



**Family, Friend and Responsible Party
Newsletter
April 2011**

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

Changes and Improvements –

We recently introduced Family/Responsible Party Exit Surveys as part of our Quality Improvement Program. We will use the results to help us improve the care, service and accommodation that we provide to our residents.

Thanks to some additional unexpected funding from the Ministry of Health and Long Term Care we were able to purchase additional hi-low beds and bedside floor mats and replace 2 resident electric lifts to improve resident safety and reduce injuries as a result of falls.



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. **A Special Luncheon** sponsored by the Family Council has been arranged for Wed., May 11th at noon in the Chapel. All family members are welcome to join us to learn more about our Family Council, to connect with other family members and to offer ideas and suggestions. To RSVP for the luncheon or for more information please contact Marcy Welch at ext 226.

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

They are held on the 4th Monday of each month from 6 to 7:30 p.m. in our Conference room.

If interested, contact Diane at VON ACSP [Alzheimer Community Support Program] or talk to our Manager of Activation, Marcy Welch.

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:
Geri-Fashions Clothing Sale – Wed, April 27th from 10:00am-3:00pm in the Rose Room.
 Everyone welcome.

Dance Factor Dance Recital – Sat., April 30th at 1:45 pm in the Rose Room.

Forest City Choristers – Wed., May 4th at 2:00 pm in the Rose Room.

Mothers and Others Auxiliary Tea – Fri., May 6th at 2:00 pm in the Rose Room.

Federal Election Voting – residents will have the opportunity to vote on Mon, May 2nd from 9:30am-11:30am in the chapel. For more information please contact Marcy Welch – ext 226.

Vases- if bringing in flowers, please use plastic vases, especially in Bear Creek. Broken glass is a hazard for both residents and staff.



Issues with Siblings regarding Mom or Dad's Care? -

The 50/50 RuleSM Brochure *Helping Siblings Overcome Family Conflict While Caring for Aging Parents* that you can download from CaregiverStress.com, while primarily aimed at families caring for parents in their homes, has some excellent tips and suggestions on how to handle sensitive issues with other family members. “The 50/50 RuleSM: Solving Family Conflict programs and practical support services are offered to develop open discussions between adult siblings in an effort to help them improve communication skills, develop teamwork, make decisions together and divide the workload in caring for aging parents.”

Nursing paperwork- Does it seem to you that our Nursing staff members spend a lot of time on paperwork?

There is a lot of documentation required by the Ministry of Health and Long Term Care as well as by our own internal policies and procedures. For example:

PSW's [Personal Service Workers] on each shift every day on every resident.

1. Completion of daily meal and fluid flow sheet. Records whether all meal eaten or only part. Also recording amount of fluids consumed. This includes all 3 meals and 3 snacks.
2. Personal care record [flow sheet] completed on every resident every day on all 3 shifts. It records bed mobility, transfers, walking, locomotion on/off unit, dressing, eating, toileting, personal hygiene, bathing, bowel/bladder continence and incontinence, dentures, teeth. Also document resident moods, behaviours and restraints.
3. A bedside assessment for each resident at a minimum of every 3 months and more often if resident's health status changes.

Registered staff:

1. Recording on resident progress noting any health issues, falls, behaviours, doctor visits or anything unusual.
2. Completion of pain assessments on each resident on admission, when pain appears to be an issue and reviewed and reassessed quarterly.
3. Completion of skin assessments on all residents on admission, if a skin issue is noted, and when the resident returns from hospital.
4. Completion of behaviour mapping as ordered by doctor. Usually done for a resident for 7 to 14 days on all 3 shifts daily.
5. Processing of doctor's orders for medications/treatments.
6. Recording of all medications and treatments given to resident each and every time given.
7. Completion of bedside assessments every 3 months on all residents.
8. Completion of resident care plan within 21 days of admission, every 3 months or more often if resident health condition or needs change. Completion of resident assessment protocols [this could be more than 12 different reports per resident depending on resident health condition and care needs].
9. Completion of resident incident report each time there is an incident.
10. Completion of an administration report on each of the 5 home areas every shift.
11. Completion of signed consents for residents to receive flu shot, and other immunizations as required on admission.
12. Completion of a mini mental exam on admission.
13. Completion of a signed Advance Health Directive as soon as possible after admission.

Resident Naptime – “Why can't staff let mother lay down for naps more often during the day?”

We have a limited number of frontline nursing staff [PSW's] on each Resident Home Area. They all have a very busy schedule that regretfully does not always accommodate increased resident naptimes or other special requests.

Each of our residents is regularly assessed and reassessed regarding his or her mobility and the need for lifts and assisted transfers. Many of our residents are usually transferred using a mechanical lift. For health and safety reasons Lodge policy requires 2 employees to be present whenever a lift is being used.

Staff needs to bathe, toilet, dress, groom and give nourishments to residents and provide them with other personal physical and emotional support and assistance. Sometimes it is very difficult for them to “get 'er all done”.

Scent Free? - Easter is coming and so are Strongly Scented Flowers – like lilies. While they are very attractive, they can cause breathing difficulties and reactions for people sensitive to their smell, so please leave them at home and do not bring them into the Lodge.

May we also suggest, for the benefit of residents, staff and other visitors, that you refrain from wearing scented personal products when visiting at the Lodge.



Feeling unwell? - Please do not visit Strathmere Lodge if you or anyone in your home has a cold or symptoms of the flu. 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 our Home.

What does it really cost? In addition to resident co-payments, Strathmere Lodge requires funds from the Ministry of Health and Long Term Care and Middlesex County to operate within budget.

For 2011 Strathmere Lodge expects to spend \$11,276,491 on operations, not including the \$892,951. debenture payment [like a mortgage for the new Lodge – principal and interest]. The Province will provide approximately \$6.2 million of that, the County will cover some \$1.6 million and the remainder of operating income will come from residents. While a resident currently pays a \$53.23 co-payment per day for basic accommodation without rate reduction or \$71.23 for private accommodation, the actual operating cost for the Lodge for that day is over \$190.00 per resident.

For example, during the month of March, Strathmere Lodge spent \$112.17 per resident day on nursing and personal care, \$9.45 on programming, \$7.38 on raw food and \$61.61 on “other accommodation” - dietary, maintenance, housekeeping, laundry and administration [not including County administration].

Veterans Services – The estate of eligible Canadian and Allied Veterans may be entitled to funeral, burial and grave marking benefits. For more information contact the Last Post Fund at Veterans Affairs Canada: 1800 563 2508 www.lastpostfund.ca

Feel free to contact me if you would like to see certain issues addressed in future editions. 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 new website.

Tony Orvidas, Administrator

