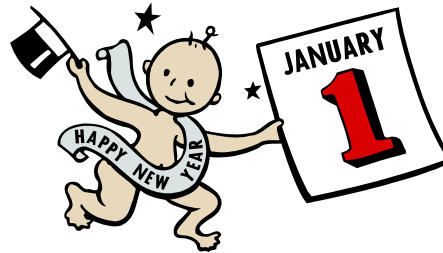




## Family, Friend and Responsible Party Newsletter January 2014



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

### Changes –

The Ministry of Health and Long Term Care has once again provided the Lodge with special one-time funding for direct care staff training.

Nursing and Recreation staff are being given the opportunity of taking specialized courses in working with residents who have dementia and/or behavioral issues.

Due to increased raw food and staffing costs we are planning to increase the purchase price to visitors to \$7.00 per meal. More news later.

### Activity Calendar



- Don't forget to pick up and check out the monthly Recreation 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:

Happy Hour with Bill Worrall on Fri, Jan 31<sup>st</sup> at 2:00pm

Uptown Dixieland Band performs on Tues, Feb 4<sup>th</sup> at 2:00pm.

Everyone Welcome!

Auxiliary Valentine Tea with entertainment by Evergreen on Fri, Feb 14<sup>th</sup> at 2:00pm.

Evening Entertainment by Joel Horvath on Tues, Feb 25<sup>th</sup> at 6:30pm in the Rose Room.

**Auxiliary** – Congratulations to Anna Giles who has been elected as the new President of the Strathmere Lodge Ladies Auxiliary. Completing the 2014 executive are Janet Patterson [1<sup>st</sup> VP] Helen Waun [Secretary] and Johanne McIntosh [Treasurer].

**"I want a hippopotamus for Christmas!"** This sensational song by Strathmere Lodge residents, staff and volunteers has had over 12,000 hits! <http://youtu.be/S6ZLrkKN2wU>

**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 get your annual “flu-shot”.

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.

In the event of an outbreak here at the Lodge you are requested to restrict your visitation to only one individual in the Home in order to prevent cross-infections.



**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.

Next meeting is Mon. Feb 3<sup>rd</sup> at 1:30pm in the 2<sup>nd</sup> floor Conference Room. Our guest speaker is from Victim Services of London/Middlesex. Topic - Elder Abuse.

For more information contact Marcy Welch at [mwelch@middlesex.ca](mailto:mwelch@middlesex.ca) or at 245-2520 ext. 226.

ALL FAMILY MEMBERS WELCOME. No pre-registration necessary.

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

**Temperatures-** Due to the extremely cold weather we've had and the extra stress placed on our heating/ventilation system, we've had some failures in certain areas of this system. In particular, Bear Creek (BC) and Hickory Woods (HW) were affected to the greatest degree. The meeting rooms on these home areas were noted to be quite cool.

Several portable heating units were purchased and put into use in the BC and HW Sunrooms and meeting rooms as a temporary remedy until repairs to the heating system were completed. Our apologies for the inconvenience and thanks to everyone for their cooperation.

*John Fournier, Environmental Services Manager*

**Research Study-** NMS [Nutritional Management Services] and Brescia College University have obtained a research grant to look at Long-Term-Care Home menus and resident intake to determine if our residents are eating appropriate amounts of food and consuming sufficient nutrients. i.e. are we over or underfeeding our residents?

Resident mealtimes and snack times at Strathmere Lodge will be observed over 3 days and resident energy needs for an average day will be calculated. Trained volunteer researchers will be observing resident food intake and asking selected residents to breathe into an oxygen-like mask.

Residents who are on a regular or small portion diet with regular texture, who can eat independently, and who have maintained stable weight, will be invited to participate.

Participation in this study is completely voluntary. Residents and their responsible parties may decline to participate, refuse to answer any questions, or withdraw from the study at any time.

**Alzheimer Items** - Recently I ran across an online store called "Best Alzheimer's Products." I generally don't endorse or feature specific products in these newsletters, but I really think there are items in this web store that may be of help and comfort to your loved one:

<http://store.best-alzheimers-products.com/index.php/about-us>

**Auxiliary 2013 Report** – What a pleasure it is to be part of the Strathmere Lodge Team! Floral-vested ladies are here almost every day of the year. The activation department keeps us the busiest with requests for help in a variety of events.

The Tuck Shop is open 6 days a week to let the residents and visitors browse or shop. The Ice Cream Parlour is open on Thursdays. During the summer, we try to have fresh strawberries and peaches available for 6 weeks, along with ice cream.

The Auxiliary appreciates the donations made to the Memorial Fund. All money donated is returned to the residents in the form of furniture, entertainment and equipment for activities.

This past year, we have donated funds for:

- Patio furniture on upper level
- Saturday Bingos [25 of these]
- Treats for a Monday Bingo each month
- A barbeque used all summer
- Supply "Welcome Bags" to new residents
- Each resident received a Christmas gift bag
- Blankets were given for the Blanket Warmers

Totals for these gifts are around \$10,000.00

We appreciate resident, family member and staff support in our work here at Strathmere.

THANK YOU!

*Janet Patterson, Outgoing Auxiliary President*



Let me know if you would like to see certain issues addressed in future editions:

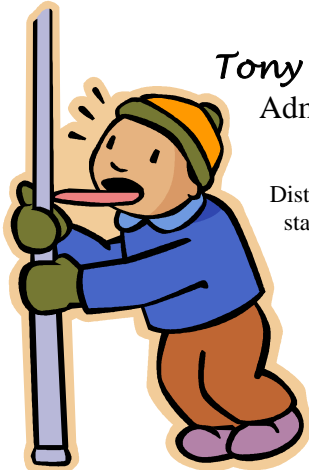
[torvidas@middlesex.ca](mailto:torvidas@middlesex.ca) , 519-245-2520 ext. 222.

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 newsletters can be found on our website.

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

Find additional copies of this edition 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.