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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
 Fred M.....Vice President - A Second
 Elsie S.....A Second
 Norma T.....2nd Vice President – A Main
 Corrine G.....A Main
 Dennis M.....A Main
 Kelly H.....Treasurer – E Wing
 Staff Rep.....A Lower

RESIDENTS' BILL OF RIGHTS

Every resident has the right to have his or her lifestyle and choices respected.

NEW RESIDENTS AND TENANTS



LONG TERM CARE - Barbara D.; Dorothy G.; Constance H.; Maria M.; Fay R.; Edna S., Brian S.; Elaine T.

APARTMENTS - Larry B.; Robert and Joanne D.; Elayne L.; Gilbert and Doreen W.

"Never let the fear of striking out keep you from playing the game."

Babe Ruth

OUR VALUES

Trust. Integrity. Dignity.
Respect. Community.



THANK YOU FOR REMEMBERING THOSE WHO HAVE PASSED FROM OUR COMMUNITY

Memorial Donations have been made to Saint Luke's Place in memory of the following people:

Sheila Aitcheson, Catharina Brusse, Ken Dahmer, Harold Dale, Francis "Frank" Fitzgerald, Jennie Lee Fox, Bernice Fraser, Emily Goegan, Allan Gray, Annie Hodges, Jerry Knowles, Margaret Litwiller, Pauline Markow, Elizabeth Nicholson, Gaylia Stager, Marion Topolinsky, Gordon Trim, Madeline Wheeler, Marilyn Wilson.

These donations help Saint Luke's Place provide the best possible care and environment for those who call Saint Luke's Place home.

NUTRITION FOR SENIORS: FOODS TO KEEP YOU HEALTHY

1. FOODS HIGH IN OMEGA-2 FATTY ACIDS: fatty acids are important to help prevent inflammation which can cause cancer, rheumatoid arthritis and heart disease as well as slow down the progression of Macular Degeneration which leads to poor vision. Fatty acids have also been proven to reduce the risk of Alzheimer's disease by keeping the brain alert:

Foods with fatty acids: mainly fish such as sardines, tuna and salmon, but they can also be found in flaxseed, soybeans and walnuts.

2. FOODS RICH IN CALCIUM: calcium helps our bodies maintain healthy bones and lower blood pressure.

Foods rich in calcium: mainly dairy products such as milk, yogurt and cheese. Some leafy green vegetables are also a good source of calcium like spinach, kale and beet greens.

3. FOODS RICH IN FIBER: as we get older, our digestive system slows down. Foods high in fiber helps promote proper digestion and thereby reduce the risk of heart attack.

Foods rich in fiber: mainly nuts, wholegrain cereal or bread, brown rice, fruits and vegetables.

4. WATER: As we age, our body's ability to conserve water decreases so you don't feel thirsty as often. However your body still needs water. Dehydration causes drowsiness and confusion.

Sources of water: put the water in smaller bottles and sip all day as opposed to storing it in a big container and you can be daunted by the concept of having to drink all that water in one day.

5. FOODS RICH IN POTASSIUM: most older adults don't get enough potassium which aids in cell function and reduces blood pressure. However, too much potassium is also a problem so consult your physician before starting on any supplements.

Foods rich in potassium: bananas, prunes and potatoes.

Welcome Home Capital Campaign – meet our new Fundraising Consultant



Dear Residents, Saint Luke's Place Supporters and Staff,

I would like to use this opportunity to introduce myself to you.
My name is Martin van Zon, President of Interkom, a fundraising consultancy.

Last month my staff and I officially started working with the Board and Leadership Team at Saint Luke's Place as your **capital campaign fundraising** consultant.

As you may be aware your **Welcome Home Capital Campaign** was launched to assist with the exciting redevelopment plans for the Long Term Care area of Saint Luke's Place (SLP). Given that the existing 114-bed facility will need to be redeveloped by 2025, it was so wonderful to receive approval from the Provincial Government for additional licenses for new beds to be added to the SLP capacity. But, not unlike other capital infrastructure investment projects supported by the Provincial Government, the local community needs to step up and commit to raising some of the funds needed to see this project become a reality.

In this particular case, it will be **\$9 million dollars** that needs to be raised by local donors, from both private and corporate gifts. That is a large commitment, as we all know.

The good news is that the redevelopment plans for SLP will include some amazing features and innovation that will ensure potential donors in Hespeler, Cambridge and the entire Region of Waterloo area and beyond, recognize the importance of this ground-breaking project.

Given that Long Term Care and the entire aspect of Elder Care is rapidly becoming one of the most important issues in Ontario and all of Canada, the time is right for SLP to play a key role in changing how Long Term Care is being managed and implemented.

In the coming months, you'll find me regularly on-site and I would love to meet you and say hello. If you would like to speak to me about the capital campaign, or participate in upcoming confidential one-on-one fundraising project related conversations, please feel free to contact me directly at (905) 407 1833. Or leave a message with Alison (Seniors and Fundraising Coordinator) or Staci or Sandra in the CEO's office and I will contact you.

Meanwhile, let's count down the days to the arrival of Spring (unless Winter is your favourite time of year)!

Sincerely,
Martin van Zon, Fundraising Consultant

MORE CAPITAL CAMPAIGN AND FUNDRAISING UPDATES!

Keep an eye out for these upcoming events:



Spring Concert with the Waterloo Regional Police Men's Chorus!

When: Sat. April 6th at 2:00pm

Where: St. James Anglican Church -150 Ellis Road Cambridge

Cost: \$20.00

Watch bulletin boards for ticket sale start date!

Shuttle bus from Saint Luke's Place provided if needed. Sign up at the main office when you purchase your ticket.



6th Annual Generations Walk 'N' Roll A Thon May 2019!

Time to get your walking shoes laced up and your wheelchairs and walkers in pristine condition for our **6th Annual Generations Walk 'N' Roll A Thon!** Watch your bulletin boards for upcoming details!

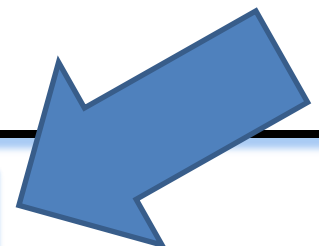
Thank you for supporting our Tree of Memories 2018!

Christmas is that time of year when we pause and reflect on the special times we have spent with our family and friends and honour our cherished traditions. Our Tree of Memories is one of our traditions we look forward to as it gives our donors an opportunity to honour and remember their loved ones.

This year we raised approximately \$10,600 with your generous support.



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THE WELLNESS CENTRE is coming along! The floors are in, and all the electrical is installed. Next step is painting the walls and having the cardio equipment placed. Programming is under way. The exercise classes that currently take place in the auditorium will move to the wellness centre. As we are determining what classes appeal to the greatest number of people, we will be trying a few different things. The first class we are offering is a Social Fitness Group. Space will be limited to 10 participants. The class will run for 4 weeks. It will be offered on either Wednesday or Friday, from 10 am to 11 am. To reserve a spot, speak to Alison.

Social Fitness Group – Instructor Daryl Ralph



Let's have fun and improve our health at the same time

- WEEKLY THEMES – Fall prevention, Staying Positive and Motivation, Healthy Body/Healthy Mind
- PRACTICAL MOVEMENTS – These movements will help you in your everyday life
- MUSIC – Music = FUN! Feel free to request songs!
- GROUP SESSIONS – It's always better to work out with friends and meet new people
- INSTRUCTION FOR ALL LEVELS – never focused on your health before? NO PROBLEM! All are welcome

Seniors Active Living Centre Update

Just a reminder to read your bulletin boards with upcoming programs and events through the Seniors Active Living Centre!

~Games Night ~ Wednesday Grocery Trips ~ Lunch Bunch ~ Mall Outings ~ Special & Theme Events ~ Theatre Trips ~ Fun & Fitness through Community Support Connections ~ Swim Shuttle to Fairview Pool ~ Progressive Euchre ~ Travelogues ~ Tenant run programs such as Wii Bowling, Movie Night, Scrabble & Bingo!

Don't forget to stop by our Bridge and C3 Libraries to check out all the great varieties of books and books on cd's. Visit our Auxiliary run Coffee Shop and store for a chat with friends and family or grab a game of Snooker at our pool table. Stay informed! Stay active! Have fun!

Tax Time!

It's almost tax time! We've heard time and time again that many retired people are missing out on tax credits. The Senior Active Living Centre is organizing a small tax seminar. Get some tips, make sure you're getting all the deductions you're entitled to. Ask some questions! Jim Green will be coming in to speak with us on Sunday March 3rd at 1:30 pm in the Auditorium. Stay tuned as details may change as we firm them up. Jim is a managing partner of Green and Company Inc. Readers of the Cambridge Times voted this firm a Platinum winner for income tax preparation!

MEET OUR STAFF MEMBERS

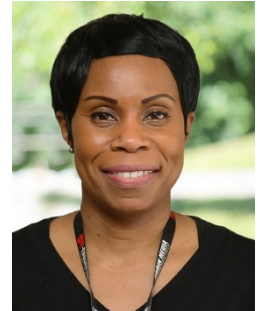
Natasha Jones recently joined Saint Luke's Place, starting briefly as a part-time Registered Nurse, moving quickly to fill the maternity leave vacancy as Director of Nursing and Personal Care.

Natasha graduated as a Registered Nurse from Conestoga College in 2000 and began her career in health care as an acute care nurse in Intensive Care Unit and Emergency Departments.

Natasha then went on to join the LHIN (formerly CCAC) and assuming several roles during her 9 years there, including Care Coordinator, Educator, Program Manager, and Manager of Operations.

Before joining Saint Luke's, Natasha was a Long Term Care Homes Inspector for the Ministry of Health and Long Term Care. For more than four years she was responsible for inspecting several homes across the province.

Natasha strongly believes in the importance of person-centred care, and is committed to maintaining a high level of quality in the services we provide to our Residents who call Saint Luke's Place home.



Cara Thompson joined Saint Luke's Place in July, 2017 and currently holds the title of Generalist, People & Culture. The majority of her time involves team member recruitment and onboarding, health and safety, and labour relations with a focus on supporting team members in providing excellent resident-centred care.

Even though Cara joined us in 2017, she recently absorbed the role of Volunteer Coordinator. She is excited to take on this new role to further develop relationships within the Saint Luke's Place community.



Cara has a Bachelor of Science in Kinesiology from the University of Waterloo and a Post-Graduate Certificate in Human Resource Management from Fanshawe College. She brings nearly a decade of experience in the health and wellness sector including her previous roles as a Fitness Manager for GoodLife Fitness and as an Office Coordinator for the Gillam Hospital in Northern Manitoba.

In her free time, Cara enjoys going for walks with her dog, spending time at the cottage and listening to music. You may recognize her through her waves from her office by the coffee shop, but if not, feel free to stop in and say hi!

When you see them, welcome Natasha and Cara to Saint Luke's Place!



HERE'S WHAT'S HAPPENING IN LONG TERM CARE...

January and February have just flown by and the thoughts of spring flowers and warmer weather just around the corner brings a smile to my face and I hope yours too!

Health and Wellness and Nursing:

There have been many sniffles and coughs in our long-term care areas. Thankfully, Influenza has not visited us. Keep washing your hands and wearing protective gear to prevent the spread of illness throughout the home. Families and friends, thank-you for remembering to NOT visit when you are sick yourself. We need your help to keep our residents away from exposure to infection causing germs.

We are changing footcare service providers! Jenuine Care will be taking over as our advanced foot care provider as of February 25th. This is at an additional cost for any footcare service that is beyond the daily care and scope that can be provided within the home by our staff.

Foodservice and Nutrition:

With spring and summer around the corner, so is our change in menus. Did you know we change our menus to suit the seasons? We have fall/winter and spring/summer menus. Susan Phipps- Foodservice Manager holds monthly dining room committee meetings where residents can have a say in what food choices are on the menus. If you would like to attend, please contact Susan at ext. 227.

Just a reminder to tenants, meal plans are available for lunch and supper daily. Please talk to the business office if you would like to have a meal in the Stenhouse Dining Room.

Environmental Services:

Lost clothing can be a problem especially in a large home such as ours. Just a reminder if you purchase new clothing it needs to be properly labeled by the laundry department. Your team leader can place all the clothing in a bag, clearly identify the items on the appropriate form and send to laundry for you. Please note it may take up to 48 hours for laundry to process and return your items, but not completing these steps will result in items going to the lost and found and they may not be promptly returned to you.

Recreation:

The coming month is a busy one! March will be exploring and celebrating the country of Ireland as part of our Multicultural Theme Month. Other activities planned are: Irish Afternoon with Bob Mclean, Cambridge Seniors Choir, and Celtic Music with Peter & Gwen to name a few. Check out the Activity Calendar posted for all the events happening on your unit!

Administration:

Resident/Family Survey will be delivered in March to you or your loved ones. This is a simple survey on the care and services we provide and how we can improve. I encourage everyone to complete and return the survey through the postage paid envelope or hand deliver to the business office. I am hoping we could have the responses back by or before April 15th. If you need another survey, please see Carol or Darlene at the front office.

Please remember, Saint Luke's Place has an open-door policy- If you have any concerns, please speak to any manager or myself anytime!

"A great attitude becomes a great day which becomes a great month which becomes a great year which becomes a great life"

Maureen Toth

Accreditation is coming! The CARF accreditation process starts with Saint Luke's Place commitment to continuous improvement and ends with external review and recognition that our business and service practices meet international standards of quality. Family and Residents will be asked to participate- if you are interested in being part of the 2-day survey- please contact me at ext. 293.

Maureen



NO ORDINARY APPLE PIE

I was in Zehrs, looking for a dessert to take to my daughter's the following day. As usual, I was fascinated by the huge assortment, but I paused by a small display of pies. One caught my eye.

It looked different and was set apart from other, everyday, pies as if in censure. I sympathized. It was apple and the top crust was latticed, but not neatly latticed; more as though some sherry-merry grandma had thrown the strips of pastry willy-nilly over the top.

As my mind applauded her rebellion a man stopped beside me. Seeing him out of the corner of my eye he was elderly with short white whiskers, and I liked his hat. Then he spoke.

"That pie is delicious," he said pointing, then waved so as not to exclude the others.

"Really?" I said.

"Oh, yes," he assured me, then walked away.

I turned to watch him go. His black, flat-brimmed hat sat atop a reddish jacket and tan pants, perfect for a gentleman's casual shopping trip. I watched him for a few seconds, straight-backed and self-assured, picking and choosing with ease. I put the pie in my cart.

Moving along, still a little doubtful, I added a second dessert.

The following day I recounted the story as I showed the pie to my daughter. We were laughing at its quirky appearance until she said meaningfully:

"It's odd, but I was really wishing you would bring an apple pie."

I felt goosebumps and whispered thanks to my adviser -- no ordinary male person -- and his choice.

Yes. No ordinary apple pie.



Submitted by Sheila White