

SUMMER 2023

# THE BEACON

A NEWSLETTER FOR FAMILIES AND FRIENDS OF SJCCC



## A MESSAGE FROM OUR EXECUTIVE DIRECTOR

Summer has arrived!

With the recent changes made to masking at SJCCC, I'd like to start this newsletter by thanking our staff for all they do at our Centre. Each department and team plays a special role in the lives of our residents and patients and their impact is truly unmatched. Through good times and bad, our staff are here to be a listening ear, offer support, and most importantly, provide care for our loved ones. We are blessed to have each and every one of them at SJCCC.

To our volunteers, thank you for your tireless efforts. You bring laughter and joy to our Centre through your thoughtfulness.

And, to our families, your support and patience have been what has helped us at SJCCC get through the toughest challenges experienced by all, during the past three years.

The future looks bright! Companionship and camaraderie have returned to the Centre with events no longer being limited by number allowing all of us to return to some normalcy as we continue to move through 2023.

*Gizanne Lafrance-Allaire*

## FOLLOW US

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



WWW.SJCCC.CA



**DO YOU HAVE A STORY TO SHARE ABOUT YOUR TIME OR A LOVED ONE'S TIME AT SJCCC?**

We'd love to hear your stories of '**Triumph and Transformation**'. Contact [chollingsworth@sjccc.ca](mailto:chollingsworth@sjccc.ca) today to share yours.



## IN NEED

We always accept gently used **puzzles and books** for our residents and patients.

We also accept **knitted lap blankets** to keep us warm on the coolest of days.

# A Golden Jubilee for Father Dumoulin

Congratulations Father Dumoulin on your Golden Jubilee! This year marks the 50th Anniversary of his ordination to the Priesthood.

Thank you, Father Dumoulin. May this anniversary bring happy memories to you and may the days ahead be filled with many blessings.

This year also marks Father's 20th anniversary with us at St. Joseph's Continuing Care Centre. We will be hosting a celebration to honour this occasion once our Jeanne Mance Hall reopens in the Fall.

We are so blessed.



## SJCCC'S GARDENING GROUP

Our Montessori program started a group of like-minded individuals who are very passionate about gardening. The residents have full say in what is planted this year, and the arrangement of plants, and are also caring for the gardens all summer long.

Twice a day group members tend to all the garden's needs. Even though the focus is on this group to care for the garden, everyone in the Centre is also welcome to participate in its care.

One of our residents said he couldn't believe how hard this was for him, as once upon a time, it was such an easy task...but, he was so happy to be doing it again.

**And, of course...they all loved to get their hands dirty!**



# A message from our Foundation

Our Foundation has a new fresh look -- check out its new operating name and logo!



## It is such an exciting time at SJCCC!

As of May 2023, construction has begun to enhance the current Rehabilitation program preparing itself for the needs ahead in an aging community.



## The Heart of SJCCC

A new 2400 sq ft, modern physical therapy space will soon be showcased on the 2nd floor of SJCCC, joining Hotel Dieu Hospital and St. Joseph's Villa together. This space will be a hub for motivation, where patients can interact with one another, encouraging and inspiring each other as they strengthen and prepare for their return home. Residents in long-term care, patients in Hotel Dieu Hospital, and staff will be able to access this new space.

St. Joseph's Care Foundation has partnered with SJCCC and launched "Stronger Together", our fundraising campaign set to raise \$680,000 over the next three years.

Through partnerships, community events, and local support, the campaign will run until 2025 supporting rehabilitation programs. The new rehabilitation space is set to be up and running in March 2024! Tune into SJCCC's Facebook page to follow along as we announce events and opportunities for sponsorship.

**We are Stronger Together.**

*Josee Pilon*

SJC Foundation, President



**WWW.SJCCC.CA**  
**613-933-6040**



# Rehab Equipment Needs

SJCCC prides itself on the ability to offer a variety of different rehabilitation equipment options to meet the needs of the individual. Here are some of the tools required to enhance the rehabilitation program at SJCCC:

1 x Pendulum Stepper:	\$3,000
5 x Nustep Cross Trainers:	\$37,500
3 x Bobath Bed:	\$15,500
2 x Weighted Pulley Systems:	\$6,000
1 x Leg Press:	\$7,500
3 x Combo Weight Racks:	\$7,500
5 x L - Bars:	\$2,000
1 x Upright Bike:	\$3,000
2 x Rehab Treadmill:	\$6,000
1 x Bariatric Parallel Bars:	\$3,000



## Coming Soon

*We're getting ready to roll!*

Our residents and patients are virtually biking across Canada to help raise awareness about our **Stronger Together** campaign. Their goal is to complete all 5,514 km as a group by the end of October. What's even more incredible is they are looking to raise funds to purchase 5 new bikes for the new rehabilitation space with the support of their community.

**You can help!** Through pledging, sponsoring and partnering with our community members, they are hopeful we can help them reach their target of \$37,500!

Tune in as we keep you up-to-date!



# A Day in the Life of SJCCC

## QUINN DOORS OPEN

*This Spring, we officially unlocked the doors to our Quinn House making all 5 units in long-term care fully open. Special parameters have been put in place to ensure each unit is dementia-friendly.*



## MONTESSORI

*Our long-term care Montessori program is open to every resident that wants to participate. Each day, residents focus on 1-on-1 activities that promote independence and/or unit-based tasks to help lend a hand and take part in daily living activities. The Montessori motto: "What you do for me you take away from me".*

## ADL APARTMENT

*Chantal's weekly breakfast and lunch program in the apartment is a huge success.*

*Patients in rehab relearn their way around the kitchen by preparing meals and cleaning up afterward, enjoying their meals, of course!*



## STAFF HUB

*Since we introduced our Staff Hub to SJCCC in December 2022, it's been a huge success! We are excited to introduce new changes to this space in the near future. A big thanks to Kara and Ashley from Recreation for updating our window each month with EDI-friendly imagery.*



# WELCOME TO THE TEAM

EXCITING NEWS FROM SJCCC. THIS YEAR, WE WELCOME TWO NEW FACES TO SJCCC'S SENIOR ADMINISTRATION TEAM. PLEASE WELCOME, SHAWNA CARR AND LAURA MACKENZIE!

## Chief Nursing Executive

Shawna brings a strong background in performance management, program management, policy development and legislation compliance, and operational excellence. Shawna is bilingual and has an extensive track record in building effective relationships within organizations and with community stakeholders which will be important while we continue to build an integrated health care system in our community.



## Health, Safety and Education Coordinator

Laura comes with 20 + years of nursing experience in both community and long-term care settings as a Registered Nurse (RN).

Over the course of her career, Laura continues to further her professional development by enrolling in ongoing education and advanced training programs. Her academic journey will support her well in her new position.



# Fun Facts from SJCCC!

## *Did you know?*

WE HAVE ROUND-THE-CLOCK SECURITY AT SJCCC! A BIG THANKS TO OUR GUARDS FOR HELPING OUR STAFF GET TO THEIR CARS LATE AT NIGHT, AND FOR KEEPING OUR RESIDENTS, PATIENTS, STAFF, AND FAMILIES SAFE.

**448 HOURS** OF HOUSEKEEPING SERVICES HELP TO KEEP OUR 208-BED CENTRE CLEAN EACH WEEK. WE ARE GRATEFUL FOR THE PRIDE OUR HOUSEKEEPING AND LAUNDRY SERVICE BRINGS TO OUR TEAM!

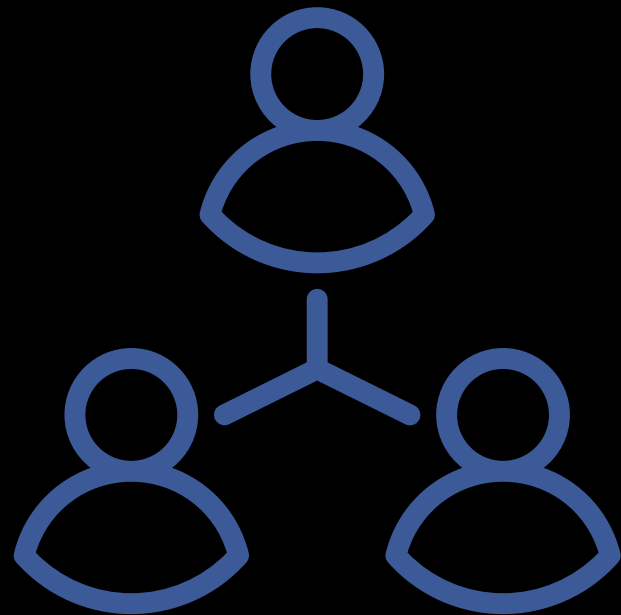
OUR REMOTE CARE MONITORING (RCM) PROGRAM **DOUBLED IN SIZE** LAST YEAR AND SAW 391 PATIENTS – A NEW RECORD!

## **Project AMPLIFI**

We are proud to announce that we have had a successful rollout of AMPLIFI, a province-led initiative that allows long-term care homes, like ours, to send and/or receive resident and patient information electronically to other care facilities, when needed. This initiative leads to safer care for residents and patients and allows for seamless transitions and admissions with our care partners.

In September 2022, we officially went live with the Ottawa Hospital, in a two-way exchange of information. In March 2023, five local long-term care homes, including SJCCC, began this journey with Cornwall Community Hospital.

*We look forward to keeping you up-to-date as we continue to move through this wonderful initiative.*





# SPECIAL THANKS TO...

## *St. Joseph's School of Nursing Alumnae*

Members from the St. Joseph's School of Nursing Alumnae stopped by and presented SJCCC with a **\$500 contribution** towards our Stronger Together campaign in support of our new rehabilitation space. Thank you for your continuous support and generosity!



## *Dairy Queen Grill and Chill*

Sweet thanks to Dairy Queen for helping us celebrate our first day of being mask free by **donating 200 delicious frozen treats** to our staff!



## *Clara and Eliana*

Thank you to our little friends Clara and Eliana who came to celebrate **Intergenerational Day** in a very special way with our residents in long-term care.

