

## Season's greetings to our friends at SJCCC!

Our annual Lights of Hope Campaign is back for its 33rd year in support of St. Joseph's Continuing Care Centre (SJCCC). Our RHSJ Health Centre of Cornwall Fund is so pleased to share this magical event once again with each of you. We are here to support SJCCC's efforts and believe in the exceptional care the Centre provides to our community. Thanks to your incredible support, we are able to help purchase new or replacement equipment when funding is limited.

This is a special year for SJCCC as they celebrate their 125 years of healthcare service in the Cornwall community. We are thankful to have a Centre so close to home that provides long-term care, rehabilitation services and palliative care to hundreds of local families, each year.

As the holiday season approaches, we are reminded of how grateful we are for the generosity of donors like you. **This year, you can help give the gift of hope by supporting therapeutic equipment needs for SJCCC.**



### *State-of-the-art hospital beds for rest and recovery*

SJCCC's Hotel Dieu Hospital has 58 patients receiving care and/or rehabilitation, at any given time. Each person is unique and the Centre requires beds that meet the different needs of the individual. This Stryker bed offers pressure redistributing properties for wounds, a higher weight capacity to meet different body types and a more sensitive bed alarm system for individuals who are at a higher risk of falling. When rehabilitating, rest is so important. Being able to offer equipment like this means patients will be on their way to recovery and back home, safer and sooner.

### *Rehabilitation equipment for confidence and mobility*

At SJCCC, it's important to offer rehabilitation equipment that can meet a wide range of needs. Each day, therapy staff utilize the 'Nustep' bike throughout the entire Centre for strength training, light exercise and to encourage activity. This important piece of equipment helps mimic the walking motion to keep seniors and rehabilitation patients as active as possible. In order to see more participants daily, the Centre is seeking one additional bike for its therapy program.



### *Dietary equipment that meets your needs*

Did you know that SJCCC's Dietary Team prepares more than 227,600 meals annually? Meal time is one of the most important and popular events of the day. Each season, the Dietary Team revamps their menu to make each meal as special as the next. Because residents and patients have different nutritional needs and requirements, the team must ensure they are able to provide a variety of different culinary options for every meal. Commercial-grade equipment is required to be able to do all the culinary feats required such as slicing, shredding, chopping, grinding, pureeing, mixing and kneading. Providing equipment like this saves time, giving staff the ability to focus on food quality and person-centred options.



Your support is greatly appreciated by the residents, patients, families and staff at SJCCC. Every dollar raised helps us build on the rich heritage founded by the Religious Hospitallers of St. Joseph. With your help, we can make this season of giving our best one yet.

We invite you to join us at the main entrance of SJCCC on **Thursday, December 1st at 6:00 pm**, as we 'light up the block' and make York Street sparkle!

Warmest wishes,

*Josée Pilon*

RHSJ Health Centre of Cornwall Fund, President

Save time and donate online. Visit [www.sjccc.ca](http://www.sjccc.ca) and click "Make a Donation".

613-933-6040