

## MAY 2019 Villa Wide Programs

### Every Tuesday

2:00pm Bingo (A)

### Every Thursday

10:30am Knit & Chat (CnL)

1<sup>st</sup> – 10:30am Queensway Bell Ringers (A)

8<sup>th</sup> – 2:00pm Residents' Council (BR)

9<sup>th</sup> & 30<sup>th</sup> – 2:15pm Pottery (A. Lounge)

10<sup>th</sup> - Mother's Day Tea

15<sup>th</sup> – 2:00pm Karaoke (A)

21<sup>st</sup> – Men's Club BBQ (McArthur Wing)

22<sup>nd</sup> – 2:25pm Easter Craft Party (A)

A – Auditorium

*Please refer to home area calendars for more opportunities to get involved!*





Family members want to give loved ones the best, most compassionate care possible. Please consider joining the Family Council to advocate for changes and recommendations that will help better serve you and your family. Members meet monthly to support each other and discuss topics that are important to St. Joseph's Villa residents' quality of life. If you are interested in attending the next meeting is **May 13, 1-3 p.m. in the Villa Boardroom, Ground Floor.** If

**you have any questions, you can contact the Chair, Eda Cipolla at [edacipolla@gmail.com](mailto:edacipolla@gmail.com).**

## **RESIDENTS' BILL OF RIGHTS cont'd**

### **6. Citizens' rights**

"Every resident has the right to exercise the rights of a citizen."

#### **In other words...**

You keep all your rights as a citizen. These include:

- your democratic rights, including the right to vote,
- your equality rights, including the right to be protected against discrimination,
- the right to practise your religion,
- the right to express yourself,
- the right to meet with anyone you wish, or to join any organization or group, and
- the right not to have your possessions looked through or taken without your permission, except as allowed by law.

As a citizen, you also have responsibilities. For example, you are expected to:

- respect other people's rights and freedoms, and
- obey Canada's laws.

## **7. Knowing your caregivers**

"Every resident has the right to be told who is responsible for and who is providing the resident's direct care."

**In other words...**

**You have the right to know who is looking after you no matter who they work for or how they are employed.**

For example, they could be staff from an agency or volunteers, they might work full-time or part-time, or be permanent or temporary staff. You still have a right to be told who they are if they take care of you directly.

People who are responsible for your medical and personal care include:

- doctors,
- the Director of Nursing and Personal Care,
- registered nurses and registered practical nurses,
- personal support workers, who are also called health care aides, and
- volunteers.

## **8. Privacy**

"Every resident has the right to be afforded privacy in treatment and in caring for his or her personal needs."

**In other words...**

**You have the right to privacy.**

You should feel that you are being treated with respect when you are given medical care. For example, when your doctor is examining you, the door to your room or curtain around your bed should be closed.

You should also have privacy when your personal needs are being looked after. For example, when you are being dressed or bathed, the door or privacy curtain should be closed. When you use the washroom, the door should be closed if that is what you prefer.

## ***NIB Guidelines***

Readability shouldn't be an afterthought when producing materials. It should be the first step in making your merchandising, service, location or information accessible to everyone, no matter how much vision they have. Keep the following Clear Print guidelines in mind as you design your products, and you'll reach a wider audience . . . Simple is better, less is more.

- **Contrast-Black font on yellow back round.**
- Size-Use font size 14-18
- Font- Use Arial or Verdana
- Paper finish- Use matte/ non glossy.

## **Friendly Reminder about Pet Visitors**

I just wanted to convey a friendly reminder that pets are welcome and encouraged to visit friends and loved ones at the Villa. We do request though, that dogs remain on a leash at all times while in the building for the safety of our residents, staff, volunteers and visitors. In addition, animals who visit need to be up to date on their vaccinations. This is per the Villa's policy on pet therapy.



Thank-you for your understanding!

## **Annual Resident/Family Satisfaction Surveys**

It is that time of year again where resident and family satisfaction surveys will be completed. These are done each year over the summer. We wish to welcome summer students Natalie Meier and Kelsey MacMillan to St. Joseph's Villa, St. Joseph's Lifecare Centre in Brantford, and St. Joseph's Health Centre Guelph. The students will help facilitate completion of the surveys between the three St. Joe's LTC homes, and will conduct face to face interviews with residents. The anticipated start date of interviews will be the first or second week of June. I will communicate the exact start date when this is confirmed.

If you have any questions about the surveys, please contact Jaimie Williams, at 905-627-9011 x2224 or email: [j\\_williams@sjv.on.ca](mailto:j_williams@sjv.on.ca).

# Recreation Therapy Calendars

With support and feedback from Residents' Council, effective May 1st, Therapeutic Recreation will be implementing the following



## **GOAL: Improve Legibility**

- The main calendar currently measures 11x17. Main calendars will be increased to 17x22.
- New/Increased font size recommended by CNIB (Canadian National Institute for the Blind)

## **GOAL: Reduce Waste**

- Over 7000 calendars are printed every year and under half are utilized.
- Therefore, it was decided that calendars will be printed and delivered to the residents who have requested it only. Calendars can be requested to the TR at anytime.

Families—Please note our calendars are also available on the SJV website!

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@](mailto:s.i.m.gym@sjv.on.ca)

[sjv.on.ca](mailto:s.i.m.gym@sjv.on.ca)

to reserve

your spot

55 and older

please



Lunch and Learn

May 9th, 2019



Join Avi Singh, Physiotherapist  
as he discusses rotator cuff  
and shoulder pain.

Here's what you'll learn  
during the workshop:

- Know which rotator cuff muscle is affected and the grade of the tear
- Correct the cause of your pain and speed up the healing process
- Prevent your shoulder from getting worse, and avoid the single biggest mistake shoulder pain sufferers make



We're going

Green

**Just a memo to let you know, that we are as green as we can be. I am presently looking for paper containers for our salads, parfaits. This project has been very difficult to get compostable dishes. I will change the containers, plastic cutlery, as I find products available, and soon as we have exhausted existing plastic items.**

April 30, 2019