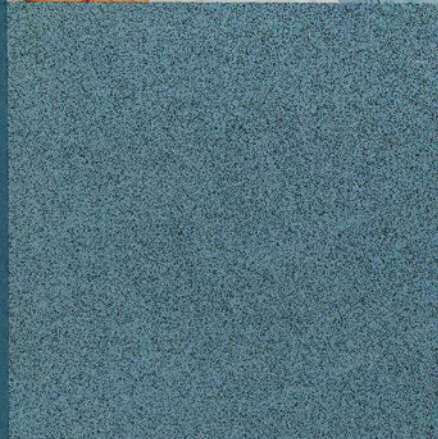




The Sisters of St. Joseph of Hamilton



*One with our  
Community*



## Cover

*Centre Top: The symbol of the Sisters of St. Joseph of Hamilton displays a bright cross to show God's love to a shadowy broken world. CSJ stands for the Congregation of St. Joseph.*

*Left: Sister Patricia Hanlon, a member of the Pastoral Services Department at St. Joseph's Hospital, Hamilton, visits Frank Kovar.*

*Top Right: Sister Rose Gabriel on a visit to Bernadette and Charles Gaetz, members of St. John's Parish, Arthur, Ontario.*

*Lower Right: These children live on the Caribbean island of Dominica, one site for the Sisters' Health Care System's Medical Relief program.*

Photo Courtesy of The Hamilton Spectator

# *One with our Community*

Credits

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**The Sisters of St. Joseph of Hamilton**

## The Sisters of St. Joseph of Hamilton *Congregational Mission Statement*

The Sisters of St. Joseph  
were founded in seventeenth century France  
by Father Medaille, S.J. and six women  
in response to the challenge of the Gospel  
and the needs of their times.  
They desired to live out the mission of Jesus as  
*"The Congregation of the Great Love of God."*

The Sisters of St. Joseph of Hamilton  
continue to live and work  
to help all people realize how much God loves them.  
Thus, we promote the dignity of all persons,  
especially the poor and marginalized,  
and work to alleviate the causes  
of poverty and oppression.  
In all we do, we strive  
*to heal broken relationships,  
reconciling and uniting people  
with one another and with God.*

In collaboration with others,  
we endeavour to broaden our vision  
of the social reality of our world,  
in order to identify and respond to human needs.  
In accordance with the spirit of our Congregation  
and our resources,  
we engage in the ministries of healing, education  
and pastoral services.

Rooted in a common cause,  
sustained and nurtured by the *Eucharist*  
and a *Faith-Sharing Community*,  
we are eager to serve wherever needed  
and to accept the risks involved.  
Continuing Christ's mission in the world demands  
that we live in *the Spirit of the Gospel*,  
with generous and courageous love,  
with a *spirit of gentleness and peace*,  
*simplicity and joy.*

December 1985

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Credits

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# *One with our Community*



*Sister Teresita McNally, General Superior of The Sisters of St. Joseph of Hamilton, is the spiritual and temporal leader of the Congregation.*

*Faith in a God whose Love has no end can make ordinary people do some extraordinary things. We Sisters of St. Joseph of Hamilton are ordinary women who, touched by this Love, have responded to the Gospel challenge to reveal that love to everyone we can. In our occupations, whether ordinary or specialized, we strive to bring others into closer union with this God.*

*Since our beginnings in 1650 France, Sisters' concern for all people has led us to serve the poor. Today the rapidly changing social conditions are producing new kinds of poverty. Even as we work to eliminate the causes, these needs call for new responses.*

We have prepared this booklet to give readers an overview of how the Sisters' historical involvement in education, health care and social services is evolving.

For example, the Sisters' traditional attention to those in need of **education** now embraces not only classroom teaching but also such instruction as happens in parish ministry, retreat opportunities, literacy training for prisoners and language classes for immigrant women.

In our **social services**, we are constantly challenged to show that God's inclusive love reaches to people of all states and conditions, especially those overlooked by society.

In recent years the Sisters have turned their attention to assisting refugees, the bereaved, the homeless and the hungry.

In **health care**, our five institutions are all located within the Hamilton diocese. We continue our concern for the sick not only in hospitals and homes for the aged, but we also extend our ministry to people who need community health support in their own homes.

In today's global village, we co-operate in **international outreach** projects. Together the Sisters and the five institutions in their Health Care System have responded to the needs of God's

people in several parts of the world. Our medical relief program has reached out to Romania, and to the Caribbean islands of Dominica and Jamaica.

The Sisters, through SalvAide, are also twinned with a repopulated village in El Salvador, where former refugees are starting a new life.

Being ordinary people, Sisters cannot accomplish these diverse ministries alone. The co-operation of our staff at every level and the assistance of volunteers, from Board of Trustee members to volunteers, enables all of us together to accomplish extraordinary results, both locally and internationally. We are confident that with such support, the Sisters' mission will constantly find new forms of expression.

Besides the active ministry we share with our many colleagues, we also share our spiritual heritage freely. We reach out to those who seek partnership in our Congregation by helping them discover for themselves what God is asking,

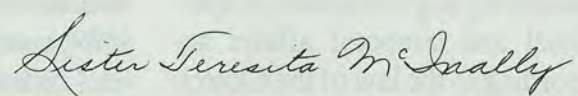
whether it be deeper understanding of the religious life, full membership, or association with us as CSJ Companions.

The projects undertaken by the Sisters give expression to the role of the church in the modern world. We support diocesan efforts and, wherever we ourselves initiate ministries, we seek to build up the local church.

The Sisters are also involved in ecumenical efforts and serve on boards of other organizations as consistent with our mission and our resources.

Above all, whether the Sisters are young or elderly, we rely on prayer and our love of neighbour to maintain our spiritual ties to God. Based on this faith, we view the future as an unfolding challenge to continue our mission in whatever traditional or new ways are appropriate.

God remains the source of our strength and the reason for our efforts on behalf of all whom we touch. For God's love is without end.



Sister Teresita McInally, General Superior  
The Sisters of St. Joseph of Hamilton

# The General Council



*A Council Meeting. From Left to Right: Sister Joan O'Sullivan, Assistant General Superior; Sister Mary Ambrose Huszak, General Secretary and Councillor; Sister Teresita McNally, General Superior; Sister Margaret Doherty and Sister Anne Karges, General Councillors.*

## Background

"The Sisters of St. Joseph of Hamilton" is the official name of this Congregation in the Church. The General Superior is its spiritual leader and has the authority to govern both its spiritual and temporal affairs according to the law of the Church and the Constitutions of the Congregation.

A four-member General Council assists the General Superior. All five Sisters are elected during an assembly of the Congregation held every five years. This assembly, last convened in 1989, is called a "General Chapter." When it is in session the Chapter is the highest governing body in the Congregation.

During Chapter, the Sisters together articulate their understanding of how their mission applies to contemporary conditions. Their discussions and decisions set the broad direction for Congregational activities until the next Chapter. The ministries described in this booklet arose from such a shared vision.



The Sisters on the Council bring their experience and understanding to deliberations that concern the Congregation of the Sisters of St. Joseph of Hamilton. They also assist the General Superior by acting as liaison persons with the many projects in education, health care and social services which other Sisters do in the name of the Congregation. Together the General Superior and her Council make up the leadership team.

### Council Duties

Using Chapter guidelines, the leadership team meets monthly to review the progress of various ministries, to receive reports, to plan for the ongoing vitality of the Congregation and to make necessary decisions about matters that arise. In the interim, each Councillor keeps in touch with several groups of Sisters and with a number of ministry projects, a few of which are briefly described below.

**Sister Joan O'Sullivan**, the Assistant General Superior, brings to her role a rich background in health care. As a Councillor she has a special concern for the progress of the five institutions in the Sisters' Health Care System as well as the health care aspects of our social service projects. She is also the liaison person for the Sisters' Infirmary at the Motherhouse.

**Sister Anne Karges** is responsible to provide for the formation of new members and for guiding women who wish to explore entry into the Congregation. As Vocation Director, she works with a team of Sisters and an Advisory Group to promote awareness of the Sisters' life. Sr. Anne is also liaison person for the CSJ Companions, men and women associated with the Sisters in a spiritual partnership. She also acts as liaison for St. Joseph's Centre of Spirituality.

**Sister Mary Ambrose** is the General Secretary and prepares the official minutes of Council meetings. In addition, she is the Director of Mission Awareness and Education and works with on-site teams at each of the Sisters' health care institutions to develop current statements expressing how the Sisters' mission is carried out in each unique setting. She is also the liaison person to Council for the Archivist and various Congregational committees.

Social justice concerns are the special focus for **Sister Margaret Doherty**. She is liaison person to the General Council for the Congregation's Refugee Co-ordinator, for Bethany House, for the Co-ordinator for Ministry to the Bereaved, and for the Congregation's Stewardship Committee. She also helps individual Sisters plan their sabbatical programs and educational upgrading.

### The General Treasurer

The General Treasurer (not shown in the picture) is appointed by the General Superior to facilitate and enable her to carry out her temporal responsibilities by recommending financial policies, overseeing accounts and annual budgeting processes and reporting at the monthly Council meetings on the status of the Congregation's material resources. The current General Treasurer is **Sister Joan McLoughlin**.

Together, **Sister Teresita**, her Council and the General Treasurer support the life of the members as a Congregational community and promote the implementation of the Sisters' mission in today's world. They assist the progress of the many activities grouped in this booklet under the titles: Education, Social Services, International Outreach and Health Care.

# Education



*Sister Grace Heffernan visits the Grade Two children at St. Joseph's School, Fergus, as part of her parish ministry activity. She also goes to Cape Croker Indian Reserve regularly on a pastoral visit to the people.*

Education can be defined as the process through which the formation of the whole person is realized. This process is lifelong and, in every situation, involves a search for the real meaning of life or, in effect, a search for truth. All who are engaged in education are in the service of truth in their lives and thinking.

Whatever her role, the Sister's contribution as an educator includes the aspects of witness, excellence and community. The love and service she renders help her students and associates to grow in the knowledge and love of God and the promotion of God's reign in our world.

Education in the 1990s takes many forms for the Sisters of St. Joseph. Some Sisters continue in the long tradition of **classroom teaching** in schools. Theirs is the privilege of nurturing the intellectual growth of students and of encouraging them to strive for academic excellence in every area. On the spiritual level, the Sister-teacher integrates the love and truth of God into the entire curriculum and life of the individual student, class and school.

In today's world the role of the teacher also calls for psychological and social support to children who, more frequently than ever, are members of dysfunctional families. As a member of a teaching staff, a Sister

contributes her experience and example to the life of the school community: to children, parents, and other staff members.

Our Sisters living at Annotto Bay on the Caribbean island of Jamaica are **volunteer teachers** of Family Life Education in a school which lacks the many advantages of Ontario's system but is rich in the culture and gifts of the people. The Sisters also share in the informal education of the members of the parish and its outlying missions.

In Hamilton, the Sisters of St. Joseph sponsor **English language classes** as an outreach of their refugee program. These classes are geared to groups not likely to participate in more formal courses provided by Boards of Education.

At the language classes, seniors, immigrant mothers with children, and others can learn to speak and read English and develop life skills that will help them become more familiar with their Canadian environment. By providing training in child care at the Day Care Centres associated with the classes some refugees also secure a source of employment as skilled day care workers. Some of these training programs are assisted by the Federal Government's Job Development Projects program.

Retired Sisters of St. Joseph have acted as part-time

**volunteer teachers** in schools in the Hamilton area to help children master reading skills. One Sister **tutors** the members of a South American order of Sisters who stay at the Hamilton Motherhouse while learning English as a Second Language.

Several Sisters do volunteer work in co-operation with the Support Services Coordinator of a regional correctional institution to make **literacy training** available to inmates who cannot read and write. Such training is an important aspect of the inmate's rehabilitation and a source of improved self image and esteem.

One Sister is a qualified full-time chaplain at a correctional institution. In her relationship with the inmates through prayer, worship services, and other activities, she promotes growth in life skills. She has also supervised university students training for a similar ministry.

**Chaplaincy** is a role Sisters have filled at the high school level, where they support not only the students, but also the staff members through instructional activities, counselling and co-ordination of liturgical events and retreat programs. Schools are a particular expression of the life of the Church. Chaplains help this life to grow and flourish in their striving to root the daily activities of the school in Gospel values.



*Left: Sister Eleanore Moir volunteers in the literacy training program available to inmates at the Hamilton-Wentworth Detention Centre.*

*Below: Boys and girls in Grade Four at St. John's School, Hamilton, enjoy their classes with Sister Carla Marie Contestabile.*



A Sister in **university teaching** at St. Michael's College, Toronto, conducts courses that enable men and women to bring ethical values more effectively into the health care ministry. She also directs an international program which is held yearly in Israel.

A Sister with theological and educational background is a member of the Institute of Communal Life, a project of the Jesuit Fathers in Guelph, Ontario. In this Sister's role as **group facilitator** she assists Parish Councils, school staffs and others with the development of skills that make their interaction more effective. In this way, she helps group members more readily make their decisions from a Gospel perspective. She also helps to plan programs for large and small groups interested in enhancing their faith life.

Since the early 1970s a number of Sisters, as **parish ministers**, have devoted their skills as educators to needs of all types in the parish setting. Among their many tasks they prepare parishioners for the sacraments, contribute to RCIA (Rite of Christian Initiation for Adults) programs, give leadership in social justice projects and impart the lesson of God's love to the sick and shut-ins.

Some Sisters also train choirs or liturgical ministers for Eucharistic celebrations.

In Northern Ontario, two Sisters have been appointed as Administrators of parishes. Their ministry promotes the growth of parish members in faith life, and to this end the Sisters help coordinate parish events and organize workshops and other activities that advance the laity's responsible participation in the life of their local Church.

Two **retreat centres** under Sisters' direction provide a variety of spiritual enrichment programs to their respective dioceses. St. Joseph's Centre for Spiritual Growth, in Terrace, B.C., is the only retreat centre in Prince George diocese.

In Hamilton, Ontario, St. Joseph's Centre of Spirituality hosts silent retreats, workshops on prayer, scripture, personal growth and many other program areas. Groups who use the 34-bed facility are as diverse as confirmation classes, single mothers, the unemployed, business, parish or social service groups. This Centre of Spirituality networks with other centres in the Hamilton diocese, and emphasizes the provision of programs for unmet needs, as resources allow.

Through the services of the Congregation's **communications** office a Sister helps spread the Good News. She is also associate editor of a Catholic magazine and works with various other publications.

Besides the direct involvement of Sisters in the educational activities already described, the Sisters of St. Joseph, through their General Council, sponsor a special **scholarship program** for staff members of their health care institutions. Personal growth contributes to the institution's quality of care.

A number of ministries with an educational aspect overlap with social service ministries. Moreover, many programs in our hospitals and homes for the aged have a significant **health care teaching** component.

All Sisters of St. Joseph of Hamilton, regardless of their particular ministry, have an educational role. By living the essentials of the Gospel, each Sister gives witness to all with whom she comes in contact. By living in community she exemplifies the sharing of a common spirit and vision. Such communal sharing leads to that unity and reconciliation which is the hallmark of the Sister of St. Joseph.

Learning takes a lifetime and happens in many contexts. While the Sisters are no longer in large numbers in the schools, their commitment to education continues in many other ways. Through all their ministries, including those described as educational, the Sisters strive "to help all people realize how much God loves them."

# Social Services



*Sister Elizabeth Ann Tubb, left, is Co-ordinator of the Good Shepherd Family Service Centre in East Hamilton. The Centre depends on donations "to provide emergency food assistance" to people in need.*

In Social Services, as with Education, the ministries in which the Sisters of St. Joseph participate frequently overlap with other areas.

By social services, the Sisters mean any ministry to people in need. In most cases they carry out these ministries in co-operation with formal social service agencies and/or government programs. All of them have grown significantly in the past decade.

The **Refugee Program** of the Sisters of St. Joseph of Hamilton has grown from sponsoring boat people to a comprehensive program with a full-time Co-ordinator. We have welcomed many families from many different countries, including Guatemala, Nicaragua, El Salvador, Honduras, Ethiopia, Uganda, Somalia and Iran.

The Refugee Co-ordinator and her Assistant have helped these families find housing, language training and employment. They spend a great deal of time working with the newly arrived refugees to expedite their hearings by Immigration Boards and other government bodies.

As part of the Sisters' commitment to changing the conditions that force people to become refugees, they work with such ecumenical groups as **ICCHRLA** (Inter-Church Committee on Human Rights in Latin America).

Within Canadian society itself the number of people lacking such basic needs as secure **shelter and food** has greatly increased in recent years. In Hamilton the Sisters of St. Joseph worked for some years with the Good Shepherd Brothers to provide shelter for homeless women at Martha House.

A Sister of St. Joseph is Director of the Hamilton **Good Shepherd Men's Centre**, a facility which also provides meals for hundreds of people each week. Services under her direction include the men's lodging home, the men's emergency overnight shelter, the food line, a clothing room, a women's drop in centre and a trustee program.

In the city of Brantford, a Sister of St. Joseph directs **Bethany House**, an emergency transition shelter for teenaged girls and women with children. The staff provides individual program planning to meet the variety of needs in each situation.

Bethany House links with other helping agencies and with all available community resources that can assist the clients. The shelter also provides a process and opportunities for teens, where appropriate, to reunite with their parents or family members.

A Sister works full time with the **Good Shepherd Family Services Centre** in East Hamilton, which includes a food bank. Another Sister in this city has been with the ecumenically-based **Neighbour to Neighbour**, a food and resource centre, in various capacities since it began as a parish social justice project.

Both centres participate in food drives as part of the **Greater Hamilton Food Share**. The number of families (in the thousands) using these services has nearly doubled in one year; fully half of those who need food are children.

A Sister of St. Joseph helped found the **Roxborough Multi-Service Centre** in East Hamilton which she co-ordinates. An ecumenical group of Presbyterians, Anglicans and Roman Catholics established the Centre to provide social services for a neighbourhood with over 1,200 needy families. Staff and volunteers provide educational, self help programs for single and needy mothers, caregivers and pre-school children.

The centre also conducts a program for seniors living in the area. The **Roxborough Senior Centre**, located in a nearby school, provides activation and maintenance for the disabled elderly and special recreational activities for younger and active seniors.

*Top, Right: Sister Rita Bohnert, the Director of Good Shepherd Men's Centre, Hamilton, serves lunch to some of the lodgers.*



*Below, Left: Sister Agnes Ward assists Refugee Co-ordinator Ines Rios with the paperwork for Said Nuru's sponsorship of family members in Ethiopia. Said, now a Canadian citizen, first came to this country in 1984 through the Sisters' Refugee program.*

*Below, Right: Scene at Bethany House, Brantford, Emergency Transition Shelter for Homeless Teenaged Girls, Women and their Children.*







*Guelph: Sister Jude Stradiotto provides hair care for the needy who have come from the Welcome In Drop-In Centre to The Workshop to do crafts and woodworking.*

In Guelph, a Sister co-ordinates **Dwelling Place**, a long term shelter for the homeless poor who are in transition from an institution into an independent living situation. She also ministers at the Welcome In Drop-In Centre, which includes meals for the poor and the Workshop, a place for them to pursue useful and creative activities. It also provides some personal care needs, such as haircuts, which are generally taken for granted but are not readily available to the homeless.

The Sisters of St. Joseph have established a parish-based

**Bereavement Program** with a full-time lay Co-ordinator who helps parishes set up their own Bereavement Ministry. The Co-ordinator also assists any other group that expresses a need. Besides ministering to the immediate physical needs of those who mourn, the program provides emotional support as they learn to cope with their loss.

Sisters also contribute their expertise and experience as staff members of helping organizations in the community. These include **Children's Aid, St. Elizabeth Visiting Nurses** and the **Red Cross Homemakers**.

Others serve as Board members for social service agencies.

These examples illustrate the social concern of the Sisters of St. Joseph of Hamilton in today's world and indicate some of the ways they reach out to meet the needs of the community. In all of them, the Sisters strive "to promote the dignity of all persons, especially the poor and the marginalized, and to work to alleviate the causes of poverty and oppression."

# *International Outreach*



*Children in an orphanage in Resita, Romania.*

While not specifically a missionary order, the Sisters of St. Joseph can trace a long tradition of service beyond their native land. For example, six Sisters left their French homeland in 1836 to serve settlers and native people in North America at St. Louis, Missouri. This group soon increased and spread to other parts of the U.S. In 1851, a small group came from the U.S. to Canada to care for orphans and eventually founded new Congregations of St. Joseph.

During the century after the Sisters arrived in Canada, their successors accepted new ministries not only within Ontario but also in remote areas of this country.

In the early 1960s, in response to the appeal of Pope John XXIII for assistance to the Latin American church, the Sisters of St. Joseph once again crossed international borders. The Hamilton Congregation had an educational centre and health clinic based in Teculután, **Guatemala** for sixteen years. In time, support of the local parish became a project of the Hamilton Diocese. Throughout this experience the Guatemala team received the support of all sectors of their home community who thus became a part of their international outreach. The Sisters of St. Joseph of Hamilton still continue their financial support for the education of poor children in the Teculután area.

In the early 1980s, the Sisters gave support to the people of **Nicaragua**. A Sister lived there for several years and taught religion in a large school. She also co-ordinated a parish catechetical program.

In recent years, while continuing to develop new Congregational initiatives to Jamaica and El Salvador, the Sisters have also wholeheartedly endorsed projects to Dominica and Romania in conjunction with our Health Care System.

In 1987, when a young girl from the Caribbean island of **Dominica** became a patient at St. Joseph's Hospital, Hamilton, great interest developed in her island. In time this interest spread throughout the Health Care System. The Chief Executive Officers, working with the Sisters and with their institutional staff, co-operated to gather and deliver several shipments of good used equipment to upgrade Dominica's hospital.

A Canadian team made up of Sisters and professionals from our Health Care System visited the island of Dominica to assess needs, to install the equipment and to train those who would operate and maintain it. The System also sponsored a six-month in-service experience in our Guelph Home for the administrator of Dominica's home for the aged so that she could observe our methods.

After the 1989 revolution in **Romania** a physician and a lawyer from the Guelph area accompanied a local resident to this country and saw the crowded and unhealthy conditions in which orphans were living. The Sisters of St. Joseph and their Health Care System became involved in the Romanian Orphan Relief project which they founded to respond to the needs of these children.

Since September 1990, the Sisters and their System have contributed to several shipments of basic medical supplies and equipment to Romania and have become a focal point for service to these children.

Staff from the Sisters' Health Care System once again gave of their time and resources to join the Relief team on trips to Romania to oversee the setting up of equipment and the organization of supply distribution.

The humanitarian project has had a far-reaching impact. A pharmaceutical company became interested and joined the effort. Members of relief teams that have visited Romania include physicians from area hospitals as well as journalists who gave the story wide newspaper and television coverage. As a result of this media attention, numerous Canadians have responded by uniting their support to that of the Sisters, their institutions and the other supporting bodies.





*December 1987. The Medical Relief program to the Caribbean island of Dominica included medical supplies and hospital equipment from the Sisters' Health Care System and an ambulance donated by the Ontario Ministry of Health. Photo Courtesy of The Hamilton Spectator.*

In another endeavour, two Sisters of St. Joseph of Hamilton are part of a Canadian team working in **Jamaica**. Our Sisters, who have lived in the village of Annotto Bay since 1990, minister in the local school and parishes in response to requests from the people. They also visit the hospital and home for the aged. The Congregation, our Health Care System, a number of parishes and school boards, as well as other groups and individuals, form a strong network of support for their work; several shipments of medical relief

supplies and items such as books and tools have come to their aid.

The most recent international undertaking of the Hamilton Sisters of St. Joseph is their sponsorship of several programs in the repopulated village called Valley of Jesus, in the northeastern part of **El Salvador**. The people here are former refugees who have returned from camps in the nearby country of Honduras to rebuild their lives in their native land. In our twinning relationship with them, the Sisters are supporting a day care centre,

a handicraft workshop and the village bakery. The Sisters' solidarity with the villagers also provides them with the support of international awareness of their precarious situation in this heavily militarized country.

The Sisters' participation in international outreach programs reflects their mission "to broaden our vision of the social reality of our world." They strive "to serve wherever needed and to accept the risks involved" in order to continue "Christ's mission in the world."

# Health Care System



*Sister Anne Karges, left, and Sister Barbara Graf, foreground, join staff members from the five institutions of the Sisters' Health Care System to pack clothing and equipment for their international Medical Relief program.*

Photo Courtesy of The Hamilton Spectator.

In September 1981, Sister Joan McLoughlin, the Congregation's Health Care Coordinator at that time, circulated a document entitled *Multi-facility Management: My Dream for The Sisters of St. Joseph of Hamilton*. In this document Sister

Joan wrote: "...I would like to see our institutions so bound together by our common mission and ministry, philosophy and objectives, that all will participate in planning for the future of the Congregational effort in Health Care."

This dream is becoming a reality through the active participation of the five institutions owned and operated by The Sisters of St. Joseph of Hamilton in a Health Care System. The Sisters of St. Joseph of Hamilton have been involved in providing

health care and social services in the Diocese for approximately 140 years. This ministry has been carried out formally through their hospitals and homes for the aged.

There have been many changes over the years. At one time, each institution was led by a Sister in the senior administrative position, and most management positions were held by Sisters. Now, however, only one institution has a Sister as Chief Executive Officer and there are few Sisters in management positions.

The Health Care System of The Sisters of St. Joseph administers, in aggregate figures, about \$265M in its annual operating budgets. Together the five institutions employ 5,260 persons, and have among them, 1,807 beds. An outline of each, based on 1990/91 information, is provided in the box below.

Many factors affect the current delivery of health and

the future of institutions in general and Catholic institutions specifically. The report of the Catholic Health Association of Ontario (CHAO) President's Task Force on Sponsorship confirmed that:

*the nature of sponsorship will either change with time or die with the Sisters. Unless a 'new line of sponsors' is found for Catholic Health Care, it may die with the Sisters.*

This statement may seem ominous, but the same Task Force has challenged the Catholic health care community to be proactive and respond courageously to the changing health care environment. One way to do this is to move to an alternative means of sponsorship, one of which is facilitated by developing a Health Care System.

There are basically two driving forces for the establishment of our more formal System. First and foremost is the desire of the Sisters to maintain a strong identity in health care in

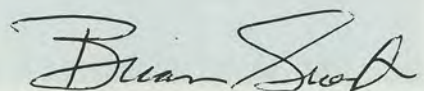
their community even though their "on site" presence has diminished significantly. The second is the opportunity to take advantage of integrated goals and standards in the areas of mission effectiveness, cost efficiency, staff development and the delivery of total patient care.

We see the main goal of future System development as the need to **differentiate** our health care system by means of the **development and integration** of standards and, in some cases, services.

The Health Care System has held planning retreats with the Council, Board Chairs, CEOs, Chiefs of Staff, Vice-Presidents and Legal Counsel to explore the mechanisms by which future System development can be enhanced, and to develop a strategic plan. The Strategic Planning Steering Committee consists of representatives from each of the five institutions in the Health Care System.

The future of System development is both challenging and exciting and we feel that each institution will remain a key player in its development.

<b>Brantford:</b> St. Joseph's Hospital 120 beds (acute, chronic, rehab)	Founded 1955
<b>Dundas:</b> St. Joseph's Villa 370 beds (residential and extended care)	Founded 1879
<b>Guelph:</b> St. Joseph's Hospital and Home 220 beds (acute and chronic) 136 beds (Home residents)	Founded 1861
<b>Hamilton:</b> St. Joseph's Hospital 607 beds (acute, rehab and chronic)	Founded 1890
<b>Kitchener:</b> St. Mary's General Hospital 354 beds (acute)	Founded 1924



Brian Guest, Executive Director  
Health Care System  
The Sisters of St. Joseph of Hamilton



*Brantford: In the Occupational Therapy program at St. Joseph's Day Hospital, Gordon Clausey, left, does a block pattern exercise which will help develop upper extremity functioning. Occupational Therapist, Judy Masters, directs Herb Proper in a "nuts and bolts" activity in order to strengthen his right hand.*

## St. Joseph's Hospital, Brantford

Since 1955, St. Joseph's Hospital has given the highest quality of patient care to the people of Brantford and Brant County. While it now offers a range of programs, St. Joseph's Hospital is constantly adapting to emerging health needs.

One recent initiative, a dynamic planning process called "Partners for the Future," re-

ceived input from dozens of local health and social service agencies, over one thousand residents, the business community, the City of Brantford, the medical community, St. Joseph's staff, the Brant District Health Council and the Ontario Ministry of Health. The process involved a review of existing health care programs and services as well as an assessment of future

needs of the county. From it, St. Joseph's developed its role statement, "Vision for the 90's".

To facilitate excellence in care, St. Joseph's Hospital takes a comprehensive approach to its strategic plan which calls for St. Joseph's to focus on Acute Care, Rehabilitation Care, Long Term and Geriatric Care on both an inpatient and outpatient basis.



St. Joseph's 29 bed Surgical Program has adjacent Operating Theatres, an Intensive Care Unit, Day Surgery Unit and Recovery Room. Virtually all procedures, such as hip replacements, laparoscopic cholecystectomy, cataract surgery and arthroscopic surgery are elective. In future, Urology, Ophthalmology and Musculo-skeletal Programs (including Orthopaedic and Arthritic Programs) will become more prominent.

St. Joseph's Hospital has also developed a centre of excellence for Rehabilitation Care in order to meet community needs. The 20 bed Rehabilitation Program, unique in Brant County, promotes a team approach to patient care involving Nursing, Physiotherapy, Occupational Therapy, Recreational Therapy, Therapeutic Dietary, Speech Therapy, Pastoral Care and Discharge Planning professionals.

The outpatient component of the program consists of two elements: a Day Hospital, which allows patients to live independently in the community while receiving their therapies on a daily basis at St. Joseph's; and outreach programs, in which St. Joseph's staff visit patients in their homes to monitor their progress.

As the community's population ages, St. Joseph's will emphasize its commitment to Long Term Care Programs and

to our elderly patients. St. Joseph's goal for geriatric care in Brantford and Brant County is to provide leadership in assessment, treatment and support programs.

St. Joseph's also supports the services of other health care institutions in Emergency, Obstetrics, Paediatrics and Psychiatric Services.

St. Joseph's "Share the Vision" Capital Campaign, which had Wayne Gretzky as Honorary Chairman, received overwhelming support from the

community. The \$5M campaign has been geared towards hospital renovation projects including the hospital's Outpatient Department, the Day Surgery Program, the three Operating Rooms, the upgrading of new clinical equipment and the construction of a new outdoor walkway for patients.

With the implementation of Program Management and Total Quality Management, St. Joseph's will continue to provide the compassionate, family centred care that has become its hallmark.



*Brantford: Physio-Aide, Debbie Melenbacher, RNA, and Josie Clark, Physiotherapist, assist Ray Cardinal with his wheeled walker.*



*Dundas: Looking at new recreational programs and discussing resident concerns are two of the items addressed by St. Joseph's Villa Residents' Council at their monthly meetings. Members shown here include Sister Benigna Zister and Ray Kane, past Chair of the Board.*

## St. Joseph's Villa, Dundas

St. Joseph's Villa, founded in 1879, provides the highest quality of residential and extended care services to 370 residents from Hamilton-Wentworth Region, Halton County and the surrounding communities.

The most important people at St. Joseph's Villa are the residents. Coming from all walks of life and many different cultural and religious backgrounds, each resident contributes to the

positive family atmosphere of the Villa. Dedicated staff in Medicine, Nursing, Social Work, Nutrition, Pastoral Care, Housekeeping, Maintenance, Therapy, Laundry and Recreation work as a team to continue the Mission which is to provide the best quality of care possible.

Opportunities for recreation and hobbies include bowling, a residents' library, crafts and a greenhouse. Hydrotherapy

in the Villa's pool combines fun and water exercise.

Members of St. Joseph's Villa Social Work Department help new residents and their families to become familiar with the Villa's services and to make the transition to their new home.

At St. Joseph's Villa, members of the Pastoral Care team focus on discovering the spiritual and religious needs of

each person they meet, giving attention to the uniqueness of the individual as well as overall human needs. The Catholic chaplain is a member of the Villa staff, and celebrates Mass daily. Clergy from the Anglican, Baptist, Presbyterian and United Churches rotate to provide a weekly ecumenical service. In addition, an ecumenical memorial service is held every two months in the large Villa chapel.

The Villa chapel is available twenty-four hours a day to residents, staff and family members. Seating is designed for the comfort of the elderly including convenient spaces for wheelchairs.

The lives of Villa residents are enhanced through the many programs and services provided by active volunteers from the Guild and Volunteer Department. The Partners in Education program involves Highland Secondary School students with seniors on an ongoing basis as well as in special events such as the annual Walk 'n' Wheel-a-thon.

Residents can make suggestions and voice concerns first hand through their Residents' Council meetings which are regularly attended by Board members. In this way, many ideas and recommendations that greatly add to the quality of life at the Villa have received a quick response.

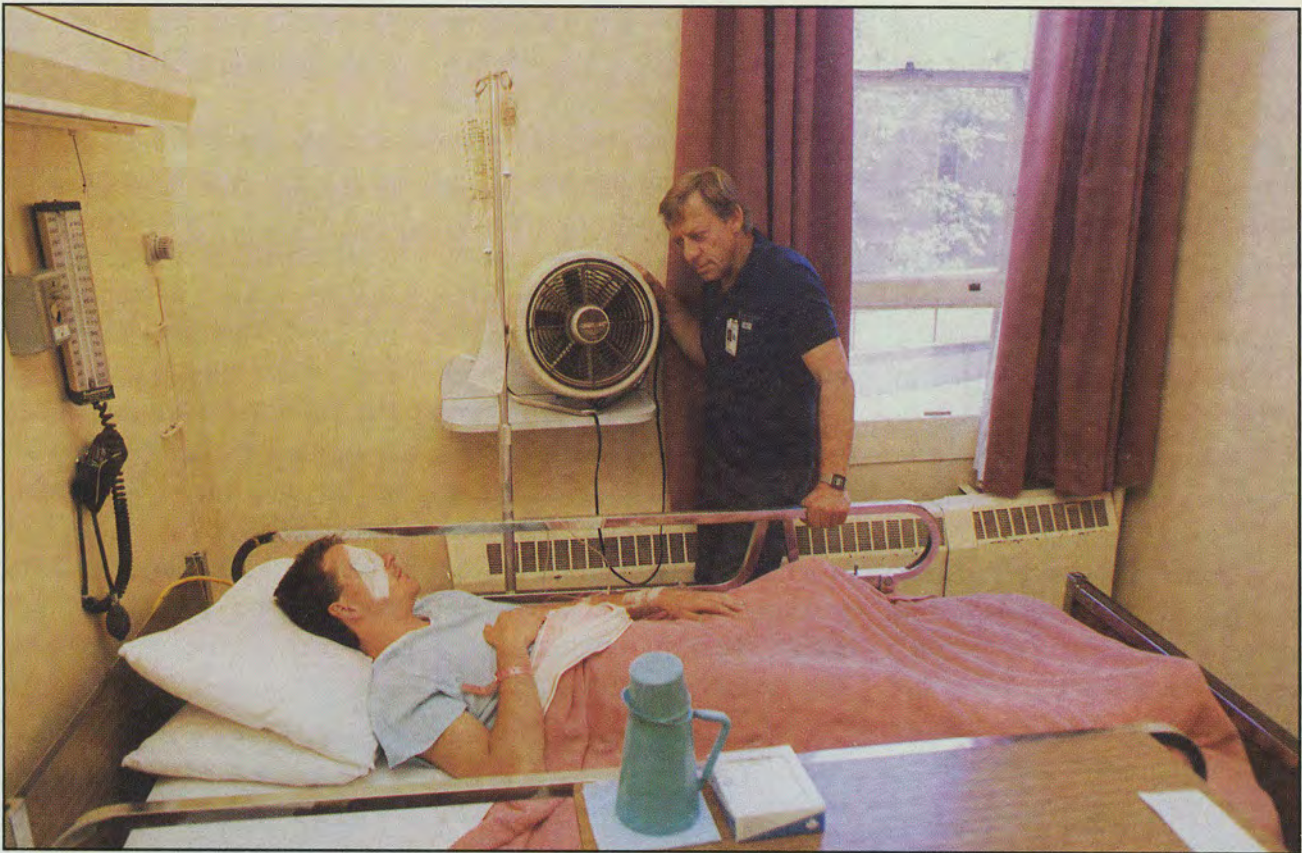
Since the early 1970s, the St. Joseph's Villa Seniors' Day Centre, through an active program for the elderly, has helped many seniors to remain in the community in their own homes. The Centre now has programs for all levels of participation from very active to very frail. The average age of clients has risen and the Centre, which is now open six days a week, offers social and recreational activities, a nutrition program and other programs for seniors who have a wide variety of care needs. Recently, the Villa implemented a Respite Care Program with the

financial assistance of the Dundas Rotary Club.

As part of its strategic plan, the Villa's Community Outreach programs for the future include: an Alzheimer Day Centre, additional respite care beds and a Home Nursing Service called the "Nightingale Program." These expanded programs for the future, together with the many clinics, based in the facility, for seniors living in the community, demonstrate the Villa's commitment to encouraging independent living.



*Dundas: Staff ensure that individual medical and nutritional needs of St. Joseph's Villa residents are met daily.*



*Guelph: Building Services staff member, Mirek Hnilica, adjusts a fan for patient, David Money. St. Joseph's Hospital is an elective institution with pre-scheduled surgical procedures .*

## St. Joseph's Hospital and Home, Guelph

St. Joseph's Hospital and Home in Guelph, the oldest of the five institutions in their Health Care System, was established by the Sisters of St. Joseph of Hamilton in 1861. The institution's role in Guelph and Wellington County has evolved from its ongoing partnership with the community.

St. Joseph's is committed to its mission of service, responding to community needs, while providing the highest quality of care within available resources. To better match these

resources with patient needs St. Joseph's has made a transition to an elective institution, where patients come in to the acute hospital on a booked, pre-scheduled basis. This new direction in care depends for its success on strong links between staff and physicians, as well as community services such as Home Care and VON. Members of the hospital staff work with agencies, even after a patient's return home, to ensure that everything is provided for comfort, and that liaison continues should the patient need to return to hospital.

Co-operation with health care providers in the community is also basic to St. Joseph's focus on ambulatory care clinics and day surgery, as well as outpatient services in Audiology, Speech Therapy, Physiotherapy, Nutrition Counselling, Respiratory Therapy, Mammography and other diagnostic procedures. The 200 medical staff members who have privileges at St. Joseph's Hospital and Home share with the staff a mutual respect, trust and responsibility for the delivery of health care.

St. Joseph's also continues to focus on its established role as a major surgical and diagnostic centre for Guelph and Wellington County. Scheduling of diagnostic tests and procedures on an outpatient basis, combined with new state-of-the-art technology at St. Joseph's, has helped patients to leave the hospital much earlier.

For families who care for their relative at home, St. Joseph's Continuing Care Unit and Home offer support services such as respite or vacation care. In the Home, St. Joseph's provides two Day Care Programs for the frail elderly and cognitively impaired. Participants in the Alzheimer's and Out 'N' About Day Centres enjoy group companionship, nourishment and recreation both in St. Joseph's facilities or wherever the two mobile vans carry the programs.

Partnerships with family and community allow the caregivers at St. Joseph's to provide a high quality of life environment for patients and residents. Patient and Resident Councils ensure a strong voice of advocacy for those most affected by care delivery. Family conferences with health care providers and the patient or resident involve all players in care decisions.

St. Joseph's works with several educational institutions. A work experience at St. Joseph's is part of certain graduate and undergraduate programs given at Conestoga and Mohawk Colleges, McMaster and Wilfred Laurier Universities, as well as the Universities of Toronto and Waterloo. The Partners in Education program has joined St. Joseph's Hospital and Home with three high schools in the City of Guelph.

The Guelph St. Joseph's Foundation, which also illustrates community partnership, was established to ensure ongoing financial support for Hospital patients and Home residents.

Members of Boards, volunteer organizations and hospital staff are major partners with St. Joseph's. The Trustees on the Hospital and Home Board and the Directors of the Foundation demonstrate their level of commitment by the time and effort they voluntarily bring to their task. The Auxiliary and Volunteer organizations, with over 350 members, bring that extra touch of comfort to enhance the quality of care at St. Joseph's. Finally, the partnership with over 900 employees at St. Joseph's Hospital and Home continues the heritage of caring begun by the Sisters of St. Joseph over 130 years ago for the sick, the aging and the community.



*Guelph: Pastoral Services member, Sister Geraldine Madigan, chats with Lyla Jones, a resident of St. Joseph's Home.*



*Hamilton: Cuddle Program Volunteer, Julie Houghton, helps in the care of St. Joseph's Hospital's youngest patients.*

## St. Joseph's Hospital, Hamilton

Since its establishment in 1890, St. Joseph's Hospital in Hamilton has defined its primary role as the provision of quality

health care to the community it serves. Strict adherence to this principle has contributed to its excellence today.

St. Joseph's has grown to become a 577 bed, active treatment, general teaching hospital, complemented by a 30-bed chronic care unit. The staff numbers just over 2,800 full and part-time employees.

In conjunction with its primary role of caring for the sick, St. Joseph's Hospital has stressed the importance of teaching and research programs. Formally affiliated with McMaster University and Mohawk College of Applied Arts and Technology, the hospital participates in the clinical training, at both the undergraduate and graduate levels, of physicians, nurses, physiotherapists, occupational therapists, social workers, laboratory, radiological and pulmonary technologists. Participation with other universities, such as the University of Toronto and the University of Ottawa, contributes to the academic preparation of health administrators and hospital pharmacists.

Research in various fields of health is another area of actual involvement for St. Joseph's Hospital, with an emphasis on clinical research. In 1989 researchers at St. Joseph's Hospital moved into the new St. Joseph's Hospital Research Institute in St. Luke's Wing.

Some developments of St. Joseph's Hospital in Hamilton include the Firestone Regional Chest and Allergy Unit, First

Place Community Teaching Centre, Self-care Dialysis, East Region Mental Health Services, Rheumatic Diseases Unit and the Women's Detox Centre. The recently opened St. Luke's Wing of the hospital houses the Department of Laboratory Medicine, the new Emergency, Out-patient and Radiology Departments and the Fracture Clinic. The new Bishop Dowling Wing includes new Intensive Care, Acute Care, Day Surgery, Obstetrical and Cardiac Care units and new facilities for Therapy Services including Physiotherapy, Occupational Therapy and Communication Disorders.

St. Joseph's is moving ahead to incorporate the values of its new Mission Statement into all aspects of hospital life. The hospital's Mission Co-

ordinator is working with staff at all levels to translate these values into operational goals and objectives and to assist strategic and program planning groups to reflect the commitments made in this mission.

**St. Joseph's Community Health Centre**, established to serve the people of East Hamilton and Stoney Creek, opened in June of 1991.

St. Joseph's Community Health Centre, with a free standing emergency department and supporting laboratory and radiology services, is unique in Ontario. There are no inpatient beds at the Centre and all programs are conducted on an out-patient basis. These programs include the Emergency Department, a Geriatric Day Hospital,

the Respiratory Day Hospital, a Cognitive Impairment Program, Hearing and Speech Services, Chiropody, Diabetes Education Service, the Occupational Health Service and the Lifeline Program.

St. Joseph's Health Care Foundation supports the work of the Hospital and its Centre.

St. Joseph's Hospital of Hamilton is well-placed to respond to the current and future health care needs of its community and to achieving excellence in health care through its ongoing commitment to education and research. Rooted in the Sisters' history and mission, the hospital's many services arise from its mission to provide compassionate, sensitive care to its patients and their families.



*Hamilton: Ryan Crossley and Mom Joanne look on as Charlene Sandilands, Program Manager of Emergency Services at the new St. Joseph's Community Health Centre, examines baby Jacqueline Crossley.*

Photo by Jack Hourigan.



*Kitchener: Laparoscopic Cholecystectomy, a new surgical procedure at St. Mary's General Hospital, allows the surgeon to remove the gall bladder without the usual large incision. The patient also has a shorter stay in hospital.*

## St. Mary's General Hospital, Kitchener

As a vital part of the Kitchener-Waterloo community, St. Mary's General Hospital, a 354-bed acute care facility with 1,100 full and part-time staff, has contributed to the provision of high quality health care since its founding by the Sisters of St. Joseph in 1924. Recently, St. Mary's General Hospital has embarked on a new and expanded role by developing centres of excellence in adult medical and surgical services. With its highly qualified medical, nursing, professional and sup-

port staff, and its advanced medical technology, St. Mary's strives for excellence as a model in the prevention, diagnosis and treatment of serious and debilitating illness. Endocrinology, Rheumatic Disease and Supportive Care Units provide intensive therapy and innovative approaches to treatment.

Active medical programs provide a range of care from respiratory problems to palliative care. The surgical department has initiated many new

concepts which have improved the quality of surgical care; these include increased Day Surgery, Adult Ophthalmology and new technologies in Thoracic and General Surgery.

Treating patients effectively extends beyond the hospital environment to partnership with the community by the provision of community-based and community-focused programs. Taking advantage of these programs can often shorten a person's length of hospitalization.



St. Mary's is home to the Waterloo Regional Placement Co-ordination Service. Both are proactive in their commitment to protect the welfare of the whole person when responding to the needs of elderly members of the population. The service provides a single channel in the Waterloo Region for referring individuals for placement in such long-term care facilities as homes for the aged, nursing homes, chronic care hospitals and community support services. Such placement is accomplished in a manner that respects the integrity and dignity of all clients. The service encourages independent living for as long as possible. Placements in long term care facilities are made only after community programs and services have been utilized to their full potential.

The first Lifeline service in our Health Care System was established at St. Mary's. Lifeline is a 24-hour personal response program that serves frail people who live alone and are concerned about their safety and security. At the touch of a button, the Lifeline subscriber can make contact with trained personnel at St. Mary's Response Centre. The enthusiasm which has greeted the program confirms that Lifeline is a valuable service in the community and in the continuum of health care.

The Young Adult Substance Abuse Clinic provides outpatient counselling for young adults between the ages of 16-25, who are experiencing problems with alcohol and other drugs. An expanded group counselling program, where young

people can discuss their alcohol and drug use behaviour with peers, can motivate the participants to develop more effective ways of coping with life's stresses. The hospital believes that with a combined effort of home, school and the community, the program will continue to make significant gains toward reducing substance abuse among young adults.

The provision of specialized health care services that promote healthful community living demonstrate St. Mary's strong desire to draw upon, and collaborate with the expertise and skills of the community. As a new century approaches, the strength of the Kitchener-Waterloo community continues to be built on its people.



*Kitchener: With her Lifeline device, Nellie Hanley (left) knows she can get help from the Response Centre at St. Mary's at the touch of a button. Sister Caroline Straus (right), a volunteer with this Rotary program, interviews prospective users, installs the device and makes follow-up visits.*

## *The Health Care System and the Mission of the Sisters*

*The Sisters established each of their health care institutions as a way of participating in the healing ministry of Jesus Christ and to give concrete expression to their concern for the sick and suffering. As owners of five institutions the Sisters continue this caring through other persons associated with them as managers, professionals and support staff. All those involved in the Health Care System are responsible to demonstrate the values, contained in the Sisters' mission, to all patients and residents and to the communities they serve.*

*Thus the Mission Statement of each institution, which implements the Sisters' mission in its own particular environment, blends a sensitive spiritual tradition with modern realities of high technology and efficient business organization. The mission is the thread that provides a link to the past, gives meaning to the present and provides a stable and enduring basis of values to focus the Health Care System of The Sisters of St. Joseph of Hamilton for the future.*

This booklet, *One with our Community*, touches on the many different involvements of the Sisters of St. Joseph of Hamilton. In all their ministries, whether accomplished personally or with others, the Sisters "continue to live and work to help all people realize how much God loves them."

### **For More Information**

If you would like to know more about the Sisters of St. Joseph of Hamilton, contact Sister Stephanie, Director of Communications.

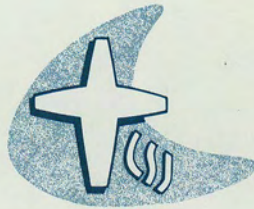
If you wish to seriously consider membership in the Sisters' Congregation, we invite you to contact Sister Teresita, General Superior.

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- Office Administrator:** Patricia McDonald, Hamilton
- With Assistance from:** Department of Printing Services  
St. Joseph's Hospital, Hamilton
- Printing by:** DATAMARK  
Toronto
- Published by:** The Sisters of St. Joseph of Hamilton  
Box 155, Station A  
Hamilton, Ontario  
L8N 3A2 ©

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