



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

Vol. 27, Issue 3 – May/June 2019

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

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### Point to Ponder:

If there is no wind, row.

Latin Proverb

### 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  
 Elsie S.....A Second  
 Norma T.....2<sup>nd</sup> 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 participate in the Residents' Council.

### NEW RESIDENTS AND TENANTS



**LONG TERM CARE** - Eleanor B., Jarka B., Dana M., Theresia M., Antonio P., Anne S.

**APARTMENTS** - Ida H.



### ATTENTION GREEN THUMBS!



Fleming, at 91, has enjoyed 11 winters caring for the plants on the bridge. The plants must be retrieved by their owners to be returned to their balconies or gardens by May 24.

**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:

Mona Bruder, Fred McCulley, Katharina Sturm

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

We have recruited a Social Worker- her name is Sheryl Millson and she comes to us with vast knowledge and experience in her field. Please keep an eye out for her and be sure to welcome her to Saint Luke's Place. Her official start date is May 6<sup>th</sup>.



## Save The Date!



Time to change out of your Walk & Roll runners and into golf shoes for our first annual golf tournament on Thursday, July 11<sup>th</sup> at the Cambridge Golf Club!

For more information visit [www.saintlukesplace.ca](http://www.saintlukesplace.ca). or call Alison at 519-658-5183 ext. 291.

Sponsorship opportunities available! Individual Golfers \$120.

### Did You Know????

The boreal forest is the largest forest in the world, wrapping right around Earth's entire northern hemisphere like a giant green headband. It acts as the lungs of the planet, producing much of the air we breathe and influencing the world's climate.

Canada's part of the boreal covers 300 million hectares and stretches over half of our country's landmass. If you drive north from just about any city in Canada, you'll end up in the boreal forest



## MEET A BOARD MEMBER: Margot Kummer

Most of you will recognize Margot Kummer, whose smiling face graced the hallways of Saint Luke's Place for many years.

Margot recently retired from Saint Luke's Place after 35 years of service to seniors in our community. She joined Saint Luke's Place in 1982 as a part-time evening charge nurse and over the years, professional growth and a commitment to seniors saw her assume the role of Director of Care in 2004.

Margot has been certified as a Long-Term Care Administrator and she has also been certified as an accreditation surveyor for CARF Canada, which assures that health care providers, such as Saint Luke's Place, strive to offer the highest quality services.

Margot joined the Foundation Board of Directors in 2017, and just recently joined our Board of Directors.

As Margot has said, "my life has been about seniors and their care" and well knows the importance of Saint Luke's Place in the lives of our seniors. Margot was eager to join the Board of Directors as a way of continuing this service to our seniors.

A lifelong resident of Cambridge, Margot continues to live in Cambridge with her husband and has two daughters.



Congrats



Accreditation was held April 10 and 11 through CARF International. Thank you to all staff, residents and families who participated and supported this process. We won't know the results for about 6-8 weeks, but I can say it was a very positive experience with many encouraging remarks about Saint Luke's Place from the surveyors.

### OUR VALUES

Trust. Integrity. Dignity.  
Respect. Community.

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

Welcome Spring! It's the wonderful time of the year when snow finally melts, trees begin to blossom, and the streets look lively and green again! Even though there might've been a bit of a confusion with Mother Nature, who sent some snow for a rather cold welcome to the new season, I can't wait until temperatures start going up, and we see our yards and gardens come back to life once more.

## Here's what's happening in long term care...

### **Nursing:**

As you may already know we did experience Enteric Outbreak on the A Lower unit, however due to quick reaction of staff and ensuring interventions such as additional cleaning, wearing protective equipment and thorough handwashing were put in place, the outbreak didn't last long and was contained to only that unit.

National Nursing Week is Monday May 6 - 12, 2019 with the theme- Nurses: A Voice to Lead – Health for All. The week draws attention to nurses and emphasizes the profession's accomplishments specifically, the the great care and services given to our residents. Woohoo Nursing!

### **Foodservice and Nutrition:**

Stenhouse Dining Room is currently under renovation. Time to revitalize and bring the décor into the 21<sup>st</sup> century! With this renovation the foodservice department will be exploring alternate dining experiences for not only tenants and guests but for long term care residents as well. These experiences may include; theme meals, restaurant style dining and alternate menu choices for a nominal fee.

Watch for posters and other communication that will reveal the upcoming changes.

### **Environmental Services:**

Just a safety reminder with the warmer weather coming and everyone enjoying the outdoors more:

- 1) There is no Smoking/ Vaping permitted on the property. Smoking is permitted only in the designated areas for long term care residents;
- 2) Do not block entrances and driveways with chairs, wheelchairs or scooters;
- 3) Watch for residents out in the grounds/ parking lot;
- 4) Use outdoor garbage receptacles appropriately;
- 5) Ensure when watering plants there is a saucer/ dish to catch the water overflow;

Please remember: Safety is everyone's responsibility.

### **Recreation:**

Multicultural Theme Months continue and in May we will celebrate and explore Wales and England with such activities planned as: "Boys Night Out" to perform, Pub night with piano player Martin Wall and Eastwood Colligate to play their strings.

In addition to those activities the recreation department will also be holding in May: Mother's Day tea with Paul Shalm, New Resident Tea on the 6<sup>th</sup>, Celebration of Life on the 16<sup>th</sup>, Geri Fashions on the 29<sup>th</sup> and Little Tracks will be in to visit with the long term care units with their baby bunnies, chicks and ducklings.

In June we will celebrate Portugal with the Portuguese Dancers and Pub afternoon with Portuguese singer Tony Gouveia. The month of June will also host; Father's Day Social with Paul Horton and the Resident Council Strawberry Social Fundraiser on the 29<sup>th</sup>- always a good time!

**Check out the Activity Calendar posted for all the events happening on your unit.**

## WELCOME HOME CAPITAL CAMPAIGN UPDATE!

Dear Residents and Supporters,

During the last couple of months, we have been able to finalize components for the next phase of the fundraising campaign.

One of the critical components identified is learning about the past history of Saint Luke's Place, exploring details of the redevelopment plans and listening to the Board members, Staff and LTC Residents and Apartment Tenants. In addition, we managed to finalize, with the help of staff, a list of local supporters and potential new supporters who now need to be approached.

We also prepared an updated **project overview** for **prospective donors**. We will use their input to prepare for the next version, which is called the "case for support", which becomes the main document we will draw from to inform potential donors about this exciting project.

Your CEO, Staci Bartlett, and I met with the Resident's Council in March and the Apartment Tenants in April. We had a very good turnout for our April 16th Campaign Update, which was held at the Auditorium. It was great to meet so many of you there. Thanks to Alison Haddaway for organizing this.

For the next couple of months, we will have *one-on-one confidential conversations* with a number of Hespeler and Cambridge philanthropists, business professionals and business owners, and other key people to determine the available fundraising support for the first phase of the redevelopment plans.

If you would like to learn more about your own opportunity to get involved in the fundraising campaign or have a confidential conversation with me in this regard, please contact me at your convenience, or let the Alison know that you would like to meet with me.

I look forward to seeing you at one of my weekly visits at Saint Luke's Place or to talk to you soon and answer any questions you may have.

Yours Sincerely,

Martin van Zon,  
Fundraising Consultant  
[mvanzon@interkom.ca](mailto:mvanzon@interkom.ca)  
Mobile: (905) 407-1833



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[www.facebook.com/saintlukesplace](https://www.facebook.com/saintlukesplace)

## MORE FUNDRAISING AND ACTIVITIES NEWS!



### 6th Annual Generations Walk & Roll-A-Thon Saturday, May 25<sup>th</sup>, 2019

It is almost that time again! Calling all Saint Luke's Place family and Cambridge community! Get your walking shoes laced up and your wheelchairs, walkers and strollers in pristine condition for our 6<sup>th</sup> Annual Generations Walk & Roll-A-Thon! Invite your family and friends to join us. Put a team together! Dress up! Sponsor someone! It is a great day to bring people of all ages together to raise funds in support of our Long-Term Care Redevelopment Project. Details on your bulletin board and pledge forms available at the Business Office, throughout the building and from Alison's office EM35.



## STEPS FOR SENIORS

\$2.00 per Shoe Print!



Available at the business office in preparation for our Annual Walk-A-Thon on May 25<sup>th</sup>, 2019 benefiting those who call Saint Luke's Place home.



### Easter Basket Raffle

Congratulations to Sharleen W (C wing tenant) who was the winner of our Easter Basket Raffle! Thank you to everyone who purchased tickets for a chance to win. You helped us raise \$382!