

" Plaid Day: P. 4"

" The Courts: P. 5"

" TRUE DOORS"

- DOOR WRAPS: P. 7

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Jubilee JOURNAL

JAN 2019



**EDEN ~
From
The Garden**

EDEN ALTERNATIVE PRINCIPLE # 9 CREATING AN ELDER-CENTERED COMMUNITY IS A NEVER-ENDING PROCESS. HUMAN GROWTH MUST NEVER BE SEPARATED FROM HUMAN LIFE.

Together, we are stronger...

Adopting a resident-directed approach is a never-ending process that requires a strong commitment. We need a clear path forward to exceed regulatory expectations with a powerful peer support network using resources and education to set Jubilee apart and create a sense of team pride. Well-being is a much larger idea than either quality of life or resident satisfaction. It is based on a holistic understanding of human needs and capacities. Well-being is elusive, highly subjective, and the most valuable of all human possessions. Well-being is the path to a life worth living. It is the ultimate outcome of a human life.

The Eden Alternative identifies seven domains of well-being that we will use as a simple framework for asking thoughtful questions that help identify the unmet needs of those we care for:

IDENTITY—being well-known; having personhood; individuality; having a history

GROWTH—development; enrichment; expanding; evolving

AUTONOMY—liberty; self-determination; choice; freedom

SECURITY—freedom from doubt, anxiety, or fear; safety; privacy; dignity; respect

CONNECTEDNESS—belonging; engaged; involved; connected to time, place, and nature

MEANING—significance; heart; hope; value; purpose; sacredness

JOY—happiness; pleasure; delight; contentment; enjoyment.

A question that challenges those committed to changing the culture of care is: What makes life worth living, and how do we measure it? The ultimate goal of culture change is well-being for all — all care partners (the Elder or individual accepting support, all staff, family members, and volunteers), the organization, and ultimately the community.

The Eden Alternative promotes the concept of care partnership, which affirms that care is a two-way street, focused on ensuring the growth and well-being of everyone involved in the care relationship. It acknowledges that the quality of our relationships is the key to our success, and that care and well-being is for everyone, not just the individuals receiving treatment or services. While the resident-directed model of care challenges us to change our attitudes, beliefs, and values, it also redefines how we measure the quality of outcomes — a need growing increasingly urgent, as more and more organizations begin the culture change journey. The institutional model has well-defined measurements, focused mostly around quality of care issues, with outcomes posted on our government's website for all to see. If used properly, they are effective for determining if an Elder is receiving appropriate physical care, but they fail to measure what a life worth living means. To address this, we need to define a new way to articulate and define our success. So, what is quality of life? How do we define genuine caring?

Eldercare with the Eden Alternative:

- ☐ Mistakes will happen and are acknowledged. ☐ Honest mistakes are forgiven and offer a chance to learn. ☐ The organization celebrates the value of humility, forgiveness, and patience in creating quality of life. ☐ The focus is on finding ways to help each other to grow. ☐ Learning Circles are used to communicate, develop ideas, and build relationships. ☐ The organization/community celebrates successes and milestones, no matter how small they may seem.

Written by Robin Resourced: www.edenalt.org.

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Porteous Lodge Stensrud Lodge

"Your Care Matters to Us!"

In the event you have any questions regarding your care please direct them to the Registered Nurse. If they are unable to assist you, please contact Val Hnatuk, Director of the Care Team at Stensrud Lodge and Porteous Lodge. 

Jubilee Residences Executive Team

Yvonne Morgan,
CEO
306 955-0234 ext 106

Deb Taylor
VP - Quality & Safety
306 955-0234 ext. 108

Aurora Zhou
VP - Corporate
Services
306 955-0234 ext 105

Robin Wolfe
Executive Assistant
306 955-0234 ext 109

Jubilee Residences Management Team

Kelly Greenwood
Director of Safety
306 373-5580 ext 222
306 382-2626 ext 222

Steve Harder
Director of Maintenance
306 382-2626 ext 226
306 373-5580 ext 222

Heather Saunders
Director of Human
Resources
306 955-0234 ext 103

Kathy Pawluk
Housing Coordinator
306 373-5580 ext 235

Caroline Yang
Manager Accounting
Services
306 955-0234 ext 101



STENSRUD LODGE

The magic and wonder of Christmas lives in the spirit of love and giving. And in the true spirit of the season, we would like to share that Jubilee Residences is the recipient of a very kind and very generous \$60,000 donation toward the Jubilee Residences Inc. Comforts of Home – Bathing Room Project.

It is often said at Christmas, that the magic of Christmas is in the giving not in the receiving. In this instance, I disagree – it was pretty magically to receive this donation. The donation will definitely impact the quality of care for our residents and we could not be more thankful. It means we will be able to quickly move forward with the prioritized replacement of an aged and failing tub in Stensrud Lodge plus renovate the bathing room into a warm, spa-like space. The two oldest tubs are on the first floor in Stensrud Lodge. Staff will be involved in full discussion in the selection of the tub room and all parties that worked on the Porteous Lodge tub room renovation are willing to donate their time and expertise. It means that we will be able to continue to meet the present, and future bathing needs of our residents. It means that we will be better able to meet the needs of our Residents and better able to create an environment that our Residents are proud to call home and where their families will know that their loved ones are in a safe, secure, and caring environment. We look forward to working with Curtis Elmy and Trevor Ciona from Atmosphere Interior Design and Tom Redhead of SuRe Innovations and Andrew Wagner of Maison Design + Build! We are SO excited!

You're supposed to let go of the past and start off new. You're supposed to forgive all those who have hurt you, and be open to new relationships, with open arms. That is why it is called the 'New' Year. May you have a Happy New Year!

Dear Head Cook, I'm always hungry and was wondering what time meals are at Stensrud Lodge and are there any snacks available if I am still hungry after meal times? **Hungry Harvey**
Dear Harvey, We provide 3 meals a day here at Stensrud Lodge. Breakfast is a relaxed breakfast from 7:30 – 10:00am. This provides time for those that are early risers and for those that like to sleep in a bit. We serve toast, muffins, eggs, hot cereal, assorted cold cereals, assorted juices and coffee or tea. Lunch time is when we have our bigger meals. That is when we are more active and burn more energy. Meat, potatoes, vegetables and dessert. At supper time we serve a bit smaller meal, always with a bowl of homemade soup and dessert. All meals come with water, milk, tea or coffee. In the afternoon we provide a snack. We try to provide a variety of cookies, cakes, cheese and crackers, fruit or yogurt. There should also be cookies in the cupboard and sandwiches and bread for toast in the fridge for those needing an evening snack.

DATES TO REMEMBER

		Happy New Year to All!		Mon	Jan 21	Music with Wes	2:15 pm
Tues	Jan 1	Recreation dept closed		Tues	Jan 22	Read with Jeff	10:30 am
Wed	Jan 2	Men's Group	2:00 pm	Wed	Jan 23	Gospel Music with Ralph	2:15 pm
Thurs	Jan 3	Pizza Making	2:00 pm	Thurs	Jan 24	Harp Music with Pat	2:15 pm
Fri	Jan 4	Pancake Breakfast—2nd floor	7:30 am	Mon	Jan 28	Music with Elizabeth	2:30 pm
Mon	Jan 7	Ukrainian Christmas to all		Tues	Jan 29	Birthday Party	2:15 pm
Mon	Jan 7	Western Development Singers	2:30 pm	Wed	Jan 30	School visit with Roland Michener— January Bingo	2:00 pm
Tues	Jan 8	Slides with Jack Millar	10:30 am	Thurs	Jan 31	Newcomers Tea	2:00 pm
Wed	Jan 9	Quilting Bee	2:00 pm				
Thurs	Jan 10	Community Association Meeting	2:45 pm				
Fri	Jan 11	Pancake Breakfast—1st floor	7:30 am				
Wed	Jan 16	School visit with Roland Michener—carpet bowling	2:00 pm				
Thurs	Jan 17	Saskatoon Children's Choir	6:00 pm				

May your troubles be less, may your blessings be more, and may nothing but happiness come through your door! Happy New Year!

Stensrud Lodge Contact Information

306 373-5580

Extension**Director Care Team**

Val Hnatuk

226

Receptionist

Cathy Stuchenko

221

Manager Support Services

Bev Jacobson

225

Recreation/ Therapies

Lisa Loveridge & Lana Mulic

224

Volunteer Coordinator

Lyla Fuller

244

First Floor Nursing

230

Second Floor Nursing

233

Dietary

Michael Pszedwoyski

228

Good-bye's & Hello's to Our Residents

With heartfelt sorrow we say
goodbye to Residents who have left this world.

With heartfelt sorrow we say

We say farewell to:

Louis Bourassa.

Welcome to our new Residents who have decided to make Stensrud Lodge their Home. Our commitment is to ensure that every individual is treated with dignity, respect and kindness. Please feel free to express any concerns or questions you may have to our staff. We welcome: Alvin Naistus and Carl Hogemann.

The Children's Choir will perform at Stensrud Lodge on January 17th, 2019 from 6:00 - 6:30 pm. Thank you to Steve Harder for arranging this for us!

For daily maintenance concerns during the week for courts, please contact **Cathy** at **306 373-5580 ext 221.**

Should you have any concerns on the weekends regarding minor maintenance issues, please contact your custodians.

**Eamer Court
Richard Care—306 292-9597**

**Cosmo Court
Gary Pinkerton—306 291-4404**

**Are YOU wearing
your name tag?**

Stensrud Lodge Reception Office cannot process any payments to accounts after 2:00 pm on the last business day of the month to allow for month end procedures. Please make arrangements to conduct your business prior to our month end cut off.



PORTEOUS LODGE

The Lighter Side

My memory is gone Mildred, so I changed my password to 'Incorrect'.

That way when I log in with the wrong password, the computer will tell me,

'Your password is incorrect'."

Life is a one time offer - use it well!



A Poem about Alzheimer's

Do not ask me to remember.
Don't try to make me understand.
Let me rest and know you're with me.
Kiss my cheek and hold my hand.

I'm confused beyond your concept.
I am sad and sick and lost.
All I know is that I need you
To be with me at all cost.

Do not lose your patience with me.
Do not scold or curse or cry.
I can't help the way I'm acting,
Can't be different 'though I try.

Just remember that I need you,
That the best of me is gone.
Please don't fail to stand beside me,
Love me 'til my life is done.

NEWS FROM RECREATION

On November 29 we took a trip to the Festival of Trees at the Western Development Museum. Residents on this trip were: Joyce O.; Fred O.; Sharon W.; Deb F.; Deb H.; and Teddy T. Thanks to Terry, Daniel and Kristianne for helping out on this trip. On November 29 we held our Memorial Service. Thanks to Don Balzer for performing the service and to everyone who helped make the service special. Thanks to Cheryl for organizing this special program. On November 30 we took another trip to the Festival of Trees. On this trip was: Keith B.; Nick R.; Leona H.; Russell W.; and Alpha H. Thanks to Myrna, Terry and Karie for helping on this trip.

The afternoon of November 30 saw us take our last trip to the Festival of Trees. Residents on this trip were Marie H.; Liz H.; James R.; Fay S.; Lloyd M.; and Marie W. Thanks to Myrna, Terry, Karie and Allie for helping on this trip. On December 3 we took a trip to the Enchanted Forest at the Forestry Farm. Residents enjoying this trip were Irene N.; James M.; Kay R.; Marion T.; Alda W. and Lena H. On December 6 we took another trip to the Enchanted Forest. This trip was enjoyed by Phil H.; Laurie B.; Gavin M.; Keith B.; Alex W.; and Sharon W. Thanks to Karie and Allie for helping with this outing.

DATES TO REMEMBER

Wed	Jan 9	Birthday Tea	2:00 pm
Fri	Jan 11	Community Association Meeting	10:30 am

Porteous Lodge Reception Office cannot process any payments to accounts after 2:00 pm on the last business day of the month to allow for month end procedures. Please make arrangements to conduct your business prior to our month end cut off.

This week Porteous Lodge have received a donation of three fidget blankets and four crocheted blankets from Barb Herman.

We also received a cheque and six fleecy blankets from the wife of a past resident - Evelyn Chimboryk. Evelyn has donated money and things every year since her husband passed.

Porteous Lodge Contact Information	Are YOU wearing your name tag?
306 382-2626	Ext
Director Care Team Val Hnatuk	223
Facility Assistant/Receptionist Rae Gamble	221
Manager Support Services Bev Jacobson	237
Recreation Coordinator Brad Lavoie	234
Recreation / Volunteer Coordinator Cheryl Clarke-Chorney	234
Dietary Department Carmene Doucette	232
Maintenance	235
Lodge Nursing	228
Villa Nursing	230
Physical / Occupational Therapies	238

Good-bye's & Hello's to Our Residents
We wish to say cheers and good bye to Gavin MacDonald who moved home to live with his family.

Welcome to our new resident who has decided to make Porteous Lodge his Home. Our commitment is to ensure that every individual is treated with dignity, respect and kindness. Please feel free to express any concerns or questions you may have to our staff.

We welcome: Larry Scammel.

Growing to Golden: Eden isn't something that's "once and done." It inspires the daily life of how care is provided in our community. It influences all aspects of resident care, from food service to nursing care, from spiritual care to activities, from facility management to human resources. It will unite all the support areas together with a shared focus of providing the highest quality of care and address the three plagues that affect aging residents in long-term care: boredom, helplessness, and loneliness. Residents provide input into the care they receive through resident council meetings. Activities may include: daily programs; outings, music, church service, pet therapy and more. Food service provides residents with menu choices, à la carte breakfast and flexible dining schedules. Eden culture change also has significantly impacted how care is delivered such as permanent staff assignments that help build relationships. Eden is about paying attention to the little things that are important to residents. It's also about relationships!



STENSRUD & PORTEOUS LODGES

Burn's Night, also known as Burn's Supper, is a holiday celebrated in Scotland on January 25th in honor of the poet Robert Burns. While this holiday is officially a Scottish holiday, many people all over the world celebrate it by hosting their own versions of Burn's Supper.

History of Burn's Night

Robert Burns was a Scottish poet and lyricist who was born on January 25th, 1759 in Ayrshire, Scotland. He was regarded as a pioneer of the romantic movement. He is not only known for his poetry but is also known for his original compositions. Although he died on July 21st, 1796, he gained enormous popularity in Scotland during the 19th and 20th centuries.

Burn's Night can be traced all the way back to a supper held by the friends of Robert Burns on July 21st, 1801. They had gathered together on this day because it was the fifth anniversary of his death and they wanted to honor him. This first Burn's Night was held at Burns Cottage. That year, the Burns Club was founded and a supper was arranged on what the founders thought was Robert Burn's birthday—January, 29th. However, they then discovered records which showed Burn's birthday was actually on January 25th. Since then, Burn's Supper has been celebrated on that day.

Burn's Night Customs & Celebrations

One of the traditional ways to celebrate Burn's Night is with a Burn's Supper. These dinners can be formal or informal and may include only friends or friends and family. During this supper, 'Selkirk Grace' is recited as well as the 'Address to a Haggis'. Whiskey and food are also main components of this supper. Some of the food which is served includes Cullen Skink (fish soup), Haggis, neeps (turnips) and tatties (potatoes). Desserts often include oatmeal shortbread, whiskey caramels and marinated raspberries.

Let's make Friday, January 25th Plaid Day! We are looking forward to seeing you sporting your best plaid (tie or socks or shirt or jacket or whatever) on Friday, January 25, 2019. Make sure you take photos and send them to Kelly Dersch or Rae Gamble for posting on Facebook.

May your new year be blessed with peace, love and joy. Sending you heartfelt wishes with joy that never ends.

Did you know? Dental examinations/assessments and dental treatment is available here in Porteous and Stensrud Lodges. Dr. Raj Bhargava and his dental team, utilizing mobile equipment, can provide dental check-ups, cleanings, fillings, extractions and denture work. Normal dental fees will apply and if you or a family member are interested, please contact the Director of Care Team for more information or contact Dr. Raj Bhargava directly at Varsity Dental Group at 306 665—2400.

Seven Words: Make the most of your time here. Think about what your seven-word message might be. What is possible to convey in just seven words? Everything, it turns out! Make the most of your time on earth. This couldn't be any more fitting. Take stock of your own life. Hug your kids a little tighter, run a little longer, and soak up a little more sunshine. Do you have a seven-word message— maybe it'll be something like "get outside and explore that beautiful world."

January highlights **Code Red! What does Code Red Mean?**

Code Red is a term used to describe a fire situation. The alarm is activated through verbal / telephone notification or automatically through a fire system (i.e., pull station, smoke activated). **Code Red All Clear** is a term used to announce that the fire threat is over. All personnel may resume their duties and building returns to normal operations (i.e., resume use of elevators). NOTE: A **Code Red** may invoke a Code Green (evacuation).

IN CASE OF FIRE, REMEMBER

RACE: R – Rescue residents, visitors, staff, etc. from fire threat
A – **Activate** the closest safe pull station or activate fire alarm system and dial 9-1-1

C – **Contain** the fire by closing doors and windows
E – **Extinguish** only if safe to do so or Evacuate following Code Green procedures

TO USE A FIRE EXTINGUISHER, REMEMBER PASS:

P – **Pull the pin**
A – **Aim** the nozzle at the base of the fire
S – **Squeeze** the trigger
S – **Sweep** the extinguisher from side to



12 Steps to Self Care:

1. if it feels wrong, don't do it
2. Say exactly what you mean.
3. Don't be a people pleaser.
4. Trust your instincts.
5. Never speak bad about yourself.
6. Never give up on your dreams.
7. Don't be afraid to say no.
8. Don't be afraid to say yes.
9. Be kind to yourself.
10. Let go of what you can't control.
11. Stay away from drama and negativity.
12. Love.



Jubilee Residences is very grateful and proud to share that **Bev Jacobson is now starting work in her 40th year for Jubilee.**

Residences. Bev started on December 10, 1979 at Stensrud Lodge. On her first day of work there had been a huge snowstorm the night before. Bev left her driver stuck in the Stensrud driveway so that she wouldn't be late for her first day of work!

Jan McIvor was the Director of Care at the time and Frank McKenzie was the Administrator of Stensrud Lodge. Sheila Scharf who was a resident attendant (in those days) welcomed her at the front door with a big smile. Bev felt at home right from the start when she walked in the door!

Bev gladly took any education that was offered; she received her Special Care Assistant designation and certificate on June 10, 1986. Bev worked as a Special Care Aide until 2007 and it was at this time that she became ill and was off work. When Bev returned to work she was accommodated into a Unit Assist position. The Unit Assist position morphed into an Administrative Officer position.

Bev joined the management team on January 1, 2018. Bev has shared that she has not wanted to work anywhere else. She had been an active Occupational Health Committee member for years. She has been trained as a GPA (Gentle Persuasive Approach in dementia care) coach, as an Eden Alternative Philosophy Associate, a hand hygiene auditor, and a WHMIS 2015 educator.

Bev would like to share that she has met and worked with many great people!.....fellow employees and Elders alike! Bev would also like to share that she has made life-long relationships only because we met at Stensrud Lodge!



THE COURTS

EAMER COURT

Exercises: every Thursday morning at 9:30 with Marion A.

Milk Delivery: Gerhard will be picking up orders for milk and common dairy items every Wednesday morning with delivery the same morning. Please use the sign-up sheet on the Eamer and Cosmo court bulletin boards or call Gerhard directly at 306 934-8936. Gerhard is a volunteer and he doesn't charge a delivery fee, not even for his gas! He charges only for the cost of the item. Thank you Gerhard!

Social Club Meeting: Wednesday, January 2nd at 7:00 p.m.

Entertainment: Tuesday, January 8th at 7:00 pm. The cost is \$3.00 each and a light lunch will be served.

Supper: Thursday, January 17th at 5:30 p.m. 'Ukrainian supper'. Look for posters. Everyone is welcome.

Book Club: Wednesday, January 16th at 1:30 pm in Kathy's office.

Birthday Party: Tuesday, January 15th at 2:00 p.m. We will be celebrating January and February birthdays with coffee, tea, cake and ice cream. Everyone is welcome. Please bring a cup for coffee or tea.

Hair Salon: "Sandy from Running with Scissors" is welcoming new clients. Come in, have a coffee, and get ready to set the trend for 2019! Call 306 241-1334 to book appointment. Sandy works on Wednesdays and Thursdays so you can pop in and see her.

Welcome to New Tenant: William Berry #126.

Eamer Court Social Club Executive:

Ron Wrishko	President	Marlene Eaton	Secretary
Ralph Underwood	V. President	Susan Popadynech	Treasurer

To rent the Eamer Lounge: Contact Kathy at 306 373-5580 ext 235.

EAMER & COSMO COURTS

Ambulatory individuals with osteoporosis, history of vertebral fractures or hyper kyphosis are invited to participate in a Nordic Walking intervention. Intervention includes up to 3 Nordic walking sessions per week over 3 months. Sessions will be at the Market Mall. Measurements include bone densitometry (DXA), mobility and postural measures which will take place at the Community Health Centre in the Market Mall and College of Kinesiology labs at the University of Saskatchewan. For more information, please contact Professor Saija Kontulainen.

(saija.kontulainen@usask.ca)

The Lighter Side!

An old married couple are sitting on the couch watching television. On the show they were speaking about how to prepare in case of death etc. "Honey", says the husband turning to his wife with a serious expression, "I want you to promise me, that if there ever comes a time that I am dependent on just machines and bottled fluid, that you will make sure to put an end to it."

"No problem hun," said the wife and she promptly got up, turned off the television and poured his beer down the drain.

COSMOPOLITAN COURT

Social Club Meeting: Monday, January 7th at 7:00 pm in the lounge

Blood Pressure Clinic: Lona from Saskatoon Home Support will be here on Tuesday, January 8th from 9:00-10:00 am.

Coffee Mornings: Tuesdays: January 8—15—22—29 8:30 to 10:00 am \$2. each. Bring a cup!

Chinese Supper: Saturday, January 12th at 5:30 pm bring your own dishes! \$12. each

Bingo: Sunday, January 20th; free of charge! Come play!

Movie: Thursday, January 24th; watch for posters!

Renting of the Lounge: Contact Kathy at (306) 373—5580 ext 235

Please be mindful: ALL PETS MUST BE ON A LEASH—this includes cats.

Notice to All Tenants: During office hours please report any leaking taps or toilets to the reception desk at Stensrud (Cathy) at 306 373 - 5580 ext 221. Thank you.

For after hours maintenance concerns, please call Gary at 306 291- 4404.

MOUNT ROYAL COURT

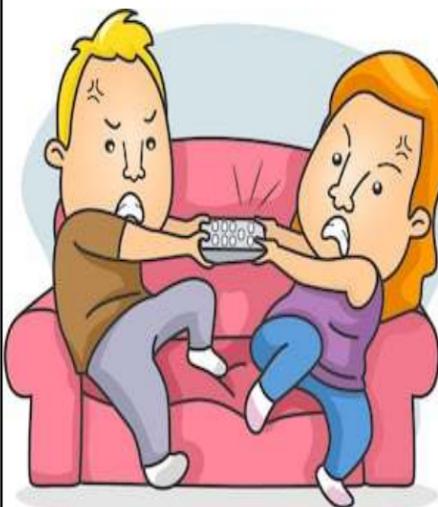
Notice to All Tenants: During office hours please report any leaking taps or toilets to reception desk at Porteous (Rae) 306 382—2626 ext 221. Thank you.

Welcome to New Tenant: Claude April

Jubilee Residences wishes to extend a heartfelt 'thank you' to Saskatoon Home Support for their 'Adopt a Senior' Program! The compassion Saskatoon Home Support shows seniors is an inspiration for us all. Your words and actions go a long way toward helping our residents and tenants keep their dignity. We would like you to know that your work hasn't gone unnoticed.

Volunteers are worth their weight in gold. They share their time and talents without any compensation; Jubilee Residences wishes to acknowledge their contributions and let them know they are valued.

The tv in the Cosmo lounge is for everyone's enjoyment! Please be respectful of each other! When you enter the lounge and someone is already watching a television show, they are entitled to finish watching their choice of program. Everyone is bound to have varied tastes in television! Please be courteous and ask when their program will be over—do not expect or demand that the channel be changed to suit you— that's not how a shared television works.



Cosmo Social Club Executive:
President—Linda B. phone 306 979-6652.
Vice-President—Duane H. phone 306 249- 0381
Treasurer—Sandy P. phone 306 291-4405
Secretary—Brenda Z. phone 306 280- 1517

To ALL Court Tenants: A Reminder about Fire Safety!

- Electrical: Check all electrical cords & replace any that are frayed or cracked.
- Do not run extension cords under rugs or carpets.
- Only use light bulbs that match the recommended wattage on the lamp or fixture
- Use extension cords for short periods of time & do not over load them. Even better, use power bars.
- Remember: CALL 911 IF YOU SUSPECT A FIRE. Eamer & Cosmo Courts' fire alarms are not connected to the Fire Department. You must call the Fire Department in order for them to respond to a fire.

*Forget what hurt you in the past,
but never forget what it taught you!*



HAPPY NEW YEAR!



	W I H V V A X R N R Z G O A L S A Z Y F	
	G R B K G Z T Y Z I Z Z J Q C O M P X B	
	M D M B T B K T P X N S L T K C X X W T	
	M I Q C R A E Y W E N O Z J K S K R N H	
	L P D M V X P N Z J L O V Z V Y D Z Q G	
	G P E X A X K O Q N C O U N T D O W N I	
	F V Z N D S S M B P C Y W V F T W F B N	
	T R S P S P A R K L E R S H Q T O J A D	
	P J O L B Y V M S Y L N N N R C A F L I	
	Y L P E N S K R O W E R I F Z N Y C L M	
	X J K E B D P P G W B K N J U G J W O J	
	W I S C F S F L D B R G P A J E X A O K	
	Q S C A O W D J R M A W R T J H Q H N C	
	F R Q K J N W P A R T Y P O P P E R S O	
	K E P A U J F G X M I Z X R T S X K Q L	
	V E N R I Y E E B G O Q Y I U P H K Y C	
	Y H I S I R E O T J N O I T U L O S E R	
	Q C S H A P P Y G T B O U V C D L R Z G	
	R M Q G Q X Y B N O I S E M A K E R G F	
	N A E N K V K T Y F H R R A Y R Y I A V	

Countdown
Confetti
Midnight
Balloons

Celebration
Fireworks
January
Happy



New Year
Clock
Cheers
Goals

Party Poppers
Noisemaker
Resolution
Sparklers



Give help. Build hope. Change lives. I invite each of you to actively seek ways in which you can personally contribute to making Porteous and Stensrud Lodges "Great Places to Live; Great Places to Work". Please express your own commitment with a year-end gift to the Jubilee Residences Foundation. Your investment is a key investment in building our community—a community that both celebrates and cares about our residents. The decision to give is a personal one—maybe you want to help others. Or you believe it's the right thing to do to support a cause you feel strongly about. Whatever the reason, you give because you care, and you want your gift to matter. And it's important to remember that the people who benefit from your gift aren't strangers—they're your family members, your friends, your neighbors and you. Every dollar matters. Sometimes people hesitate to give because they don't think they can give enough to make a difference. That's not the case with a gift to Jubilee Residences Foundation. Your gift today, regardless of the amount, will help make all the difference. I hope we can count on your support! The need is greater than ever. And your support matters more than ever!

*Jubilee Residences Foundation accepts donations on behalf of Porteous and Stensrud Lodges
"Make a difference in the life of a resident...give today."*

Name (please print): _____

Address: _____

Postal Code: _____ Telephone: Home _____

Business _____ Email: _____

I wish to make a donation of: ___\$1000 ___\$500 ___\$250 ___\$100 ___\$50 Other _____

To donate online, please visit: www.canadahelps.org

Please make cheques payable to: Jubilee Residences Foundation.

Gifts of \$10.00 or more are tax deductible & a receipt will be issued. table registration # 893571810RR0001



Thank you for your support!



Dear Residents, Families and Staff!

What's cooking?

We are looking for your favorite recipe (s).....Porteous Lodge will be 60 years old in 2019! We are wanting to celebrate with a 'Taste of Home' cookbook and we need YOU to send your recipe (s) to:

debrafunk@gmail.com and
beverly.jacobson@saskhealthauthority.ca

It would be appreciated if your recipe was typed and sent by email; however, if this is not possible, please provide your legible written recipe to the Reception Office in Porteous Lodge or Stensrud Lodge. Our intention is to have a little history in the book as well; if you could please include your name and relationship to Porteous Lodge ie:

John Smith; Porteous Lodge Resident from ____ to present.

Judy Smith; daughter of Porteous Lodge Resident John Smith

Jane Smith; Housekeeper at Porteous Lodge from ____ to present; or

Anonymous if you'd prefer to submit a recipe without your name.

True Doors – Door Wraps

Jubilee Residences is working toward creating a more homelike feeling in our lodges. Person-centered care means that in addition to good physical care, attention is given to people continuing to engage in positive interactions and experiencing well-being in their lives.

It is proven that a person-focused approach to care helps people with dementia to function better for longer. Research has shown that the positive impact is not just limited to residents with dementia, but also the well-being of family members and care providers. The result is an improvement in the overall quality of care.

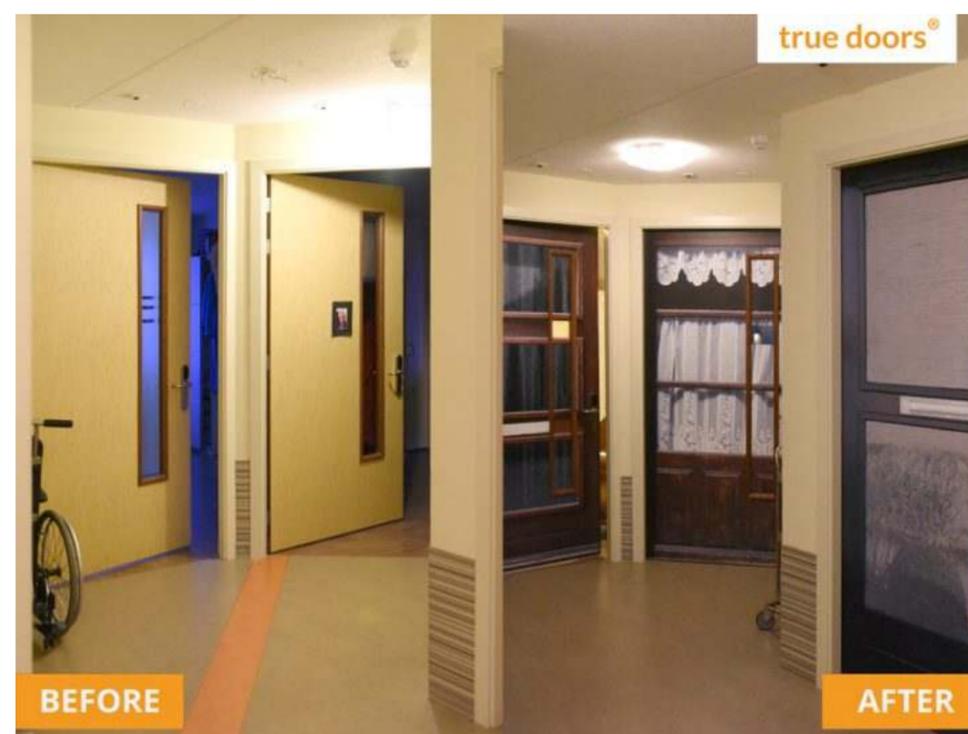
The process of undertaking a True Doors project, the presence of the True Doors themselves and the interactions that can happen thereafter, all support the delivery of person-centered care. True doors help ensure a personalized living environment where residents' identities are central.

Residents may feel a greater sense of privacy and safety and one of the most frequent results is that residents walk into the wrong room less often, because each door would be different. We've also heard back that people knock more often before entering residents' rooms. In stark contrast to previously sterile and anonymous hallways, when the True Doors are in place residents tend to recognize their front doors, find their way more easily and consequently feel more at home. True doors are a piece of everyday art. People often talk about, enjoy and are proud of their True Doors.

We would hope that it is a pleasurable and valuable social interaction while searching for the "right" door. Clearly, if residents are involved in selecting their own True Doors, there is a high chance that orientation will be improved; this will trigger memories and use the True Doors as a tool for reminiscence. Again involving residents, with the help of family where possible, is the most effective way of maximizing the use of True Doors as a tool for reminiscence. True Doors are a piece of everyday art.

Each lodge has a binder of ideas for Door Wraps. Have a look through the collection.

True Doors can even be made to look similar to doors of residents' past homes. A Door Wraps costs approximately \$200. and for an extra \$35. True Doors would provide instructions on how to take a picture for a personal choice of design so that the design could be tested and re-worked it to make it 'print ready' by removing handles, reflections etc. The camera would need to be a semi-professional digital reflex camera (a smart phone camera would not be suitable). Have a look through the catalogue which can be found in the Porteous Lodge Reception Office with Rae and in the Stensrud Lodge Administrative Office with Kelly D. You will be surprised at the number of options and choices for door wraps!





How YOU can help in the New year.....

Jubilee Residences Foundation is currently raising funds for these projects: *The Comforts of Home*

A History of Caring

For over 60 years, Jubilee Residences has worked to provide not just quality medical and personal care, but also a life worth living. Since our first facility, Porteous Lodge, was completed in 1959, Jubilee Residences has been home to thousands of Elders who could no longer care for themselves. Our staff is a part of this history. We have many staff members who have been with Jubilee Residences for over 20 years, and also several who have been with us for over 30 years. How can one measure the impact they have had on the lives of our residents? The consistency, stability and experience provided by our staff gives Jubilee Residences a personal character that cannot be duplicated in any institutional setting.

A Place in the Community

This long history of caring means that we also have a long history of support in the community, from the hundreds of families of our residents past and present, to those who have worked from the beginning to build Jubilee Residences, to the dozens of businesses and community organizations who have been a part of achieving our mission. We are recognized in our neighbourhoods, and we are a part of the life of the community of Saskatoon.

Real Relationships, Real Caring

Our staff is encouraged to form real relationships with the people they care for, and this is often a higher priority than other duties. There will always be time to complete the other duties, but we may never get another chance to show compassion and understanding to our residents.

Spontaneity, autonomy and the ability to give and receive care are part of daily life at Jubilee Residences. Meaningful contact with people of all ages is promoted. Animals and plants, colour and beauty are also parts of this life. A variety of activities for all tastes and levels of ability as well as the ability to self-determine one's daily routines are important for a good life. This approach not only improves quality of life, but it also reduces dependence on pharmaceuticals.

A life worth living. It's our vision for long-term care. Join us in making it a reality!

The Need is Great

The challenge of fully providing for the needs of our residents and improving their quality of life has become increasingly more difficult in recent years. As a non-profit charity, we have been left with few options other than to appeal to our friends in the community to assist us meet the needs of our residents and to help us create a safe, warm, homelike atmosphere.

Medical and personal care will always be an important part of our work, but medical and personal care alone will not achieve our mission of combating the three plagues of loneliness, helplessness and boredom. It is important that you know that the funding Jubilee Residences receives from the Ministry of Health through the new Provincial Health Authority is just barely enough for baseline services. If we want to build sunrooms, repair or replace our elevators, replace our boiler, replace our therapeutic tubs or even buy commode chairs, we must raise the money ourselves.

If we want to provide a warm, caring home that achieves our mission of a "life worth living", we must raise the money ourselves. If we want to provide a nurturing atmosphere, we must raise the money ourselves for any costs over and above those supported by the government. It's a big job. As a non-profit charity, we have been left with few options other than to appeal to our friends in the community to assist us in meeting the needs of our residents and to improving their quality of life.

Jubilee Residences Foundation

The Jubilee Residences Foundation is a registered charity that raises funds for the residents who live at Porteous and Stensrud Lodges. The Foundation's mission is to make the lives of our residents better by providing additional funds for programs, equipment and building renovations. Through our fundraising initiatives and thanks to our generous donors, we are supporting our residents' current needs and providing opportunities for growth and improved quality of life.

Comforts of Home - Resident Rooms

We want to transform all of our 200 residents' rooms into warm, inviting spaces with a complete makeover – new flooring that truly looks like hardwood, freshly painted walls with an updated colour palette, new blinds, new bedside tables, new closet doors, new sinks, new taps and new counter tops. **And the best part of all – choice!** The residents have been given four room designs from which they can choose what they want. Our homes are just that, "homes" – not institutions.

Just imagine the difference having your home transformed from a dull, drab room into a warm inviting space. **Your space.** A space that truly feels more like home and not a hospital room. Comfort. Colour. Warmth. Elimination of the sameness. A simple plan but a powerful difference in the quality of everyday life our residents.

	<u>One Room</u>	<u>50 Rooms</u>	<u>100 Rooms</u>	<u>200 Rooms</u>
Single Room	\$5000	\$250,000	\$500,000	\$1,000,000

Comforts of Home - Bathing Rooms

Help us realize the dream of adding colour and beauty to Porteous and Stensrud Lodge by creating warm "spa-like" bathing rooms complete with reliable whirlpool tubs. Due to funding restraints, our residents only receive one bath a week. Help us make that bath a relaxing and soothing experience!

Replacement of eight specialized tub systems with hydraulic chair lifts and integrated disinfection and safety systems are required over the next 5 –7 years — four at each lodge. Our current whirlpool tubs are approaching the end of their useful lives with infection and safety control issues becoming more challenging. As the downtime for repairs increases, it negatively impacts the residents' quality of life and puts the condition of their skin at risk.

	<u>One</u>	<u>Four</u>	<u>Eight</u>
Tub and Lift Chair	\$50,000	\$200,000	\$400,000
Room Renovations	<u>\$25,000</u>	<u>\$100,000</u>	<u>\$200,000</u>
Total per Tub Room	<u>\$75,000</u>	<u>\$300,000</u>	<u>\$600,000</u>

Comforts of Home -Sun Rooms

The commitment of the Jubilee Residences Foundation Board to fund the construction of sunrooms at both Porteous and Stensrud Lodges will have an impact that many probably do not fully appreciate or understand or will have even thought about.

Within our Porteous and Stensrud Homes, our residents dine, entertain, host their families, play and visit – just like you do in your own homes – in your kitchens, dining rooms and living rooms. But the design of buildings did not include smaller more intimate living spaces and the long hallways within our buildings block the sun and make our interiors dark. And our resident rooms are far too small to have visitors in.

Just imagine the difficulties that would cause. Nowhere to visit. Hard to have a private conversations. Hard to participate. Little sunshine streaming in. Now imagine the powerful difference the presence of three season sunrooms would make to the quality of life for our residents. It would create additional living room space and create light – lots and lots of light.

Estimated cost of each sunroom \$175,000.