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www.jubileeresidences.ca

"Your Care Matters to Us!"

<http://facebook.com/JubileeResidences>

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.



September 2019



EDEN ~ From The Garden

The Eden Philosophy has seven primary elements of well-being: identity, growth, autonomy, security, connectedness, meaning, and joy. This month we will look at the element of **"growth"** to measure well-being among **all** members of the care partner team.

GROWTH – development; enrichment; unfolding; expanding; evolving

What Growth Stands for:

- G - Get Real R - Reach Out O - Open Up & Dream**
- W - Work Up a Plan T - Take Action**
- H - Hold Steady & Reach Further**

One kind word can change
someone's entire day!

The person-directed model of care offers promise and potential and Elders and their care partners have every opportunity to learn and grow. The opposite of growth is death, both physical and spiritual. Individuals living with frailty continue to grow and teach us how to be human beings in a caring community. Everyone has the potential to be a "growth partner" to someone else. We thrive when we have good medical treatment and appropriate care. Someone can benefit from several aspects of well-being, but they may have a health condition that is out of control which

significantly inhibits growth. Quality care enables growth, and medical treatment effectively serves this process. Care (helping another to grow) and medical treatment are skilled partners. Care for the individual comes first and foremost. Living with unique health challenges need not be about decline and despair, but instead, a chance to joyously soar to new heights of human growth and awareness. We hold lofty goals for how we care for each other, seeking environments across the continuum of care that foster community rather than loneliness, meaningful activity rather than boredom, and self-reliance rather than helplessness. Be happy and be kind to people, sometimes a pat on the shoulder of someone is all they need. Bring growth forward.

Life is short. There is no time to leave important words unsaid.

Within the Eden domains of well-being, well-being is defined as "a contented state of being".

Well-being is the path to a life worth living.

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

**Jubilee Residences
Executive Team**

Yvonne Morgan, CEO
306 955-0234 ext 106

Tyrone Okrainetz
VP Quality & Safety
306 955-0234 ext. 108

Jessica Medernach
VP Corporate Services
306 955-0234 ext 105

Robin Wolfe, Executive Asst.
306 955-0234 ext 109

Management Team

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

Director of Maintenance
306382-2626 ext 226
306 373-5580 ext 222

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

Joyce Shafer, Interim
Housing Coordinator
306 373-5580 ext 235

Bev Jacobson
Manager Support Services
306 382-2626 ext 237
306 373-5580 ext 225

Caroline Yang, Manager
Accounting Services
306 955-0234 ext 101

**Please note that all
Offices will be closed
Monday,
September 2nd for the
Stat holiday.**

Porteous Lodge



Opportunity to be a part of a Research Study: Towards improving the quality of life for LTC residents.

We are looking for Residents / Families / Staff to be part of our research project.

We want to look at structures and processes used when a resident becomes unwell, so the older adult living in LTC can achieve the best possible outcome.

As residents, family members, and staff your perspectives on how things work and your thoughts on how they can be improved will be very helpful.

We look forward to hearing from you!

If interested, please contact:

Dr. Roslyn M. Compton
306—966—8627

Roslyn.compton@usask.ca

OR

Marilyn Barlow
Call or Text 306—221—7994
Marilyn.barlow@usask.ca

What do you think is the most important thing that we need to focus on to fulfill our mission? (.....creating a community that meets the needs of residents so they may live with dignity, companionship, and the assurance of excellent care and service.)

GROWTH – development; enrichment; expanding, self-actualization.

What does this domain look like in the day-to-day service of elders?

We recognize that elders are growing and evolving each and every day as we all are.

We support elder’s own individual goals and take direction from the elder to help to achieve them.

We ask elders: “is there something you have always wanted to do?”

We actively contribute to achieving the positive goals of our team.

We welcome new life experiences and knowledge.

Each day, we aim for something better than what we have today.

We know that the elders are here to teach us.

Growth—In the words of an elder.

“I have lived at Stensrud/Porteous Lodge for many years now. There are and have been some very special people who have been patient and kind and very supportive. Due to this environment I have grown immensely with their support. I am now able to speak publicly to groups outside of this home about my life. I feel that my life has been enriched by my relationships and that because of the people that provide a safe and helpful environment I have grown incredibly over the years.”

**A great place to live;
a great place wo work.**

Porteous Lodge

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
Villa Nursing	230
Physical/Occupational Therapy	238

Good-bye's & Hello's

With heartfelt sorrow we say goodbye to Residents who have left this world. We say farewell to: Trevor E. Cowley; Kevin Neil Friesen; Sophie Kominetsky; Marjorie Semenovff; Frank L. Thiessen; and Emmanuel Welder.

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: Dennis M. Danku; Alice Edney; Earl S. Elliot; Patricia S. Irvine; Marie Jackson; Patricia A. McNeil; Helen Peters; and Martin Leroy Schawillie.

Important Dates to Remember

Tuesday, Sept 3	Fiddle Express/Newcomers Tea	2:00 pm
Wednesday, Sept 4	St Thomas Wesley Service	6:15 pm
Friday, Sept 6	R.C. Mass	2:00 pm
Tuesday, Sept 10	Salvation Army Service	2:30 pm
Wednesday, Sept 11	September Birthday Tea	2:00 pm
Thursday, Sept 19	Music with Don	2:00 pm
Friday, Sept 20	Community Association meeting	2:45 pm
Wednesday, Sept 25	Music with Mo & Doug	2:00 pm

Never Squat With Your Spurs On! Will Rogers, who died in a 1935 plane crash in Alaska with bush pilot Wiley Post, was one of the Greatest political country/cowboy sages this country has ever known. Some of his sayings:

1. Never slap a man who's chewing tobacco.
 2. Never kick a cow chip on a hot day.
 3. There are two theories to arguing with a woman. Neither works.
 4. Never miss a good chance to shut up.
 5. Always drink upstream from the herd.
 6. If you find yourself in a hole, stop digging.
 7. The quickest way to double your money is to fold it and put it back into your pocket.
 8. There are three kinds of men: Ones that learn by reading; Few who learn by observation; the rest of them have to pee on the electric fence and find out for themselves.
 9. Good judgment comes from experience, and a lot of that comes from bad judgment.
 10. If you're riding' ahead of the herd, take a look back every now and then to make sure it's still there.
 11. Lettin' the cat outta' the bag is a whole lot easier'n puttin' it back.
 12. After eating an entire bull, a mountain lion felt so good he started roaring. He kept it up until a hunter came along and shot him.
- The moral: When you're full of bull, keep your mouth shut.

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.

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**.

Three things clog your soul: negativity, judgment, and imbalance.

Stensrud Lodge

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
 Terry Renn 244

Dietary Team Lead
 Michael Pszedwoyski 228

First Floor Nursing 230

Second Floor Nursing 233

Physical & Occupational
 Therapy 236

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.

Good-bye's & Hello's

With heartfelt sorrow we say goodbye to Residents who have left this world. We say farewell to: Edna Knox; Rachel M. Wood and Matilda Zupanich.

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: Geraldine Dieno; Zdena Liska; Adeline Pryma and Viola Waters.

September is the first month of the autumn season. September was the seventh month of the original Roman calendar. Later, January and February were added to the calendar it became the ninth month. 'September' means seventh and is often associated with fire because it was the month of the Roman god Vulcan. September: birthstone is sapphire; flower is aster; zodiac sign is Virgo and Libra.

September Highlights

- Monday Sept 2 Labour Day Recreation Department Closed
- Sunday Sept 8 HAPPY GRANDPARENT'S DAY
- Monday Sept 9 2:30 pm Western Development Singers
- Tuesday Sept 10 10:30 am Slides with Jack
- Tuesday Sept 10 2:00 pm Grandparent's Social
- Wednesday Sept 11 2:00 pm Quilting Bee
- Thursday Sept 12 11:30 am Fall BBQ
- Friday Sept 13 2:00 pm September Bingo
- Monday Sept 16 2:00 pm Alzheimer Society Coffee Break Fundraiser
- Tuesday Sept 17 10:30 am Read with Jeff
- Tuesday Sept 17 2:00 pm Birthday Party Music with Phil
- Friday Sept 20 1:30 pm Mall Walk
- Monday Sept 23 10:30 am Community Association Meeting in Recreation Area
- Monday Sept 23 2:00 pm Music with Wes
- Tuesday Sept 24 1:00 pm Outing to Cabela's
- Wednesday Sept 25 2:15 pm Gospel Music with Ralph
- Friday Sept 27 2:00 pm Newcomers Tea
- Monday Sept 30 1:00 pm Country Drive

Stensrud Lodge

Resident of the Month from second floor is Harry Deschuk. He was born June 5, 1940 in Manitoba. Harry has lived in Stensrud since August 11, 2015. His favorite part about living in Stensrud is the food and the hospitality. Harry worked for the City and he has two sons and three grandchildren. Harry enjoys hockey and basketball.

Resident of the Month from first floor is Marcella Propp. She was born January 21, 1935 in Rhein, Sask. She has been in Stensrud since April 23, 2019 and her favorite part about living in Stensrud is not having to cook meals. Marcella has five children; four grandchildren and four great-grandchildren. Her interests include crocheting, reading, the sports channel and playing on her i-pad

Stensrud Lodge Volunteer Opportunities for September 2019

Recreation Assistant - assist elders with bingo, card games, other games, birthday parties, sing a longs, exercises groups etc..

Meal Assistance - assist elders by providing companionship, redirection, reminders and assistance during lunch and/or supper meals.

Friendly Visiting – provide one to one companionship, social interaction and stimulation to elders of Stensrud Lodge.

If you are interested in volunteering or have questions about any of the above opportunities please feel free to contact me. Terry Renn –

Volunteer Coordinator

Office Hours : Monday, Wednesday & Fridays 10:00am to 3:00pm

Phone: (306) 373-5580 ext. 244

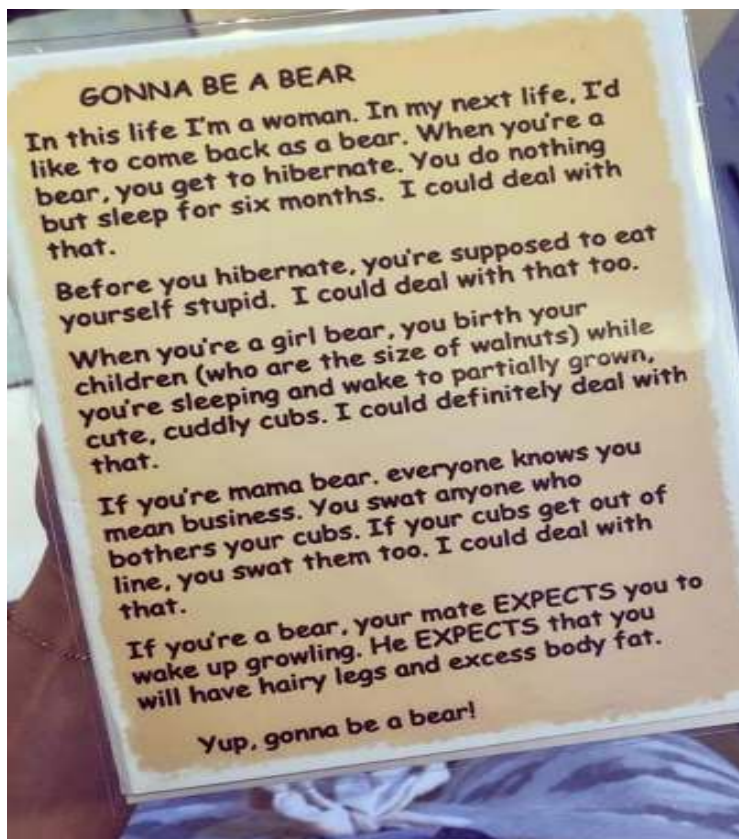
Terry.Renn@saskhealthauthority.ca

Porteous Lodge

The people we surround ourselves with either raise or lower our standards. They either help us to become the-best-version-of-ourselves or encourage us to become lesser versions of ourselves. We become like our friends. No man becomes great on his own. No woman becomes great on her own. The people around them help to make them great. We all need people in our lives who raise our standards, remind us of our essential purpose, and challenge us to become the-best-version-of- ourselves.

The Porteous Lodge hairdresser will be away September 3 and November 11—22.

Jubilee celebrated the 60th anniversary of Porteous Lodge on August 23rd, 2019. We wish to extend a heartfelt thank you to everyone who helped to make this event a success!! “Taste of Home” Cookbooks are now for sale in Porteous and Stensrud Lodges at a cost of \$10 each. Let’s get cooking!!!!



Jubilee's 5th Annual OKTOBERFEST Dinner & Comedy NightFriday, October 18, 2019 at the German Cultural Centre presented by Rubicon Health Solutions

Powered by: Earl's Pharmacy

This year we will feature two comedians! **Joel Jeffrey and Myles Morrison!**

Other highlights of the evening include craft beer sampling during the "Beer Stein Hour," an authentic German-themed buffet and an opportunity to bid on 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 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. Deadline to purchase tickets is October 11th.

Some Food for Thought

The term *care partner* is something The Eden Alternative uses to remind everyone that caring, or helping one another to grow, involves a reciprocal relationship. When we only see ourselves as caregivers and care-receivers, we miss the opportunity to form deep, knowing relationships that help everyone experience well-being.

Everyone in relationship with the Elder, or individual accepting support services, is a care partner, including the individual. That includes every single team member (including formal and informal leaders), all nurses, doctors, therapists, family members, friends, neighbors, volunteers, etc. You name it, everyone should see themselves as a care partner.

Please be mindful as you use that phrasing in your Eden Alternative journey. 'Care partner' is not intended to be solely used for care assistants! It is meant to create a common thread that binds us altogether in a caring community.

Please give a warm welcome to

VP of Quality and Safety for Jubilee Residences Tyrone Okrainetz has accepted the position of VPQS for Jubilee Residences. Tyrone is well known to you as he joined Jubilee in February 2019 as the Director of the Care Team for Porteous Lodge. Tyrone's first day in his new role will be August 20, 2019.

VP of Corporate Services for Jubilee Residences Please welcome Jessica Medernach to Jubilee Residences as the VPCS. Jessica graduated from the Edwards School of Business at the University of Saskatchewan with a Bachelor of Commerce Degree with a major in Accounting. She is a Certified Public Accountant (CPA). Jessica has previously worked with a municipal government, an accounting and auditing firm and a private business. Jessica also serves as the volunteer Treasurer for Special Olympics Saskatoon. With her experience and qualifications, Jessica will be a great addition to our team. Jessica's first day will be August 19, 2019.

Interim Court Coordinator Please also extend a warm welcome to Joyce Shafer who is again helping us out with the property management of the Courts as she did in 2015.

Volunteer Coordinator Stensrud Lodge Terry Renn.

Canada Summer Jobs—Summer Students 2019

This summer, we had the pleasure of working with a great group of students!

Porteous Lodge:

Quinn Pushor—recreation

Jasleen Dhunna—health and safety

Andrew Xie— groundskeeper

Michael Hendrickson— courts inspector

Jade Gamble—housekeeping

Jocelyn Lalach—nursing

Stensrud Lodge:

Owen Weiss—Cosmo Courts inspector

Martha Valencia—office worker

Pierre Du Plessis—groundskeeper

Tessa Wilfong—nursing

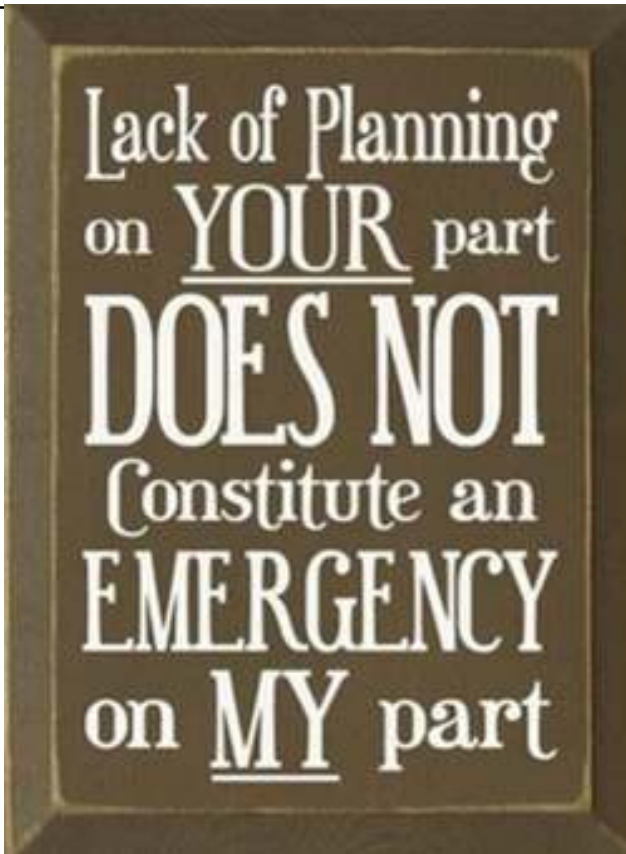
Maria Rodriquez Alvarez—health and safety

Haylee Woytkiw—recreation

Taylor MacNevin—housekeeping

Each of these students contributed to Jubilee's caring community!

Kindness is one word that has a lot of meaning. Kindness or being kind is becoming less and less a way of life in our world. In the 50s, 60s and 70s, it was more a way of life and something that our parents drummed into us at a very early age. We were told things like: you need to be kind to your brothers and sisters; you need to respect your elders; you need to be respectful of your neighbors; you should get up and give your seat to the elderly. Fast forward to the 1990s and the 2000s - people seem to have forgotten about being kind. We have road rage. You tend to get the finger almost daily. You have bullying on the internet, at work and in the schools. We have politicians that use bullying against the public, against each other. The elderly have to stand while children claim the seats in waiting areas and buses, or get knocked over because they move slower or can't walk. The question we have to ask ourselves is what is going to happen in the next 20 to 30 years? It is said that one of the greatest accomplishments in this world would be that of lifting human hearts. Blessed are they who are kind and considerate of the feelings of other people. Blessed are they who understand, appreciate and encourage others, and help to lift their lives, and to heal hurts in the heart. Surely the universe will reward kindness more and it will reward much less without it. Let's become kinder and more caring to those we come in contact with. It all starts with us! The kinder we are, the kinder the world will become.



We are happy to hear that you are enjoying the new look for the Jubilee Journal!

The Jubilee Journal is produced monthly for residents, families, tenants 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.

Robin

robin.wolfe@saskhealthauthority.ca

Eamer Court

Welcome to New Tenants:

Sheila Goulden—#257

Valerie Young—#207

Attention ALL Eamer Tenants:

**IN CASE OF EMERGENCY, PHONE 9-1-1
OR FAMILY MEMBERS.**

Come enjoy music on Tuesdays!

Sept 10th—'Memory Lane' 7:00 pm

Sept 24th—'Grand Ole Opry' 7:00 pm

To Rent the Eamer Lounge: contact Joyce at
306 955—0234 ext 107.

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

As per your Tenancy Requirements and the Guidelines for Tenants of Cosmo & Eamer Courts, tenants are responsible for the conduct of their visitors at all times. Be respectful of all shared property such as court grocery cart for moving goods to your suite. Loud noises, illegal activity and disruptive behavior are discouraged. If any of these behaviors occur, a written warning is issued and an eviction notice will be served if behaviors continue.

Eamer Court & Cosmo Courts

PLEASE RECALL that on September 1, 2018 at 12:01 a.m., ALL Jubilee Residences housing units became non-smoking.

NO ONE is allowed to smoke indoors.

All tenants and their visitors who smoke must do so outdoors. This applies to all smoking materials and devices including, but not limited to, cigarettes, cigars, marijuana (cannabis), pipes, hookahs, and vaporizers ("vaping"). This applies to ALL tenants including those who were previously were allowed to continue smoking in their suites and cottages when Jubilee Residences policy regarding smoking changed in April of 2010.

Cosmopolitan Court

Welcome to New Tenants:
Lorraine Armstrong—#88 Terry Peterson—#38
Roger Griffith—#15 Yvette Gamble—#61
Clarine Kalenowski—#27 Bill Zaporozen—#93
Elmer Draeger—#18 Wilbur Draeger—#50
Darryl Nordmarken—#19

A Fire Inspector conducted an inspection on July 31, 2019 and has advised that the fire doors in the Cosmo lounge may be closed for a private family event; however, they must NEVER be locked.

Blood Pressure Clinic: Lona from Saskatoon Home Support will be here on **Tuesday, September 3rd from 9:00 to 10:00 am.** Come and get your blood pressure checked!

Monday, Sept 2 Social Club meeting 7:00 pm

Tuesdays: Sept 3—10—17—24 Coffee mornings in the lounge; bring your cup! \$2. each

Thursday, Sept 5 Movie 7:00 pm 'Breakthrough'

Saturday, Sept 14 Music 7:00—8:00 pm \$3. each; 'Winchester' is playing.

Sunday, Sept 29 Bingo 1:00 pm by Donation

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

Cosmo Court 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

Leave everyone like you may never see them again. Be mindful of how you treat people. Speak kindly, hug them, feed the, drop by, call and love them. You will never regret that.

Stensrud and Porteous Lodges

Quarterly Adjustment to Resident Charge

Pursuant to the provisions of The Special-Care Homes Rates Regulations, 2011, the next quarterly adjustment to the resident charge will be effective October 1, 2019. This adjustment is based on the increase to OAS/GIS that was effective July 1, 2019. Effective October 1, 2019, the new resident charge range is \$1140—\$2829.

Saskatchewan Ministry of Health—Drug Plan & Extended Benefits Branch; 2nd Floor, 3475 Albert Street—Regina, SK S4S 6X6
306—787—5023 1-800-667-4884

Mount Royal Court

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.

Are YOU wearing your name tag?

GET THE SHOT—NOT THE FLU!

Getting immunized is an important personal and resident safety issue. As a healthcare worker, you can spread influenza to residents, possibly leading to influenza-related illness and death. You could also spread it to co-workers, and when health-care workers get sick with influenza, the result is absenteeism and disruption of care. Protect yourself and others by getting your influenza vaccine, and encouraging your co-workers to do the same. **Watch for flu clinics coming to a place near you in the fall.**

SEPTEMBER highlights Emergency Preparedness Code WHITE

DEFINITION: Code White is the colour code designation for a violent act of aggression that may or may not involve a weapon but always involves a threat of death or serious physical injury. At sites that do not have Security Services, this may also include criminal activity or suspicious behaviour. Code White may escalate to Code Green. Follow Code Green procedures.

PERSONAL SAFETY TIPS: If facing a violent or potentially violent individual, try to remain calm. Try to position yourself between the aggressor and the exit. Do nothing to endanger yourself or others. Do nothing to provoke him/her and comply with any requests.

If a break, enter, or theft is discovered, **touch nothing. Seal off the affected areas, denying access to anyone.**

NOTE: The responding agencies may need a staging area for their vehicles and a command post (separate from the site command post/centre to organize the search. The staging area is located visitors parking lot and the command post is located in Nursing station first floor.

ACTIVATION: The staff person who becomes aware of a violent situation identifies if resident or non-resident and, if not in personal danger: Calls 9-1-1 for Police/RCMP assistance Gives a description of the situation and the location and Notify the Manager on Call.

Bullying in the Workplace

What is workplace bullying?

Bullying is usually seen as acts or verbal comments that could 'mentally' hurt or isolate a person in the workplace. Sometimes, bullying can involve negative physical contact as well. Bullying usually involves repeated incidents or a pattern of behavior that is intended to intimidate, offend, degrade or humiliate a particular person or group of people. It has also been described as the assertion of power through aggression.

How Can Bullying Affect an Individual?

People who are the targets of bullying may experience a range of effects. These reactions include: These reactions include: *Shock *Anger *Feelings of frustration and/or helplessness *Increased sense of vulnerability *Loss of confidence *Physical symptoms such as inability to sleep, loss of appetite *Psychosomatic symptoms such as stomach pains, headaches *Panic or anxiety, especially about going to work *Family tension and stress Inability to concentrate, and *Low morale and productivity.



This is your invitation to join the Jubilee 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: independent living (Cosmo and Mount Royal Courts), supported living (Eamer Court). Rents are between \$565 to \$655 per month.

Cosmo Court: 2602 Taylor Street East

**Eamer Court: 2600 Taylor Street East
(behind Stensrud Lodge)**

**Mount Royal Court: on 29th Street
between Avenue P North and Avenue R
North**

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 couples to remain close together.

For application information, please the Business Office 306 9550234 x 109

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



"Age is merely the number of years the world has been enjoying you."

Unknown

Follow These Six Daily Practices to Prevent Hardening of the Attitudes

Have more positive mindsets, feelings and interactions

Based on modern science and ancient wisdom, this mood-altering program is intended to be easy and fun.

Begin with mindfulness; remember what practice the day is “for”. Each day, whenever you see an opportunity, take some action to do the practice for that day just do it! Your actions will become habits and then the natural way you live your life. Do this for as little as 5 minutes every day. Keep a simple journal about it. Soon you will be amazed to find that you laugh more, are more cheerful & optimistic, and feel better in general.

Whenever you are mindful of any of the practices and the pleasant feelings they bring, you can tell yourself, “Isn’t it great that I feel happy now! Right now, this is being stored in my brain, where it joins my other moments of serenity. The larger the library and storehouse of positivity in my brain, the easier it will be for me to access it at will.”

Mondays are for Compliments: This overcomes our tendency to criticize and be judgmental of others, which robs us of laughter. Look for the good in others, tell them about it and you might just end up laughing together.

Monday thought: “A kind word often goes unspoken, but never goes unheard.”

Tuesdays are for Flexibility: There is no laughter in being stubborn. We all get set in our ways and yet it is a good thing to be open to new ideas. It can be more fun than being in a rut. An open mind lets the laughter in. Tuesday thought: “The tree that bends in the wind does not break.”

Wednesdays are for Gratitude: A good way to feel miserable is to always think you need something more to make you happy. An attitude of gratitude brings serenity and laughter.

Wednesday thought: “As you go through life, let this always be your goal: Keep your eye upon the donut and not upon the hole!”

Thursdays are for Kindness: Think of ways to help make the other person’s life a little easier. Simple kindness may be the most vital key to the riddle of how human beings can live with each other in peace, and care properly for this planet we all share.

Thursday thought: “The practice of kindness creates healthy relationships and community connections and inspires people to pass kindness on to others.”

Fridays are for Forgiveness:

Forgiveness means letting go of anger. Find a way to see those who have hurt you in the new light of compassion. Releasing anger makes you healthier and opens up room in your heart for more laughter.

Friday thought: “I never hold a grudge because while I am being angry the other guy is out dancing!”

Weekends are for Chocolate: Literally, remember to eat some chocolate or any other favourite food. Metaphorically, remember to take time for leisure, pleasure, relaxation, “sweet” things.

Weekend thought: “A bad day fishing beats a good day working.”

May your troubles be less, may your blessings be more, and may nothing but happiness come through your door.

Jubilee Residences is committed to safety for ALL:

Principles:

Health and safety for ALL is the first priority JR is committed to achieving zero preventable harm. Safety is every person's role and responsibility and is integral to every job within JR; Senior Leadership is committed to excellence and to the established vision, values and goals by ensuring that all supervisors have safety improvement objectives, by auditing performance, and by being visible and personally involved with safe workplace initiatives.

Policy Directive:

JR maintains a Safety Management System to provide a clear set of workplace safety standards JR maintains a joint employer/ worker OH&S program as part of its Safety Management system to ensure the goals of this policy directive and the right of participation of all workers. Workers have a right to work in a safe workplace that is free of violence, harassment, and discrimination. Everyone has a responsibility for safety in the workplace in accordance with their level of authority within the organization. All workers are made aware of their rights and responsibilities: Right to Know, Right to Participate, and the Right to Refuse.

Incidents at work:

If you are injured at work... Complete first aid as required and notify Manager/Supervisor, Call the SHA Incident Reporting Line For blood and body fluid exposures report to nearest emergency. If treatment is needed, take a SHA Incident Reporting package Report your injury to WCB sooner than later for your own sake.

Thank you to staff for working safely!

Did you make a difference today?

Jubilee Residences Eden Vision is

A caring community that is warm and friendly. Elders, families, team members and everyone associated with Jubilee are honored and treated with respect. It is a place where life is worth living; plants, animals and children thrive; and residents are encouraged to share their wisdom.

*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 _____
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