

www.jubileeresidences.ca

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Jubilee JOURNAL

“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 Tyrone Okrainetz, Director of the Care Team at Porteous Lodge.

June 2019



EDEN ~ From The Garden

Real change begins with the simple act of people talking about what they care about. Starting a conversation is the most powerful means we have for bringing about change. When people are given a voice in the process, their resistance to change diminishes and they begin to see themselves as a part of the solution. Each voice is a precious resource. Person-directed care is structured around the unique needs, preferences and desires of an individual. Through this approach, decisions and actions around care honour the voices and choices of care recipients and those working most closely with them. The ultimate goal is well-being for all — all care partners (the Elder or individual accepting support, employees, family members, and volunteers), the organization, and the community. Eden promotes care partnerships, 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. Eden recognizes the importance of measuring well-being among all members of the care partner team. We can only experience true well-being, if those surrounding us are also experiencing true well-being. Well-being can be simply defined as “a contented state of being.” Satisfaction, wellness, and happiness are feelings associated with well-being.

However, satisfaction is based on expectations. If others don't meet them, we are not satisfied. Wellness implies healthiness, which may peak and decline over time. Happiness, too, is a human emotion that comes and goes. In contrast, well-being evolves and develops over a life time, deepening as we grow into our full potential as human beings. Well-being is the path to a life worth living. It is the ultimate outcome of a human life. It leads us to ask the following questions: What are the components of well-being? What do we need to experience contentment?

The Eden Philosophy teaches us that there are seven domains that create our well-being: Identity, Connectedness, Security, Autonomy, Meaning, Growth, and Joy. We will take a look at each element to measure well-being among all members of the care partner team.

Eden Alternative Domains of Well-Being.....

We all strive to live fully and the Eden Alternative has developed the domains of well-being to support a deeper understanding of full and abundant life and resident directed care.

Identity: being well-known, having personhood, individuality, wholeness, having a story.

Growth: development, enrichment, expanding, self-actualization.

continued

**Jubilee Residences
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306 955-0234 ext. 108

VP Corporate Services
306 955-0234 ext 105

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306 382-2626 ext 222

Steve Harder
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306 373-5580 ext 222

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306 373-5580 ext 235

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306 382-2626 ext 237
306 373-5580 ext 225

Caroline Yang, Manager
Accounting Services
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**Please note that all
Offices will be closed
Monday, July 1st for the
Stat holiday**

Autonomy: choice and self-determination, freedom from the arbitrary exercise of authority.

Security: freedom from fear, anxiety and doubt; feeling safe; having privacy, dignity and respect.

Connectedness: belonging, engaged and involved, having close, meaningful relationships.

Meaning: purpose, activity that speaks to one's personal values, rituals, recognition and self-esteem.

Joy: happiness, enjoyment, pleasure, contentment.

Everyday is an opportunity to
have a fresh start!

Just Something Positive

The 92-year-old, petite, well-poised and proud lady, who is fully dressed each morning by eight o'clock, with her hair fashionably coifed and makeup perfectly applied, even though she is legally blind, moved to a nursing home today. Her husband of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready. As she manoeuvred her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window. "I love it,"

she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

"Mrs. Jones, you haven't seen the room just wait."

"That doesn't have anything to do with it," she replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged, it's how I arrange my mind. I already decided to love it. It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away, just for this time in my life." She went on to explain, "Old age is like a bank account, you withdraw from what you've put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories. Thank you for your part in filling my Memory bank. I am still depositing." And with a smile, she said: "Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

It only takes one moment and your whole life is changed. Some of these moments we have no control over and some we do. Every second in our lives count, as we can use them to grow or we can waste them. Be mindful of time wasting activities. Be sure to have value added motion in your life. Sure some moments will be wasted but if you try to use each one you will waste less. Try your best and you will have no regrets! USE that extra fifteen minutes a day to visit one on one with a resident! You could each use a breath of fresh air, feel the breeze on your face and absorb the warm sunshine! It'll make their day as well as yours!

Contact	
306 382—2626	Ext:
Director of Care Team	
Tyrone Okrainetz	223
Facility Assistant/Receptionist	
Rae Gamble	221
Recreation Coordinator	
Brad Lavoie	234
Recreation / Volunteer Coordinator	
Cheryl Clarke-Chorney	234
Dietary Team Lead	
Carmene Doucette	232
Maintenance	235
Lodge Nursing	228
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Porteous Lodge

Good-bye's & Hello's

With heartfelt sorrow we say goodbye to Residents who have left this world. We say farewell to: Harvey B. Linton; Martha Rogal; Alda Wiggins and Irene Plougmann.

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: John F. Downey; Fern H. Fitzpatrick and Emmanuel Welder.

Porteous Lodge 60th Anniversary!! My goal is not to be better than anyone else, but to be better than I used to be.

SAVE the DATE!: August 23rd

Stay tuned for details of a celebration!

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.

News from Recreation:

On May 1st we took a scenic country drive to Pike Lake. Elders on this trip included Marion T.; Lawrence K.; Doreen A.; Sharon P.; Osborne T.; Vicky H.; and Irene N. On May 2nd we tried our luck at The Dakota Dunes Casino! Folks who enjoyed this outing were Nelson T.; Gerald K.; Lloyd M.; Phil H.; Laurie B.; and Pat H. Thanks to Chantelle, Rosina, Dave, Brian and Sharon for helping us out.

For daily maintenance concerns during the week for courts, please contact Rae at **306 382-2626** xt **221**.

Should you have any concerns on the weekends regarding minor maintenance issues, please contact the nursing station at **306-382-2626** ext **228**.

Tues. June 4	Fiddle Express/Newcomers Tea	2:00 pm
Wed. June 5	St Thomas Wesley United Service	6:15 pm
Fri. June 7	R.C. Mass	2:00 pm
Wed. June 12	Birthday Tea/Father's Day Party	2:00 pm
Thurs. June 20	Music by Mo + Doug	2:30 pm
Mon. June 24	Jazz Music by Big Fat Calico Cat	2:00 pm
Wed. June 26	Jazz Music by Graham Dyck	2:00 pm
Fri. June 28	Canada Day Party	2:00 pm



Contact
306 373-5580 Ext:
Director of Care Team
Val Hnatuk 226

Facility Assistant/Receptionist
Cathy Stuchenko 221

Recreation
Lisa Loveridge & Lana Mulic 234

Volunteer Coordinator
244

Dietary Team Lead
Michael Pszedwoyski 228

First Floor Nursing 230

Second Floor Nursing 233

Physical & Occupational
Therapy 236

Stensrud Lodge

Good-bye's & Hello's

With heartfelt sorrow we say goodbye to Residents who have left this world. We say farewell to: Loretta M. Clouthier; Vida Ginther; Joyce Hughes; Shirley Hunt; Chuimei Chan Mak; Alice McHolm and Irma Rawlyk.

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: Ceire Barycki; Florence Margaret Dolman; Mary Duh; Leola Jean Germin; Yvonne G. Kaper; Bernice Peterson; Donald Peterson and Shirley Eileen Tessier.

For daily maintenance concerns during the week for courts, please contact **Cathy 306 373-5580 xt 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

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.

The birthstone in June is Moonstone or Pearl; the flower is Rose or Honeysuckle. June is named for Juno, Roman queen of the gods. June has the 'Summer Solstice', the day with the longest daylight of the year, typically on June 21st. Roses are red, Violets are blue. But they don't get around like the dandelions do!

June Highlights

- Mon. June 10 2:30 pm Western Development Singers
- Tues. June 11 10:30 am Slides with Jack
- Tues. June 11 2:15 pm Music: Randy & Ray Smith Father's Day Pub
- Wed. June 12 2:00 pm Quilting Bee
- Thurs. June 13 10:30 am Picnic at Pike Lake with Central Haven
- Mon. June 17 9:30 am Farewell BBQ with St. Augustine School
- Mon. June 17 2:00 pm Music with Wes
- Tues. June 18 10:30 am Read with Jeff
- Tues. June 18 2:00 pm Birthday Party Music with Chris
- Wed. June 19 10:00 am Daycare Visit
- Wed. June 19 2:15 pm Gospel Music with Ralph
- Thurs. June 20 2:00 pm Music Performance: The Liska Family
- Fri. June 21 2:15 pm Jazz Performance by Big Fat Calico Cat
- Mon. June 24 2:00 pm Fiddle Music with Mark and Jackie
- Tues. June 25 9:00 am **Fishing Trip to Forestry Farm**
- Wed. June 26 2:15 pm Jazz Performance: Theresa Sokyra
- Fri. June 28 7:30 am Pancake Breakfast on 1st floor

Stensrud Lodge

Resident of the Month: Ruth Brown has been a resident on the second floor in Stensrud Lodge since October 2011. Ruth grew up on a farm near Radisson, Sask and she attended school in Radisson and completed grade eight. Ruth was married to Glenn Brown in 1946 and they had two children. Glenn passed away in 2009. Ruth enjoys playing bingo and visiting with everyone.

Lyla Fuller says Thank You and Farewell!

With appreciation, respect and with a degree of sadness, I say goodbye. I have had the privilege of welcoming, orientating and encouraging over 340 new volunteers since 2002 at Stensrud Lodge. I recently took the time to review the names of all the Volunteers who have registered, worked and still remain or have retired or moved on over the last 17 years. What a wonderful reflection this was for me! The long list consists of many Adults & Seniors helping seniors, many Children from daycares & elementary schools experiencing the joy of building relationships with seniors and many Youth & Young Adults from several High Schools and Post Secondary Colleges connecting with our seniors. All have assisted in various Volunteer roles from Recreation, Physiotherapy, Foot care, Christian Ministries, Personal Visitations, Pet Therapy, Mealtime Assistance & Musical Entertainment.

I am humbled and proud of the commitment and dedication of every one of "my" volunteers.

As I prepare to leave this position as Volunteer Coordinator, I wish you all the very best. Each of you have touched my life in a way that will forever stay in my heart. During these many years, I have witnessed our elders being cared for and thankfully, I have witnessed Volunteers being blessed as well. I often hear the Volunteers say that they themselves, have been transformed in one way or another. I leave with a heart full of gratefulness because of each Volunteer who I have come to know and appreciate over the years. Bless you for your time, talent and compassion. You have helped make Stensrud and the world a better place.

Porteous Lodge

Adaptive Martial Arts Breeds Confidence at Porteous Lodge

Porteous Lodge resident Debi Funk loves to go out whenever she can, but she doesn't always feel safe when she's out on her own. Debi, like most residents who live in Porteous Lodge, is in a wheelchair. She has grown accustomed to life in a wheelchair and, for the most part, feels confident in her ability to navigate the world and accomplish most things she sets her sights on. But there are times when she feels nervous and vulnerable.

"I want to go out and be more independent and do more things on my own and I want to feel safe while I'm doing it," says Debi Funk, resident Porteous Lodge.

Funk spoke of her fears during a conversation with Kelly Greenwood, Jubilee Residences' Director of Safety. Kelly and his wife Crystal own Okami Martial Arts in Saskatoon. Kelly is a World and Pan American Martial Arts Champion and Crystal is a World Champion. Debi suggested the residents might benefit from some self-defence classes.

"There are a few people I know that don't go outside, even to get fresh air, because they are afraid to go outside," says Funk. "I thought maybe they would do that if they had some self-defence class.

Crystal Greenwood began teaching a 6 week adaptive self-defence class at Porteous Lodge in mid-April.

"We call it adaptive martial arts and adaptive self-defence because martial arts is good for anybody, despite their age, gender or abilities," says Crystal Greenwood, Co-owner Okami Martial Arts. "Everybody has the right to be safe."

Six residents attended the first class. Greenwood was very hands on as she demonstrated the different defence techniques one can use when being approached from the front or side. Resident Laurie Byers was an eager participant.

"I am in the process of getting a scooter so I can go out," says Laurie Byers. "I think the classes will give me more confidence to go out alone." continued

**Adaptive Martial Arts Breeds Confidence at
Porteous Lodge Continued**

In subsequent weeks, the classes focussed on what a resident should do in a dangerous confrontation, if they are being approached from behind.

“From behind, that’s a whole other ballgame,” says Greenwood.

Wheelchair users are often the target of criminals. Usually, this is due to the fact that wheelchair users are unable to escape a situation quickly. Greenwood says it’s important for people, particularly those in wheelchairs, to check their surroundings and make a mental note of where the exits are.

“Somewhere like this, where we are all very familiar; we know our exits; we know where to go if we are feeling unsafe,” says Greenwood. “But outside, it’s totally different.”

But Greenwood says wheelchair users don’t have to live in fear. They just need to better prepare themselves; they need to know their safe points before venturing out.

“Knowing somebody is going to be at this location, or if I go around this corner, I can find this,” says Greenwood. “Learning this creates confidence as well and maybe that will make them feel more comfortable going outside.”

After just one session, Debi Funk was amazed at what she is capable of doing to defend and protect herself, from her wheelchair.

“I didn’t know the soft spot of the neck was a good place to attack,” says Funk. “That was good to learn. I didn’t realize how simple it could be to defend myself.”

**Just before I die,
I am going to
swallow a bag
of popcorn
kernels.**

**My cremation is
going to be epic!**

Porteous Lodge

The Jubilee Residences Inc Board of Directors awarded the contract for construction of the first four bi-level residential homes and garages in Jubilee’s Avenue R housing project. Evermore Homes is working on construction at the Avenue R site. The four bi-level homes will be rented at market value rent and will not be part of Jubilee’s affordable housing portfolio. It is anticipated that three bedroom and two bedroom units with garages will be available October 2019. For leasing inquiries, please call 306 955—0234 ext 109.

OH CANADA!

Our home and native land

TRUE PATRIOT LOVE

in all of us command

with glowing hearts we see thee rise

THE TRUE NORTH

strong and free

From far and wide, Oh Canada

we stand on guard for thee

God Keep Our Land

**Glorious and
free**

OH CANADA

we stand on guard for thee



I hope there are days when your coffee taste like magic; your playlist makes you dance, strangers make you smile, and the night sky touches your soul. I hope you fall in love with being alive again.

Pondering

Lying around, pondering the problems of the world, I realized that, at my age, I don't really care anymore. If walking is good for your health, the postman would be immortal. A whale swims all day, only eats fish, and drinks water, but is still fat. A rabbit runs, and hops, and only lives 15 years, while a tortoise doesn't run, and does mostly nothing, yet it lives for 150 years. And they tell us to exercise? I don't think so.

Now that I'm older, here's what I've discovered:

1. I started out with nothing, and I still have most of it.
2. My wild oats are mostly enjoyed with prunes and all-bran.
3. Funny, I don't remember being absent-minded.
4. Funny, I don't remember being absent-minded.
5. If all is not lost, then where the heck is it?
6. It was a whole lot easier to get older, than it was to get wiser.
7. Some days, you're the top dog, some days you're the hydrant.
8. I wish the buck really did stop here; I sure could use a few of them.
9. Kids in the back seat cause accidents.
10. Accidents in the back seat cause kids.
11. It is hard to make a comeback when you haven't been anywhere.
12. The world only beats a path to your door when you're in the bathroom.
13. If God wanted me to touch my toes, he'd have put them on my knees.
14. When I'm finally holding all the right cards, everyone wants to play chess.
15. It is not hard to meet expenses . . . They're everywhere.
16. The only difference between a rut and a grave is the depth.
17. These days, I spend a lot of time thinking about the hereafterI go somewhere to get something, and then wonder what I'm "here after".

Continued.....

18. Funny, I don't remember being absent-minded.

19. It is a lot better to be seen than viewed.

This is your invitation to join our Community ...Jubilee 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 with independent living, Abundant green spaces. Community Gardens. Meal Service is 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

The Jubilee Journal is produced monthly for residents, families and staff. If you wish to receive this internal newspaper by e-mail, or have comments or suggestions for content, please let me know by e-mail, phone or regular mail.

Telephone: 306-955-0234 xt 109
Jubilee Residences # 8- 2602 Taylor Street East, Saskatoon SK S7H 1X2.

I have re-formatted the Jubilee Journal and I hope it is to YOUR liking! Please let me know what you think!
Robin

Give me coffee to change the things I can
And Wine to accept those that I cannot!

Eamer Court

Exercises: exercises will be held at 9:30 am on Wednesday mornings with Marion A. Exercises will continue until June 26th and will then take a break for the summer. They will start up again on September 4th.

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

Social Club Meeting: Wednesday, June 5th at 7:00 p.m.

Entertainment: Tuesday, June 11th at 7:00 p.m. The cost is \$3.00 each; a light lunch will be served. 'Can Am Country' will entertain.

Tuesday, June 25th at 7:00 p.m. The cost is \$3.00 each; a light lunch will be served. 'Saltwater Joy' will entertain.

Supper: Watch for posters with information.

Book Club: We are done until September. Anyone interested in joining please contact Kathy at 306 373-5580 ext 235. Books are provided by the Saskatoon Public Library.

Birthday Party: Birthday party on June 18th; we will be celebrating June, July and August birthdays. Come out and enjoy coffee or tea with cake and ice cream. There is no charge. Please bring a cup for coffee.

Welcome to New Tenants: Morris Sharp; Beverly Wharton; and Pat Tondevold.

Thank you to Carol W. who looks after our plants and arranges to have flowers at the front door of Eamer Court. It looks so nice! Carol would like to thank those who donate their bottles and cans to her all year to help with the cost of the flowers.

Eamer Court Social Club Executive:
Ron Wrishko- President
Ralph Underwood- Vice President
Marlene Eaton- Secretary

To Rent the Eamer Lounge: contact Kathy at 306 373-5580 ext 235.

Cosmopolitan Court

Blood Pressure Clinic: Lona from Saskatoon Home Support will be here on Tuesday, June 4th from 9-10. This is the last BP clinic until September.

Welcome to New Tenants: Bill and Kathy Hails; and Jerry and Gloria Mareschal.

Mon. June 3 Social Club Meeting

Tues. June 4—11—18—25 Coffee Mornings

Wed. June 5 Movie

Sat. June 15 Mother's Day & Father's Day BBQ at 5:30 pm. No charge

Thurs. June 20 Game Night at 7:00 pm

The television in the lounge is for the use of all tenants. Please be mindful to watch the television in the lounge without a loud volume and please ensure that it is turned off when no one is watching it.

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



Be the person who breaks the cycle.
If you were judged, choose understanding.
If you were rejected, choose acceptance.
If you were shamed, choose compassion.
Be the person you needed when you were
hurting, not the person who hurt you.
Vow to be better than what broke you—to heal
instead of becoming bitter so you can
act from your heart, not your pain.

**Forty Years and Counting; The Bev
Jacobson Story
By Trish Cheveldayoff**

Jubilee Residences Inc. will mark the 60th anniversary of Porteous Lodge this summer by hosting a summer barbecue in August. A lot has changed in 60 years, particularly when it comes to operating a long-term care home. Bev Jacobson is Jubilee's Director of Support Services. She is responsible for many things including staffing in the Dietary, Laundry and Housekeeping Departments. She has seen first-hand the many changes that have occurred at both Porteous Lodge and Stensrud Lodge since she began working for the organization almost 40 years ago. Jacobson recalls her first day on the job at Stensrud. It was December 10, 1979. Saskatonians were dealing with a snow storm. ***"My car wouldn't start that morning," says Bev Jacobson, Director of Support Services-Jubilee Residences Inc. "I called a friend desperate. She got stuck in the driveway at Stensrud and I left her there because I had to be on time. I didn't want to be late."*** Jacobson walked through the front doors of Stensrud Lodge at 9 o'clock sharp and was greeted by a fellow employee. ***"She happened to be coming down the hallway, passing the front doors as I entered and she stopped and said, "Welcome to Stensrud" with a big smile," says Jacobson. "I never forgot that."*** The young, 20-year-old Jacobson was feeling nervous as she entered the building. She had a year and a-half of nursing school under her belt when she decided to take a year off to work.

She fully intended on returning to finish the registered nursing diploma program at what was then called SIAST's Kelsey campus. She never looked back.

"For a number of years, I had lots of regret about not finishing my RN, but I came to the point years ago that the job I do is valuable," says Jacobson. "I'm good at my job. I love my job, and this is where I'm supposed to be."

She was initially hired as a resident attendant at Stensrud Lodge. Resident attendants later became known as special care aides. Today, they are more commonly referred to as continuing care aides.

"I was a special care aide until the fall of 2007 and then an illness took me off work," says Jacobson. "I was off work for 2 years and 119 days."

Unfortunately, by the time Jacobson returned to work, her full-time position was no more but she was offered a part-time position with an option for full-time hours.

"I could add on the hours," says Jacobson. "I did several hours of nursing and then I would do other things. I'd do things that didn't get done as often as they should because there just was no time for nursing staff to do it."

Jacobson's position morphed into a more administrative role. She began doing more and more and learning more and more.

"Any education they offered me, I took it," says Jacobson. "It's always good to learn."

Jacobson has seen a huge turnover in staff in her years with Jubilee. As well, she has seen changes in staffing levels and how care is provided to the residents.

"There was a time when I was a CCA that things that we were instructed to do in areas of care would, not only be frowned upon today, but would be disciplinable," says Jacobson.

"The care is what we looked after and we did that to the person, where as now, we look at the person and we work with the person. We still have tasks to do, but the thought process has totally reversed."

The work load is also much heavier today, as residents who transition into long-term care are often older now, and they arrive with more health and mobility issues. Continued.....

“On the 2nd floor, back in the late 70’s, early 80’s, there were 54 residents up there,” says Jacobson. “At the time, there were probably 3 wheelchairs and a handful or two of walkers. People walked on their own. Now, people who are way, way sicker than that, and who require much, much more care are still at home before they ever get into long-term care. They are being kept at home longer before being allowed to be admitted.”

Jacobson says, back then, it wasn’t unusual for a resident to move in and stay for years; sometimes up to 20 years.

“Now we have people coming in and within 2 weeks they are gone, within 2 months they are gone, within 8 months they are gone,” says Jacobson.

As well, less attention is being paid today to the age of a resident. Now, the focus is on the person.

“People need to be loved and need to be cared for, and need to love and need to give care, no matter their age,” says Jacobson. “If they happen to be fortunate enough to be able to stay in their own home until they are 95, then we see them when they are 95. But, if they’re not as fortunate and they come in when they are 70, then we see them when they are 70. The age doesn’t seem to make such a big difference any more.”

Jacobson’s caring nature goes back to her childhood. She’s a small-town girl who spent most of her elementary and high school years in Clavet. Her mom was a homemaker. Her dad worked as a heavy equipment operator at the Allan Potash Mine. Jacobson was only 13 when her dad died in an accident at the mine site.

“The following couple of years were tough on the family,” says Jacobson. “My mom raised my brother Gerald and I by herself after that. The older siblings had all left home prior to the accident.”

Jacobson was the youngest of 8 children. Her oldest sibling was 22 years her senior.

“I love family,” says Jacobson. “I had older sisters and they had babies. Me, being the last one, I didn’t have anyone younger than myself. I was always the baby, so I loved it when my sisters came home with their babies.”

Jacobson married in 1985 but divorced 6 years later. She adopted her son Carter as a single parent at the age of 41. Carter is now almost 19 years old.

“It brings a lump to my throat whenever I talk about him,” says Jacobson. “He’s the light of my life.”

While Carter is the light of her life, Jacobson has found love again. She and her partner John have been together for 8 years, creating new memories together. But Jubilee is never far from her mind. She has made many friends over the years; some life-long friends.

“They were with me when my sister passed away,” says Jacobson. “They were with me when I got married. They were with me when I got divorced. They were with me when I adopted my son.”

Jacobson says she is thankful for Jubilee Residences; thankful for the many opportunities the organization has given her and continues to give her. And, while she may have started out all those years ago as a care provider, she now recognizes she too has been well cared for.

“Where has the time gone?” asks Jacobson. “Really, where has the time gone?”

Safety Corner: Remember workplace safety is everyone’s responsibility.

Thank you for working safely!

Emergency Preparedness

Code T Alert (Tornado Watch) - conditions are favourable for the development of a tornado.

What should you do? Close all windows, exterior doors, blinds and curtains

Code T (Tornado Warning) - tornado is probable or occurring. What should you do? Move residents & visitors away from windows and exterior walls · Stay away from windows, outside walls and doors Residents should NOT be moved into hallways. Protect/Shelter in Place until the Code T All Clear is announced · Staff working in a community office setting should follow the procedures specific to the site plan for your support area. Tornadoes can last a few minutes to almost an hour. They usually require hot & humid weather & occur in the afternoon & early evening. The best protection in an emergency is knowing what to do. ·

Giving Voice and Ownership to OUR Community! Each neighborhood is comprised of residents, families and staff.

Porteous Lodge:

First floor: Sweetgrass Cove

Second floor: Prairie Lily Lane

Third floor: Birch Bay

Fourth floor: Sweetgrass Road

Villa: Lily of the Valley Way

& Maple Gardens Boulevard

Stensrud Lodge:

First floor East: Elderberry Way

First floor West: Willow Lane

Second floor East: Mystical Lily

Second floor West: Lilac Lane

Each neighborhood is part of Jubilee's larger community ~ **Community Association**

Meetings will help us see how everyone can contribute no matter what phase of life they are in or what their role is in the organization. This format builds a close, caring community, where individuals have an opportunity to be heard and contribute. To be effective these gatherings need to involve all care partners.

True Doors – Door Wraps

Jubilee 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! A Door Wrap costs approximately \$150. to \$200. plus delivery of approximately \$50. Each door is measured and is priced according to size. Have a look through the catalogue which can be found in the Porteous Lodge Reception office with Rae and at Stensrud with Kelly Dersch, Administrative Officer.

Never regret a day in your life!

Good days give happiness,

Bad days give experience

Worst days give lessons, and

Best days give MEMORIES!

OKTOBERFEST 2019 Dinner & Comedy Night

Jubilee Residences Foundation is hosting its 5th annual Oktoberfest Dinner and Comedy Night on Friday, October 18, 2019 at the German Cultural Centre.

The event will feature two comedians: **Joel Jeffrey and Myles Morrison** as well as other highlights of the evening that include beer tasting during our "Beer Stein Hour," a delicious and authentic German-themed buffet and the opportunity to bid on some amazing live and silent auction items. This is a fun and casual evening!

We are hoping your business or organization would be able to support us by donating an item or two to our live and silent auctions. We ask that all donated items include two of your company or organization's business cards and the value of the donated item. Your support will have a direct impact on quality of life for residents of Porteous Lodge and Stensrud Lodge. Should you require any additional information, please contact Jubilee's Communications Consultant, Trish Cheveldayoff at 306-665-8759.

Real generosity is doing something nice for someone who will never find out.

Mount Royal Court

Welcome to new Tenant: Don Schenn

For daily maintenance concerns during the week, please call: Rae Gamble at 306 382-2626 ext 221.

For emergency maintenance evening, weekends & holidays please call: the Porteous Lodge Nursing Desk at 306 382-2626 ext. 228.

On Wednesday, May 29, 2019, the JR Inc Board of Directors met at Porteous Lodge. The following is a summary of the meeting.

The audited consolidated financial statement for the year end March 31, 2019 for Jubilee Residences was finalized. Approval was given for release to Saskatchewan Health Authority. Operating budgets for Mount Royal, Eamer and Cosmopolitan Courts were approved for 2019 – 2020. On Thursday, June 6th, 2019 the Annual General Meeting for JR Inc will be held.

The Board continues to advocate for appropriate funding for long term care. The Board of Directors remain focused to ensure delivery of quality care as well as safety of the residents in a caring community.

At Jubilee's annual general meeting held on June 6, 2019, we welcomed R. Lynne Gibson; Cameron Choquette and Jeff Jackson who have joined Karen Knelsen; Randy Pangborn; Donna Fracchia; Tim E. Turple; Alan Wallace; Murray Scharf and Tyler Mathies on the **JR Inc Board of Directors.**

We bid farewell to Leo Bourassa and Delbert Lowe who have retired from the JR Inc Board of Directors. Thanks and appreciation was extended for their years of service to Jubilee!

