

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 manage their own financial affairs unless the resident lacks the legal capacity to do so.



WELCOME

WHEN YOU'RE HERE, YOU'RE HOME



Long Term Care

Ellen W, Lois S, Gerlof D, Maria A, Donald G, David C, Brenda F, Harry M, Olindina C, Jan V, Bonny F, Judith K

Independent Senior Apartments

Clair A, Mary S, Theresa W



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



GREG GIRLING

DIRECTOR OF FINANCE

Greg Girling joined Saint Luke's Place as Director of Finance in September and is excited to be part of the team. With a strong passion for nonprofit work, Greg brings valuable experience from his previous role on the Board of Directors at another organization, where he contributed for over two years.

A dedicated sports enthusiast, Greg enjoys baseball, hockey, football, and golf. When he's not on the diamond himself, he's cheering for his daughter, Jayden, who proudly represented Canada at the U15 World Cup of Softball in Italy this past summer. At home, Greg shares his love of sports with his dog, Brady—named after football legend Tom Brady.

Greg looks forward to building meaningful connections with staff, residents, and families and is committed to contributing to the vibrant community at Saint Luke's Place.

INFECTION PREVENTION AND CONTROL

BREAK THE CHAIN OF INFECTION

Infection Control in Ontario Long-Term Care Homes

At Saint Luke's Place, we take infection prevention and control seriously. Our dedicated employees work hard every day to keep residents and staff safe.

Key Strategies:

Frequent Hand Hygiene

Encourage regular and thorough handwashing to reduce the spread of germs.

Proper Use of PPE

Ensure masks, gloves, and other protective equipment are worn correctly and consistently.

Environmental Cleaning

Disinfect high-touch surfaces regularly to minimize contamination.

Ongoing Surveillance

Monitor residents and staff for symptoms of infection to enable early detection and response.

If you have any questions regarding our infection, prevention and control program or resources, please reach out to info@stlp.ca.

Why Get the Flu Vaccine?

The flu vaccine is your best defense against influenza. It's recommended every year in the fall, ideally before flu season begins. Almost everyone 6 months and older should get vaccinated.

Benefits of the Flu Vaccine

- Reduces Your Risk
- Lowers your chances of getting the flu.
- Prevents Serious Complications
- Helps protect against severe flu-related illness.
- Protects Others
- When you're vaccinated, you're less likely to spread the flu to family, friends, and those most vulnerable.



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

Why it matters

Think Before You Visit

What feels like a mild illness to you could be serious for someone in long-term care.

Colds & Flu Spread Easily

Illnesses like the flu or even a common cold can quickly spread in care settings.

Protect Vulnerable Residents

For someone already managing health challenges, even a minor illness 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

WWW.SAINTLUKESPLACE.CA

UPCOMING EVENTS

- Dec 1st**– 50 Plus Bell Choir 2pm in Stenhouse
Dec 2nd– Christmas Legends 2pm in Stenhouse
Dec 7th– Salvation Army Christmas Carols (Floor to floor) 2pm
December 9th and 22nd– Bus Trip Bingemans Gift of Lights
December 24th– Christmas Eve Service 10am Stenhouse
Dec 31st– Bob Mclean New Years eve party 2pm Stenhouse

Special Events:

- December 9–12th**–Swiss Chalet Christmas Festive Meals
December 15–19th–Santa for Seniors Parties
December 23rd–Christmas Eve Social with LTC and Apartments
 2pm Stenhouse

SAVE THE DATE



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



Santa for Seniors: There's Still Time to Make a Difference!

Our Santa for Seniors program is off to an amazing start, with many community members already signing up to "Adopt a Senior" for the holiday season. This cherished tradition ensures every resident at Saint Luke's Place feels remembered and celebrated during this special time of year.

But we're not done yet—you can still join in!
 If you'd like to adopt a resident and spread some holiday cheer, please contact:

Mallory Springall at mspringall@stlp.ca
 519-658-5183 ext. 244

Your generosity truly makes a difference!



New to Long Term Care – Respect Their Privacy – Nursing homes provide necessary services but also respect residents' rights to privacy just like anyone else's living situation; remember this when planning visits or talking about life events happening inside its walls. Daily tasks can seem daunting and your loved one may need more assistance and feel embarrassed by this. It's important to understand they still need their privacy as they deal with these changes.



DECEMBER

THEME DAYS



Grinch Day

Go **GREEN** for Grinch Day!

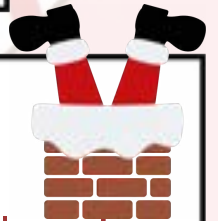


December 22



Reindeer Tuesday

Tis the Season to be Deer-y!
Dress in brown, don't forget the antlers!
Make Rudolph proud!



December 23



Wacky Christmas Socks

Pull out your funniest, flashiest and most festive socks! Let's fill the halls with colour and Christmas cheer, one step at a time!



December 24

Ugly Sweater Day

Bring the most ho-ho-horrible festive sweater you have! Ugly is the new festive!



December 25

LET'S GET FESTIVE

LONG TERM CARE

QUALITY IMPROVEMENT

QUALITY IMPROVEMENT

SKIN AND WOUND PROGRAM

Dedicated & Certified Nursing Team

Our skilled nursing staff proudly manages the Skin & Wound Program at Saint Luke's Place.

Innovative Technology

Within the past year, we've implemented the Skin and Wound App through PointClickCare—a revolutionary tool in long-term care.

Better Care, Better Outcomes

This program transforms how we manage, monitor, and document skin injuries, ensuring the highest standard of care for our residents.

Dedicated Leadership & Training

Our Clinical Documentation and Information Manager, Heather Campbell, oversees the interRAI LTCF program at Saint Luke's Place. The interRAI LTCF is a standardized, person-centered assessment tool used in long-term care facilities to evaluate residents' needs, strengths, and preferences.

Heather has successfully adopted the new format and is providing comprehensive staff training to ensure accurate assessments.

Innovative Care Management

With the implementation of the Skin and Wound App through PointClickCare and the transition to interRAI LTCF, we're revolutionizing how we manage, monitor, and document resident care.

Ensuring Quality & Funding

These initiatives not only improve care but also help us secure full Ministry funding, supporting the best possible outcomes for our residents.



www.saintlukesplace.ca



WHEN YOU'RE HERE, YOU'RE HOME



LONG TERM CARE

QUALITY IMPROVEMENT

MINISTRY OF LONG TERM CARE

What does the Ontario Ministry of Long-Term Care do?

The Ministry of Long-Term Care oversees long-term care in Ontario, including: supporting the building of new homes and upgrading outdated homes. Setting the legislation, regulations and policies that all homes must follow.

How do I contact the minister of long-term care in Ontario?

If you are not satisfied with the home's response, you can contact the Ministry of Long-Term Care directly through the Long-Term Care Family Support and Action Line by phone at: 1-866-434-0144 (toll free). The hours of operation are 8:30 a.m.–7:00 p.m., 7 days a week.



Family Council



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

Join Our Family Council at Saint Luke's Place!

Family Council brings together family members and friends of residents in long-term care to share support, education, and ideas that enhance the experience for everyone in our community.

Why join?

Peer Support: Connect with others who truly understand what you're going through.

Guidance for New Families: Help ease the transition into long-term care.

Make a Difference: Your voice and insights can shape the future of care and services.

By participating, you'll give and receive emotional, practical, and informational support—because no one understands a family member like another family member!

We're currently welcoming new members. Your involvement matters!

To learn more or get involved, email us at info@stlp.ca.

We'd love to have you on board!



FUNDRAISING



GOLF 2025

4TH ANNUAL TOURNAMENT

About the Tournament

We are thrilled to announce that this year's tournament raised over \$20,000 in support of the **Welcome Home Capital Campaign**—our redevelopment initiative focused on rebuilding the long-term care home to expand capacity and increase the number of long-term care beds available to our community.

- These funds directly contribute to enhancing the care and services we provide to our seniors, ensuring that comfort, dignity, and high standards of care remain at the heart of everything we do.

Thank you

Thank you to everyone who participated, sponsored, and supported this meaningful event.

Your generosity is helping us build a better future for those who need it most.

Total Raised
\$20,000+

Without the support of our community, this event would not have been successful! Your involvement and generosity continue to make a lasting impact.

Looking ahead, we're excited to announce that a renewed planning committee is already preparing for next year's tournament. With fresh energy and a shared commitment to excellence, we aim to elevate the event to the highest standard — while keeping it fun and engaging for all.

We truly appreciate your continued support and look forward to welcoming you back next year.

Thank you!

Save the Date! Saint Luke's Place 5th Annual Golf Tournament

We're thrilled to announce that our 5th Annual Golf Tournament will be held at the prestigious **Whistle Bear Golf Course on June 2, 2026.**

Under the new direction and leadership of our Fundraising Team and Golf Committee, we're proud to have secured this private course—setting the stage for an unforgettable day of golf, fun, and community!

Coming Soon:

- Sponsorship opportunities
- Silent auction donations
- Details will be shared in the coming months—stay tuned!

Mark your calendars and get ready to join us for an incredible event!



FUNDRAISING

Celebrate the Season with Our 25th Annual Tree of Memories Appeal

The holidays are a time to honor loved ones and support our community. Your 2025 gift to the Tree of Memories Appeal helps provide comfort, care, and dignity for seniors at Saint Luke's Place—while paying tribute to cherished memories.

Join Us for the Kickoff!

November 21st at 2 PM

Entertainment & Dessert in Stenhouse Hall
Come celebrate and start the season with us!

Your donation makes a difference by:

- Strengthening our local community
- Supporting quality care and connection for residents
- Contributing to our redevelopment project

To participate, complete the tree tag and return it with your gift. Your tag will be placed on our beautifully displayed memorial tree—a heartfelt symbol of care and remembrance.

4 Easy Ways to Give:

Mail • Online • Phone • In Person

Visit <https://saintlukesplace.ca/tree-of-memories>
or call 519-658-5183 ext. 242.

Thank you for your kindness and support.
Wishing you a joyful holiday season!

MERRY
CHRISTMAS



Follow us on Social Media

Welcome Home Capital Campaign

Building the Future of Senior Care in Cambridge

Saint Luke's Place is a charitable, non-profit, accredited long-term care home and seniors' community that has proudly served the Cambridge region for nearly 50 years. With 114 long-term care beds, 132 independent senior apartments, and a vibrant Seniors Active Living Centre, we remain a trusted and compassionate partner in the lives of local seniors and their families.

Our Vision



We're Growing to Meet Urgent Needs. Through the **Welcome Home Capital Campaign**, Saint Luke's Place is building a state-of-the-art, 192-bed long-term care home right here in Cambridge. This new residence will add 78 beds to our current 114, helping address the critical shortage of long-term care spaces in our region. Groundbreaking is scheduled for 2025, with completion expected in 2028.

Our modern six-storey building will feature:

- Enhanced resident comfort and privacy
- Innovative care spaces designed for dignity and connection
- Amenities that foster community and well-being

Together, we're creating a home where seniors can thrive.

The Need

Ontario's need for long-term care is growing rapidly—expected to rise by 38% by 2031 as our population ages. At Saint Luke's Place, we're already at 99% occupancy, with more than 300 people waiting for just 114 beds. Without expanding capacity, families in Cambridge and surrounding communities will face heartbreaking delays in accessing the quality care their loved ones deserve. Your support can help change that. Together, we can ensure seniors receive the dignity and care they need—when they need it most.

We need to raise millions to complete this vital redevelopment and strengthen healthcare for seniors across Waterloo Region.



How You Can Help

Your support—whether through a donation, sponsorship, or volunteer involvement—creates both immediate and lasting impact for seniors in our community. We're inviting individuals, families, and businesses to join us by:

- Making a gift that's meaningful to you to help drive our campaign forward
- Participating in signature events like the Golf Classic, Galas, and Walk & Roll
- Spreading the word—introduce others to our mission and help grow our network of supporters
-

Together, we can build a brighter future for seniors. Every action counts—will you join us?

Learn More



saintlukesplace.ca/welcome-home-capital-campaign



info@stlp.ca



519-658-5183 x257



Thank you for your support



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.



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!



Ontario



Funding provided by the
Government of Ontario

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 

Infection Prevention Tips for Seniors

As we age, the immune system naturally weakens, making older adults more vulnerable to illness and infection. Many seniors also manage chronic health conditions, which can increase susceptibility. Whether at home, in the community, or in a care setting, these steps can help reduce risk:

Get Recommended Vaccines

Vaccines protect against serious illnesses like flu, pneumonia, COVID-19, and more. Talk to your doctor about which vaccines or boosters are right for you.

Wash Hands Often

Germs spread easily from hands to eyes, nose, and mouth. Wash with soap and water frequently—especially after touching high-traffic surfaces like doorknobs, handrails, and elevator buttons. If soap isn't available, use hand sanitizer. Encourage others to do the same.

Clean High-Touch Surfaces

Disinfect common surfaces regularly with sprays or wipes to reduce germ transfer between people.

Cover Coughs & Sneezes

Use a tissue or your elbow to block germs from spreading through the air—and keep your hands cleaner.

Avoid Contact with Sick Individuals

If someone is ill, politely postpone visits until they're feeling better.

Speak Up About Concerns

If you notice symptoms or have questions about your health or medications, contact your doctor promptly. Ask about proactive steps to stay healthy and prevent infection.



Holiday Traditions Around the World



Festive customs vary widely, from Christmas traditions like Germany's Advent calendars and Japan's KFC dinners to cultural celebrations such as India's Diwali, Spain's Three Kings' Day, and Kwanzaa. Each brings unique foods, stories, and rituals.

Christmas & Winter Highlights

- Austria & Germany: Krampus punishes naughty children; Advent calendars and Christmas markets abound.
- Sweden: The Yule Goat and the beloved "Kalle Anka" (Donald Duck) Christmas special.
- Japan: Christmas Eve as a romantic occasion and KFC feasts.
- Colombia: "Night of the Little Candles" lights homes on Dec 7.
- Mexico: Poinsettias adorn décor; children chant "¿Me da mi calaverita?" for sweets.
- Venezuela: Families skate to Midnight Mass.
- Iceland: Yule Lads—mischievous trolls—visit children.
- Ukraine: Brooms hidden to ward off witches.
- Philippines: Simbang Gabi—nine dawn masses before Christmas.



SENIOR LIVING APARTMENTS

WHEN YOU'RE HERE, YOU'RE HOME 

UPCOMING EVENTS

Dec 3rd: Preston High School Christmas Dinner

Dec 3rd & 17th: Mobile Food Market (support of the Cambridge Food Bank) Adm Lounge
2:30pm- bring a shopping bag

Dec 12th: A Cowboy Christmas Cookout 11:30am Stenhouse Hall with Wally Maggs entertaining-
RSVP to Judy Bergey by November 28th @ jbergey@stlp.ca or at ext. 291

Dec 23rd: Christmas Eve Social with LTC and Apartments 2pm Stenhouse

Every Wednesday: Wii Bowling 6:30pm D2 Lounge | 7:00pm C3 Lounge

Every Monday, Wednesday & Friday (except holidays): Smart Exercise 9:30am Wellness Centre

Save The Date



Saint Luke's Place + Tim Hortons Smile Cookie!

We're excited to be a beneficiary of this year's Smile Cookie Campaign!

Nov 17-23

Buy a Smile Cookie for \$2 at Cambridge Tim Hortons or place a bulk order.

100% of proceeds support Saint Luke's Place and Tim Hortons Camps.

Every cookie helps fund state-of-the-art resident beds, improving comfort and care.

Let's make this campaign a sweet success—grab your Smile Cookie today!



IN MEMORY

"Like a bird singing in the rain, let grateful memories survive in time of sorrow." —Robert Louis Stevenson

**Our next Celebration of Life service will be held on:
March 25th, 2026 -2pm in Stenhouse Hall**

REMEMBERING

Jean B	Ellen W	Diane W
LeRoy C	Betty Ann W	Sylvester W
Eliane D	Maria S	Loretta D
Manuel S	Beryl S	James W
Elizabeth J	Sheila S	Brenda B

Forever in our hearts



The song is ended, but the melody lingers on. — Irwing Berlin

We are truly grateful for your kind and generous donations

We are deeply grateful to everyone who has made memorial donations to Saint Luke's Place in honor of their loved ones. Your generosity helps us uphold our commitment to delivering exceptional care and creating a warm, welcoming environment for all who call Saint Luke's Place home.

**For more information on donating, please contact
fundraising@stlp.ca**



SAINT LUKE'S PLACE

WHEN YOU'RE HERE, YOU'RE HOME



VOLUNTEERS WANTED

Ready to make a real difference?

Join our team and help create a positive impact in our community!



LEARN MORE

www.saintlukesplace.ca

info@stlp.ca

1624 Franklin Blvd, Cambridge



Make a Difference at Saint Luke's Place!

Support Our Seniors – Volunteer Today!

Join us in creating a caring and vibrant community for the residents of Saint Luke's Place. Your time and compassion can brighten someone's day and make a lasting impact.

Roles Available:

- Friendly Visits
 - Arts & Crafts Helpers
 - Music & Entertainment
 - Mealtime Assistance
 - Garden Companions
- Flexible hours | Big rewards
Located in the heart of our community

Contact us to learn more or sign up: info@stlp.ca

CALL for **VOLUNTEERS**



MESSAGE FROM THE CEO



David Bakker

Chief Executive Officer

Things continue to be busy at Saint Luke's Place. There were several Halloween events held in October, including a haunted house and a sing-a-long, that were greatly appreciated by residents and tenants. The recent time change, our days getting shorter, and our first snowfall of the season tell us that winter has arrived. 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.

The final inspection for our new LTC sprinkler and fire alarm system installation was completed on October 22 by the City of Cambridge and the Cambridge Fire Department. This work was mandated under the Fire Protection and Prevention Act to be completed in all LTC homes by July 1, 2026. We are pleased Saint Luke's Place completed this large, very important project over the past year, keeping everyone safe.

We continue to work closely with our architects (MMMC), construction manager (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 by the end of this year.

Staffing continues to hold, and we are fully staffed, sitting at an average of 99% 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.

From all of us at Saint Luke's Place, we wish you a safe, joyful, and happy holiday season!



JUST FOR FUN



Christmas Word Search



Find the hidden Christmas words.

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

MINUTE	DANCE	PARTY	CLOCK
CELEBRATE	MIDNIGHT	NEW YEAR	JANUARY
COUNTDOWN	FIREWORKS	RESOLUTION	BALLOON



SAINT LUKE'S PLACE

WHEN YOU'RE HERE, YOU'RE HOME



Wishing You a Safe and Happy Holiday Season!

From all of us at Saint Luke's Place, we extend our warmest wishes for peace, joy, and good health this holiday season. Thank you for being part of our community—we look forward to sharing a wonderful year ahead with you!

Stay safe, celebrate responsibly, and may your holidays be filled with happiness and love.

