

THE BEACON

A NEWSLETTER FOR FAMILIES AND FRIENDS OF SJCCC

MAY 2024



A MESSAGE FROM OUR EXECUTIVE DIRECTOR

Can you believe Spring is already here? Winter seems to have come and gone in the blink of an eye, with very little snow – but, I'm not complaining!

We have been so busy at the Centre preparing for this year. Construction on our new physical therapy space is finally complete, and we've begun slowly introducing patients through the space. I want to thank everyone for their patience during the process – it's been nothing short of amazing.

It's been wonderful to walk the halls and see so many visitors, volunteers, and students engaging with our residents and patients. The past few years have been quiet but it feels like we are almost where we were pre-pandemic.

Entertainment and laughter continue to fill our Centre with joyful moments. Our recreation calendars are packed with activities and events to fill the days. And, with summer approaching, patio season is upon us and we will be open and ready for BBQ season.

Wishing you good health.

Gizanne Lafrance-Allaire

FOLLOW US

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



WWW.SJCCC.CA

KEEPING YOU IN THE KNOW Upcoming Events

MAY 2024

Physiotherapy Month

THURSDAY, MAY 9

Physiotherapy Assistants Day
Mother's Day Social

MAY 5 - 12

Nursing Week

SUNDAY, MAY 19

PSW Day

TUESDAY, MAY 28

90s/100s Club Celebration Day

JUNE 2024

Seniors Month

THURSDAY, JUNE 6

Physical Therapy Space
Grand Opening

TUESDAY, JUNE 18

Father's Day BBQ

MONDAY, JUNE 24

Strawberry Social

PHYSICAL THERAPY SPACE *Opening Soon*



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

Dreams are coming true at SJCCC!

Our new 2400-square-foot physical therapy space is getting set to officially open on **June 6, 2024!** It's been a busy year at SJCCC but we're almost there.

In 2023, SJCCC began construction to enhance its rehabilitation program offered in Hotel Dieu Hospital. Each year, the program sees 400+ patients who spend anywhere from two weeks to 90 with us after suffering from an illness, injury, or surgery. The goal is for the individual to strengthen and feel confident enough to return home and back into the community.

Before the build, patients were utilizing the hallways and converted spaces to start their rehabilitation journey. The added space is going to be a wonderful addition to an already successful program. We are excited to see the benefits this space will bring to our staff and patients.

Stay tuned!



NEW LOOK AND FEEL

With the additional physical therapy room added to the rehabilitation program, we've taken the opportunity to enhance our program and other spaces in Hotel Dieu Hospital.

We have been working hard at making updates in our Hospital and will continue to work this year at those spaces. We are looking forward to the result of this project!



Leesa McNally

Your Care Connection

DIRECTOR OF THERAPEUTIC SERVICES
ST. JOSEPH'S CONTINUING CARE CENTRE

We are pleased to have a new column featured bi-monthly in the Seaway News to share with our community about the wonderful programs offered at our Centre.

Written by our Director of Therapeutic Services, Leesa McNally, readers are given a glimpse into the various life-enriching programs available to their loved ones while at SJCCC. The column features programs offered in long-term care as well as rehabilitation.

WE NEED YOU!

SJCCC is always looking for new volunteers to join our team! Our group of dedicated volunteers ensures that our residents and patients are fully supported by complementing the services provided by staff.

Volunteers play a key role in helping us remind residents and patients that they are part of a larger community that cares. Whether you are interested in personal growth, new friendships, or completing volunteer hours for school, SJCCC might be right for you.

CURRENT NEEDS

Spiritual Care Support, Recreation Support, Friendly Visits and Strolls!

For more information, contact volunteer@sjccc.ca



A MESSAGE FROM ST. JOSEPH'S CARE FOUNDATION

SAVE THE DATE

Saturday, August 10, 2024

Cornwall Waterfest Dragon Boat Races has teamed up with St. Joseph's Care Foundation to host this signature summer event.

Join us on Saturday, August 10th on the Cornwall Canal for a day of fun! Team registration is now open. Event sponsorship opportunities are available! Are you looking to support? Contact our Foundation Team at donations@sjccc.ca



ST. JOSEPH'S CARE
FOUNDATION



We are looking for volunteers to help set up the evening of August 9th and support the day of August 10th!

Lots of opportunities available, no experience required. This is a great opportunity for students looking to complete their 40 hours!

Contact Christie at 613-933-6040 ext 21186 or chollingsworth@sjccc.ca

Volunteers needed

What's up at SJCCC?

Strategic Plan

Have you had a chance to review our Strategic Plan? It was launched in 2022 and will continue until 2025. The Strategic Plan defines who we are as a business and lists concrete actions to achieve our goals. When the unexpected occurs, the Strategic Plan helps our business survive and find new opportunities while staying true to our values and mission.

Visit www.sjccc.ca to view our plan! Or, click [HERE](#) to view it in real-time.



Sister Rosalia Cobey Awards

On April 24th, we celebrated the annual Sister Rosalia Cobey Award with an incredible 11 nominees. Every day, we witness acts of kindness and compassion.

Employees were encouraged to nominate a deserving co-worker who emulates Sister Cobey's legacy. Congratulations to this year's runner-up, Blair O'Brien! And, the 2024 winner of the Sister Rosalia Cobey Award is....Becky Rumohr!

Portrait Day Success

On April 12, 22 long-term care residents participated in Portrait Day preparing for our upcoming 90's/100s Club Celebration! It was such a beautiful day full of smiles. Special thanks to our families, nursing teams, recreation staff, our volunteer Gloria, and our hairstylist Kelly, for all their efforts in making the day flow perfectly. We look forward to showcasing their beautiful photos on May 28th.



MEET YOUR REMOTE CARE MONITORING (RCM) TEAM

Shannon, Taylor, and Mandy
are here to support your transition home!



We're here to support our patients on their wellness journey once they are discharged from the hospital and avoid unnecessary Emergency Department visits.

Patients enrolled in RCM come to us in several ways. We follow all of our discharging patients from SJCCC and take referrals from Cornwall Community Hospital's (CCH) Geriatric Emergency Management (GEM) nurse and Rehabilitation unit, and the Cornwall Paramedic program. We also have taken referrals from the CCH's Geriatric Day Program, Carefore Wellness Clinic, Marie de la Ferre apartments, and self-referrals.

Here's a brief walk through the day of our RCM Team:

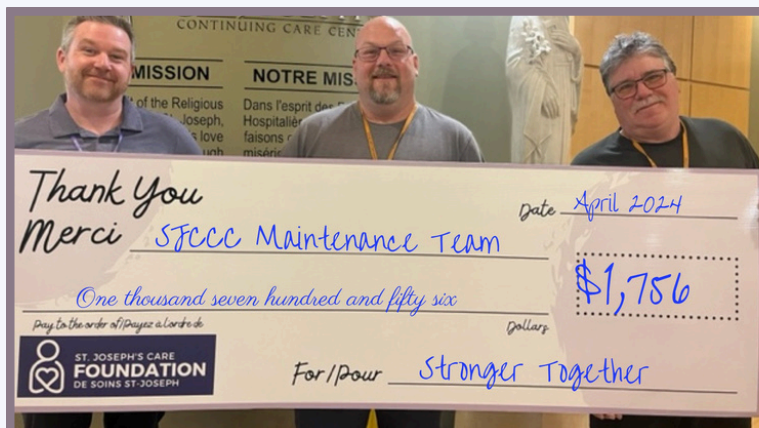
First, we review your data and assess who needs the most support at the start of the day. We call our patients, either by phone or we will Facetime on the tablet, depending on your preference. We work with your care plan tailored specifically to help you to achieve your goals. This could include items like fall prevention, stable vitals, increasing health literacy, taking your medications properly and so much more.

We spend our time assessing vitals, reviewing answers to questions from the tablet, and acting on the data, helping patients understand their diagnosis, understand how to take their medication properly, getting the services in their homes that the patient needs, supporting caregivers in their role, speaking with their primary care provider when there is a change in condition and much more. We look forward to meeting you!

SPECIAL THANKS TO...

SJCCC's Maintenance Team!

For the past 6 months, members of our Maintenance team decided to give back by saving funds raised through recycling scrap metal and contributing to our Foundation's Stronger Together campaign supporting rehabilitation programs. To date, they have raised \$1,756 and saved lbs. and lbs. of waste through recycling. We are blessed to have such incredible team members who give back to programs that benefit members of our community.



Yafa Arts & Crafts

Special guest Yafa spent the winter months treating our residents and patients to an afternoon of creative art sessions. Throughout three sessions, Yafa helped us tune into our creative side through colourful and meaningful craft sessions as well as an afternoon of Henna!

Royal Canadian Legion Branch 297

A special thank you to Royal Canadian Legion Branch 297 for their recent \$7,500 donation towards our Foundation's Stronger Together campaign supporting rehabilitation programs at SJCCC! Funds from this donation will purchase a state-of-the-art leg press for patients enrolled in slow-paced rehabilitation.

Pictured here with SJCCC's Community Engagement Officer Christie Hollingsworth are Royal Canadian Legion Branch 297 President, Marvin Plumadore and 1st Vice President, Mavis Williamson.

