

October 2018

Villa-Wide Therapeutic Recreation Programs & Events for October 2018

- 1, 15, 29 – 6:00 Monday Manicures in the Conservatory Lounge
- 2, 9, 16, 23, 30 – 2:00 Bingo in the Auditorium
- 4, 11, 18, 25 – 10:30 Knit and Chat in the Conservatory Lounge
- 4 – 2:30 Sandwich Making in the Auditorium
- 8 – 2:00 Thankfulness Tea in the Conservatory Lounge
- 9, 23 – 6:30 Men's Club in the Conservatory Lounge
- 10 – 2:00 Resident Council in the Auditorium
- 10 – 2:00 Karaoke Party in the Conservatory Lounge
- 13 – 2:00 Hymn Sing in the Auditorium
- 24 – 2:00 Monthly Auction in the Auditorium
- 25 - 2:15 Pottery in the Auditorium
- 30 - 2:30 Halloween Event in the Auditorium



**Brought to you
by the S.I.M
GYM**

**Bring your
Lunch and
Learn**

**Talk takes
place in the
auditorium of
St. Joseph's
Villa from
11:30-1pm**

**56 Governor's
road, Dundas**

Call

905-627-3541

ext 2109

or email

s.i.m.gym@

sjv.on.ca

to reserve

your spot

55 and older

please



Lunch and Learn October 4th, 2018



Are you feeling drained?
Sometimes the cause of our
low energy is rooted back to
poor adrenal function. Chronic
stress or illness can wear out
our adrenal glands and prevent
us from feeling our normal
peppy selves. There are,
however, a number of ways we
can repair our adrenal glands
using nutrition, herbs and other
naturopathic supplements.

**Come join Dr Caralei Peters
MSc, ND Thursday Oct 4th at
11:30 am to learn how!"**



Flu Season is fast approaching and we want to be prepared for the 2018/2019 season. The best defense against contracting Influenza is a good offense

- 1. ALL RESIDENTS LIVING IN LONG TERM CARE (LTC) SHOULD GET THEIR FLU SHOT AS SOON AS IT IS AVAILABLE** (Please ensure you have provided the Villa with consent for your loved one to get their flu shot. The Villa will announce when it is starting it's flu shot clinics in October / November)
- 2. FAMILIES MEMBERS & FRIENDS OF LTC RESIDENTS SHOULD ALSO GET THE FLU SHOT** (you can be a flu virus carrier without even knowing it & you are putting your loved ones at risk)
- 3. STAFF WORKING IN LONG TERM CARE SHOULD ALSO GET THEIR FLU SHOT** (to protect themselves, their own families and the residents they care for)
- 4. EVERYONE SHOULD WASH THEIR HANDS FREQUENTLY BEFORE AND AFTER VISITING USING HAND SANITIZER LOCATED THROUGHOUT THE VILLA**
- 5. FAMILY & FRIENDS SHOULD NOT VISIT A LTC RESIDENT IF THEY ARE FEELING UNWELL** (having symptoms such as coughing, chest congestion, runny nose, sore throat, fever, chills)
- 6. FAMILY AND STAFF NEED TO BE AWARE & FOLLOW THE POSTED DROPLET OR CONTACT PRECAUTION SIGNS**

(please wear the personal protective equipment – masks if required)

7. FAMILIES ARE ASKED TO PLEASE ADHERE TO OUTBREAK PROTOCOLS **(NOT TAKE RESIDENTS OFF THEIR HOME AREA IF THE UNIT IS IN OUTBREAK)**
8. THAT ILL RESIDENTS, NOT BE BROUGHT TO THE DINING ROOM FOR MEALS IF THEY ARE UNWELL & INSTEAD HAVE THEIR MEALS IN THEIR ROOM OR IN A SEPARATE AREA SUCH AS THE ACTIVITY ROOM.
If anyone has questions with regards to Flu Immunization or Outbreak protocols, please call Natalie Cameron at ext. 2228 or speak with the Home area DOC or ADOC.



Great News

Eda Cipolla has volunteered to be the new Chair of St. Joseph's Villa Family Council. Eda is a long time volunteer of the Villa who currently has a family member residing at the Villa.

The first meeting will be October 15 at 1:00 p.m.-3:00 p.m. in the Villa Boardroom. Any family member wishing to attend, please feel free.

Eda will be recruiting volunteers to create an executive.

JOIN TEAM VILLA



**HAMILTON
MARATHON**

ROAD2HOPE

40th
ANNIVERSARY



**ST. JOSEPH'S VILLA
FOUNDATION**

Enriching Lives. Enhancing Care.

**WALK, RUN OR CHEER IN SUPPORT OF VILLA
RESIDENTS, FAMILIES & SENIORS
IN OUR COMMUNITY**

RACE INFORMATION

NOVEMBER 3, 2018

1K— AGES 7 -12 @ 9:15am

1K— AGES 2-6 @ 9:30am

5K— @ 10:00am

10K— @ 11:15am

Location: Confederation Park

680 Van Wagner's Beach Rd. Hamilton ON

COST: FREE

with minimum fundraising pledges that total \$150.00

TO REGISTER:

Contact Sarena Paton

S_Paton@sjv.on.ca 905-627-9011 x2236

Please do not register directly online

GIFT OF LOVE CAMPAIGN

MARGARET'S PLACE

Hospice at St. Joseph's Villa



"Margaret's Place Hospice at St. Joseph's Villa will be a centre of excellence in quality palliative and end-of-life care providing the support that is needed for patients, families and caregivers. Giving back is the greatest feeling in the world. It doesn't matter how much – make your gift of love today and the Juravinski Foundation will match it dollar for dollar!"

*Margaret & Charles
Juravinski*

Make your
gift of love
today and the
Juravinski
Foundation
will match
your gift!

St. Joseph's
Villa & Dundas



ST. JOSEPH'S VILLA
FOUNDATION

GIVE TODAY! margaretsplacesjv.ca

A community of care. A network of hope.

DOUBLE YOUR IMPACT

\$1 + \$1 = \$2