

KEEPING in Touch

A MONTHLY UPDATE FROM YOUR
LONG TERM CARE HOME – ECU

Message from Administration

Greetings! As we adjust to shorter days and colder nights I would like to remind families to ensure that residents have winter clothing including hats, coats and gloves for outings. This is a good time to tidy closets and take out summer wear. As always safety is a high priority. See "Rehab News" on page 3 for tips for safe and appropriate apparel. A reminder to have all resident clothing labeled by Anna in our laundry.

Valuables such as jewelry should only be brought in for residents who are able to manage the responsibility.

Staff have been practicing emergency response drills over the past two months to ensure we are ready to respond if needed.

We are happy to announce that Colleen Winger will join our staff in December as Director of Care. Please join me in welcoming Colleen and in saying thank you and farewell to Dianne Roy who has been here as acting DOC.

As Christmas approaches we begin to think of ways we can help other less

fortunate. ECU/ILTC will once again collect food and toys for Community Care beginning mid November. Collection bins will be in the front entrance of the home.

Please take the time to read information posted on the new family information boards at the front entrance. One with home information and the other will be information from our Foundation.

Summit Pharmacy have placed a locked mailbox outside the administration office for your convenience in paying bills.

Family are invited to join us on Friday, Dec. 19th for our Christmas Open House and for the New Years Party on Dec. 31st.

My best wishes to all for a wonderful holiday season and the best for 2009!!

Helen Ferley,
Administrator

Band Night
Starts at 6:45 pm
Blue Dining Room
ECU 🎵

Family Information Meeting
WED. NOV. 12
6:30 PM
ACTIVITY ROOM

A representative from Summit Pharmacy will attend the meeting to answer any questions.



Thanks to Marjorie Hanna for the fantastic seasonal decorations in ECU.



Contact Us at
905-378-4647

- Administrator - Helen Ferley ext. 33501, helen.ferley@niagarahealth.on.ca
- Program Manager (Recreation/Rehab/Volunteer/Spiritual) - Crystal Mooney, ext. 34585, crystal.mooney@niagarahealth.on.ca
- Food Service Supervisor - Sharon Ironside, ext. 32279, sharon.ironside@niagarahealth.on.ca
- Environmental Services Supervisor Kevin Traynor (Housekeeping/Laundry/Maintenance) - ext. 32462
- Administrative Assistant - Rita Denis, ext. 33502, rita.denis@niagarahealth.on.ca
- Acting Director of Care Dianne Roy, ext. 33503, dianne.roy@niagarahealth.on.ca
- ♦ ECU Nursing Desk ext. 33505
- ♦ ILTC Nursing Desk Ext. 33555



Birthday Party

Resident Jane Montgomery celebrating her birthday in September with great grand-daughter Avery & grand-daughter

Valerie Guditis ® greeting “Apple Dumpling” during our Fall Fair on October 22nd.



Oktoberfest PubLunch

Residents Karen Vaughan and Olive Bartscher joining in the festivities.

Birthday Party

Wed., November 19th
2:00 pm

“Celtic Fiddle”

Wed. December 10th
2:00 pm

“The Polka Dots”



Memorial Service

**Will be held in
January 2009**

*date
to be announced*

Charitable Organizations

“Your Opportunity to Help”

The Extended/Interim Care Unit is not for profit. The Ministry of Health and Long Term Care provide funding for occupied beds. However, funding does not fully fund replacement of expensive equipment or provide additional quality of life supports. ECU & ILTC rely on community support and donations. IF you would like to know about how you can help support the Welland Hospital Foundation to donate please call Heather at ext. 32396, or speak to Helen or Crystal in the ECU/ILTC administrative office. We thank you for your support and caring.



Rehab News

Hello. My name is Yulia Sternin and I am a Registered Physiotherapist providing services for the Extended Care Unit of the Interim- and Long-Term Care Facility where your loved ones live. You have probably met our Physiotherapy Assistants: Magda Bolcek and Nicole Smit. As a team, we arrange and conduct exercise classes and individual programs for our residents, to maintain and improve their physical abilities. One issue that is very important to us is safe & adaptive clothing for all residents. As the body ages and the joints lose their freedom of movement, the wearing of comfortable clothes becomes a determining factor for the residents' safety. Many simple and complex tasks are performed throughout a day: getting dressed, getting into & up from chairs and wheelchairs, attending exercise classes, programs and sitting in the dining room. If clothing is not well-suited to the level of mobility of the resident, their safety and comfort can be compromised during these activities. The following should be considered when choosing clothing for the residents:

- ◆ sweaters or turtlenecks that do not open in the front can inflict great pain on shoulders because these joints frequently lose mobility in older people especially if they have to reach overhead;
- ◆ shirts that are too narrow may force the resident's arm into uncomfortable or painful movements;
- ◆ narrow-leg pants or trousers are very difficult to slide a leg through if you have painful and stiff knee joints;
- ◆ overly tight pants may cause a decrease in blood circulation and prevent certain movements altogether;
- ◆ ill-fitted clothes make some movements impossible and/or dangerous

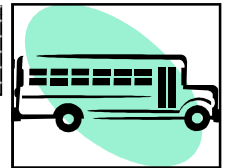
To ensure that clothing does not contribute to injuries or impairments, it has to be made safe and appropriate to the physical capabilities of the individual. Please remember that as the mobility of the resident changes, so their clothing needs may need to be revised from time to time. The laundry department of ECU/ ILTC has a seamstress who can modify garments to open in the back or the front, for a fee. There are also vendors who sell clothing designed for elderly population. The Program Manager, Crystal Mooney, has catalogues to choose from and may be contacted for more information.

If you have any questions for the Physiotherapist, please leave your contact information with Crystal or with the physiotherapy assistants, and I will contact you within two working days.

Sincerely,

Yulia Sternin, B.Sc., B.H.Sc., P.T.

BUS TRIPS



November 3 - shopping Seaway Mall

November 10 - shopping Seaway Mall

November 11 - Remembrance Day

Service at the Legion

November 19 - Country Drive

November 20 - Lunch at Betty's

November 21 - Lunch at Swiss Chalet

November 24 - Movie at Seaway Mall

Please sign up early for outings and indicate your 1st & 2nd choice.

**** outings are subject to cancellation in bad weather.**

From the Office . . .

For those residents who receive a comfort allowance (reduced rate) please note that effective November 1, 2008 your co-payment rate has been reduced by \$3.00 as the Ministry of Health and Long Term Care has increased that allowance from \$122/month to \$125/month.

Courtyard

Please note that the doors leading to the courtyard will be locked in the coming weeks for resident and staff safety.

Christmas Decorating

Will begin during the last week of November.

Remembrance Day

Every year on November 11, Canadians pause in a silent moment of remembrance for the men and women who have served, and continue to serve our country during times of war, conflict and peace. We honour those who fought for Canada in the First World War (1914-1918), the Second World War (1939-1945), and the Korean War (1950-1953), as well as those who have served since then. More than 1,500,000 Canadians have served our country in this way, and more than 100,000 have died. They gave their lives and their futures so that we may live in peace. 2008 marks the 90th anniversary of the Armistice.

Residents are invited to attend a service on Nov. 11 at the Royal Canadian Legion followed by a light lunch. Please contact recreation staff to book a space.



New Bulletin Boards for ECU

Maintenance staff have installed bulletin boards above all beds in ECU. You are welcome to use these to put up personal items such as family photos, cards, seasonal decorations etc.

Message from Food Services

Sharon Ironside . . .

New Menu: A new menu for Fall/Winter will be starting November 10, 2008.

Items that were trialed and will be added to the menu include Tuna Noodle Casserole, Shepherd's Pie and roast beef. Mixed berries, brussel sprouts and mashed turnip were not trialed but will be on the new menu. Thank you to all the residents who helped with their input.

Christmas: Christmas meal will be served at Super Christmas Day. The meal will be a choice of Turkey with gravy, stuffing, Potatoes & Squash or Ham with Potatoes and Vegetables. If you wish to share this supper with your loved one here in the home, please see Sharon to purchase a meal voucher. Cost of the voucher is \$5.00 per person. We ask that if there is just one member or group of family coming for the meal that you speak with Recreation to book a space to gather for your meal.

Thank You to all the Volunteers and Recreation staff who have provided fresh seasonal fruit and veggies over the past six months for residents. The Residents have really enjoyed all the different fresh items such as Apple Crisp, Pumpkin Pie, Fresh Melon and Peaches with ice cream that you have provided. Residents are also very excited that the Grilled Cheese is back on the New Fall/Winter Menu. Thank You, for all YOU DO!!!

Food Safety: Over the holiday season and through out the year please remember when you bring food in for your family member to place all foods in re-sealable containers with a label on it including the residents name and the date you brought the food in. Perishable foods should be kept in the refrigerator at the nursing stations. Dry items also need to be kept in re-sealable containers with residents name and date on the container.

