

Volunteers/Auxiliary/Family Council/Students



Summer Students Last Day Lawn Picnic



Two volunteers we hope to see back next year!!!
Daisy and Becky

Hello Family Council Members,
Hope everyone is doing well!
We're not sure when we will be having our next meeting but will keep everyone posted. I've received a few emails and phone calls from family members during the covid crisis that we have been able to answer with the help of management at St. Joseph's. Rita and I are missing our volunteering and the residents and staff at St. Joseph's.

Peter & Rita Michielsen
705-750-0050
peterandrita@cogeco.ca

Deanna Archer: Supervisor of Volunteers and Recreation 743-4744-ext. 3036



Staff Corner



Employee of the Month: Jessica Ross

New Fulltime Hilltop Recreationist Kelly Twistleton – See Story on page 11

Staff Draws are starting back up. Check bulletins for details.

We will be holding a **mock evacuation** on Pathway on Wednesday September 2nd in the morning. In the midst of the pandemic we still need to keep up our skills in responding to the unexpected. Evacuation is Code Green. **Code Green means that an evacuation is required.** This will be a **new style virtual drill** conducted with the Peterborough Fire Department who will not be entering the building in keeping with the COVID-19 restrictions. All part of the effort to find new ways to accomplish tasks!



A reminder to Staff that we have a **Comfort Closet** on Pathway in the Activity Room across from the stairwell exit (Alex's office). Here you can find some staples you may need when shopping becomes harried or just a bit too difficult that day. Do not hesitate to access the shelves. Toilet paper and flour are pretty commonplace now but you never know!! Any contributions to it are also welcome.



Celebrating September



See individual home area calendars for activities

Labour Day
Sept. 7

Autumnal Equinox
Sept. 22

National Tree Day
Sept. 23

World Rivers Day
Sept. 27

A Word From Carol

The crickets are singing, the evenings are cooler and the morning dew is heavy. September is here. The summer blew past and thankfully, we were able to allow greater family access for visits and provide some open air events for our residents. Regrettably, the pandemic is not over and Ontario is bracing for another COVID wave this fall. We are all growing weary of the pandemic and the disruption and suffering it has caused in so many lives. Life must go on and duty calls. As the fall settles in, we must remain vigilant knowing that our best practices regarding infection control are our safest and only defense against COVID 19. Our use of gloves, masks, hand hygiene, social distancing and attention to detail will promote not only the safety of our residents but also the safety and well-being of our families. **We continue to be tested.** We will soon be confronted with the regular flu season in addition to COVID 19. With everyone's engagement and cooperation we can prevent both of these threats from entering our home. Despite the current challenges, we continue to achieve the aims of our strategic plan, advance our Foundation's "Be a Saint Fundraising Campaign" and find new and better ways to care for our residents and enrich their lives. In the finest tradition of the Sisters of St. Joseph's, we have witnessed dedication to duty and superior commitment to resident care by our nursing and support teams. For our staff, I hope that most of you have had some vacation to enjoy with family to recharge and reflect. Your self-care, personal health and well-being is vital for your families and our residents.. Please take care of yourselves and be kind to each other. We all continue to work through the stresses, emotions and complications that have visited our lives. On behalf of the Senior team, thank you for coming to work. Thank you for the smiles behind your mask and the subtle acts of kindness you show our residents and their families. Thank you for the safe and clean environment and nourishing and well-presented meals. Thank you for saying "I will, can do". You give life to our Strategic Plan Slogan, "If it is to be, it begins with me!"
Carol

Mission Vision and Values

Mission

Building on the legacy of the Sister of St Josephs, St Joseph's at Fleming will provide Compassionate Person-centered long-term care support to ensure the care and comfort of each of our residents

Vision

We will strive to ensure the well-being of each person we serve by providing purpose, dignity and individual choice

Values

Selflessness

Serving others before self without judgement

Integrity

Doing the right thing, at the right time, for the right reason

Compassion

Accepting and serving people without reservation

Motto

Influencing lives through living, learning, caring

Our home's mission has never changed, and we practice our vision and values every day that we come to work and work with our Residents in their home.

Staff, Residents, Families, Volunteers, Service providers

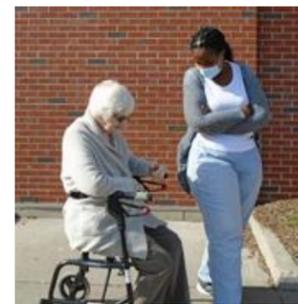
We would love for you to give us some examples of our values that you have seen or experienced here at St. Joseph's at Fleming. The pandemic has been a time of compromise and adaptation as the world has responded to a novel situation. We need to know how you feel about our response here at St. Joseph's at Fleming and what you have seen or heard that is in keeping with our Mission. We know that volunteers have been unable to enter the home since March and some outside service providers (ie.footcare) have just been allowed to return but as we open further in keeping with the Ontario Governments guidelines we hope to hear from more of our past regular visitors as we progress, even if it's just a word of encouragement. Staff members – let us know who is doing that little bit extra to make your day better. We want to celebrate those moments.

Our New Recreationist



Meet Kelly Twistleton, the new fulltime Recreationist on Hilltop. If you think she looks familiar, you'd be right! Kelly's warm smile and caring personality are well known to our staff and residents. Kelly spent sixteen years on the floor as a PSW. She is now returning from maternity leave and has three little boys at home!! Kelly is kept busy but likes to spend time in the garden. Let's give a warm welcome to Kelly as she begins her new career here at St. Joseph's at Fleming. On a side note, Lisa Herr our Recreation Therapy Manager is soon to be going on maternity leave! Rumour has it there will be a new little Ms. Herr.

Our student placement team has gone now that summer is over but we are most fortunate to have a dedicated team of Support Aides. As well as helping at meal times these aides are invaluable in ensuring the success of our Family visiting program. Warm summer weather allows outdoor visits but the coming cold will see us inside.



Aides in action



Indoor Visiting Area

News From the Recreation Department

What a year it's been! When we rang in 2020 did we ever think we would be enduring a pandemic for the next twelve months. In response to government directives we shut tight mid-March and successfully faced the challenge of protecting our residents from the devastating effects COVID-19 was unleashing in our community and surrounding areas. With the cooperation of staff, residents, and family members we have been able to move from no events or outside visitors to gradually opening up to what is now our "new normal". Our Recreationists have been working hard to bring back much missed activities and visitors. From window and Skype visits to the new Indoor Visiting Booth we have been innovative in adapting to the restrictions on human contact to connect our residents to loved ones. We will continue to find new and better ways to alleviate the stress and loneliness that are inevitable when we can no longer hug or touch the hand of those we love. We are now entering the sixth month of pandemic restrictions and can make no predictions on when things will be more familiar. We are determined to keep our residents not just alive but thriving with joy and involvement in daily life in the Home. Summer weather has allowed a lot of outdoor events. As summer falls into autumn we will be investigating all options for engaging our residents in a safe and comfortable social space. Returning activities include exercises, bingo, occasional bowling, word games and crafts.



Hilltop schedule

Exercises

Woodland crafts

Bowling



Outdoor Prayer Service with Father Andrew

September



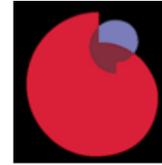
**Lo! a ripe sheaf of many golden days
Gleaned by the year in autumn's harvest ways,
With here and there, blood-tinted as an ember,
Some crimson poppy of a late delight
Atoning in its splendor for the flight
Of summer blooms and joys
This is September**

Lucy Maud Montgomery



Lucy Maud Montgomery, OBE, writer (born 30 November 1874 in Clifton (now New London), PEI; died 24 April 1942 in Toronto, ON). Lucy Maud Montgomery is arguably Canada's most widely read author. Her first novel, *Anne of Green Gables* (1908), became an instant best-seller. It has remained in print for more than a century, making the character of Anne Shirley a mythic icon of Canadian culture. Montgomery produced more than 500 short stories, 21 novels, two poetry collections, and numerous journal and essay anthologies.

fseap Now we're talking.



Make Stress Management a Priority

Stress is a normal part of everyday life. While a certain amount of stress can be motivating and kick us into high gear, too much stress can impact our ability to cope both emotionally and physically.

When stress levels stay too high for too long, the risk of burnout goes up. Burnout can lead to feeling numb, emotionally exhausted, and unable to focus or cope with the demands of life and work.

Because stress is a part of everyday life, especially in high-stress, high-risk jobs—it's easy to not recognize when it's creeping up and becoming destructive and overwhelming our ability to stay grounded, focused, and healthy.

It is important to recognize when things are becoming unmanageable and prioritize actions you can take to manage and reduce the negative impact of life and job-related stress.

Common signs and symptoms of stress overload:

Cognitive -Uncertainty, Lack of focus, Indecisiveness, Poor memory, Poor concentration, Confusion, Poor problem solving, Blaming others, Racing thoughts

Emotional -Excessive worry, Anxiety, Agitation, Irritability/anger, Low mood/Depression, Grief, Denial, Apprehension, Overwhelm

Physical -Fatigue, Aches and pains, Dizziness, Rapid heart rate, Chest Pains, Chills, Muscle fatigue, Weakness, Nausea/loss of appetite

Behavioural -Withdrawal, Sleeping too much or too little, Procrastinating, Change in hygiene or self-care, Change in social patterns or communication style, Increased conflicts, Alcohol or drug use

.....continued on page 5

<https://www.fseap.ca/resources>

A Look Back at August Musical Afternoons



Pony Visit



Just hang 'in out



Busy Inside



The importance of Kindness in the Workplace

We have been battling the spread of COVID-19 for sixth months come mid-September and we have no real idea when, if ever, we can let our guard down. We have new routines for shopping, travelling, visiting friends and relatives and sometimes the decisions we have to make are difficult and stressful. Which grandparents get to see their grandchildren: is it safe to take the bus: do I take my children to that birthday party; what if my mother in long-term care forgets who I am: is my immune compromised partner going to be safe with my working: do I take my kids out of school. On top of that new rules are changing everyday and it's hard to keep up best practices. Lack of control makes us more prone to stress and irritability, especially at work. It has never been more important to be empathetic and kind to those in our community. Just to say we're all in this together is not enough; we have to practice patience and respect. None of us know what another might be suffering. What I do know is we all need each other in this difficult time.



“Affection, gentleness, warmth, concern, and care are words that are associated with kindness. While kindness has a connotation of meaning someone is naive or weak, that is not the case. Being kind often requires courage and strength. Kindness is an interpersonal skill.

Kindness includes being kind to yourself. Do you treat yourself kindly? Do you speak gently and kindly to yourself and take good care of yourself?

There are many ways to be kind and many opportunities to practice.”

Karyn Hall Ph.D.

<https://www.psychologytoday.com/ca/blog/pieces-mind/201712/the-importance-kindness>

.....Strategies for Managing Stress

Pay attention - Know your personal signs of stress and be aware of when things are starting to become distressing or unmanageable. Include coworkers or others in your stress management plan, so others can help you recognize when you may be struggling to cope.

Create a team culture - Utilize a buddy system to check in with one another and ensure everyone has social support available to them. Supporting others during a difficult time can have a positive impact on your mood and level of stress.

Take time to yourself - When needed, create space to mentally disconnect as much as possible during downtime. Set appropriate boundaries and communicate with others to allow yourself some space to de-stress.

Create balance - Participate in activities that provide a sense of pleasure, a sense of achievement, and a sense of closeness—they are vital to feeling a sense of happiness and reducing your level of stress.

Embrace stress - relieving activities- Select and practice constructive ways to release stress, including safe physical activity, reading, listening to music, practice mindfulness, and connecting with others, as examples. Take some time to reflect on ways that you have successfully managed stress in the past.

Get your sleep - Practice healthy sleep behaviours, including building a sleep routine, avoiding caffeine before bed, and practicing relaxation techniques such as deep breathing. Regular sleep increases calm, mood, and plays a crucial role in memory and learning.

Get support - Connecting and talking with supportive people in your life is key to stress management. If connecting with family, friends or co-workers isn't enough, seeking assistance from a professional can help.

Counselling- How can I contact FSEAP?

FSEAP's EFAP counselling provides effective short-term, professional counselling for individuals, couples, & families to support you with a broad range of mental health issues & concerns. **Regular business hours 705 742-4258 or 1800 274-1611**

Toll Free: 1 800 668-9920

*****Please see your Unit/Program Manager or Human Resources for details*****



History of the Automobile



By Mary Bellis

The automobile as we know it was not invented in a single day by a single inventor. The history of the automobile reflects an evolution that took place worldwide involving many different innovators.

Automobile Defined

An automobile or car is a wheeled vehicle that carries its own motor and transports passengers. It is estimated that over 100,000 patents led to the evolution of the modern automobile.

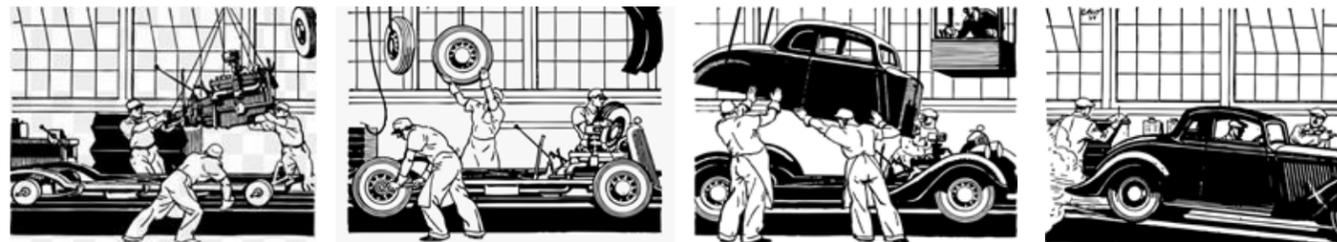
Which Was the First Car?

There are disagreements as to which automobile was the first actual car. Some claim it was invented in 1769 with the first self-propelled steam-powered military tractor invented by French engineer Nicolas Joseph Cugnot. Others claim it was Gottlieb Daimler's vehicle in 1885 or Karl Benz's in 1886 when he patented the first gas-powered vehicles. And, depending on your viewpoint, there are others who believe Henry Ford invented the first true car due to his perfection of the mass production assembly line and the car transmission mechanism that cars today are modeled from.

Abbreviated Timeline of the Automobile

Dating back to the Renaissance of the 15th century, Leonardo DaVinci had drafted theoretical plans for the first automobile, as had Sir Isaac Newton a couple of centuries later. Fast forward 40 years after Newton's death to the moment when French engineer Cugnot unveiled the first steam-powered vehicle. And, almost a century after that, the first gas-powered car and electric vehicles made their appearance. The introduction of the mass production assembly line was a major innovation that revolutionized the automobile industry. Although Ford was credited with the assembly line process, there were others who came before him. Following the introduction of cars came the need for the complex system of roads to drive upon. In the U.S., the first agency tasked with managing road development was the Office of Road Inquiry within the Department of Agriculture, established in 1893.

<https://www.thoughtco.com/automobile-history-1991458?terms=History+Of+The+Automobile>



Transportation

Q	H	A	B	V	S	T	R	O	P	S	N	A	R	T
A	T	O	B	U	S	P	M	P	S	Q	O	H	V	W
Z	A	S	T	R	A	I	N	A	K	H	P	J	I	E
T	Y	D	K	A	R	A	Q	S	L	W	I	N	B	R
W	U	W	L	B	I	S	E	K	I	B	G	P	Y	T
S	I	I	P	N	R	R	W	D	Z	E	A	R	N	W
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C	N	F	Z	I	M	V	Y	H	V	C	O	Z	D	P
R	E	G	X	O	I	C	U	G	A	Y	I	N	M	A
F	O	H	P	O	F	U	I	R	B	U	F	L	Q	S
V	P	E	C	E	O	B	O	J	N	I	G	C	E	D
T	D	J	E	L	C	Y	C	R	O	T	O	M	W	H

- BIKE
- BOAT
- BUS
- CAR
- HELICOPTER
- HOT AIR BALI
- LORRY
- MOPED
- MOTORCYCLI
- PLANE
- SHIP
- TAXI
- TRAIN
- UFO
- DOOR
- ENGINE
- WHEEL
- WINDOW
- WING
- TRANSPORTS



What's worse than raining cats and dogs? Hailing taxis.

My relationship with my chauffeur just isn't going anywhere. It feels like he's always trying to drive me away.



What do you say to a frog who needs a ride?
Hop in.



Why do we drive on parkways and park on driveways ?



I used to work at a fire hydrant factory couldn't park anywhere near the place.

