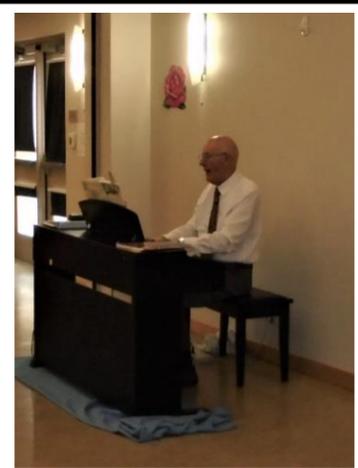


### Volunteers/Auxiliary/Family Council/Students



Volunteer  
Lisa Butler  
With 3 Special  
Winter Olympic  
Gold Medals



John at piano



Grace at party before COVID

Keeping everyone in my thoughts and prayers during these difficult days. I hope this crisis will be over soon . Please pass on to everyone my promise of prayers for their health and safety for both staff and Residents as they work through these trying times. Take care, Mary Smith and the Auxiliary.



### Staff Corner

\*\*\*\*\*

**Employee of the Month: Kirsten Payne Pathway Dietary Aide**  
**Winner of Spring Basket: Jessica Williams**



# April 2020 Newsletter



### A Word From Carol



**To the world, you may be one person. To one person, you may be the world.” Unknown**

This year April Fool's Day will come and go with few jokes. We are in lock down, defending our residents and staff from the COVID 19 Virus. Families and their loved ones have been separated now for weeks and we remain optimistic that an end will come soon. None of us are to blame for this virus but for sure, we are in this together. Today, as always, there are no minor players on our team. Our residents, their families, and coworkers are depending on each of us to do our jobs. Each of you have been chosen and trained for this time. You have been trained in infection control and the safest approach to perform your duties. You know how to stay healthy at work and prevent virus spread. You are all experts in what you do. We need to channel our anger, frustration, and fear into professional, competent and compassionate care. We all have family responsibilities, disrupted lives and concerns. We are being tested. We speak about the legacy of the Sisters of St Joseph's. They faced pandemics like the Spanish flu and they nursed and nourished the bodies and souls those in need and we are charged with living their legacy. Thank you for caring. Thank you for coming. Thank you for all you do!

Remember, through this time that each of you are the world to our residents!

You are doing God's work!

Carol

**No Special Events For April**

**Home Areas Visiting and Digital Calling**

**Wash Your Hands**

**Stand six feet Apart**

**Stay Home**

**Stay Well**

**Be Kind**

## Protective Measures during COVID-19 Pandemic

*In response to Directives from public health, social distancing has been implemented in the dining rooms. Tables have been relocated and a new seating plan has been developed.*

We have active screening at the main entrance to screen staff in and out of work.

There are no resident outings permitted and no visitors are allowed to enter the building.

We have arranged a family drop off box outside the main entrance during the hours of 8am and 4pm. No takeout, or home made food is permitted. Items must be able to be sanitized therefore no paper products are allowed. Label your package with Resident Name Home Area and Room number.

Recreational Staff have set up virtual visits and individual Home Areas. Arrangements can be made by dialing a direct line to Recreationist's extension at 705-750-2706 and leaving a message with your name and contact information with Carley at extension 3047 or Paige at extension 3044.

We are in contact daily with our Medical Director and the Ministry of Health and Long Term Care for guidance.

We have marked high traffic areas on the floor to visually assist the residents to determine proper social distancing as well as posting hand washing signage.

Doors to Home areas have been closed. Residents are to remain on their Home area.

The Federal Government, Ontario Ministry of Health and the Regional Public Health Unit are undertaking measures to manage the spread of the CoVid -19 Virus to the best of their abilities, we all need to cooperate with Directives to keep our Homes and Communities safe.

**Wash Your hands    Keep your Distance    Stay Positive – This will end**



## Caremongering in Peterborough



A group of neighbours in The Avenues in Peterborough is finding a way to connect and be kind to one another amid coronavirus concerns.

It's part of a new and growing movement across Canada referred to as "care mongering" (as opposed to scaremongering) where people reach out to their neighbours.

Rebecca Morgan-Quin lives on Bolivar Street in The Avenues and administers the neighbourhood mailing list with one other area resident.

Morgan-Quin is also the housing division manager for the city; although she's living away from the Avenues while her house is under renovation, she said she wanted to be helpful.

The email list was developed when the neighbours organized to have The Avenues declared a heritage district a few years ago, Morgan-Quin said, and she's been administering it for all her neighbours.

"I thought surely we could use the list to help out," she said.

She emailed two Google forms last week to neighbours: one form can be filled out if you need help, and another if you can be a helper.

If you're in need of help, the form asks what you'd need: help walking your dog if you're in isolation, for example, or perhaps someone to go to the grocery store or pharmacy for you.

The other form asks you to list any special training you might have that could help people right now: mental health training, for instance, or First Aid.

Hard copies of the forms were also sent around to all the houses, she said.

The Avenues heritage district is hemmed in by Charlotte Street to the north, Park Street North to the east, Sherbrooke Street to the south and Monaghan Road to the west and includes about 450 houses.



<https://www.thepeterboroughexaminer.com/news-story/9909603-avenues-neighbours-band-together-to-be-kind->

# Residents' Council Highlights – March 6, 2020

Chairpersons: Matthew, Ray & Kim



## 5. Residents' Right # 8 – Privacy

“Every resident has the right to be afforded privacy in treatment and in caring for his or her personal needs.”



## 6. Emergency Code Review: Code brown and Code Grey

### Code Grey - Button Down

“An external airborne toxic spill, smoke, gas etc. has occurred. Air exchange and windows must be shut down and closed up.”



### Code Brown - Chemical spill

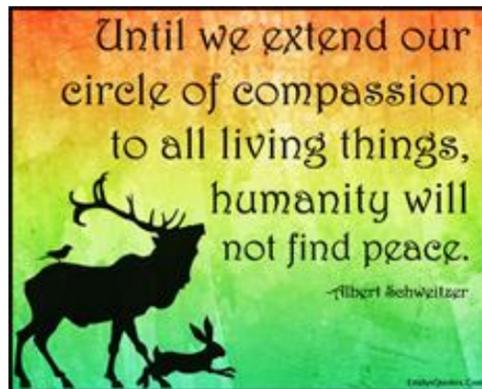
“A chemical spill has occurred inside the home. The appropriate staff members will respond.”



## 9.2 St. Joseph's at Fleming's Value: Compassion.

### What does Compassion mean to you? Residents responses.

- Showing love as Christ does.
- Being friendly.
- Feeling of empathy and sympathy.
- Being nice to everyone.
- Gentle touch.
- Shaking hands.
- Smiling.
- Helping others.



## 11. Open Mike:

Matthew: is concerned that the COVID-19 virus may eventually make its way to St. Joseph's at Fleming.

Lisa Herr: The Infection Control Committee met this week to discuss the COVID-19 and discuss how the home can and will be best prepared.

Housekeeping is also currently working extra hours to clean touch surfaces in the home.



## 12. Door Prize: Won by Leona.

# Resident News and Views

## Lock Down!

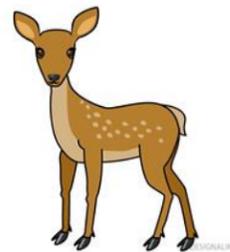


Page Courtesy of Kim Krenz – Creekside resident

## Pub Chatter

**Snippets from the first March Pub** included giving things up for Lent. We had the usual *chocolate, chocolate chips, butter and sugar* but one patron thought maybe *vegetables* would be a good sacrifice! We can only assume they truly enjoyed their peas and carrots. A vote was taken as to whether March would be a Lion or Lamb this year. The optimists took it 9 to zero. As far as weather goes they were right.

Marg shared a joke. A skunk and a deer and a duck went out for dinner. When it came time to pay the check, the skunk didn't have a "scent", the deer didn't have a buck, so they put the meal on the duck's "bill!"



**Second March Pub** was just after that first lovely warm day we all went outside without coats! As spring slowly progressed talk focused on remembering special spring activities like...making boats out of old wood or sticks to float in the creek...seeing your first ladybug...pulling weeds...watching the pond come alive...roller skating (with no helmet)...heat of the sun...waiting for the water to get warm enough to swim in your underwear and then hang them on a rock to dry...fence rail floating (tying fence rails together to make a raft)... seeing the first tamarack needles...



And we all know what happened to the next three March Pubs!!

[See Website for COVID-19 Information](#)

## A Look Back at March

For More Photos see Blog on Website: <https://sjfltc.com/category/blog/>

**Life Before COVID-19 when we still had parties and then it all changed**



**We still carry on with Social Distance and Hand washing!**



Community Love

Quiet Activity

Puzzles

Art Work



Reading

Skyping

Plant Care



Staff Advice





## Earth Day



Earth Day, April 22, was founded in 1970 by Gaylord Nelson, a United States Senator from Wisconsin. Senator Nelson developed the idea for a national day to focus on the environment after the 1969 oil spill in Santa Barbara, California. He wanted the public to participate in a day of study (teach-in) and demonstrations on behalf of the environment. Overwhelmed by the positive response to his idea, he established an independent non-profit office in Washington, DC called Environmental Teach-In, Inc. and enlisted Denis Hayes, a graduate student and anti-Vietnam War activist at Harvard University's Law School, to promote the day nationwide. Denis then enlisted help from other classmates—Andrew Garling, Stephen Cotton, Arturo Sandoval, Bryce Hamilton and Barbara Reid—to coordinate and manage different regions or groups, such as the northeast, the Midwest, the media campaign, and high school students. The team took the idea to different cities and towns across the U.S. using issues such as protection of wilderness and endangered species as well as air and water pollution to garner interest from other activists. Word spread as Denis' team produced resource packets, project ideas, and posters; encouraged citizens to write to their legislators about the environment; and published a full-page advertisement in the *New York Times* on January 18, 1970. April 22 was allegedly chosen so as not to conflict with religious holidays, spring break, or final exams.

The first Earth Day was focused on efforts in the U.S. It is estimated that 20 million people from all demographic groups and political parties as well as elementary schools, high schools, colleges, and communities participated to bring attention to environmental issues nationwide. Famous people, including folk singer and activist Pete Seeger and actors Paul Newman and Ali McGraw, participated in events in Washington, DC and New York City. The establishment of Earth Day reportedly inspired the U.S. Congress and President Nixon to create the Environmental Protection Agency in July 1970 and to enact environmental laws such as the Clean Water Act and the Endangered Species Act. Earth Day was later recognized internationally in 1990. Today, Earth Day is celebrated on April 22 by more than 1 billion people in 192 countries.

<https://www.cecinc.com/blog/2019/04/18/a-short-history-of-earth-day-and-17-ways-to-celebrate-this-year/>

The theme for Earth Day 2020 is climate action. The enormous challenge — but also the vast opportunities — of action on climate change have distinguished the issue as the most pressing topic for the 50th anniversary. Climate change represents the biggest challenge to the future of humanity and the life-support systems that make our world habitable. The world needs you — and your actions — for Earth Day 2020.

<https://www.earthday.org/earth-day-2020/>

## Earth Day Word Search

T	Q	M	M	E	K	J	I	B	N	T	C	H	N	I	CLIMATE
O	N	K	A	A	B	J	Z	T	B	B	L	F	O	R	DAY
W	C	E	Y	D	A	Y	X	B	J	C	I	Z	I	S	ENERGY
B	E	I	M	T	B	D	C	Y	N	C	M	E	T	Q	HABITAT
H	R	N	F	N	Q	I	S	O	E	X	A	E	U	A	RECYCLE
V	E	C	O	L	O	G	Y	L	M	H	T	C	L	H	COMPOST
C	A	Z	M	Z	N	R	C	Q	A	P	E	L	L	T	EARTH
O	M	V	O	E	O	Y	I	B	N	P	O	N	O	R	ENVIRONMENT
P	E	R	E	K	C	T	I	V	R	V	Q	S	P	A	OZONE
O	C	R	D	E	A	T	N	W	N	C	P	W	T	E	CONSERVATION
C	G	X	R	Y	A	Q	K	G	K	E	C	Y	F	Y	ECOLOGY
E	R	N	V	T	J	V	Y	Z	W	U	B	B	U	Y	GREEN
D	M	U	N	O	I	T	A	V	R	E	S	N	O	C	POLLUTION
C	J	Z	Y	X	Y	G	R	E	N	E	B	U	Q	V	
Y	O	G	L	V	X	P	B	S	A	V	Y	A	Z	I	



### jokes

### Laughter – the Best Medicine



A grandmother is telling her granddaughter about her childhood. "Yes" She says, "back in the day, we use to skate every winter on a frozen pond. We picked raspberries in the summer and we even had our own pony." "Wow Grandma" says the girl. "I wish I'd got to know you sooner."



Why did the physics teacher break up with the biology teacher? No chemistry.

A man complains to his boss, "Sorry boss, but my salary doesn't even remotely match the effort I put into my work." Boss nods, "I know, but we can't let you starve to death."

Two snails are chatting on the sidewalk. "I'll have to cross the road," says one. "Well, be careful," says the other one, "there's a bus coming in an hour."

