

Villa Bulletin
April 2009



WANTED!

Gently used men's and ladies' clothing for the Tuck Shoppe.
Thank you.

Smokers' News

Now that the warmer weather is here, everyone is anxious to get outside and enjoy it. Over the winter, it was noticed that cigarette butts have been thrown carelessly on the sidewalk and in the gardens. Most of the smokers are very considerate and use the containers provided to put their cigarette butts. A few inconsiderate people will throw their butts anywhere leaving other people to clean up after them. This creates a very poor image for the Villa and particularly for people who smoke. If you are a smoker, please make sure you place your cigarette butts in the containers provided.



Also, a reminder to smokers that **The Smoke Free Ontario Act** stipulates that smoking is not permitted within 9 metres (approximately 30 feet) from any Villa doorway. We are required to enforce this law and anyone who is found to be smoking within the legislated boundaries puts themselves as well as St. Joseph's Villa at risk of very large fines.

The Villa administration respectfully asks that smokers adhere to the above requests.



Thank you to for those who voted for St. Joseph's Villa for the Hamilton Community News Readers' Choice Awards. We again were selected in two categories – Long Term Care Home and Nursing Home. Next year they will be combining these two categories. It's all good news.

A Celebration of 130 Years

Join the Foundation at the 8th Annual Gala Event
Friday, April 24, 2009

Liuna Station

Honourary Chair: Canadian Actress/Comedian
Jane Eastwood

Entertainment:

The Tartan Terrors

Tickets: \$175

Reserve Your Tickets Now by calling 905-627-9011 ext. 2293 or fax 905-627-8978

Or email lgreene@sjv.on.ca



Let's go Shopping!

Geri Fashions will once again be bringing a selection of regular and adapted clothing when their mobile store visits on Thursday, May 7th. Please stop by the Auditorium between 10 and 3 to see what's new.

Any requests, or questions please feel free to call Janet Casey @ ext 2233. **Silvert's** Spring/Summer catalogue is now available. Call 1-800-387-7088 to have one sent to your home or pick up a copy in the lobby across from the Tuck Shop.



Golden Wear clothing is a Manitoba based company whose focus is on creating quality, affordable, and functional clothing for those that have special needs. This year marks their 28th year in business. They make every effort to have their clothing manufactured within Canada, and many are made in Winnipeg. All cloth used in the products bearing the Golden Wear label are tested within care home laundries prior to manufacture. In most cases they succeed in finding cloth that holds-up under institutional laundry.....a difficult task given the temperatures and chemicals.

Check out their products at www.goldenwearingclothing.com or pick up a catalogue in the lobby across from the Tuck Shop beside the Family bulletin board.



Celebrate Easter at the Villa

“The angel said to the women, ‘Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen.’ – Matthew 28:5-6

The ground is thawing, birds are singing and buds are appearing on the trees. Spring is upon us as we get ready to celebrate Easter at the Villa. All residents and their family members and friends are welcome to join us for Palm Sunday mass on Sunday, April 5 at 10:00 a.m., and for three special Holy Week services.

Father Kennedy will celebrate Maundy Thursday mass on Thursday, April 9 at 10:00 a.m., and Father Biju will lead us in a Good Friday service on Friday, April 10 at 3:00 p.m. and an Easter mass on Sunday, April 12 at 10:00 a.m. Come worship with us!



The next Family Council meeting is on Monday, April 20th at 7pm in the Auditorium Lounge.
Please join us!

Great News!

Congratulations to the Adult Day Program for successfully obtaining funds from New Horizons for Seniors (Human Resources and Social Development Canada) in the amount of \$24,500. These monies will be used to build a pavillion at the south entrance to the Day program for both Day program and resident use, to build raised flower boxes at the Day program entrance and to install an electric awning in the Enchanted Garden. Congratulations to Tamara Johnson and the Day Program team!

Jeanie MacFarlane's Portrait of Al of the Adult Program

Al is the same person he's always been -- knowledgeable, well-spoken, confident but modest. He likes exercise, mind-sharpening games and good conversation. Once or twice a week he joins a group of like-minded people at St. Joseph's Villa to hit the gym, join a trivia challenge and chat. His wife, Anne, will have the afternoon to herself, and might visit a relative. After 48 years of marriage, they know that a little independence is a good thing -- and they can catch up on each other's activities at the end of the day.

The routine is important to Al. It's one of the things that keeps him going. Another is an electric wheelchair with head support. At 70, after an active and demanding career, Al finds himself nearly immobilized by multiple sclerosis.

He has always worked hard. Before his retirement as a manufacturing expert, and playing soccer for several Southern Ontario amateur teams, he recalls, "I was a go-getter. I was always up and doing something with my jobs and sports." But as his health worsened over the last few years, Al was doing something unfamiliar: nothing. "I was sitting at home. I didn't want to go out because of my sickness."

Al took a good look at what his afternoons out at the Villa could do for him. There, he could socialize with peers, "feel safe" in spite of his physical challenges, and enjoy the work of caring and innovative staff. "They impressed me," he recalls. "I felt comfortable."

He could be himself. Al's years of sports conditioning piqued his interest in the adapted fitness program he joined in the Villa's S.I.M gym. Always easy with people, he also liked the program's companionship. "I can talk about anything," he notes. He is often drawn to the quietest member of the group to offer encouragement. "It's a day out. Why not get involved?"

In almost the same breath, Al will make two quiet, straightforward points: "I've been very lucky in my life" and "sometimes I can't believe I can take it the way I do."

The two observations don't cancel each other out. He still works hard -- at staying away from what he calls "the dark side" of sadness and discouragement. And when he thinks about the world in general, he reflects, he knows that "there's always someone who is worse off than you." That keeps him balanced. And it pleases him to know that "if you make (others) realize it, they'll feel better."

