

# April 2017 Chatter

## The Activity Department wants to keep you 'in-the-swing-of-things'....



April greetings to one and all,  
I wrote in March that signs of spring were all around – however it doesn't exactly look this way as I look outside this morning. We received another dumping of snow which certainly brighten things up, but definitely brought back winter. Perhaps by the time I send this out to you, things will have changed. I guess only 'mother nature' knows. In any case, we know that spring is here!!

Did you know that April is also the month to acknowledge volunteers? Yes, **Volunteer Week** is from April 23-29<sup>th</sup> this year and the Wales Home certainly would not be as diverse as it is if it were not for the over 200 volunteers involved on a daily basis. We thank you all for your love and caring throughout the year and invite you to a **Volunteer Gathering** from 5:30-7:00 p.m. on Tuesday, April 25<sup>th</sup>. Invitations will be sent out but should you not receive one for some reason or know someone who has been overlooked, please let us know. Again, from the bottom of our hearts, we thank you!! ☺

### **Shall we move on so I can share the month's events with you?**

April's Special Birthday Tea will be held on **Wednesday, April 19<sup>th</sup>** at 2:00 p.m. in the 4<sup>th</sup> Floor Rec. Room, and is sponsored by St. Augustine's Danville. (Thanks everyone!!) All those celebrating in April are invited...and you may bring a guest.

### **Saturday, April 1<sup>st</sup> All Day – April Fool's Day**

Traditionally, *April Fool's Day* is an opportunity for playing jokes or tricks on one another. The stranger and the more absurd the better. The challenge is to carry

out a trick that is believable, if only for a little while. Tricks are most successful if played earlier in the day before a person is wise to what is going on. Younger children are also more gullible.

Taken from: <http://www.holidayinsights.com/other/april1.htm>

**Saturday, April 1<sup>st</sup> 1:30 p.m. – Musical Trio – Main Living Room**

You are invited to enjoy the delights of a new Musical Trio. All welcome.

**Saturday, April 1<sup>st</sup> 2:30 p.m. – Musical Trio – Nursing Care Units**

The Musical Trio will be visiting the Nursing Care Units following the performance in the Main Living Room.

**Monday, April 3<sup>rd</sup> 2:00 p.m. – Aging and Well-Being Conference – Main Living Room**

This conference is being offered by a number of Bishop's University Students. All welcome.

**Tuesday, April 4<sup>th</sup> 1:30 p.m. – Green Bingo – Richmond Foyer**

This is the 'Green Bingo' that was scheduled in March but due to weather was cancelled. Our friend Charley rescheduled for us. If you would like to attend this Bingo, the cost of transportation is \$3.00. Please let the Act. Dept. know if you wish to attend in order to provide adequate transportation.

**Saturday, April 8<sup>th</sup> 10:00 a.m. – Adventist Church Service**

Our friends from the Adventist Church will be hosting a Saturday Service for us. All welcome.

**Saturday, April 8<sup>th</sup> 1:30-3:00 – Girl Guide Cookie Sale – Main Living Room**

The local Girl Guides will be hosting a 'cookie sale'. All are invited to support these local girls.

**Monday, April 10<sup>th</sup> 1:30 p.m. – Easter Craft – Main Living Room**

Our friends Audrey and Sandra will be here to show us a new Easter Craft. All welcome.

**Monday, April 10<sup>th</sup> 6:00 p.m. – Movie – Main Living Room**

We will be showing an episode of Downtown Abbey. All welcome – refreshments served.

**Thursday, April 20<sup>th</sup> 8:00 a.m. – Breakfast Outing -**

We will depart at 8am from Door No. 6 en route to the Deli-Train Restaurant. Cost of transportation is \$3.00 + the cost of your meal. Please let the Act. Dept. know if you wish to attend in order to provide adequate transportation.

**Thursday, April 20<sup>th</sup> 2:00 p.m. – Paul Richard Music/Happy Hour – Main Living Room**

Our friend Paul has offered to serenade us for an afternoon of friendship and refreshments. All welcome.

**Saturday, April 22<sup>nd</sup> 1:30 p.m. – Diane Duguay Singing Concert – Main Living Room**

You are invited to a singing concert by music teacher, Diane Duguay. All welcome.

**Tuesday, April 25<sup>th</sup> 5:30-7:00 – Volunteer Evening – Main Living Room**

This evening is dedicated to the many volunteers that make the Wales Home such a wonderful place. Those of you who have received an invitation are invited to this evening. Refreshments will be served.

**Wednesday, April 26<sup>th</sup> 2:00 p.m. – Special Tea – Nursing Care Units**

The Wales Home Ladies Auxiliary will be hosting a Special Tea for residents of the Nursing Care Units. Thanks to all!! ☺

**Thursday, April 27<sup>th</sup> 2:00 p.m. – Special Fashion Tea – Main Living Room**

The Bishop's University Student, Noemi Beauregard and family members will be hosting a Special Fashion Tea for everyone. Her family owns a vintage clothing store and will be bringing decorative accessories to 'fashion' up individuals while enjoying tea and cupcakes they have lovingly baked for everyone. All welcome.

**Miscellaneous..... ☺**

\* **General Volunteering & Friday Teas:** I continue to put this in the Chatter because we will never have TOO many volunteers. We could use more volunteer drivers for our outings as well as resident

medical appointments. Should anyone be interested, please let me know.

**We really need volunteer drivers for medical appointments. Should anyone be available, please contact myself (Carol Ann). A happy note: One new volunteer driver has been found! ☺**

**Reminder to Volunteers:** I recently made (with collaborative effort) Volunteer Badges for the Wales Home Volunteers to keep in their possession and use when accompanying or volunteering at the Wales Home. Please stop by and see me and I will give you one and also a letter to accompany it. This will better identify Wales Home volunteers.

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\* **Audio Books/Large Print Books:** We've been receiving audio book donations. Thank you to all for these donations.

\* **Activities:** This is a reminder that all activities (unless they are strictly for the Nursing Care Units or otherwise indicated) are for all Wales Home Residents to attend. Most activities are free of charge – unless otherwise indicated.

On that note, when you see NCU on internal postings, this refers to the Nursing Care Units (Long Term Care), which include Norton 1, 2, 3 and Central. When we have activities on these units, they are for only these units due to limited space.

**Knitting Supplies:** Should someone require knitting supplies, your requests may be made to Blanche Mastine S307 (819)826-1861 or Doreen Waterhouse S303 (819)826-3063. Thanks girls for your help, as well as your continued positive implication for the Wales Home. The recent Knitter's Sale generated \$279.00 which was donated to the Wales Home Foundation.

**Low Vision:** This is a reminder for those with low vision, that we have a number of aids available to you, such as a magnifying reader in the library. Our Occupational Therapist Kim Bailey can offer additional information.

**User's Committee Representative for the Long Term Care Units (Norton 1, Norton 2, Norton 3 and Central):** Judy Laberee is the representative for the Long Term Care Units. Should you wish to speak to her, she may be contacted by phone at (819)826-3486 or email at [judy@laberee.com](mailto:judy@laberee.com) .

**In Memoriam Photo and Journal Table:** This is a reminder that when a resident passes away, their photo and small memory book are placed on the In Memoriam Table by the Main Dining Room on the Basement level. Residents and visitors are invited to share memories in these little books that are then given to the families/loved ones of the deceased residents. (Please note that some residents have requested this not be done at the time of their passing and their wishes will be respected, providing we are aware of this.)

**Hand Washing/Disinfecting:** A little note to remind residents of the importance of frequent hand washing to help avoid the spread of germs.

**Programming changes:** This is a note to remind individuals that periodically changes are made in the monthly activity programming for unforeseen reasons. These changes are most often noted on the Weekly Activity Calendars (when given enough notice.) The note pertaining to the possible changes is written on the Monthly Activity Calendars.

**Assistance for residents in distress:** This is a friendly reminder that should a resident find another resident in distress (perhaps a fall or other emergency situation), we ask you to push your call bell bracelet. We would not want anyone to harm themselves or the resident in distress; therefore we ask that you wait for assistance from a member of the personnel.

**Elevator Emergencies:** A resident recently came to me and said it might be beneficial for residents to know what to do in the event they are stuck in the elevator – so here's what to do:

1<sup>st</sup>: Please stay calm – I know it is not easy, but it is important to stay calm in order to hear directions being given to you.

2<sup>nd</sup>: There is a little button on the control panel with a telephone on it – press this button and someone from the elevator company will come on and speak with you.

Perhaps a person's reaction would be to bang on the door or start yelling, but the telephone button should work.

**Car Handle for Volunteers:** The Activity Department recently purchased a type of handle that can be inserted into the area where the car door hinges onto the car. This device is intended to help stabilize residents while getting into a car by offering something for them to hang onto. Should anyone be interested in seeing this or borrowing it, please see Carol Ann or Marie-Christine.

**Thursday's Trip to Town:** Bob Pariseau is currently unavailable for the Trip to Town for medical reasons. I would ask those interested in going to town to please give me your names and I will see what I can arrange during his absence.

**Silent Auction:** The Annual Wales Home Silent Auction will be taking place again on May 27<sup>th</sup>. A table will be set up in the library from May 8<sup>th</sup> for items individuals wish to donate to this event. Should you require additional information, you may contact myself – Carol Ann. The Ladies Auxiliary are hoping for another successful year and we all wish to thank the community for their continued support for this very important annual fundraising event.

**Valentine/Appreciation Notes:** Marie-Christine and I had a box set up in front of our office for the month of February and asked those wishing to leave notes in it either for Valentine's or appreciation and I just wanted to share a couple with you:

*"A line taken from a parable: [Life is a constant growing process.] Kindness and caring helps us grow. Thank you caregivers and all staff."*

*"I love being among all the residents. What a gift."*

*"I have been in many hospitals and residences and was treated well by some of the staff. But never have I been treated as well as I am here. With all the long hours and overtimes you all put in and still have smiles on your faces. Always willing to help in any way you can. What a great bunch of people!! I just want to say – thank you."*

*"Thank you and love to all residents who help other residents."*

**Being Hank and Patsy:** A fundraising musical show starring Laura Teasdale as Patsy Cline and Ralph Steiner as Hank Williams will be held at the Richmond Regional High School on Friday, May 12 at 7pm. This is a fundraiser for the South Durham United Church. I will be making accommodations to bring residents from the Wales Home. Tickets will be \$15.00 + a \$3.00 transportation fee to be paid in advance to Carol Ann. I will need to have your payment and confirmation by Monday, May 8<sup>th</sup> in order to provide adequate transportation.

**Marie-Christine Away:** Just a little note to let you know that Marie-Christine will be returning on April 1<sup>st</sup> for the Saturday activity.

I wish you all a wonderful month of April and look forward to assisting many of you outdoors when the weather permits.

Carol Ann xx ☺

(819)826-3266 Ext. 244 or [cmcelrea@waleshome.ca](mailto:cmcelrea@waleshome.ca)

**An April Quote for you:**

“It is spring again. The earth is like a child that knows poems by heart.”

~ Rainer Maria Rilke



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**MESSAGE FROM BRENDALEE**

**RENOVATIONS:**

The project is expected to be complete by September 2017. We apologize for any inconveniences which the renovations bring to you and thank you for cooperation of respecting the security and parking rules.

**CHSLD FUNDING:**

The Minister of Health mandated an auditor from Raymond Chabot Grant Thornton (Montreal) to audit the long term care units of the Wales Home. The report is currently being processed and then will be sent to the Minister of Health. We expect to hear from the Government regarding financial support for our long term care in the very near future. FINGERS CROSSED!

**WALES HOME FOUNDATION:**

The Wales Home Foundation will host its 11<sup>th</sup> annual golf tournament on Thursday, August 24<sup>th</sup> at Long Champ golf course in Sherbrooke, QC. If your family would like to participate, please contact either myself or Pauline.

**TV TOURS:**

The funds raised at last year's Candle Light Service were dedicated towards the installation of the TV Tour system that will allow residents to receive notices from management, today's menu, today's activities, the weather etc. directly on their personal TV. The installation of the project has been postponed to July 2017 due to relocating the TV cable lines during the construction. We apologize for the inconvenience and delay.

**WELLNESS ROOM:**

For those of you who have not had the experience of using the wellness room, please take the opportunity. If you are having a stressful day, use the wellness room to your benefit! You won't regret it – and please write a message in the “Share your Thoughts” book to the Mitchell family sharing your experience.

**STRATEGIC PLAN:**

What is a strategic plan: “A strategic plan is a document used to communicate with the organization its goals, the actions needed to achieve those goals and all of the other critical elements developed during the planning exercise”.<sup>1</sup> The Executive Committee of the Résidence Wales Home & the Board of Directors of the CHSLD Wales Inc. have approved the 2017-21 Strategic plans (for both entities). Copies of the plans will be made available in the library and employee bulletin board. Simplified summaries of the 2017-21 plans will be posted throughout the building (currently the documents are at the printers).

<sup>1</sup><http://www.balancedscorecard.org/Resources/Strategic-Planning-Basics>

**SHOWER ROOMS ON MANNING 1 & 2:**

Additional anti-slip applications have been installed in the Manning 1 & 2 shower rooms. A resident came to inform me that the new anti-slip applications on the floor really made a difference in security☺



**FOOD FOR THOUGHT:**

I saw this quote on Pinterest: When it rains look for rainbows. When its dark look for stars.

If you need to see me and I am not available, please either email me at [bpiironen@waleshome.ca](mailto:bpiironen@waleshome.ca), leave me a message on my voice mail: 819-826-3266 ext. 247 or leave a message with Pauline ext. 253.

Wishing you all a wonderful month.

Brendalee ☺

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**Note from Michel Vaillancourt**

**Greetings everyone!**

This past month the Health services department at the Wales Home has spent a great deal of time focusing on the implementation of the wake project, the second part of the SWAP (Sleep Wake Awareness Project).

- The wake project is in full swing on the CHSLD side: caregivers are indeed key actors of the milieu de vie (living environment) of residents and are accountable for activities held with residents on the floors. They participated in several workshops pertaining to social activities, and activities targeting residents that are at risk of suffering from loneliness.
- Caregivers and all staff members of the Residential side are invited to attend the same workshops.

Loneliness can have a detrimental impact on the overall health of the individual. Loneliness isn't necessarily a characteristic that affects only the elderly, it can affect anyone at any time; however social isolation is one of the most significant risk factors for people as they age.

- Two (2) out of every 10 seniors describe themselves as lonely or socially isolated and coupled with the fact that 15% of the Canadian population is over 65 years of age – by 2036 this will rise to 25% - this can be an enormous problem in society.
- Loneliness or social isolation can have a direct impact on the quality of life and the physical, mental and emotional well-being for the individual. It can also increase the rate of death by 50% among individuals who are lonely or socially isolated.

What triggers loneliness?

- Bereavement – the loss of a spouse, family member, close friend etc.

- Lack of social relationships - shyness, introverted, negative past relationships, retirement etc.
- Disabilities – Hearing loss, bladder control issues, sight, cognitive impairment, chronic illness etc.
- Transportation issues; Self-image changes

There are many strategies that can be used to rebuild social networks and reverse the patterns of isolation. This is the focus of the NOLIDA sub-project currently in progress. NOLIDA stands for: No One Lives or Dies Alone. NOLIDA is a component of the wake project. Residents have been screened for loneliness and interventions will be put into place by the healthcare and nursing team. Interventions can also include:

- Support groups – bringing individuals together to share their coping strategies which may make them feel a sense of community, enrich friendships and build social skills
- Teleconferencing – so individuals can have contact with loved ones who are far away (skype, face time etc.); Volunteer work.
- Group activities such as physical, social activities – walking group, creative activities structured activities, entertainment activities and other specific activities such as hobby.
- Ensuring that all disabilities are dealt with such as functioning hearing aids; choosing the proper incontinence product etc.

In order to help people reconnect socially (with their communities, etc...), our services should be in line with the following best practices/principles:

1. give a sense of purpose; be peer-led or co-designed with people in similar circumstances
2. instil a positive sense of identity; provide clear goals and pathways to reconnection
3. provide benefits to others (such as through volunteering); bring people together around shared interests.

If you have any questions of concerns about the NOLIDA project please don't hesitate to ask myself or to your nurse.

**Michel Vaillancourt**

**Director of Health Services**

(819)826-3266 Ext. 224

[mvaillancourt@waleshome.ca](mailto:mvaillancourt@waleshome.ca)

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## Note from Rebecca.....

Dear Residents, Family and Friends,

Happy April everyone. I am looking forward to the flowers blooming so that I can get outside and work in my garden. Usually, the first flowers that I notice poking their heads up through the ground are the crocuses. It will be great to see all of our flower beds here at the Home returning to their spring beauty too.



I will be away on April 14<sup>th</sup> and 17<sup>th</sup> for Easter. I hope you have a wonderful one.

Edith Richard, a tax preparer from the area is available to do your 2016 income tax return. A reminder that your income tax needs to be filed by April 30<sup>th</sup>, 2017. If Edith Richard is doing your taxes for you, you can bring me down your income tax papers and I will forward them to her. She will also require a copy of your 2015 taxes. If your taxes had been completed by Emilie Lessard last year, then I may have your 2015 taxes. Appointments will be taken with each resident (or their representative) once the taxes have been completed. For all questions relating to this or the income tax package that you received from the Wales Home, please let me know.

I am still gathering stories for the sequel to “Memories Everlasting,” which will be called “Timeless Memories.” If you are interested in talking to me so I can write down your story, or if you have a text, photo or poem that you would like to share for the book, please let me know and I will set up a time after my work hours to see you. If you’re looking for an original gift to give to family or friends, or a good book of short true stories to read, copies of “Memories Everlasting” are available by seeing me at the reception desk. The cost is \$20/book. They make an excellent gift.

If at any time, I can assist you with something, please let me know. For those of you who do not know where to find me, my desk is located in the main lobby (near the main living room). I can also be reached by phone at 819-826-3266 ext.221 or e-mail at [rtaylor@waleshome.ca](mailto:rtaylor@waleshome.ca)

Thank you,

Rebecca Taylor  
Administrative Assistant – Finance & Reception

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## *A Message from the Wales Home Ladies Auxiliary*

We are a Volunteer Group of Ladies who organize the Friday Teas and the Birthday Teas. We do the Infirmary Teas, operate the Tuck Shop and hold our Annual Fundraising Event: The White Elephant Sale, the Food Sale, An Afternoon Tea, the 'Silent Auction' and the Raffle. All money raised from this event is allocated to the Different Departments at the Wales Home for the Benefit of the Residents.

### "The Drawing or Raffle"

#### First Prize:

A Handmade Quilt "Big Star Quilt"  
Approximate size: 91" x 91"  
Donated by: Heather and Jill Dewar

#### Second Prize:

Crocheted table top center piece by Bessie Mills

1 ticker: \$1.00  
A box of 6 tickers: \$5.00  
Drawing: May 27<sup>th</sup>, 2017 at 3PM

Please help us reach our goal! Thanks for your support & Good Luck!

Joyce Cinnamon – President

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Note from Joe Kelly:

Good morning folks:

We are just over half way through our collect of all refundable cans and bottles efforts for the Townshippers, and we always strive to raise as much funds as possible for our causes. To date doing so-so!! Know we can do much better with your support!!

Below, for your info, is information about The Townshippers' Foundation

“”Since 1986, **Townshippers' Foundation** has been helping to improve the lives of those who live in the Eastern Townships by donating more than **\$1 million** to community organizations and projects. This large region, rich in culture and

reputed for the amicable relations between French and English-speakers, has faced many challenges in the recent past. Many people of both cultures have moved away, leaving our community poorer because of their absence. Townshippers' Foundation, a community-based charitable organization, is committed to supporting groups and projects that improve the quality of life for those who remain. The Foundation grants funds to those who strive to bring art, music, culture, heritage, services and support to the people of the Eastern Townships.””

All your returnable bottles (wine, soft drink and beer) and cans can be dropped off at the Townshippers' Association office # 100- 257 Queen St., Lennoxville, QC, between 9:00 and 16:00. (819-566-5717). For large amounts of cans and bottles, please phone at 819-826-3929 to arrange a pick-up!

In the Richmond area, until the driveway at Bev's house, is snow-free, would you kindly leave your empties on the side of the front garage. In the meantime, would you kindly call 819-826-3929, to arrange pick-up of your empties?

In the Rosemere area, you can contact me at : 450-818-6025.

Thanks to the Townships community, and the Rosemere area for the continued support for this and other worthy causes.

Here is another way to raise funds: My cousin Mike, who had some empties to give me, cashed them, and gave me the cash he got for them!!So even if you do not leave in the Township areas, or Rosemere, you call still support the foundation!!

Much appreciated!

Joe K

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We had no electricity in the country in those days. Our lights were kerosene lamps and lanterns. We were the only ones in town who had a radio. It was powered by a car battery. Dad had a windmill installed on the barn roof which charged the batteries for the radio. Every Sunday people would gather at our house to listen to the church service on the radio.

Excerpt From:

**Growing Up in Baldwin's Mills**

*Written by Keith Baldwin*