

" Healthy Workplace P. 7"

"Grandma Says.... P. 8"

" New Kid in Town P. 4"

"Eden ...P. 6"

FB: facebook.com/Jubilee-Residences

Web: Jubileeresidences.ca



Jubilee JOURNAL

APR 2019



**EDEN ~
From
The Garden**

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

PORTEOUS LODGE 60TH ANNIVERSARY COOKBOOK

We would love for you to share your favorite recipe (s) with us! Any recipe at all so that we have a unique collection.....play dough; puppy biscuits; poppycock; jello-jigglers; pickles **Email them to Debi Funk at debrafunk@gmail.com or Bev at beverly.jacobson@saskhealthauthority.ca by Tuesday, April 30, 2019.**

**BE A PART OF THE JUBILEE RESIDENCES LEGACY!
have your recipe included in this anniversary
edition cookbook!**

Dear Residents, Families, Staff! & Volunteers! In 2019 Porteous Lodge will be 60 years old and a 'Taste of Home' cookbook is being created and we need YOU to send in your recipe (s). You may also drop your handwritten recipe off at the Reception Office in Porteous Lodge or Stensrud Lodge. Our intention is to have a little history in the book as well; please include your name and your relationship to Porteous Lodge.



What would the culinary world be like if Julia Child decided not to share her knowledge of French cooking to an audience? The whole point of cooking is to share the love. A good recipe brings people joy, keeps up traditions, and helps us learn about different cultures and food history. Recipes are meant to be shared, between family, friends, and strangers. Recipes allow us to share something precious between us – recipes to carry on. Think back of a favorite thing someone gave you once that meant so much to you. My guess is that you are not thinking of a designer handbag or an expensive car, but something that was from the heart. That's the kind of gift everyone remembers.

Things can be replaced, but sharing a recipe or giving someone a warm meal when they are ill, something done especially for you, that's what you will remember.

Written by: Robin

IN THIS ISSUE

Stensrud Lodge	2
Porteous Lodge.....	3
Stensrud Lodge Volunteers.....	4
Courts.....	5
EPP Code Black.....	6
What is a Healthy Workplace ?.....	7
Eden Principle # 9	8

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, Stensrud Director of the Care or Tyrone Okrainetz, Porteous Director of Care. 

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

Resident of the Month is Ethel Burkowsky—she has lived in Stensrud since August 2015. Ethel was born in Kamsack, Sask and she completed grade 9 in school. She was a homemaker and her husband farmed; together they raised three children. She is fluent in Ukrainian and English. She loves gardening & crocheting.

Dear Nurse, My wife just moved in to Jubilee and I was wondering who will look after all her laundry needs. I don't think I can carry all her clothes home, wash them, fold them and then bring them all back. How do you possibly keep track of everyone's clothes? I know my wife has a favourite shirt and I would hate it if she lost it. ~ Wally Washy

Dear Wally, Upon admission to the lodge, staff will mark all clothing with a special iron on label. Whenever new items of clothing are purchased or received, please be sure to have them marked. Items can be taken directly to the laundry before 3 p.m. or left with nursing staff. Residents' personal laundry is washed and delivered throughout the week. Some residents may require open-backed clothes for ease of changing. You may purchase them yourself or they can be ordered through the lodge. This will be discussed with the resident and/or family. Special laundry services for 100% cotton, all wool, or hand washing of delicate articles is not provided. We request family members launder these articles at home or that they be sent to the dry cleaners. Dry cleaning service is not available. If these services are required, it will be the responsibility of the resident and/or family. Each site has a designated lost and found. If an item is missing, speak with laundry staff.

Welcome to The month of April - the fourth month of the year brings in new hopes and aspirations and it is the second month of spring.....unless you live in Saskatchewan!

It is believed that the word is an improvisation of the actual word "Aprilis" which was coined by the Roman. The word means to open and they referred to this because this is the month where spring begins. Some also believe that it is named after the Greek God of love, Aphrodite. The people born in the month of April have their own unique traits and one of them is the birthstone that they signify. Diamonds can be associated with them. The April birth month flower is Daisy or Sweet Pea. The Daisy conveys innocence, loyal love, and purity. Yet, it is also a flower given between friends to keep a secret: the daisy means "I will never tell". The Sweet Pea signifies blissful pleasure and is used to say good-bye. April Showers bring May Flowers.

The **Jubilee Journal Newspaper** is produced monthly for residents, families and staff. If you wish to receive the Journal by email or have comments or suggestions for content, please let me know by email, or have comments or suggestions for content by email, phone or regular mail. Telephone 306-955-0234 ext 109—**Robin Jubilee Residences # 8—2602 Taylor Street East—Saskatoon Sk S7H 1X2**

DATES TO REMEMBER

Wed	April 3	Remai Art Program with Roland Michener School	2:00 pm	Tues	April 16	Easter Tea with hot cross buns	2:00 pm
Mon	April 8	Easter cookies with Bishop Murray School	10:00 am	Wed	April 17	Bingo with Roland Michener School	2:00 pm
Mon	April 8	WDM Singers	2:30 pm	Sun	April 21	Happy Easter to all!	
Tues	April 9	Slides with Jack Millar	10:30 am	Mon	April 22	Happy Earth Day!	
Wed	April 10	String Quartet from Saskatoon Symphony	9:30 am	Tues	April 23	Read with Jeff	10:30 am
Thurs	April 11	Fiddle music with Mark Behrend	2:00 pm	Wed	April 24	Gospel music with Ralph	2:15 pm
Mon	April 15	Birthday party music with Wes	2:15 pm	Fri	April 26	Newcomers Tea	2:00 pm

Stensrud Lodge
Contact Information
306 373-5580

Extension

Director Care Team
Val Hnatuk
Receptionist
Cathy Stuchenko
Manager Support Services
Bev Jacobson

226

221

225

Recreation/ Therapies
Lisa Loveridge & Lana Mulic
Volunteer Coordinator
Lyla Fuller

224

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. **We say farewell to:** **Ralph F. Gordon; Clea McHenry and Elva Taylor.**

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: Gerald D. Hallam; Alice Hedger and Joyce Alvina Miverva Rutter.

The reception office will be closed from Thursday, March 28 to Wednesday, April 3 for year-end processing.

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

Thank you to all our Volunteers at Porteous Lodge!

Volunteers make a world of difference; you are a ray of Sunshine on a cloudy day. Your time is very important and valuable. We appreciate you taking the time out of your busy schedule for our residents. Volunteers are extraordinary people and have extraordinary hearts. On behalf of all staff and residents at Porteous Lodge, we salute you and we thank you for making a difference in the lives of our elders. Thank you to our pharmacy students for volunteering at Porteous Lodge! We wish you all the best with your studies.

Porteous Lodge Annual Volunteer Appreciation Tea is Thursday, April 11th 2:00 -3:00 pm.

Are you interested in becoming a Volunteer in Porteous Lodge? Are you looking to make a difference in the lives of our Elders? Come and Join us! For further information, please contact: Cheryl Clarke-Chorney, Recreation/Volunteer Coordinator 306 382—2626 ext 234. or email: cheryl.clarke@saskhealthauthority.ca

DID YOU KOW? Kelly & Crystal Greenwood are developing a Self Defense/Karate—Strength Training Program **FOR RESIDENTS instructed by Sensei Crystal Greenwood.**

Starting: **Thursday, April 11th from 2:00 to 2:30 pm.**

Focus will be on Karate & Movement, Self Defense Techniques and Situations. Location: front area at Porteous Lodge.

We will begin with once a week then re-evaluate in 4 weeks.

DATES TO REMEMBER

Tues	April 2	Fiddle Express	2:00 pm
Wed	April 3	St Thomas Wesley United Service	6:15 pm
Fri	April 5	R.C. Mass	2:00 pm
Tues	April 19	Salvation Army Service	2:30 pm
Wed	April 10	April Birthday Tea	2:00 pm
Thurs	April 11	Volunteer Appreciation	2:00 pm
Wed	April 17	Easter Tea	2:00 pm

We would like to keep you updated.....

Shoulder Season: Temperatures are fluctuating between freezing and moderately warm and it takes a long time for the building to respond to such swings. On a warm day you may find your suite or room is too hot and there is no way for us to cool it down aside from opening a window. In the spring setting the thermostat to a cooler temperature will keep the suite a bit on the cool side overnight and in the morning this will help keep the rooms cooler during the hottest part of the day. Air conditioning usually is not turned on until early May.

Porteous Elevator : The old elevator is in operation as a dumb waiter only and is not licensed for human traffic. This is a temporary fix until the elevator can be modernized and will help alleviate the backlog at the main elevator during meal times as laundry and maintenance carts will be on the service elevator.

Porteous Roof: The roof repair should be completed before the release of this newsletter.

NEWS FROM RECREATION

On February 27 we took a trip to the Dakota Dunes Casino. Residents who enjoyed this trip were Alex W.; M.; Phil H.; Pat H. and Gerald K. Thanks to Kinder, Rosina and Chantelle for helping on this outing.

On March 7 we took a scenic drive out to the booming metropolis of Asquith. Residents on this outing were Nick R.; Sharon W.; Sherry H; Jenn D.; Freda G.; Lillian T.; Gwladys T. and Don B.

On March 11 we had an early St Pat's Day Party. Thanks to Saltwater Joy for the wonderful music and to the kitchen staff for refreshments and snacks.

On March 15 we enjoyed a wonderful morning of music performed by the String Quartet from the Saskatoon Symphony.

Eden Philosophy #6: Meaningless activity corrodes the human spirit The opportunity to do things that we find meaningful is essential to human health.

Jubilee's recreation support teams embody this philosophy and bring in wonderful musical entertainment. Music is the language of feeling and of passion, as words are the language of reason.

Music is Soul Food!



Porteous Lodge Contact Information

306 382-2626

Director Care Team
Tyrone Okrainetz

Facility Assistant/Receptionist
Rae Gamble

Manager Support Services
Bev Jacobson

Recreation Coordinator
Brad Lavoie

Recreation / Volunteer Coordinator
Cheryl Clarke-Chorney

Dietary Department
Carmene Doucette

Maintenance

Lodge Nursing

Villa Nursing

Physical / Occupational Therapies

Are YOU wearing your name tag?

Ext

223

221

237

234

234

232

235

228

230

238

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

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

We say farewell to: Frances Bentley; Myrna Blackmore; Terry M. Lysitza; William Thomas Swimmer and Marie Wallace.

Welcome to our new Residents who have decided to make Porteous 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: Doreen Ashwin; Jacqueline Noyra Dack; Roy S. Dutnall; John Kalenchuk and Lawrence J. Kreiser.

The reception office will be closed from Thursday, March 28 to Wednesday, April 3 for year-end processing.

Easter is the only time of the year when it is safe to put all your eggs in one basket! Wishing you a happy Easter!

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.



STENSRUD & PORTEOUS LODGES

From the desk of Lyla Fuller – Volunteer Coordinator at Stensrud Lodge



Stensrud Lodge is incredibly blessed to have quality volunteers who give of their time, energy and kind hearts. We currently have over 40 active registered volunteers and are always welcoming anyone interested in volunteering. This number does not include the many musical entertainers that frequent our care home.

Canada's NATIONAL VOLUNTEER WEEK is APRIL 7th -13th this year and we are planning special events to acknowledge each and every active volunteer throughout the month.

We are currently looking for volunteers to assist at mealtimes, especially mornings between 8:00 – 10:30 a.m. If you or anyone you know is interested in volunteering a day or two per month, please contact me at lyla.fuller@saskhealthauthority.ca or phone and leave a message at 306-373-5580 extension 244.

The New Kid in Town: Tyrone Okrainetz

There is a new face roaming the halls of **Porteous Lodge**. His name is Tyrone Okrainetz and he's the new Director of Care. Tyrone grew up in Langenburg, Saskatchewan, a small community in southeastern Saskatchewan. He is the youngest of four children. His father was a farmer. His mom was a teacher. As many kids do in small town Saskatchewan, Tyrone played a lot of sports including hockey, baseball and curling. That dropped off once he went to university in Saskatoon to become a registered nurse.

"After graduating, I worked as a front line RN at Royal University Hospital," says Tyrone Okrainetz, Director of Care, Porteous Lodge. "Eight years into it, I took a year off to do my MBA at the Edwards School of Business. After obtaining my MBA, I returned to RUH and worked in management."

Tyrone started in general medicine, then managed cardiology, neurology and then became responsible for staff scheduling. He was then asked to be a consultant for the Health Region to work on master rotations and schedules throughout the region. His last job before joining the team at Porteous Lodge was managing the Transitional Care Unit and the Convalescent Unit at City Hospital. He believes the experience he gained in that role will help him in his new role at Porteous.

"In the Transitional Care Unit, the patients go from acute care and are on the long-term care list, but there isn't a spot in long-term care for them yet," says Tyrone. "It's long-term care in an acute care setting so there are unique challenges to that."

Residents in the Transitional Care Unit can wait anywhere from one month to two years for a spot in a long-term care home. Some residents are difficult to place because they either need a secure unit or they are on a ventilator. Tyrone says the biggest challenge was to try and make an acute care setting feel more like a home.

"We considered it their home," says Tyrone. "They are there temporarily but they can be there anywhere from a month to two years. It's really hard to make an institution like City Hospital feel like home."

Tyrone comes to Porteous Lodge with a unique skill set. He's a registered nurse with a business background.

"I understand the business of health care," says Tyrone. "I can use that to help guide and make decisions that are best for the residents that fit within the financial constructs of health care."

Tyrone has only been on the job at Porteous Lodge since early February. Right now he plans to just observe and learn as much as he can about how Porteous functions.

"I know health care," says Tyrone. "I know the roles of all the workers. I just don't know the rhythm of Porteous Lodge. I need to learn the issues that are affecting the staff and the residents. My biggest challenge is to learn the names of 99

residents and probably about 150 staff."

And while he focusses on learning everyone's name, he won't be making any major changes anytime soon.

"My philosophy is for change to happen, it has to be meaningful," says Tyrone. "You don't bring in change just for the sake of bringing in change. So, I'll need some time to settle in the role."

What he has learned and what has pleasantly surprised him in his few short weeks working at Porteous Lodge is that Porteous is a caring community, and it starts at the top with the CEO and the board members.

"Working in health care for the Saskatoon Health Region, now the Saskatchewan Health Authority for over 15 years, I haven't been to a place where I see the CEO talking with the residents and the staff on a daily basis and board members coming and being present with staff and with the residents," says Tyrone. "The positive that I've really seen is how this is a smaller, tight-knit organization. Coming from a very large organization, I think that is one of Porteous' greatest assets."

Tyrone is juggling his new position at Porteous while raising his young son Lincoln. He and his partner Crystal love spending as much time as they can with Lincoln. One of the things they enjoy as a family is going to RUSH games at SaskTel Centre. Lincoln isn't walking just yet but they anticipate it will be any day now.

"Now that he's a bit more mobile, he loves to play catch," says Tyrone. "He's even playing catch with the dogs. My girlfriend dog sits, so there's always a new one in the house every week so Lincoln is teaching them how to fetch."

When Tyrone isn't spending time with his family, he's out trying some new sport or activity. Recently he picked up bowling.

"I like just going with friends and joining a sports group or an activity that I know nothing about...just to learn a new skill and try and improve," says Tyrone. "So, right now, my focus is bowling. My next goal is to break 100 in 3 straight games. I am the worst bowler."

A bad bowler who enjoys a little refreshment now and then; Innis and Gunn Original is his beer of choice or any beer that is marketed well.

"If there's a witty marketing slogan on it, that makes me chuckle, I will buy and try that beer," says Tyrone.

He also enjoys riding his Kawasaki KLR 650 motorcycle.

"It's a dual purpose," says Tyrone. "I can go anywhere. I just can't get their fast."

His dream is to take his motorcycle and head to Canada's West Coast. It's on his bucket list; just him, his backpack and a fishing rod. There may be a book or two along for the ride.

"I really like trivia or history books," says Tyrone. "Any book that after I put it down; I know something more about the world."

Tyrone claims he has a sarcastic sense of humour which staff and residents haven't likely seen just yet. He thinks as time goes on and he becomes more comfortable, his sarcasm will slowly come out. He also has a pet peeve. He hates clutter and being disorganized.

"I'm going to come in here and clean this office," says Tyrone. "I like a nice clean workspace so I can focus. I'm not a neat freak. I just like it simple. I'm a minimalist."

When it comes to the seasons, Tyrone prefers summer.

"Summer for sure but in Saskatchewan you really have to embrace winter," says Tyrone. "You can be cooped up or you can be out there skating on Meewasin Park or snow shoeing. You have to embrace it here."

Tyrone's hope is that the staff and residents of Porteous Lodge will embrace him in his new role as Director of Care.

"My role is to ensure there is staff here, on shift to take care of the residents, to make sure that the residents' needs are met," says Tyrone. "It's all about the residents."



THE COURTS

EAMER COURT

Exercises: Every Thursday morning at 9:30 am with Marion A.

Milk Delivery: Gerhard picks up orders Wednesday mornings for milk & common dairy items only. He delivers the items the same morning. Sign- up sheets are on bulletin boards in Eamer & Cosmo court or call him directly at (306) 934-8936.

Social Club Meeting: Wednesday, April 3rd at 7:00 p.m.

Entertainment: Tuesday, April 9th at 7:00 pm. The cost is \$3.00 each & a light lunch will be served. 'Winchester' will play.

Tuesday, April 23rd at 7:00 pm. The cost is \$3.00 each & light lunch will be served. Doug Porteous will play.

Supper: Thursday, April 18th at 5:30 pm Menu is Lasagna. Cost is \$12.00 per person. Watch for posters for sign up & dates to pay.

Book Club: Wednesday, April 17th at 1:30 in Kathy's office. Everyone is welcome.

Birthday Party: Tuesday, April 16th at 2:00 pm. We will be celebrating April & May birthdays. Everyone is welcome, not just for those with birthdays. Please bring a cup for coffee/tea. We will serve cake with ice cream & coffee or tea. NO charge.

April Fool's Bingo: Thursday, April 11th at 2:00 pm. Cards =50 Cents

Welcome to New Tenants : Hubert Schuster #11; Norm Herriott #106

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.

May you be blessed with
good health, love,
longevity and prosperity
this Easter!



Forget the Easter bunny. I need one
that can do me some good –
like the Energizer bunny!



EAMER & COSMO & MRC COURTS

Fire Safety

REMINDERS ABOUT COOKING

Be Careful when Cooking

- * Never wear loose fitting clothing while cooking for example housecoats or other garments with long loose sleeves etc.
- * Keep anything that will catch fire away from your stovetop such as oven mitts, food packaging, paper towels etc.
- * Do not use your stove top as part of your counter top when not cooking. Items should not be stored on top of the stove even when you are not using it. If a burner is accidentally turned on it can cause a fire.
- * When cooking, check your food regularly, remain in your suite or cottage and use a timer if you are baking, roasting, or boiling food.
- * If you must leave your suite or cottage for any reason, turn off your burner or oven.
- * Fight small cooking fires by sliding a lid over the pan, turning the stovetop off and leaving the pan covered until it is completely cooled.
- * If the fire does not go out, leave your home and call 9-1-1 immediately

REMEMBER TO CALL 9-1-1 AS OUR ALARMS ARE NOT CONNECTED TO THE FIRE DEPT. DON'T ASSUME THAT SOMEONE ELSE HAS CALLED

COSMOPOLITAN COURT

Blood Pressure Clinic: Lona from Saskatoon Home Support will be here on Tuesday, April 2nd from 9:00 - 10:00 am.

Monday, April 1: **Social Club meeting** at 7:00 pm in the lounge.

Coffee Mornings—Tuesday, April 2; 9; 16; 23; & 30 \$2. each. Please bring a cup!

Sunday, April 14: Birthdays in January, February & March—everyone come celebrate from 1:00 to 2:00 pm.

Thursday, April 18: **Movie** - Please watch for posters!

Saturday, April 27: 5:30 pm. **Supper** \$8.00

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

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

*Live every moment
Love beyond words
Laugh every day.*

There are three kinds of people:
Those who make things happen;
Those who watch things happen,
And those who ask,
“what happened?”

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 Tenants: Don Evanoff #38

It takes a deep commitment to change and an even deeper commitment to grow.

This is your invitation to join our CommunityJubilee Residences is truly an oasis in the City! Jubilee Residences Inc. is currently accepting applications for individuals to join our unique, affordable, aging-in-place housing community: independent living, supported living and 24 hour supervised living. Abundant green spaces. Community Gardens. Meal Service available. Small pet friendly. Coordinated independent living assistance. Cottage, bachelor and private room options. Adjacent to shopping and amenities. Adjacent to Stensrud and Porteous Long Term Care Homes allowing families to remain close together. For application information, please contact Kathy at 306 373—5580 ext 235.

www.facebook.com/Jubilee-Residences
www.jubileeresidences.ca



Emergency Preparedness Code Black

April Highlights Emergency Preparedness Code Black

Code Black is the term used to describe a situation when a bomb threat has occurred that poses a threat to the safety of the people and the facilities. Bomb threats can be received by various means: ie: a telephone call; email, or even discovery of an unusual or suspicious package. A Code Black may be accompanied by Code Green (evacuation) or Code Orange (influx of casualties/expanded services).

Internal bomb threat is considered to be on site, located within facilities or in out-buildings, parking lots and immediate grounds.

External bomb threat is considered to be off site but in adjacent or key facilities near the site that may affect the safety of people on site or the site facility.

Level of Threat is an assessment of the situation with expert knowledge from the Saskatoon Police Service (Bomb Squad) and the Site Incident Commander to determine probability of real intent.

No bomb threat is to be ignored or classified as a prank.

Be Accountable:

Choose safety - work safe - and go home injury free!

On Wednesday, March 6, 2019, the JR Inc Board of Directors met at Porteous Lodge. The following is a summary of the meeting:

The Board reviewed the financial statements for the nine month period ended December 31, 2018.

Board Members discussed the bids that were submitted to build the first four houses and garages on Jubilee's vacant property at the Porteous Lodge site on Avenue P. The Board approved awarding the housing contract to Dwell Properties Inc.

The baseline Safety Management System results provided by the audit on January 29 to 31, 2019 were discussed with note that these results will be used to develop Jubilee's action plans over the next two years. The Board of Directors remain focused to ensure delivery of quality care as well as safety of the residents in a caring community.

Rules for Being Human

You will receive a body. You may like it or hate it, but it will be yours for the entire period this time around. You will learn lessons. You are enrolled in a fulltime informal school called life. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant. There are no mistakes, only lessons. Growth is a process of trial and error experimentation. A lesson is repeated until learned. Learning lessons does not end. There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned. "There" is no better than "here". When your "there" has become a "here" you will simply obtain another "there" that will again look better than "here". Others are merely mirrors of you. You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself. What you make of your life is up to you. You have all the tools and resources you need. What you do with them is up to you. The choice is yours. Your answers lie inside you. The answer to life's questions lie inside you. All you need to do is look, listen and trust. This will often be forgotten, only to be remembered again.



From the Garden

The Eden Principles are used to improve the quality of life for Elders and their care partners. This concept relates not only to the Elder's care environment, but also to the Elder's community, to the Elder's world, and how they relate to and interact with it. Jubilee aspires to create the most positive experience of Elderhood Possible.....

- Elders have a legacy or gift to share with their loved ones and their communities;
- Meaningful care nurtures the human spirit as well as the human body
- Meaningful care also recognizes and nurtures each person's unique capacity for growth;
- The Elder is actively involved as a care partner in their own care
- Elderhood is honoured as a valued phase of human development, not just decline of life.

An Elder is someone who by virtue of life experience is here to teach us how to live ~ The Eden Alternative definition of an Elder.

Quality of life should be defined in terms of what we CAN do and what we have to offer, as opposed to what we CAN'T do and how we might be limited. Care is defined as that which helps another to grow. Defining care in this way focuses on the quality of our relationships as the key to our success. And it acknowledges that care is for EVERYONE on the team, not just those requiring treatment. When those usually described as care receivers learn that they have something to give—and there is always some way that they can, no matter how subtle—and those usually described as care givers realize there are ways that they receive from care receivers, some amazing shifts can occur in the care relationship.

**Grant me the serenity to accept
the people I cannot change,
the courage to change the one I can,
and the wisdom to know it's ME!**

Eden fosters relationships and continues to help people grow. It is an environment where elders want to live, families want to visit, and staff want to work. In following the ten principles of Eden a world full of opportunity is created — opportunities for elders to be respected and honoured for their wisdom, opportunities to give back to their community and opportunities to be engaged in activities they find meaningful every day. "it has the potential of remaking the experience of aging and disability...it is a powerful tool for improving quality of life."

Creating an elder-centered community is a never-ending process. Human growth must never be separated from human life.

Praise loudly ~ Correct softly!



What is a Healthy Workplace?

Jubilee Residences cares about its staff members and is committed to improving the work life of staff..

By fostering an environment that supports health and well being we all benefit.

So what's all the fuss about having a Healthy Workplace? A good portion of life is spent at work. Jubilee wants to support team members in achieving good health, this means having a healthy work environment. Evidence has shown that a healthy workplace has many positive results:

- Staff have improved health and wellness.
- Staff relationships are improved and there is less conflict.
- There are fewer accidents.
- Staff use less sick days and have less absenteeism.
- Improved morals in the workplace.
- We can become an employer of choice—people want to work for us and stay with us. We all benefit when we are fully staffed.
- Team members experience improved satisfaction in their work and better relationships with residents.

Healthier and more resilient team members move us closer to our vision 'A Caring Community'...

There are three elements to a healthy workplace that influence the health and well being of staff; physical work environment, supportive work environment and personal health practices. Each area impacts the other and they must all be addressed to create a truly healthy workplace.

Physical work environment:

This includes air, noise, and lighting conditions; the quality of work space and machinery or equipment,

A healthy physical environment is one in which team members' health and safety legislation, and directives are met and exceeded.

Supportive Work Environment (also known as psychosocial work environment)

This includes such factors as perceptions of fairness, working relationships recognition, training, job design and communications.

A healthy supportive environment is one which employees are treated with fairness and respect, and experience a sense of belonging, purpose and control over their work.

Personal Health Practices

This considers how the work environment enables and supports healthy lifestyles behaviours, and coping skills.

The workplace can help team members wanting to make healthy lifestyle choices by offering creative ways to motivate, remove barriers, and support team members in achieving personal health goals.

This area often involves health promotion programs, awareness and education, and other wellness initiatives that address aspects of a person's lifestyle that affects their health such as physical activity smoking, drinking, eating, etc.

Management at all levels play a critical role in creating a healthy work environment. It is important that managers and supervisors demonstrate their commitment to team member health by being involved, responding to concerns, supporting participation in healthy workplace initiatives, and allocating resources.

Creating a healthy workplace is the responsibility of all team members.

Everyone needs to work together toward a common goal of supporting each other and recognizing the impact they have on the workplace with their thoughts, attitudes, and actions. Yes, YOU have more impact than YOU think!

“Imagine a place of work...

Where employees put the needs of others first and where respect for one another abounds;

Where caring and appreciation permeate the atmosphere; where there is open communication;

Where creativity is rampant;

Where there is laughter;

Where people are committed to making a difference through their interactions

and their very important work; and ,

Where there is excitement and enthusiasm even in daily tasks.”

**The tongue has no bones,
but is strong enough to break a heart.
So be careful with your words.**

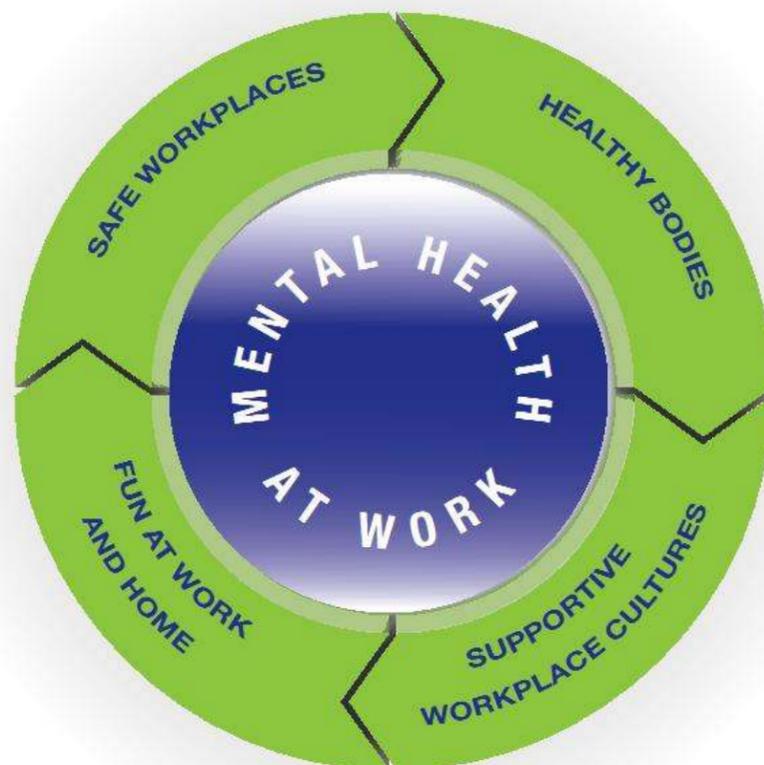
There is no more powerful way to initiate significant change than to convene a conversation. Real change begins with the simple act of people talking about what they care about.

It is the responsibility of all employees to know and understand Jubilee Residences' Code of Ethics.

“It is the responsibility of all employees to meet the care needs of the residents.

Employees shall show consideration, compassion and understanding to residents. Courtesy and respect shall be shown by all employees of Jubilee Residences to visitors, residents and fellow employees. No information concerning residents, residents' families or the operation of the organization will be discussed with anyone other than those authorized by Jubilee Residences.

Most of the problems in life are because of two reasons- we act without thinking or we keep thinking without acting!





Grandmother Says....

Carrots, Eggs or Coffee; “Which are You?”

A young woman went to her grandmother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved a new one arose.

Her grandmother took her to the kitchen. She filled three pots with water. In the first, she placed carrots, in the second she placed eggs and the last she placed ground coffee beans. She let them sit and boil without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl. Turning to her granddaughter, she asked, “Tell me what do you see?” “Carrots, eggs, and coffee,” she replied.

She brought her closer and asked her to feel the carrots. She did and noted that they got soft. She then asked her to take an egg and break it.

After pulling off the shell, she observed the hard-boiled egg.

Finally, she asked her to sip the coffee. The granddaughter smiled, as she tasted its rich aroma. The granddaughter then asked. “What’s the point grandmother?”

Her grandmother explained that each of these objects had faced the same adversity—boiling water—but each reacted differently.

The carrot went in strong, hard and unrelenting. However after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior. But, after sitting through the boiling water, its inside became hardened.

The ground coffee beans were unique, however. After they were in the boiling water they had changed the water. “Which are you?” she asked her granddaughter.

“When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?” Think of this: Which am I?

Am I the carrot that seems strong, but with pain and adversity, do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and a hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it released the fragrance and flavour. If you are like the bean, when things are at their worst, you get better and change the situation around you.

When the hours are the darkest and trials are their greatest do you elevate to another level?

Principle # 9: Creating an elder-centered community is a never-ending process. Human growth should never be separated from human life.

Person-directed care is structured around the unique needs, preferences, and desires of the resident. Through this approach, decisions and actions around care honour the voices and choices of residents and those working closely with them. Core person-directed values include choice, dignity, respect, self-determination and purposeful living. Culture change drives the transformation of living environments. The process involves changes in personal growth, developing relationships, organizational practices, and physical environments at all levels. The ultimate goal of culture change is better outcomes and quality of life for all involved in the giving and receiving of care.

Transformation is not when something new begins but when something old falls away. Please use large measures of:

Humility: Only the humble are able and willing to admit their mistakes. (Mistakes are learning opportunities).

Forgiveness: is a funny thing. It warms the heart and cools the sting.

Patience: is the art of waiting in calmness. Simple things, such as relationships and faith in our fellow human beings, can be used to create an environment that supports rather than degrades human growth. The trick is to feel the difference in your heart.

Edenizing, empowerment, culture change, team building, all require participation — participation of team members.

Hugging

Hugging is healthy: It helps your body’s immune system, it keeps you healthier, it helps cure depression, it reduces stress, it induces sleep, it’s invigorating, it’s rejuvenating, it has no unpleasant side effects. Hugging is nothing less than a miracle drug.

Hugging is all natural: It is organic, naturally sweet, no pesticides, no preservatives, no artificial ingredients and 100% wholesome.

Hugging is practically perfect: There are no movable parts, no batteries to wear out, no periodic checkups, low energy consumption, high energy field, inflation-proof, non-fattening, no monthly payments, no insurance requirements, theft-proof, non-taxable, non-polluting, one-size-fits all and, of course fully returnable.