



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

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

Changes -

- We are in the process of installing a five foot, black metal, picket style ornamental security fence with 2 swing gates in the community gardens at the back of the building, accessible from the Sydenham Meadows and Hickory Woods dining rooms, out and around the MSCIA [Middlesex Soil and Crop Improvement Association] walkway. This will eliminate the need to lock the exit doors leading to the back patio and walking areas. This project is funded through the Strathmere Lodge donation account.
- Thanks to the Ladies Auxiliary an additional hairdryer has been purchased for the hairdressing shop.
- A new Community Events Bulletin Board for residents has been posted in the Rose Room.

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.



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.

New family members welcome. For more information or to check on the times and dates of future meetings please contact Recreation Manager Marcy Welch at ext 226 or at mwelch@middlesex.ca

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- Sept. 24th and Oct. 22nd] 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.

Activity Calendar – Don’t forget to pick up and check out the monthly Activity calendars [available online and in each RHA 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:

- Thanksgiving Weekend – Ross Ward will be entertaining in the Rose Room on Sat. Oct. 6th at 1:30pm. Family & Friends are welcome to join us.
- Our Annual Parkinson’s Walk will be held on Sat. Oct. 27th beginning at 1:30pm in the Rose Room. Contact Inge Stahl at ext. 223 for more information.
- Cam Denomme entertains on Fri. Oct. 12th at 2:00pm.
- Oktoberfest Celebration with Music by Manfred on Mon. Oct. 15th at 2:00pm. Everyone Welcome!
- Halloween Party with the Goldies on Wed. Oct. 31st at 2:00pm. DON’T FORGET YOUR COSTUME! Little ones welcome to come trick or treating in the evening!
- Looking ahead – Geri-Fashions will be here for the bi-annual clothing sale on Wed. Nov. 7th from 10am-3pm in the Rose Room. Be sure to mark it on your calendars.

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 capable, and other family members/friends are encouraged to attend.

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 of importance to the Resident. The Resident and/or his/her Substitute Decision Maker/Responsible Party are reminded about the 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.



Restraints - We are in the process of attempting to substantially reduce the use of resident restrains 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)

Comfort Allowance – The Ministry of Health and Long Term Care has announced that the allowance for residents approved for reduced co-payment rates is increasing from \$132 a month to \$134 per month effective Nov. 1.

Bulletin Boards Outside Each Resident’s Room - Residents and family members are encouraged to post personal items on these boards [a short life history, artwork, photos, post cards, etc.] - to assist in resident way finding, to highlight information about the resident for staff and other residents, and to personalize the room entry area.

Posting of special items can be accomplished by using a “stick-tack” type of product instead of using traditional tacks or magnets.

For more information, please check with our Recreation Department.

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

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 a 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.



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

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