

**Resident, Family, Friend and Responsible Party** **Newsletter – Jan. ‘17**

Dear Strathmere Lodge residents, family members, friends/responsible parties:

1. **TV Service in Resident Rooms**

[](https://www.google.ca/imgres?imgurl=http://www.clipartlord.com/wp-content/uploads/2016/06/television30.png&imgrefurl=http://www.clipartlord.com/category/home-clip-art/appliances-clip-art/television-clip-art/&docid=NbeZ6osWtieQbM&tbnid=G3FgEPfijWgA6M:&w=1234&h=1280&bih=855&biw=1280&ved=0ahUKEwi1k8W_-_PPAhWIz4MKHQkrCHcQxiAIAg&iact=c&ictx=1)Apologies for the delay...

Further to recent editions of our newsletter, we were to implement a new, more affordable TV service package in January, however, given the change in service provider, we have run into a technology issue.

We are targeting early February to resolve our technology issue, and to proceed with implementation.

1. **Recreation Calendar / Important Events**

[](https://www.google.ca/imgres?imgurl=https://www.spreadshirt.com/image-server/v1/designs/12663632,width%3D178,height%3D178/happy-valentines-day-heart.png&imgrefurl=https://www.spreadshirt.com/happy%2Bvalentines%2Bday%2Bheart%2Bunderwear-A14459787&docid=baFigUaXiN7AaM&tbnid=vODPqAITRvI2qM:&vet=1&w=178&h=178&bih=814&biw=1219&ved=0ahUKEwjDj4qZ-uLRAhWp1IMKHXsUCvgQxiAIBigE&iact=c&ictx=1)Please pick up and check out our monthly Recreation calendar (given to every individual resident, in addition to being available in each Resident Home Area, and on our website at: <https://www.middlesex.ca/departments/long-term-care/recreation>) for events that you may find of interest and would like to attend.

Our upcoming events for February:

1. Wednesday, February 1st at 2:00pm -  Music with Cam Marshman
2. Monday, February 6th at 1:30pm (in the Conference Room, 2nd floor) - Monthly Family Council meeting (all family members welcome)
3. Wednesday, February 8th at 2:00pm – Wayne Gaudon and Friends entertain
4. Tuesday, February 14th at 2:00pm – Ladies’ Auxiliary Valentine’s Day Tea with entertainment by Joel Horvath
5. Tuesday, February 14th at 6:45pm – Fireman’s Bingo
6. Saturday, February 18th at 1:30pm – Randy Grey entertains
7. Wednesday, February 22nd at 3:30pm – Memorial Service in the Chapel (for more information, please contact Inge Stahl, Chaplain, at ext. 223)
8. Friday, February 24th at 2:00pm – Happy Hour with Gary Boyle

Family and friends are always welcome to join us for Recreation programs that take place at the Lodge.

1. **Mice**

As creepy as it sounds, mice enter long term care homes, including Strathmere Lodge.

In recognition that this is a reality, our provincial Long Term Care Homes legislation (Regulation 79/10, section 88) requires homes to contract with expertise in Pest Control Management as a resource to help minimize pests, including mice. Our pest control provider is Abell Pest Control, a major North American pest control services provider. Abell is on site regularly, and we work very closely with Abell to minimize any internal pest issue.

Strathmere Lodge is in a “semi-rural” setting. Unfortunately, mice are abundant in the area and on our property. Mice are particularly noticeable when our Maintenance staff members are on the riding lawn mower cutting our property grass.

Mice can slip through openings the diameter of a pencil. Being a “24/7” operation, our entrances/exits (including our automated main entrance/exit and our Receiving area) are in constant use, and present a prime opportunity for mice to enter the building.

When we get an internal mouse sighting, we are quick to target the area to address the issue. But, there is no way to eliminate all possibility of mice entry.

Residents, families and staff can help reduce any mice issues by ensuring that food (notably food maintained in resident rooms) is well-contained in Tupperware/sealable containers. Uncontained food is a magnet for mice/pests, and an invitation for them to stay.

1. **National Recommendations For The Long Term Care Industry**

[](http://www.cmda.info/)Attached to this edition of our newsletter is a brief document for both residents of long term care homes (or their substitute decision makers) and physicians who practice in the long term care home field (note that the term “long term care home” is the legislative term in Ontario for “nursing home”).

The document was developed with input from the Long Term Care Medical Directors (Physicians) Association of Canada, and contains compassionate, “evidenced-based” recommendations aimed at supporting resident-centred care (the recommendations speak to issues including: the appropriateness of hospitalizing long term care home residents; and when diagnostic testing is appropriate).

Please speak with your attending physician and/or staff with any questions further to reviewing these national recommendations.

1. **Annual Influenza (Flu) Shot - Reminder**

[](https://www.google.ca/imgres?imgurl=https://germguy.files.wordpress.com/2015/01/get-your-flu-shot.jpg?w%3D736&imgrefurl=https://germguy.wordpress.com/2015/01/04/experiments-in-scipop-of-flu-vaccines-and-nhl-teams/&docid=wBUJ46jzVkg2TM&tbnid=KrqG680bDUVtDM:&w=210&h=259&bih=855&biw=1280&ved=0ahUKEwjo--m1zPPPAhUJPz4KHWkGAe0QxiAIAg&iact=c&ictx=1)

It is not too late…

Officials with the Middlesex-London Public Health Unit say flu activity this year is similar to the 2014-15 season, when the “H3N2 virus” was especially bad.

Family members/friends/visitors are asked to obtain the annual flu shot (via family physician office, pharmacy, clinic) in order to protect the health of our residents.

The flu can lead to complications such as pneumonia, hospitalization, and worse, especially among the elderly and those with long term health issues.

Please pass this information along to other family members / friends / visitors who do not receive this newsletter mailing.

**6. In Conclusion ….**

[](https://www.google.ca/imgres?imgurl=http://cdn.grid.fotosearch.com/CSP/CSP994/k16311669.jpg&imgrefurl=http://www.fotosearch.com/clip-art/book-end.html&docid=VKKKK_-pYepByM&tbnid=jE0epHvfJrbOgM:&w=180&h=180&ved=0ahUKEwigwsO5_IvLAhWjnYMKHScKCjgQxiAIAg&iact=c&ictx=1)

Please let me know if you would like to see certain issues addressed in future newsletter editions (contact me at 519-245-2520, ext. 222, or via email at: [bkerwin@middlesex.ca](mailto:bkerwin@middlesex.ca)).

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 our newsletter 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.

You can find additional copies of this newsletter edition on our Public Information Board in the main lobby (near the Chapel).

**Brent Kerwin,**

Administrator

Distribution: Responsible Parties, Auxiliary, Information Board, Resident Home Areas (5), Website, County Council, Staff, Other Stakeholderst