

# THE BEACON

A NEWSLETTER FOR FAMILIES AND FRIENDS OF SJCCC



## A MESSAGE FROM OUR EXECUTIVE DIRECTOR

The holidays are quickly approaching – and we're more excited than ever!

At SJCCC, this is a very special time of year to celebrate the beauty of the season. Soon, the halls will be filled with festive decor, cheerful music, and seasonal celebrations. We look forward to the small joys that each day brings and carry the beauty of the season into the upcoming new year.

As a reminder, the winter months are always a challenging time in healthcare facilities and we must do all that we can to keep our residents, patients and staff as safe as possible.

On Sunday, December 1st, we invite our families to join us in the afternoon as we bring back our Resident, Patient and Family Wine and Cheese event – the first since 2019! It will be a celebration to remember.

Sending you the warmest wishes,

*Gizanne Lafrance*

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WWW.SJCCC.CA

## KEEPING YOU IN THE KNOW Upcoming Events

### NOVEMBER 22

St. Joseph's Care Foundation  
Lights of Hope Campaign begins

### NOVEMBER 25

Resident and patient gift collection  
begins

### DECEMBER 1

Resident, Patient, and Family Wine  
and Cheese

### DECEMBER 1

Advent begins  
Lights of Hope lights up the block!

### DECEMBER 15

Staff Children's Party

### DECEMBER 17

Staff Holiday Festivities

### DECEMBER 20

Residents and Patient Gift Wrapping

### 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.

# A message from our Foundation

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

Our Lights of Hope Campaign is back for its 35th year!

Our Foundation is pleased to share this joyous event once again with you as we support St. Joseph's Continuing Care Centre (SJCCC). As the holiday season approaches, we are reminded of how grateful we are for the generosity of donors like you. Thanks to your incredible support, we can continue to purchase new equipment and support programs at SJCCC when funding is limited.

## *Car Transfer Simulator*

Getting in and out of a vehicle is something many individuals take for granted. After a person loses functional mobility due to illness, injury, surgery, amputation, joint replacement or other conditions, it is an activity that needs to be practiced and re-learned.

It is important for patients to gain confidence in their ability to get in and out of a car, while learning to also safely position themselves during transfer so they protect any surgical wounds they may have.

**Estimated cost: \$26,000**



## *Rest, Recovery, and Comfort*

SJCCC is home to 208 beds. Each person is unique and the Centre requires beds that meet the different needs of the individual. When we are unwell, rest is so important. Although they may seem like a small addition, new beds have a substantial impact on the quality of care we can provide.

Each bed costs approximately **\$7,000**. Your support will allow us to purchase additional beds that will help ensure that directly improve care, comfort, and recovery for those who call SJCCC home.



## *Fostering Social Connections*

It can be challenging to find activities to do together that are cognitively, emotionally, and physically engaging. With your support, we can help fill the quiet time for our residents and patients, encourage opportunities for socialization with others, and provide visitors with the tools they need to fill precious time together.



[CLICK HERE TO DONATE TO LIGHTS OF HOPE](#)

Warmest wishes,

*Josee Pilon*

St. Joseph's Care Foundation, President

**Since 2020**, our Lights of Hope campaign  
has raised over **\$100,000!**

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

# ATTENTION FAMILIES OF SJCCC:

*Resident and Family Wine and Cheese returns!*



YOU'RE INVITED TO JOIN US FOR SJCCC'S

Resident, Patient & Family

## HOLIDAY WINE & CHEESE

Sunday, December 1

**2:00 PM - 4:00 PM**

JEANNE MANCE HALL & MAIN GATHERING SPACE

Appetizers

Dessert Trolley

CASH BAR

Holiday Photobooth

Help us celebrate the kick-off of the 2024 Lights of Hope Campaign

**You're invited to join us on level one from 2:00 pm to 4:00 pm for our first Holiday celebration of the season, our Residents, Patients, and Family Wine and Cheese. We are thrilled to host this event once again, the first since 2019. You can help us celebrate the kick-off of Lights of Hope!**

**Complimentary appetizers & finger foods, coffee and tea, desserts, cash bar, a holiday photobooth and a visit from Santa! We look forward to seeing all of you!**

## FALL MEMORIAL SERVICE

A special thank you to our team at SJCCC for organizing a compassionate 2024 Memorial Service.

This year, we honoured 102 former residents and patients who passed away this year. This was a time for our staff, families, and friends to pay tribute to their loved ones in a very special way. We are forever grateful to have been able to provide care and form friendships with each other.



**WWW.SJCCC.CA**

**613-933-6040**



# Just in time for Christmas!

## BACK BY POPULAR DEMAND

This **HOLIDAY SEASON**, we're 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 and Montessori Group will be wrapping and packaging the gifts and delivering them just in time for Christmas morning, helping spread a little extra joy.

November 25  
to  
December 18

## HELP US REACH OUR GOAL OF **208!**

### WISHLIST

CRAFT SUPPLIES

LAP BLANKETS

2025 CALENDARS

SOCKS

FIDGET BLANKETS

HARD SOLE SLIPPERS

BOOKS

ACTIVITY BOOKS

PUZZLES

BOARDGAMES

PJS

HATS & GLOVES

HOUSECOATS

COLOURING BOOKS

PENCIL CRAYONS

# What's up at SJCCC?

## GIVING BACK TO THE COMMUNITY

As a special project for our Montessori Group, non-perishable food items were collected in support of The Agape Centre, Cornwall's largest foodbank. Their goal was to help fill their shelves before Thanksgiving, to ensure no one in our community went hungry.

This year, our residents in long-term care oversaw the collection of items as part of the Montessori program -- and we were thrilled to support them. Thank you to everyone who donated and made this event a success.



## EMPLOYEE SERVICE AWARDS

In early Fall, we celebrated our annual Employee Service Awards at the Best Western Parkway Inn and Conference Centre with an intimate evening of gratitude. It was a time to honour our staff and retirees for their years of service at SJCCC. This year, we honoured 30 employees for a combined 410 years of service. We also honoured 8 retirees who attended the event with a combined 251 hours years of service.

We are blessed to have such dedicated staff who give the best care possible to our residents and patients. We wouldn't be who we are without them.



## #FloHappens

In the fall of 2024, SJCCC introduced **Flo Happens**, a Free Feminine Hygiene Program for staff at SJCCC. To ensure that everyone has access to essential feminine hygiene products, we are now providing free menstrual products in designated areas throughout our workplace. This initiative is part of our ongoing commitment to promoting health, inclusivity, and comfort for everyone.

**Did you know?** 79% of our staff at SJCCC identify as female. We believe that providing free access to menstrual products is a vital step in supporting our employees' health and comfort. This program reflects our commitment to creating an inclusive and supportive workplace for all.

# KINSMEN TV BINGO CARDS ARE AVAILABLE!

SJCCC is selling Kinsmen TV Bingo Cards in support of our friends at Kinsmen Club of Cornwall. If you are interested in purchasing a card to play along, please visit our front reception desk to purchase your ticket(s) today.

Bingo is every Tuesday at 6:30 pm on Your TV channel 11. All funds raised help the Kinsmen Club of Cornwall support much-needed community projects.



## Tired of wrapping gifts?

**Drop your gifts off anytime at the  
Mantle Activity Room, labeled and the  
residents will take care of the rest!**

**NOVEMBER 15TH - DECEMBER 24TH**





# SPECIAL THANKS TO...

## *Thank you to Carole and Peggy, daughters of Gabrielle*

This quilt is generously gifted to St. Joseph's Continuing Care Centre in recognition of the compassionate and attentive caregiver to our late mother by the dedicated staff. Her time in Quinn House gave us peace of mind knowing that she was cared for like family. We are also eternally grateful for the kindness, patience, and support extended to our family at such a challenging time. Thank you is such a pittance of how deeply we appreciate your dedication to patient care. We hope that this quilt expresses the true depth of our thanks."

Congratulations to Sara Harrison for being ticket # 420 and taking home this beautiful quilt.

**Total amount raised: \$1,422**



## *Forget for a Moment Foundation*

"We are grateful for this donation on behalf of the Forget For A Moment Foundation. As the Montessori Program lead at our Centre, I worked with male residents to plant and get their hands in the dirt. Even though their cognition isn't what it used to be, it was wonderful to see them put their gardening skills to work, which has brought and continues to bring them so much joy. Each day, we make a point to visit the planter to take care of the hard work they've done."

**Shawna Vivarais**

Montessori Program Coordinator

## *Big Ball Drop Raffle*

A special thank you to Nurse Next Door, Sunbelt Rentals, and St. Joseph's Care Foundation for hosting and supporting the first-ever Ball Drop Raffle. Thank you to everyone who participated, stopped by, and purchased tickets. We are grateful for your support. Together, we raised \$14,700 in support of Rehabilitation programs at SJCCC!

Congratulations to Brenda Quesnel for winning the first annual Big Ball Drop. She was the lucky winner of \$2,500.

