



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

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

Changes – A life-like mural [an artificial curio cabinet/bookshelf] is being created on the inside of the entrance door to Bear Creek to distract exit-seeking residents on that Resident Home Area. Thanks to the Ladies Auxiliary for funding this project.

A new touch screen computer for resident use has been installed in the Sydenham Meadow Sun Room.



Hip Protectors -The Nursing and Physiotherapy Department wants to let you know the advantages of using hip protectors with the elderly. First of all, the risk of hip fractures decreases by 80% with use of hip protectors because they divert the force away, preventing fractures at the time of the fall. Secondly, people who use hip protectors are less afraid of falling. It also makes it easier to transfer residents from their bed to their chair. Finally, residents can walk with more confidence, have better balance reactions and therefore experience fewer falls. Hip protectors are going to be recommended for use by residents at medium to high risk for falling, as per our policy, but are essentially available for anyone at risk of falling.

We, at Strathmere Lodge are able to provide hip protectors for at risk residents, as well as those wanting to purchase them. The current cost is \$65.00 for the Hip Protectors with pads.

Replacement pads are \$10.35 per pair, and replacement pants are \$40.98 each. You have the ability to purchase 1 pair or several pairs. These hip protectors are usually worn over the underwear or brief and under the resident's pants.

For more information please contact the Nursing Department at 519-245-2520, ext. 235.

Crystal Brooks R.N. Nursing Coordinator

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

Thanks to the Family Council for providing dessert for our upcoming annual Staff Appreciation BBQ's on June 5th.

Fee For Service - Beginning June 1 Strathmere Lodge is implementing the following additional “fee for service” arrangements and will commence charging residents/responsible parties for the following:

Strathmere Lodge Van Service – for transportation to attend at in-town personal appointments or for trips to or from the Strathroy Hospital. The charge will be \$40.00 per in-town trip [one way]. Trips out of town will be charged on a kilometer and time basis. Transportation is based on availability of staff and vehicle. Please make your bookings through the front office.

Group van trips arranged through our Recreation Department will continue to be provided at no or minimal charge.

Strathmere Lodge Seamstress Service- for major mending, zipper replacement and hemming of resident personal clothing. Hemming will be charged at \$7 to \$20 depending on item, zipper replacement at \$15 to \$20 depending on length, and split clothing at \$10. Minor mending and button sewing will continue to be provided at no charge. Please make arrangements through the Environmental Services Manager.

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

Under the Long Term Care Homes Act anyone requesting specialized services [e.g. van or seamstress service] is required to sign an agreement to that effect. Please contact our front office staff to amend the resident’s Purchased Service Agreement if you would like us to provide these services.

If you have any questions or concerns about these services, please contact me or John Fournier, our Environmental Services Manager.

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 4th Monday of each month [next meetings- May 28th and June 25th] 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.



Toothbrushes/ Dental Care – We highly recommend that residents use electric toothbrushes, preferably the rechargeable kind, rather than traditional manual ones.

The use of the electric brushes requires less dexterity for residents who can manage them themselves.

In situations where our staff brushes the resident’s teeth, the teeth get cleaner faster and the resident is generally less resistive to the oral care.

An electric toothbrush makes a great Holiday or Birthday gift!

"The world's favorite season is the spring. All things seem possible in May."Edwin Way Teale

Online Training – a free online training course from [Home Instead Senior Care®](http://www.helpforalzheimersfamilies.com) is available for family members caring for a loved one with Alzheimer's disease or other dementias:

http://www.helpforalzheimersfamilies.com/alzheimers-dementia-education/?utm_medium=Email&utm_source=ExactTarget&utm_campaign=88099

The course includes five interactive classes that can be completed within 5-15 minutes at any time. Class topics include: Understanding Alzheimer's and Dementia, Capturing Life's Journey, Managing Behaviors, Encouraging Engagement, Safety

Explore these additional training opportunities to learn more about caring for a loved one with Alzheimer's or other dementias:

<http://www.helpforalzheimersfamilies.com/alzheimers-dementia/family-caregiver-alzheimers-training/>



Growing Together- People & Plants -

Did You Know?

- Spending time outdoors and in green spaces, such as parks and gardens has been scientifically proven to have therapeutic benefits to people – helping to reduce stress, speed recovery from illness, promote a sense of well being, and stimulate the senses.
- Dr. Roger Ulrich, an environmental psychologist, was the first American researcher to study the benefits of plants on patients in the hospital and found the patients level of stress was reduced, they required less medication, were more optimistic, had an improved sense of well-being, and had shorter hospital stays when plants were visible.
- Many hospitals, senior's centres, retirement communities, children's centres, hotels, office buildings, and apartment buildings include landscaped areas for people to enjoy. These environments are typically found more pleasing to users than those without any plant life nearby. Humans are naturally attracted to (connected to) plants and seek tend to unconsciously seek them in our surroundings.
- There is a link through the part of our brain that registers smell and recalls memories (as well as our other senses). For this reason certain scents may bring to mind a memory, thought or association to an experience.
- Plants give off oxygen and remove toxins from the air. They have been proven to improve air quality both indoors and outdoors. According to NASA researchers chrysanthemums and gerbera daisies are among the best plants at removing the most common toxin – formaldehyde – which is found in everything from facial tissue, carpets, plastics and disinfectants. (Canadian Nursing Home – Vol. 9, #2, June 1998)
- According to research at Rutgers, the state university of New Jersey, emotional health can be improved through the simple presence of flowers. Flowers trigger happy emotions and affect social behaviour in a positive manner beyond what we would normally think of.

Mary Laskey HTR

Ladies Auxiliary – Last year the Auxiliary, in addition to the countless volunteer hours that they contributed, also donated over \$12,000 in materials and supplies to the Lodge.

Those included the cost of entertainment for the New Years Tea, Valentine's Day, residents Birthdays, annual Garden Party, Ice Cream days, bingo treats and prizes, Recreation supplies, Christmas gifts and welcoming bags for the residents, a decorative front garden rock, a stand mixer and frying pan for special treats, and a blanket warmer.

Gripper Socks- The Nursing Department wants to let you know the advantages of using gripper socks with the elderly. First of all, the risk of falls decreases with use of gripper socks because they provide grip on floors without having to wear shoes, preventing falls on slippery floors. Secondly, people who use gripper socks are less afraid of falling. Finally, residents can walk with more confidence, have better balance reactions and therefore experience fewer falls. Gripper socks are going to be recommended for use by residents at medium to high risk for falling, or at least one of their falls was a result of a slip as per our policy, but are essentially available for anyone at risk of falling.



We, at Strathmere Lodge are able to provide gripper socks for at risk residents, as well as those wanting to purchase them. The cost is \$3.00 (+ HST) for the Gripper socks. You have the ability to purchase 1 pair or several pairs. These gripper socks are usually worn at all times.

For more information please contact the Nursing Department at 519-245-2520, ext. 235
Crystal Brooks R.N. Nursing Coordinator

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:
Piano Recital on Sat. May 26th at 1:30pm in the Rose Room.

Rhubarb Pie Social with entertainment by Cam Denomme on Tues. June 5th at 2:00pm
Entertainment by Eric Shain on Sat. June 9th at 1:30pm

Fathers & Others Social on Fri. June 15th at 2:00pm. Entertainment by Bernie Gilmore.

Strawberry Social with the Appin Busy Bees on Tues. June 19th at 7:00pm

Smile Theatre presents "The Greatest Story Never Told" on Fri. June 22nd at 2:00pm.

Collections Showcase – A special thanks goes out to the following residents, family members, friends, staff and volunteers who shared their collections at our successful 1st Collections Showcase on May 17th:

Judy Seeley, Doris Wilde, Stewart Pierce, Larry Pierce, Don Hollingsworth, Johanne McIntosh, Franklin Fuller, Craig Japp, Inge Stahl, Tim Shand, Marie Clarke, Marcy Welch.

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 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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