

## Volunteer News

A reminder to current volunteers and new recruits: Police Checks are a must as are yearly flu shots. We care about the quality of your experience as a volunteer at St. Joseph's at Fleming. Our education policy ensures you will have all the information you need to safely work with our residents. Please see Carol Burton our Volunteer Supervisor to update your file or sign up for the first time! 705-743-4744 Ext. 3062



## Staff Corner

Employee of the Month: Brandy Wannamaker

Goodbye to our summer contract workers Kate Lanctot and Folu Adesanya.

Congratulations to Lisa Bruinsma our new Supervisor of Recreation and Therapy Services.

David Elson in Maintenance Services is the proud father of a baby girl! Welcome to the world Rayna.



## Education Opportunities Butterfly Homes/ A Model for Dementia Care On-Line Self education sites



<http://projects.thestar.com/dementia-program/>

[www.dementiacarematters.com/pdf/modern.pdf](http://www.dementiacarematters.com/pdf/modern.pdf)

<http://www.dementiacarematters.com/pdf/being.pdf>

<http://www.region.peel.on.ca/articles/2018/butterfly-project.asp>



September 2018

# Newsletter

## A Word From Carol

**Celebrating  
September**

**Labour Day  
September 3**

**Grandparents  
Day  
September 9**

**Hymn Sing  
Returns  
September 10**

**Fun and Free  
Auction  
September 13**

**Lost and Found  
September 15**

**Celebration of  
Life  
September 17**

**Birthday party  
September 20**

**Fall Equinox  
September 22**

**Café  
Greenhouse  
September 26**

I'd like to take a moment to thank our residents, family members, the St. Joseph's care team and volunteers for your tireless commitment to bringing life to our Vision, Mission, and Values daily. Clearly, our residents expect and need us to ensure their every need is met. We work to promote resident wellness; body, mind and spirit.

Ours is a very rewarding and yet demanding profession. We operate 24/7/365. Often, we are working when the rest of the world is sleeping. We are subjected to emotionally challenging times as we share our hearts with our residents. There are no minor players on our team and it takes a full team to get it done. Each of us must ensure that we are maintaining a healthy work life balance. We need to practice preventative medicine. We need our flu shots, to monitor our blood pressure, to get our sleep and consider all of the things that keep us well. We need to work together by using the equipment and best practices that prevent injuries.

As an employer, we strive to promote wellness through our benefit packages and FSEAP programs. We encourage full attendance and manage absence abuses, so workloads are not excessive in terms of work volume and stress. We all have times when the demands of caring for our own lives in addition to work can seem too much. There is no stigma in using our FSEAP program to help when "life" happens. Take your breaks and take your lunch time. Get some fresh air by walking our path. Be there for your families and be kind to each other. We all need to make the effort to promote personal and organizational wellness.

Let's commit to each other and work to promote a healthy, safe workplace and a wellness focused approach to our tasks. Our residents and coworkers are counting on us.

Thanks for all you do!  
Carol

## The Importance of Self- Care

Those in the care-giving occupations do some of the most rewarding and vital work in today's world. All the residents here know the importance of kindness and come to expect the cheerful care our staff provide. Some days the workload can seem overwhelming and the ability to maintain composure will be compromised. This pressure may become depression or a deadening of feeling if the warning signs of stress are ignored. Signs of stress involve both mental and physical symptoms such as mood changes, unusual sadness, lack of compassion, headaches and nausea.

Dealing with these symptoms can be as simple as practising self-care and ensuring a healthy balance of work and leisure time. It has been shown that a positive attitude toward life such as a sense of humor, self-confidence, being curious, focusing on the positive, and feeling gratitude rank high in maintaining good mental health.

It's important to share feelings of hopelessness and futility with others. It may be that simply talking with your Co-workers, Manager or our Human Resources Manager Ray McGill, will give you the necessary outlet to get back on track.

Sometimes a little more is needed. The Employee Assistance Program gives you access to free confidential and professional counselling to help you deal with whatever concerns are reducing your ability to enjoy and cope with life events. Information and contact numbers are available in the staff room. We care about your wellbeing. Let us help. **Fseap** Call 705-742-4258 or 1-800-274-1611

### Holly Bisio Running For the Cause



Staying active and participating in our close-knitted community are two very important things to me! I absolutely love the energy and support our community generates when we come together for a cause! My favourite part about these events is hearing how these runs/causes touch peoples lives so much, and OH of course that last stretch of the run! People are lined up cheering so loud that I don't think about anything else but crossing that finish line knowing that I DID IT, I MADE IT and I WANT TO DO IT AGAIN!

Holly is one of our Physiotherapist Assistants. She will be running for Mental Health on Sept. 8 in the 3rd Annual Merrett Home Hardware "Run for Mental Health".

## A Look Back at August/Resident News

Classic Car Show



Men's Club/Trapper Bill



Bowling Tournament



### A Paeon of Praise for Vicki Bell

(To be sung or recited to the rhythm of a galloping horse.)

Let us all sing the praises of our dear Vicki Bell,  
 Who has done so much for us and done it so well.  
 She's out of her office from morning 'til night,  
 Running hither and thither, getting everything right.  
 She does all the paper work, heaven knows when.  
 She asks us to check it; then does it again!  
 How she fuels all this energy nobody knows;  
 But you see the result in the hang of her clothes.  
 So lets sing out her praises, yes, sing loud and well;  
 For there's never another Victoria Bell!



F.H. Kim Krenz