

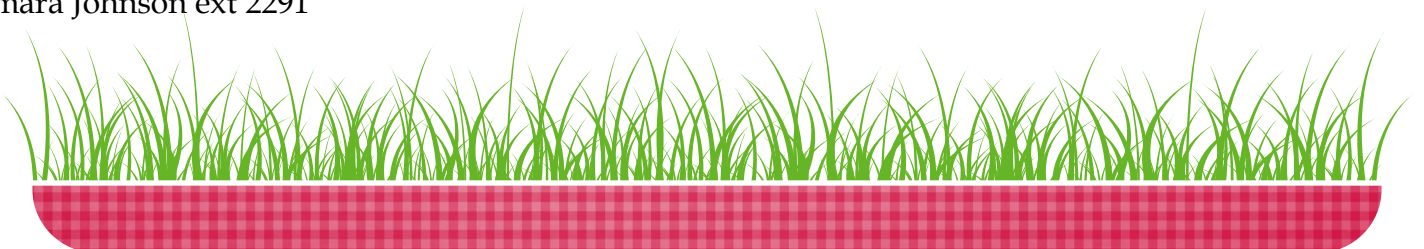
# Big Changes Abound at Villa— AVIVA Win— Sad Good-byes and New Faces

Thanks to the support of our Villa Foundation, Pearson Dunn Insurance, the Adult Day Program and SIM Gym Staff, and to you, our supporters and friends – WE WON!! The SIM Gym's bid for expansion landed us a second place finish in the large category competition across Canada! Construction begins April 16th. The \$145,000.00 win will see the space behind the SIM Gym washrooms renovated to create a 975 square foot space that will host our many classes such as Aerobics, Tai Chi, Yoga, Balance and the many boot camps our members enjoy. The huge success of this program is in thanks to the wonderful staff we have and the dedication of our members. We cant wait for you to see our new digs and hope to celebrate with a grand re-opening in late June.

On a sadder note; we are saying goodbye to our dear friend and co-worker Karen, Program Assistant with the Afternooners. Karen is embarking on a new career closer to home that should keep her running day and night. We will miss her cheerful smile, the words of wisdom, the love and support she has shown our members these many years. To top it off, we also bid Adieu to Ida in our Special Needs co-worker Ida. Ida is returning to the Long Term Care world and joining our Behavioural Supports Ontario team. This program is a great launch for Ida to further her career working with special populations with behavioral challenges. While Ida will be based from the Villa, we will still miss "Mama's" wise insight, loving smile and boundless love. Good luck ladies and don't forget to drop by and say hi to your Day Program Family.

While saying goodbye to old friends, we will be welcoming some new faces. Corrie will be joining our team in late February as a Therapeutic Recreationist and will work with our Special Care Monday program and fill in from time to time, welcome Corrie. Please join me in welcoming our new staff member.

Tamara Johnson ext 2291



# St. Joseph's Villa Barbershop and Beauty Salon

Monday

8:30 am—12:00

Noon

Tuesday—Friday

8:30 am—3:30pm

Saturday & Sunday

Closed

**For Appointment:**

Call: 905 627-9011

Ext. 2237

e-mail: barber-  
shop@sjv.on.ca



## Brenda Reilly Ext 2109

It is with great anticipation to be able to introduce Leticia Nunez to our S.I.M Gym. Leticia and I will be working together to implement one on one programs and improve your fitness level.

We have started our walking program once again to keep everyone moving. Yes, even walking can help with leg strength, balance, endurance plus will keep you limber so that you may build up your mobility and motivation!

We would like to say thank you to "ALL" who helped in our winning of the Aviva Community Fund by voting for our S.I.M Gym!

We could not have achieved the dream without any of your votes!!

**There is no such thing as I can't.**

**Anything is possible!**

**If you just believe ☺**

## Terry Schwendiman ext 2325

### RAI CHA HAS BEGUN

Adult Day Program staff have begun doing RAI CHA (Community Health Assessments) for those members in the program who have not had an assessment within the last year.

This is to ensure that the program staff are kept updated as individual needs change and to ensure that we are offering programming that will meet those needs. Members or their Substitute Decision Maker will be asked to give consent to upload the assessment electronically to a central record so that it may be viewed by other service providers who may be involved.

This will prevent individuals from having to tell their story repeatedly and will help us to provide the best possible service to meet your needs. Additional information will be provided and any questions will be answered by staff at the time of the assessment.

## Karen Button ext 2270

Welcome to springtime at the Adult Day Program. We are extremely excited about all that spring brings our way; this means a lot to us. We will be enjoying the outdoor programs such as exercise, walking and planting in our enchanted garden that was put together by our very own clients.

Our main goal is to strengthen mobility and to prevent falls. One of our Program assistants Leticia has been moved to assist Brenda in the exercise programs and assisting clients in accessing the SIM GYM that includes the special needs clients.

One other thing, Joe and Krista are now trained in touch therapy, and that is an additional service that our clients have access too. We are very determined in providing quality client services.

Group A continues to stay fit with their workout in the SIM GYM.



## Heidi O'Brien ext 2322

I hope everyone is enjoying the winter and staying warm, we've had a great one so far.

At the Day Program we are divided into 4 groups and offer a wide range of programs/activities to meet your needs. At the present time we have a waiting list but if you are interested in or know of anyone who would like to become a member of the Adult Day Program do not hesitate to contact me at 905-627-3541 Ext. 2322.

I look forward to hearing from you.

Just to let you know that we are doing a new type of assessment on our clients called the interRai Cha (Community Health Assessment) so you may be contacted if any information is needed.

Reminder: Listen to the radio or news in the morning if we have bad weather to see if we are open.



### DARTS Accessible Transportation Services

*If you have questions or concerns about Darts please call Melissa Folk*

**905 627-3541 Ext 2219**

## Melissa Folk ext 2219

The winter is drawing to a close, we have been fortunate this year with an extremely mild winter and very little snow. Spring is just around the corner. It is such a beautiful time of year, the grass becomes green again, the flowers start to bloom, the birds chirp their beautiful songs, and the days become longer and warmer. Before we know it, the dog days of summer will be upon us!

We would like to take this opportunity to welcome all of our new members to St. Joseph's Villa, Adult Day Program. We hope that you are enjoying your time at the Day Program and meeting some new people, and trying some new things! If you have any questions, concerns or comments you can approach any of our staff and we will be pleased to help any way we can.

You will notice a lot of changes going on over the next few months. Some of our staff will begin new journeys, we will welcome new members to our team and a ton of students will come and go. Please help us to welcome the new comers and bid a fond farewell to those who are bidding us Adieu.

Here are some of the programs and events you can look forward to over the next few months:

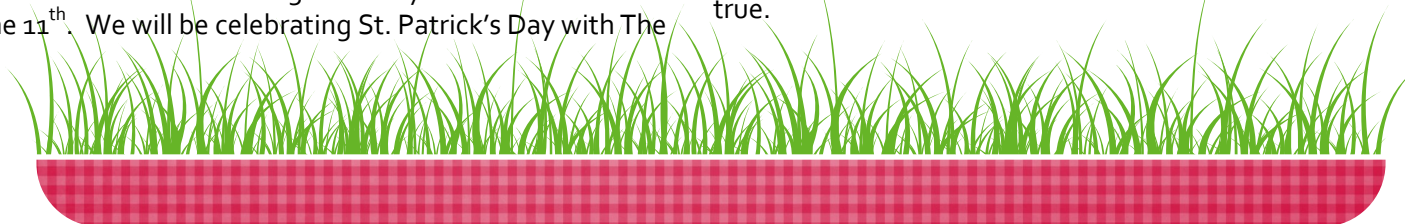
In March don't forget to set your clocks BACK on the 11<sup>th</sup>. We will be celebrating St. Patrick's Day with The

Manning Irish Dancers on the 14<sup>th</sup> and Celebrity Productions entertaining on the 16<sup>th</sup>. We will jump into SPRING with The Sunshine Band performing on the 19<sup>th</sup>. Hopefully we will see March out like a lamb with the piano playing of Martin Wall on the 29<sup>th</sup>.

In April we will be closed on the 6<sup>th</sup> for Good Friday and the 9<sup>th</sup> for Easter Monday. We will be entertained throughout the month by The Sunshine Band, Aidan Purnell, and John Moorehouse. We will celebrate Earth Day with a visit from the Reptile Man and his creepy crawlers. Don't forget to watch your calendar for visits from Kugel, our furry friend, pottery classes with Keith and card programs with Susan.

In the month of May we will have Elvis in the house! Also Cameron and The Sunshine Band will be here to sing us a song or two. We will be honouring our Mother's this month. The Day program will be closed on Monday, May 21<sup>st</sup> for Victoria Day.

With the changes upon us, watch your calendars and listen for special events and outings coming up in the next couple of months. If you have an idea for a special event or a destination request, please see your programmer and we will work hard to make your wishes come true.



## Joining St. Joseph's is easy!

Book an interview, call for more information, or take a tour. Our staff will help you choose the program best suited to your needs. All participants will be registered with the CCAC, but we can help you get started.

Call us at 905-627-3541 x 2325. We look forward to meeting you!

*You may also join St. Joseph's Villa Day Program by contacting Community Care Access Centre (CCAC). If you are already receiving CCAC services, contact your case manager. If you are not receiving CCAC services, call (905) 523-8600 and ask for 'Information and Referral Services'*

## Adult Day Program

c/o St. Joseph's Villa  
56 Governors Road  
Dundas, Ontario  
L9H 5G7

905-627-3541  
Ext 2282 for  
appointments

On the web  
[seniorsinmotion.net/adp](http://seniorsinmotion.net/adp)

## Billing Information Reminder

Members are reminded that there is an annual increase of **2% on April 1 of each year.**

The current fees for each group are as follows:

### DAILY RATE:

Group A: \$16.55

Group B: \$16.55

Group C: \$16.55

Group D \$18.87

Special Needs \$18.87

### DUES ONLY RATE:

Group A \$12.05

Group B \$12.05

Group C \$12.05

Group D \$14.37

Special Needs \$14.37

Members are not charged for meals when absent from the program. However, there is a "dues only" fee in order to hold the spot for your return to the program. Members will not be charged any fee if they are hospitalized.

To avoid undue charges, please let us know as quickly as possible if you are not able to attend the program because of hospitalization, or if you are not able to continue with the program.

## St. Joseph's Villa Community Outreach Services

*"We Invite You to Discover Our Wonderful World of Services"*

- Community Bathing and Personal Hygiene
- Dental, Hygienist and Denture Services
- Ear, Nose and Throat Services
- Chiropody Services
- Audiology Services
- Ophthalmology and Optical Services
- Advances Nursing Foot Care Services
- Dermatology Services

Located on the ground floor directly across from the Day Program. Darts drop off at our door.  
Completely barrier free and accessible by wheelchair

Sue Dupont (905) 627-3541 Ext 2248 Laurie Asquith, Manager (905) 627-3541 Ext 2218