

September Villa Wide Programs



Every Tuesday
2:00pm Bingo (A)

Every Thursday
10:30am Knit & Chat (CnL)
4th – 2:30pm Applefest Event (Auditorium)
5th/19th – 2:15pm Pottery (Auditorium Lounge)
11th – Residents' Council (Auditorium)
13th/27th – 6:00pm Men's Club (CnL)
22nd – 2:00pm Auction (Auditorium)
25th – 2:00pm Karaoke (Auditorium)

Special Note:
A – Auditorium

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



Community Outreach Services Welcomes:

Dr. Keith Mann local Ophthalmologist to our team!

Dr. Mann is been active in his practice in the Dundas community for many years and has kindly stepped in for Dr. Csordas. We wish Dr. Csordas and his family all the best.

Ophthalmology referrals are seen in our accessible clinic on the ground level and appointments can be made by calling x 2248

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 **September 16, 7-9 p.m. in the Villa Boardroom, Ground Floor.** If you have any questions, you can contact the Chair, Eda Cipolla at edacipolla@gmail.com.



Residents' Bill of Rights cont'd

18. Friendships

"Every resident has the right to form friendships and relationships and to participate in the life of the long-term care home."

In other words...

You have the right to make friends and to spend time with them. You have the right to be involved in any activities offered at the long-term care home, if you wish.

This can be an important part of your life at the long-term care home.

For example, you may want to participate in exercise classes, be a member of the Residents' Council, or join in other programs where you can meet other people and do things together. No one can stop you from doing these things.

19. Lifestyle and choices

"Every resident has the right to have his or her lifestyle and choices respected."

In other words...

You have the right to live your life in the manner you wish.

For example, no one can stop you from having a romantic or sexual relationship if that is what you want.

The home should respect your personal preferences and habits.

20. Residents' Council

"Every resident has the right to participate in the Residents' Council."

In other words...

You have the right to participate in the Residents' Council. Every long-term care home must have one.

The law gives these councils certain powers over how the home is run. Only residents of the long-term care home can be members of the Residents' Council.

Joining the Residents' Council is a good way to meet people and to have a say in the running of the home.

21. Intimacy

"Every resident has the right to meet privately with his or her spouse or another person in a room that assures privacy."

In other words...

You have the right to be alone with your spouse or a person who is important to you.

It does not matter whether you are married or not, and it does not matter whether the other person is of the same sex as you or the opposite sex. The long-term care home must have a place where you can meet in private and be intimate, if you wish.

22. Sharing a room

"Every resident has the right to share a room with another resident according to their mutual wishes, if appropriate accommodation is available."

In other words...

You have the right to share a room with another resident, so long as you both agree and space is available at the home.

The person you share with could be just a friend or someone you are romantically involved with. You can choose to share your room with someone of the same or opposite sex. It does not matter whether you are married to each other or not.

Brought to
you by the
S.I.M GYM

Bring your
Lunch
and Learn
11:30-1pm

Auditorium of
St. Joseph's
Villa

56 Governor's
rd, Dundas

Call
905-627-3541
ext 2109
or email
[s.i.mgym@
sjv.on.ca](mailto:s.i.mgym@sjv.on.ca)
to reserve
your spot

Lunch and Learn
September 19th, 2019



Join Kristen Parise Pelvic
Health Physiotherapist from
Blueberry Therapy for an
informal and interactive
session to learn more about
pelvic floor health.

Learn what causes pelvic floor
dysfunction and more
importantly how to cure
incontinence, reduce back and
hip pain and increase your
knowledge of the functions of
the pelvic floor.



The Healing Cycle™
FOUNDATION



SUNDAY SEPTEMBER 15, 2019

CYCLING TO SUPPORT HOSPICE PALLIATIVE CARE IN ONTARIO

RIDE FOR

MARGARET'S  PLACE
Hospice at St. Joseph's Villa



CYCLE

WALK/RUN

10km

5km

25km

10km

50km

100km

FREE REGISTRATION

FOR MARGARET'S PLACE HOSPICE
TEAM MEMBERS

FUNDRAISING GOALS APPLY

Start & Finish at
ROCHE CANADA

7070 Mississauga Road,
Mississauga, ON

MAKING MOMENTS MATTER



ST. JOSEPH'S VILLA
FOUNDATION

TO FIND OUT MORE OR REGISTER TODAY, CONTACT:

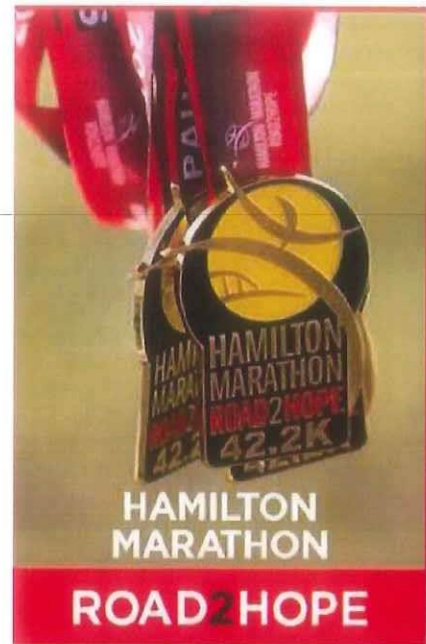
Sarena S_Paton@sjv.on.ca 905-627-9011 x2236

SJVFOUNDATION.CA thehealingcycle.ca

Hamilton Marathon ROAD2HOPE

NOVEMBER 2 & 3, 2019

**WALK or RUN IN SUPPORT OF RESIDENT CARE at
ST. JOSEPH'S VILLA**



FREE REGISTRATION

**FOR ST. JOSEPH'S VILLA
TEAM MEMBERS**

FUNDRAISING GOALS APPLY

**Start & Finish at
CONFEDERATION PARK**

**585 Van Wagners Beach Rd
Stoney Creek, ON**

SAT. NOV. 2 - 1KM (Kids & Seniors) 5KM, 10KM

SUN. NOV. 3 - Half or Full Marathon



**ST. JOSEPH'S VILLA
FOUNDATION**

TO FIND OUT MORE OR REGISTER TODAY, CONTACT:

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

SJVFOUNDATION.CA hamiltonmarathon.ca