



**Family, Friend and Responsible Party  
Newsletter  
April 2012**

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



**Changes** – We welcome T.K. Dwarkanath to the Lodge as our new physiotherapist. He works for Centric Health, our Physiotherapy and Rehabilitation service provider.

We have added a new Nu-step Recumbent Cycle and a Treadmill to our Health Club to help residents with their exercise and walking programs.

Beginning June 1 we will commence charging residents/responsible parties for the use of our van service in order to attend at personal appointments or for trips to or from the Hospital. We will also be instituting a fee for service arrangement for mending, zipper replacement and hemming of resident personal clothing. Minor mending and button sewing will still be part of our no charge service.

Fees collected for these services will be used by Strathmere Lodge to offset costs associated with vehicle operation, staffing and supplies.

Our Case Mix Index [CMI] has increased slightly this year. The CMI is used by the Ministry of Health and Long Term Care as part of its financial formula to determine its level of annual funding for Nursing and Personal Care in Long Term Care Homes. As a result of this increase, as approved by County Council, we will be adding 7 additional hours of PSW care each day in our Home, during late night and early morning hours.

We are in the process of installing additional lighting at the front of the building to improve visibility for visitors and family members when visiting the Lodge.

**Parking** – Just a reminder not to park in the drop off & pick up area at the front entrance to our building, in the fire lane, or in handicapped parking [unless authorized]. Also, please park carefully so that you do not take up more than one parking spot since parking, especially during major events at Strathmere Lodge, is often at a premium.

**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]. While in our 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 Home.

**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.

The Council usually meets once a month at 1:30 pm in the Conference Room.

For more information or to check on the times and dates of future meetings please contact Recreation Manager Marcy Welch at ext. 226.



**Monthly Caregiver Support Group** – for family members of Strathmere Lodge residents who are living with Alzheimer’s or related dementias.

A meeting is held on the 4<sup>th</sup> Monday of each month [next meetings- April 23 and May 28] from 6:30 to 8:00 p.m. in our Conference room.

If interested, contact Diane at VON ACSP [Alzheimer Community Support Program] (519) 245-3170, or talk to our Recreation Manager, Marcy Welch at ext. 226.

**Outdoor Access** - In order to maintain resident safety and security, there is controlled access for first floor doors leading to our unsecure outside patios and Garden areas. To exit the building to these areas, you must enter the pass code to unlock the door using the pushbutton access box or have one of our employees open the door for you using a swipe card.

The code for these exit doors is the same as for the front door: **0101234**.

When weather permits, doors to the Bear Creek secure garden and to upstairs balconies are unlocked for uncontrolled access.

**Websites-** If interested in reviewing the 2012 County of Middlesex budget recently approved by County Council [including Strathmere Lodge] visit:

<http://www.middlesex.ca/departments/treasury>.

You can also review minutes and agendas of County Council meetings by going to:

<http://www.middlesex.ca/local-government/meeting-dates-and-agendas>.



**Big Bike** - Strathmere Lodge will be participating in the Heart and Stroke BIG BIKE CHALLENGE on Tues, May 15<sup>th</sup> at 3:30pm.

We will be leaving from the Strathroy Seniors Centre. Spaces on the bike are still available...any interested family members, friends or volunteers can contact Marcy Welch at ext. 226 or [mwelch@middlesex.ca](mailto:mwelch@middlesex.ca) for more information.

We would love to have you on our team.

*Marcy Welch, Manager of Recreation and Physiotherapy*

**Soap** – Please do not bring in bars of “Irish Spring” or similar strong drying soap for our residents. These types of soaps are not good for sensitive, aging skin and often cause rashes. Please always consult with nursing staff when considering purchasing personal hygiene products, including soaps, for our residents.

**New public reporting data available** - Recently, Health Quality Ontario (HQQ) began posting statistics regarding specific indicators of quality of care in Long Term Care on its website <http://www.hqontario.ca/en/reporting/longtermcare>.

These indicators include: 1) Falls, 2) Incontinence, 3) Pressure Ulcers, and 4) the Use of Restraints.

If you have any questions about the HQO statistics related to Strathmere Lodge, please feel free to contact me.

*Chris Saxby, Director of Resident Care.*

## **Growing Together – People and Plants**

### **The People – Plant Connection**

Have you ever thought about the roles of plants and nature in your day to day life?

Most people give very little thought to the subject as they stroll through each day, taking for granted the daily influences of plants and nature for pleasure, food, recreation, relaxation, social activity, personal reflection and so much more.

In actual fact plants and nature nourish our body, mind and spirit – not just occasionally but every day and in many ways.

Come together and **Grow Together** as we discover the many ways plants are a part of everyone's life

- **Discover** the role of plants and nature in your life
- **Share** your ideas, thoughts, experiences, skills
- **Learn** new skills, information, hobbies, and more
- **Create** using all things from nature
- **Nurture** your body, mind and spirit
- **Engage** with others socially and creatively
- **Grow** plants, friendships and yourselves



### **FOOD FOR THOUGHT**

What is the role of plants and nature in your life – today and in the past?

Consider all the roles plants play in day to day life. To get started think about:

- Foods you eat
- Things you enjoy outdoors (or have enjoyed in the past)
- The role of parks, walking paths, green spaces, gardens for pleasure and relaxation; physical activity; social activities
- The role of outdoor play for very young children and the types of 'nature play' they enjoy
- How you feel when you sit (or walk) and relax in a garden, backyard, park or other green space
- The role of nurturing plants in your life – whether it is one houseplant or a whole garden.
- The role of plants and nature in celebrations and special events such as birthdays, weddings, parties, Christmas, Valentine's, Easter, etc.

*Life is a journey –*

*We can't travel it without plants.*

*They feed our body, renew our spirit, calm our stress, stimulate our senses and enrich our days!*

*Let's grow together and discover new things.*

*Mary Laskey, Horticultural Therapist*

**Activity Calendar** – Don't forget to pick up and check out the monthly Activity calendars [available in each RHA [Resident Home Area]] 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 anytime, especially for whole home activities such as:

Dance Factor Dance Recital – Sat., April 28<sup>th</sup> at 2:00pm

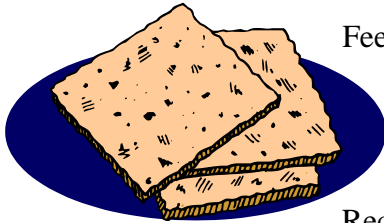
Bill Worrall Entertains – Wed., May 2<sup>nd</sup> at 2:00pm

Fireman's Bingo – Tues., May 8<sup>th</sup> at 6:30pm

Mothers and Others Tea with music by Randy Gray – Fri., May 11<sup>th</sup> at 2:00pm

Collections Showcase – Thurs., May 17<sup>th</sup> from 1 -3pm in the Rose Room. ***If any residents, family members, friends or volunteers would like to display their collection they are asked to contact Marcy Welch at ext. 226 or [mwelch@middlesex.ca](mailto:mwelch@middlesex.ca).***

Forest City Choristers – Tues., May 22<sup>nd</sup> at 2:00pm



Feel free to contact me 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>.

Recent back copies of our newsletters are available in a binder at our reception desk and on our website.

Additional copies of this edition are located on our Public Information Board in the main lobby.

*Tony Orvidas,*  
Administrator

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