

# 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 QUALITY CARE AND SELF-DETERMINATION

Every resident has the right to be provided with care and services based on a palliative care philosophy



### WELCOME

WHEN YOU'RE HERE, YOU'RE HOME



#### Long Term Care

Roderick T, Nicole R, Elie M, Florence C, Michael S, Rita D, Joan P, Patricia G, Khan Z, David D, Stanley H, Howard B

#### Independent Senior Apartments

Janet H, John O, Leslie B, Steven B

# 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.



**SUSAN JONES-MCALEESE**

Foodservice & Nutrition Manager

## MEET A MANAGER

Susan has dedicated over 30 years to working in Long-Term Care and Retirement, committing much of her career to supporting the needs of seniors.

Prior to joining Saint Luke's Place in September 2014 as a Support Services Assistant, she gained experience in a variety of healthcare roles, she assumed the role of Foodservice and Nutrition Manager in 2018.

Susan brings a wealth of practical, hands-on experience to her role and has built strong, meaningful relationships with residents, staff, and leadership through her ongoing dedication to the Saint Luke's Place community.

# INFECTION PREVENTION AND CONTROL

BREAK THE CHAIN OF INFECTION

## SHINGLES: WHAT YOU NEED TO KNOW

### What is shingles?

A viral infection that causes a painful, blistering rash, usually on one side of the body.

1 in 3 adults will develop shingles.

### What causes it?

- Caused by the same virus as chickenpox
- The virus stays in your body and can reactivate later in life
- Risk increases with age and a weakened immune system

### Who is at risk?

- Anyone who has had chickenpox
- Adults 50+
- People with chronic conditions or weaker immune systems

### Symptoms

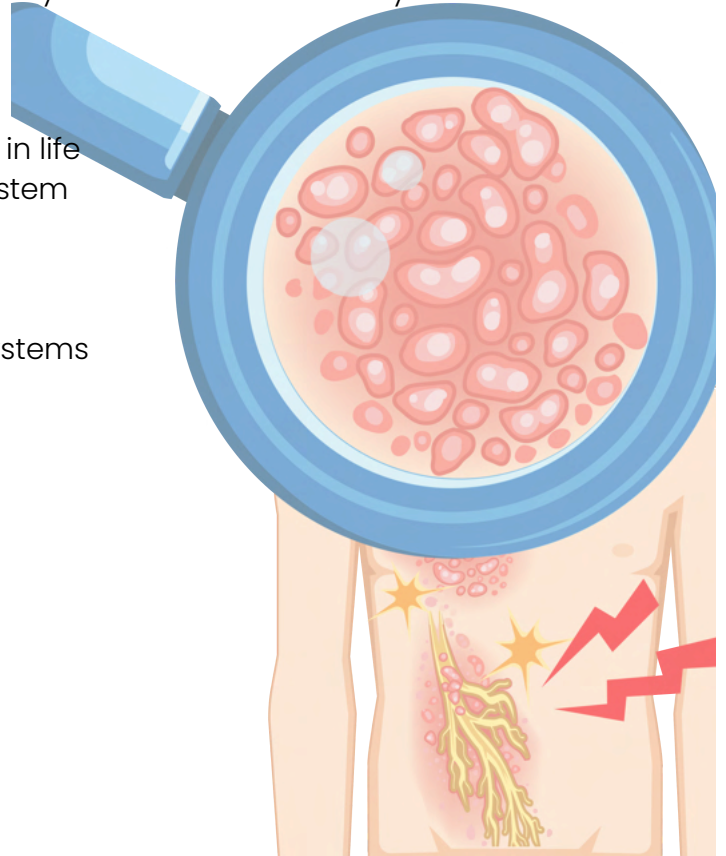
- Burning, tingling, or numbness
- Painful, blistering rash
- Fever, headache, upset stomach
- Pain can interfere with daily activities

### Possible complications

- Long-term nerve pain (PHN)
- Vision or hearing problems
- Skin infections

### Protect yourself

- Talk to your healthcare provider
  - Consider prevention options
  - Seek care early if symptoms appear
- Don't ignore shingles—early attention matters



## 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

- Bob Maclean- June 18<sup>th</sup> (Fathers Day Social)
- Reid's Chocolate Pop up Sale and Raffle- June 19<sup>th</sup> (coffee shop)
- Hespeler Reunion Swag Sale- June 19<sup>th</sup> (coffee shop)
- Car Show-Stokers Car Club : Two of A Kind Preforming- June 26<sup>th</sup>
- Robert Edlefsen -June 30<sup>th</sup> (Birthday Party)
- Happy hour with Suzy Q- July 9<sup>th</sup> 2pm
- Hespeler Reunion- July 10-12<sup>th</sup>
- Lunch at Riverside Park- July 13<sup>th</sup> 11am
- Fun in the Sun- July 17<sup>th</sup>
- Butterfly Conservatory- July 20<sup>th</sup> 1:30pm
- Watermelon Social: July 21<sup>st</sup> 2-3pm Stenhouse
- Hespeler Reunion Parade Viewing- July 23<sup>rd</sup> 10am
- Birthday Party with Jeff Poolton- July 30<sup>th</sup> 2pm
- The IncrediBirds Parrott Show- August 18<sup>th</sup> 2pm
- Happy Hour with Kim Atkins- August 6<sup>th</sup> 2pm
- Jake Simons- August 13<sup>th</sup> 2pm
- Birthday Party with Brent Meisner- August 20<sup>th</sup> 2pm
- Elvis Songs with Bruce Herron- August 27<sup>th</sup> 2pm



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

## Join us for a community celebration at Saint Luke's Place!

We're hosting an afternoon of music, food, and activities for the whole family. Bring the kids, bring your friends, and help us support our residents while having a great time together.

### What's happening:

Live music and entertainment will keep things lively, while food trucks (Doc Mac & Cheese, Robs Burger Wagon, and Mega Cones Creamery) will keep everyone happy and fed. There's a petting zoo and kids activities for the little ones, plus plenty more to discover when you arrive.

### The details:

- July 17, 4pm-7pm
- Saint Luke's Place
- 1624 Franklin Blvd., Cambridge

### Free entry for everyone

All proceeds help support programming and activities for our residents. We can't wait to see you there!



# LONG TERM CARE

WWW.SAINTLUKESPLACE.CA



**Dining at Saint Luke's Place-** Guests are always welcome to join their loved one for a meal. To help us prepare and manage seating, we kindly ask that you reserve your spot through the Business Office a few hours in advance. Please note that guest meals are served in Stenhouse Hall, as our long-term care dining rooms are reserved for residents and cannot accommodate additional visitors. There is also a small fee for guest meals. For the comfort and dignity of all residents, we respectfully ask that guests do not eat from a resident's plate. Thank you for your understanding and cooperation!



## 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!

### Next meeting July 29<sup>th</sup> 12pm- light lunch provided

To learn more or get involved, email us at [info@stlp.ca](mailto:info@stlp.ca).

**We'd love to have you on board!**

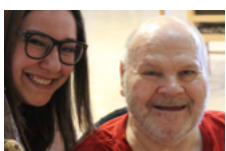


## Clothing & Storage Reminder

To help keep resident rooms safe, comfortable, and easy to navigate, we kindly ask families to be mindful of the amount of clothing kept in closets, as storage space is limited and many closets are currently quite full.

If possible, we encourage families to take home and store off-season items, such as winter clothing, to help keep closets organized and accessible for everyday use. When bringing in new clothing, **please use the designated central drop box** on each resident unit and ensure all items are clearly labelled. This helps our team return items promptly and keeps everything organized.

Thank you for your support in helping us maintain a safe and comfortable living environment for everyone.



# SAINT LUKE'S PLACE



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



We're honoured to be nominated in the Waterloo Region Record Readers' Choice Awards!

- Best Long-Term Care Home
- Best Non-Profit Organization

At Saint Luke's Place, everything we do is made possible by the incredible residents, families, staff, volunteers, donors, and community members who support us every day. Being recognized by our community means the world to us.

If Saint Luke's Place has made a difference in your life or the life of someone you love, we'd be grateful for your vote.

Vote for Saint Luke's Place in the Waterloo Region Record Readers' Choice Awards:

**<https://best-businesses.thereaderschoice.ca/o/cambridge/readers-choice-2026-nominations>**

Thank you!



For 50 years, Cambridge has trusted Saint Luke's Place to care for our loved ones, helping them live with dignity, connection, and purpose.



*Celebrating*  
**50 Years of Care**

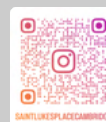
Let's continue to grow forward, together.

Today, we are rising to meet the growing needs of our community by redeveloping our campus—creating a future where more seniors can live with dignity, connection, and exceptional care.

With the support of local businesses and community partners, we can open our doors to more individuals in need and ensure Saint Luke's Place continues to feel like home for generations to come.

*Be part of this meaningful journey.*

To learn more or get involved, connect with us at [fundraising@stlp.ca](mailto:fundraising@stlp.ca)



# FUNDRAISING

*Thank you for a Wonderful Day on the Course!*

A heartfelt thank you to everyone who participated in the 5th Annual Saint Luke's Place Golf Tournament, and to our generous sponsors for their incredible support.

A special thank you to MediSystem for five years of dedicated partnership as our primary event sponsor.

Thanks to the enthusiasm of our players—and the hard work of our volunteers and staff behind the scenes—the day was a tremendous success. While we are still finalizing totals, it's clear that this year's revenue has exceeded expectations, a true reflection of our community's generosity.

All proceeds will support our Welcome Home Capital Campaign, advancing our long-term care redevelopment project and helping us expand care for seniors in our community.

We are so grateful for your support and look forward to seeing you again next year on **June 8, 2027 at Whistle Bear Golf Club!**



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



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

# Welcome Home Capital Campaign

## Building the Future of Senior Care in Cambridge

For 50 years, Saint Luke's Place has been a trusted, charitable, non-profit, and accredited long-term care home and seniors' community serving the Cambridge region. Home to 114 long-term care beds, 132 independent senior apartments, and a dynamic Seniors Active Living Centre, we are proud to provide compassionate care and meaningful connections for seniors and their families.

### Our Vision

To respond to the growing need in our community, Saint Luke's Place is expanding. Through the **Welcome Home Capital Campaign**, we will build a new 192-bed long-term care home right here in Cambridge—an increase of 78 beds that will help ease the urgent demand for care. Construction is expected to begin in Fall 2026, with completion projected for 2029. This modern six-storey home will:

- Offer fully accessible spaces with enhanced safety features
- Include comfortable dining areas, nursing stations, and family gathering spaces
- Seamlessly connect to our existing building
- Meet the latest Ministry of Long-Term Care design standards

### The Need

Demand for long-term care in Ontario is expected to rise by 38% by 2031 as our population ages. At Saint Luke's Place, we are already operating at 99% occupancy, with over 425 people waiting for 114 beds. Without expanding our capacity, families in Cambridge and neighbouring communities will face increasingly long and challenging wait times for the care their loved ones need.

Together, we aim to raise \$12 million to complete this essential redevelopment—ensuring seniors in Waterloo Region have access to the compassionate, high-quality care they deserve.



### How You Can Help


Every contribution makes a difference. Whether you give, sponsor, or volunteer, your support has an immediate and lasting impact.

We are inviting individuals, families, and businesses to:

- Contribute a gift that reflects your commitment to our cause
- Get involved in events such as our Golf Tournament, Galas, and Walk & Roll
- Introduce others to our mission and help expand our network of caring supporters

Together, we can shape a stronger, more compassionate future for seniors.

### Learn More

  
[saintlukesplace.ca/welcome-home-capital-campaign](https://saintlukesplace.ca/welcome-home-capital-campaign)

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

  
519-658-5183 x257



*Thank you for your support*

# FUNDRAISING



## Meet our Development and Marketing Specialist - Chris Hussey

Chris brings a wealth of experience in communications and marketing, with a strong background across the public sector, nonprofit, and mission-driven organizations. Most recently, he served as Communications Manager in the Office of MP Tim Louis, where he supported community engagement, stakeholder relations, and executive communications. Known for his ability to translate complex information into clear, compelling messaging, Chris has expertise in digital strategy, media relations, and integrated campaigns. At Saint Luke's Place, he is the driving force behind our fundraising initiatives, leading efforts to strengthen donor engagement, grow community partnerships, and advance our mission. Based in Kitchener, Chris is a proud parent of two who enjoys family adventures, playing guitar, and discovering local gems.

### Volunteers Make a Difference at Saint Luke's Place

Volunteers are at the heart of our community, helping create the warm and welcoming environment our residents call home. Their time, compassion, and meaningful connections bring joy and support to everyday life.

If you're looking for a rewarding way to give back, we invite you to join our volunteer team and make a lasting impact.

To learn more, contact [info@stlp.ca](mailto:info@stlp.ca)

Volunteer Requirements:

- Must be 18 years of age or older
- Current Vulnerable Sector Check required

Join us—and help enrich the lives of our seniors!



*Volunteer With Us*

Volunteers play a vital role at Saint Luke's Place as they use their skills and talents to provide a host of services to residents.



**ROOTED IN CARE.  
GROWING FORWARD,  
TOGETHER.**

Stay connected with us this year as we celebrate **five decades of care** for seniors in our community

Follow Us: [f](#) [i](#) [i](#) [e](#)

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

# 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: 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, Planned Outings
- And much more!



**Ontario**  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- Senior Care Coordinator at [jbergey@stlp.ca](mailto:jbergey@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



we celebrate the fathers, grandfathers, stepfathers, and father figures who have shared their wisdom, strength, humour, and love with the people around them.

At Saint Luke's Place, we're grateful for the many dads who have helped shape our families, our community, and our lives through the stories they tell and the memories they continue to create. We're wishing a very happy Father's Day to all those celebrating today. We hope your day is filled with love, laughter, and time spent with the people who matter most

**Celebrate Father's Day on June 21<sup>st</sup>**



### WISHING DAVID A HAPPY RETIREMENT!

Please join us in celebrating David Krueger, Community and Housing Manager, as he begins his well-deserved retirement.

David's leadership, dedication, and commitment to the Saint Luke's Place community have made a lasting impact on residents, tenants, and staff alike. His steady guidance and genuine care for others will be truly missed.

We invite you to join us on July 3 at 1:00 PM in the Coffee Shop for cake and coffee/tea as we celebrate David and wish him all the best. We are incredibly grateful for everything David has contributed over the years and wish him a wonderful retirement filled with relaxation, happiness, and new adventures.

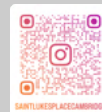
**Congratulations, David—and thank you for everything!**

### Summer Safety Tips for Older Adults

Summer is a great time to enjoy the outdoors, but warmer weather requires extra care—especially for older adults. Key tips to stay safe include:

- Stay hydrated by drinking plenty of water and limiting caffeine and alcohol
- Avoid peak sun hours (10 AM–4 PM) and seek shade when possible
- Protect your skin with sunscreen, hats, and sunglasses
- Keep cool with air conditioning or fans
- Dress for the weather in light, loose-fitting clothing
- Check medications and health regularly, and stay aware of weather conditions

With a little preparation, summer can be safe, enjoyable, and full of activity!



# SENIOR LIVING APARTMENTS

WHEN YOU'RE HERE, YOU'RE HOME 

## UPCOMING EVENTS

## SAVE THE DATE



June 19<sup>th</sup>- Gore Mutual Community Day- 10am Stenhouse

June 30<sup>th</sup>- Country Drive and Lunch at Pebbles (pre-registration required at front office)

July 10-12<sup>th</sup> Hespeler Reunion (downtown)

July 18<sup>th</sup> Covid Booster Clinic 10am Coffee Shop (pre-registration required with Judy)

**1st Thursday of Each Month:** New Hope Hearing 215pm D-1 Lounge

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

**Every Friday:** Darts 7pm C-1 and D-lower Lounge

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

### Stay Safe- Avoid Scams

SCAM

**Hang up and verify:** Never trust a caller ID. If someone claims to be from a bank, government agency, or law enforcement, hang up and call them back using the official number listed on the back of your bank card or a trusted document.

**Never send money in a rush:** Be incredibly suspicious of anyone demanding immediate payment or asking you to wire money, buy gift cards, or use cryptocurrency. Legitimate organizations will never request payment this way.

**Guard personal information:** Never give out your Social Insurance Number (SIN), banking details, or passwords over the phone or via email.

**Beware of unsolicited contact:** If you receive an unexpected email, text, or call with an urgent warning or a "too good to be true" offer, do not click the links or reply.

**Talk to a trusted person:** Always consult a family member, close friend, or your financial advisor before sending money or making large purchases under pressure.

**Visit the Canadian Anti-Fire Fraud Centre to check on active scams or report an incident.** <https://antifraudcentre-centreantifraude.ca/index-eng.htm>

ALERT

### Did You Know?

The hair salon at Saint Luke's Place is also available for tenants! Treat yourself and book an appointment with Victoria by visiting the Front Business Office or calling 519-658-5183 ext. 242. We look forward to helping you look and feel your best!

# IN MEMORY

*In remembrance of a life well lived and deeply loved. Their presence brought light to many, and their memory will remain a lasting gift to us all.*

**Our next Celebration of Life service will be held on:  
September 2<sup>nd</sup>, 2026 -2pm in Stenhouse Hall**

## REMEMBERING

James W	Mary G
Mona H	Edith M
George H	John G
Sibbeltje S	Ann A
Donald C	Alfred S

**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 extend our heartfelt thanks to all who have honoured their loved ones through memorial donations to Saint Luke's Place. Your generosity is a meaningful tribute that enables us to continue providing exceptional care, comfort, and compassion to everyone who calls our community home.



**For more information about making a donation, please contact [fundraising@stlp.ca](mailto:fundraising@stlp.ca)**



# MESSAGE FROM THE CEO



*David Bakker*

**Chief Executive Officer**

As we move through spring and into summer, I want to thank you for the confidence you place in Saint Luke's Place and for the trust you continue to show in our team. We know that choosing care and support for a loved one is deeply personal, and we remain committed to providing a welcoming, respectful, and dependable community for all those we serve.

At Saint Luke's Place, our focus remains on delivering excellent care and service while continuing to strengthen the overall experience of residents, tenants, and families across our campus. Every day, our staff, volunteers, and partners contribute to a community built on dignity, compassion, and connection, and I am grateful for the role each of you plays in helping make that possible.

This spring marks important progress in our future planning. We are moving ahead with our 2026–2030 strategic plan, building on the achievements of recent years and setting a strong course for continued quality improvement, innovation, and collaboration. This work will help guide how we enhance care, strengthen partnerships, and respond to the evolving needs of seniors and families in our community.

We also continue to make steady progress on our long-term care redevelopment project. This transformational initiative will create a new 192-bed home designed to better meet current care standards and support the growing needs of older adults in our region. As planning advances and we near the beginning of construction, we remain focused on working closely with our partners and maintaining continuity of care and daily life on campus throughout each stage of the project.

At the same time, we are encouraged by the strong support shown through our Welcome Home Capital Campaign and community events this season. We had a wonderful turnout for our 5<sup>th</sup> annual golf tournament on June 2<sup>nd</sup> at Whistle Bear, bringing in approximately \$80K in fundraising revenue to support our Welcome Home Capital Campaign. This generosity reflects the shared belief that seniors in Cambridge deserve access to modern, compassionate, high-quality long-term care close to home.

We are deeply thankful to everyone helping bring that vision to life.

Most importantly, thank you for your continued engagement, feedback, and partnership. Your perspectives help us grow stronger as an organization and ensure we remain responsive to the people and families who count on us every day.

On behalf of everyone at Saint Luke's Place, I wish you a safe, healthy, and enjoyable spring season. Thank you for being part of our community and for the trust you place in us.



# JUST FOR FUN



## Word Search



ROOTED  
IN CARE.

GROWING  
FORWARD,  
TOGETHER.



SCAN ME



### WORD SEARCH

E	M	I	N	S	T	R	E	L	M	Y
S	G	D	G	Y	U	E	L	S	A	P
S	N	N	E	N	A	O	F	T	M	P
E	I	E	Y	I	I	I	U	L	P	Y
N	V	T	A	C	F	S	W	N	L	R
M	I	E	G	C	N	I	U	U	I	O
L	E	R	L	Y	L	E	N	M	F	S
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C	E	U	S	T	L	T	A	L	I	V
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S	A	M	A	N	I	M	A	T	S	A

ADVISOR AMPLIFY CALMNESS CLEAR

DIGNIFIED FLUENCY METRE MINSTREL

MUSING PEANUT PRETEND RECEIVING

SINUOUS STAMINA WILES



# SAINT LUKE'S PLACE

WHEN YOU'RE HERE, YOU'RE HOME



## CELEBRATING 50 YEARS OF SERVICE

This year, Saint Luke's Place proudly celebrates 50 years of compassionate, dedicated care for seniors in our community.

Since opening our doors, our commitment has remained the same—creating a safe, supportive environment where every resident is treated with dignity, respect, and kindness.

We are incredibly grateful to our staff, volunteers, families, donors, and community partners who have been part of this journey. Together, we have built more than a place to live—we have created a place to belong.

**Here's to 50 years of care—and to many more years ahead!**



Stay connected!  
Follow us on social media for the latest updates and exciting details about our 50th Anniversary Gala this September



### Stay in the loop with everything happening at Saint Luke's Place!

Would you like to be added to our mailing list and receive updates on events, news, and opportunities to get involved?

If so, please contact us at [info@stlp.ca](mailto:info@stlp.ca)

**We'd love to keep you connected!**

