



## MSJ PEAK PREVIEW

### FALL 2011



#### MSJ Home's Board of Directors Brian B. Martin, Executive Director

According to our Bylaws, individuals serve on the Board of Directors to "commit themselves to the Mission of the Home." The Board has many responsibilities that ultimately center on the well-being of the 120 people who live at MSJ Home. This Board has also dedicated itself to advocating for these people, and indeed, for improvements to long term care throughout the province. Historically, this organization has been blessed by committed and dedicated people who have served, purely on a volunteer basis, to represent this organization and what it stands for.

Therese Jelinski recently retired from the Board. She has been replaced as Board Chairperson by Mr. John Swystun, a well known and respected citizen of Prince Albert. John is no stranger to MSJ Home. He served on the Foundation's Board of Directors for eight years. His mother-in-law lived here. He and his family have been staunch contributors of their time, skill and financial resources. He brings strong credentials as a leader and professional but perhaps his greatest contribution will be the commitment to continue - and strengthen - the healing ministry that the Sisters of Our Lady of the Cross initiated when they owned and operated the Home.



Please, welcome John to our Board of Directors. Through him and 8 other committed and skilled individuals, MSJ Home has a governing team with the skill, courage and leadership that allows all of us to dream that MSJ Home can be "a welcoming Christian community giving life meaning."

#### Grandparents Day & Stroll-a-thon Nicole Tuck, Chairperson

As you know, we shall host the 8<sup>th</sup> Annual Grandparents Day & Stroll-A-Thon on Sunday, 11 September from 2:30 to 4:30 p.m. This is a day that family and friends celebrate the lives and contributions of grandparents who live at MSJ Home. A BBQ, activities for the kids, entertainment and, of course, the fund-raising stroll-a-thon are all a part of the day's celebration.

The Residents - and everyone who attends - love this day. It's a family day. A day of fun. A day filled with blessings. How can you help make this day a success? It's simple, really. Commit to being here! If you don't have a Grandparent living at MSJ Home, come anyway. Adopt one and make their day - as well as yours - special. Think about coming dressed up in Rider green or some other 'special' apparel that promotes the spirit of the day.

For the fund-raising component, there are several ways to be involved. Funds being raised will be dedicated to the replacement of one of our tubs, with a cost in excess of \$40,000. The Foundation also commits to supporting through your donations, spiritual care and other special needs of the Residents that are not provided through government funding. So, bring a donation! Or, take a pledge sheet and seek donations from others. Or, participate in our community blitz on the evening of Wednesday, 7 September. How about all three? Simply, we need your help to ensure that the people living here - today and tomorrow - have the best we can provide as a community. Don't hesitate to call our Foundation at 922-4663 for more information.

I look forward to meeting you on Grandparents Day!

#### What the Provincial Election Means for MSJ Home - and You. Brian B. Martin, Executive Director

If you don't know anyone who lives or works at places like Mont St. Joseph Home, you may believe that a provincial election would not have any relevancy for the people who live in special care homes across this Province.

You'd be wrong! This provincial election is critical for anyone who requires long term care in this province today or sometime in the future. Why? A short review of history is in order!

Prior to 1994, most special care homes admitted people with varying degrees of care and social needs. The average person lived in a special care home for 6 to 8 years - or more. Most Homes were able to meet the needs of the Residents with hard work and diligence. We then introduced "health-care" reform and one of its major platforms was to expand home care services throughout the province.

This allowed people who had traditionally been placed in a special care home to live in their own home. What a wonderful strategy - all of us would prefer to live in our own home until our natural

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**Eden Alternative Principle Eight**

In a human community, the wisdom of the elders grows in direct proportion to the honor and respect accorded to them.

**EDEN CORNER**

Never regret. If it's good, it's wonderful. If it's bad, it's experience.

- Victoria Holt



**Nevaeh Bitz & Donald Narcisse**



**Amy Phillips-Ruston & Sarah Thorne**



**Helen Pask & Doreen Wright**



**Allison Nagy & Eldon Danielson with Residents**



**Wayne "Swoop" Carleton**



**Brian Propp**



**Marilyn Ksnyiuk & Sarah Veith**

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**Director of Business Services**

**By Lorrie Kaglea**

Congratulations to the 2011 Mont St. Joseph Home Long Service Awards recipients. The Awards night was held on June 16<sup>th</sup> at the Best Western Marquis Inn & Suites with 23 out of 31 recipients in attendance. Greetings were delivered by Mont St. Joseph Home Board of Directors, Chairperson, Therese Jelinski; Executive Director, Brian Martin. The Master of the Ceremonies for the evening was Shannon Meyers. The classical tempo of the keyboard performed by Keisha Henry, Grade 11 student from Rivier Academy softly filled the room and was enjoyed by all.

Honorees were:



Five Years: Allison Nagy, Theresa Robillard, Shannon Petit, Jennifer Millar, Lorie Swenson, Grace Zacharias, Angie Chagoyer,  
Missing: Robert Ironside, Elaine Lemauviel, Krista Lewis, Dianna Loggie, Lorna Ross, Natalie Shynkaruk



Ten Years: Marilyn Ksnyiuk, Marilyn Stangeland, Leah Smith, Marian Archer, Kendra Tucker, Kerry Demerais, Marie Falloon, Helen Towers  
Missing: Laurie Quirion ,

No Picture

Fifteen: Dawn Akers



Twenty Years: Joseph Stenberg, Martha Baxter, Sharon Mohninger, Joan Byrne, Barbara Hansen  
Missing: Darlene Pfefferle, Lynda Whitford



Thirty Five Years: Lucille Lehmond

**Family Time to Heal:**

“A Time To Heal” family support group will commence September 28<sup>th</sup>, 7:00-8:00 in MSJ Lounge. Call Deacon Eldon Danielson, Director of Spiritual Care, if you have any questions. 953-4508. The question to ponder: **“How did the moving of my loved one into MSJ impact me and my family?”**

*“A Welcoming Christian Community Giving Life Meaning”*

## Recreation & Volunteer Services

By Shannon Meyers

As summer is drawing to a close, we are left with fond memories of our many outdoor activities-BBQ's, picnics, outings, deck parties, campfires and roasted marshmallows.

Thank you to all who have contributed or volunteered in making our summer so enjoyable. We had a great time!

Here are a few of the hi-lights...

- Sept.15 Welcome Junior Volunteers and Pet Therapy Volunteers
- Sept.15 Welcome Carlton Psychology Student Volunteers
- Sept 19 Auxiliary Meeting at 1:00 p.m.
- Sept. 18-24 Special Care Home Week -watch for details posted in the Home
- Sept 30 Regional Auxiliary Rally at Birch Hills
- Oct 2 MSJ Auxiliary Tea, Craft and Bake Sale 1:00–3:00 p.m.
- Oct.10 Happy Thanksgiving!
- Oct. 17 MSJ Auxiliary Meeting 1:00 p.m.
- Oct. 24-25 CHAS Conference in Moose Jaw
- Oct.31 Happy Halloween!
- Nov. 11 Remembrance Day



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## Blooms and Buds

By Samantha Simmonds, Director

Summer is near an end and we are going to be so sad to see those leaves turn... beautiful as it may be. The end of summer for Blooms and Buds means new families starting and saying goodbye to some old friends .

We have added an exciting new intergenerational program this year, we will be having a dance teacher come in once a week to teach creative movement to the children and any elders that would like to join. We will also welcome back Elaine Mitchell for our intergenerational music program. We would like to thank all the Grandmas and Grandpas who spent so much time with us this summer enjoying the sunshine. We had BBQS, enjoyed ice cream on the decks and had some very exciting and eventful pool parties.



For more information I can be reached at 764-3101 or [bloomsandbudsdirector@sasktel.net](mailto:bloomsandbudsdirector@sasktel.net)

*"A Welcoming Christian Community Giving Life Meaning"*

Given with Love.... Used with Care  
May 27, 2011 - August 18, 2011

**In Memory of Edna Becker**

Brian & Michelle Martin  
Ken & Esther Becker  
Ray & June Hawrish  
Roy & Shirley Stobbs  
Shirley Winge  
Tim & Shirley Jackson  
Wayne & Nadeen Steen

**In Memory of Anne Lukowich**

Brian & Michelle Martin

**In Memory of John Gaudet**

Brian & Michelle Martin  
Bill & Rita Stark

**In Memory of Ida Pawlik**

Magne & Faye Erikson

**In Honor of Eva Jarzab**

T. Jelinski

**In Memory of Isaac Gunderson**

Brian & Michelle Martin

**In Memory of Mary Button**

Annetta Martin  
March Consulting Associates Inc.  
PCL construction Management Inc.  
Sharon Martin

**In Memory of Nancy (Annie)Karpish**

Brian & Michelle Martin  
Gerald & Madeleine Zbaraschuk  
Glenn & Elaine Vancoughnett  
Harold & Olga Karpish  
M & F Zbaraschuk  
Sam & Lucy Hiadachuk  
Sophie Karpish  
Wallace & Sharon Zbaraschuk



**MSJ Foundation's Corporate & Business Sponsors...**

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Lakeland Ford  
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**MSJ Foundation's Family and Friends Donor Club... Thank You!**

Ron & Elaine Bergen  
Shirley Campbell  
Gail Graham  
Tim & Therese Jelinski  
Terry Loehr  
Fred & Colette Matheson  
Laurel Robinson  
Rotary Club of Prince Albert

Dennis & June Bleier  
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Dr. Marge Jurgens  
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John & Anita Swystun

Marj & John Bodnarchuk  
Tracy & Art Feher  
Julie & Larry Hodgson  
Jack & Harriet Lang  
Brian & Michelle Martin  
George & Jocelyn Meyer  
Nicole & Bob Tuck

**Thank You**

*"MSJ Peak Preview" is prepared by MSJ Home & MSJ Foundation as an informational service. It provides a summary of current items of interest to Residents, their families, friends, staff and community. It may include opinions expressed by individuals that do not necessarily represent the views and/or positions of Mont St. Joseph Home & Foundation. We welcome inquiries about topics discussed in the newsletter and about the corporation and our services. Please feel free to contact us:*

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[www.montstjoseph.org](http://www.montstjoseph.org)

*"A Welcoming Christian Community Giving Life Meaning"*

**What the Provincial Election Means for MSJ Home – and You.**  
**Brian B. Martin, Executive Director**

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death. I supported this particular platform of health care reform whole-heartedly.

With this strategy, it was obvious that the need for provincial standards of care for long term care were even more important than ever. Organizations like Mont St. Joseph Home have long lobbied for the establishment of these standards. Recently, the Chairperson of an Association of like minded organizations wrote to the Premier and urged him to announce a process that would lead to the establishment of standards. Standards should reflect society's expectations of care in our facilities. They would provide the basis for developing, monitoring and evaluating the programs and services that are provided in our long term care facilities. It's not rocket science, folks!

So, this provincial election provides organizations like us – and more importantly, the people who live in them - with hope. During elections, political leaders and aspiring politicians share their dreams, plans and hopes for a better Saskatchewan. These standards would make our province better. It would improve care and services in places like Mont St. Joseph Home. They would describe a level of performance by which all special care homes would be expected to maintain or work towards.

Please, as you listen to our politicians share their dreams and hopes for our province during this provincial election campaign, ask them when standards for long term care will be created. The people who live in our special care homes today – and tomorrow – are depending on all of us to make this ask. If the person you loved most in the world had to live in a special care home tomorrow, would it provide you with a level of comfort knowing that standards were in place? You bet they would!

**Telemiracle Trail Eden News**

We've been keeping busy this summer. We had elders go to camp for a week, one of our elders went on a fishing trip, some of us went to the fair. Six of us went on a road trip to Saskatoon and went to Red Lobster for lunch. We've had weiner roasts at the fire pit and a couple of BBQ's on our deck. Things won't be slowing down for us. September brings the Strollathon and Special Care Home week and our Eden team is planning something for both of these events.

We also want to introduce the concept of a "Gypsy General Store" to start early October. A mobile store that will sell new and used items. Please watch the T.V. monitor for details.

A preacher announced to his congregation : " I have good news and bad news. The good news is, we have enough money to pay for our new building program. The bad news is, it's still out there in your pockets."



**Celebrate Special Care Home Week at MSJ!**

- Sept 19 10:30 am Special Care Home Week Bingo at MSJ  
(Watch for special visitors)
- Sept 19 2:30 pm Appreciation Service "Giving and Receiving" at MSJ Main Lounge  
(Everyone is invited)
- Sept 20 2:30 pm MSJ General Staff Meeting
- Sept 21 2-3:30 pm Alzheimer Coffee Break in the Main Lounge (Everyone is invited)
- Sept 22 2-3:30 pm Folk Fest at MSJ in the Main Lounge (Everyone is invited)
- Sept 23 Noon BBQ at Cosmo Lodge

**Everyone is Invited to Celebrate With Us!**

**MSJ Auxiliary**  
**Fall Tea and Bake Sale**  
**Saturday, Oct. 1, 2011**  
**1:00 p.m. -3:00 p.m.**  
**Mont St. Joseph Home**  
**Everyone is Welcome**

*We would appreciate your baking items, please drop them off at the Home on Friday, September 30th, anytime or Saturday October 1 from 9-12 noon. Thanks so much for your help!*



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

With heartfelt sorrow we say goodbye to Residents who have left this world to go on to be with our Father in His Great Kingdom - to a life without pain or regrets - only happiness and joy. Since the Summer newsletter, we have said farewell to:

Edna Becker  
Anne Lukowich

Isaac Gunderson

Nancy Karpish (Annie)

*A special goodbye and good luck to Glendis Porter who has recently moved to her new home.*

Welcome to our new Residents who have decided to make Mont St. Joseph their new Home. Our goal is to ensure that every individual is treated with dignity and respect. Please feel free to express any concerns/questions you may have to our staff. Since the Spring newsletter we have welcomed:

Evelyn Fidler  
Manfred Soderlund (Fred)

Mary Paskaruk  
Christine Stenski

Eugene Schulz

### Donor Names added to the Wall

#### Friend:

Duncan & Alma Newmann  
Dr. Ayaaz Ramji  
Sandra Senga  
Neils Thompson  
Robert & Beverly Bundon  
Steve, Jenn, Dylan & Brooke White  
Bruce & Joan Byrne  
Shirley Campbell

*In Honor of Mabel Onishenko*

*In Honor of Yvonne Leduc*

*In Honor of Eva Jarzab*

#### Supporter

In Memory of Lorraine Odnokon  
In Memory of Edith & Donnie Lang  
In Memory of Elaine Pellerin  
Jinus & Bahram Makaru  
Rotary Club of P.A.  
Happy Camper R.V.

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Alex & Karla Dolaptchiv  
Tim & Therese Jelinski  
Marge Jurgens

#### Patron

Steve & Helen Pasloski  
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### Director of Spiritual Care, Deacon Eldon Danielson

#### Forgiveness

The gospel today addresses something that as Christians we face. Every one of us has experienced some form of hurt issue with our neighbor or family member. It obviously was a problem that Peter felt that he could press Jesus on. Peter comes with a defined number of times a person could be forgiven. He is relying on an old Rabbinic tradition which stated that a person could ask to be forgiven three times. If a person asked on a fourth time the forgiveness would not be granted. Peter comes up with a numerical number that would, he feels be a logical point when a person has reached their limit for forgiveness. To Peter's surprise Jesus sets the limit to be some 70 times more often. In other words there is no limit as to the number of times a person should be granted forgiveness. Jesus has us recognize that God does not run a tally.

The parable that Jesus tells sets a standard for the Christian communities. A Christian community is a community of the forgiven and the forgiving.

We don't have to think too hard of examples where people have been hurt and are having an issue with extending forgiveness to the other. We know of cases where land has been repossessed and the person acting on behalf of the financial institution worships at the same church. Wives or husbands have been in bitter divorce battles and other members of the family attend the same church. Families have had difficulty settling estates and often are members of the same Christian community. On September 11<sup>th</sup> people around the world will be remembering the disaster at the Twin Towers, New York City 10 years ago. It has been very difficult for families to forgive those who caused this.

All of the above are examples of malignant festering wounds. The wounds are so deep forgiveness seems so remote. In that state the person is robbed of their life and happiness. It becomes difficult for those affected to love.

Forgiving sets one free of remorse and guilt. It allows the cancer of bitterness to be removed. Christ encourages us to understand that God is open to forgive as well. But we learn that if we can't forgive we cannot experience the forgiveness offered by God. A Christian who does not love is like a lamp that doesn't give light.

*An illustration is put forward by Flor McCarthy a favorite writer of mine. "Imagine two people living in the same room, one of whom closes the blind because he doesn't want the other to enjoy the sunlight. But in so doing he also deprives himself of the sunlight."*

*"A Welcoming Christian Community Giving Life Meaning"*



**ECONO LUMBER  
IS PLEASED TO BE THE  
PLATINUM SPONSOR  
FOR OUR  
8TH ANNUAL**



**Grandparents' Day  
Stroll-A-Thon**

**IN MEMORY OF  
HELEN & ADOLPHE LEMIEUX**

**Sunday Sept 11th, 2:30 – 4:30 p.m.  
@ Mont St. Joseph  
Home**



**Our mission for this Fundraiser is not only to raise the much needed monies, but also to raise awareness in our community about this nationally celebrated day.**

**How can you help support this Fundraising event?**

- Call for a pledge sheet and ask family & friends to support you.
- Call the Foundation to make a pledged donation.
- Call the Foundation to join our 2<sup>nd</sup> Annual Community Blitz campaign on Wednesday September 7<sup>th</sup> . Last year our door to door canvassing with 21 volunteers raised over \$6,000 in two hours.
- Join us on Sunday September 11<sup>th</sup> from 2:30-4:30 p.m. @ Mont St. Joseph Home. Please bring your family, friends & especially your children. Our celebrations include a free BBQ, live entertainment, face painting & Jumping Air Castle for the kids.
- Get creative. There are awards for the each neighbourhood to win Best Dressed Team, Best Spirit & of course the Resident who raises the most monies will be crowned this year's King & Queen, Prince's & Princesses.
- Adopt a Grandparent for the day.

**\*\*\* Help raise needed funds for Furnishings & Equipment upgrades for Mont St. Joseph Home! \*\*\***

**Jennifer White Foundation Coordinator 922-4663**

**Thank you for your Support 2011 Grandparent's Day Planning Committee**  
*"A Welcoming Christian Community Giving Life Meaning"*