to sing our National Anthem. After lunch, the volunteers also participated in games such as word searches and draws for many donated door prizes were done.

Ontario Volunteer Service Awards were given out to Rhona Ogilvie for 25 years, Joanne Cyderman and Jack Cerveny for 10 years, and Agnes Swift and Guy Aiello for 5 years.

Certificates of Thanks from the Residents were presented to *Rose Between to Thorns* (retired entertainers group), Ron McCabe, Rose Linton and Baz Young, Guy Aiello for his donation of paintings and flower arrangements to the Home and Mary Jane Mackenzie as a long standing volunteer.



Mary Jane - Carol Burton - Vicki Barrow



Volunteers are a vital and much appreciated part of the St. Joseph’s at Fleming family and have many opportunities throughout the Home. Whether it’s a quiet one-on-one visit, taking a Resident for a walk, or getting more involved in programs and entertainment, your time will touch lives in ways beyond words. If you want to become a volunteer, please contact Carol Burton, Volunteer Supervisor at Ext 3062.



MARY JANE MACKENZIE RETIRING!

Our Hairdresser Mary Jane Mackenzie is retiring!! Her last day will be on June 30th and we will be celebrating her long and active role in this home for well over 25 years. Mary Jane has always been a keen advocate for residents and had the special ability of knowing at least one member of every resident's family in the Home. Mary Jane will be missed on many levels but most importantly for her kind heart and her love of the Residents here at St Joseph's at Fleming.

After careful consideration St Joseph's at Fleming is pleased to announce that Forever Young Hair Services has been selected to take over the Management of the Beauty Salon. Forever Young Hair Care Group provides hair salon services in over 350 Long Term Care, Retirement Homes and Hospitals. Mary Jane will be working with the new stylist Rita Weeber transferring over all of her clients. The salon will close on Friday June 30th and re-open on Monday July 17th.

BRANCH 52 ROYAL CANADIAN LEGION DONATES QUILT



The Branch 52 of the Canadian Legion in Peterborough donated to each veteran at St. Joseph's at Fleming a beautiful quilted blanket displaying the Legion Crest. This was to mark Canada's 150th Birthday.

These blankets were distributed by members of the Branch. They also donate their time visiting the veterans each month.

OFFICE UPDATE: INCREASE IN ACCOMMODATION RATES

The new accommodation rates effective July 1st set by MOHLTC were mailed May 26th. New rates will be reflective on the July 2017 invoices.

The renewal of Admission Agreement have also been mailed, please sign and return the form or make arrangements for an appointment with Nancy Best to review the contract.

Also, if applicable an application for rate reduction will need to be completed and submitted to MOHLTC. Please make sure to bring in your 2016 Notice of Assessment prior to June 23rd to allow time for appropriate calculation of July 2017 accommodation rate.



DONATIONS

If you wish to make a donation, unless specified, all donations received are directed to the St. Joseph's at Fleming Foundation. Therefore please address any cheques to this organization.



SPECIAL EVENTS 2017: JULY - AUGUST – SEPTEMBER

JULY

Thurs. July 6 – 1:30pm – Hosted by Pathway: Knightshift (Swing and Jazz Band)

Mon. July 10 – 1:30pm – Café at the Greenhouse

Thurs. July 13 – 1:30pm - Movie: Nova Scotia International Tattoo

Thurs. July 20 – 1:30pm – July Birthday Party: Entertainment by 4 Front

Thurs. July 27 – 1:30pm – Hosted by Woodland: Zoo to You

AUGUST

Tues. Aug. 1 – 2:00pm – Café at the Greenhouse

Thurs. August 3 – 10:00am – Fair

Thurs. August 3 – 1:45pm – Grandstand Show: Entertainment: TBA

Wed. August 9 – 2:00pm – Summer Dance with music by Rod Manley

Thurs. August 10 – 1:30pm – Hosted by Hilltop: Entertainment by Randy Reid

Tues. August 15 – 10:00am - Bowling Tournament

Thurs. August 17 – 1:30pm – August Birthday Party: Entertainment by Rick & Gailie

Thurs. August 24 – 1:30pm – Hosted by Creekside: Entertainment by 2 Johns and
a Bob

Thurs. August 31 – 1:30pm – Pie Party – Hosted by Rec Dept: Entertainment by the
Mundells

SEPTEMBER

Thurs. Sept. 14 – 1:30pm – Café at the Greenhouse

Thurs. Sept. 21 – 1:30pm – September Birthday Party: Entertainment by
Liftlock Swing Band



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