



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

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

Changes and Improvements –

Three raised planters have been placed in the back garden area to provide for more accessible gardening experience for our residents. A couple of small cedar storage sheds have been placed around the building. One is for storage of gardening items; the other is for the equipment for our new irrigation system. On entering our main lobby you will notice a new specialized sign encouraging visitors to sanitize their hands on entering and leaving our Home. Our Staff Education Coordinator Lena Hodgins was recently certified as a Coach with the Gentle Persuasive Approaches in Dementia Care Program for responding to persons with challenging behaviors. She will be training and re-training our staff in the use of these approaches.

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. For more information please contact Marcy Welch at ext. 226. All family members are welcome to join the Family Council, to connect with other family members, to learn more about the Lodge and to offer ideas and suggestions.

Quality – as part of our ongoing quality improvement efforts we are now participating in the Health Quality Ontario's (HQO) long-term care public reporting initiative.

We are reporting our statistics on resident pressure ulcers, falls, worsening bladder incontinence, use of restraints and medication management and will be able to compare our results with other Long Term Care Homes and the Provincial LTCH average. Change and improvement at Strathmere Lodge are not optional – they are compulsory!



Happy Father's/Grandfather's Day

Dental hygiene: Keeping mouths healthy - for a lifetime -

“Oral health is an important part of overall health.

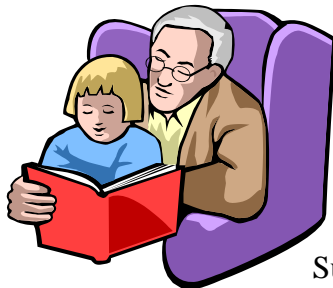
Most people don't connect their mouths to the rest of their bodies. There is a link. As a result of extensive and ongoing research, the connection between oral infections and other diseases in the body is becoming understood and accepted in the health-care community. Gum or periodontal disease is one of the most common diseases in humans. It is an infectious condition that can result in tooth loss and inflammatory destruction of gum tissue and bone. It can start with swollen and tender gums that bleed when flossing and brushing the teeth. Untreated, infective bacteria can enter the bloodstream or airways, thereby increasing the chances of heart disease, stroke and respiratory disorders. Gum disease may worsen existing diabetes or increase complications associated with diabetes. Maintaining good oral health and overall health requires a collaborative or “team” approach”. The resident, the family, the staff and the physician all have a role to play, along with dentists and dental hygienists offsite or in our Home.

If interested in on-site dental services provided through Mulitgen HealthCare here at Strathmere Lodge, contact the Nursing Department.

Visit from County Council – Strathmere Lodge recently hosted members of Middlesex County Council for lunch followed by a tour of our Home.

County Council acts as the Committee of Management for the Home.

As the Administrator of Strathmere Lodge I attend County Council meetings, provide regular reports on the operation of the Lodge and receive approval for various action items, including operating and capital budgets.



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

Meetings are held on the 4th Monday of each month 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 speak to our Activation Manager, Marcy Welch.

New Irrigation System – Strathmere Lodge contracted “Forever Rain”, with the assistance of Laskey services and D & B Electric, to install an irrigation system for the garden areas.

The irrigation system will run from two Sand points located outside, at the end of the Hickory Woods Resident Home Area. The system will have 21 different zones and will water all of our Front Garden area, all of Bear Creek Garden area and all of the Garden area at the back including the walking path area.

The system is fully programmable, allowing us to water each zone at different times and days and will allow us to increase or decrease the frequency of watering per week. All watering will take place between 10 pm and 6 am each day. The Front gardens will be watered between midnight and 5 am, so “hopefully” anyone visiting will not get wet.

We thank all the volunteers and staff who assisted with watering our gardens in the past and we are grateful for the generous donations that allowed this project to proceed.

Dave Grootjen, Assistant Administrator

Activity Calendar – Don't forget to pick up and check out the monthly Activity calendars [available in each Resident Home Area [RHA]] 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:
 Strawberry Social with Appin Busy Bees on Tues. June 28th at 7:00 pm
 Barbershop Singers on Wed. June 29th at 7:00 pm
 Entertainment by Cam Denomme on Tues. July 5th at 2:00 pm.
 Annual Garden Party on Fri. July 15th from 6:45-7:45 pm with entertainment by Brain Gillis.

Telephone Answering System – We are trialing a voice mail system for after hour's calls to the Bear Creek RHA. Please share with me any comments you may have on how you think it is working.

Residents and families sometimes get confused over the number of telephone like sounds they may hear at our Communication Centers. We have bed alarms, door alarms, call bells and a ringing phone. If you see a staff member picking up a phone like instrument at the communication centre and hanging up without answering it, you have observed a call bell indicator being turned off at the Communication Centre. [note -This call bell indicator continues outside the resident's room and on the staff pagers until it is turned off at the bedside.]

Horticultural Therapy and Election Day – It was May 2, 2011 – election day in Canada. A day when every adult Canadian may execute his or her right to vote. As I was meeting with 4 groups of folks for Horticultural Therapy [HT] on that same day, I thought perhaps there could be another vote cast that day. Rather than a political election, we could vote for our favorite flower.

It was the “Daffodil Decision”

With many varieties of daffodils in my gardens this was entirely possible. I cut and vased the basic beautiful daffodil, some tiny miniature yellow daffodils, medium sized daffodils with orange centers, and white ruffled daffodils.

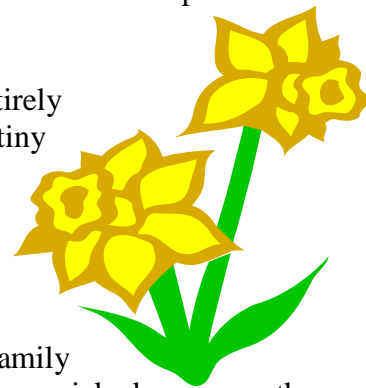
We voted for the best of the four with secret ballots.

The votes were counted and the traditional yellow daffodil won by a landslide!

Over the next couple of days over a 100 residents, staff & family members were polled. Again, the traditional yellow flower was picked as the favorite by over 50%. The orange centered daffodil followed with 26%, white with 15% and mini with only 9%.

This activity provided to be “fun with nature”. It gave everyone a chance to voice their opinion and to be heard. The results of the survey will be used when purchasing and planting bulbs in the fall. Thanks to all who participated.

Mary Laskey, Horticultural Therapist.



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.

Outbreak - We recently had a mild outbreak of human metapneumovirus [MPV] on our Bear Creek RHA. It is a lower respiratory infection much like a severe cold and similar to Influenza. Thanks to staff, resident, and visitor diligence the outbreak was limited to the one RHA, affected only a few of our residents and lasted only about 3 weeks.

Membership – Did you know that Strathmere Lodge is a long standing member of the Ontario Association of Non-Profit Homes and Services for Seniors [OANHSS]

www.oanhss.org

Our Residents' Council is a member of the Ontario Association of Residents' Councils www.residentscouncils.ca, and our Family Council participates in the Ontario Family Councils' Program www.familycouncilmembers.net.

Check out their websites. You will find some very interesting and informative content.

Ladies Auxiliary Hours of Service – We, the ladies of the Strathmere Lodge Auxiliary, recognized by our floral vests, delight in volunteering our service to others.

We are frequently seen at the Lodge working in various capacities to enrich the lives of the residents and to assist the staff wherever and whenever possible.

This past year, we gave 5943 hours of volunteer service to the Lodge. The many acts of appreciation shown to us are immeasurable and make our time spent here worthwhile and rewarding.

We are indebted to the residents, their families and friends and the staff who generously support us with their purchases at the Tuck shop, Ice Cream Parlour and Christmas Bazaar, as well as by contributions given in Memorial Donations.

Listed below are some of the activities in which we participated last year.

Hopefully you become involved in some of them too.

Tuck Shop [set-up, buying and staffing]; Christmas Parade; 6 Strawberry or Peach Ice Cream Days; 3 Monthly Birthday Parties; Christmas Cards; gifts packing and distribution; attendance at Residents' Council, gardening committee and general meetings; apple and rhubarb pie making; Ice Cream Parlour; Christmas Bazaar; garden party; sing along; Alzheimer coffee break; food survey assistance; family Christmas dinner; voting assistance; Lodge Teas; assistance at and coordination of numerous afternoon and evening programmes for the residents.

Barb Parsons, President

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.



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Tony Orvidas Administrator