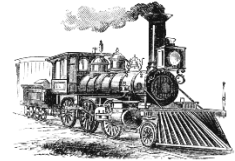


January 2018 Wales Home Chatter



The Activity Department wants to keep you 'rolling and on track'....

Happy New Year Everyone,
I know I say this every year, but "oh my goodness – 2018!!" Where did the year go? Life is weird sometimes isn't it – how time can go by so quickly at times and so slow at others??
Looking back, I have to say 2017 was a relatively good year for me. My wish for you all is a healthy and pleasant 2018.

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

December's and January's Special **Birthday Tea** will be held on **Wednesday, January 17th** at 2:00 p.m. in the Main Living Room, and is sponsored by the Richmond/Melbourne Young Women. (Thanks everyone!!) All those celebrating in December and January are invited...and you may bring a guest. (The reason for the change of location is due to the increased numbers.)

Monday, January 1st Happy New Year to All!!

Wednesday, January 3rd 8:30-11:00 – Rummage Sale – 4th Floor
Everyone is invited to this sale.

Thursday, January 4th 2:00 pm – Lou Simons Piano Music – Main Living Room

Residents are invited to enjoy an afternoon of beautiful piano music.

Monday, January 8th All Day – Decoration Dismantle – Main Living Room

We will be dismantling the Christmas Decorations today.

Thursday, January 11th 2:00 pm – Author Nick Fonda – Main Living Room

Nick Fonda will be offering a literary talk on his recent publication as well as his experience as an author. All welcome.

Monday, January 15th 6:00 pm – Movie – Main Living Room

Tonight's presentation is two episodes of 'Father Knows Best'. Snacks will be provided – all welcome.

Thursday, January 18th 2:00 pm – Pierre Gervais Talk – Main Living Room

The following is a summary of Pierre's talk:

“While a medication is quite the same over time, our body is not. We will review the broad changes we undergo from teenage, to adult, elderly and frail. We will have a look at changing efficacy and side effects for medications and vaccines. We will also a good look at simple medications easily found in pharmacies and how such "little friends" can be not so friendly thanks to aging and it's changing processes.”

Tuesday, January 23rd 1:30-3:30 – Oxybec Demonstration – Main Living Room

Oxybec will be here to demonstrate many of their useful items to assist residents with daily living.

Thursday, January 25th 2:00 pm - Movie – Main Living Room

Today's presentation is entitled “Flicka” which is about a headstrong teenager who has to convince her father that she is mature enough to work on his horse ranch. 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.

* **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.

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.

Champlain Student: A first year Special Care Counseling Student by the name of Lisa Fortier will be starting with the Activity Department on Friday, January 19th. Let's give Lisa a warm welcome.

Bishop's University Student: A psychology student by the name of Mikayla Whittle will be working with the Activity Department 6 hours/week beginning in the month of January.

'Animal Play': Yippee....last month I had put a note in the Chatter that we were lacking one battery operated pet for Central and our prayers were answered by a very kind donator.

Therefore we now have:

A companion dog on Norton 1 named Horace;

A companion cat on Norton 2 named Wales;

A companion cat on Norton 3 named Kitty;

And a companion dog on Central named D.O.G. – pronounced deogey. ☺

The residents are loving these animals. Thanks to all!!

TV Tour: Residents are invited to turn their television sets to Chanel 80 to view a TV Chanel specialized in making Wales Home announcements – such as Birthday’s, Menu’s, Special Announcements and more. As well, once we get it up and running, there will be photos, cancellations and – more.

Pastoral Services/Rev. Reg Jennings Departure: Some of you may not be aware of this, but our friend and Minister, Reg Jennings will soon be leaving us to pursue new adventures. We not only will miss Rev. Reg as a friend, but this will leave us with an absence for the 4th Sunday Service. My hope is to have a small gathering to thank Reg for his dedication with us and to offer you all a chance to say au revoir.

My note is also a request throughout the community in hopes that perhaps someone with pastoral training would be willing to offer the residents of the Wales Home some time to fill the void Reg’s departure leaves us.

I am also hoping there may be musically talented individuals that would help us out on Sundays as well, as our pianists are finding it difficult at times.

Requests have also been made for large print versions of Voices United for residents.

Should anyone be interested in creating a Pastoral Care Committee for the Wales Home or be willing to help us out with any of these matters, please contact myself (Carol Ann).

I do believe in prayer and I do know that thus far, our prayers have been answered.....thanks to all for this!! ☺

New Activities:

A couple of activities were mentioned at the recent Healthy Living Conference. Would anyone be interested in either Line Dancing or a Genealogy Club? If so, please let the Activity Department know and we will see what we can get going. ☺

I am enquiring about the possibility of line dancing and received no feedback for the Geneology Club.

Bodtker Lounge/Billiard Room: These rooms are now up-and-running therefore should anyone be interested in watching TV on the big screen or having a game of pool with a friend or improving your skills, you’re invited to use these rooms.

Eileen Perkins: Eileen Perkins recently popped by to see me to say that she no longer is able to be in charge of the 500 Card Parties. I would like to take a moment to offer her a heartfelt thank you for the many, many years she has been responsible for this. Fortunately, Doreen Waterhouse and Evelyn Fraser have offered to take over this responsibility. Thanks to everyone for the collective effort in ensuring this activity remains. ☺ xxxxxx

Louise Penny: I had received a request to see if Louise Penny might pay us a visit. I am happy to say that I did get a response, but unfortunately she is not available. The following is the message I received:

“Thank you for this lovely note and please thank the residents who enquired about Louise.

Although Louise is local and would love to try and come, the thing is she is inundated with request from across North America and so we try and be fair in allocating her time and because she has written every year for the last thirteen years, her writings schedule means she must decline far more invitations than she can accept. I am sorry to say that Louise will have to decline your kind invitation but with regret.

Thank you again for you lovely note

Best
Jamie”

Carol Ann Vacation: I will be away from January 23rd and returning on February 8. I am looking forward to a little rest and relaxation.

A January thought for you:

“Though no one can go back and make a brand new start. Anyone can start from now and make a brand new ending.”

Carl Bard

Kind regards,
Carol Ann ☺ xx

Should you wish to reach me, you may contact me at (819)826-3266 Ext. 244 or by email at cmcelrea@waleshome.ca

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MESSAGE FROM BRENDALEE

Christmas basket: I would like to personally thank everyone who contributed towards this year's Christmas basket. We sent 7 boxes of non-perishable items to the Christmas Committee and over \$300 in monetary donations. It's nice to know that together we made a difference!

Flu season: Please remember if you are experiencing any cold, flu or gastro symptoms to use precautions such as wearing masks or stay in your room so you don't give your sickness to anyone else.

Therapeutic pool: The lockers have finally arrived and were installed just before Christmas, therefore the therapeutic pool is open! For precautionary measures there must always be two people in the pool area when in use. Any resident wanting to use the pool, must request that the door be unlocked. The following employees have a key to unlock the doors: Executive Director, Maintenance, Supervisor and Therapy.

CHSLD Expansion: As you can see the construction work came to a quick halt due to Bell lines needing to be relocated as they were directly under the area where the excavation needs to take place. Thankfully Bell relocated their lines just before Christmas, and construction should be back on track in January 2018.

Shaw & Manning renovations: In January, major renovations will begin on the rooms located in Shaw/Manning 1 & 2 including: all rooms will be equipped with their own ½ bathroom, new flooring, new lighting, new windows, new ventilation and cooling. We will create 21 suites equipped with a full bathroom (sink, toilet and shower). Eight rooms will be renovated at a time (starting with Shaw: 101, 103, 136, 138 and 201, 203, 236 and 238). We expect these renovations to take two years to complete. Courtney Grainger will be meeting with the residents individually on Shaw 1 & 2 in January to discuss room choices (there will be two new sizes of rooms including medium and suites) and explain the process.

Below is our new price list for the renovated rooms including room sizes. Take note, the small room will have a slight increase due to the private bathroom. The large room, will have no increase in rent and the medium rooms and suites are new prices according to room size. Residents will be relocated to another room while their room is being renovated; (Residents will continue to pay current rates, no credits or increases will be made as it creates too much administrative work). The new rates will take effect once the renovations have been completed in the room. Thank you for your understanding.

New Price List, Manning/Shaw

Room Type	Size	Rent	Tax Credit	Out of pocket cost to resident
Small	164 sq. feet	\$2,144.00	\$552.72	\$1,591.28
Medium	206 sq. feet	\$2,357.00	\$593.72	\$1,763.28
Large	248 sq. feet	\$2,694.00	\$634.83	\$2,059.17
Suite (1 person)	320 sq. feet	\$3,080.00	\$661.85	\$2,418.15
Suite (2 people)	320 sq. feet	\$4,380.65	\$1,102.85	\$3,277.80

Parking lot: The new parking lot in the front of the building is available for residents and visitors. Unfortunately the plan for the second parking lot for employees will only be complete in 2018. We had hoped that Mother Nature would have allowed us to finish the project before the snow.

Quote for 2018: “You are never too old to set another goal or to dream a new dream”. www.hug2love.com

Happy holidays: I would like to **wish** you and your family a memorable holiday season and a happy and healthy 2018, full of LOVE, LAUGHTER, JOY and PEACE! Please note I will not be working onsite between Christmas and New Year’s. Brendalee☺

If you need to see me and I am not available, please either leave me a voice mail message: 819-826-3266 ext. 247 or ask Pauline to speak with me (her extension is 253). Wishing you all a great month of November! Brendalee
bpiironen@waleshome.ca

MESSAGE FROM MICHEL VAILLANCOURT:

Happy New Year 2018! I had the opportunity and privilege to attend many Christmas parties this year and I really enjoyed it! I look forward to chatting with residents, so do not hesitate to drop by, my door is always open!

As we reflect over the past year, we realize that we have achieved so much! And, as we look forward to 2018 more positive changes are to come...

- Massage and music, as a **Complementary therapies**, will be provided as healing modalities, on a fee for service basis. Scheduling method is expected to be the same as for foot care. We will have additional details soon.

- Based on the positive outcomes of the **Sleep & Wake Awareness Projects**, these two projects are becoming a Wales Home clinical program. A new logo will be posted on units.
- CHSLD Units: The **Bath & hygiene care experience** will be improved. Since December, nurses are assessing each resident's situation and provide a personalized /customized choice (2nd. bath or shower...) if it meets the need of the CHSLD's resident. In order to maximize comfort and safety for resident, five criteria/requirements are to be met to document this need: Previous life habits of resident, Level of Autonomy, Safety, Specific clinical conditions, Acceptability (Resident's agreement). Decorating the CHSLD's whirlpool rooms will be done in the coming weeks in order to promote a home-like environment, so that residents feel even more at home when using the whirl pool room.

Computers

Have you ever heard the phrase: **"You can't teach an old dog new tricks."**? I'm sure you have and so have I... I think this is the worst axiom of all time - it is false!!! **You are never too old to embrace new ideas including technology and the internet.**

In line with the SWAP and the Resident-Family Centered Care Approach, and in order to promote, maintain, sustain social and family interactions between visitors and friends and their loved ones, a computer (lap top) will be made available to CHSLD's residents. Soon, the Residential sector will also have access to a computer as well.

What is Skype/Facetime?

- Skype/Facetime is an instant messaging and video chat application for android and apple computers.
- Skype/Facetime allow users to connect with one another from any global location with Internet access.
- Skype/Facetime provide a safe way for families and residents to connect at the comfort of their own home.

While no technology can take the place of in-person human interaction, video chat sessions (via Skype or Facetime) can supplement seniors' social interactions when visits with friends and family aren't possible due to transportation, distance etc.

It can become a particularly outstanding initiative during cold and flu season where the Wales Home may have restrictions for visitor access, or you, as a visitor, may be experiencing cold symptoms.

Needless to say, residents will be accompanied by a caregiver using a computer supplied by the Wales Home.

How do we get started?

We are inviting all family members/loved ones who wish to experience Skype and Facetime to:

- send us their availabilities for a chat session with their loved ones
- provide an appropriate email address

We will do our utmost to schedule in a time that is convenient for you as well as for your loved one. We will also send an email to families and residents that will explain in greater details this best practice.

We welcome any feedback concerning this venture and hope to hear from families and residents soon! You contact any of the following people so that your concerns can be addressed:

- Anne Tremblay – Administrative Assistant, Health Services – atremblay@waleshome.ca
- Catherine Frank – Head Nurse Norton 1&2 – cfrank@waleshome.ca
- Rebecca Stevens – Head Nurse Norton 3 & Central – rstevens@waleshome.ca
- Camille Pearson – Head Nurse residential sector – cpearson@waleshome.ca

Skype/Facetime could also be used to facilitate communication, shared care and attendance to interdisciplinary meeting(s). Please inform the nurse if you are interested in this approach.

Flu Season

I would also like to take this opportunity to remind everyone the basics of flu prevention. The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. Here are few rules you should know and apply at the Wales Home:

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, remain in your room / stay home from work when you are sick. This will help prevent spreading your illness to others.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

Note: The hand sanitizing station will be moved to the entrance of the dining room for the next few weeks to facilitate this theme.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Greetings,

Michel Vaillancourt, DHSN

(819)826-3266 Ext. 224

mvaillancourt@waleshome.ca

Note from Rebecca.....

Dear Residents, Family and Friends,

I would like to wish you a Happy New Year. I will be away on Monday, January 1st.



INCOME TAX 2017: Edith Richard will once again be available to do income taxes for residents this year. If she did your taxes last year, please let me know if you would like her to do them again this year. If you did not have them done by her last year and would like to have your name added, please let me know. Thank you.

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
