

September
2017

Wales Home Chatter

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



Happy September to one and all,
It feels hard to believe, but I already see the leaves beginning to change around me. The inevitable is here – another season is beginning and I am trying to see the beauty in it. (Oh my but I do love summer however. ☺)

Let's have a 'peek' to see what's in store for the month ☺

September's Special Birthday Tea will be held on **Wednesday, September 6th** at 2:00 p.m. in the 4th Floor Rec. Room, and is sponsored by the Richmond Rebekah's. (Thanks everyone!!) All those celebrating in September are invited...and you may bring a guest. (The Rebekah's asked to have the Birthday Tea changed to this date in order to accommodate their group.)

Monday, September 4 – Labour Day

Dedicated in honor of the worker, it is also appropriately called the "workingman's holiday". The holiday is dedicated to you in respect and appreciation for the work you do in or outside of the home, union or non-union, big company, small companies, or government. As long as you work somewhere at something, this holiday is for you!

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

Tuesday, September 5th 1:30PM – Bible Study – 4th Floor Chapel

Bible study begins again today. It will take place every Tuesday.

Thursday, September 7th 2:00 p.m. – Music with Mario – Main Dining Room

Edith (our physio-therapist's) father Mario will be here serenading us with his musical talents playing the saxophone. He was a 'hit' the last time he was here. An event not to be missed.

Saturday, September 9th 10:00-2:00 pm – Boutique Diane Clothing Sale – Shaw 1 Solarium

Boutique Diane will be selling her items.

Monday, September 11th 2pm – Terry Fox Walk

Residents, family and friends are invited to join us in our annual Terry Fox Walk. Funds generated will be given to the Canadian Cancer Society. Come one – come all.....and join in. ☺

Thursday, September 14th 9:00 am – Zotherapy – Nursing Care Units

Anne-Caroline will be here with her 'furred' friends visiting all Nursing Care Units and later around 11 a.m. heading to the Manning Side of the building for a brief time to visit those friends as well.

Monday, September 18th 3:30 pm – Corn Husking – Door No. 6

Residents are invited to help us husk corn for Wednesday's lunch meal.

Monday, September 18th 6:00 pm – Movie – Main Living Room

Tonight's feature are episodes of The Red Green Show. All welcome. Refreshments served.

Tuesday, September 19th 10:15 am – Lunch Outing

We will be departing from Door No. 6 en route to the Coffret de l'Imagination Restaurant in Coaticook – a restaurant we have been to in the past. Cost of transportation is \$6.00 + the cost of your meal. Please let the Act. Dept. know by Thursday, September 14th if you wish to attend in order to provide adequate transportation.

Wednesday, September 20th 12:00 – Corn on the Cob/Hot Dog Meal – All Regular Eating Locations

I will be barbecuing you up one of the last summer's meals.

Wednesday, September 20th - Rummage Sale – 4th Floor Rec. Room

From 8AM-11AM, there is the opportunity to browse through and purchase clothing and other miscellaneous items on the 4th floor.

Monday, September 25th 10:30-2:30 – Clothing Sale – Main Living Room

Boutique Normandin will be selling their items.

Tuesday, September 26th

10:00 am – Keith and Vicky Music – Norton 2

11:00 am – Keith and Vicky Music – Norton 1

1:30 pm – Keith and Vicky Music – Main Living Room

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 as well as resident 1-1 visits. Should anyone be available, please contact myself (Carol Ann). ** This is still a need we have – as well as 1-1 visits and escorting residents outside during the summer months.

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*** DVD Movies:** Should anyone have DVD movies they would like to share or offer to the Wales Home, please contact the Activity Dept.

*** 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.

Pond – I have contacted our friend Billy Lyon about the possibility of stocking the pond with some fish this year.....I am awaiting news and will be sure to let you know as soon as I have some. 😊

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.

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.

A reflection: I recently heard from an individual that they felt left out during an activity....which led me to reflect and I wanted to share this with you. I understand it may be frustrating at times for example, playing cards with someone who may not remember the bid or being seated with someone during bingo who is hard of hearing and keeps repeating the numbers. The reality is these individuals have not chosen to be forgetful or hard of hearing. I thank so many of you with your patience and understanding when you may encounter frustrating moments and ask that you share this understanding and patience with others.

A reminder: Should a resident be leaving the premises, please don't forget to let a nursing personnel know.

3rd Party Activity Tracker/'tool kit invitation': The Wales Home has increased data with the recently created Activity Tracker which involves the 3rd Party. Should friends/family or volunteers interact with loved ones, we would like to keep track of this for resident interaction tracker. All units are equipped with this tracker – please ask a member of the personnel to steer you in the right direction or as one of the members of the Activity Dept. to better explain.

We have integrated new 'tool' boxes on all the resident units. These tools are available to all personnel as well as all visitors, therefore please make use of these materials. It may make for a nice interaction with your loved one. ☺

Carol Ann Away: I will be returning on September 4th....see you all then. xx

I wish one and all a wonderful month of September. When I return I would hope my daughter Sally (the one who got married) has managed to find her luggage by now. Yup – flying from Calgary (as I write this she has been here for two days now) has yet to find her luggage full of stuff for the wedding. I'll let you know how things turned out in the next Chatter. ☺

Thank you all for your presence in my life.
I may be reached at (819)826-3266 Ext. 244 or
cmcelrea@waleshome.ca

A September Quote for you:

“Some people grumble that roses have thorns. I am grateful that thorns have roses.”

~ Alphonse Karr

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MESSAGE FROM BRENDALEE

Since I am writing my newsletter on August 16th, I don't have much news from last month.

CHSLD FUNDING: A Government contract was signed appointing the CHSLD Wales Inc. as the Priority facility for English speaking Quebecers in Estrie.

The Centre d'hébergement et de soins de longue durée Wales Inc. (CHSLD Wales Inc.) is proud to announce the signature of a 15 year financial agreement with the CIUSSS de l'Estrie Chus that will ensure the sustainability of our long term care facility with a renewable contract thereafter.

By signing this agreement, the CHSLD Wales Inc. obtains several gains, including its long-term survival, equity for its residents, increased staffing and improved working conditions for its employees.

The agreement will allow current and future residents of the CHSLD Wales Inc. to receive the same benefits as government funded long term care facilities such as rates established by the RAMQ which determines what a person can afford to pay, not exceeding \$1,535.70/month for a semi-private room or \$1,836.90/month for a private room. Medication and all other medical necessities will be paid by the CHSLD Wales Inc. through the new government funding. Before this agreement was signed, residents of the CHSLD Wales Inc. paid an average 180% more than those living in a public CHSLD.

The Board of Directors of the CHSLD Wales Inc. wish to thank Ms. Karine Vallières, MNA for Richmond, for her support in their negotiations with the Minister of health, Dr. Gaétan Barrette as well as Mr. Gregory Kelley, Political Advisor for the Cabinet of Premier and Liaison Officer with Premier Philippe Couillard for the Anglophone community of Quebec.

CHSLD RESIDENT/FAMILY MEETING: A special meeting will be held on Wednesday, September 6th at 6 PM **for the family members and residents living in the long term care units (Norton 1, 2, 3 and Central).** This meeting is to explain new rates and what is included and not included in the rent.

FRONT OF HOUSE RENOVATIONS:

The renovations are expected to be completed at the end of September. Once complete we will schedule guided tours for residents to view the new departments. Once again, thank you to all residents for their patience and collaboration during the renovations.

Food for thought: *Every accomplishment starts with the decision to try* – John F. Kennedy.

Note from Michel Vaillancourt:

Greetings,

Here is some news from the DHS' office.



The resident has the right to confidentiality and the caregiver has the responsibility to ensure confidentiality is respected (Code of Ethics, page 8). Wales Home has a policy that I would like to review with all family members, residents and staff

members: 3.2.3 Confidentiality Procedure. Confidentiality is one of the core duties of medical practice. It requires that all health care providers keep a resident's personal health information private unless consent to release the information is provided. In other words, **Safeguarding confidentiality is a shared responsibility**. Personnel can not divulge information regarding another resident. If required to disclose clinical information, authorized personnel will divulge only what is necessary in a given situation, such as in cases on incidents or accidents. Procedure 3.2.8.2 provides a framework that pertains to disclosure and support measures.

Wake Project: Activity tool boxes (TB) or Kits, displayed and available on floors, can be used by staff and family members. Ask an employee if you need assistance with the tool boxes and please be vigilant to use proper hand hygiene when using the contents.

Family members: When visiting your loved one at the Home, you can:

- Keep a journal and leave it in the room of your loved one
- Read stories to your loved one or tell stories
- Listen to music with your loved one
- Make time for play, using the activity Kits
- Visit our wellness room (located 4th floor).

If you cannot visit your loved one, pick up the phone, just to say hi to your loved one, and just talk about the good things that are happening in your lives. It will keep both of you grounded and connected.

Surveys: We thank residents who voluntarily participated in a survey pertaining to the SWAP-Sleep Wake Awareness Project, which includes the sleep and wake components. The purpose of the SWAP project/study is to measure how well you sleep at night, and how you feel during the daytime (your mood, your energy level, and your overall sense of well-being). Responses from last year will be compared to your responses this year as well.

Since data analysis is being made by a Bishop's University professor, Dr. Suzanne Hood who has signed a confidentiality agreement with the Wales Home, a consent form has been requested from either the resident or his/her POA. A nurse visited or will visit the resident to complete this consent form, or a letter has been sent to the POA.

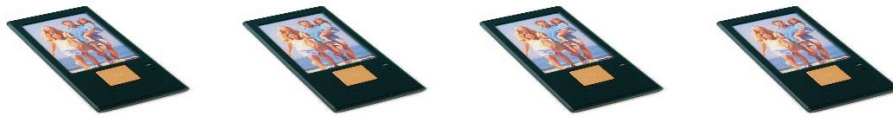
The Wales Home greatly appreciates your input because it helps to improve the quality of care and services provided.

Simulated Presence: The presence of family members on Wales Home Nursing Units is the best approach to provide reassurance or emotional support. If you cannot

be present for your loved one, you may use *GoTalkOne*, skype, and facetime could be valid alternatives. Here's how it works: Put your picture display into the covered frame and slide the switch on the back to RECORD. Press the PLAY button and talk for up to 10 seconds. When you're done recording, slide the switch to PLAY. Your GoTalkOne is ready! To use the device:

- Place a picture symbol into the covered frame
- Slide switch on the back to "Record"; Press "Play" button on front
- Record message for up to 10 seconds; Slide switch on the back to "Play"
- Press front "Play" button to activate message

GoTalkOne costs around 25\$ (Size: approximately 2¼ x 4¾ x ¼ inches. Weight 1.6 oz.) and can be ordered/purchased at Wales Home (atremblay@waleshome.ca-Tel: ext. 248)



E-Mail: Forward Email addresses: You are invited to provide your email address to atremblay@waleshome.ca-T:819.826.3266 ext. 248. Let's keep in touch!

Did you know? Tablet use as a non-pharmacologic intervention for agitation in older adults, including those with severe dementia, are feasible, safe, and of potential utility. (Am J Geriatr Psychiatry 2017; 25:860–864). Computers, as well as i-pads can be beneficial.

Shared care: Family members: Thank you for your response to the June 15th, 2017 letter pertaining to the Family Preferences Index (FPI). By attaining this information it allowed us to have an idea of your ideas and degree of involvement in your loved ones' care. The head nurse sent you a reply letter recently: for each option that you marked, please consult our response or suggested follow-up. Our commitment to our residents is that their needs come first, and we are always here to listen and support families.

Complementary Therapy (fee for service basis): Based on the outcomes of a nursing survey administered a month ago or so to residents on the topic of complementary therapies and interventions, several residents showed their interest into some selected complementary therapies such as music therapy, massage therapy, art therapy and aromatherapy. A nurse validated the need felt and expressed concerning these therapies. Therefore, we are planning to offer one or few therapies sometime this coming fall.

Did you know? New employees: We recently hired 7 new workers at the Wales Home: Marie Anne Abbang – Staff; Sophia Gutierrez – LPN; Judith Nelson – Staff;

Jade Sarah Leney – TRP; Hannah Allan Letarte – Staff; Magalie Tremblay – caregiver; Courtney Schroeders - staff. Please welcome them kindly.

Thank you for your collaboration and have a nice summer time.

Michel Vaillancourt
Director of Health Services
(819)826-3266 Ext. 224
mvaillancourt@waleshome.ca

Note from Rebecca.....

Dear Residents, Family and Friends,

Happy September everyone. This month, I will be away on Monday, September 4th and Tuesday, September 5th.

BOOK LAUNCH: I would like to thank you for attending my book launch of “The Moderna Way” on Friday, August 25th. I enjoyed the opportunity to share my writing with you. If you would like to order a copy, please let me know (please do not feel obligated to do so, I chose to do my launch at the Wales Home because you are all such a big part of my everyday lives and I wanted to celebrate my publication with you and the community members who were able to come). From time to time, I’ll include a little note about my writing to keep you updated on my progress. Currently, I am readying a children’s book for publication.



MEMORIES BOOK PROJECT: 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

Thank you,
Rebecca Taylor
Administrative Assistant – Finance & Reception

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**Note from ‘Kick the Can’ Joe Kelly,
TERRY FOX FOUNDATION FUND-RAISER?**

Most of us have had, or have family/friends who have had one cancer or another, and we all wish to help find a cure for this dreadful sickness!!

WE all can help to find a cure, in various ways by supporting the Terry Fox cancer research!!

-participate in the Richmond Terry Fox walk/run to take place, Sunday, September 17th, departing at 9: A.M. from the corner of rue Principale, and Craig streets (Grand Central Hotel)

- Drop your empty cans and bottles (Wine, liquor, beer & soft drinks) to me, Joe Kelly, under Bev Taber Smith's deck. 8 Melbourne Ave. N.,

- make donations to Pat Henderson, to me, in person, on-line on the Terry Fox web, or to Patsy Biggs,

- purchase Terry Fox t-shirts from Wendy's Ridley, at the Legion, Pat Henderson, or myself. Cost still \$ 20.00 each!

I can be contacted at Bev's 819-826-3929.

Greatly appreciate your support in helping fund a Cure for Cancer!!

Many thanks,
Joe K

A Note from the Richmond County Historical Society

Dear Friends of the Richmond County Historical Society,
Please plan to join us at the Museum at the end of September to help launch *Richmond, Now and Then*, a book that you will certainly want to read. Subtitled *an anecdotal history*, Nick Fonda's new book opens with a portrait of the Richmond area that is both uncompromisingly realistic and sympathetically insightful, and then goes on to encapsulate almost 220 years of settlement through a series of portraits and stories that offer a detailed and nuanced social history of a part of Canada that is unusually rich in history.

With accompanying maps and photos, the book tells the stories of Elmore Cushing who led the very first settlers up the St. Francis to the mouth of Cushing Brook; of Daniel Thomas, the area's first notary who bequeathed the land on which the RCHS Museum now stands; of Patrick Quinn who founded both the St. Patrick's Society and the *Société St-Jean-Baptiste*; of John Hayes who was elected mayor of Richmond five times; of Johnny O. Toole the musical fool; and of dozens of other figures who contributed to making the Richmond area what it is today.

Richmond, Now and Then will be available, later on this fall, at a cost of \$24.95 from booksellers (like Black Cat Books in Lennoxville) and internet vendors (like Amazon), but is available before then (at the same price) through the RCHS Museum.

Placing an order now will insure that a copy (or copies) in your name will be reserved at the RCHS Museum during *Les journées de la culture*, Sept. 29, 30 and Oct. 1, when the author will be on hand (from 2:00 to 4:00) to sign your copy. To reserve one or more copies, please contact Bev Smith by phone at [819 826-3929](tel:8198263929) or email at bev2000@primus.ca

Come and join us for this unique event.

Nick Fonda
Past President Richmond County Historical Society