

# THE BEACON

A NEWSLETTER FOR FAMILIES AND FRIENDS OF SJCCC



## A MESSAGE FROM OUR EXECUTIVE DIRECTOR

*Looking back on the past two and a half years, I am filled with emotion and gratitude. I want to take a moment to thank our staff for their tireless efforts during the course of this pandemic. On what felt like a daily plea and appeal, the expectations of the organization changed by the minute and our staff persevered and rallied to meet the needs of our residents, patients and families.*

*They followed the rules to the best of their abilities, they came in to work not knowing what to expect and they did it all with a smile on their face. I am forever grateful to these individuals, as I know not every day was easy. At times, some days were very challenging, especially when faced with isolated floors, head-to-toe PPE and being the emotional support for those who were missing their loved ones.*

*And with that, we look to the holiday season to shine a light. At SJCCC, this is a very special time of year when we celebrate the beauty of the season. Soon, the halls will be filled with Christmas decor, music and laughter. We look forward to the small joys each day brings and hope that the magic of the season carries into our upcoming new year.*

*I wish each of you good health and happiness this Christmas season.*

*Gizanne Lafrance-Allaire*

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## KEEPING YOU IN THE KNOW Upcoming Events

### NOVEMBER 2022

Join us as we collect toiletries and school snacks for Baldwin House! Our display table is set at the main entrance of SJCCC and we'll be collecting all month long.

### FRIDAY, NOVEMBER 11

Remembrance Day

### FRIDAY, NOVEMBER 18

RHSJ Lights of Hope Campaign begins

### THURSDAY, DECEMBER 1

Lights of Hope Outdoor Event at 6:00pm

### YES, OF COURSE!

Christmas cards are being accepted once again this year throughout the months of November and December!

Our residents and patients adore receiving these kind gestures.

# WITH A HEAVY HEART, WE SAY GOODBYE TO OUR BELOVED AUXILIARY

It is incredibly hard to believe but it is true... After 75 years of dedication and service to SJCCC, our dear Auxiliary has decided it's best to hang up their vests, for the last time.

Faced with the challenges of the pandemic, as well as a decline in memberships, our Auxiliary members felt it was the best time to retire and, we, as an organization, support their decision – as difficult as it is.

Over the past 75 years, our Auxiliary members volunteered countless hours of service, annually, with our organization. Their efforts such as their Christmas raffle, the Genie Wish, the annual Rummage Sale, bake sales, maintaining and overseeing the Gift Shop as well as selling our HELPP tickets, just to name a few of many, will not soon be forgotten. All proceeds from the sale of their events were donated back to the Centre to help purchase much-needed equipment and support the therapeutic programs offered by SJCCC. The Auxiliary's fundraising efforts were the backbone of our organization for many, many years as well as their countless combined volunteer hours will be very difficult to replace.

We wish to thank our Auxiliary from the bottom of our hearts and welcome the members that have decided to stay on as general volunteers at SJCCC.

## A GRATEFUL PATIENT STORY

We truly have the best patients that come through our doors!

A huge thank you to Harold Lalonde, a former patient of SJCCC's Rehabilitation Program, for his recent donation of \$300 in support of Complex Continuing Care. As an active member of the Cornwall community, Mr. Lalonde spent 26 years on the Board of Directors for the Knights of Columbus and knows how difficult it can be to fundraise. According to Mr. Lalonde "This is the best care I've ever received, the staff have been wonderful. I wasn't feeling confident enough to be on my own, but thanks to (them), I am ready."

Mr. Lalonde stayed just over 6 weeks at our Centre and we were sad to see him go, but we're happy with his success at SJCCC. We are humbled by his kindness and appreciate his generosity.





# A message from our RHSJ Heath Centre of Cornwall Fund

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

The 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. This year, our focus is to raise funds for new and improved equipment to support the well-being of the residents and patients at SJCCC.

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

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 a few urgent equipment needs for SJCCC.

We invite you to join us on **Thursday, December 1st at 6:00 pm** at the front entrance of SJCCC for refreshments and some Christmas carolling as we get ready to light up the block!

*Josée Pilon*

RHSH HC Fund, President

## *Did you know?*

**Since 2020**, our Lights of Hope campaign has raised over **\$70,000!**

*Let's help make this 'Season of Giving' our best one yet!*

## **LIGHTS OF HOPE Campaign** **Campagne LUMIÈRES D'ESPOIR**



# Just in time for Christmas!

THE HOLIDAYS ARE A TIME FOR GIVING. DUE TO THE OVERWHELMING AMOUNT OF SUPPORT OUR COMMUNITY HAS OFFERED, WE'RE GOING TO TRY THINGS A LITTLE DIFFERENTLY THIS YEAR.

This **HOLIDAY SEASON**, we'll be collecting small gifts for our residents and patients at SJCCC.

We've put together this **WISHLIST** of new items that would go a long way to enhance the lives of those at our Centre.

Items can be dropped off in our *drop bin* at the main entrance. Our staff will take care of the rest!

Our SJCCC elves will be wrapping and packaging your gifts and delivering them just in time for Christmas morning. This way, everyone will have a little something to open.

**Help us reach our goal of 208!**



## WISHLIST

CRAFT SUPPLIES

LAP BLANKETS

2023 CALENDARS

SOCKS

FIDGET BLANKETS

HARD SOLE SLIPPERS

BOOKS

ACTIVITY BOOKS

PUZZLES

BOARDGAMES

PJS

HATS & GLOVES

HOUSECOATS

COLOURING BOOKS

PENCIL CRAYONS

# Coming Soon to SJCCC

## PALLIATIVE CARE SPACE

Special thanks to the generosity of the **Kinsmen Club of Cornwall**, our Hotel Dieu Hospital will soon be home to a new Palliative Care Room for patients nearing end-of-life. Complete with Google technology and added comfort for the individual and their family, this space will be a private sanctuary for those closest to the individual to be close during their last days. We are blessed to have the support of community members like the Kinsmen who make these much-needed spaces possible.



## NEW STAFF HUB

*Before the New Year is upon us, SJCCC will be home to a new space for staff to enjoy! Based on the concept of 'micro-markets', SJCCC is implementing a space for staff to refuel and recharge during their shift. The Hub will be located in the former Woods Gift Shop beside the cafe. We are excited about this venture and look forward to updating each of you once the door is opened!*

## REFLECTION ROOM

*A work in progress, but we're on our way! Katie, our Wellness and Spiritual Health Coordinator, has been busy focusing her efforts on a new reflection room available for staff, residents and patients to use when they need a moment to themselves. This is an initiative brought to us by the SE Research Centre to encourage organizations to create a space to pause, reflect and share experiences independently or with a loved one. Several LTC homes have been involved in the rollout of this program and we are excited to launch!*



# Remote Care Monitoring: *Results to Date*

## GREAT NEWS

Our Remote Care Monitoring (RCM) program at SJCCC has received additional funding and will be entering its 3rd year in our community! This program allows our staff to virtually monitor and survey patients enrolled in the program once they leave our Centre with real-time data alerting our RCM team. Patients are able to use secure chat and/or video call with a nurse, watch health teaching videos on-demand or based upon question responses and monitor their vitals via Bluetooth-connected health devices, all from the comfort of their own homes.



### *When surveyed, patients agreed...*

*"I have had less need to visit an Emergency Department since starting the program".*

**93.2%**

*"The program empowers me to be more active in managing my health".*

**95%**

*"I would recommend this program to a friend or family member"*

**96.6%**

## *Fast Facts*

There is ***NO COST*** to the patient!

- No home internet access or prior technology experience required

*Average Patient Age*  
**79 YEARS**

**SUCCESSFUL PATIENT  
ENROLMENTS**

*Year 1*      **94**

*Year 2*      **210**



# RENDEVER UPDATE *Virtual Reality for Seniors*

Special thanks to The New Horizons for Seniors Program, SJCCC has been able to incorporate a virtual reality platform, Rendeвер, into our recreation programming.

Rendeвер offers a variety of live programming every weekday for residents to enjoy and connect with communities worldwide. Some areas of interest have been book clubs, travel and culture as well as one-on-one visits with residents, focusing on unique likes and interests. These activity guides have proven to be educational, interactive and fun for our residents and staff. We look forward to engaging in future adventures and sharing experiences through this incredible platform!



## *Fun Facts*

We have had over **730 experiences** with Rendeвер!

Rendeвер's social VR platform **reduces social isolation and depression** by helping people **connect and stay engaged**.

## *The 3 R's of Rendeвер*

- **RELIVE:** From your childhood home to your favourite vacation destination - we can take a stroll down memory lane.
- **REINSPIRE:** We can check items off your bucket list & travel all over the world to experience new things.
- **RECONNECT:** The best part is doing all of these things together, as a shared experience.