

NEWSLETTER

SAINT LUKE'S PLACE

Welcome Home

Saint Luke's Place is situated in a beautiful park-like setting, reminding us that we are also part of the world around us. Our vision, mission and values statements are our commitment to you. Our purpose is to provide a welcoming and safe community for those we are privileged to serve.

Resident Bill of Rights

RIGHT TO AN OPTIMAL QUALITY OF LIFE

Every resident has the right to pursue social, cultural, religious, spiritual and other interests, to develop their potential and to be given reasonable assistance by the licensee to pursue these interests and to develop their potential.



WELCOME

WHEN YOU'RE HERE, YOU'RE HOME



Long Term Care

Diane W, Edith H, Romana W, Adeline T, Henrietta M, Doreen W, Frank F, Leslie E, Junior G, Robert T, Mona H, Herbert M, Joanna L, Dianne L

Independent Senior Apartments

Albert C, Joanne C, Marg & William H, Milica S, Wendy V



LAND ACKNOWLEDGMENT

We acknowledge that the lands on which our campuses are built are on the traditional territories of many nations. These include the Haldimand Tract, and the traditional territory of the Neutral, Anishinaabe (uh-NISH-ih-NAH-bay) and Haudenosaunee (Hoe-dee-no-SHOW-nay) peoples. These lands are part of the Dish with One Spoon Covenant Wampum between the Haudenosaunee and Anishinaabe peoples. We also acknowledge the enduring presence of all First Nations, Inuit, and Métis peoples, who continue to live here.

Saint Luke's Place respects that Indigenous people have rich cultural and traditional practices and are the traditional stewards of the lands and water upon which our campuses are built. Saint Luke's Place acknowledges the historical and ongoing injustices that Indigenous Peoples continue to endure in what we now call Canada. We commit ourselves to gain knowledge, forge new, culturally safe relationships, and contribute to reconciliation.



MEET A MANAGER



Jenn Coburn

Director of Infection Prevention and Control



Jenn Coburn joined Saint Luke's Place in May 2020 as the Associate Director of Nursing and Personal Care. In 2022, she transitioned into the role of Director of Infection Prevention and Control.

A graduate of the Registered Practical Nursing Program at Conestoga College in 1990, Jenn brings over 30 years of healthcare experience to the leadership team. Since the fall of 2022, she has expanded her expertise as an IPAC Preventionist through certification programs at Queen's University and IPAC Canada. Most recently, she achieved her LTC-CIP designation through the Certification Board of Infection Control and Epidemiology.

Jenn collaborates closely with the KW-IPAC Hub and public health partners to support the needs of residents and staff. A dedicated and passionate leader, she is committed to fostering positive relationships with personnel, residents, and families, always striving to be of service to others.

INFECTION PREVENTION AND CONTROL

BREAK THE CHAIN OF INFECTION

Candida auris

Candida auris (*C. auris*) is a fungal pathogen that is often multi-drug-resistant. *C. auris* is highly transmissible and can infect any body part, including the blood or a wound. *C. auris* often spreads in healthcare settings and is capable of causing invasive disease with high mortality rates.

Persistent outbreaks in hospitals have been documented. *C. auris* infections can be challenging to treat and is considered an emerging global health threat.

Saint Luke's Place works with our Regional Public Health Unit for expertise, support and resources for the prevention and control of infectious diseases.

The primary infection control measures for prevention of *C. auris* transmission in healthcare settings are:

- Hand hygiene.
- Setting-based precautions.
- Environmental disinfection with product effective against *C. auris*



**Thinking of visiting a loved one?
If you're feeling sick, please stay home**

Why it matters

What might feel like a mild illness to you could be much more serious for someone in long term care. Illnesses like the flu or even a cold can easily spread, and for someone already dealing with health challenges, it can make recovery much harder.

So, if you're feeling under the weather—even just a little—it's best to skip the visit and stay home.



LONG TERM CARE

WHEN YOU'RE HERE, YOU'RE HOME 

VISITING PETS

Anyone visiting our facility must:

- 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 or at 519-658-5183 ext. 244

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




Volunteer With Us

Volunteers play an essential role at Saint Luke's Place, offering their skills and talents to provide a variety of services to residents. The organization is fortunate to have a diverse group of volunteers, ranging from college and university students to older adults, all of whom help enhance the lives of residents.

If you're interested in joining this impactful team, please reach out to info@stlp.ca for more information.

Life Enrichment Programs

Life enrichment monthly calendar of events are posted in each resident area and on our website.

Check out what's happening on each resident unit at:

<https://saintlukesplace.ca/accommodations/long-term-care/>



LONG TERM CARE

WWW.SAINTLUKESPLACE.CA

UPCOMING EVENTS

March Programs:

- Bob MacLean entertaining March 13th 2pm Stenhouse
- The Cambridge Choir March 18th 2pm Auditorium
- St. Patrick's Social March 17th

April Programs:

- Good Friday Church Service April 18th 10am in Auditorium
- Easter Tea April 21st 2pm Stenhouse



Check out what's happening on each resident unit at: <https://saintlukesplace.ca/accommodations/long-term-care/>

SAVE THE DATE

Santa for Seniors

We are delighted to share that our Santa for Seniors Event was a tremendous success once again! A heartfelt thank you to everyone who generously donated to this wonderful cause. Santa for Seniors not only brings a special gift to each of our seniors at Saint Luke's Place but also ensures they feel remembered and cherished during the holiday season.

Your kindness truly made a difference!

We would like to extend a special acknowledgment to:

- Region of Waterloo Paramedic Services | HVNA
- Altum Health Cambridge | Challenger Motor Freight
- Beavers of Cambridge | Maurice's Cambridge

Thank you for your incredible support!



New to Long Term Care – If you're finding it challenging to move your loved one into a long term care home, imagine how difficult it must be for them. Regular visits and staying connected are crucial for their happiness as they adjust to their new home. Scheduling these visits ensures that both of you have something to look forward to and helps maintain a strong bond during this transition.



LONG TERM CARE

QUALITY IMPROVEMENT

QUALITY IMPROVEMENT

At Saint Luke's Place, we are dedicated to continuously enhancing the quality of our services and programs. We believe your opinions are crucial and invite you to participate in the planning and evaluation of improvements to our home.

You and your family have several ways to get involved, including:

- Resident Council and/or Family Council
- Quality Improvement Committee
- Resident Care Committee

In early spring, we will be sending out our annual Resident/Family Satisfaction Survey both electronically and by mail.

We kindly ask you to take the time to complete this survey with your loved one, as your feedback is greatly valued.

If you are interested in joining any of our committees, please contact us at info@stlp.ca. Your involvement is greatly appreciated!



MEDICATION SAFETY IN LONG TERM CARE

The Medication Incident Reporting System (MIRS) is a crucial tool in ensuring the safe administration of medications at Saint Luke's Place. By using this system, we are able to:

- **Centralize the Process:** All medication-related incidents are logged in one place, making it easier to monitor and track the status of incidents. This helps streamline the process, ensuring no incident goes unnoticed or unresolved.
- **Enhance Analysis and Investigation:** The system allows for detailed tracking of each incident, helping to identify trends, patterns, or recurring issues. This analysis is vital for understanding the root causes and improving practices to prevent future incidents.
- **Promote Resident Safety:** By tracking, analyzing, and investigating incidents systematically, we can implement better safety measures and protocols, directly improving the overall care and safety of residents.
- **Improve Overall Care:** The feedback loop created by this system helps in refining medication administration practices, ultimately leading to better outcomes and quality of life for the residents.

By working with our Pharmacy-MediSystem, the partnership ensures that every incident is managed efficiently, with a focus on continuous improvement in medication safety.



If you would like more information contact: info@stlp.ca



LONG TERM CARE

WHEN YOU'RE HERE, YOU'RE HOME 

ACCREDITATION



Saint Luke's Place achieved a 3-year accreditation status in 2022 and will be renewing our status in June 2025.

Accreditation ensures the organization meets rigorous international quality standards through a peer-review evaluation.

The focus is on "impact and outcomes," aiming to create a lasting positive effect.

Accreditation ensures that a provider like Saint Luke's Place meets rigorous international standards of quality, which is vital for maintaining trust and safety in services.

More information and participation opportunities will be shared soon.

If you would like more information about accreditation contact: info@stlp.ca

KNOW THE EMERGENCY CODES

-  **RED**- Fire
-  **GREEN**- Evacuation
-  **YELLOW**- MISSING RESIDENT
-  **ORANGE**- External Disaster
-  **BLUE**- Medical Emergency
-  **BROWN**- Biohazardous Spill
-  **WHITE**- Violent Situation
-  **Grey**- Internal Disaster- Infrastructure Failure
-  **BLACK**- External Threat



In the event of an emergency, a facility member will announce a "Code" with the corresponding colour and location, repeated three times.

Staff, visitors and volunteers are to follow the directions of the Registered Nurse in charge. Once the emergency is resolved, the same announcement will be made, with the addition of "all clear," also repeated three times.



LONG TERM CARE

BSO SPOTLIGHT

BEHAVIOURAL SUPPORT

Dementia is a chronic, progressive decline in cognitive abilities, significantly interfering with daily life due to various brain diseases or injuries. It is a growing global health concern. People with dementia often experience behavioral and psychological symptoms (BPSD), such as agitation and aggression, which are challenging for caregivers.

Our team uses a comprehensive approach, combining nonpharmacological and pharmacological interventions to manage these behaviors and improve residents' quality of life.

Key strategies include:

- Personalized care plans
- Environmental modifications
- Behavioral therapies
- Meaningful activities
- Support and education for caregivers

When nonpharmacological methods are insufficient, pharmacological interventions may be considered after thorough assessments by the interdisciplinary team, including the physician. These may involve medications for underlying conditions and psychotropic medications, with regular monitoring.

As dementia's prevalence rises, effective symptom management and quality of life improvement are crucial for individuals, families, and healthcare providers.

At Saint Luke's Place, we are fortunate to have a dedicated and knowledgeable Behavioural Support Ontario (BSO) team that contributes significantly to ensuring the quality of life for our residents.



DONNA D, BSO-RPN



BASTIAN, BSO-PSW



CINDY, BSO-PSW



FUNDRAISING AND DEVELOPMENT

WHEN YOU'RE HERE, YOU'RE HOME

CAMBRIDGE BINGO AND GAMING CENTRE

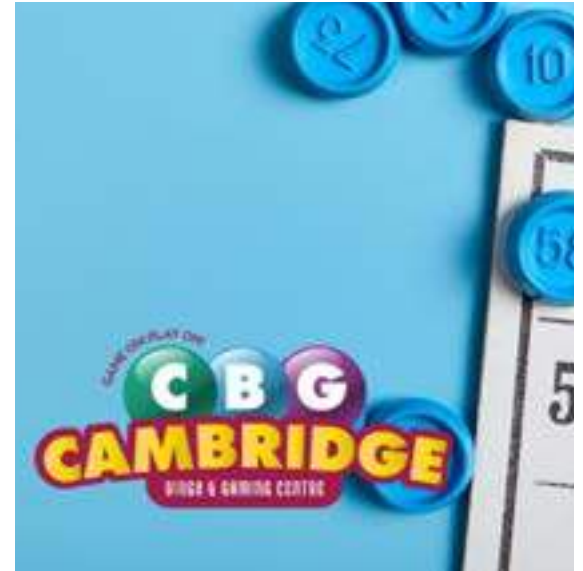
The Cambridge Gaming Association is a non-profit organization that consists of approximately 80 Non-Profit/Charitable Organizations from the City of Cambridge.

Saint Luke's Place is excited to be a Member of the Association and participates in bingo fundraising assignments at the Cambridge Bingo Centre.

Funds raised from Charitable Gaming are used to support the programs and services offered by the membership that directly benefit the residents of the City of Cambridge including us at Saint Luke's Place!

Are you feeling lucky?

Pay them a visit and check out the jackpot prizes
www.cambridgebingo.com



mediSystem
by SHOPPERS DRUG MART

Medics mObility Inc.

3rd Annual Golf Tournament Highlights

The 3rd Annual Golf Classic was a success, raising over \$19,000 for our High Priority Needs Fund.

This generous support helped us purchase a much-needed iCombi Pro Oven, a versatile piece of equipment that can steam, grill, and cook large quantities at once.

With its addition, we're able to significantly enhance the dining experience for all our residents and tenants.

We greatly appreciate the commitment and partnership of everyone involved in making this event a success. Your support has made a lasting impact, and we are thankful for your dedication to improving the care and services for our residents and tenants.



SENIOR LIVING APARTMENTS

WHEN YOU'RE HERE, YOU'RE HOME 

Your Tenant Representatives

C Wing: Kay S C-1 | Dianne S C-2 | Glyn B-J C-3
D Wing: Paula H DL | Mike S D-1 | June H D-2 | Ret N D-4 |
Eunice W D-4

If tenants need information or have concerns, they can reach out to their tenant representative. All concerns will be addressed during the monthly tenant meeting.



SENIOR ACTIVE LIVING CENTRE

Saint Luke's Place Seniors Active Living Centre is a vibrant hub for older adults to stay engaged, active, and connected with their community! Offering a mix of social, recreational, and health-oriented programs to support the well-being of seniors.



Funding provided by the Government of Ontario

The Seniors Active Living Centre Program at Saint Luke's Place offers access to amenities like apartment lounges, a library, and a coffee shop, alongside various social and recreational activities. These include seniors' fitness classes in the Wellness Centre, summer BBQs, a hairdresser/barbershop, a billiards room, and more.

Activity Programs

The monthly activity calendars are posted on bulletin boards on each apartment floor at Saint Luke's Place. Tenants who would like a personal copy can contact Judy at jbergey@stlp.ca. or at 519-658-5183 ext. 291



Chair Yoga

12 WEEK PROGRAM

Join us Thursday mornings

beginning on February 6

10:00 am—Wellness Centre

Chair Yoga provides many health benefits:

- 
- Improved flexibility
 - Improved sleep
 - Enhanced strength
 - Better balance
 - Reduces pain
 - Muscle strength
 - Reduced stress
 - Better circulation
 - Back pain management

Everyone is welcome to attend!

SENIOR LIVING APARTMENTS

WHEN YOU'RE HERE, YOU'RE HOME 

UPCOMING EVENTS

Save The Date

March Programs:

- Spring Forward – Daylight Savings March 9
- "Luck 'O the Irish Tea Party March 17 2:00 pm Coffee Shop
- Chair Yoga Program – Thursdays at 10:00 am in the Wellness Centre

April Programs:

- Bunny Hop Social – April 17 2:00 pm Coffee Shop
- National Volunteer Week April 27 – May 3



Why Easter is important

Easter is a significant celebration for Christians, marking the resurrection of Jesus Christ. It symbolizes His victory over sin, darkness, Satan, and death. This event is central to Christian faith, representing the forgiveness of sins, the fulfillment of the price paid for humanity's transgressions, and reconciliation with God.

Additionally, Easter serves as a powerful reminder that Jesus triumphed over death, offering hope and eternal life to believers.

Celebrate Easter- Sunday April 20th

SENIOR LIVING APARTMENTS

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BEAT THE WINTER BLUES

Did you know that up to 20 per cent of Canadian seniors experience some form of seasonal affective disorder (SAD)? Sometimes called the winter blues, SAD is a recognized form of depression that's thought to be related to the shorter days and lack of sunlight during the winter months. Here's how to know if you have seasonal affective disorder and what you can do to combat the symptoms.

Signs to look out for

Symptoms of seasonal affective disorder are similar to those of depression but typically occur during specific times of the year, usually the winter. Here are a few to watch out for:
Lack of energy | Cravings for carbohydrates | Weight gain | Difficulty waking up in the morning | Increased irritability | Anxiety | Loss of interest in normal activities

What to do if you think you have SAD

The following can help if you think you're feeling the effects of seasonal affective disorder:

- **Get some sun.** Keep your blinds open to let as much sun into your home as possible. Morning sun is more effective at decreasing SAD symptoms than evening light. Furthermore, if you can, try to spend some time outdoors every day. Even if it's cloudy, you'll still benefit from the sun's rays.
- **Try light therapy.** If you can't get enough natural sunlight, try sitting near a light therapy box for 30 to 60 minutes every morning. This box mimics the bright light of the sun and is often effective for treating symptoms of SAD. Having the light box shining while you go about your regular day can make a huge difference.
- **Get Moving.** People tend to exercise less in the winter, but getting your body moving can put you in a better mood by increasing your levels of serotonin and endorphins. Retirement Concepts senior living homes offer a wide variety of exercise classes for people with all levels of mobility.
- **Do something.** Joining a club or volunteering can give you a boost during the deep winter months. These options are particularly helpful for people who struggle with feelings of loneliness as you're sure to meet new people with similar interests.
- **Eat well.** A well-balanced diet full of vitamins and nutrients is important year-round, but especially during the winter. Some experts believe that vitamin-deficiency may be related to SAD.



IN MEMORY

"There are special people in our lives who never leave us, even after they are gone."

—D. Morgan

Our next Celebration of Life service will be held on:
March 26, 2025 -2pm in Stauffer Auditorium

REMEMBERING

Joan C	Evan E	Lois W
Eleanor B	Yuxi Y	Ivy C
Caroline K	George H	Alen H
William K	Albertina F	Robert G
Carla D	Lois K	Julie B
Josianne S	John S	Margaret Ann K
Dandhai P	Leslie E	



Forever in our hearts

"In the hearts of those who loved you, you will always be there."

We are truly grateful for your kind and generous donations

We extend our heartfelt thanks to everyone who made memorial donations to Saint Luke's Place in memory of their loved ones.

Your generosity supports our commitment to providing the highest quality of care and a warm, welcoming environment for all who call Saint Luke's Place home.

If you would like more information on donating please contact: fundraising@stlp.ca



MESSAGE FROM THE CEO



David Bakker
Chief Executive Officer

Happy New Year! Saint Luke's Place has had an eventful start to 2025. It's wonderful to hear about the care provided to over 145 Long-Term Care residents in 2024, all while maintaining zero compliance orders with the Ministry of Long-Term Care. This truly speaks to the dedication and hard work of the volunteers, staff, and physicians at Saint Luke's Place.

The completion of the new Sprinkler System install in long-term care is a significant achievement, especially given the mandate under the Fire Protection and Prevention Act. It's great to know that Troy Life and Fire Safety is continuing to work on installing sprinklers in the remaining areas of the building, along with a new fire alarm panel and other updated fire systems.

The progress on the 192-bed redevelopment project is also exciting. Working closely with architects (MMMC), construction management team (Traugott Building Contractors), the Ministry of Long-Term Care, and the City of Cambridge, and successfully undergoing a value engineering exercise to align the new build with Ministry funding and affordability for Saint Luke's Place, are commendable steps. Obtaining permits, getting final approvals, and continuing fundraising efforts for the Welcome Home Capital Campaign are crucial next steps towards starting construction later this year.

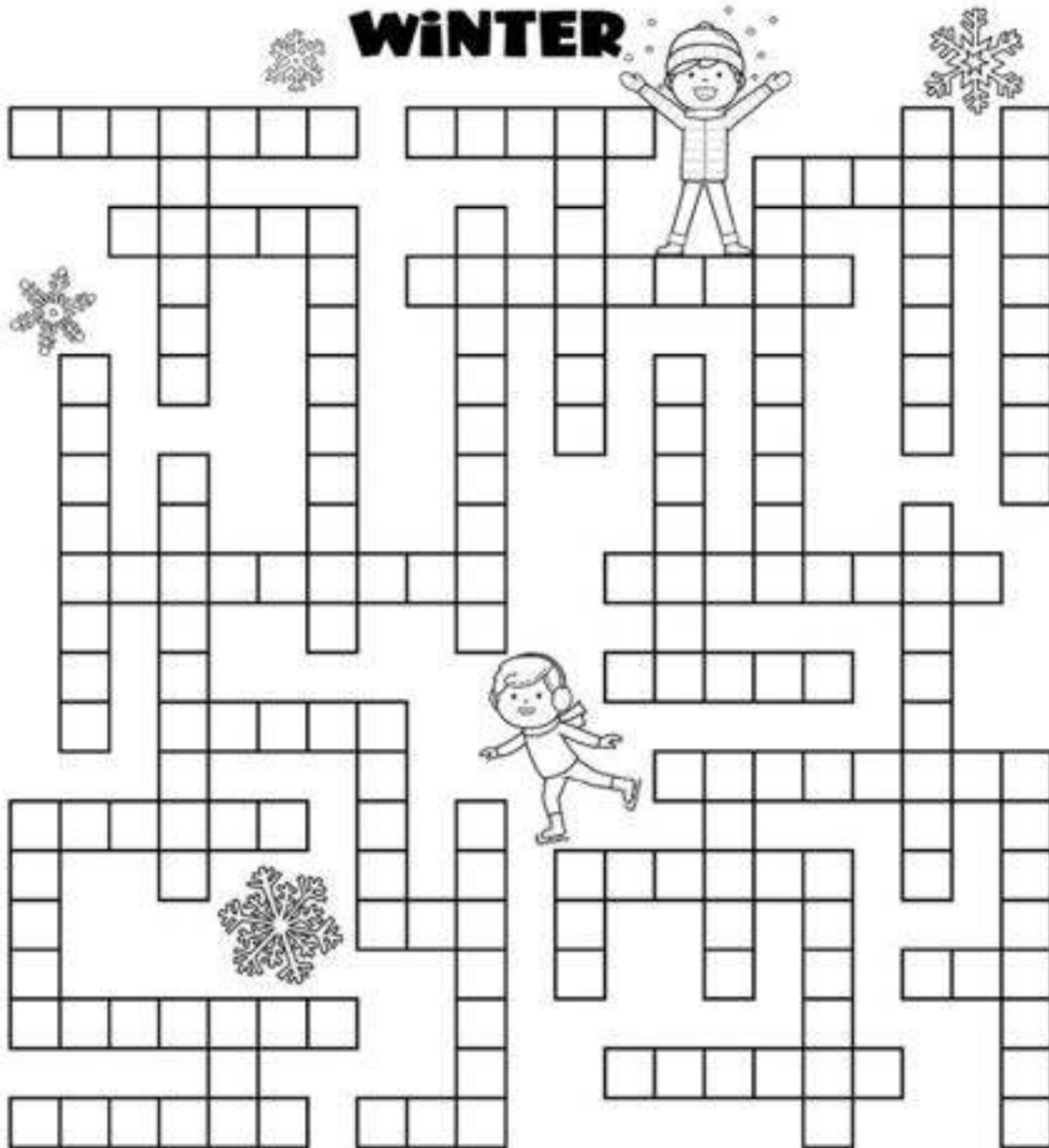
Maintaining an average staffing level of 99.6% over the last month is impressive, especially during the cold winter months. Kudos to the Maintenance Team for regulating the heat throughout the building and managing the challenges that come with it. It's also reassuring to hear that there have been no significant flu/illness outbreaks so far this season.

Looking forward to what the rest of 2025 holds for Saint Luke's Place, it's clear that the commitment to providing high-quality, compassionate care remains strong. The support from the Cambridge community and Saint Luke's Place families is invaluable, and it's heartening to see such dedication from everyone involved.

Here's to a successful and fulfilling year ahead!

JUST FOR FUN

WHEN YOU'RE HERE, YOU'RE HOME 



3 letters

- fun
- hat
- ice
- icy
- ski

5 letters

- boots
- igloo
- minus
- mitts
- scarf
- slush
- white

6 letters

- freeze
- gloves
- icicle
- mitten
- shiver
- shovel
- skiing

7 letters

- holiday
- iceberg
- January
- penguin
- skating
- snowman

8 letters

- December
- February
- reindeer
- snowsuit
- solstice
- sweaters

9 letters

- fireplace
- frostbite
- snowballs
- snowboard
- snowflake
- snowshoes



STAY IN TOUCH

Welcome Home
FOLLOW US, LIKE US + TAG US!



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

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