

November 2018

Villa-Wide Therapeutic Recreation Programs & Events for November 2018

- 2- 2:00 **Historical Aviation Presentation** in the Auditorium
- 5 – 2:00 **Monthly Auction** in the Auditorium
- 12, 26 - 6:00 **Monday Manicures** in the Conservatory Lounge
- 6, 13, 20, 27 – 2:00 **Bingo** in the Auditorium
- 1, 8, 15, 22, 29 -10:30 **Knit and Chat** in the Conservatory Lounge
- 6, 20 – 6:30 **Men's Club** in the Conservatory Lounge
- 9 - 10:45 **Remembrance Day Service** in the Chapel
- 11 – 1:30 **The Dundas Pipe Band** in the Café Lounge
- 14 - 2:00 **Resident Council** in the Auditorium
- 8, 22 – 2:15 **Pottery** in the Auditorium
- 28 - 10:30 **Queensway Bell Ringers** in the Auditorium
- 29 – 2:30 **Winter Birthday Party** in the Auditorium





**Announcement Sent on Behalf of Dr. Tom Stewart,
President and CEO St. Joseph's Health System**

I am pleased to announce that Dr. Carolyn Gosse is the new President of both St. Joseph's Villa and St. Joseph's Home Care. The reorganization of the President roles furthers the strategic goals of St. Joseph's Health System to integrate services for patients and residents across the continuum of care, from home to hospital to long term care. Carolyn has a wealth of experience in working toward integration of services as Vice President of St. Joseph's Health System responsible for integrated care initiatives, as well as President of St. Joseph's Home Care.

Carolyn has demonstrated strong leadership and innovation in her many roles with both St. Joseph's Healthcare Hamilton (SJHH) and St. Joseph's Health System (SJHS). She became Director of Pharmacy Services for SJHH in 1997, and completed her Doctor of Pharmacy Degree at the University of Florida in 2005. She became Director of Clinical Programs at SJHH in 2014, which included the Emergency Department, General Internal Medicine, and Urgent Care. From 2011-2013, Carolyn led the implementation of the Integrated Comprehensive Care (ICC) project for SJHS, funded by the Ministry of Health and Long-Term Care (MOHLTC) in Ontario. Since 2014, she has been working with the MOHLTC on the implementation of the Integrated Funding Models across Ontario. In 2016, Carolyn became Vice President of Integrated Care for St. Joseph's Health System, and President of St. Joseph's Home Care. She continues to provide leadership and oversight of the Integrated Care Program at both St. Mary's General Hospital and St. Joseph's Healthcare Hamilton.

The new position of President of both the Villa and Home Care will maximize opportunities for integration of patient and resident services. This is a major strategic goal for the Health System, and I am very excited to have Carolyn take on this challenge.

In addition, Mieke Ewen has been appointed as Administrator for St. Joseph's Villa, reporting to Carolyn Gosse. Mieke has done an excellent job in the position of Interim Administrator for much of the past year and I look forward to her continued good work.

Family Council Christmas Tree Gift Programme 2018



In keeping with the Christmas Spirit of caring and sharing, there will be a decorated Christmas tree in the main lobby on November 13, 2018.

Please take a paper ornament and help us ensure that residents in need wake up to a special Christmas morning.

We ask that the gifts (unwrapped) be delivered to Reception no later than Monday, December 3, 2018 as they will need to be labelled, then gift wrapped by Family Council members. **Please return the original handmade paper ornament with the present so we know who the gift is for as it is coded for confidentiality.**

We very much appreciate your participation in what has become a tradition at St. Joseph's Villa.

Engagement Board

All Residents, staff, volunteers and family members are welcome to use and enjoy the engagement board to share your ideas for improvement or what you are proud of!

We want to hear from you, so please feel free to drop by. The board is located just outside the Tuck Shop. Further information is posted on the wall beside the board.

A special thanks to those who voted for the “name” of the board. The board will be called the “SJV Community Engagement Board”. The implementation of this special board was led by a resident of St. Joseph’s Villa, Sergio Piccioni, of Lilac Garden. Thanks for your participation!



Application for Volunteer Participation on SJV Teams and Committees

We are excited to inform you that we are actively seeking Residents and family members to volunteer as participants on St. Joseph’s Villa teams and committees such as the Resident & Family Seekers, Hand Hygiene, Continuous Quality Improvement (CQI), Emergency Preparedness and Therapeutic Recreation teams.

If you are interested in applying or would like more information about what is entailed, you can find a green application form entitled: “**St. Joseph’s Villa Resident & Family Resource Volunteer Application**” at the main reception desk. Many thanks!

Cassaday Café Hours of Operation

We are very pleased to announce that the hours of operation for the Cassaday Café have been expanded to once again include Sundays. The following hours of operation will be in effect as the weekend of October 27- 28, 2018:

Saturday and Sunday (weekend hours): 9:00am – 2:00pm

Monday to Friday (weekday hours): 8:30am – 2:30pm

We thank the Residents, family members and staff over the past several months for your support while we made changes and improvements to operations of the Café. We hope you continue to enjoy!

Communication Re-Poll

At the beginning of 2018 we polled Residents and family members to see whether communication/information received from SJV Administration was adequate, meaningful and in the desired format. As a result, several improvements were made to enhance communication to residents and families. These initiatives were embedded into the 2018-19 Quality Improvement Plan (QIP) to demonstrate our commitment to enhance communication.

It has come time to see whether these improvements have achieved the desired outcome. As such, we will re-poll residents and family members in the coming month or so to collect data and input. The poll will be sent to family members in the mail (with a self-addressed stamped envelope) with the October statements, usually sent the first week of the month. Volunteers will be asked to interview residents as this is their preferred method.

Once results are tabulated, this will be shared with residents, families and staff. If you have any questions, please don't hesitate to contact Jaimie Williams, Director of Quality & Performance Systems and Food Services at 905-627-9011 x2224 or email: j_williams@sjv.on.ca.

Thanks in advance for your valuable input and participation!

Reminder

Residents who have refrigerators in their room, it is the responsibility of the Residents and/or families to clean, defrost, replace and remove items and ensure proper temperatures of their refrigerators. Thanks for your cooperation in this matter.



Reminder

It is very important that all clothing and blankets be labelled for your loved ones. The laundry is sent to an outside facility and it is not labelled correctly it may not come back to us. Even if the family is doing the laundry items must still be labelled as items could be accidentally sent out. Please ensure any items needing labelling are given to the Registered Nurse to be documented and sent for labelling. Thank you for your cooperation. If there are any questions or concerns please do not hesitate to contact Wendy at ext. 2242.



Great News!



The Villa has received the highest rating of Platinum for the Spectator's Readers' Choice Awards. Thank you for voting the Villa the best long term care home.



Date: October 15, 2018
To: Staff, Residents and Family
Re: CARPET REPLACEMENT

On November 5, 2018 we are excited to begin replacing the carpet in the resident areas of the building, through Kosco Flooring.

This is a three phase project with the last phase scheduled for the fall of 2019.

Phase one includes the South Tower area of Willow Grove and common hallway area and stairs; Balsam Trail and Tulip Garden in the North Tower. It will take approximately 2 weeks to complete each of these areas. If there is carpet in Resident bedrooms this will be removed and replaced as well.

This project has been made possible through collaboration with our St. Joseph's Villa Foundation.

There will be information posted throughout the Villa and on the televisions in the entrances during the process.

If you have any questions, please contact Carianne MacDonald at ext. 2282.

Mieke Ewen, Administrator



Date: October 26, 2018

To: Staff, Residents & Families

Re: Nursing Team Changes

From: Mieke Ewen, Administrator

We are pleased to announce that Marlena Jakob has accepted the position of Director of Care for the McArthur Wing effective Monday October 29th, 2018. Marlena has extensive experience with the Villa through her roles here as an RPN, RN and Assistant Director of Care. Please help us to congratulate her on this new opportunity!

We have also established a new role (with recent MOH funding specific to Registered Nurses) called the 'Education, Quality and Clinical Support Manager'. This role will be 7 days per week, from 12-8 pm daily. The goal of this role will be to increase support for specialized care through formal and informal education, as well as supplement direct care hours through initiative to support Emergency Department Avoidance, assessment of acutely ill residents, intravenous and other support therapies as well as support with staffing challenges day to day and communication with staff and families as needed.

Please stay tuned for more information on this new role and contact information and further changes to the Nurse Management Team.



STARTING OCT 27, THE
CAFE WILL BE OPEN
SATURDAY AND
SUNDAY

HOURS OF OPERATION

MONDAY THROUGH FRIDAY
8:30 UNTIL 2:30

SATURDAY AND SUNDAY
9:00 UNTIL 2:00

**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**


Lunch and Learn
November 29th, 2018




A Time for You

Are you a caregiver?

**Do you find it hard to
take time for yourself
without feeling guilty?**

**Join Briar Culbert and
Lisa Connelly for this**

**interactive learning
session that will give you
ideas on how to take
time for yourself, reflect
and rejuvenate!**

Topic of the month:

Legalisation of Cannabis

Side Effects of Cannabis



**DROWSINESS AND INCREASED
RISK OF FALLS**



IMPAIRED MEMORY



IMPAIRED DRIVING ABILITY



IMPAIRED SPEECH



ANXIETY AND MOOD SWINGS



**SMOKING CANNABIS MAY
RESULT IN HEART AND LUNG
DISEASE**



What You Need To Know

On *October 17, 2018*, the Cannabis Act came into force. The act provides a strict framework for the production, distribution, sale and possession of cannabis in Canada.

Who can possess recreational cannabis?*

Adults who are 18 years or older (*depending on province or territory*) are able to:

- possess up to 30 grams of legal cannabis, dried or equivalent in non-dried form in public
- share up to 30 grams with other adults
- purchase cannabis products from a provincial or territorial retailer
- grow up to 4 plants per residence (not per person) for personal use from licensed seeds or seedlings

**Each province and territory also has its own rules for cannabis. Be aware of your local provincial and municipal regulations.*

How does this affect access to medical cannabis?

Cannabis for medical purposes will continue to be legal if you are:

- authorized by a health care provider
- registered with a licensed producer or with Health Canada

What are some safety tips for use?

- Limit your use of cannabis
- Use products with low THC (*tetrahydrocannabinol- the substance that makes you high*)
- Avoid combining cannabis with alcohol, tobacco or other drugs
- Don't use cannabis and drive. Cannabis impairs your attention and ability to drive
- Cannabis might interact with some medications. Consult your pharmacist before using recreational cannabis.

References: Cannabis in Canada, <https://www.canada.ca/en/services/health/campaigns/cannabis.html>

Valley Dental Care

your smile begins with us



15% off entire treatment for New Patients

For the month of **November and December**... To celebrate the successful re-opening of our office, we are offering a discount on basic dental services.

Give us a Call
905 627 3541 ext 2353

Services We Offer

- cleanings
- fillings
- extractions
- whitening
- invisalign
- dentures

Resident Updates...

Continued on **2**



Christine Lau

Christine believes that a healthy and beautiful smile can make a world of difference for many people. It is a privilege to be able to positively impact peoples' oral health and confidence. Her goal is provide denture care and services to the standard of excellence.

She is an active member of the Denturist Association of Ontario & Canada and many other professional associations and continues to embrace and educate herself with the latest technologies in denturism to make it possible to provide the newest and highest quality of all services to her patients.

For Residents Misplacing Dentures...

We will be holding a **Denture Labeling Day** at the **end of November**. This is great for those residents that are mixing up their dentures, or misplacing them entirely. We will engrave their name into their denture. The process only takes a few hours, and the resident will get their denture back same day!

This service normally which would cost \$59 dollars... Will be offered a **Special Discount for \$20**

Take a look at our website
www.valleydentalcare.ca

Contact Information

Located on the Ground Floor
of St. Joseph's Villa
905 627 3541 ext 2353

Hours of Operation
Wednesdays 8-2 pm
Fridays 9-4 pm

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