



# Resident Family Newsletter

SEPT 2024

## Success of summer horticultural project leads to fall education series

Back in May, we began a pilot project for a Horticultural Therapy (HT) Intern, which would see a student working alongside horticulturist Lynn Leach in our gardens this summer. The project aimed to meet the goals of the SJLCB strategic plan, covering all four pillars of direction: Lead, Learn, Build and Care.

The project was highly successful and as a result of its success, we are elighted to share that St. Joseph's Lifecare Centre and Stedman Community Hospice will launch our first HT education series beginning in October, in partnership with Bird's Foot Design Studio, of which Lynn is owner and operator.

If you've strolled through our gardens lately, you've likely seen HT Intern, Emily, tenaciously tending to the campus grounds. Full of heart and always smiling, Emily has led this summer's dedicated team of garden volunteers and students under Lynn's mentorship. At the end of her internship, Emily will have amassed more than 500 hours of hands-on experience as she works towards her professional registration with the Canadian Horticultural Therapy Association (CHTA).



*HT Intern Emily works her magic on plant arrangements in the gardens, one of hundreds of tasks she's undertaking on her journey to HT certification.*

One of this season's projects included the reconstruction of swales located throughout the gardens to help to catch rainwater and return it to the soil. These mechanisms help keep our gardens well hydrated and less dependent on irrigation, which benefits the environment and our bottom line.



*Above are many of the talented individuals who comprise the 2024 Student and Volunteer Gardening Group at Stedman Community Hospice. They are pictured with mentor and horticulturist Lynn Leach, seated third from the left.*

Other major projects included the restoration of the labyrinth's centre mosaic as well as repairs to the deck at the back of Participation Support Services.

Overgrown areas of the gardens received a much needed facelift. Bushes and trees were trimmed significantly, allowing space for several new species of perennials to be planted throughout the gardens.

To date, our student and volunteer team has contributed 1076 hours. With September and October still to go, this is already an increase of 64 per cent over the 2023 season when a total of 655 hours were logged.

The work completed this summer has transformed our already lovely gardens into an awe-inspiring environment that provides daily enrichment and serenity for residents of St. Joseph's Long-Term Care and their families, Hospice patients, and employees across the campus.

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## Art & Horticulture Converge!



*Above are 'before' and 'after' photos of the swales located at various places in the garden. This extensive horticultural overhaul will keep our gardens well hydrated and less dependent on irrigation.*



On the left HT and Art Therapy students collaborate to provide a Cyanotype workshop for Hospice volunteers. Prints were created using materials from our gardens and the power of the sun.

Currently, flowers from the gardens are being pressed and preserved for use in upcoming programming that will provide hands-on learning and enrichment for SJLCB residents. Stay tuned for more details on this new program being introduced in the coming weeks.

### Fall Horticultural Therapy Education Series

This five-module certificate program will begin in October and offer expansive learning, including 160 hours of immersive study. The program offers authentic experiential learning that focuses on the core skills and knowledge recommended for professional registration with the CHTA.

Students will explore principles and practices for the professional use of horticulture as therapy.

As with the summer project, the education series aligns strongly with our strategic plan, providing an opportunity to support the next generation of innovative and compassionate care.



### Fall 2024 Horticultural Therapy Certificate

Fundamentals of HT - HTC1

Horticulture as a Therapeutic Tool - HTC2

HT Programming - HTC3

HT Techniques  
and Specialized Populations - HTC4

HT Management - HTC5

[Click here for full details on each course](#)

### Wind phone to be installed this fall

Thanks to a generous grant from the Rotary Club of Brantford Sunrise/Rotary District 7090 through St. Joseph's Lifecare Foundation, we will set out to design and construct a wind phone structure on our grounds this fall.

Since first introduced in the Tōhoku region of Japan in 2011, the concept of the wind phone (also called phone of the wind) has evolved into a worldwide phenomenon, with versions appearing in hundreds of locations around the world.

The concept is simple. It's a disconnected rotary phone placed in an outdoor setting where visitors can 'call up' their loved one(s), catch up on things happening in their life or express thoughts they never got to share, effectively releasing their words to the wind, with hopes that somewhere their loved one is listening.

The wind phone serves as a tool to support various types of grief, from broken relationships to the death of a loved one.

The photo above depicts a wind phone installation that is currently in place at the Streetsville Public Cemetery near Mississauga.

Our booth will be designed to ensure those assisted by wheelchairs can easily access the space.

As a note of interest, this installation coincides with the [150th anniversary](#) of Alexander Graham Bell's invention of the telephone right here in Brantford.



# Family Council Information Board

St. Joseph's Lifecare Family Council is a member of Family Councils of Ontario, dedicated to the promotion and improvement of health, welfare, quality of life and happiness of all residents of St. Joseph's Lifecare Centre. Family Council is an autonomous, caregiver-led group where members can give and receive ongoing peer support; help form positive partnerships with the home to improve resident-centred care and caregiver supports; learn about the home's operations, policies and rules; bring concerns forward through a collective voice; and advocate on behalf of residents to help improve their quality of life. All family members and caregivers are welcome at all Family Council activities and events.

Family Council wishes to salute the amazing staff in all departments and in all home areas who carry out their role with such patience, dignity and respect for our family members and friends who call St Joseph's their home.

## Did You Know:

If you are a visitor and the fire alarm sounds, please do not try to enter or exit the Home. Please stay where you are and await instructions from the staff or fire department personnel.

It is extremely important that you inform nursing staff when you are taking your loved one off their home area. This ensures that all residents can be accounted for in all situations, whether it be for an emergency or if St. Joseph's staff needs to administer medication.

As the weather becomes cooler, it will become necessary for residents to wear warmer clothing. During this transitional time of year, Family Council encourages families to switch out residents' clothing with the change of season as rooms have limited storage.

If you are not on our Family Council email list, please email [sjlc-familycouncil@gmail.com](mailto:sjlc-familycouncil@gmail.com) to ensure you receive communications.

Our Council is seeking a family member to sit on the Executive of St. Joseph's Family Council as an associate member to compliment the Executive. The time commitment is 4-5 hours a month. If interested, please reach out via email to [sjlcfamilycouncil@gmail.com](mailto:sjlcfamilycouncil@gmail.com).

## COMING EVENTS AND COUNCIL MEETINGS

**Thursday, Sept 19, 6:30 p.m. "Did You Know" Hour** in McMillen Hall on Level 1. Receive a valuable information booklet, have your questions answered and get the opportunity to provide your feedback.

**Sunday, Sept 22, 1:30 p.m. Resident and Family Social** in McMillen Hall. Bring your loved one for the Social ... Fun, Prizes, Laughs, Refreshments and Meet Others!

**Tuesday, Sept 24, 1:30 p.m. St. Joseph's Lifecare Family Council Meeting** in the Boardroom on the 4th floor. (elevator code 9900 \*, then press 4) or [click here to join virtually](#). Participate in sharing ideas, views, initiatives and hearing the latest updates from St. Joseph's Lifecare.

**Tuesday, Sept 24, 10 a.m. - 4 p.m.** Ahead of National Day for Truth and Reconciliation (Sept 30) staff from Woodland Cultural Centre will be onsite in the lobby of SJLCB, with orange t-shirts and Indigenous art for sale. [View flyer](#).



**Level 3 gourmet lunch.** Residents Emilia, Marie and Gene along with Gene's daughter Lucy (on the left) enjoy their upgraded gourmet lunch of either BBQ steak or chicken, courtesy of funding from Family Council and Resident Council.



**Level 1 gourmet lunch.** Resident Doug with his daughter, Patti, along with resident Mike.

When visiting the home, remember to check out the Family Information Board located on the ground floor just before the elevator.

For information on Family Council meetings, programming and activities, please contact: Michelle, Chair 519-802-2951 or Janet, Vice Chair 519-209-8638 or by email at [sjlcfamilycouncil@gmail.com](mailto:sjlcfamilycouncil@gmail.com)





## SJLCB appoints Natalie Saville-Townsend as Director of Nursing & Personal Care



After an extensive recruitment process, Natalie Saville-Townsend, RN, has joined our team as the new Director of Nursing and Personal Care (DOC). Natalie has extensive LTC experience coupled with a strong commitment to resident centered, high quality care. Natalie is dedicated to the wellbeing of residents and has a proven track record of delivering excellence in long-term care. Natalie is looking forward to getting to know family members and other caregivers of residents. Please introduce yourself when you see Natalie in the home areas.

## Congratulations to Blayne Hoskins, PSW Star of the Month



Blayne was nominated by her work colleague, Sarah Burr, who shared: *"Blayne demonstrates a remarkable calmness and kindness when interacting with families and residents. She is a highly supportive team member, consistently innovative in addressing challenges as they arise. Her problem-solving skills are outstanding, and she maintains a positive attitude even in stressful situations."*

Thank you, Blayne, for demonstrating St. Joe's values.

### Star of the Month program

Star of the Month is an employee recognition program in which residents, resident family caregivers and staff members nominate individuals who have contributed to the emotional, physical and/or spiritual well-being of others within the home.

Using criteria based on the values outlined in the SJLCB Strategic Plan, each month the WeTeam selects a winner from the nominations received. The winner receives a gift card and recognition within the home, on social media and in our monthly publications.

[Click here to nominate a deserving member of our team today!](#)



# SAVE THE DATE!

## TUESDAY, OCTOBER 29, 2024

### St. Joseph's Campus of Care Celebrates 20 Years!



Details to come in early October.