



## Family, Friend and Responsible Party Newsletter October 2013



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

### Changes:

- In an effort to reduce the disruption to the lives of our residents caused by our monthly fire drills, after consultation with Fire authorities, we have reduced the frequency of our drills. Instead of 3 [one per shift] we are now conducting 2 [a silent drill on nights and a regular drill on either days or afternoons] per month. In addition, we are silencing the alarm shortly after the regular drill starts rather than letting the alarm sound throughout the drill process.
- The County recently updated our website. Check it out at: <http://www.middlesex.ca/departments/long-term-care>.

**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 any time, especially for whole Home events such as:

Thurs. Oct 31<sup>st</sup> – Halloween Social with the Goldies at 2:00 pm. Don't forget your costume!

Sat. Nov. 2<sup>nd</sup> Randy Gray entertains at 1:30 p.m.

Fri. Nov. 8<sup>th</sup> Remembrance Day Service – afternoon [check calendar for time]

Tues. Nov. 12<sup>th</sup> Geri Fashions Clothing Sale from 10:00 am to 3:00 pm

Wed. Nov. 13<sup>th</sup> Cam Denomme entertains at 2:00 pm

Sat. Nov. 16<sup>th</sup> Janet LePLante entertains at 1:45 pm

Thurs, Nov 21<sup>st</sup> Apple Pie Social at 2:00 pm

Fri. Nov. 29<sup>th</sup> Happy Hour with Marie Brotrell at 2:00 pm

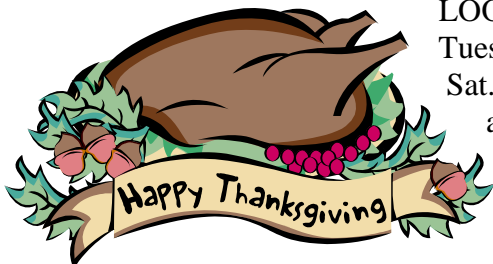
### LOOKING AHEAD –

Tues. Dec. 3<sup>rd</sup> Mocha Shrine Band –at 2:00 pm

Sat. Dec. 7<sup>th</sup> - **AUXILIARY CHRISTMAS BAZAAR** – 9:30 am-1:30 pm

Wed. Dec. 11<sup>th</sup> – **Family Christmas Dinner** [see attached]

[Please note – seating is limited so reserve your spot early. A meal charge also applies to the resident]



**Family Photo Session** – with KULA photography. Sat. Nov. 30<sup>th</sup> from 10:00 am – 4:00 pm in the Chapel. Contact Marcy Welch to reserve a time at [mwelch@middlesex.ca](mailto:mwelch@middlesex.ca) or (519) 245-2520 ext. 226.



**Restraints** - We are in the process of attempting to substantially reduce the use of resident restraints here at the Lodge.

“Several studies have found that restraints actually increase the severity of falls and can increase confusion, muscle atrophy, chronic constipation, incontinence, loss of bone mass and decubitus ulcers. Restraint use is also linked to emotional distress, including loss of dignity and independence, dehumanization, increased agitation and depression.” (CNO Restraints Practice Standard, p.3, 2009,

[http://www.cno.org/Global/docs/prac/41043\\_Restraints.pdf](http://www.cno.org/Global/docs/prac/41043_Restraints.pdf) )

**Visitor Accommodations** – Seasons Retirement Community, located on the old Strathmere Lodge property that is west, and almost next door, to the current Lodge, has a fully furnished guest suite available for rent for out-of-town family members and visiting friends of Strathmere Lodge residents.

Whether it is for only one night’s accommodation or an extended stay please call (519) 246-1118 to make your reservation.

**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] and make sure you get your annual “flu-shot”.

While in the Home please remember 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 Lodge.

Influenza Immunization for residents is being provided October 28<sup>th</sup> and 29<sup>th</sup>.

**Pocket Money [Trust Account]** - Pocket Money Statements for all residents are distributed monthly so that families/responsible parties can maintain an adequate balance of trust funds for their residents at Strathmere Lodge.

If there are insufficient funds in a resident’s pocket money [trust] account we cannot allow the resident to continue charging at the tuck shop or hairdressing salon and there is a possibility that the resident’s telephone or television cable service might be cut off.

We are regrettably unable to run a negative balance in the trust account.

Payments to top up the pocket money account can be made by cash or cheque at reception, Monday to Friday, from 8:30 am – 4:30 pm, or by cheque mailed to Strathmere Lodge with the resident’s name noted for reference. Cheques should be made payable to Strathmere Lodge.

We suggest a minimum pocket money balance of \$100, topped up monthly, for any resident who pays phone and cable bills out of his or her trust account.

Please feel free to call the office if you are unsure of the balance in the resident’s “pocket money” trust account.

**Alzheimer Coffee Break** – we raised \$219.00. Thanks to the Ladies Auxiliary for hosting the event and to everyone who contributed to this valuable cause.



**Annual Review-** Once a year [or more often if necessary] and shortly after admission we hold a formal Resident Care Meeting with each Resident's Responsible Party. The resident [if he or she is capable] and other family members/friends are encouraged to attend this meeting.

Representing Strathmere Lodge we usually have the attending physician or his/her alternate, the Director of Care, Administrator, Food Services Manager, Recreation Manager, Physiotherapist and Pharmacist.

At this interdisciplinary meeting each discipline reviews the Resident's care needs and discusses his/her plan of care and any other matters significant to the Resident. The Resident and/or his/her Substitute Decision Maker/Responsible Party are reminded about the important information posted on the entry way bulletin board or located in reception area binders, and allowed the opportunity to review the Admission, Accommodation and Purchased Service Agreements.

If for some reason you are unable to attend the Admission or Annual Resident Care Meeting at the scheduled time you can still participate - by teleconference. Just let our receptionist know in advance so that we can make arrangements.



**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 Marcy Welch – Recreation Manager at [mwelch@middlesex.ca](mailto:mwelch@middlesex.ca) or ext. 226 for more information or to verify the times and dates of future meetings.

The next meeting is scheduled for Monday, November the 4<sup>th</sup> at 1:30 pm in the Conference Room on 2<sup>nd</sup> floor.

New members are always welcome.

Minutes of meetings are posted and available for review at our reception desk.

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>.



Electronic back copies of Strathmere Lodge newsletters can be accessed on our website.

Hard copies are compiled in binders at both our reception desk and the staff lounge and are available for your review.

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.