Message from Patrick Gillespie, CEO

On behalf of the Board and the management team, we wish our residents, families, employees, volunteers and visitors a warm Spring and exciting Easter. Now that the blossoms are not far off, the Home is gearing up for some festive activities. It won’t be long before we can get outdoors and enjoy our Sensory Path.

We are continuing to upgrade our computers and phone systems. I am happy to announce that we have received a New Horizon’s Grant for a mobile resident library.

Once again, may Spring blossom in your heart and may we bask in the bloom that is your smile.

Nutritional Services
The Spring/Summer menu will be out in early May. Special thanks to the Food Focus Group for their input.

We will be having an Easter meal. Please watch for announcements. As in the past, meal tickets to this dinner will be available at Reception.

Administration
Tax season is upon us. Residents are reminded to have their 2016 income tax completed and their updated notice of assessment brought in for the 2017 application for rate reduction for basic accommodation, if applicable.

The New Website  www.sjftlc.com
Our new website has been live for three months now and we continue to receive much positive feedback. Some interesting statistics from the website are—from January 1st to March 31st, we have had 1,000 new visits to the website with an average of four pages per visit for an average of three minutes per visit.
**Family Circle—Peter & Rita Michielsen**

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@coegeco.ca

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**Resident’s Council—John Gray**

Hi Everyone. We made it! Spring has finally arrived. The Greenhouse is open. Come on in to see the blooms bursting open, and get a breath of oxygen laden fresh air. Please note that several of these plants will be for sale at the Plant Sale on Friday, May 19th. Monies raised help support various Residents’ Council activities.

Another popular event that takes place outside the Greenhouse is the Residents’ Council Café where residents from all Home Areas mingle with staff enjoying Tim Horton’s coffee, hot chocolate and Timbits.

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**Foundation—Jim Coghlan**

Whenever we do something nice for someone else, we always feel good about it. The Foundation will put your donation to very good use helping the Home enhance the daily lives of our residents. Your donation directly benefits the residents. Want to help others, and help yourself too? Consider a gift to the Foundation. You can donate with a cheque payable to St. Joseph’s at Fleming Foundation and mail it to us at 659 Brealey Drive, Peterborough, ON K9K 2R8 or go on the St. Joseph’s at Fleming website at: www.sjfltc.com/foundation/ and choose the green “Donation” button on the right.
Auxiliary—Mary Smith

The Auxiliary plays a very important role in numerous events for our residents in the Home. Some activities are also open to the staff and family members such as bake sales and Share the Wealth.

The Auxiliary holds monthly meetings except in July and August.

Just recently, to help celebrate St. Patrick’s Day, they donated a large Irish clad Paddy Bear which was won by Judith Gatfield and a large plant of Irish clover which was won by Hazel Morris.

You can also find information on our Events Calendar on the back page that the Auxiliary sponsors. Support for fund raising events such as donations of baking for the bake sales and purchasing Share the Wealth tickets is very much appreciated by all members of the St. Joseph’s at Fleming Auxiliary. Thanks for your continuing support.

New Horizons Project Grant of $25,000 for Seniors’ Program

Currently our Residents’ Library consists of donated books. Our goal is to give the residents an opportunity to access their local community by offering an innovative, electronic, mobile library service. They can read books and other materials at their leisure. We can set up exciting new experiences using the latest technology geared to accommodating accessibility issues. Libraries provide the materials for stimulation and growth.

Our partnership with Peterborough Public Library will ensure that we have the exact tools we need to encourage curiosity and wonder in our residents. Watch our progress as we evolve over the coming year!
Gentle Persuasive Approaches (GPA) in Dementia

Gentle Persuasive Approaches (GPA) in dementia is an evidence-based training program designed for people who care for older adults with dementia. A person with dementia may experience changes in memory, judgment, attention, mood, communication skills or the ability to complete activities of daily living. These changes can bring about feelings of confusion, frustration, anger or fear, all of which can contribute to responsive behaviours.

Responsive behaviours follow these principles:
1. All personal expressions (words, gestures, actions) have meaning.
2. Personal expressions communicate meanings, needs and concerns.

To understand their meaning, you must consider the factors influencing the behaviour such as physical, emotional and environmental elements, etc.

On March 6 - 7, 2017, Diane Goodwin, BSO/PSW attended a two day course to become a GPA Certified Coach for St. Joseph’s at Fleming. Diane is enthusiastic and can’t wait to share the knowledge and techniques she has learned with the staff, residents and families.

Message of Love

To my beautiful grandmother who suffers from Alzheimer’s and those who take great care of her when she cannot speak or care for herself…I am forever grateful to the caring staff and the research being done on this horrible disease. Where is the love? It’s everywhere in the Secure Home Area, Woodland.

Sent to us by Sandra O’Toole
Pictured are Denise Crough and granddaughter Carolyn.
Why Does Weight Matter?

Weight change, especially weight loss, is one of the best predictors of nutritional status among the elderly population. It is one of the simplest and most cost-effective methods of assessing nutritional status. Those who experience unplanned weight loss are at higher risk for infection, pressure ulcers, health complications and death.

PSW staff ensure 200 residents are weighed within the first week of each month (including a reweigh if there is a discrepancy in weight of more than 2 kg from the previous month). This is critical for the evaluation of the resident’s nutritional status and any other health related concerns that may arise.

The Registered Dietitian is able to identify those who are at high risk based on a significant weight change.

The goal is to quickly intervene to resolve problems related to health and nutrition and promote good health and quality of life among our residents.
“Strengthening Resident Centered Care”

- Changes in the RPN Staffing model became effective March 27, 2017.
- Moving towards a Nursing Care model that advances continuity of care for residents and continuity of caregiver by assigning each side of each Resident Home Area with an RPN working to full scope of practice and accountable for directing the total nursing care required by the residents on the side of that Home Area.

**Goals:**
- Improved Care Delivery
- Improved Safety for Residents
- Improved Documentation
- Increase in Visibility of Staff for Residents, Families and Staff
- Improved Job Satisfaction and Work Life for Staff

**Increase In Hours Per Day Over Last Two Years**

<table>
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<th>Classification</th>
<th>2016</th>
<th>2017</th>
<th>Total Daily Increase in past 2 Years</th>
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<td>Personal Support Workers</td>
<td>12.0 hours Daily</td>
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<td>Registered Nurse</td>
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<tr>
<td><strong>Total Increase</strong></td>
<td><strong>71.71 hours Daily</strong></td>
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**Incontinence Care**

Have you questions about the incontinence products you or your loved one uses? Do you know who to talk to if you have questions? We have a new information pamphlet available to assist in answering your questions and who to speak to. Available now in the Residents’ Library and in all admission packages is the “Incontinence Care: Frequently Asked Questions for Family and Residents” pamphlet.
Staff Recognition Dinner

This was the second year for the recognition dinner. The Sisters of St. Joseph’s Award was presented to Patricia Lee.

Thanks to the following staff members for their years of dedicated service to the residents and the Home.

<table>
<thead>
<tr>
<th>Years of Service</th>
<th>Names</th>
</tr>
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<tbody>
<tr>
<td>Five</td>
<td>Cindy Fader, Steve Osak, Brittney Smiley, Megan Wegner, Connie White, Savorn Cheyne, Steven Glover, Cathie Hay, Wendy Hough, Sandra Starr, Catherine Thickens</td>
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<td>Ten</td>
<td>Amanda Ellis, Shawn LeBlanc, Sharon Skiffington</td>
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<td>Fifteen</td>
<td>Cathy Finlay, Tricia MacDonald, Nancy Blake, Katherine Butler, Lisa Byers, Susan Hutchinson</td>
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<td>Twenty</td>
<td>Jane Watson, Pauline Wood</td>
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<td>Twenty Five</td>
<td>Anna Edwards, Patricia Lee, Yvonne O’Brien</td>
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<tr>
<td>Thirty</td>
<td>Kim Myall, Carol Rodd</td>
</tr>
<tr>
<td>Thirty Five</td>
<td>Anne Heffernan</td>
</tr>
<tr>
<td>Forty</td>
<td>Karen Kelly, Frank Benincasa</td>
</tr>
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ENVIRONMENTAL SERVICES – FRANK BENINCASA

We have undergone some recent changes in our Department. Frank Benincasa has become the Manager of Environmental Services. Frank brings with him over 40 years of experience in Long Term Care. In Maintenance, Jeff Barker has moved into the role of Lead Hand. He has many years of hands-on experience. After working part time for ten years with the Home, Shawn LeBlanc has taken on a full time position in Maintenance.

In Housekeeping, after 38 years of service, Cathy French will be retiring on April 28th. Her warm smile and caring attitude will be missed by the residents and her co-workers. Filling the vacant housekeeping position will be Patty Lee who has worked in Dietary for 26 years. Carrie Loucks will become a part-time Housekeeping Aide. Kathy Logan has joined our team as a full-time laundry aide.

A new chemical dispensing unit has been installed for our laundry machines. This unit will provide improved efficiency in our washing machines for better quality care for the clothes and linen.
Spring Events Calendar

There are many areas that support events in the Home such as our Auxiliary, Recreation and Therapy, Pastoral Services, Residents’ Council and Environmental Services.

**Thurs. April 13**  
JSB Clothing Sale - 10 a.m. – 3 p.m.

**Thurs. April 20**  
Birthday party with entertainment with Eleanor and Ean

**Thurs. April 27**  
Spelling Bee which will determine the two spellers who will represent SJF at a citywide competition on May 9th at Royal Gardens

**Mon. May 1**  
Celebration of Life – Auditorium – 1:30 p.m.

**Thurs. May 4**  
Outside Spring Cleanup by Army Cadets 2672 and Volunteers

**Sat. May 6**  
Lost and Found - 1:30 p.m. – Auditorium

**Tues. May 9**  
Spelling Bee at Royal Gardens

**Thurs. May 11**  
SJF is hosting Medical Mart – Educational Development Day for Long Term Care Homes - Skin and Wound Care

**Fri. May 12**  
Mother’s Day Celebration – sponsored by the Auxiliary with entertainment by the Bonachords

**Thurs. May 18**  
Birthday Party with entertainment by Bill Dickinson

**Fri. May 19**  
Plant Sale in support of Residents’ Council

**Sat. June 3**  
Lost and Found – 1:30 p.m. - Auditorium

**Wed. June 7**  
Volunteer Recognition Lunch

**Thurs. June 15**  
Birthday Party with entertainment by the Westenders from Toronto

**Fri. June 16**  
Father’s Day Celebration sponsored by the Auxiliary with entertainment by Scott Handel  
Auxiliary Bake Sale and Share the Wealth 10 a.m. – 2 p.m.

**Fri. June 30**  
Strawberry Social & Canada 150th Birthday Celebration sponsored by the Auxiliary with entertainment by Two Johns and a Bob