



**Family, Friend and Responsible Party  
Newsletter  
May 2013**



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

**Changes**

We have regretfully had to remove the cedars pines and lilac bushes in the Bear Creek Garden that were too close to the fence.

Flooring for the 2<sup>nd</sup> floor terrace has been replaced.

As we have gradually enhanced the services that we provide to our residents we have also increased the number of staff. This has resulted in Strathmere Lodge employees having to park their vehicles on the grass when the number of cars has exceeded the number of staff parking spots. We will therefore be adding, in June, 27 additional parking spaces on the East side of the lot, moving half a dozen trees, and installing additional lighting for security purposes.

A ceiling mounted projector with sound system and screen, funded through our donation account, has been installed in our Chapel.

**Evacuation Exercise-** On Wednesday May 30<sup>th</sup> we will be holding a mock evacuation of our building to test our emergency procedures. If in the building at the time of the exercise please stay with the resident you are visiting. We will be using students to replace residents who we deem to be too vulnerable to evacuate out of the Lodge as part of this exercise.

**Wall-mount TV's** – We are implementing an installation charge of \$75 where a resident requests that a large flat screen TV be attached to the wall of his or her room. Televisions with a screen of up to 36" can be easily accommodated in the resident's cabinet and require no installation.

**Monthly Caregiver Support Group** – This new group will run the 4<sup>th</sup> Tuesday of every month in the Chapel, beginning Tuesday May 28 @ 2pm. The topic for May is Caregiver stress and self-care plans. For more information please contact Lisa Spurgeon – Social Worker at ext. 319 or at [lsurgeon@middlesex.ca](mailto:lsurgeon@middlesex.ca)

**Survey**– Thanks to all of you who returned the 2013 family/resident survey. We are in the process of compiling the results and will provide you with a summary in a future edition.

**A Song for Us** - A friend of mine whose mother has progressive dementia recommended this song. Check out “Karen Taylor Good - 'Angels Wings” on YouTube. Here are the words:

### On Angel's Wings

(KTG / Jason Blume)

This is the woman who had all the answers  
The one I would lean on for comfort, for strength  
She's never forgotten one grandchild's birthday  
Now she can't remember my name  
And it makes me so angry, I shake my fist  
And cry out to the heavenly one  
Why would you play such a cold-hearted trick  
I thought your job was to love  
And the answer came down from above

She's gonna fly  
When her time here is through  
First she'll have to let go  
Of some things she can't use  
Cause people and places, memories and faces  
Are just way too heavy, it seems  
To carry on angel's wings

This is the woman who saw things so clearly  
The one who could pick out one crumb on the floor  
She saw through a white lie, saw me through love's eyes  
She hardly can see anymore  
And it makes me so sad, and it just isn't fair  
Why should so much be taken away?  
But when I cry out for all that she's lost  
I silently hear someone say

And oh - - - the wonders she'll see  
And I know she'll remember to watch over me



**Activity Calendar** – Don't forget to pick up and check out the monthly Activity calendars [available in each RHA [Resident Home Area] and also posted on our website] 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:

Mocha Shrine Band on June 4<sup>th</sup> at 2:00 pm

Fathers & Others Social with Eric Shain on Friday Tuesday June 14<sup>th</sup> at 2:00 pm

Randy Grey entertains on Sat. June 15<sup>th</sup> at 2:00 pm

Rhubarb Crisp and Ice Cream on Thurs. June 20<sup>th</sup> at 1:45 pm.

Strawberry Social with the Appin Busy Bees on Thursday June 27<sup>th</sup> at 7:00 pm.

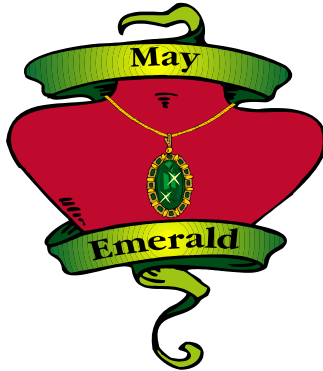
Canada Day Happy Hour with Bill Worrall on Fri. June 28<sup>th</sup> at 2:00 pm

Looking ahead: Annual Garden Party- Brian Gilles entertains on Wed. July 10<sup>th</sup> at 6:30 pm.

**Hospitality Network/Rogers** – A digital adapter and remote control is being provided by Hospitality Network, free of charge, for all residents making use of the T.V. service.

**Physiotherapy** – You may have heard conflicting reports about the change in the way the Province funds physiotherapy services in Long Term Care Homes, to take effect August 1<sup>st</sup>.

We are fully behind reforms to provide greater access to physiotherapy services and have been calling for a review of the funding model for some time,” said Donna Rubin, CEO of OANHSS [Ontario Association of Non-Profit Homes and Services for Seniors]. “Our concern is that what the government may view as service expansion will be perceived as service reduction by many residents in homes.”



The model currently used by most homes provides residents with a wide range of services beyond physiotherapy to improve functioning and mobility, including activation programs and occupational therapy. “We understand and support the need to ensure that physiotherapy funding is used specifically for physiotherapy. However, government needs to recognize that as we transition to a new system, residents may experience a reduction in the services they’ve become accustomed to receiving. We are looking to the Ministry to ensure exercise programs that enhance mobility and prevent falls will be covered. The \$10 million being allocated is a good step, but this equates to just \$0.36 per resident and won’t cover the shortfall,” added Rubin.

We will keep you updated as further guidelines are provided by the Ministry.

**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 the Resident Home Area and the building.

**Pastoral Care and Strathmere Lodge Chaplain** –The Chaplaincy program for Strathmere Lodge was scheduled to end at the end of June, however County Council recently reviewed this decision and decided to continue funding the program.

### **STRATHMERE LODGE MISSION STATEMENT**

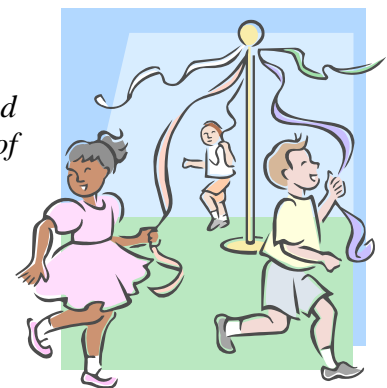
#### ***Who We Are***

*Strathmere Lodge is a 160 bed provincially approved, regulated, and funded, Long Term Care Home owned and operated by the County of Middlesex.*

#### ***Our Mission***

*Strathmere Lodge is committed to providing compassionate care to persons in need of our services in an atmosphere of respect for the dignity, spiritual and cultural values of each resident. We strive for excellence in the provision of a quality of life and care for our residents ensuring that their emotional, physical and social needs are met.*

*We value our employees and volunteers and are committed to a healthy, safe, productive and enjoyable work environment.*



### ***Our Philosophy of Care***

*To meet each individual resident's needs within a warm, friendly, accepting environment and encourage each resident to maintain his or her optimal level of functioning in all dimensions of his/her life.*

### ***Our Vision***

*To be the best LTC Home in the Province.*

*To be an effective and efficient provider of Long Term Care.*

*To be the employer of choice in the County.*

*To create a challenging atmosphere where residents can be stimulated to function at the peak of their physical and mental abilities.*

*Through our programs and activities to be an integral part of our community and to include the community and resident families as part of the Home.*

*To meet or exceed all Ministry of Health and Long Term Care standards.*

*To employ competent and compassionate staff in all areas of the Home.*

*To promote ongoing staff education and self learning.*

*To embrace the future, acknowledge and understand the present, and respect and learn from the past.*

### ***Our Values***

*Effectiveness*

*Accountability*

*Choice*

*Compassion*

*Fairness*

*Integrity*

*Privacy*

*Respect*



If you have any questions about our Mission Statement please feel free to contact me.

**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. Please contact Lisa Spurgeon – Social Worker at [lsurgeon@middlesex.ca](mailto:lsurgeon@middlesex.ca) or ext. 319 for more information or to verify the times and dates of future meetings. The next meeting is scheduled for June 11<sup>th</sup> at 1:30 p.m. and new members are always welcome.

Let me know 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 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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