



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



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

**Changes - Ontario Telemedicine Network [OTN]** - thanks to the Ministry of Health and Long Term Care we now have the equipment to access two -way videoconferencing. In addition to clinical care consultations we will be able to take advantage of distance education and meetings for health care professionals.

Michelle Langille will be joining us in a couple of weeks as our new Social Service Worker on a contract basis [15 hours per week]. She has a B.A. in Sociology, an SSW Diploma and experience working and volunteering in Long Term Care Homes.

Under the direction of our Manager of Recreation and Physiotherapy she will be responsible for the provision of social work services to our residents through the identification of the resident's psychosocial, mental and emotional needs, and will provide or will assist the resident to access services to meet these needs.

**Elevators** – Both of our elevators have been repaired, upgraded and are back in service. One additional improvement is planned for #1 elevator to make its operation smoother. Our apologies for the inconvenience.



**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 next meeting of the Council is Thursday Sept. 20<sup>th</sup> at 1:30 pm in the Conference Room.

Guest Speaker : Connie Milliken, Home At Last (HAL) Coordinator for the VON.

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

**Growing Together- People & Plants** -*"Every gardener knows that under the cloak of winter lies a miracle ... a seed waiting to sprout, a bulb opening to the light, a bud straining to unfurl. And the anticipation nurtures our dream."* - Barbara Winkler – Mary Laskey HTR

**Pain Management Committee** - This new Strathmere Lodge committee is meeting every 2 months, is comprised of Registered staff, PSW, Spiritual Care, and Physiotherapy representatives, and its goal is to ensure that residents in our Home are as free of pain and suffering as possible.

**Massage Therapy:** It's About So Much More than Relaxation...

Massage therapy is of course known as a great way to alleviate stress; but did you know that it actually has several other health benefits? Regular treatments from a Registered Massage Therapist are proven to:

- Improve circulation and minimize swelling
- Relieve muscle tension and stiffness
- Enhance flexibility and range of motion
- Decrease chronic pain caused by arthritis

Considering the benefits, it is not surprising that massage therapy is quickly becoming a popular

treatment option for both men and women trying to manage these symptoms. However, to ensure you or your resident receive the best possible treatment for a condition you should see a Registered Massage Therapist.

**Why You Should See A Registered Massage Therapist?**

To ensure you are receiving the maximum health benefits from your treatments, it is best to receive a massage from a Registered Massage Therapist (RMT). All RMTs are members of the College of Massage Therapists of Ontario and must maintain the highest standards of practice to ensure they maintain their registration. Members of the College of Massage Therapists are also required to continually educate themselves therefore ensuring that their knowledge and skills are meeting current expectations.

In partnership with Strathmere Lodge, Centric Health is happy to offer Resident massage treatments in the comfort of their own Home – Strathmere Lodge , for a very reasonable rate [30 minutes cost \$40 plus HST].

If you are interested in your Resident receiving treatment or would like to learn more, please contact Stephanie Banning or Ashley Hunter at 1-800-265-9197 ext. 9515, or feel free to talk me.  
*Chris Saxby, DRC.*



**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 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.

**Rolator Walkers** – Please do not use walkers to transport residents in a seated position. The seat on a walker is only for resting purposes. The support strap on the back of the seat of the walker can break when pushing a seated resident and this could result in a resident falling backwards and injuring him/herself.

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

They are held on the 4<sup>th</sup> Monday of each month [next meetings- July 23 and Aug 27] 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.

**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:

Annual Garden Party – Wed, Aug 15<sup>th</sup> at 6:30pm.

- Entertainment by “The Goldies”.
- Don’t forget to bring a lawnchair.
- Event will be held indoors if raining.
- Hope to see everyone there!

Cam Denomme entertains on Fri, Aug 10<sup>th</sup> at 2:00pm

Music with Genevieve Fisher on Fri, Aug 24<sup>th</sup> at 2:00pm.

Happy Hour with Ross Ward – “The Canadian Cowboy” on Fri, Aug 31<sup>st</sup> at 2:00pm.



**Strathmere Lodge Summer Olympics** – They will be taking place the week of August 7<sup>th</sup> -10<sup>th</sup>. Check out the August activity calendar for Olympic event start times and locations.

**Gardening Volunteers** – If any family member or friend is interested in assisting with the upkeep and on-going beautification of the Strathmere Lodge gardens please contact Marcy Welch at ext. 226.

We are also in need of a family member to sit on our Gardening and Project Committee.

It is a small time commitment – meetings once per month and your involvement and support would be greatly appreciated. For more information contact Marcy Welch at ext. 226.

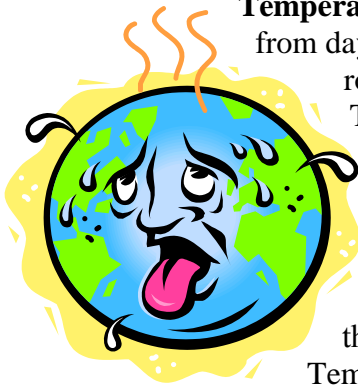
**New Faces-** With many of our employees taking vacations during the summer months we hire temporary staff [students or part-timers] in many of our departments to cover for our regular staff who are away.



**Wander Guards** – Some of our residents wear Wander Guard bracelets to prevent them from leaving the building or a Resident Home area unescorted. As they approach exit doors, the doors automatically lock and an alarm sounds alerting staff to the potential elopement.

If you hear the alarm while an exit door is open, please be careful about allowing residents to exit the building or area. Check with staff if not sure.

The door locks engage only if or when the door is closed and not while the door is still open. They disengage once the resident with the Wander Guard bracelet leaves the proximity of the exit door.



**Temperatures** – As the weather changes and outside temperatures rise and drop from day to day it is sometimes difficult to keep the temperatures in our resident rooms and the rest of our Home at a comfortable medium.

The Long Term Care Homes Act regulations require us to maintain a minimum of 22° C in resident rooms and common areas and we monitor these temperatures to ensure we are in compliance. If it gets too cool we adjust our air conditioning system to meet requirements. If we do so for the main floor, it sometimes causes temperatures, particularly on the second floor or at the ends of hallways, to rise into the mid to high 20's.

Temperatures will continue to fluctuate and we will continue to try to keep everyone as comfortable as possible.

Remember the days before air conditioning?

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>.

Back copies of our most recent 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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