

# The Villager

## Summer/Fall 2016



CENTRE DE SOINS PROLONGÉS  
**ST. JOSEPH'S**  
CONTINUING CARE CENTRE

### Our Mission

In the spirit of the Religious Hospitallers of St. Joseph, we reveal God's love and mercy through compassionate care focused on the body, mind and soul of all those whose lives we touch.

## Executive Director's Desk

I am excited to share with you some of the great happenings and achievements at St. Joseph's Continuing Care Centre.

It is uplifting to know that to date we have had over 160 Sister Cobey Nominees and of course this year is no exception. A few months ago we celebrated the presentation of the Sister Rosalia Cobey Award along with many service awards. There were two employees nominated by their peers because they demonstrated the many qualities embodied by Sister Cobey. We are pleased to report that the recipient this year was Kim Gillet, DOC in Long-Term Care and the runner-up was Amanda Lavigne, Adjuvant in Long-Term Care. We also recognized 50 employees who collectively contributed over 655 years of service to St. Joseph's Continuing Care Centre. Congratulations to all of you!

March was also our fiscal year-end and we are pleased to report that our year-end audit and reporting processes were completed and SJCCC finished the year with a surplus.

In July we underwent an impromptu MOHLTC Inspection. The Ministry of Health and Long-Term Care spent 6 days reviewing our programme delivery in accordance with the standards contained in the *Long-Term Care Homes Act, 2007* and/or *Ontario Regulation 79/10*. We are happy to report that we did not receive any Compliance Orders as a result of this inspection; however, we did receive 3 Written Notifications resulting in 3 Voluntary Plans of Correction. Administration is currently working diligently to address the noted matters.

Summer 2016 is shaping to be an interesting period for our Centre. We have met with the Champlain LHIN in order to review our Complex Continuing Care Programme and discuss the opportunities available to our facility under the sub-acute planning study. We look forward to sharing our future plans as they develop! In conclusion, I would like to thank all of you for the warm welcome I have received into the St. Joseph family. I am delighted to be back in my community serving many of the people that helped shape me. I am truly blessed...

Gizanne Lafrance-Allaire  
Executive Director

# Welcome



The Board of Directors of St. Joseph's Continuing Care Centre is pleased to welcome Mrs. Gizanne Lafrance-Allaire as the new Executive Director effective July 1, 2016. Mrs. Lafrance-Allaire is succeeding Mrs. Bonnie Ruest who retired after serving as Executive Director since January 2005. Mrs. Lafrance-Allaire has extensive experience in senior roles in financial management, most recently as the Manager of Corporate Accounting at CHEO. Mrs. Lafrance-Allaire is a Chartered Professional Accountant and Certified

Management Accountant and holds a Bachelor of Commerce degree from the University of Ottawa. She is committed to quality improvement and has a strong background in LEAN principles and practices. Mrs. Lafrance-Allaire is a life-long Cornwall resident and is fluently bilingual. Welcome to Mrs. Lafrance-Allaire!

## Health, Safety and Education

A comment at a Joint Health and Safety Committee meeting prompted a discussion in regards to staff mental health. Concerns of staff wellness while managing multiple stressors (work/home) was identified. As a member of the Committee, I (Shivon Konink) wanted to follow up on the suggestion to promote workplace wellness by inviting the Canadian Mental Health Association to come in and talk to staff about "taking care of yourself". This presentation was provided on June 21, 2016 by Angele D'Allesio and was well attended by staff. Key points from the talk included: what is stress, understanding stress and the stress response, stages of stress response, and preventing stress. If anyone is interested in some of the information from the session, they can contact me at ext. 21181.



We also held an Employee and Family Assistance Program information session on July 12, 2016. This program offers confidential counselling services provided through the Cornwall Community Hospital. Although the program is sponsored by SJCCC, names or identifying information are not released to the employer. Common examples addressed in counselling include marital/individual counselling, parenting, work/personal stress management, substance abuse, grief counselling and depression. For staff requiring contact information may find it on the intranet under "Downloads".

Shivon Konink, Health, Safety and Education Coordinator

## Therapy Services

### **The Royal Canadian Legion Seniors**



The Royal Canadian Legion Seniors stopped by St. Joseph's Continuing Care Centre with a much appreciated gift/donation. The patients in Complex Continuing Care will now enjoy playing bingo with a new game. It is a much loved game, played regularly at the Centre. Photo from left is Jackie Merpaw, President, Legion

Seniors, Chantal Helps, Recreation Therapy SJCCC, Alan Sypes, Patient SJCCC, Leesa McNally, Programme Support Coordinator, SJCCC, Myrna Murray, Secretary, Legion Seniors and Tracey Seigel, Recreation Therapy, SJCCC.

## Community Engagement

### Nurising Alumnae donation

The St. Joseph's School of Nursing Alumnae Members presented a cheque for \$500, which will purchase a towel warmer for McNeil House in the Long-Term Care Programme. It warms our hearts that their support is ongoing and for their genuine interest in the delivery of care at our Centre. From left: - Isabel Lalonde (Secretary), Heather Eckford (Treasurer), Jean Martelle (Chairperson), Bonnie Ruest (SJCCC Executive Director) and Gizanne Lafrance-Allaire (SJCCC incoming Executive Director).



### Rotary of Cornwall Rose Day

St. Joseph's Continuing Care Centre helped put together boxes for an order of 1,500 dozen roses. The *Rotary Rose Day* is an annual fundraiser for the Rotary Club of Cornwall. The Club has supported the Centre with donations to help purchase equipment for our residents and patients. We are pleased to be a recipient of their fundraising initiatives in the community.



### Therapeutic Hand Muffs

Elaine Smith, Volunteer, donates her time, skills and material to make beautiful Therapy Hand Muffs for our residents and patients with dementia. A Therapeutic Hand Muff is a basic knitted/crocheted muff using different yarn textures and colours. Items, such as beads, buttons and ribbons, are attached (inside and outside) to provide an even more tactile stimulation. People with dementia often have restless hands and can be soothed by having something to keep their hands occupied. The muff provides a source of visual, tactile and sensory stimulation at the same time as keeping hands snug and warm. Thank you for your kindness and for being part of our Volunteer Team, Elaine!



### SJCCC winner of LTC Trophy

St. Joseph's Continuing Care Centre participated again this year at the Walk for Alzheimer's in Lamoureux Park. We had residents, patients, family, staff, and Volunteers take part in the Community Event. We were the proud recipient of the 2016 *LTC Challenge Trophy* again this year. Thanks to everyone who supported our Hot Dog Day and helped fill our pledge sheet.





## Summer Strawberry Social



## THE RHSJ HEALTH CENTRE FUND

The Strawberry Social and Raffle was well attended by residents, patients, staff, Volunteers from the Auxiliary to SJCCC and the RHSJ Fund Board Members. The raffle was a great success with over \$1,590 raised. The winners of the raffle were: 1<sup>st</sup> prize - Dave Coulas; 2<sup>nd</sup> prize - Troy Lapierre; and 3<sup>rd</sup> prize - Kevin Handy. Thank you to everyone for your ongoing support to the Religious Hospitallers of St. Joseph Health Centre of Cornwall Fund and to The Auxiliary to St. Joseph's Continuing Care Centre. A donation of \$25,000 was presented by the Fund to Bonnie Ruest, Executive Director. This donation will help with the purchase of dining room furniture and the purchase and installation of overhead lifts.

Tammie Menard, Community Engagement Officer

## ***Mark Your Calendar!***

- Spiritual and Religious Awareness Week will be celebrated from October 17<sup>th</sup> - 23<sup>rd</sup>, 2016. The theme is Right to Believe: The Meaning and Practice of Spiritual and Religious Care. A special Tea will take place on Tuesday, October 18, 2016 at 2:00 p.m.
- Mission Week will be celebrated from October 31<sup>st</sup> - 5<sup>th</sup>, 2016. A special Mission Week Tea with the Sisters will take place on Tuesday, November 1<sup>st</sup>, 2016 in the Gathering Space at 2:00p.m. All are welcome to attend.
- A Memorial Service for residents, patients, staff and volunteers who have passed away will take place on Friday, November 4<sup>th</sup>, 2016 in Jeanne Mance Hall.
- A special Christmas gathering for St. Joseph's Continuing Care Centre's Volunteers will take place on Wednesday, November 23<sup>rd</sup>, 2016 in Jeanne Mance Hall. Volunteers, watch for your invitation in the mail in early November!
- The Auxiliary Snowflake Bazaar and Luncheon will take place in Jeanne Mance Hall on Thursday, December 1<sup>st</sup>, 2016. Watch for the flyers at the Centre.
- The Resident, Patient and Family Christmas Wine & Cheese will take place on Sunday, December 4<sup>th</sup>, 2016 from 2:00-4:00 p.m.
- The 2016 Lights of Hope Campaign will kick off in November. The Tree Lighting Ceremony will take place on Wednesday, December 7<sup>th</sup>, 2016 at 1:30 p.m. with the voices of the Holy Trinity High School Choir. Watch for your campaign letter in the mail!
- The staff Christmas Tea will be held on December 13<sup>th</sup>, 2016 at 2:00 p.m.
- The Walk for Alzheimer Annual Hot Dog Day will take place on Friday, January 20<sup>th</sup> from 11:00-1:00 p.m. Let's win the LTC Challenge Trophy again this year!

Ce bulletin est disponible en français.