



Family, Friend and Responsible Party Newsletter September 2013



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

Changes:

- Diane Swallowell has been hired as our new SSW. She has a Master of Social Work Degree from the University of Toronto. Her previous experience includes London-Middlesex Children's Aid Society and Regional Mental Health Care. She will be working with us every Monday and Wednesday. Feel free to contact her at extension 319 or at dswallowell@middlesex.ca.
- New Large Print Library Books – have been donated to the Lodge from the Middlesex County Library. All news books have been placed in centre sitting rooms on each Resident Home Area and old, torn, small-print books have been given away or recycled.

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:

Sat. Oct 5th at 1:30 – Joel Horvath entertains in the Rose Room

Fri. Oct 11th – Eric Shain entertains at 2:00 pm

Thurs. Oct 17th – Alzheimer Coffee Break in the Rose Room 9:00-11:30 am

Fri. Oct 25th - Ross Ward entertains at 2:00 pm

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

Sat. Nov 2nd at 1:30 Randy Gray entertains

Upcoming:

Geri Fashions Clothing Sale – Tues. Nov 12th 10am -3pm

AUXILIARY CHRISTMAS BAZAAR – Sat. Dec 7th - 9:30 am-1:30 pm

Monthly Caregiver Support Group – This group meets on the 4th Tuesday of every month in the Chapel, beginning @ 2pm.

For more information please contact Marcy Welch – Recreation and Physiotherapy Manager at mwelch@middlesex.ca or ext. 226



Common areas- Just a reminder that residents and families from all RHA's [Resident Home Areas] are welcome to use our covered patio, community gardens and walkway at the back of the building as well as the upstairs balconies [the large covered one facing NW is accessible from the Arbour Glen and Parkview Place dining rooms] and the front patio, pool and garden area at the entrance.

First floor residents are welcome to use the billiard table on 2nd floor while 2nd floor residents are encouraged to come down to the 1st floor Rose Room café, chapel and tuck shop.

Hearing Aid repair: There are a number of excellent hearing aid repair companies in London/Middlesex including one in Strathroy. For information about local clinics contact our Director of Care.

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.

Hydration: As many of you are already aware, it's very important to drink enough water throughout the day. The human body is approximately 70% water, and the maintenance of adequate hydration is necessary for a variety of bodily functions, including (but not limited to) wound healing, cognitive/nervous system functioning and blood pressure. While Canada's Food Guide makes no specific recommendations regarding how much water individuals should consume, and while hydration requirements vary with each individual, our hydration policy here at Strathmere Lodge recommends a minimum of 1500 mL of fluids be consumed by our residents each day. When you come to see your loved one, or when you take your loved one out of the home, please promote fluid consumption for good health.

Chris Saxby, Director of Care

Electrical Devices: For health and safety reasons all electrical appliances/devices and furnishings brought into the Home must be checked and approved by maintenance staff before being put into use.

Where a resident has more appliances than receptacles in his/her room, he/she must supply a power bar with circuit breaker.

Extension cords are not permitted. We were recently reminded of this regulation by the Electrical Safety Authority.

The following electrical appliances/devices are not permitted in resident rooms: Electric blankets, heaters and heat lamps, heating pads, lamps attached to beds, coffee makers, kettles, toasters and toaster ovens, microwaves, popcorn makers, hot steam vaporizers, and the like. If clarification is required please contact maintenance.





Physiotherapy: Changes to physiotherapy funding were announced by the Ministry of Health and Long Term Care last April and took effect on August 22nd.

- Essentially, the Provincial government has changed how it funds physiotherapy and what types of services it will pay for.
- Prior to the change, staff from Centric Health provided physiotherapy services to residents of Strathmere Lodge and billed OHIP directly for those treatments. As such, all the billing and payments for our Home had been between the government and Centric. This is how it worked for most Long Term Care Homes.
- Over the last number of years, the government has been concerned that the amount of money being billed to OHIP for physiotherapy for residents in LTC Homes has been increasing significantly. Also, that some areas of the province were underserved or not serviced at all by publicly-funded physiotherapy.

- In order to control costs and ensure publicly-funded physiotherapy is available across the province, the government introduced a new funding system.

- Effective August 22, 2013, all LTC Homes began receiving funds directly from the government to pay for physiotherapy services for residents in their care. The funding amount is capped at \$750 per bed per year.

The \$750 per bed funding is designated for one-on-one physiotherapy.

- Residents will receive one-on-one therapy only after they have been assessed and meet the new criteria for one-on-one physiotherapy in Long Term Care.

This means that some residents may no longer meet the criteria and will not receive one-on-one physiotherapy services under the new rules or may receive fewer or different treatments.

Should a resident's condition/status change at any point in time, a referral will be made to the physiotherapist for reassessment to determine that resident's current needs.

- Strathmere Lodge is continuing to offer exercise classes for residents, and they are now all conducted by our Recreation staff. Exercise classes are open to those who would like to and are able to participate.

Residents will still continue to see the great staff from Centric. Strathmere Lodge has had a good relationship with Centric and its staff [TK and Jennifer] will continue to provide quality physiotherapy services to our residents.

- As you can appreciate this is a big change that happened over a relatively short period of time. We are doing our very best to ensure that all of our residents continue to receive the care they need.

- In keeping with Centric Health's philosophy "Your Care is Our Focus", our rehabilitation team remains committed to working with residents to achieve the highest level of independence and quality of life possible. For more information about the changes to rehabilitation services, please speak to the Marcy Welch, Manager of Recreation and Physiotherapy.

- These changes are not just in Long Term Care. They also impact people receiving physiotherapy in their homes out in the community, in clinics and in other settings such as retirement homes.

The Health Minister has indicated that everyone who needs physiotherapy will receive physiotherapy. We are working with our association, OANHSS, to urge the government to conduct a formal evaluation of the changes that have taken place and ensure that Ontarians who require physiotherapy services will receive those services within the new funding model.



Resident Abuse: Strathmere Lodge does not condone or accept abusive behaviour of any kind, towards anyone. As indicated in our policy on the subject, this includes physical, sexual, emotional, financial, and verbal abuse, as well as neglect. If you have concerns that abuse of any kind is happening within the Home, please see me, Chris Saxby, Director of Resident Care. Formal reporting forms and procedures are utilized and followed to ensure that every resident is protected from abuse.

Chris Saxby, Director of Care

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 or ext. 226 for more information or to verify the times and dates of future meetings.

The next meeting is scheduled for Thurs, Oct 10 at 1:30 pm in the Conference Room on 2nd floor. In November the Council will meet on Monday the 4th.

New members are always welcome.

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

Enhanced Provincial Funding – As mentioned in our last newsletter the Ministry of Health and Long Term Care has increased funding of long Term Care. We have used those additional dollars to increase spending on raw food from \$7.68 to \$7.80 per resident day and to increase staffing in Recreation [15.5 hrs. per week], Nursing [87.5 hrs. per week], and Housekeeping [7 hrs. per week] and are considering some small staff adjustments in Dietary. Overall this will provide for: improved care for our residents; better quality of meals; enhanced meal services; more recreation activities and exercise programs.



Let me know 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>.

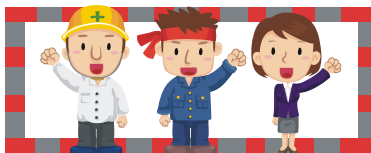
Electronic back copies of newsletters are also located on our website.

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.



Labour Day