



[www.saintlukesplace.ca](http://www.saintlukesplace.ca)

Vol. 25, Issue 3 – May/June 2017

*Saint Luke's Place Mission Statement:  
Through excellence and innovation we  
create a community of care that is  
person centred.*

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### Our Vision

An inclusive community that nurtures the evolving needs and desires of older persons.



# REFLECTIONS

A Newsletter for the Saint Luke's Place Community

## Your Residents' Council

Patrick B.....President – E Wing  
Joan A.....A Main  
Norma T.....A Main  
Corrine G.....A Main  
Dennis M.....A Main  
Kelly H.....A Second  
Fred M.....A Second  
Elsie S.....A Second  
Art P.....Retirement



### Canada 150 - Did You Know?...

Canada has a lot of great things in abundance – like hockey players and Tim Horton's franchises – but did you know that Canada also has more lake area than every other country in the world? It's true – the Great White North has 563 lakes larger than 100 sq. km. Our borders contain 18% of the world's fresh lake water!



### An Inspirational Moment

#### LIFE IS TOO SHORT

to wake up in the morning with regrets. So, love the people who treat you right, forgive the ones who don't and believe that everything happens for a reason. If you get a chance, take it. If it changes your life, let it.



### RESIDENTS' BILL OF RIGHTS

Every resident has the right to participate fully in the development, implementation, review and revision of his or her plan of care.

Family Council and Residents' Council meeting minutes are posted in the Home, and are also available at the Business Office / Reception Counter.

## NEW RESIDENTS AND TENANTS

**LONG TERM CARE** - Elden D., Ellen H., Anneliesse M., Jennifer W.

**RETIREMENT HOME** - Edith C., Jean C., Gregory G., Clara P.

**APARTMENTS** - Alan and Ellen B., Dianne and Gerald S., Bernice W.



## ACTIVITY AND PROGRAM



### May

In May, there is lots of music to be enjoyed – mark these in your calendar and watch for further information on the boards throughout the Home.

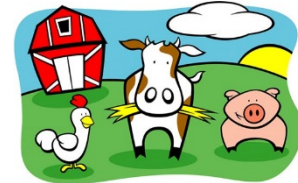


- Thursday May 4<sup>th</sup> – Gospel Brass entertains in the Auditorium at 7:00pm
- Tuesday May 9<sup>th</sup> – Tonia-Joy Skipper will liven up the Auditorium at 2:00pm
- Friday May 12<sup>th</sup> – enjoy a Mother's Day Tea in Stenhouse Hall at 2:00pm
- Tuesday May 16<sup>th</sup> – join Rob Edlefsen for an Evening Social in the Auditorium at 7:00pm
- Friday May 26<sup>th</sup> – a Paint Auction hosted by "Paint Nite" will be held in the Auditorium at 2:00pm
- Monday May 29<sup>th</sup> – prepare for the British Invasion at 2:00pm in the Auditorium performed by Celebrity Productions.
- Tuesday May 30<sup>th</sup> – enjoy Little Tracks Petting Zoo with all kinds of farm animals – starting at 2:00pm in the Special Care Unit Courtyard and pathway.



### June

In June – these are a few of the activities you can enjoy...



- Tuesday June 6<sup>th</sup> – Gospel Brass returns to entertain in the Auditorium at 7:00pm
- Saturday June 24<sup>th</sup> – wave the flag at our Canada 150 Celebration – more details will follow soon



### MAN'S BEST FRIEND

Long Term Care resident Vernon C. visits with friend, George.



### OUR VALUES

Trust. Integrity. Dignity.  
Respect. Community.

## NEWS FROM THE BOARD

*Saint Luke's Place is governed by a voluntary Board of Directors. The Board is comprised of a diverse group of skilled, talented and experienced community leaders who give generously of their time to attend committee, and monthly Board meetings. The following message is from our Board President, Bruce Fraser.*

We have reviewed the results of the recent Tenants' Survey, which highlights programs, activities and services which are of greatest interest to our community. The Board is tasked with the responsibility of deciding upon strategies and plans to meet the changing needs and desires of the Saint Luke's Place community. In doing so, we not only consider the preferences of our stakeholders, but also consider anticipated future needs, and matters of health, safety, risk and budget.

The redevelopment of our Long-Term Care Home is guiding much of our overall organizational planning, as we are mandated by the provincial government to modernize and revitalize our care facility to meet the needs of generations to come. Over the past two years we have asked for, and received, so much feedback and input from residents, families, staff and community partners about the future vision for our redevelopment project.

Although the planning process has taken some time, we have shared our progress every step along the way through board-approved communications from our CEO, Brian Swainson (newsletter articles, bulletins on our website, coverage in the Cambridge Times), as well as through news items from the Foundation. The Board understands that there is great interest in our community about our master plan, and we appreciate everyone's patience as we follow the necessary planning steps. We understand that change is not always easy, and by keeping the lines of communication open we remain committed to our organizational mission, vision and values.

Over the next couple of months, we have tasked management to provide further board-approved updates on our progress and plans. For those of you who "surf the web", our website, [www.saintlukesplace.ca](http://www.saintlukesplace.ca) is constantly being updated with news items. We are also working on creating an information board close to the coffee shop area where planning decisions from the board will be shared. As well, our Foundation is distributing a letter and information package this month which includes an update on the project and capital campaign.

On behalf of the Board of Directors of Saint Luke's Place, we welcome our community to join us on the exciting journey ahead.

**Bruce Fraser, Chair, Board of Directors**

**Learn more about Bruce Fraser following this article.**

## MEET A BOARD MEMBER: BRUCE FRASER

Bruce Fraser was appointed President of the Board of Directors at Saint Luke's Place this year, having served on the board since 2012. In addition to being an active board member, Bruce is a member of the Human Resources Professional Association and holds a Certified Human Resources Executive designation, which is reserved for the HR profession's proven, high-impact leaders, who exercise significant impact and influence across their organizations.

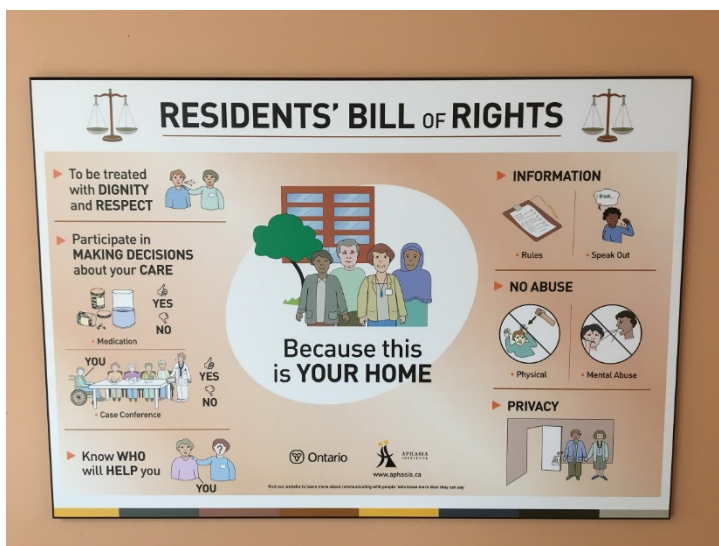


Bruce is currently employed by Steelcraft Inc. and he has served in human resources leadership roles with Nestlé Waters Canada, Kodiak Group Holdings, an affiliate of Williamson Dickies, Research in Motion (Blackberry) and NCR, where he began his career.

Bruce has multiple disciplines in Operations and Human Resources and brings more than 30 years of business experience to the role. He holds a diploma in Business Administration from Wilfrid Laurier University as well diplomas in Electronics Engineering, Manufacturing Engineering and Human Resource Management.

*"It gives me great pleasure to be serving on a board that embodies values that align with my values and be working with a diverse group of individuals who, in conjunction with the management team, bring Saint Luke's Place Vision and Mission to life."*

Every issue of **Reflections** highlights one of the resident's rights contained on the Bill of Rights. See the pictorial displays of these rights throughout the Home.





## Welcome Home Capital Campaign Update



A big thank you goes out to the The Great Hespeler Reunion Committee and the Company of Neighbours who recently donated \$5000.00 each towards our Long-Term Care Redevelopment Project! We appreciate the volunteer time and passion that the members of these two groups dedicate to our community.

Our Saint Luke's Community thanks you for your support!



Lowe's Canada on Pinebush Road in Cambridge is dedicated to helping their community! Through their Lowe's Heroes Program, they have adopted Saint Luke's Place for their volunteer, non-profit project for 2017! Employees roll up their sleeves to complete countless community improvement projects each year and we are excited to be chosen!

**Lowe's has chosen to place Cedar Planter Boxes along our pathway outside of A Wing's Special Care Unit!**

Visit them up until May 14<sup>th</sup> and make a donation upon checkout! Lowe's staff members will also be holding their own employee fundraisers to help cover the cost of the materials.



**4<sup>th</sup> Annual Generations Walk & Roll-A-Thon!  
Saturday, May 27<sup>th</sup>!**

Calling all residents, tenants, family members, staff and volunteers! It's time to get your walking shoes laced up and your wheelchairs and walkers in pristine condition for our 4<sup>th</sup> Annual Generations Walk & Roll-A-Thon! This year's event will be held on Saturday, May 27<sup>th</sup> with registration starting at 9:30am and the Walk & Roll at 10:30am. Join us afterwards for a bbq, vendor tables, kid's scavenger hunt, raffles and more! Put a team together! Dress up! Sponsor someone! This is not a race! Go your own pace! Pledge forms will be available throughout Saint Luke's Place, the Main office and our website at [www.saintlukesplace.ca](http://www.saintlukesplace.ca). For more information, please call 519-658-5183, ext. 251.

**ALISON HADDAWAY**  
Director of Donor Relations and Fund Development

## 2017 Tenant Survey Results

In February, a comprehensive survey was distributed to all apartment tenants of Saint Luke's Place, asking for feedback (level of interest and preferences) on a variety of program and service options, many of which are (or could be) offered/supported through our EPC community program.

Over 80 survey responses were received, providing a representative cross-section of our tenant population. A random draw for one of four restaurant gift cards was held (for all survey respondents) to encourage participation in this survey, and the winners were announced on March 1<sup>st</sup>.

For recreational / social programs, the **TOP FIVE** responses by category are, in priority sequence:

XXXXXX

### *TRIPS AND OUTINGS*

1. Sightseeing Day Trips
2. Theatre Show Outings
3. Group Meal Outings (breakfast, lunch, supper)
4. Van Shuttle to / from the Grocery Store
5. Seasonal Shopping Trips

### *SOCIAL AND RECREATIONAL ACTIVITIES*

1. Coffee Shop
2. Tuck Shop / Store
3. Summer Friday BBQ Lunches
4. Coffee and Muffin Social Time
5. Bingo

### *WELLNESS ACTIVITIES*

1. In-house Library
2. Guided Gentle Exercise
3. Outdoor Walking Group
4. Guided Gentle Exercise – Seated
5. Indoor Walking Group

### *ARTS, CRAFTS AND HOBBIES*

1. Needle Arts (knitting, crochet, quilting)
2. Painting Classes / Group
3. Colour Book Group
4. Paint Your Own Ceramics
5. Woodworking

√√√√√

*There is also interest in (more) evening programs, and finding a balance between common-area programs, programs in each building, and outings.*

### *Technology Activities*

- There is more interest in “Technology Instruction – Computers, Cell Phones, etc.” than in having a “Computer workstation”.

### *Purchased Meals*

- Almost 60% indicated that they do not purchase meals at Saint Luke's Place.
- Of the respondents who do purchase meals at Saint Luke's Place, the majority prefer to have their meals in Stenhouse Hall rather than in their apartment.

### *Emergency Response*

- In the event of a medical emergency, the majority of respondents will first call 911.
- A majority (over 60%) do not feel that the HELPCALL system works effectively.
- A majority (over 70%) understand that activating the HELPCALL system prevents calling 911 until the HELPCALL system is reset.

The information gathered from the survey is being used in our go-forward planning. Thank you to everyone who took this opportunity to “have your say”.

## A FRIENDLY REMINDER FOR TENANTS

Our nursing staff at Saint Luke's Place are very helpful, and, as we know, will go that extra mile. Sometimes it's easy to forget that they are working nurses on the units and are responsible for the care of the residents plus, after regular business hours, operation of the facility.

### When You Have Guests

Please remember that the Nurse Manager is required to respond to the doors "after hours" in the case of emergency, but not to let in your guests. You should make your own arrangements to meet guests upon arrival after hours.



### Keys

Our nurses' first focus is caring for the residents of our nursing home, and they always have to prioritize how and when to provide a response. If you, as a tenant, accidentally lock yourself out after hours, the nurse or other staff member will respond, but it might take some time if there are more urgent care priorities in the nursing home.



We appreciate your understanding and patience.

Thank you!

## Poets' Corner



### SPRING AND SUMMER



Springtime calls to young and old.  
Hidden treasures fast unfold  
And spread across the land a gift  
of beauty. Spring, with actions swift,  
will change in one short week a scene  
of aged brown to youthful green.

Summer calls to rich and poor.  
Meet her just outside your door.  
Welcome her bright, glowing face.  
Yield yourself to her embrace.  
Summer's days are all too few.  
Answer when she calls to you.

*Sheila V. White*



### CELEBRATE MOTHER'S DAY



On May 10<sup>th</sup> take part in the Mother's Day Fashion Museum Trip and Afternoon Tea.

Tickets are available from the Business Office for a trip to the Cambridge Fashion Museum leaving here at 12:30pm and returning for Tea at 2:00pm.

The fashion museum trip is available for tenants only and tickets are \$10.00 each for the museum trip and tea.

If you would like to go to the Tea only, tickets are \$5.00 each and you can buy extra tickets and have your friends join you.

## RETIREMENT HOME AND TENANT NEWS

We continue to work our way around the world – in April we travelled through the Netherlands. Known as the “flower shop of the world” it was only fitting to travel there as Spring was making an appearance. Dutch month started off with the residents and tenants creating their own decorative windmills in the Coffee Shop which were then displayed in Stenhouse Hall.

We all then got competitive with a fun game of “Sjoelen” or Dutch shuffleboard.



Even with all of the festivities around our Netherlands programs, we didn't forget that April is Easter month and we relived our youth with an Easter Egg hunt, decorated Easter Eggs and created cute bunnies by simply using tea towels.



In May we are getting our luggage ready and heading to merry old England.

Stay tuned to the Bulletin Board to see what is planned as we celebrate mother England.



**Michelle Sunderland**

We celebrated *National Volunteer Week, April 23-29*, with a delicious brunch for all our dedicated volunteers. We greatly appreciate all that our volunteers do for our seniors! Whether it is helping in the coffee shop, assisting residents to activities, or raising funds for the Foundation, Saint Luke's Place would not be the community it is without the time, energy and love so generously given by our volunteers.

It has also been encouraging to see a number of new volunteers start since the beginning of the year. For many, becoming a volunteer has been their first introduction to Saint Luke's Place and we are thankful for the way staff, residents, and tenants have been welcoming them here.

If you or someone you know is interested in becoming a volunteer please contact Nicole at 519 658 5183 x264 or pick up a volunteer application at the Business Office.



### TWIDDLE MUFFS

Have you ever heard of a Twiddle Muff? Well, a group of ladies here at Saint Luke's Place did!

It is a knitted muff used by residents with Alzheimer's and Dementia. The muff is filled with safe, resident friendly items like plastic pins, buttons and “doodles” for the resident to play with. Occupying their hands and minds makes their day more enjoyable and pleasant. They find great comfort in “twiddling” the muff.

So far the ladies group has knitted over 25 Twiddle Muffs for our residents.

If you would like to become involved, contact our business office at 519-658-5183 and we can put you in touch with the “Twiddle Muff Lady” Laura D. (shown above).