



St. Joseph's Villa

## *Our family caring for your family*

According to statistics Canada, the number of people aged 65 and over is expected to double from nearly 4 million in the year 2000 to over 8 million by the year 2026. Instead of representing 13% of our population, they will account for 21% of all Canadians.

The most rapidly growing age group will be 80 and older, which will more than double from 920,000 in 2000 to over 1,900,000 by 2026. Nearly half of these individuals will live in Ontario.

*"Thanks for the wonderful care you have given my dear wife, Sarah. Remember, that's how heroes are made – when people dedicate themselves to the care of others."*

*husband of resident*

### Because Families Care about Each Other

Our family of qualified staff and dedicated volunteers has earned St. Joseph's Villa a reputation for a gentle touch, a reassuring hug, a readiness to talk and a willingness to listen. We have long been the facility of choice for long term care, not only in Dundas and Hamilton, but also throughout the Golden Horseshoe. With a rapidly aging population, the future demands that we provide the kind of care and support that seniors need and deserve. Our community must continue to have a superior quality, long-term care facility.

The provincial government has clearly endorsed St. Joseph's need for extensive new construction and expansion in the area of Long Term Care. We have dedicated ourselves to not just meeting the government's new stringent standards, but to exceeding them. Our residents are our family and we will ensure their needs are fully provided for – with



dignity and respect. Now we need your help to build for the future.

Our family at St. Joseph's Villa has been serving the spiritual, emotional and physical needs of seniors for well over a century. As a leader in quality care and programming for seniors our facility is one of Ontario's largest and most innovative Long Term Care Facility.

*With each new resident admitted, our family also admits the resident's family. All our services – nursing, social work, therapeutic recreation, dietary, therapy and pastoral care – work together with family members to ensure the very best care is provided.*

## *Caring for each other*



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This dedication is evident in all that we do for our 378 residents. Our family also extends to the more than 200 seniors in the Adult Day Program who take advantage of the social interaction, therapeutic opportunities and regular nutritional meals. Some of the services we offer, such as the Community Bathing Program, are not available anywhere else in Canada.

At the Villa, the most important people are the residents. In fact St. Joseph's Villa recently received national recognition from the Donner Canadian Foundation and the Fraser Institute for excellence in the delivery of social services and care for seniors, as well as an ISO 9002 certification. Our focus has always been on our residents.

The fastest growing age group is now over 85. Three hundred of the Villa's current 378 residents use wheelchairs and require assistance with almost everything they do, including bathing, dressing and eating.

Changes in the way we provide care is only one challenge. The entire population is aging and the public demand for our services is growing. In fact the Villa has a list of community members

When our current facility was designed and constructed, typical residents were younger and more mobile. They were generally able to make their way around and the need for specially equipped facilities, like specially fitted washrooms, was minimal. Health care issues were simply less complex than they are today.



waiting to utilize outreach programs like the Day Centre, Respite Care and the Alzheimer Day Program. The demand will certainly rise even further in the coming years. We must be ready.

In order for St. Joseph's Villa to continue to meet the needs and expectations of current residents and the demands of a growing community, the Villa is undertaking a significant new construction and redevelopment project.

*"Our family is very grateful that you were able to appreciate Mom's sense of humour and respect her wishes. I know that Mom felt safe and cared for – you treated her with dignity and compassion. Mom had lots of friends on the staff, which is, in itself, very important – they saw beyond the frailty and cared for the person that was Josie!"*

*family of a resident*

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### A Tradition of Caring

When we ask people what they think about St. Joseph's Villa, they talk about two things: care and tradition. That's why this project has been designed to provide the very best of modern care while maintaining the wonderful traditions from the Sisters of St. Joseph. Rather than demolish and totally rebuild the facility, the Villa opted for an alternative that involves a combination of renovation and new construction.

### Our New Home

This \$52 million effort will see two fully integrated additions to the front and rear of the existing building. The Villa has also embraced new "design guidelines" recently established by the Ministry of Health and Long Term Care. These guidelines recognize the important differences between long-term care and hospital care through our "Free to Live Program". The Villa family will focus upon the social and interactive lifestyle needs of each individual resident as well as looking after nursing requirements.

Our plans will provide a new standard of quality care for seniors well into the 21st century. We are building a place where life can be lived comfortably, safely and with dignity. When we complete our work, the Villa family will enter a new era of excellence that builds on our long tradition of caring.

### About the Project

Our family is undertaking a very significant commitment to make the future a better place for your family. But we need your help to make it all possible.

These plans represent a major financial investment in a caring future at St. Joseph's Villa. We are fortunate that the province, through the Ministry of Health and Long Term Care and the Super Build Program, has made a major investment in our future. Through this commitment and a number of other agreements and partnerships, the Villa has access to resources to pay for most of the project. However, we still need approximately \$10 million in additional funding to meet the total project requirements.

To meet these funding needs, St. Joseph's Villa is asking for your help. Through a capital fundraising campaign, the Villa is seeking contributions from new partners, individuals and the community.

*"All of us want to be recognized as individuals and it is a tribute to St. Joseph's mission and philosophy that you do this so very well. In all my Mother's years at the Villa, her dignity and worth as a person were recognized, acknowledged and I think cherished by so many. People prayed with her, talked with her, smiled with her and expressed enjoyment at her presence. Mother was never isolated and she belonged to a community that you formed."*

*family of a resident*

### PROJECT FINANCING

Construction	\$40,086,900
Architects	3,526,000
Permits, charges, etc.	505,100
Furnishings & Equipment	1,512,000
Other costs & taxes	6,297,000
<b>TOTAL COSTS</b>	<b>\$51,927,000</b>

*"Loneliness brought me to the Villa and has provided me with the opportunity to interact with some wonderful people. If you are lonely do not tolerate it – come out to the Day Program."*

*Day Centre client*

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### What Does Your Support Do?

What will the \$10 million help to build? The most ambitious and important areas are the self contained Resident Home Areas (RHAs), which will be housed in the two new wings and our renovated existing North and South wings. Entrances and lobbies will be constructed to be more inviting and home like. The facilities have been upgraded for the Adult Day Program and Special Needs areas. The landscaping will be developed to compliment both the need for safe resident gardens and the new look of St. Joseph's Villa.

The RHAs will enhance resident life and improve resources for staff. The homelike atmosphere provides an environment that feels safe and familiar to residents, especially those suffering from dementia or Alzheimer disease. Fifteen RHAs will be created, each accommodating several residents, with private rooms and washrooms, standard rooms with semi private washrooms, a living room, den, dining room and kitchen. There will be space for visiting family, caregivers and staff. Places where compassion, understanding and empathy can be better accomplished.



As part of the rebuilding project, one RHA will specialize in Palliative and Respite Care. Palliative Care is the compassionate care of the terminally ill when their disease is no longer treatable and the control of symptoms, whether physical, emotional or spiritual, is paramount. The Respite Care Program enables caregivers to take a much-needed break from daily responsibilities by entrusting the care of a loved one to the Villa family. Seniors can also take advantage of Villa care before or after surgery.



*"Staff at the Villa are wonderful. I am sometimes lonely and look forward to the Resident Home Areas that will provide more interaction in the new building."*

*resident*

Raising \$10 million is not an easy thing to do. But we are committed to a better future. Building a better future means believing we can do it.

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### Research is a Very Important Feature at St. Joseph's Villa.

**B**etter understanding of seniors, their evolving needs, disease and symptoms, will enable health care specialists to improve senior's quality of life, meeting their expectations of physical and mental health as they age. The three key areas of research are quality of resident life; quality of end-of-life care, and the roles of family in Long Term Care.

Quality of end-of-life care has emerged as a critical health policy issue in Canada. Over 75% of all deaths occur in people over 65 years of age and 75% of deaths take place in hospitals and Long Term Care facilities. Despite these statistics, there is little evidence on how terminally ill adults are treated in Long Term Care facilities. The research project will identify factors that promote or prevent good care of the dying in Long Term Care facilities.

The population of the Villa is changing with the Canadian demographics. As seniors of 80 years of age or more join the Villa family, they bring more complex needs with them. Ten million dollars and the government's committed financial support will build and reconstruct a home that accommodates the needs of our aging families.



*"The atmosphere at St. Joseph's is warm, friendly and welcoming... I know that warmth, friendliness and willingness to communicate with others do not just happen. They are the product of patience, hard work, love and a commitment to service. Thank you for what you did and were for Mother..."*

*family of resident*

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