

SAINT LUKE'S PLACE NEWSLETTER

Welcome

**Saint Luke's Place Values:**  
Trust and Integrity



**Resident Bill of Rights:**  
**Right to an optimal quality of life:**

Every resident has the right to communicate in confidence, receive visitors of their choice and consult in private with any person without interference



**Your Residents' Council:**

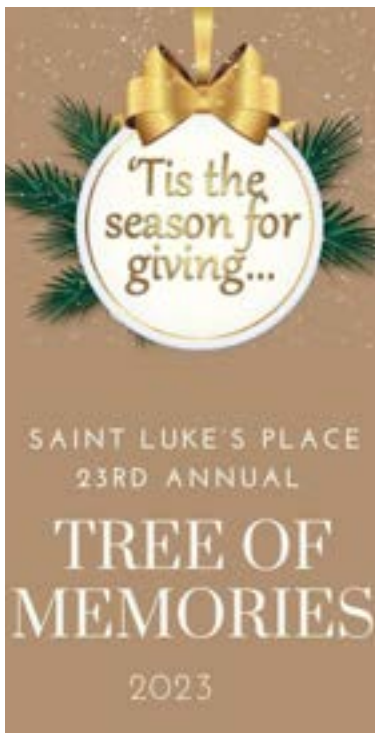
Connie M- A Main  
Carolyn & Bill K- A Main  
David S | Roger B- A Second  
Ray C | Ralph K- E Wing  
Paul H | Phillip W- E Wing  
Syl W- A Second

**New Residents and Tenants:**

**Long Term Care-** Erwin N,  
Khoune L, Donald C, Helen D,  
Marjorie D, Sibbeltje S, Sheila M  
**Tenants-** Linda B, David C,  
Sandra R



Latest News



**Saint Luke's Place 23rd Annual  
Tree of Memories Appeal**

**Our Tree of Memories Appeal raised \$19,430 making 2023 the most successful year of this campaign!**

The Tree of Memories Appeal supports our capital campaign for a new building to serve even more residents, building on a long history of Saint Luke's Place success.

This commitment to revitalize our Home to better meet the increasingly complex care needs of our residents will benefit generations to come.

**Thank you for your generous support!**

If you would like more information on any of our fundraising events contact: Amy Ross Director of Fundraising and Development at: [a.ross@stlp.ca](mailto:a.ross@stlp.ca)

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## *Fundraising and Development*

As a charitable not-for-profit organization, Saint Luke's Place relies upon the generosity of our community.

We are welcoming the support of our community by way of donations and pledges from individuals, families, local service clubs, and the business community as well as from various community fundraising events.



## UPCOMING FUNDRAISING EVENTS

### **2024 Walk and Roll**

Sunday, June 9, 2024



### **2024 Golf Classic**

Monday, September 23, 2024

Galt Country Club



**Watch for further details on our website at  
[www.saintlukesplace.ca](http://www.saintlukesplace.ca)**



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## *Fundraising and Development*



Purchase your tickets today!

**50/50**

3 tickets for \$10

20 tickets for \$20

100 tickets for \$40

150 tickets for \$50

 <https://saintlukesplace5050.ca/>

The graphic features a blue background with a torn paper effect at the top. It contains four dark blue boxes with white text, each representing a ticket option. The background is decorated with floating Canadian dollar bills. A small logo for Saint Luke's Place is in the bottom left corner, and a URL is in the bottom right corner.

### **Multiple Chances to Win!**

Saint Luke's Place is excited to offer an online 50/50 Draw with proceeds supporting our redevelopment project. We are building a much-needed home in our community - and we can't do it without you!

Our next draw dates will be:

**May 30, 2024**  
**August 30, 2024**



Get your tickets by 12:59 pm on the draw date to qualify. Watch for early bird prizes!

Ticket prices are in CAD. Lottery License #1339897.

PLEASE PLAY RESPONSIBLY

If you are worried about problem gambling, ConnexOntario can help:

1-866-531-2600

[connexontario.ca](http://connexontario.ca)

*Fundraising and Development*

# YOU HAVE THE POWER TO HELP

Saint Luke's Place encourages individuals, families, friends and community organizations to financially contribute to Saint Luke's Place.

Donations are used to improve the facilities and services of the campus. Gifts may be designated for a specific purpose or general donations are welcome. A donor appreciation wall and book recognizes all those who have contributed over the years. Memorial plaques denote certain donations of equipment and furniture throughout the campus.

Saint Luke's Place appreciates the ongoing support of our many friends who contribute to give generously to enhance life at Saint Luke's Place.



For more information about donations and fundraising events please contact Amy Ross- Director of Fundraising and Development at: [aross@stlp.ca](mailto:aross@stlp.ca)





Come join us at

# Family Council

Creates an open safe space for families to share opinions and express feelings.

## WHAT WE DO

- Providing information and support about processes in the home and the rights residents and those important to them have
- Reviewing reports concerning the home and advise on any concerns the council has
- Sponsoring, planning and collaborating with community partners on events for residents

**Held on the last Thursday every month at 6:30PM in the Auditorium**

For more information :

 (519) 658-5183  
EXT. 289

 [pmurtagh@stlp.ca](mailto:pmurtagh@stlp.ca)

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



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## Long Term Care

*Does your dog  
or cat want to visit?*

Send your pets updated health records and fill out a pet agreement form and send them to Rachel at [rfeil@stlp.ca](mailto:rfeil@stlp.ca)



**Anyone visiting our facility must remember:**  
Your pet must be on a leash at all times  
Your pet must be well behaved  
Your pet must be fully vaccinated  
You are responsible for cleaning up after your pet in any area including outside

**Any pet visiting long term care:**  
You must complete the application for visiting pets with the Business Office PRIOR to the visit.

If you have any questions regarding visiting pets in long term care, please contact: Rachel Feil at [rfeil@stlp.ca](mailto:rfeil@stlp.ca) or at 519-658-5183 ext. 244

## Upcoming Recreation Programs

- Celebration of Life service will be held on Wednesday March 27th 2:00pm in the Stauffer Auditorium. We will be celebrating and remembering those who passed away September 1st, 2023- February 28th, 2024
- Join us in the Stauffer Auditorium Friday March 29th at 10am for the Good Friday Church Services. Everyone is welcome to join



MARCH 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Check the Recreation calendar on each resident unit and on our website for all activities planned for the month!



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### *Long Term Care*

#### **FEBURARY WAS THERAPEUTIC RECREATION MONTH!**

What is Therapeutic Recreation:

Therapeutic Recreation is a process that utilizes functional intervention, education and recreation participation to enable persons with physical, cognitive, emotional and/or social limitations to acquire and/or maintain the skills, knowledge and behaviours that will allow them to enjoy their leisure optimally, function independently with the least amount of assistance and participate as fully as possible in society.

Therapeutic Recreation professionals are trained to understand the mental, physical, psychological, spiritual, and social domains of residents with diverse needs and abilities. They work with long-term care residents to develop plans that support the resident's strengths and needs to ensure their quality of life.

(Therapeutic Recreation Ontario) The benefits of Therapeutic Recreation in Long-Term Care facilities include maintaining continuity through valued activities and learning new skills, reducing boredom, loneliness, and depression, and reducing anxiety through non-pharmacological interventions.

**Thank you to our hard working Life Enrichment and Program Team- Rachel, Mallory, Cassandra, Jaiden, Katherine, Penny, Lorne, Paige and, Deb for making a difference in our seniors lives!**



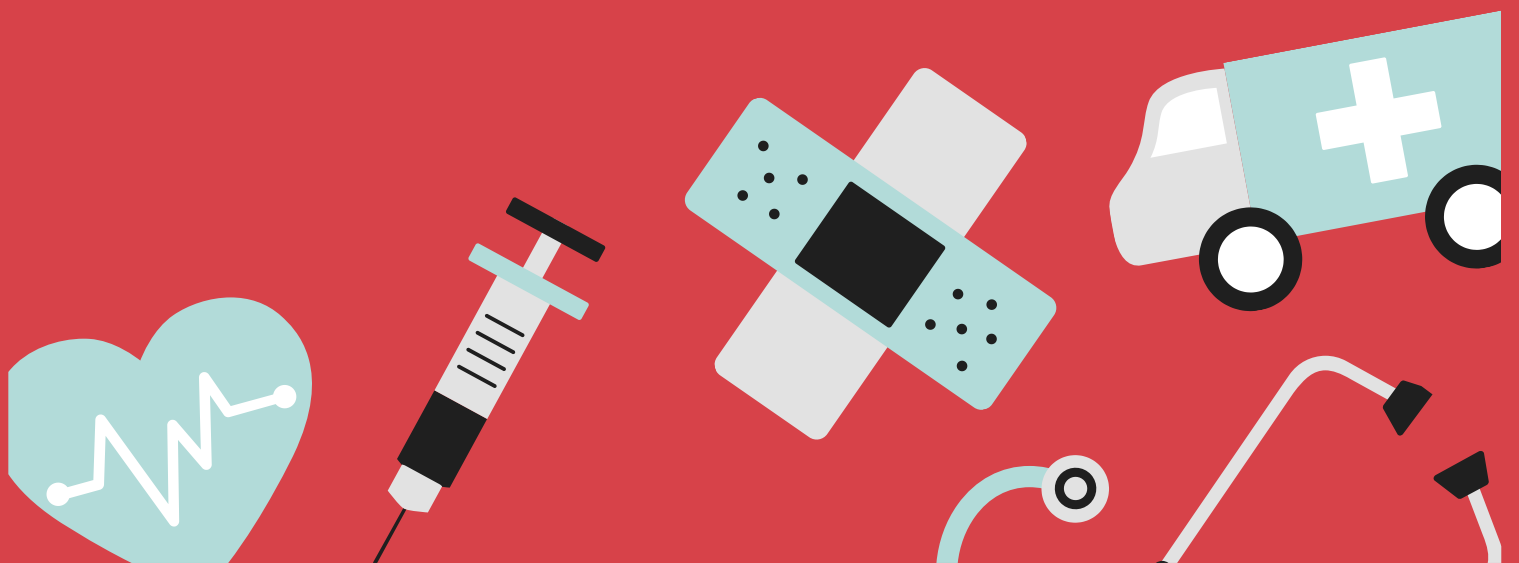


ATTENTION ALL VISITORS, STAFF,  
VOLUNTEERS AND SERVICE WORKERS

# FACE MASKS REQUIRED IN ALL LONG TERM CARE AREAS INCLUDING T WING

IF YOU ARE UNWELL:  
DO NOT VISIT OR ENTER LONG  
TERM CARE AREAS

[WWW.SAINTLUKESPLACE.CA](http://WWW.SAINTLUKESPLACE.CA)





## Long Term Care

### NURSING

Medication pass times require focus and concentration from the Registered team members. Just a reminder to try not to interrupt during this time to prevent errors as these interruptions are the biggest factor causing medication incidents.

#### Please avoid:

- interrupting registered staff while they are completing the medication pass (i.e. talking with them, asking questions that can wait, pulling them away from the medication pass)
- non-emergency phone calls during medication pass. If your call can wait until after medication pass- it would be appreciated.



#### Medication Pass Times are:

8:00am  
12:00pm  
5:00pm  
8:00pm



**with an administration window hour before and after**

Just for your information: We track our nursing staffing, especially over weekends to ensure we have the coverage necessary to provide quality care and services.



#### Here are the stats:

October: 98.8%  
November: 98.7%  
December: 97.7%  
January: 98.9%



### INFECTION PREVENTION AND CONTROL

Remember, hand hygiene **is the most important step** in preventing the spread of any type of illness, infection or disease.

"Clean Your Hands!" - It only takes 15 seconds

The 4 Moments for Hand Hygiene in All Health Care Settings:

1. BEFORE initial resident/resident environment contact
2. BEFORE aseptic procedure
3. AFTER body fluid exposure risk
4. AFTER resident/patient environment contact

To clean hands with alcohol-based hand rub:

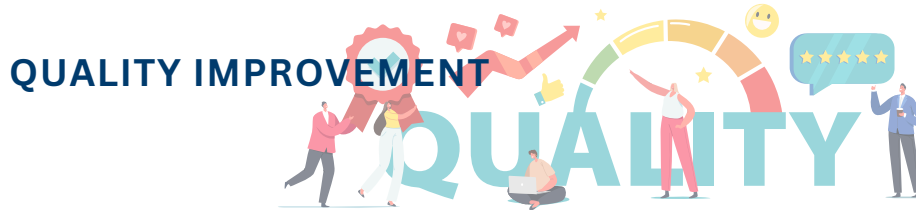
- Use enough alcohol-based hand rub to cover all areas of your hands
- Rub hands for at least 15 seconds or until product is dry on your hands

Cleaning your hands frequently and as often as necessary with a 15 second scrub can keep you and those you love healthy anytime, anywhere.

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The Quality Improvement Plan (QIP) program was first implemented in Ontario's hospitals in 2011, and has been extended to inter-professional primary care organizations, home and community care support services, and long-term care homes over the past few years.

A QIP is an organization-owned document that establishes a plan for quality improvement over the coming year. The QIP is designed to be a lever for change on system-wide priority quality issues as well as key issues that are important within each organization to improve care and services.

The expectation is for health care organizations to have their QIPs in place, publicly posted, and submitted to Ontario Health by April 1 every year.

### **For 2024-2025 we will be focusing on:**

#### **Theme I: Access and Flow:**

A high-quality health system provides people with the care they need, when and where they need it.

a) Potentially avoidable emergency department visits for long term care residents

#### **Theme II: Equitable:**

Advancing equity, inclusion and diversity and addressing racism to reduce disparities in outcomes for patients, families, and providers is the foundation of a high-quality health system.

a) % of staff (executive-level, management, or all) who have completed relevant equity, diversity, inclusion, and antiracism education

#### **Theme III: Patient-Centred:**

Better experiences result in better outcomes. Tracking and understanding experience is an important element of quality.

a) Resident Experience: Percentage of residents responding positively to: "What number would you use to rate how well the staff listen to you?"

b) Resident Experience: Percentage of residents who responded positively to the statement: "I can express my opinion without fear of consequences".

#### **Theme IV: Safe and Effective Care:**

A high-quality health system ensures people receive care in a way that is safe and effective.

a) Percentage of long-term care home residents not living with psychosis who are given antipsychotic medications



# Ontario Health

**This plan is posted on our website for you to view at any time.**

## QUALITY IMPROVEMENT



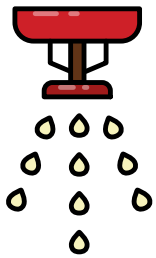
### 2024 Resident Satisfaction Survey- NOW AVAILABLE

In conjunction with the Quality Improvement Plan, the Annual Resident Satisfaction Surveys are now available for Residents and/or their Substitute Decision Maker to complete.



Please take the time to review and complete the survey either online (through Survey Monkey) or via paper that will be personally mailed to you with a stamped return envelope.

**Your feedback helps us improve our care and services provided to the residents of long term care.**



## HEALTH AND SAFETY

### Fire Sprinklers

We have begun the preliminary work for determining the installation of the automatic sprinkler system that is required in all the long-term care areas, including some additional areas such as Stenhouse Hall. This installation is a prerequisite of the Fire Code that all long-term care homes must comply with by January 2025.

There will be some disruption to our residents during the installation as the installers will need to drill into the ceiling of each resident room to install lines and sprinklers. They will complete sections at a time that will include up to 6 resident rooms; therefore, we will need to move residents from the working area for their safety.

When we get closer to the installation date, we will keep residents and families well notified of any moves required and areas that installation is occurring.



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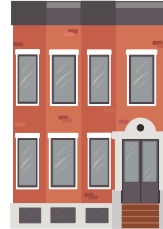
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## *Apartments*

### **Your Tenant Representatives:**

Kay S C-1 | Dianne S C-2 | Glyn B-J C-3  
Paula H DL | George K D-1 | June H D-2 | Ret N D-4



### ***Friendly Reminders for Tenants***

We all live here at Saint Luke's Place together, and we are all happier if we consider the feelings and wishes of others.

If this is your first apartment you have ever lived in, sometimes its easy to forget you are not the only one living here.

**Personal Items:** Personal items are just that- personal- and belong in your personal space. Saint Luke's Place is responsible for furnishing and decorating the shared spaces in the apartment wings.

**Parking:** Tenant parking is assigned by unit and lots are monitored. If you have visitors staying multiple days, they cannot park in numbered/assigned spots or the visitor parking in the C wing/ Administration lot as it takes up valuable space. Please let Judy Bergey know ahead of time of any guests you may have that require parking and she can direct you to where parking is permitted.

**Garbage:** Please dispose of personal garbage in the refuse rooms located in C and D wing. Do not dispose of personal garbage at our entrances, in lounges, or public bathrooms. All garbage must be placed in bags and cannot be sent down the refuse chute loose.

A few simple rules and courtesies will keep life at Saint Luke's Place happy and pleasurable for all.

### **Upcoming Events in March:**

- Pi Day

This program will be a fundraiser where anyone can pre-purchase a whole pie or have a slice that day.



**Be sure to check the activity calendars posted on the apartment bulletin boards for all programs and events planned for the month.**



# Welcome Home

FOLLOW US, LIKE US + TAG US!



[FACEBOOK.COM/SAINTLUKESPLACE/](https://www.facebook.com/saintlukeplace/)

[@SAINTLUKESPLACECAMBRIDGE](https://www.instagram.com/saintlukeplacecambridge)

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### *Remembering*

*Those we love can never be more than a thought away, for as long as there's a memory they live in our hearts to stay*



Elizabeth Z  
Kelly H  
Barbara A  
Mary T  
Jarka B  
Barbara C  
Janie W



Thank you to those who made memorial donations to Saint Luke's Place in memory of your loved one. These donations help Saint Luke's Place provide the best possible care and environment for those who call Saint Luke's Place home.



### **BEQUESTS**

The most common and simple form of planned giving is a bequest. You can make a donation by including Saint Luke's Place as a beneficiary in your will/insurance. Choose the type of bequest that best suits your circumstances and wishes. You retain full control of your assets during your lifetime and your standard of living is not affected.

Your estate will receive significant tax credits that can be passed on to your heirs. Upon receiving the bequest, Saint Luke's Place issues a donation receipt to your estate for the full amount of the bequest.

*We are truly grateful for your kind and generous donations*

**WWW.SAINTLUKESPLACE.CA**



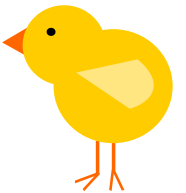
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## *Just for Fun*

Z S S I Y L T G P P I K Y O B M D Q X J A D J E R N R S F I  
B L A N K G A A H K E A E S U L C H I R P I N G D I S U U Y  
M I Q Q A C F D O A E L L J D B O O G C T L Z V C B G C O N  
O D M H A D S Z Y C G R X M D L V O M R A B B I T O G O O V  
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S F Q P J B U L A O U I N P N Y F C Y A M A R L C Q V C F Z  
B F G M T P G X N R C G A D G T O O F E R A B J R Q W B Y K  
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E D U I N M P W U U N T J M E L E H M L Y W C S S A R G Q A  
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C H E R R Y A E Q V Y C X A I X V R K R Z H C O A L Q B L E  
M J H K U S I V T R P B I H E U M H E Q O Y F J L T R V O D  
U S M K K I W O R Z P X S Z N J Q Q Y T F V A C L S H H W I  
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A S T W O L L I W O U A R H J J Z B A F C U D J R E B I R A  
K V M I B F B R T S B P W K P L I A B H E R B T G Q D J S V  
J L J R E O E L Q A T F Y L H E S J E U A M U L I T V E I U  
W Y C N O V C R O A D U E W T B A E X L L M N J E K D Z Q Z  
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W C R L B O F N Y B S L L U Z F J I E S P Q F N P B W T Q E  
I U C U R G N I R P S O B A U I P S E T S H C R P J S S F E  
I K D U D Q P E W D C S M L L R H A Z M S V O T O Q F O Q H  
V R B C W D L X E O P B P U E O Y G S Q P A D C V G K B L I  
X V D Y I L T E H E E T E T W R I X H S R Q P F S G K A D V  
S Y S D A A S C N G D C A E O V J H X Q O D U C K L I N G E  
Q P M Y D J M H W I S C R W Q H O X W A U V N T C U A X N J  
U X I P R D Q Z Q W S S M M Z Z C L F O T V E V B F X F U P  
L N O L I Q M G W A P I J I F A V K Z E I T M R S P A S M G  
O L F P U H H B I H M C W S K D J E C J N C T F Y Z N S Y G  
E K R N C T W L W T C A L I L J F Y I F G I U I J M G Y F H



HAPPY  
EASTER

ALLERGIES  
BAREFOOT  
BASKET  
BEEHIVE  
BLISSFUL  
BLOOM  
BLOSSOM  
BUDDING  
BULBS  
BULLFROG  
BUTTERFLY

CATERPILLAR  
CHEERFUL  
CHERRY  
CHIRPING  
CHOCOLATE  
CLOVER  
CROCUS  
DAFFODILS  
DUCKLING  
EASTER  
EGGS

FLOWERS  
GOLF  
GRASS  
LADYBUG  
LILAC  
PASSOVER  
PASTEL  
RABBIT  
RAINBOWS  
RAINCOAT  
ROBIN  
SEEDS  
SHOWERS

SIDEWALK  
SPRING  
SPROUTING  
SUNSHINE  
TADPOLE  
THAW  
TULIPS  
UMBRELLA  
WILLOW  
WORMS



To those who celebrate

*The greatest gift of Easter is hope*

“Let everything you do be done in love.”  
Corinthians 16:14



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