



Resident Family Newsletter

May 2024

Farm Day set for Tuesday, June 11 Learn why it's a favourite day of the year for our residents



Karen Candy
Vice President

Everyone at St. Joseph's Lifecare Centre gets a little excited whenever the date for Farm Day is announced. It's a day when we invite our favourite animal friends and their caregivers to visit us in the courtyard to provide residents the opportunity to interact with our furry and feathery friends. It's a time when smiles are aplenty as residents (and staff too!) get to see, touch, hold and cuddle a variety of animals.

Research shows, interactions between seniors and animals can improve overall health. From pet therapy to the enjoyment of a long-term pet companion, the benefits are significant and can make a difference in the physical, emotional and mental well-being of seniors. Here are a few of the benefits.

1. A chance to nurture. Animals

require care and attention. When we care for an animal, we develop a connection based on trust and affection. Pets offer unconditional love. They don't judge us based on our flaws or mistakes. This acceptance fosters a nurturing environment where we reciprocate their love and attention. Caring for an animal, even if only for a short time, can be enough to help many people connect with their innate need to nurture.

2. Promotes Better Mood. Science tells us that interacting with animals prompts the release of

serotonin, the 'feel-good' chemical in the brain that promotes a sense of well-being. In other words, interacting with animals makes many people feel better mentally. Improved mood can carry over into other areas of life and help enhance social interactions. These social connections can foster relationships and reduce feelings of loneliness.

3. Animals Offer Sensory Stimulation. Animals stimulate our sense of touch and hearing. Petting a dog or cat, for instance, stimulates our sense of touch. The texture



of their fur, the warmth of their bodies, and the gentle pressure of our hands against their skin all contribute to sensory experiences. Whether it's the rhythmic purring of a cat, or the baa of a goat, these cues engage our auditory system. These sounds often evoke positive emotions and create a comforting sense of calm.

4. Stress Relief. Animals can provide the kind of companionship that promotes stress relief, even during brief interactions. Interacting with animals can lower cortisol levels (a stress hormone) and promote relaxation. Petting an animal has been shown to reduce anxiety. The repetitive motion of stroking their fur can be soothing and distract from anxious thoughts. The unconditional love that is provid-

ed by animals, can make a world of difference in emotional well-being. Simply put, animals are good for the soul.

Whether you're a dog lover, a cat enthusiast, or enjoy other animals, spending time with them can improve your overall well-being! Farm Day provides a great opportunity for residents to interact with a number of animals and can evoke cherished memories of days from their youth and time spent with a favourite pet. We are grateful to the farmers and individuals from the community who take time to provide our residents with these important interactions.

Resident families are invited to come and experience this extra-special day on Tuesday, June 11 from 9:30 – 11:45 a.m.



Ducks and chicks expected for Farm Day

Residents and staff alike have been enjoying the progress of our incubator project.

Our duckling and chick eggs are progressing well and we expect they will be hatching in early June, in time for us to show off our babies on Farm Day!

Our thanks to RPN Jeanette McLean for making this project possible.

June is Seniors' Month at St. Joseph's Lifecare Centre We have lots of fun activities planned for our residents.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 style="color: red;">June 2024</h1>						
9:45 Church Service with Gary Crosbie-M 2	1:30 Seniors month Kickoff Karoke-M 3	10:30 Garden Party with Don Dunham-HWC 1:30 Sunshine Visits-M 4	BBQ Ground 2:30 Holy cross grandpals -M 5	2:30 Surprise Bingo-M 6	10:30 Resident Council Meeting_m 1:30 Elvis Visits with Cameron Caton-M 7	8
9:45 Church Service with Rev Ron Birkett 9	Carnival Day 9:45 Carnival games-McMillen 1:30 doug the great 1:30 Lobby Treats 10	9:00 Farm Day Shavuot Begins 11	BBQ Level 1 10:30 Roman Catholic Mass-M 12	9:30 Spa Morning 13	1:30 Tie one on with John Moorehouse_M Flag Day (US) 14	15
9:45 Church Service with Rev Larry Amiro Father's Day 16	1:30 Bear Bingo-M 17	10:30 Garden Party with Dave Shakespeare-HWC 18	BBQ Level 2 10:30 Drumfit-M Juneteenth 19	1:30 Birthday Party with John Walker-M Summer Begins 20	1:30 Hawaiian party with Blue Eyed Bill-M 21	22
9:45 Church Service with Bud Cox 23	Fishing Trip and Picnic day 24	10:30 Garden Party with Jeff Dawdy-HWC 25	BBQ Level 3 10:30 Roman Catholic Mass-M 1:30 Travelling treats 26	1:30 Strawberry social -m 27	1:30 Masquerade Ball with Jim Young-M 28	29
9:45 Church Service 30	<h2 style="color: blue;">Click here for larger view.</h2>					

Family Council Information Board

Family Council is dedicated to the promotion and improvement of health, welfare, quality of life and happiness of all residents of St. Joseph's Lifecare Centre. For more information please contact your Family Council at sjlcfamilycouncil@gmail.com. Michelle: 519-802-2951 or Janet: 519-209-8638.

St. Joseph's Lifecare Family Council Invites Family Members and Caregivers to the following events:

Town Hall Meeting

Please note the following date change

The date for the town hall meeting, previously scheduled for May 29th, has been changed to

Tuesday, May 28th at 6 p.m.
4th floor boardroom

SJLCB Vice President Karen Candy will share updates and answer any questions you may have.

The Town Hall meeting will be followed by a shortened

Family Council Meeting

originally scheduled for that date. Council meetings provide a forum to advocate for residents and families, to receive updates, and have the opportunity to provide family feedback and input.

"Did You Know" Hour

Thursday May 30 at 3:30 p.m.
McMillen Hall, Level 1

All family members and caregivers are invited to attend and receive information that you may not know, such as direct phone numbers to the Unit RPN, receive a valuable booklet packed with the latest information, and bring forth your questions & suggestions.

On Time Draw at 3:30 p.m.

Annual Vintage Car Show

Thursday, July 18, 5-8 p.m.

Family Council is hosting a raffle table and booking vendors for this event. Vendor tables are \$20 plus a donated draw prize. If you have something to donate for the raffle table or are an interested vendor, please contact Michelle at 519-802-2951 or email sjlcfamilycouncil@gmail.com.

Family Newsletters now available online at www.sjlc.ca

Go to About Us and choose Long-Term Care.

Click on [Documents for Residents & Families](#) to view back issues of the newsletter as well as other documents

Family and Loved One Social Get Together

This monthly social is hosted & supported by Family Council.

Join us Sunday, May 26 at 1:30 p.m.
in McMillan Hall (on Level 1).

Bring your loved one down for the Social for Fun, Prizes, Laughs, and Refreshments, and the opportunity to meet other residents.

Photos from our April Social Event



Resident Edna and family



Resident Pat and family



Resident Hertha and friend

SJLCB rolls out new criteria for Star of the Month program

As mentioned in the April issue of the LTC Family Newsletter, we have recently revised the criteria for our employee "Star of the Month" program to align with St. Joseph's Lifecare Centre's values, first introduced as part of the [Strategic Plan](#).

Using SJLCB values as the basis for criteria help ensure an equal playing field for all employees, regardless of the department in which they work.

Additionally, knowing that not all interaction with staff occurs in person, we've created a fillable pdf version of the nomination form so resident families are able to access and submit a Star of

the Month nomination electronically.

While many resident families live in other cities and may not have an opportunity to visit on a regular basis, they do have an opportunity to assess an employee's attention to detail, level of customer service and follow-through, etc. based on discussions about a resident's care, including dietary, finances, laundry and more. Those interactions are as important as in-person interactions.

The new nomination form is available on our website under [Documents for Residents and Resident Families](#).



Summer Barbecue Season begins soon!

Every Wednesday beginning June 5 on Hummingbird Court (weather permitting)

Family and staff can purchase a \$4 BBQ ticket from Reception no later than the Friday preceding the BBQ.

June 5: Ground Floor June 12: Level 1
June 19: Level 2 June 26: Level 3

This rotation will continue from June to August.



We're big on birthdays!

Is your loved one a resident of SJLCB who has a special birthday or anniversary coming up?

We would love to celebrate in the occasion by letting our staff and Facebook followers know about it!

Please send a photo and details to Nancy Billard at nbillard@sjlc.ca.



[Click here](#) to "LIKE US" on Facebook to stay informed about special moments, activities and celebrations at St. Joseph's Lifecare Centre.

ST. JOSEPH'S LIFECARE CENTRE

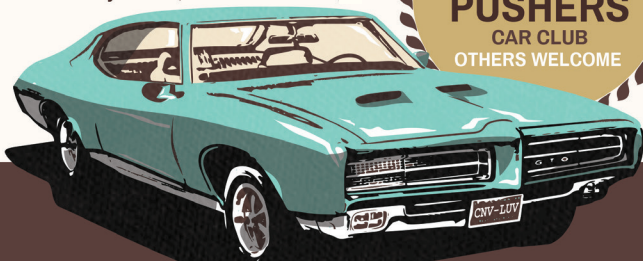
VINTAGE CAR SHOW

Thursday, July 18, 5-8 p.m.

99 Wayne Gretzky Parkway
(main parking lot)

Parking for attendees is accessible from
Grey Street, back lot of SJLC

FEATURING
CARS OF THE
**PISTON
PUSHERS**
CAR CLUB
OTHERS WELCOME



**BBQ,
VENDOR BOOTHS
50-50 TICKETS
RAFFLE TICKETS**

Come as a spectator
or bring your classic car

For info call 519-751-7096, ext 3315

OPEN TO
THE PUBLIC

NO FEE
TO ATTEND

Funds raised go to support programs of
St. Joseph's Lifecare Centre