



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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Point to Ponder:

I am learning to love the sound of my feet walking away from things that are not meant for me.

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
 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 pursue social, cultural, religious, spiritual and other interests to develop his or her potential and to be given reasonable assistance by the licensee to pursue these interests and to develop his or her potential.

NEW RESIDENTS AND TENANTS

LONG TERM CARE - Margaret B., Trena D., Caroline K., Jack R., Annette W.

APARTMENTS - Isobel B., Marilyn G.



“We can afford to get married soon. I’m almost halfway done with my student loan.”



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

**THANK YOU FOR REMEMBERING THOSE WHO
HAVE PASSED WITH A GIFT TO SAINT LUKE'S PLACE**



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

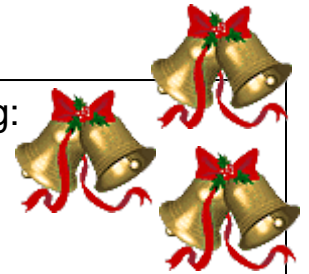
Alice Anderson, Eileen Bosnell, The Garsides, Bob Green, Anneliese Martens,
Harvey Sauder, Veronica Ross.

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



The **Saint Luke's Place Auxiliary** would like to invite you to our upcoming:

**CHRISTMAS BAZAAR AND TEA
SATURDAY NOVEMBER 16TH, 2019
2:00PM – 4:00PM**



You will find many treasures such as home baking, candy, crafts and Christmas decorations in the Administration Lounge, the Coffee Shop and Stenhouse Hall. The Tea Room will be open at 2:00pm for light refreshments.

All proceeds go to enhancing the lives of those who call Saint Luke's Place home.



REMEMBRANCE DAY SERVICE

Join us on Monday November 11th in the Auditorium. The service will begin at 10:15am. Please help us remember the fallen who made the ultimate sacrifice so that we may live in freedom and peace.

Remembrance Day isn't just about war and those we've lost, but about ideals and what we stand for. It's about respecting our past and looking forward and, more than anything, thanking those who have served.

"They died for us, for their homes and families and friends, for a collection of traditions they cherished and a future they believed in; they died for Canada".



REMEMBRANCE DAY
Let No One Forget



It has been six months since I became CEO at Saint Luke's Place. That time has seemed to fly by on one hand and to have stood still on the other hand. I appreciate the opportunity to be part of the leadership of this ever changing organization. While I am pleased with some of what we have accomplished, I am at the same time overwhelmed by what remains to be done.

Saint Luke's Place has recruited over fifty new staff in the past three months. This has gone a great deal of the way towards meeting the needs of our Residents in Long-Term Care. We still have more work to be done in this area. I thank those staff who have been committed to the Home for many years and welcome those who are newly with us.

Our administration team has changed greatly in 2019:

1. Sandra Parks returning as Executive Assistant
2. Tanya Wilson returning as Director of Finance and Corporate Services
3. Connie Lambert as T-Wing Coordinator
4. Sarah McArthur as Director of Human Resources
5. Taylor Gagnon leaving on maternity leave
6. Lorne Jewer as Chaplain
7. Sheryl Millson as Social Worker
8. Lynn Irvin as Payroll and Accounts Payable Coordinator
9. Nicole Mercer as Staffing and Scheduling Coordinator
10. Sandy Rayner as Director of Care
11. Cherry Hanson as Assistant Director of Care
12. Myself as CEO

This is a great deal of change for a relatively small organization in a short period of time. I appreciate your patience as we learn and adapt to our new roles.

We also have experienced change in our Tenant and Resident population. It is difficult to say goodbye to those who passed on and their families. At the same time, we welcome each of you who are new to Saint Luke's Place.

Sadly Maureen Kisielinski- foodservice worker passed away on Thursday October 31, 2019 in her sleep. She was one of our valued staff. Maureen was a kind, dedicated, hardworking employee who valued her family and friends. She simply was a lovely woman and will be truly missed by everyone.

This past month has seen two capital projects completed. We have a new roof on the centre core of E-Wing. The existing roof was 30 years old. It had been patched many times and was failing. Our water retention area, adjacent to D-Wing, A-Wing and the Schiedel forest, needed to be reconstructed. This major project has been completed in the past week. The final surface on our new parking lot will need to be applied in 2020 together with leveling our main parking lot.



The coming weeks will see us recognize Remembrance Day on November 11, the Auxiliary Christmas Bazaar on November 16, Celebration of Life on November 20 and Staff Service Awards on November 20. These are in addition to all of our regularly scheduled activities. There is lots going on at Saint Luke's Place, so please try to take some of them in.

Saint Luke's Place has taken full membership in the Cambridge North Dumfries Ontario Health Team. There are a large number of partners including:

- City of Cambridge
- Township of North Dumfries
- Several Physicians' rostered groups
- Saint Luke's Place
- Cambridge Memorial Hospital
- Langs Health Centre
- Waterloo Wellington LHIN
- Fairview Mennonite Home
- Cambridge Nurse Practitioner Group
- Hospice Cambridge
- House of Friendship
- Community Mental Health

Additionally there are a large number of other agencies who are monitoring and contributing to the process. All of these groups have been meeting on a regular basis to plan this process.

Thank you again for welcoming me to Saint Luke's Place.



A QUICK GUIDE FOR HEALTHY EATING FOR OLDER ADULTS



Are you eating alone? When you eat alone, it can sometimes be hard to stay motivated about cooking meals. Try a few of these tricks – they may help.

❖ collect simple recipes that use only a few ingredients and are fast to make ❖ cook meals ahead of time ❖ prepare meals when you have the most energy, like in the morning ❖ find healthier frozen, ready-to-eat dinners but look for those with lower sodium and fat ❖ buy bagged salads or pre-chopped vegetables ❖ have a nice place to eat – set a table with flowers and a place mat ❖ take your meal outside, watch TV or turn on a radio while you eat ❖ enjoy a dinner out in a restaurant occasionally or order in some take out ❖ share a potluck dinner or exchange recipes with friends ❖ check local seniors centres – many have meal programs.



"Life starts all over again when it gets crisp in the fall," Fitzgerald wrote in *The Great Gatsby*. It's a wonderful season with all the bright colours, smells of pumpkin pie and cinnamon- I do hope everyone has the opportunity to enjoy before the snow falls.

Nursing

As Paul mentioned in his report, Leadership have been busy recruiting to fill positions and have casual employees within the home. To date we have recruited: 21 Personal Support Workers (PSW); 14 Registered Practical Nurses (RPN); 5 Registered Nurses (Nurse Managers RN); 1 Recreation Aide; 1 Dietary Aide; 1 Environmental Worker.

Be sure to make all these new people feel welcome, as I know you will.

Activation

Busy months ahead in programs- here is a list of some events happening. Note: Be sure you check the calendar on your unit for additional fun times!

November

- Town Hall meeting on Nov 5th, Stenhouse Hall, 2pm-3pm
- Residents Council Meeting on Nov 7th, board room, 10-11.
- Schwaben Kindergruppe Kids perform – Nov 7, Auditorium, 6:45pm-7:30pm
- Remembrance Day Service – Nov 11, Auditorium, 10:15am-11am
- Pub Afternoon with Eric Lunn – Nov 12, Auditorium, 1:45pm-2:45pm
- Geri Fashions – Nov 13, Auditorium, 10:30am-3:30pm
- New Resident Tea – Nov 14, Stenhouse Hall, 2pm-3pm
- Celebration of Life – Nov 20, Auditorium, 2:30pm-3:30pm
- Galt Kiltie Band – Nov 26, Auditorium, 7:15pm-8:15pm
- HVNA Kids visit – Nov 27, Stenhouse Hall, 10am-10:30am

December

- Beavers/Scouts kids do a craft with us – Dec 2, Stenhouse, 6:30pm-7:30pm
- LTC Christmas Party with Celebrity Productions – Dec 3, Auditorium, 2pm-3pm
- Salvation Army Band – Family Carol Sing – Dec 5, Auditorium, 2pm-3pm
- Doreen sings for us! – Dec 10, Stenhouse Hall, 6:30pm-7:15pm
- LTC Swiss Chalet Christmas Dinner – Dec 17, Auditorium, 4:30pm-6:30pm
- Christmas Eve Mass – Dec 24, Auditorium, 10:15am-11am
- Pub night with Paul Horton – Dec 30, Auditorium, 6:30am-2:30pm

Maintenance

In September we underwent repairs to the roof above E Wing. We appreciate everyone's patience and cooperation in having to deal with noise, odour and some windows being covered. It was a necessary repair that had to be completed before winter came and lucky for us the workers completed the job in record time.

Foodservice

In cooperation with the Auxiliary- specifically the Coffee Shop - fresh baked cookies will be prepared and offered for a small price. Be sure to purchase one of these yummy treats to go with your coffee!

Fall and Winter menus are on their way and if you have suggestions, please contact Susan Phipps, Foodservice and Nutrition Manager at ext. 227 with your ideas.

FUNDRAISING AND ACTIVITIES NEWS!



FESTIVE FAVOURITES COMING SOON!

Once again we will have festive fruitcakes, fabulous fudge, cool cookies and more!

Watch your bulletin boards for upcoming details.

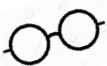


Tree of Memories Start Up Celebration

Join us for our 19th Annual Tree of Memories Fundraiser
Friday, November 29th
2:00pm in Stenhouse Hall

Refreshments Served

Everyone Welcome



ON SALE SOON!



Watch for "Light Verse for All Seniors...A Gift for Nature Lovers and More..." by Sheila V. White.

"The book is being published as a special thank you to Saint Luke's Place for providing me with a safe and comfortable home for sixteen years. I am dedicating all profits from this book to the [Saint Luke's Place Welcome Home Capital Campaign](#)".

Sheila V. White

FOLLOW
YOUR HEART
BUT TAKE
YOUR BRAIN
WITH YOU.

Food For
Thought