

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 keep and display personal possessions, pictures and furnishings in their room subject to safety requirements and the rights of other residents



WELCOME

WHEN YOU'RE HERE, YOU'RE HOME



Long Term Care

Spira R, Fred S, Elizabeth M, Susan R, Carolyn C, Erla J, Eileen P, Dale E, Isabel B, Julia B, Ronald S

Independent Senior Apartments

Lavonne B, Collen R, Peter M



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.



HEATHER CAMPBELL

CLINICAL DOCUMENTATION &
INFORMATION MANAGER

MEET A MANAGER

Heather's journey with the City of Cambridge began at age 9, when she moved to the community. As a teenager, she gave back by volunteering as a Candy Striper at Cambridge Memorial Hospital, sparking her passion for caring for others.

Heather pursued her nursing education at Humber College, becoming a Registered Practical Nurse. Over the past 20+ years, she has built a meaningful career in Gerontology, primarily within long-term care settings. In 2011, Heather joined the team at Saint Luke's Place, where her commitment to excellence continues to shine. Heather plays a vital role in ensuring that all clinical documentation is completed accurately and thoroughly—helping Saint Luke's Place secure the maximum funding available to support care and services for our residents. Her compassion, experience, and dedication make her a valued part of our community.

INFECTION PREVENTION AND CONTROL

BREAK THE CHAIN OF INFECTION

2025/2026 Vaccine Administration in LTC & Retirement Homes

Informational only – not medical or legal advice

Influenza Vaccine: Why It Matters

- Best Defense: Protects against infection and transmission of the flu virus.
- Protects Vulnerable Health: May reduce complications from chronic illnesses (e.g., heart disease).
- Extra Shield: May help prevent other infections like invasive Group A Streptococcal Disease (iGAS).
- Eases Healthcare Burden: Reduces hospital visits and strain during respiratory illness season.

COVID-19 Vaccine Program

- Available to All: Free for everyone aged 6 months+ in Ontario, regardless of immigration status or health card.
- More Info: Visit <https://www.ontario.ca/page/covid-19-vaccine-program>

COVID-19 Vaccine: Stay Protected

- Prevents Severe Outcomes: Reduces risk of hospitalization and death.
- Lessens Symptoms: May not prevent infection but lowers severity.
- Reduces Long COVID Risk: Helps prevent post-COVID conditions.

Need More Info?

Contact: info@stlp.ca



**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




We're Looking for Volunteers!

Saint Luke's Place needs your help! We're currently seeking **friendly, community-minded individuals** to volunteer at **Cambridge Bingo** in support of our mission.

Why Volunteer?

- Minimal time commitment — just 2-hour shifts
- A fun and easy way to give back
- Make a meaningful difference in the lives of others

Bring a friend and join us for a rewarding experience that supports our residents and programs!

But that's not all — we're also looking for volunteers to help in **other areas of daily campus life**, including:

- Special events and celebrations
- Long-term care visits
- Life enrichment programs and activities
-

Interested? Email us at info@stlp.ca — we'd love to welcome you to the team!




Our Mission:
Enriching lives in our vibrant seniors community through excellent service and care

LONG TERM CARE

WWW.SAINTLUKESPLACE.CA

UPCOMING EVENTS



September 5th Susie Q Entertains at 10am Stenhouse Hall

September 11th Grandparent's Social with Wally at 2pm
Stenhouse Hall

September 25th Oktoberfest Party with Onkle Hans at 2pm
Stenhouse Hall



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

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

Meet our NEW Resident Care Manager

We are thrilled to introduce Catharine Singh as our
Resident Care Manager

Catharine is a Registered Practical Nurse with a Bachelor of Science in Nursing and a strong passion for person-centred care. A lifelong resident of the tri-cities—Kitchener, Waterloo, and Cambridge—she brings deep community roots and a diverse background in healthcare, including experience in emergency nursing, long-term care, public health, and education. Most recently, Catharine has been teaching and mentoring Personal Support Worker students at Conestoga College, helping to shape the next generation of caregivers. She also holds certifications in Indigenous Traditional Health, Cultural Competency in Health Care, and Human Resource Management. Catharine's approach to care is grounded in empathy, active listening, and creating inclusive environments where everyone feels safe, respected, and valued. Outside of work, she enjoys exploring the arts, swimming, creative projects, and spending time with family and friends.



New to Long Term Care – Keep Communication Open – Communicating frequently with staff members at the facility gives peace of mind knowing someone has an eye on things constantly, and being available to help resolve issues or discuss care keeps everyone on the same page. Knowing someone is looking out for them and ensuring they are not alone when dealing with the details is very comforting to residents.



LONG TERM CARE

WWW.SAINTLUKESPLACE.CA

SAVE THE DATE

SAVE THE DATE

A festive fair of handmade wonders
Saint Luke's Place is hosting a

MERRY MISTLETOE MARKET

NOVEMBER 15TH 10AM-2PM

contact: info@stlp.ca for more information

1624 Franklin Blvd, Cambridge, ON N3C 3P4

www.saintlukesplace.ca



LONG TERM CARE

QUALITY IMPROVEMENT

QUALITY IMPROVEMENT

CHRONIC PAIN IN CANADA

29% of Canadian adults live with chronic pain — and it's even more common as people get older.

Pain Levels

Most people in the survey had moderate to severe pain that affected their daily life.

Opioid Use

Only 7% were using strong opioids (stronger than codeine), even though their pain was serious.

Opioids for Older Adults

The Canadian Guideline says opioids can be safe and helpful for older adults — but only with careful steps:

- Start with low doses
- Increase slowly
- Give doses farther apart
- Monitor more often
- Reduce or stop benzodiazepines (a type of sedative)



Saint Luke's Place Pain Management Program

The goal of the Pain Management Program is to help each resident feel as comfortable as possible while maintaining their dignity and quality of life. This is done through a team-based approach, where healthcare professionals work together to assess and manage pain.

Key Focus Areas

Communication & Assessment

- Special attention is given to residents who have trouble expressing their pain, including those with cognitive challenges.

Pain Relief Strategies

- Includes both non-medication options (like relaxation techniques or physical therapy) and the use of equipment, supplies, and assistive devices to ease discomfort.

Comfort Care

- Measures are taken to ensure residents feel safe, supported, and soothed.

Monitoring & Evaluation

- Staff regularly check how well pain relief methods are working and adjust care plans as needed.



LONG TERM CARE

QUALITY IMPROVEMENT

Accreditation Update: Thank You for Your Support!



We're Accredited!

Congratulations to everyone at Saint Luke's Place! Following our recent survey in June, we've officially earned a 3-year accreditation — a testament to the dedication, compassion, and excellence of our entire team in delivering high-quality, person-centered care.

A heartfelt thank you to each and every one of you who made this achievement possible. Your commitment truly shines!

Family Council



Meetings take place every other month on Wednesdays from 6:00–7:00 PM via Microsoft Teams organized by the Social Workers.

Family Council is a group of family members and friends of the residents of a long-term care home (LTC) who gather together for peer support, education, and to improve the experiences of all people in long-term care.

Family Council can be a great source of mutual support to family members and offer guidance to new families during their transition to long-term care.

No one knows what a family member is going through like another family member!

By being involved in a Family Council, you can give and receive emotional, informational, and practical support.

We're currently looking for family members who are interested in joining. Your voice matters, and your insights can help shape the future of care and services at Saint Luke's Place.

If you'd like to get involved or learn more, please contact us at info@stlp.ca.

We'd love to have you on board!



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 | 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.



Thank You to Our Summer BBQ Volunteers!

We extend our heartfelt thanks to all the incredible volunteers who helped make our monthly summer BBQs a success!

From setting up to grilling, serving, and cleaning up, your dedication and teamwork brought joy and connection to our community.

Your support was truly appreciated and made each event memorable. Thank you for sharing your time, energy, and smiles with us!



Saint Luke's Place is grateful for you!

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



SENIOR LIVING APARTMENTS

WHEN YOU'RE HERE, YOU'RE HOME 

UPCOMING EVENTS

Thursday, October 9th

Stenhouse Hall

2:00 PM

Saint Luke's Sweet Slice Showdown Pie Contest & Auction

Prize Categories

- C Wing vs D Wing
- Staff Department Challenge
- Standout Fruit Pie
- Top Cream or Specialty Pie
- Prettiest Pie
- Grand Pie Champion

Register with Judy

519-658-5183 ext. 291

jbergey@stlp.ca

Everyone's Welcome!

Save The Date



Not a baker? Come support Saint Luke's Place by:

- Buying a slice of pie
- Bid on a whole pie to enjoy with your Thanksgiving meal

Celebrate Labour Day September 1st



Labour Day, observed annually on the first Monday in September, is a statutory public holiday across Canada. This year, it falls on Monday, September 1, 2025

Labour Day in September celebrates the social and economic achievements of workers and honours their contributions to society. Originating from the late 19th-century labour movements that fought for better working conditions and rights, the holiday, observed on the first Monday of September, also marks the unofficial end of summer and is a statutory holiday where many businesses are closed.

Traditions & Observance

Historically, Canadians have marked Labour Day with parades, speeches, games, and community gatherings. In modern times, it also serves as a symbolic end to summer, with many enjoying the long weekend through travel, leisure, or family time

SENIOR LIVING APARTMENTS

WHEN YOU'RE HERE, YOU'RE HOME 



THANK YOU FOR A FANTASTIC CLASSIC CAR SHOW & RAFFLE!

A huge thank you to everyone who came out and participated in our Classic Car Show and Raffle this past July!

Your enthusiasm, support, and community spirit made the event a true success.

From admiring the stunning cars to joining in the raffle fun, we had a wonderful time together. Your presence helped create a memorable day filled with smiles, great conversations, and shared joy. We're so grateful for your support of Saint Luke's Place — and we can't wait to do it again!



Ontario 

Funding provided by the
Government of Ontario

Saint Luke's Place Seniors Active Living Centre

A vibrant hub for older adults to stay engaged, active, and connected with their community!

What We Offer:

We support seniors' well-being through a mix of:

Social & Recreational Programs
Health-Oriented Activities
Community Connections

Amenities Include:

Apartment Lounges

Library

Coffee Shop

Hairdresser/Barbershop

Billiards Room

Seniors' Fitness Classes (Wellness Centre)

Summer BBQs

And much more!



IN MEMORY

"In the quiet moments, we remember not just the loss, but the love, laughter, and legacy left behind. Their presence may fade, but their impact lives on in every heart they touched."

**Our next Celebration of Life service will be held on:
September 24th, 2025 -2pm in Stauffer Auditorium**

REMEMBERING

Reginald S	Romana W
Frank F	Gertrude W
Maria S	Jannette T
Mary J M	Ann B
Eleanor W	Gregory B
Gertrude D	Eileen K

Forever in our hearts



"You will forever live in the hearts of those who loved you"

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



Chief Executive Officer



Hope everyone had a great summer. Things continue to be busy at Saint Luke's Place. We held many events over the summer that we hope everyone enjoyed and we continue to plan more. We look forward to some cooler weather in the fall as well as the changing fall colors for us to appreciate. As always, at Saint Luke's Place, we continue to closely monitor the air quality and indoor temperatures to ensure the comfort and safety of our vulnerable population.

Our CARF Accreditation Survey took place June 16-17 and those involved did a great job responding to the surveyors' inquiries. Accreditation supports our quality improvement and demonstrates to external stakeholders that we are a fully accredited organization by an outside third party. It was a packed two-day review that was well organized for us by LTC Administrator, Maureen Toth.

We are pleased to report that we have achieved another three years' accreditation. The results letter stated, "This achievement is an indication of your organization's dedication and commitment to improving the quality of the lives of the persons served. Services, personnel, and documentation clearly indicate an established pattern of conformance to standards." Next steps include putting together our new Quality Improvement Plan (QIP) based on the survey's recommendations.

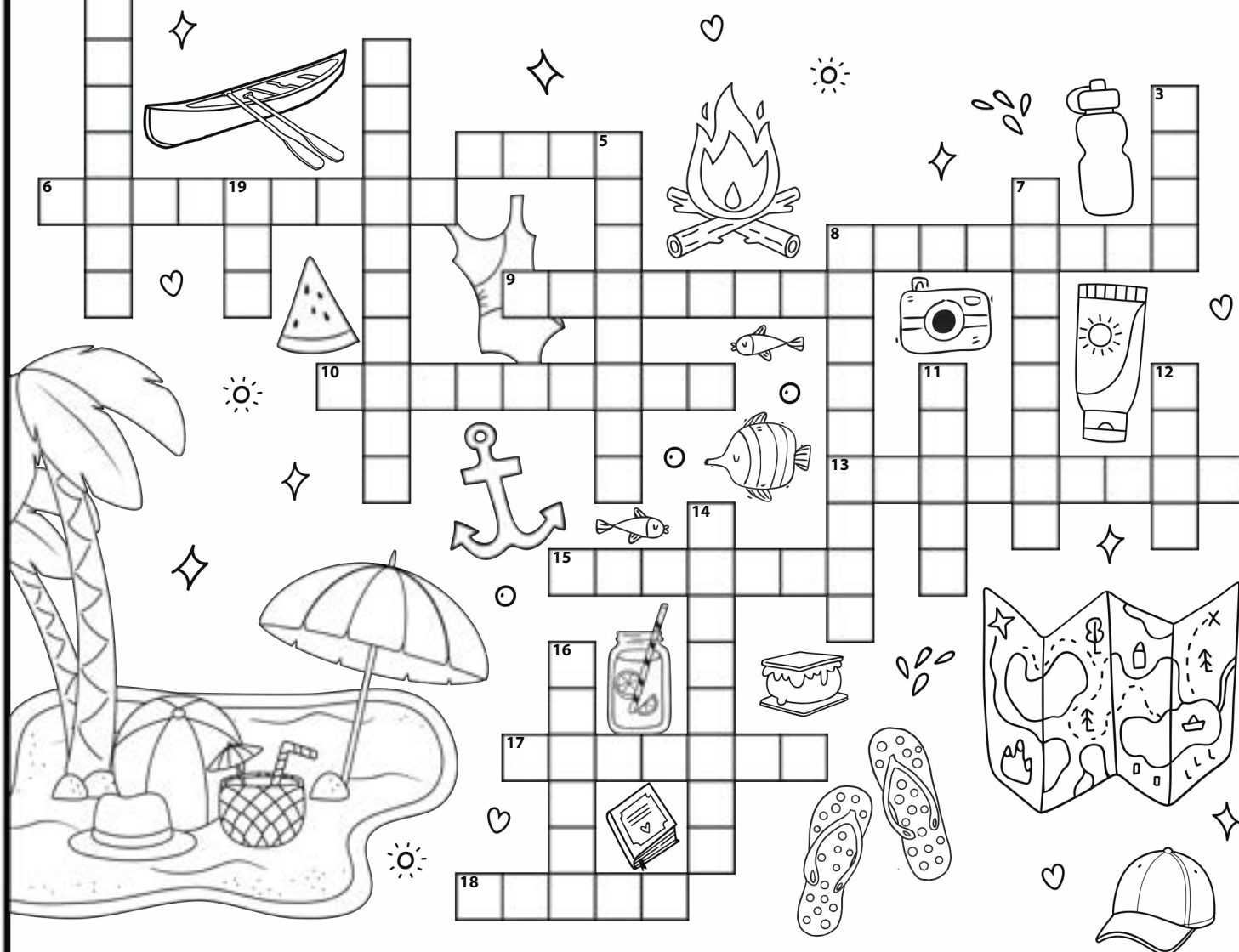
The sprinkler install is complete, and the new fire alarm panel has now been installed. Troy Life & Fire Safety has completed testing the sprinkler and alarm system and we are in the process of arranging the final inspection and sign off with the Fire Department and City. This work was mandated under the Fire Protection and Prevention Act to be completed in all LTC homes by January 2025 and then extended to July 1, 2026.

We continue to work closely with our architects (MMMC), construction management team (Traugott Building Contractors), the Ministry of LTC, and the City of Cambridge on our 192-bed redevelopment project. Our next steps include obtaining permits, getting final approvals from the Ministry of LTC, and continuing our fundraising efforts for our Welcome Home Capital Campaign. The goal is to start construction later this year. The details of the province's new Capital Funding Policy were released mid-August. We are currently analyzing the changes to the policy to understand the impact, if any, on our project.

Staffing continues to hold, and we are fully staffed, sitting at an average of 98.9% for front-line staff over the last four weekends.

Many thanks to our volunteers, staff, and physicians for your ongoing commitment to providing high-quality, compassionate care for the tenants, residents, and families we are so privileged to serve, and thank you to the Cambridge community and SLP families for your constant support.





down

1. Clothing worn for swimming.
2. A juicy fruit with a greenrind.
3. A toy that flies in the wind.
5. A boat powered by wind.
7. A sweet, tangy summer drink.
8. A big, light ball you throw at the beach.
11. Where you can swim, play, or relax.
12. A hot summer month in the U.S.
14. Cooking outside over flames.
16. A box that keeps food and drinks cold.
19. A light hat worn in the sun.

STAY IN TOUCH

WHEN YOU'RE HERE, YOU'RE HOME



Welcome Home
FOLLOW US, LIKE US + TAG US!



FACEBOOK.COM/SAINTLUKESPLACE/
@SAINTLUKESPLACECAMBRIDGE

