



www.saintlukesplace.ca

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*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?...



Quebec City has a special feature that makes it unique in Canada – actually, in all of North America. It has walls! Quebec City is the only city north of Mexico City that still has fortified walls – known as the Fortifications of Quebec. Quebec City's entire historic district, including the ramparts, has since been declared a World Heritage Site by UNESCO.



RESIDENTS' BILL OF RIGHTS

Every resident has the right to give or refuse consent to any treatment, care or services for which his or her consent is required by law and to be informed of the consequences of giving or refusing consent.

HAIRDRESSING SERVICES

For your convenience, don't forget that we have an in house hairdressing and barber service. You can contact Tammy at ext. 250.

Tammy is always happy to work you in for that special cut or "do".



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

NEW RESIDENTS AND TENANTS

LONG TERM CARE – June D., Anna-Margaret M., George S., Marion T.

RETIREMENT HOME – Mostafa J.

APARTMENTS – Perter and Sylvia B., Ron C., Yvonne R.



We're Saying Good-Bye Again!

It'll be a bitter-sweet celebration on Wednesday July 26th at 2:00pm in the Auditorium when we say good-bye to Pieter Vos, our Director of Maintenance.

It'll be bitter because we don't want to say good-bye. Pieter has been with Saint Luke's Place for over 20 years! We all know how important he is to us. His smile, his eagerness to help and commitment to Saint Luke's Place and the residents, tenants and staff who are all part of this community.



It'll be sweet because Pieter will be retiring and moving on with the next phase of his life. A phase that will allow him to spend more time with his family and volunteer for all of those things near and dear to his heart.

Join is in the Auditorium for a chance to reminisce and send Pieter into a happy and healthy retirement!

ACTIVITY AND PROGRAM



July

There are lots of special things to attend in July – here are a few...



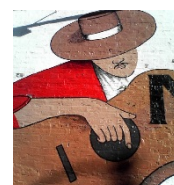
- Thursday July 6th – Gospel Brass entertains in the Auditorium at 7:00pm
- Tuesday July 11th – an Evening Social with Bob McLean in the Auditorium at 7:00pm
- Wednesday July 12th – Celebration of Life Memorial Service in the Auditorium at 2:00pm to remember those who have passed from our community
- Wednesday July 26th – Retirement Party for Pieter Vos in the Auditorium at 2:00pm
- Monday July 31st – our Ice Cream Social in Stenhouse Hall at 2:00pm.

August



In August – continue to check out the bulletin boards throughout the Home for more special events you can enjoy...

- Thursday August 3rd – Gospel Brass returns to entertain in the Auditorium at 7:00pm
- Thursday August 17th – Juneyt plays Spanish Guitar in the Auditorium at 7:00pm
- Wednesday August 23rd – Spanish Fiesta - enjoy the vocal stylings of Sonja in the Auditorium at 2:00pm
- Monday August 28th – enjoy an Ice Cream Social in Stenhouse Hall at 2:00pm.



NEWS FROM THE BOARD

By now I hope that you have had a chance to see our new communication display located in the coffee shop. This display shares News from the Saint Luke's Place Board of Directors, as well as provides information about the status and progress of our Long-Term Care Redevelopment Project and our Capital Campaign. This display will be updated periodically, so check it out often.

As announced in May, our planning and preparations for the parking lot and landscaping projects this summer are well underway. We are anticipating that there will be some temporary inconveniences affecting various assigned parking spaces during both parking lot projects (C-Wing and D-Wing lots). Please be reassured that we will communicate all changes and temporary reassignments in a timely manner to those tenants who may be affected. We thank you in advance for your understanding and cooperation as we continue to make improvements and enhancements to our parking capacity.

On Saturday June 24th, we hosted a "Canada 150" Celebration Festival at Saint Luke's Place, with entertainment, a BBQ, and greetings from local dignitaries. This year, our Long-Term Care Activation Department is also presenting monthly multi-cultural themes, and of course our theme for July is **all things Canadian** to recognize our country's 150th Anniversary of Confederation. As Canadians, we have much to be proud of, and much to be grateful for.

Bruce Fraser, Chair, Board of Directors

UPDATE FROM THE CEO

It's hard to believe that we've started into the summer months already! We have a busy time ahead with various projects underway to improve our parking capacity at Saint Luke's Place. Throughout the next few months we will keep everyone informed of our progress, and any temporary requests or inconveniences that may be required as the work progresses. Keep an eye out in early July when we will distribute a "**Parking Update FAQ**" flyer, to keep everyone informed of answers to **Frequently Asked Questions** about our parking projects. Soon we'll also have another update from our Board of Directors posted in our "News from the Board" communications board located in our Coffee Shop, to keep our community informed of communications and planning at the Board of Directors level.

We're busier than ever with a broad and diverse offering of activities and events at Saint Luke's Place, to appeal to the interests and preferences of our community. Each month we post recreation schedules for Long-Term Care, Retirement and Apartment Tenants throughout our campus on bulletin boards, in our newsletters, and on our website (www.saintlukesplace.ca). We also have several events and activities throughout the year that are open to everyone in our community, such as our recent "Canada 150" festival in late June, and various Foundation-sponsored events which are advertised and promoted by posters and various other forums, including the "News" page on our website.

I know we're all glad to welcome the beautiful summer weather. Please remember to drink lots of water and fluids on warm days, keep cool, wear sunscreen and hats, and please don't over exert yourself on the very warm days. Our Friday summer BBQs are another great way to enjoy a taste of the season, keep cool, and mix and mingle with friends. Enjoy!

Brian Swainson, CEO

OUR VALUES
Trust. Integrity. Dignity.
Respect. Community.



MEET A BOARD MEMBER: ROBERT PETTITT

Robert Pettitt was born in Hamilton, Ontario and is a graduate of McMaster University and University of Toronto Law School. He practiced law in Cambridge for over 40 years, retiring at the end of 2012.



Bob has been a member of the Saint Luke's Place Board of Directors since its inception in 1974 and is a past Chair of the Board. He presently chairs the Redevelopment Committee of the Board.

He is an active member of Wesley United Church, Cambridge, where he sings in the choir and is a member of the Board of Trustees.

Bob further contributes to the Cambridge community as a member and past President of the Cambridge Kiwanis Club and a member of the Board of Directors of Cambridge Kiwanis Non-Profit Housing Corporation.

"I am proud to have been associated with Saint Luke's Place for so many years. It has continued to maintain a stellar reputation in our community and has been able to expand its mission in response to community needs over the years."

Our redevelopment project is an exciting new phase in our development and responds to the requirements of the provincial government's new standards for long term care and our own desire to continue to respond to the constantly growing demands of our local community. The completed project will be a credit to our community and will enable us to continue to serve the needs of seniors for many years to come."

Our **Canada 150 Celebration** was a huge success on June 24th. Lots of residents, tenants and family members people turned out for the festivities! The 822 Squadron Royal Canadian Air Cadets started the day in style with the formal March On of the Canadian Flag. Then, Hon. Kathryn McGarry, MPP, presented two Long Term Care residents, Patrick Baker and Norma Thomson, with their Ontario Seniors of the Month Recognition Awards.

Below, Norma Thomson graciously receives her award from Hon. Kathryn McGarry, MPP.



Welcome Home Capital Campaign Update



Thank you for your active participation and generous contribution to support Saint Luke's Place Foundation.

Through your generosity and continued support we have raised more than \$10,500!!! You have left a wonderful legacy for a great cause.

We are grateful for all you have done, and pledge our best efforts in continuing this event every year. Please accept our warmest heartfelt thanks.



ALISON HADDAWAY
Director of Donor Relations and Fund Development

Recently, C Wing tenant Donna Besson donated a lovely Dwarf Korean Lilac on behalf of the Besson family, in memory of her parents.

Rollie and Bernice Besson called Saint Luke's Place their home for many years and the lilac is a lively addition to our gardens for all to enjoy!



An Inspirational Moment

"The true meaning of life is to plant trees, under whose shade you do not expect to sit."

Nelson Henderson

Urinary Tract Infections in Long Term Care

Finding bacteria in the urine is common in the elderly and does not always cause problems or need treatment with antibiotics. Bacteria in the urine without symptoms of an infection is called asymptomatic bacteriuria.

Unfortunately, antibiotics are given to residents of long-term care homes who have asymptomatic bacteriuria, but antibiotics are not needed in these cases.

Treating someone unnecessarily with antibiotics can lead to side effects such as adverse drug interactions and infection with bacteria called *Clostridium difficile*.

Signs of a urinary tract infection (UTI): burning or pain when passing urine, difficulty with initiating passing urine, increased frequency with urinating, fever, blood in the urine (less common), pain in your side, and/or lower abdomen or lower back discomfort/pain. Some residents, may also experience confusion.

Any one of these signs by itself does not mean you have a UTI. As well, smelly or cloudy urine does not necessarily indicate that you have a UTI. Other medical problems, certain foods and medications may also cause these effects

Residents who have signs of a UTI will have urine collected and sent to the lab for testing. The doctor may or may not wait for the results of the urine test before deciding about treatment. The nursing staff will closely monitor residents and might encourage them to drink more water or other clear fluids while waiting for results.

If it is found that there is a UTI, antibiotics will be prescribed by the doctor. It is important to use these antibiotics only when there is a true infection.

Sandy Rayner RN, ICP

Reference: Public Health Ontario
UTI Program



ALL THINGS CANADIAN!

Just a reminder that this year we have had a monthly multi-cultural theme to our recreation activities and July, of course, is all things Canadian.

From our recent "Canada 150 Festival", to our participation in the Canada Day Parade in Preston, to nice, new Canadian Flag murals recently hung in our Long-Term Care dining rooms, to a wide variety of Canada-themed activities throughout July – it's a great time to celebrate and appreciate our Canadian pride!

Group Exercise – Get Fit and Stay Healthy!



Just a friendly reminder that we offer a FREE group exercise program. You may join this program at any time – classes are held in our Auditorium – Monday, Tuesday and Thursday mornings at 9:15a.m.

The classes are 30 minutes long and include gentle exercise that may be done either standing or sitting. The instructor has specialized training in healthy, gentle exercise for seniors and it's a great way to maintain and improve your strength, flexibility and balance.



Hope to see you there!

FRIENDLY REMINDERS FOR TENANTS

Maintenance Requests

The Maintenance Department has initiated a new process to log maintenance calls.

Starting immediately, all requests by apartments tenants for maintenance issues must be made through the Business office. They will fill out our new electronic request form which will be emailed directly to the Maintenance department for action.

As an apartment tenant you can also submit a request for maintenance assistance via our website. An electronic form is available to fill out on line.

Simply go to:



[www/saintlukesplace.ca](http://www.saintlukesplace.ca) and click on the Accommodation tab, then the Independent Apartments tab, then click on the "Request Maintenance at your Apartment" link.

Fill in the information and submit. The form will be received the next business day in the Office and logged for action.

Please do not stop the maintenance staff in the hallway and ask for assistance. If we follow the new system put in place, the department requests will continue to flow efficiently and fairly for everyone.

Poop and Scoop

Please remember that all pet owners are expected to respect and obey the "poop and scoop" law. You must clean up after your pet. This is a public health issue as well as a respect for your neighbour's space.

Do not allow your pet to wander into other tenants' flower beds or patios.

When in a public area, your pet must be on a leash with someone holding the other end. Your pet dragging its leash is not a pet on a leash.



Poets' Corner

SUN OR SNOW

Enjoy this summer's humid heat!
Curse not mosquito's spiteful sting!
Too soon the heat will have its fling
And snow will cool your sandaled feet.

Too oft we echo summer's woes
And beg the Heat, "Begone, begone!"
Too soon the shortened days roll on,
Then you'll need boots to warm your toes.

Sheila V. White



UPDATED TELEPHONE SYSTEM

Our telephone system has changed and it is now self directed. When you dial our main number – 519-658-5183, you will be given a number of choices.

Here are some of the most commonly required extensions:

Nurse Manager for after hours emergency only: **284**
Apartment Coordinator: **241**
Business Office: **239**
Hairdressing: **250**
Foundation: **291**
Maintenance voicemail: **238**



AN AMAZING MILESTONE – AN AMAZING LADY



ACTIVITIES CALENDARS ONLINE!

We've heard loud and clear that many in our community prefer the "monthly view" of activities, as this view shows the month at a glance and prints nicely.

In addition to the monthly schedules posted on bulletin boards at Saint Luke's Place, starting this summer, they may also be viewed on, and printed from our website:

Long Term Care

Click on "Accommodations", "Long Term Care", then "Long Term Care Recreation Calendar"

Retirement

Click on "Accommodations", "Retirement Home", then "Retirement and Tenants Calendar"

Apartments

Click on "Accommodations", "Independent Apartments", then "Retirement and Tenants Calendar".



Helen Einwechter turns 100 years old on July 27. Still youthful, in the recent Saint Luke's Place Walkathon, she headed "Team Helen" with eleven family members.

Her mother, Nellie Reeve, was one of the first Saint Luke's Place tenants, and young Helen visited her mom here regularly.



Helen was the first secretary to the Saint Luke's Place Women's Auxiliary, also the first secretary for the 'Tenants' Association. She still attends Auxiliary meetings and does her part. When the Auxiliary opened the store in 1976, she helped there. Now, her daughter, Ruth, and daughter-in-law, Gail, work there every Monday afternoon.

Helen went to school in Puslinch Township and later, Galt Collegiate. She earned her Grade 12 while attending Guelph Business College.

Helen Reeve and Gardner Einwechter married on August 31, 1940 at Helen's family home. Gardner was a hand carver at Hespeler Furniture, and Helen an invoice clerk at Dominion Woollens and Worsted.

Gardner was in the army when he was shipped west to Vancouver, where Helen later joined him. Their first baby, Ruth, was born there on January 2, 1945.

Back in Hespeler after the war, baby Douglas arrived, then Glen while the family was living at 140 Cooper St., their home for the next forty-eight years.

The couple moved to Saint Luke's Place twenty-six years ago and enjoyed ten years together before Gardner passed on. Helen continued with the volunteer work she had begun years earlier when her mother was alive.

Helen is a popular lady. In May, she was feted by the Auxiliary, and every Monday evening, she plays her favourite Scrabble with a group of wonderful ladies (her quote).

Helen currently has 31 descendants, all loving and caring for her. She enjoys following their activities by email and Facebook.



Sheila White