

THE BEACON

A NEWSLETTER FOR FAMILIES AND FRIENDS OF SJCCC



A MESSAGE FROM OUR EXECUTIVE DIRECTOR

Welcome Fall

Autumn is officially here and all the beautiful changes of the season are upon us. I'd like to take a moment to present to you "The Beacon" -- our new quarterly newsletter for friends and families of SJCCC. We look forward to keeping everyone up-to-date on news and events at our Centre as we move through the year.

I'd also like to send a special thank you to our residents, patients, families and staff for their patience, understanding and support over the past year. I feel truly blessed by the work we have been able to accomplish together during the course of the pandemic and thanks to everyone's efforts, there finally seems to be a little light at the end of the tunnel. As always, the safety and wellbeing of our residents and patients remain our top priority.

This has been time for reflection and growth for many of us. Despite its challenges, this year has been filled with a lot of joy inside our Centre. I invite you to read along to see what the past 19 months have looked like for us at SJCCC.

Wishing you all the best this beautiful season.

Gizanne Lafrance-Allaire

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STAY UP-TO-DATE ON WHAT'S HAPPENING AT SJCCC!



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KEEPING YOU IN THE KNOW

Upcoming Events

HARVEST MONTH

We are treating our residents and patients to month-long harvest celebrations! Our recreation and dietary departments are teaming up to make this month extra special.

SPIRITUAL AND RELIGIOUS CARE AWARENESS WEEK

October 17-23, 2021

Spiritual wellness is an important dimension of health and will look a little different for everyone.

90S/100S CLUB PORTRAIT DAY

Monday, October 25th, 2021

If your loved one was born before September 30, 1931 and is a resident in St. Joseph's Villa, we will be in touch to arrange a special photo to celebrate them!

ECUMENICAL LIFE CELEBRATION

Friday, November 5th, 2021

We honour and remember those who've been laid to rest over the past year with a special tribute online.

LOH KICK-OFF CELEBRATION

Wednesday, November 17th

Watch for our Christmas mailer! Stay tuned for more details about our Tree Lighting Ceremony on December 1st.

WELCOME BACK AUXILIARY MEMBERS, VOLUNTEERS AND STUDENTS!

We are thrilled to have these dedicated individuals back in our 'Home'. At the beginning of the pandemic, we decided to pause our volunteer programs to ensure we were doing all we could to keep our residents and patients safe. It was a very difficult decision because our volunteers are the heart and soul of SJCCC. We missed them so much!

This summer, SJCCC partnered with St. Lawrence College to become a training facility for their Personal Support Worker (PSW) accelerated program. We were fortunate enough to have 31 students come through our doors, each of who have completed 300 hours of hands-on practical training with residents in our St. Joseph's Villa.

Volunteers needed! If you or someone you know is interested in volunteering, please email volunteer@sjccc.ca and request an application form. We are currently seeking volunteers for recreation support, spiritual care support, physiotherapy support, and special events.



YOU MADE IT POSSIBLE THANK YOU FOR YOUR DONATIONS!

Donations come to our Centre in many forms and are always welcome. As a not-for-profit Centre, we always appreciate these acts of kindness. We are so humbled by the generosity of our community.



RHSJ Health Centre of Cornwall Fund

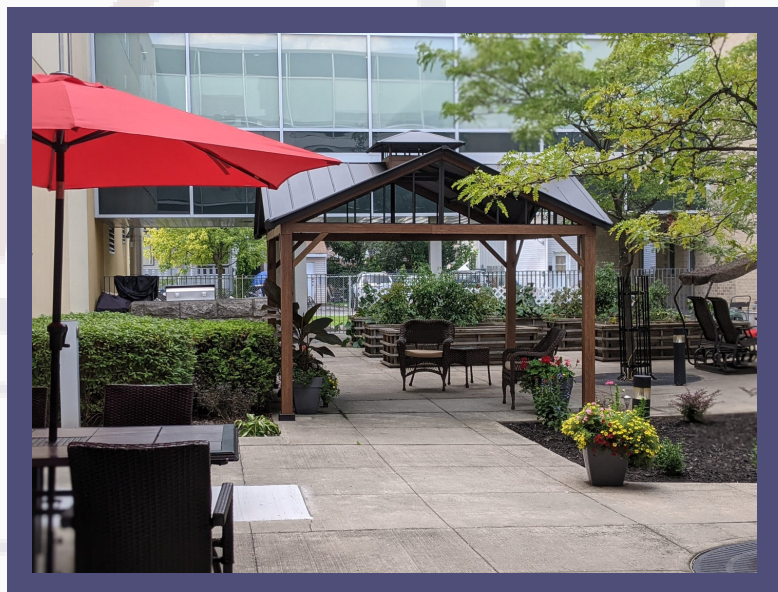
Sincere thanks to our Foundation, the RHSJ Health Centre of Cornwall Fund, for their **\$24,000 donation** in support of special programs and therapeutic equipment purchases at our Centre. We are very grateful for their hard work helping raise awareness and funds and appreciate all they do for our residents and patients.

A message from the Fund: We are taking applications for new Board members! If you're interested in enhancing the lives of seniors in our community through special events and fundraising initiatives, please reach out to donations@sjccc.ca.

Courtyard Enhancements

We are grateful for the generosity of the Kaneb Family. This year, as a way to commemorate the legacy of the late Victor Kaneb, a member of their family and a former resident in SJCCC's Albert House, they donated a (much-needed) complete garden makeover for our main courtyard including a memorial bench and patio set.

Special thanks to an anonymous donor, we were also gifted a beautiful new gazebo to enhance the garden space.



A Trip Down Memory Lane

Without the generosity of the **Royal Canadian Legion, Branch 297**, our friends at **Kinsmen Club of Cornwall** and the **RHSJ Health Centre of Cornwall Fund**, this opportunity would not have been possible. Thanks to these three community groups, our Centre is now the proud owner of a JDome Bike. Using the technology of Google Street View, our residents and patients have been able to take the trip of a lifetime.

How it works: The street image is projected onto a large dome that surrounds the individual to give the illusion of being present at the location on display. The purpose of this technology is to enhance past memories and/or provide new experiences outside of our doors.



What makes this piece of equipment so wonderful is that residents and patients can actively or passively participate in the bike ride. For those who are unable to peddle, the bike can be controlled by the keyboard that the Recreation Programmer can facilitate.

Trips have included visits to the White House, the Grand Canyon, the Las Vegas Strip, Newfoundland, Old Montreal, California, Ireland, the Eiffel Tower, old homesteads and family farms.

A MESSAGE FROM OUR AUXILIARY

Celebrating 75 Years!

It was a beautiful autumn day in October 1946, when ten Cornwall women, the wives of ten prominent city doctors, sat down in the nurses' residence on York Street with six Religious Hospitallers of St. Joseph, almost in the very spot we find ourselves today, to found the Auxiliary to the Hotel Dieu Hospital. At that table, they were inspired by the commitment and example of the Sisters. These women were no strangers to the work of the Sisters in Cornwall as they already had a tradition of supporting and funding their efforts for the elderly at St. Paul's Home and the children of Nazareth Orphanage. The women were now prepared to assist them in the challenge of providing patient care and hospital services to a growing community.

Throughout the 75 years, the Auxiliary met challenges with graceful aplomb as they worked to support each change with volunteer service and fundraising. We all were saddened to leave our beloved Hotel Dieu Hospital in 2004, but we knew God had a plan. As we watch the changes attributed to progress, we have come to realize there is a need to improve the quality of life for those who no longer can fend for themselves. Today we are fewer in number, but our hearts are in the right place. We are committed to enhance the resident services at St. Joseph's Continuing Care Centre and help it become a true home. We depend on our gift shop, the annual rummage sale, the Christmas lunch and bazaar, the rip open lottery ticket sales, and organized fundraising events throughout the year. With your help, these events make it possible for the Auxiliary to reach a donation target annually to the Centre.

GET INVOLVED!

Become an Auxiliary Volunteer and help contribute directly to the patient and resident care programs at St. Joseph's Continuing Care Centre.

Anne Vincelli
President

New Spaces at SJCCC

LONG-TERM CARE ACTIVITY ROOMS

In an effort to battle social isolation, we felt it was the perfect time to enhance our current practices. We took advice from our residents and began to redevelop their Activity Rooms in each house. These rooms are now fully equipped with communication devices to connect virtually with family members, other units and small groups outside of our walls!



SJCCC'S ADL APARTMENT

Made possible by the generosity of the Pommier Family and Pommier Jewellers, the long-awaited ADL Apartment opened its doors in late 2020 inside our Hotel Dieu Hospital.

As a complement to our Slow-Paced Rehabilitation program, the ADL Apartment is a safe environment for patients to explore real-life situations, after suffering from illness and/or injury. The apartment was designed to have the look and feel of a home-like setting to ensure patients receive practical hands-on training for the best experience possible.



Working 1-on-1 with a skilled therapy team, patients learn new ways of doing their daily life activities to help build their confidence for a safe return home. Skills such as showering, preparing meals, washing dishes, reaching/bending for household items and transferring in and out of bed are all learned at the patient's own pace. These are just a few of many everyday skills that patients are learning to adapt to that can be challenging once at home.

On average, our Slow Paced Rehabilitation program sees 310 patients each year. A patient stay can range from a minimum of 2 weeks up to a maximum of 90 days.

INNOVATION AT SJCCC VIRTUAL SPACES FOR COMMUNICATION

CHANNEL 46

SJCCC is now home to our own TV channel! We are able to stream productions happening at our Centre for our residents and patients viewing pleasure. We've been using this technology to virtually host Centre-wide BINGO, Resident Council and Food Committee meetings as well as air our live Mass program.

We took it one step further and developed our own Newsroom! Airing Wednesdays at 9:15am, Resident and Family Advisor Andrea hosts a live news segment full of weekly events, updates and important info to keep residents and patients in the know.



REMOTE CARE MONITORING (RCM)

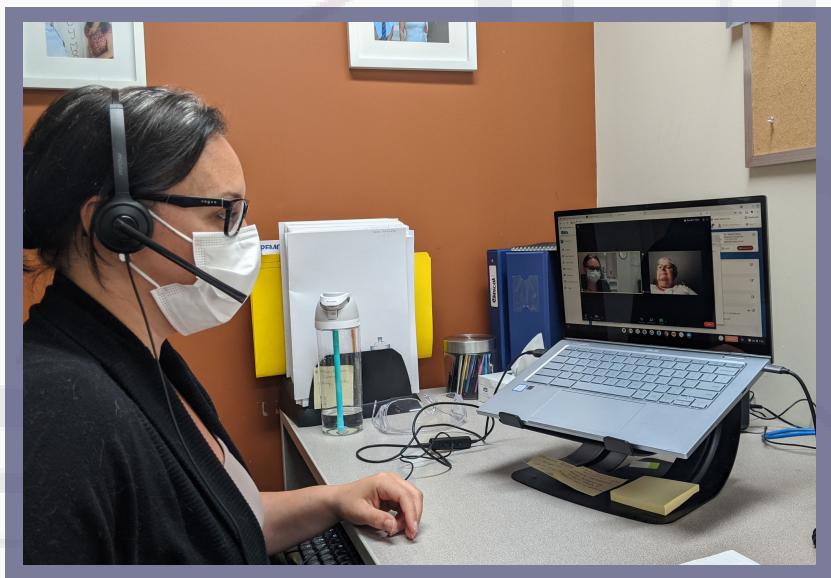
This past year, SJCCC took a huge step forward in the realm of virtual care and with that, RCM was born!

RCM is a pilot project we began trialing in 2020 for patients enrolled in our Slow-Paced Rehabilitation program that follows a patient's journey from hospital-stay to home. The aim of the program is to ask questions and provide interventions that help keep the patient safe and healthy at home, avoiding unnecessary hospital visits.

Through the use of the patient's own cellular device or a tablet we provide free of charge, our RCM team provides 2-way communication to encourage a safe return home making sure the patient follows their discharge plan. Our RCM team monitors a patient's progress through virtual check-ins and provides them with condition-specific health teaching for the first 30 days upon leaving our Centre. The goal of the program is to help improve the patient's confidence and overall experience while ensuring a warm handoff occurs to our community care partners.

Big News for SJCCC: Just in time for our 1st anniversary, we are happy to announce that we have been approved to expand our RCM program to work with various community partners including the CSDG Community Paramedic Program.

We look forward to all the RCM program brings to our community.



STAFF PROFILE MEET CHEF LUC

We are blessed to have Chef Luc as a member of the team here at SJCCC. Luc began working at our Centre in 1993 and hasn't slowed down one bit. We pulled some stats of Luc's work and determined, on average, he has worked 7410 shifts, cooked 4,623,840 meals and logged 55,575 hours of dedication to our residents and patients.

In his spare time, Luc is an avid muskie fisherman, community volunteer and a proud member of Muskie's Canada. His resume is filled with charitable work including volunteering for Blue Fish Canada, The River Institute and Gray's Creek Family Fishing Week. Pictured here is Luc with the biggest catch of his Muskie career...all 56 inches of it!

