

**Resident, Family, Friend and Responsible Party** **Newsletter – Oct. 2025**

Dear Strathmere Lodge residents, family members, friends/responsible parties:

1. **Lodge’s Annual Quality Improvement Plan – New Nurse Practitioner**



The Lodge is pleased to announce that we have successfully realized one of our key Annual Quality Improvement Plan objectives for this year by recruiting a full-time Nurse Practitioner, effective September 29, 2025.

# The province views Nurse Practitioners in long term care homes as a vehicle to assist in minimizing the need to transfer long term care home residents to hospital, and as such, provides additional funding to long term care homes to add a nurse practitioner position. This funding initiative is designed to contend with hospital pressures (crowded emergency departments and full inpatient beds), while also recognizing that long term care home resident transfers to hospital can sometimes result in more harm than benefit; harms can include: delirium; hospital acquired infections; medication side effects; lack of sleep; and rapid loss of muscle strength while being in a hospital bed for extended periods of time (Source: Canadian Society for Long Term Care Medicine).

Our new Nurse Practitioner will work with our attending physicians and nursing staff to minimize the need for hospital transfers of Lodge residents. A Nurse Practitioner’s scope of practice includes: performing physical exams; diagnosing and treating some acute and chronic illnesses; ordering and interpreting some diagnostic tests; prescribing some medications; and performing some medical procedures (e.g., doing sutures following a resident fall necessitating stitches, which would typically require a hospital visit).

1. **Virtual (On-line) Education Series on Palliative Care**



Lodge residents and family members may be interested in partaking in this free on-line series on the topic of Palliative Care, done in collaboration between Bruyere Health (in Ottawa) and Ontario Centres for Learning, Research and Innovation (CLRI).

This free 8-part series is designed to explore key Palliative Care aspects. The upcoming 8 sessions include:

1. Palliative Approach to Care, **Oct 2**
2. Let’s Talk Navigating & Advocating, **Oct 23**
3. Let's Talk Advance Care Planning & Goals of Care Conversations, **Nov 13**
4. Let’s Talk Medications, **Dec 4**
5. Let's Talk Nutrition, **Jan 15**
6. Let's Talk Dementia, **Feb 5**
7. Let's Talk Dying, **Feb 26**
8. Let's Talk Grief & Self-Care, **Mar 12**

Participants are welcome to attend one or more sessions. Each on-line session requires registration in advance and will run from 1:00pm to 2:30pm.

Residents and families can secure a spot in the on-line sessions noted above by [**clicking here**](https://advantageontarionews.informz.ca/z/cjUucD9taT0xNTc2NTEzJnA9MSZ1PTk1MDE1OTM4MiZsaT0zOTEyMDEyOQ/index.html) **(**email **collaborativeproject@bruyere.org** with any questions).

1. **Resident Clothing Closet and Drawers**



Our Lodge clothes laundering process results in quick turnaround times, which minimizes the need to have/store large volumes of clothing in the provided closet and drawers.

Given that our closets and drawers have finite space, we ask families to rotate clothing in/out as the seasons change, in order to avoid large volumes of clothing in the closet and drawers, which can lead to disorganization.

We appreciate families’ assistance in reviewing clothing in order to ensure that clothing is kept organized, easily accessible, and seasonally relevant.

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1. **October Special Events**

Please pick up and check out our monthly Recreation calendar (given to every individual resident, in addition to being available in each Resident Home Area, and on our [web page](https://www.middlesex.ca/departments/long-term-care/recreation) at: https://www.middlesex.ca/departments/long-term-care/recreation) for events that you may find of interest and would like to attend.

Our upcoming events for October include:

* Oct. 10th – Music with Wayne Gaudon (2pm-3pm in the Rose Room)
* Oct. 20th – Octoberfest Social (2pm-3pm in the Rose Room)
* Oct. 27th – Musical Walk Down Memory Lane (2pm-3pm in the Rose Room)
* Oct. 31st – Halloween Happy Hour (2pm-3pm in the Rose Room)
* Oct. 31st – Lodge residents will be doling out Halloween treats to Trick-or- Treaters – all little ghost and goblin visitors are welcome (5:45pm-7:30pm at the Lodge entrance)
1. **Labelling of Residents’ Clothing**

To prevent missing clothing … This is a reminder that new clothing needs to be labelled with the resident’s name before a resident begins to wear it (this also includes items such as shoes/slippers and personal blankets/throws). Please ensure that you use the Clothing Bin near the main entrance to deposit clothing requiring labelling, after inventorying the clothing items on the form provided at the bin (further instructions are provided at the clothing bin).

For inquiries regarding missing clothing and the like, please contact Jeff Turnbull, Lodge Environmental Services Manager, at (519) 245-2520, ext. 6244 (or, via email: jturnbull@middlesex.ca).

1. **Labelling of Other Personal Resident Items**

Apart from clothes labelling noted above, residents/families are encouraged to label other personal resident effects (including new items brought to The Lodge from time-to-time), notably items that are more portable in nature, such as TV remote controls.

1. **In Conclusion ….**

Please let me know if you would like to see certain issues addressed in future newsletter editions (contact Brent Kerwin, Administrator, 519-245-2520, ext. 6222, or via

email at: bkerwin@middlesex.ca).

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

Hardcopies of our newsletter are also maintained at our Public Information Board near Reception. Copies of older newsletter editions are compiled in binders at our Reception Desk, and are available for your review.

**Brent Kerwin,** Administrator