



## **Family, Friend and Responsible Party Newsletter March 2014**



Dear Strathmere Lodge resident's family member/friend/responsible party:

**Changes** — An information TV and broadcast unit [CICE InTouchLink] mounted in the Rose room and a subscription to staff Online Education has been sponsored by our Pharmacy service provider – Medical Pharmacies. The Tuck Shop will be closed every Wednesday, starting March 19, 2014, until further notice. Congratulations to Duayne Fickling and Rob Wilding who are the new Co-Presidents of our Residents' Council.

Our pop vending machine is being replaced and a new snack machine installed in our main lobby for staff, resident and visitor convenience

**Annual Survey**- Please note the letter on page 4 and complete and return the attached survey by April 30<sup>th</sup>, or sooner if possible.

**Activity Calendar** - Don't forget to pick up and check out the monthly Recreation calendars [available in each RHA [Resident Home Area] and also posted on our website] for events that you may find of interest and would like to attend along with your resident friend/family member. You are encouraged to join us at any time, especially for whole Home events such as:



J Gentleman Jim entertains at Happy Hour – Fri, March 28<sup>th</sup> at 2:00pm.

Dance Factor Dance Recital – Sat, Mar 29<sup>th</sup> at 1:45pm.

Randy Gray entertains on Sat, April 5<sup>th</sup> at 1:30pm.

Peter Mason entertains on Wed, April 16<sup>th</sup> at 2:00pm.

GERI-FASHIONS CLOTHING SALE – Wed, April 23<sup>rd</sup> from 10am-3pm in the Rose Room.

Dane Sketlcher entertains on Fri, April 25<sup>th</sup> at 2:00pm.

Joel Horvath entertains on Wed, April 30<sup>th</sup> at 6:30pm.

**Feeling unwell?** - Please do not visit Strathmere Lodge if you or anyone in your home has a cold or symptoms of the “flu” [intestinal or respiratory] and get your annual “flu-shot”. While in the Home please be sure to use our waterless hand cleanser before and after visiting with your resident, upon entering, and as you are leaving the Resident Home Area and the building.

**Family & Friends Council-** This group of involved and caring friends and family members meets on a regular basis to share information and discuss common issues.

Next meeting is Mon, April 7<sup>th</sup> at 1:30pm in the 2<sup>nd</sup> floor conference room. All family and friends of residents of

Strathmere Lodge are welcome to attend. No pre-registration is necessary. Please contact Marcy Welch at ext.226 or at [mwelch@middlesex.ca](mailto:mwelch@middlesex.ca) for more information.

Minutes of meetings are posted and available for review at our reception desk.



**Resident Weight Changes (Gain/Loss)** -The Ministry of Health and Long Term Care (Ministry) requires Long Term Care Homes (LTCH) in Ontario to plan resident menus in accordance with:

- 1) Eating Well with Canada's Food Guide (CFG) issued by Health Canada, and
- 2) The Dietary Reference Intakes (DRIs) established by American and Canadian scientists through a review process overseen by the U.S. National Academies.

Menu planning is collaboration between Food Service Managers and dietary workers, Registered Dietitians (RD), and the residents of the Home and their families.

Ministry inspectors often review and evaluate the Home's menu by referencing the CFG's only, i.e. checking whether the menu meets the numbers of food guide servings recommended by the CFG. Many people involved with menu planning believe that the CFG is not an ideal menu planning tool for residents in Long Term Care. The average age of residents in LTC is around 80 years while the CFG's oldest age group available to reference is 51 years and over. This means a 51 year old and a 100 year old are assumed to eat the same type and amount of food. Moreover, most residents in LTC are female and typically need less food to eat than males.

If a Home strictly follows the CFG's recommended number and amount of food servings it can result in the overprovision of food and calories to residents, leading to undesirable/unnecessary weight gains. Extra weight can affect a resident's health by decreasing his or her mobility and exacerbating medical conditions such as heart disease and diabetes.

**GAIN** - The RD conducts a monthly weight



review in the Home. She identifies all of the residents in the Home that have gained or lost a significant amount of weight. A significant weight change is defined as loss or gain of >5% (total body weight) in 1 month, >7.5% in 3 months and/or >10% in 6 months.

If a resident has gained a significant amount of weight and the weight has reached a level that is above ideal, she will be consulted by the RD. If the resident is concerned with the weight gain and is willing to make changes, then specific interventions will be put into place. It is important to note that there are multiple causes of weight gain including sedentary lifestyle related to mobility issues, snacking between meals, and overall poor food choices.

The initial intervention for weight loss is to change the regular diet to a modified reducing diet. This diet is lower in fats and grain products (compared to regular diet), encourages fruit only for dessert at lunch and supper, and provides for a maximum of ½ cup of juice served only at breakfast.

The resident is encouraged to drink plenty of fluids, snack less often in her room and try to increase physical activity (if able). If the resident continues to gain weight she could be put on a low fat diet, which provides 30% less fat than the regular diet. Gradual weight loss of 2-4 lbs a month is desirable until the appropriate goal weight has been reached.



**LOSS** - If a resident loses a significant amount of weight and the weight has fallen below the ideal range or if food intake is poor (less than 50% at meals) she is consulted by the RD. Initially, the resident would be started on a routine nutritional supplement (Resource 2.0) taking 60ml, which is provided at the end of all three meals. This supplement is provided by the RN/RPN who must also document when the supplement has been given (similar to medications). If the resident continues to lose weight the amount of Resource could be increased to 90ml, and then again to 120ml, and could also be provided four times a day if necessary.

If the supplement is not enough to maintain acceptable resident weight levels then additional interventions are started, such as providing an additional large snack or fortified pudding between meals.

If a resident were to gradually lose weight over time, as opposed to a rapid significant weight loss, then an alternative supplement (Boost 1.5) would be provided. Boost 1.5 is less concentrated than Resource and therefore a higher amount is provided (125ml or 175ml) to the resident. It is usually given once or twice a day with, or between, meals (individualized). Supplements will be provided until the resident's weight is stabilized, the resident gains weight, or returns to normal levels of food intake. This is reviewed monthly by the RD and supplements are discontinued when necessary, as regular food is the preferred choice of intake. **Registered Dietician, Erin Marinoff**

**The 2014 Strathmere Lodge budget** - can be found at  
<http://www.middlesex.ca/council/2014/march/11/budget2014/default.htm>

**Music and Memory- the iPod Shuffle project** - Music can reach and awaken joy in people who appear incapable of experiencing pleasure.

Our recreation staff have begun to use "personalized music" to enhance the lives of our residents with dementia. Check out the YouTube video noted below on the power of music.

You might like to provide your family member with one of these iPods. Please touch base with the Recreation staff and make sure the iPod is clearly identified with the resident's name.

[http://www.youtube.com/watch?v=Sd5S\\_hADV30&feature=youtu.be&utm\\_medium=Email&utm\\_source=ExactTarget&utm\\_campaign=10445760](http://www.youtube.com/watch?v=Sd5S_hADV30&feature=youtu.be&utm_medium=Email&utm_source=ExactTarget&utm_campaign=10445760)

Let me know if you would like to see certain issues addressed in future editions:  
[torvidas@middlesex.ca](mailto:torvidas@middlesex.ca) , 519-245-2520 ext. 222.

Please share a copy of this newsletter with other family members and friends or direct them to our website <http://www.middlesex.ca/departments/long-term-care>.

Electronic back copies of newsletters can be found on our website.

Hard copies are compiled in binders at both our reception desk and the staff lounge and are available for your review.

Find additional copies of this edition on our Public Information Board in the main lobby.



**Tony Orvidas,**  
 Administrator

Distribution: Responsible Parties, Auxiliary, Info Board, RHA's, website, County Council, staff, other stakeholders.



March, 2014

Dear Family/Friend/Substitute Decision Maker

Thank you for entrusting the care of your family member to us here at Strathmere Lodge.

We try to make Strathmere Lodge a better place for our residents by paying attention to their questions, opinions, suggestions and concerns, and those of their friends, families and substitute decision makers [SDM's].

Please take the time to complete the attached survey. Your responses are an important part of the ongoing evaluation of our programs and services and they will provide us with an opportunity for continued improvement.

We would appreciate your discussing the survey with your family member living here at the Lodge as well as other family members and friends in order to develop a common response to the questionnaire. The questions are from the perspective of the resident, so please respond as if you were the resident.

This survey is based on the Ministry of Health and Long Term Care Resident Quality Inspection - Family/Designate and Resident Interview Questions, and has been discussed and reviewed with our Residents' and Family Councils.

If you do not wish to enter responses in the comments sections please at least complete the rating sections.

Please return the survey by mailing it in the attached stamped and self-addressed envelope, drop it off at our reception desk, or leave it in the mailbox outside the door to our Administration offices as soon as possible, or by April 30 at the latest.

The results of this survey will be summarized and a synopsis shared with the Councils and noted in a future edition of our Family, Friend and Responsible Party Newsletter.

Do not hesitate to contact the appropriate Manager, or me, should an issue arise at any time in the future. Your time and input are very much appreciated.

*Tony Onidas*  
Administrator