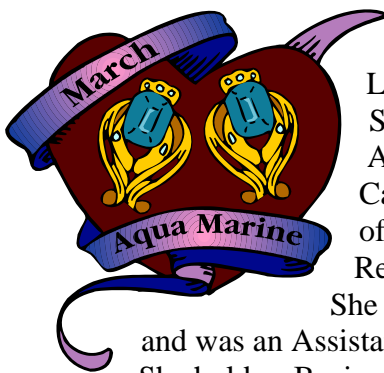




**Family, Friend and Responsible Party  
Newsletter  
March 2012**

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



**Changes** – We are pleased to announce that Augustine Caines has been hired to fill the new Office Supervisor position at Strathmere Lodge.

She commenced her duties at the Lodge on March 19, 2012. Augustine was the Administrative Assistant at Babcock Community Care Centre in Wardsville, assisting with and responsible for front office functions including Reception, Payroll, Accounts Payable and Receivable, Scheduling, WSIB and Admissions.

She brings to the position some 5 years of experience in Long Term Care and was an Assistant Plaza Manager for HMS Host for over 12 years. She holds a Business Administration Diploma specializing in Marketing and

Accounting.

Please welcome Augustine to our Administration Office and Management Teams.

The Ministry of Health and Long Term Care recently provided us with an unexpected \$40,000 in additional one-time funding to be used for the promotion of high quality health care and /or to improved resident safety.

We are using the dollars to purchase a new bathtub to replace the old one in the Arbour Glen spa, 2 new electric resident lifts, and a bariatric bed [for obese/ extra large residents].

**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 Tuesday, April 24 at 1:30 p.m. in the conference room. For more information or to check on dates of future meetings please contact our Recreation Manager, Marcy Welch at ext. 226.

**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.

**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- March 26<sup>th</sup> and April 23<sup>rd</sup>] 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.

### **5 Invaluable Benefits of Senior Volunteering -**

For Pauline Grace, volunteering keeps her mind off the fibromyalgia pain in her neck and back. "When I am active, I forget about the pain. Often when I get home, I think, 'Oh, my gosh, I got through the whole day without feeling the pain.' I think volunteering helps me with it."

It appears that volunteering may pay special dividends for seniors who have chronic health conditions such as arthritis, diabetes, depression, high blood pressure, dementia or Alzheimer's disease. Eighty-six per cent say that staying active through volunteering helps them manage these conditions, according to research conducted by the Home Instead Senior Care® network.

Volunteering past the traditional retirement age of 65 has the following benefits beyond good vibes for Canadian volunteer seniors surveyed:

1. **Improved Physical Health - 99 per cent** stay active and feel better physically. Ruth MacKenzie, President and CEO of Volunteer Canada, said: "You get more physically active and intellectually active, and connect in a meaningful way to your community, and that's the big one. The health benefits associated with volunteering are a means to combat isolation and loneliness."
2. **Stronger Emotional Foundation - 98 per cent** feel better emotionally. Perhaps it's the idea of putting others' needs before one's own, but older volunteers almost always feel better emotionally.
3. **Renewed Spiritual Purpose - 98 per cent** gain a sense of purpose. Along with a need to make a difference, senior volunteers overwhelmingly want to gain a sense of purpose.
4. **Strengthened Mission - 97 per cent** want to make a difference. Whether it's passing out lunches to the homeless or building a home for a family in need, nearly all senior volunteers want to make a difference.
5. **Shared Wisdom - 87 per cent** want to share their talents, skills and experience. Many older adults have spent a lifetime in careers or honing domestic and creative skills that they are more than happy to share with others.

Brought to you by: **Home Instead Senior Care** 888-484-5759 [info@homeinsteadinc.com](mailto:info@homeinsteadinc.com)

**Caregivers** - Check out the terrific **e-caregiver** newsletter – a new publication of **thehealthline.ca** and **caregiverexchange.ca**.

The site is full of helpful information and encouragement. In each newsletter, they feature posts from their blog **caregiving in perspective**, highlight news about caregiving and other health-related items, and link you to community resources for caregivers. There is a great reading list as well.

No, you do not have to have your family member living with you to be a Caregiver. Visiting and supporting a friend or family member at the Lodge or in her Home automatically qualifies you as a Caregiver.



**New public reporting data available** - Health Quality Ontario (HQO) is an independent agency dedicated to reporting to the public about the quality of Ontario's publicly funded health system, supporting continuous quality improvement, and promoting healthcare based on the best scientific evidence available. As part of this mandate, HQO will be reporting on the quality of long-term care in Ontario through its long-term care public reporting website, available effective March 28 at: <http://www.hqontario.ca/en/reporting/longtermcare>

Strathmere Lodge has made a visible commitment to transparency and accountability by volunteering to publicly report its quality results on the HQO's website. The website has been recently refreshed with new information and now includes quality indicator results for falls, pressure ulcers, incontinence, and restraints for nearly 300 individual long-term care homes - including ours. By visiting the site you can see how our Home and others across Ontario are doing on key measures of quality. Don't hesitate to ask me questions about what you see on the site - we would be happy to discuss these results with you and share our most recent data. I will also provide further information in a subsequent newsletter.

**Ladies Auxiliary Hours of Service 2011-** We, the ladies of the Strathmere Lodge Auxiliary, find it gratifying and uplifting to serve the residents and assist the staff whenever we are called upon. We are frequently seen at the lodge working in various capacities and the many acts of appreciation shown to us make Strathmere an enjoyable place to be. We are indebted to all those who generously support us with purchases at the Tuck Shop, Ice Cream Parlour and Christmas Bazaar as well as contributions given in Memorial Donations. All monies received go to benefit the residents at Strathmere Lodge.

We continue to be actively involved and this past year we gave 6439 hours of volunteer service to this home. *President - Barb Parsons*

**How do these hours of Volunteer Service add up?** Auxiliary Executive and Administration, Tuck Shop operation, Christmas Parade, Peach Ice Cream Days, Strawberry Ice Cream Days, 2 Monthly Birthday Parties, Signing Christmas Cards & Assembling/Distributing Christmas Gifts, assistance at Resident Council, Apple and Rhubarb pie making, Gardening and Garden



committee, Christmas Bazaar, Ice Cream Parlour, Garden Party, Appreciation Dinner, Sign Display, Alzheimer Coffee Break, Family Christmas Dinners, Residents' Closet Organizing, Funeral and Anniversary Luncheons, Pizza and Lunch Brunch, Catholic Mass and visiting, Day Trips - Wal-Mart (x4), Shoppers, Giant Tiger, Huron County Playhouse, Car Show, Roy's Coffee Shop, Sunset

Lodge Teas - Auxiliary New Year's, Auxiliary Valentine, Mothers and Others, Rhubarb and Apple Pie Socials, Jennifer Gillies Retirement, St. Patrick's Day, Easter Social, Father's Day

Afternoon Programmes--Weekend Bingos (x24), Ollie Bolen (x2), Happy Hour (x11), Hallowe'en Party, Bowling (x3), Curling, Horse Races, The Goldies, Dance Factor, School Days, Wally Gray, Genevieve Fisher, Jim Patterson at piano (x12), Parkinson Walk

Evening Programmes- Barbershop Singers (x2), John Thuss (x2), Community Choir, Lorne Whitby, Men of Song, Appin Strawberry Social, Author George Laidlaw, Gentlemen Jim, Joel Horwath, Pentecostal Choir, Firemen's Bingo.

**Resident's Clothing** – please check your resident's closets/wardrobe every couple of months to ensure that another resident's clothing has not found its way there by mistake.

**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:

Bill Alexander and his Band – Thurs. Mar 22<sup>nd</sup> at 2:00 pm

Happy Hour with Bernie Gilmore – Fri. March 30<sup>th</sup> at 2:00 pm

Cam Denomme entertains on Tues. April 3<sup>rd</sup> at 2:00 pm

Afternoon of Music with Gary Munn – Sat. April 7<sup>th</sup> at 2:00 pm

Mocha Shrine Band – Tues. April 10<sup>th</sup> at 2:00 pm

GERI-FASHIONS CLOTHING SALE – Wed. April 18<sup>th</sup> 10 am – 3 pm

**Library** – There are some excellent books on Palliative Care, aging and Alzheimer and related dementias located in our Palliative Care suite – family room.

Please sign out any books that you borrow.

**Front Doors** – It appears that some visitors may have become frustrated when attempting to key in the security code at the front entrance and have tried to force open the sliding door. This has knocked the door off its tracks and compromised the security of the front entrance.

Please take your time in keying in the code or ask for assistance from staff or other visitors if your attempts at unlocking the door are unsuccessful.

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

Distribution: Responsible Parties, Auxiliary, Info Board, RHA's, website, County Council, staff, other stakeholders.

