

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 exercise the rights of a citizen



WELCOME

WHEN YOU'RE HERE, YOU'RE HOME



Long Term Care

Kerry H, George H, Carol W, David R, Myrtle K, Reta M, Brenda A, Edith M, Karen W, John G

Independent Senior Apartments

Gloria 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.



MALLORY SPRINGALL

Life Enrichment & Program Manager

MEET A MANAGER

Mallory brings more than nine years of dedicated experience in the long-term care sector.

A proud graduate of the Recreation Therapy program at Mohawk College, she has built a strong foundation in therapeutic programming and person-centered care for seniors. Her passion is rooted in enhancing the lives of older adults through meaningful, engaging activities that inspire joy, connection, and purpose.

Widely recognized for her ability to create programs supporting residents' mental, emotional, physical, social, and spiritual well-being, Mallory continually strives to elevate the quality of life in long-term care environments. Outside of work, Mallory enjoys life in Hespeler with her husband and two sons. She finds peace in gardening and treasures quiet moments spent at the family cottage.

INFECTION PREVENTION AND CONTROL

BREAK THE CHAIN OF INFECTION

Infection Prevention and Control (IPAC) Basics

Effective IPAC practices help stop the spread of germs in health care settings, schools, and workplaces. Key tips include:

- **Hand Hygiene (Most Important):** Clean hands often with alcohol-based sanitizer (70–90% alcohol) or soap and water—especially when arriving/leaving a facility, before eating, after using the washroom, and after coughing/sneezing. Rub for at least 15 seconds.
- **Respiratory Etiquette:** Cover coughs/sneezes with your elbow or a tissue. Discard tissues and clean hands right after.
- **Stay Home When Sick:** Do not attend work, school, or visit hospitals/long-term care if you have symptoms like fever, cough, sore throat, or diarrhea.
- **Masking:** Wear a well-fitted medical mask or N95 in crowded or poorly ventilated indoor spaces.
- **Physical Distancing:** Keep 2 metres (6 feet) from others, especially when unmasked.
- **PPE Use:** Follow posted PPE instructions in health care settings. Clean hands before and after using PPE.
- **Environmental Cleaning:** Disinfect high-touch surfaces (phones, keyboards, doorknobs).
- **Vaccination:** Stay up to date on COVID-19 and annual flu vaccines.
- **Avoid Sharing Items:** Do not share food, drinks, or personal items.



**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

Henery Winter - March 3rd
HS Public - March 6th
Bob MacLean- March 19th
John Moorhouse- March 26th (Birthday Party)

Kim Atkins - April 2nd
HS Public School - April 10th
50 Plus Choir- April 21st
Kevin Coats- April 23rd
Wally Maggs - April 30th (Birthday Party)

HS Public School- May 1st
Conn Smythe- May 8th (Mother's Day High Tea)
Guy Smith- May 15th
King Street Brass Band- May 21st
Gerry Cutting- May 26th (Birthday Party)

HS Public School- June 5th (Last visit)
John Moorehouse- June 12th
Bob Maclean- June 18th (Fathers Day Social)
Car Show-Stokers Car Club : Two of A Kind Preforming-
June 26th
Robert Edlefsen - June 30th (Birthday Party)



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



Consider Setting Up a Resident Trust Fund Account

A Resident Trust Fund Account is an optional, non-interest-bearing account that Saint Luke's Place can hold for residents. It offers a safe, convenient way to manage personal spending money—especially helpful with social outings and activities. Funds are secure, easy to access, and ready when residents want to participate.

If you'd like more information or wish to set up an account, we're here to help!



Dining at Saint Luke's Place- Guests are always welcome to join their loved one for a meal. To help us manage space, please book your reservation through the Business Office a few hours before the meal. Guest meals are served in Stenhouse Hall, as our long-term care dining rooms cannot accommodate visitors. Thank you for your understanding!

Please note: there is a small cost for guest meals.



LONG TERM CARE

QUALITY IMPROVEMENT

QUALITY IMPROVEMENT

Introducing the Caring Champions Program at Saint Luke's Place

We're excited to share that Saint Luke's Place has launched the Caring Champions program—a special way to recognize team members who go above and beyond in supporting our residents and families.

If you've witnessed exceptional care, kindness, or dedication, we invite you to nominate a staff member who has made a meaningful difference.

Nomination forms are available beside the Wellness Board (located by the entrance of A Main Resident Unit) and can be submitted in the locked box located just below it.

Thank you for helping us celebrate the incredible people who make Saint Luke's Place such a caring community.



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!

www.saintlukesplace.ca



WHEN YOU'RE HERE, YOU'RE HOME



LONG TERM CARE

QUALITY IMPROVEMENT



CELEBRATING 50 YEARS OF SERVICE AT SAINT LUKE'S PLACE!



Saint Luke's Place is proud to celebrate 50 years of caring for seniors in the Cambridge community. As a charitable, non-profit, and accredited long-term care home and seniors' community, our roots are grounded in compassion, dedication, and strong community support.



Founded in 1972 by a volunteer Board of Directors, Saint Luke's Place has grown from its first phase in 1976 —featuring 74 apartments and 80 long-term care beds —to a vibrant campus offering expanded apartments, retirement living, and a dynamic Seniors Active Living Centre.



Today, our seven-acre property includes beautiful walking paths, a wellness centre, coffee shop, tuck shop, and welcoming spaces for residents and visitors.



Guided by an independent volunteer Board and welcoming people of all backgrounds, we continue to uphold a strong reputation for excellence in care.



As we celebrate five decades of service, we reflect on the many wonderful people we've met and had the privilege to support. Looking forward, we're excited to expand our long-term care home to 192 beds, allowing us to welcome even more seniors with dignity, compassion, and exceptional care.



Our logo—symbolizing home—continues to represent who we are: comfort, belonging, and community. When you're here, you're home.



FUNDRAISING



We are proud to recognize MediSystem as our Presenting Sponsor once again for our 5th Annual Golf Tournament!

MediSystem has been Saint Luke's Place's trusted pharmacy provider for more than 15 years, and we are truly grateful for their ongoing support of our team, our events, and—most importantly—our residents.

Their continued partnership helps make community events like our Golf Tournament possible, and we couldn't do it without them.

Thank you, MediSystem, for standing with us year after year!



www.saintlukesplace.ca



Our Values:
Dignity and Respect | Innovation and Quality
Community and Service | Trust and Integrity
Accountability and Transparency

FUNDRAISING

Thank you to everyone who supported the 25th Annual Tree of Memories Campaign

Thank You for Your Incredible Support!

We are deeply grateful to everyone who generously contributed to the Tree of Memories Appeal. Thanks to your kindness, we achieved a record-breaking milestone—raising over \$24,000, the highest amount in the appeal's 25-year history!



From all of us at Saint Luke's Place, thank you for making a difference.

Thank you, Cambridge!



Tim Hortons

The Holiday Smile Cookie Campaign raised millions nationwide, and we were honoured to be chosen as one of the local charity beneficiaries. Thanks to your incredible support, Cambridge Tim Hortons locations raised over \$34,000 for Saint Luke's Place.

Your generosity is beyond expectations, and 100% of these funds will go toward state-of-the-art beds for residents in long-term care—improving comfort, enhancing safety, and helping ensure a good night's sleep.

A huge thank you to all Cambridge Tim Hortons locations who welcomed Saint Luke's Place volunteers into their kitchens to help decorate Smile Cookies—we loved being part of the fun!



Santa for Seniors

Thank You for Making It a Success!

A heartfelt thank you to everyone who has already participated in our Santa for Seniors program. Your kindness and generosity are making this holiday season truly special for the residents of Saint Luke's Place. Because of you, many seniors will feel remembered, valued, and celebrated.

Your support means so much.

Thank you for helping make Santa for Seniors a wonderful success!

FUNDRAISING



5th Annual GOLF TOURNAMENT PLAYER REGISTRATION

Join us at the prestigious Whistle Bear Golf Course for an unforgettable day

Take advantage of Early Bird Pricing:
\$275 individual \$1000 foursome

EARLY BIRD PRICING

About
Experience the thrill of the greens—connect with fellow golf enthusiasts, compete for amazing prizes, and make a lasting difference by supporting the Saint Luke's Place Welcome Home Capital Campaign.

What to Expect:

- Lunch and Supper ✓
- Golf Cart Use ✓
- Swag Bag for all Players ✓
- Opportunities to win prizes ✓
- Silent Auction ✓

Registration Fees:
\$300 individual \$1100 foursome

More Information www.saintlukesplace.ca/fundraising/events/golfclassic 519-658-5183



FUNDRAISING



Welcome Home Capital Campaign

Building a Brighter Future for Seniors

Saint Luke's Place is committed to meeting the growing need for long-term care in our community. Through our Welcome Home Campaign, we're launching a \$90M+ redevelopment that will add 78 new long-term care beds in Waterloo Region.

This project is about more than expanding our home—it's about creating a lasting legacy of dignity, compassion, and quality care for local seniors.

To complete the final phase, we must raise \$12 million, and we're inviting individuals, businesses, and organizations to help make it possible. Every gift, big or small, moves us closer to providing a safe and welcoming home for those who need it most.

Why Support Us?

Your contribution helps us:

Serve more seniors in need

Advance critical redevelopment work

Build a future rooted in compassionate, high-quality care

Get Involved

To learn how you can support the Welcome Home Campaign:

info@stlp.ca

519-658-5183



Learn more about our Welcome Home Capital Campaign at:
<https://saintlukesplace.ca/fundraising/welcome-home-capital-campaign/>



SCAN ME



VOLUNTEER

Volunteers Make a Difference at Saint Luke's Place

Volunteers play an essential role in creating the warm, welcoming community our residents call home. Their time, compassion, and connection bring joy and meaningful support to daily life at Saint Luke's Place.

If you're looking for a rewarding way to give back, we invite you to consider volunteering with us.

To learn more, contact info@stlp.ca.

Volunteer Requirements:

- Must be 18 years of age or older
- Must have a current Vulnerable Sector Check

Join us—and help make a positive impact in the lives of our seniors!



Follow us on Social Media

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 ever need information or have a concern, they're encouraged to reach out to their tenant representative. All feedback is brought forward and discussed at the monthly tenant meeting, ensuring everyone's voice is heard.



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!



Funding provided by the Government of Ontario

Activity Programs

Monthly Activity Calendars

Monthly activity calendars are posted on the bulletin boards on each apartment floor at Saint Luke's Place.

Want a personal copy?

Just contact Judy at jberger@stlp.ca

Or call 519-658-5183 ext. 291 — she'll be happy to help!



SENIOR LIVING APARTMENTS

WHEN YOU'RE HERE, YOU'RE HOME 



Winter Safety Tips



Winter is beautiful, but it can bring extra risks for older adults. Here are simple ways to stay safe, warm, and well:

Stay Steady Outdoors

- Wear boots with good traction; consider ice cleats for extra grip.
- Keep walkways salted or sanded.
- Walk slowly, use railings or mobility aids, and avoid going out during storms.

Keep Warm

- Dress in layers, including a hat, scarf, and gloves.
- Choose warm fabrics like wool or synthetics.
- Keep your home at 20°C or warmer. Use space heaters safely and never leave them unattended.
- Block drafts and keep extra blankets nearby.

Stay Healthy

- Drink plenty of water and enjoy warm meals and beverages.
- Get your flu shot and make sure you have enough medication for stormy days.
- Stay active indoors with light stretching or virtual exercise classes.

Be Prepared

- Stock up on groceries and essentials.
- Keep an emergency kit with food, water, flashlights, and batteries.
- Charge phones and keep an updated contact list.

Get Help When Needed

- Arrange for snow removal around your parked car or ask a neighbour for support.
- Use delivery services for groceries and medications.
- Stay connected—regular check-ins with friends, family, or community groups can make winter feel warmer.



SENIOR LIVING APARTMENTS

WHEN YOU'RE HERE, YOU'RE HOME

UPCOMING EVENTS

- Tuesday, March 17: St. Patrick's Day Tea Stenhouse 2:00 pm
- March 16 – 30: Saint Luke's Place community Food Drive supporting Cambridge Food Bank
- Thursday, April 2: Pop Up Easter Treat Sale 2:00 – 3:30 pm Pool Table Lounge. (In support of the Redevelopment Project.)
- Every other Wednesday afternoon March 11, 25: Mobile Food Market from 2:30 pm–3:00 pm–Main Entrance.

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

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



Parking Reminder

Parking at Saint Luke's Place can be a challenge, and visiting spaces are limited. To ensure our guests have spots available, we kindly ask that tenants do not park in visitor spaces and let us know when you are expecting guests.

Please note: Vehicles that are unknown to us and parked for extended periods may be towed at the owner's expense.

Thank you for helping keep our parking areas accessible and running smoothly!



Staying active and involved is so important for seniors. Socializing, joining activities, and participating in programs helps boost mood, build connections, and support overall well-being. Even small moments of engagement can make a big difference—staying social helps seniors stay happy, healthy, and connected.

IN MEMORY

In the quiet moments, we remember – and in remembering, we keep them close.

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

REMEMBERING

Mona H	Russel H	Sheila S
Joan P	Paul C	
Helen M	Jean B	
David C	Marion P	
Susan R	Susan D	

Forever in our hearts



“Those we love never truly leave us; their love lives on in every life they touched.”

We are sincerely grateful for your kindness and generosity.

We are profoundly grateful to all who have made memorial donations to Saint Luke's Place in honour of their loved ones. Your kindness is a beautiful tribute, and it helps us continue providing exceptional care, comfort, and compassion to those who call Saint Luke's Place home.

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



Consider Legacy Giving. For more info visit: www.saintlukesplace.ca/fundraising

MESSAGE FROM THE CEO



David Bakker

Chief Executive Officer

As we settle into 2026, I want to take a moment to thank you for the trust you place in Saint Luke's Place and for the partnership you share with our team. Caring for your loved ones is both a responsibility and a privilege, and we never lose sight of how deeply personal that care is for you and your family.

The past year brought moments of challenge, learning, and success. Through it all, our focus remained steady: ensuring residents are safe, respected, and supported in a place they can truly call home. We are incredibly proud of the compassion and dedication shown every day by our staff, and we are grateful for the patience, understanding, and kindness shown by families along the way.

This new year brings with it renewed commitment. Our priorities remain centered on quality care, meaningful connections, and continuous improvement. Together with a seasoned facilitator from the long-term care sector, we are currently building our next strategic plan. Input has been gathered from various stakeholders including residents, families, staff, leadership, volunteers, the board, and external partners as we seek to create a plan that invests in our people and enhances daily life in our home.

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 now to start construction in the spring of this year.

Staffing continues to hold, and we are fully staffed, sitting at an average of 99.5% for front-line staff over the last four weekends.

Most importantly, please know that your voices matter. Open communication and collaboration with families strengthens our community and helps us provide the best possible care for those who mean so much to you.

On behalf of our entire organization, I wish you and your loved ones a year filled with health, comfort, and peace. Thank you for being an essential part of our community.



JUST FOR FUN

I Love Lucy

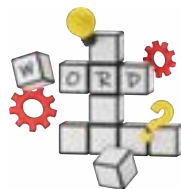


Word Search

- NEW YORK
- NIGHTCLUB
- REDHEAD
- RICARDO
- RICKY
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- TROPICANA
- WACKY
- HAVANA
- HIJINKS
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- CUBAN
- ETHEL MERTZ
- FRED MERTZ
- ANTICS
- APARTMENT
- BANDLEADER
- BEST FRIENDS
- CANDY MAKERS

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FUN



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

SAINT LUKE'S PLACE

WHEN YOU'RE HERE, YOU'RE HOME



Welcome Home
FOLLOW US, LIKE US + TAG US!



FACEBOOK.COM/SAINTLUKESPLACE/

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

Stay connected with what's happening at Saint Luke's Place! Be sure to follow us on social media for updates, events, and a look at life in our community.

