

Volunteer News



It's influenza season. Don't forget to get your flu shot. All volunteers are encouraged to get their flu shots to keep our residents and themselves healthy over the winter. Wouldn't it be great to get through winter with no Outbreak!



Did you know that St. Joseph's at Fleming partners with Fleming College and Trent University? We are very lucky to have students from the nursing, psw, social service and massage departments training with our staff over the school terms. Social Service students are partnered with residents and benefit from the elder's experience and knowledge while engaging our resident's intellect and memory. They've even been known to hold dances. It can get very lively on Tuesday and Thursday afternoons!



Staff Corner

Employee of the month: Connie White – Cook

Nominations for employee of the month are open to all staff, residents, volunteers and family members. If you know someone who exemplifies the spirit of the Home's Mission, Vision and Values on a consistent basis; is considered a role model to others; exhibits outstanding job performance; has a positive attitude; demonstrates eagerness to make a difference and possesses a true dedication to the residents of the Home. Let us know!

Staff can find forms in the staff room filing cabinet. Family, volunteers and residents can get forms from the library across from reception.

Flu shots for staff and volunteers October 2, 4, 9, 11. They will run from 10am to 10pm to increase accessibility to all staff on all shifts. A reminder for those of you forgoing the influenza vaccine, speak to your doctor now and be prepared – get a Tamiflu prescription so you are ready. If we get 90% of our staff vaccinated Dr. Millar has offered to provide a pizza party for us.

Education Opportunities

Pharmacy Inservice –Tuesday, October 9, 10:30am and 2:30pm
Emphasis on Anti-psychotic medicine.

Oxygen Inservice – Thursday, October 11, 10:30am and 2:30am



October 2018 Newsletter

Celebrating October



Fudge sale
October 5

Thanksgiving holiday
October 8

October fest
October 11

Hymn Sing
October 15

Birthday Party
October 18

Municipal Elections
October 22

Auxiliary Bazaar
October 27

Halloween Party
October 31

A Word From Carol

October is the month of Thanksgiving. Here at St. Joseph's at Fleming we have much to be grateful for. We made it through Accreditation with the best possible results; we successfully hosted Our Lieutenant Governor Her Honour Elizabeth Dowdeswell; we opened our digital library, the first of its kind in long-term care and secured a grant to install automatic door openers for the courtyards, a long-standing request of resident's council.

These are just a few of the projects we can be proud of completing. But more than these it's the small acts of kindness we practice every day that make this Home special. Our work here is not easy, and we count on each other for fellowship and support. I am thankful for the goodwill and compassion I see in the staff everyday as we respond to the needs of our residents, their families and our fellow workers. It is this tending to the Human Spirit that matters most. Without this, all our achievements have no meaning.

I will be celebrating this Thanksgiving with gratitude for you all. Have a safe and happy holiday.

Carol





THE CLOTHES LINE



Keeping track of 200 residents' clothing and associated belongings is an ongoing issue. It is important for all items of clothing or bedding if it belongs to a Resident to have a name put on it.

Family/Resident responsibility:

- Bring clothing to care center or ask a member of the Nursing care team to have the item labeled.
- If unable to find a staff member, use the call bell located at the Care Center to call a staff member to care center.
- Never put an article of clothing or belongings into an armoire or room that does not have a label or name on it.
- Report lost items immediately as we host regular Lost and Found days.
- Please review your admission agreement to understand your responsibilities and the home's responsibility.
- **If family/friends decide to put their own labels on clothing that is too small or falls off it is very difficult to find that item and the home is not responsible for their loss.**

St. Joseph's at Fleming Municipal Election Day Process



Date: Monday October 22, 2018 - 2:00 pm to 4:00 pm

Location: Resident's only Polling Station located in the IHA classroom

Support: Porter from 2:00 to 4:00 pm. Only a Resident who can vote on their own is to be brought down to the Polling station.

Family: If your loved one needs physical assistance to fill out a ballot a Family member must come to assist them to vote.

Staff cannot assist a resident to fill out a ballot.



Staff Perspective

For those of you who may not know me I am Anna, an RPN here in the home. I may or may not have had the honour of caring for your loved one.

I'd like to take a few moments and share with you what loss is to us, the front-line workers.

Over a period of time we get to know you and your loved one. We are usually the first ones they see when they wake up in the morning and the last before they close their eyes at night. We learn about just who they were prior to coming to live here. We learn about what it was like to live through a depression. How it felt to go to war. The various jobs they did, places they traveled to, accomplishments and disappointments. We learn their likes, dislikes and sometimes the misadventures of their children and grandchildren. We also get to know you and form a bond with you the family and friends. We see you when you come to visit, we may stop and chat for a few minutes, share tidbits of our lives. We share your joy of weddings and new additions to the family. We learn from you about people and events that were important to your loved one.

Then comes the day we all dread, your loved one has become palliative and the end is near. As a team we work together to ensure your loved one's needs are met and that if you need it we are there to support you as well. We strive to keep them comfortable and their dignity intact. We sit at the bedside and lend an ear if needed. As we gather one last time at the bedside to say prayers and say our good byes we reflect on the time we were given with your loved one. We reflect on the unique quirks that made them who they were. We may share a little story with you to ease your sorrow or stand by you offering quiet reassurance. Even though we are not related we feel a sense of loss as well. They were somebody's parent, spouse, grand parent, sibling, aunt, uncle or special friend. We grieve their loss as well as the loss of your friendship and presence. We take comfort in knowing that there is no suffering now and they are at peace. It is an honour and privilege to care for your loved one and for that we say thank you

Anna Edwards kindly shared this reflection at Our Spring Celebration of Life.

Resident's Council



Your residents Council

Meets: First Friday of the month at 10am in the IHA Classroom beside the auditorium.

Leadership: A Leadership team of representatives facilitate the meeting

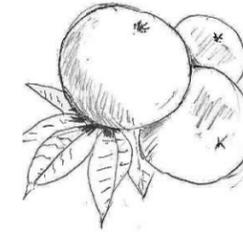
Purpose: To give residents the forum to participate in the running of the home by giving voice to their concerns and suggestions. This is essential to ensuring a high standard of care and quality of life. At meetings residents will learn what's new and provide comment and recommendations to the Management to help bring about positive changes and improvements for all. Attendance at meetings provides opportunities to share talents, skills and creativity as well as a chance to meet new neighbours. All residents are automatically a member of the council.

Every meeting includes a variety of topics such as a treasurer's report, a food focus group report, an activity report as well as a reading from the Resident's Bill of Rights. September's minutes are available for viewing in the library and the home area communication boards.

Resident Bill of Rights #18: Every resident has the right to form friendships and relationships and to participate in the life of the long-term care home.

Next meeting is Friday October 5th at 10am in IHA Classroom. All Welcome. Watch this space for highlights of monthly meetings.

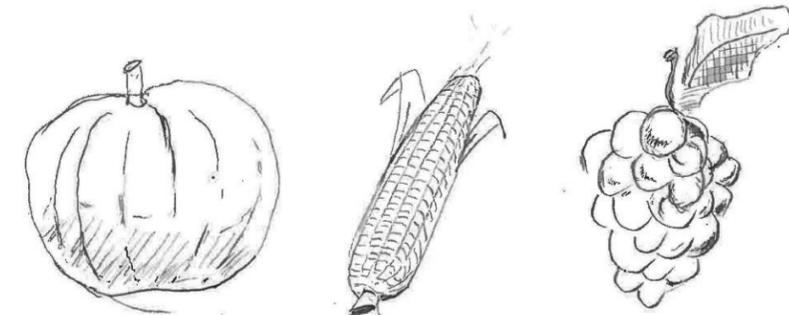
Resident News and Views



October

THE golden-rod is yellow; The corn is turning brown;
The trees in apple orchards, with fruit are bending down.
The sedges flaunt their harvest, in every meadow nook;
And asters by the brook-side, make asters in the brook.
From dewy lanes at morning, the grapes' sweet odors rise;
At noon the roads all flutter, with yellow butterflies.
By all these lovely tokens, October days are here,
With summer's best of weather, and autumn's best of cheer.

(Adapted by Kim Krenz with apologies to Helen Hunt Jackson)



Illustrations by Kim Krenz

This month we are introducing a new section exclusively devoted to residents' concerns.

Be sure to also visit our website for more pictures and stories at

<http://sjfltc.com/>

Memories of Halloween

Don: Dad had a battery powered laugh machine and I would stand behind the door with it and scare the kids.

Celeste: I went out a couple of times but didn't enjoy it. Felt like begging.

Helen: I loved to dress up in costumes made by my mother. We'd call "Shell out, Shell Out – Or we'll turn your windows inside out". Sometimes we'd have to do a song or dance to get a treat.

Dolly: You had to go into their house and do a dance or sing a song to get a treat. I used to make homemade fudge and give it to the neighbourhood children. Neilson's chocolate covered almonds were my favourite treat, MacIntosh toffee was also really good.

Margaret: I used to sew the children's costumes. My husband and I would take turns taking the children out to go trick or treating, we would get dressed up too! We enjoyed decorating the house for Halloween and making it spooky. Each child got their own pumpkin to carve.

Irene and Joan: In England we never celebrated Halloween, it was always 'Bon-Fire Night' that we looked forward to. We would collect branches and fallen tree limbs for this bon fire. The saying was "November the 5th will never be forgot".

John: Always had to take my daughter out and it always rained, I recall the face paint she wore always getting ruined and running down her cheeks. A belly ache from all the sweets. In Denmark it was different, we used to ride on horseback from farm to farm and our neighbors gave us baked goods, raspberries, strawberries, and buns.

Betty: Going door to door and seeing if you could fill an old pillow case full of treats. Sometimes they would make us do a trick or little song before they gave us any treats.

John: My favorite times were carving pumpkins before Halloween with my family.

Helen: I liked dressing up and collecting candy. When I was older I liked to see the kids in their costumes.

Audrey: We went out in groups. We would call on each other and make rounds.



A Look Back at Late Summer



Carol and Vicki



Joanne, Cathy, Maureen, Carol



Carol and Betty at work



Jeff and Dave enjoy lunch

Late summer Pathway



Goldenrod



last rose buds



monarch food



day lily seed pods

Our Beauty Salon



Under the dome



Always busy



Kelly - volunteer porter



Our Thelma – 100 yrs.

100 Years Young

Who Stole Our Pears?



Not one left!!!



Apples untouched.



Giant Butterflies?



This Guy?