

Villa Bulletin
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No. 65



'Distinctly Canadian' Gala Event

St. Joseph's Villa Foundation will host their 7th Annual Gala Event on Saturday, April 12, 2008 at Liuna Station in Hamilton. This is the Foundation's major fundraising event of the year. Come and enjoy a spectacular evening of fine dining, unique auction items, exceptional entertainment by Canada's

leading songwriter/composer, Ian Thomas, and a spectacular celebrity photo exhibition by one of Canada's most popular celebrity-event photographers, Brent Perniac. Tickets are \$175.00 each and can be purchased through the Foundation office at (905) 627-9011 ext. 2293.

Grand Opening

The S.I.M GYM celebrated its grand opening on January 25th. Thank you to the generous support of the Hamilton and Burlington United Way, the fitness program initiated with members of the Adult Day Program has now expanded. The S.I.M Gym is a new trademark of St. Joseph's Villa, under the direction of the Manager of Health and Wellness Programs. The fitness centre is open Monday to Friday, 9 a.m to 5 p.m and closed all statutory holidays. This fully functional fitness centre is for persons ages 55 and up in our community. Members have access to the services of a personal trainer, aerobics instructor and the assistance of an OTA/PTA (therapy assistant) on staff. Membership is only \$35 per month and includes the fitness classes. If you just want a short work out, perhaps try the aerobics classes offered Monday, Wednesday and Friday for \$3 each session without a membership.



Basic Aerobics 9:00-9:30

Sit and Be Fit 10:00-10:30

Low Impact Aerobics 1:00-1:30

Our motto is fun, friendship and fitness. Stop by to meet us, or call ext 2109 for more information!

Everyone Into the Pool!

Come join us and discover a unique program at St. Joseph's Villa—tucked away on the ground floor west wing. Our 92° pool keeps a bright and warm atmosphere for a variety of water activities.



For your grandchildren/great grandchildren:

In mid-September, we begin our Fall swimming session of Aquatots (for parents and babies/toddlers) and AquaQuest (beginner lessons). These classes are offered on weekdays, week evenings, and Saturday mornings. You could combine a visit with learning to swim.

For your family member in residence:

We have a couple of residents who are able to come for water exercises on their own. Others come to classes with one of their children to help them. Most of them attend the Tuesday 9:30 a.m. (1/2 hour extra gentle) class. There is no fee to our residents or their assistants.



For visitors:

As a regular or occasional visitor, you can take time with your loved one and then add some recreation, new friendships and a beneficial water exercise to your routine. We have many classes in the mornings to choose from and offer some evening classes as well. For schedules please contact Reception.

Welcome

Please welcome David Bakker to the position of Director of Finance. David has accepted this position and started work on February 19. With 12 years of progressive experience, his career has taken him through various areas of finance and senior management experience including auditing, budgets and analysis, strategy and planning. He has a MBA degree from Wilfrid Laurier University and a CMA professional designation. He and his family are long time residents of Dundas.

CARF – Commission on Accreditation for Rehabilitation Facilities



The Ontario Ministry of Health and Long-Term Care has announced the formal exploration of recognition of CARF (Commission on Accreditation of Rehabilitation Facilities) in relation to the accreditation premium available to long-term care homes in the province. This will provide long term care homes a choice in accreditation models to implement that will best meet each home's needs. St. Joseph's Villa has been selected as a pilot site to compare this alternative accreditation model. In total, eleven homes in the province are part of this pilot test. The standards and criteria for the person-centered long-term care (nursing) community are a great match with the Villa's Free-to-Live philosophy. The program will also look at business practices and the Resident care process. Kim MacKinnon, Director of Performance and Quality Systems, and Natalie Cameron, Unit Manager, are coordinating the pilot – please feel free to ask any questions you may have as we go through this exciting journey.

Founded in 1966, CARF is an international, independent, non-profit accreditor of health and human service providers and networks. The human service sectors served by CARF include the continuum of aging services, behavioural health, medical rehabilitation, employment and community services (developmental services), and child and youth services. CARF has a long history of accrediting Canadian organizations, beginning in 1969. CARF Canada is a member of the CARF International family of organizations and was incorporated in March 2002; it has offices in Edmonton and Ottawa and serves more than 250 accredited organizations across Canada. CARF is now recognized in Ontario as an accreditor of choice in several areas. One Ontario organization has already been awarded CARF accreditation for its person-centred long-term care (nursing) community and its continuing care retirement community. In fact, several individuals from Ontario's long-term care organizations had an opportunity to participate in the development of CARF's current aging service standards. Some of these individuals are now CARF surveyors in aging services.

The CARF accreditation process begins with an organization's self-assessment against a set of specialized, consensus-based, field-driven standards. The standards focus on culture change, resident quality of life, and ongoing performance improvement. The standards are intended to be practical, useful tools that will guide organizations in managing their day-to-day operations. The self-assessment is followed by an impartial, external, on-site review of an organization's conformance to these accreditation standards. The survey is conducted by peer surveyors and is a consultative process focused on performance improvement and recognition of high quality services and business practices.

Marking Clothes

Please remember that all clothing brought into the Villa needs to be labelled. A record is kept of each article of clothing, with a brief description and when it was marked. Clothing can be dropped off at Reception or on the home area for marking. It is important to have this done even if you choose to do the laundry. Thank you.



Assessing Resident Quality of Life and Satisfaction

Each year a survey is conducted to measure Resident satisfaction in regard to care, services, and other features of quality of life including social, emotional, and home environment aspects. The survey identifies areas the Villa excels in as well as areas for potential care improvement. We value the feedback in relation to our Residents' and family members' satisfaction with care practices and services. This has been shown in the various quality improvement initiatives (e.g. food and laundry services, communication between nursing staff and Residents / family members) that have taken place as a result of survey responses.

This year's survey will be conducted in April 2008. This project involves trained interviewers conducting in-person interviews with Residents.

Residents unable to complete the interview will have a survey mailed to a family member. The interviewers will be visiting all Resident Home Areas for approximately 2 weeks.

Diane Crawshaw of the Research Network will be working at St. Joseph's Villa for the 2 weeks that the interviews take place to oversee the project. If you have any questions or concerns regarding this project please feel free to contact Maureen Tettman at (905) 627-9011, Ex. 2322.

Enchanted Garden

The federal government's New Horizons for Seniors has fully funded the grant application filed by the Villa staff in conjunction with the St. Joseph's Health System Research Network for the "Enchanted Garden", a horticultural therapy program. This will go toward the initial set up of the program, furnishings, horticultural consultants and staff training time. This program will be utilized by day program participants, residents and families. The spring will see this program take off and grow! The garden is located on the ground floor across from the administration offices. Watch as this exciting project takes shape.

