



henleyplace

LONG TERM CARE RESIDENCE



**AIMING HIGH
TOGETHER™**



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CONTACT US | Tel. 519.951.0220 |

Administrative News

By: Kelly Kummerfield - Administrator



Fine greetings to all,

Welcome October with your warm days and cool nights, we see our forests changing with brilliant autumn colours of red, orange, and yellow; our local farmers fields are full of dried corn stalks, apples, pumpkins, and sunflowers ready for the harvest. Within our Home, I am pleased to share that we continue to have no suspected nor confirmed cases of COVID-19. We continue our close monitoring and surveillance on a daily basis and remain in close contact with our Public Health Inspectors at our local Middlesex London Public Health Unit office. We continue to update our staff and families on both our One Call and weekly Family Zoom call. The One Call is a computerized voice message that we can send to all staff and families any pertinent updates or alerts regarding our Home. Our weekly Family Zoom call is every Tuesday at 2pm for those who are able to connect live by computer, with our leadership team and myself to hear of announcements, updates, or ask questions that we may offer answers to or clarification. It just takes one – *one staff or one resident* to place us in an Outbreak. I appreciate *everyone's* care and attention to our protocols.

Last month, our residents and families were able to participate in short stay and temporary absences from the home. We have enjoyed seeing our residents and families spend time outside together and being able to attend local appointments supporting their health and wellness. As we continue to monitor the evolving COVID-19 pandemic with escalating COVID-19 activity in the province over the last two weeks, we are taking the necessary steps to temporarily suspend resident short stay absences. Our Local Public Health Units, are reporting that they are expecting an update to the Chief Medical Officer of Health's Directive #3 soon. While we await the update to the Directive, we have made the decision on September 28th to take immediate action in response to the escalating community case counts of COVID-19 in the province. These actions are taken to reduce the risk to our residents and staff at a time when COVID-19 activity is at its highest in months. As such the following is in place effective immediately: all short-stay absences from long term care homes are postponed or cancelled immediately. We continue to recommend families participate in on-site visits, rather than having residents leave the home. Short stay absences for necessary appointments and Emergency Room transfers are not affected however, the resident will be required to isolate for 14 days upon return to the home.

As many people in Canada begin to plan for fall and winter holiday celebrations, we all need to take added precautions to help protect our residents, staff, and healthcare system from COVID-19. These considerations are meant to supplement – **not replace** – our provincial and local Public Health Directives or our Home's policies.

Administrative News

By: Kelly Kummerfield - Administrator



Please keep us safe with good stewardship with the following:

- Wear a mask to keep your nose and mouth covered when in public places;
- Avoid close contact by staying at least 6 feet apart (about 2 arms' length) from anyone who is not from your household;
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer (with at least 70% alcohol);
- Avoid contact with anyone who is sick;
- Avoid touch your eyes, nose, and mouth;
- Get your flu vaccine – essential part of protecting your health and your family's health this season;
- Refrain from visiting our Home or drop items off if you feel unwell or are awaiting COVID-19 test result.

Finally, I would like to remind everyone that during every month, on days and afternoons we hold "Code Red" fire drills and an additional emergency code drill (Codes conducted on nights are silent). These drills ensure that staff are knowledgeable on what to do during a crisis situation. If you are in the home during a code, we ask that you remain in the area at the time and wait for instruction from staff. If you are just arriving during a drill, we will ask you to remain at the front entrance until the drill is complete. I am confident you will all understand the importance of these drills. Unfortunately, they may not always be a drill and we need to ensure the safety of all residents and visitors. Please know we appreciate your understanding and cooperation during these events.

Happy Thanksgiving – near, far, where ever you are... socially distance.

Kind regards,
Kelly Kummerfield
Administrator



Nutrition News

By: Amanda Diehl Food Nutrition Manager



As we come into fall we start to think about Thanksgiving. Although this year may look different for some with social distanced gatherings, we are still reminded of all the things we are thankful for.

We will be celebrating by doing a special light lunch with the traditional big Thanksgiving dinner here at Henley Place. Some Pumpkin pie with whip cream is a must for our residents. The dining rooms will be set with nice Thanksgiving placemats and napkins; to put everyone in the festive mood.

We are looking forward to the time where we can have families in for a meals again.

Residents' Council News

Next meeting: Tuesday October 13, Various times on the units.



Residents Councils' play an important role in shaping the place our residents call home. They bring residents together as peers, to discuss issues of importance and to stay connected and engaged in home operations and decision-making. The Council is intended and designed to form the collective voice of all residents who reside in the long-term care home, whether or not they attend meetings. All residents have the right to participate in the Residents' Council. Ontario's first official Residents' Council Week will allow Councils the opportunity to creatively showcase who they are and what they do. Please see your calendar for the meeting times and special events planned. We will meet with proper physical distancing in place.

Henley Place Family Council

Meeting Notice:

Cancelled Until further notice

Our next meeting will be held as soon as the restrictions are lifted . The London Middlesex Health Unit guest speaker will have a family question & answer platform . More information to follow . Family zoom meetings continue to occur every Tuesday at 2:00 pm using the following link

<https://zoom.us/j/3670067336>

Family members or friends of residents are welcome to attend. Family Councils can play an important role in improving the quality of living for residents, and provide support for families.

Together we can make a difference.

Social Worker News

By: Rachael Fowler, RSW



When it comes to COVID 19, there is no official rule book on how anyone is supposed to feel or react. It is okay to have bad days! What can be equally as challenging is knowing how to help someone you love when they too are having a bad day. Here are nine helpful things to say or ask when helping a loved one through an anxious day:

Things to say:

I am here with you; you are safe.

I may not know how you are feeling/going through, but I would love to understand if you feel safe sharing with me.

Let's try matching your breaths to mine

Staying positive does not mean you have to be happy all of the time; it means that even on the bad days, you know there will be other good ones ahead!

Sometimes even the sun needs to take a rest behind the clouds; you are allowed to take time for you!

Things to ask:

What would you like to tell your worry feeling?

I know words can feel tricky; would you like to express how you feel in another way?

Eg draw a picture of how the worry feels or rip up shreds of paper to release tension.

Where do you feel the worry in your body? Can you point to it? How can we ease some of the tension there?

Can you show me with your hands how big the worry feels? Ask again after talking for some time to see if it feels smaller.



Best Practice Spotlight Organization (BPSO) with the Registered Nurses Association of Ontario (RNAO)

It's year 3 of Primacare BPSO designate status and all three homes continue to work diligently to implement falls best practice guideline. Primacare is meeting with RNAO at the end of September to review our progress and discuss next year's focus, which will be on keeping the great work going forward. Check out the BPSO bulletin board at each home.

You will see staff who have BPSO champion status on a special t-shirt, stop and ask them about their champion role. Education continues on comfort rounds, restraint use, falls and treatment of pressure injuries.

It is an honor to be selected as an a BPSO with RNAO and Primacare has been working hard to focus on implementing Best Practice Guidelines that are research and evidenced based with the homes.



Happy Birthday to everyone celebrating this month ! Fun Facts about October



Birthstone (Opal) -Opals are unique in that their internal structure causes them to diffract light. For this reason, an opal can be a wide variety of different colors, depending on how the stone itself was formed. More common opals appear milky, or *opalescent*, in color, rather than showing the fascinating “play of color” of gemstone-quality opals. Nearly 97% of the world’s opals come from Australia, especially the southern region. Opals are often found in Eastern Europe as well. It is said that opals have healing powers and even enable the wearer to find true love. Opals were considered to be very lucky in the Middle Ages, as it was believed that they held all the virtues of each gemstone whose colors could be found in the opal’s impressive play of color. Their spectrum of color still makes them very desirable today.

Flower (Calendula)- The calendula is a flower that blooms in vibrant reds, oranges, and yellows. The calendula’s name stems from the Latin word *kalendae*, which means “the first day of the month.” It is a fitting name, as the calendula, or pot marigold, is usually blooming at the beginning of the month. It also goes by the names “summer’s bride” or “husbandman’s dial,” because its flower head follows the sun. Calendula has a wide variety of medicinal properties. It has been used for centuries as an antiseptic for wounds and burns, an anti-inflammatory for sprains, and a soothing tea for ulcers and sore throats, among other therapeutic uses. It also has culinary purposes as a herb for seasoning meats and salad dishes. The calendula is thought to symbolize gratitude or sympathy. When given to someone, it implies that the recipient has winning grace.

Some famous people born during the month of October are:

- Julie Andrews (actress) – Oct. 1, 1935
- Mahatma Gandhi (spiritual leader) – Oct. 2, 1869
- Buster Keaton (comedian) – Oct. 4, 1895
- Eleanor Roosevelt (first lady) – Oct. 11, 1884
- Luciano Pavarotti (singer) – Oct. 12, 1935
- Paul Simon (musician) – Oct. 13, 1941
- Ralph Lauren (designer) – October 14, 1939



Happy Birthday to our residents celebrating this month:

| | | | | |
|------------------|-----------------|-------------------|-----------------|------------------|
| Marion H- Oct 1 | Winnie S- Oct 1 | Gisela K- Oct 2 | Norm F- Oct 2 | Reeves M- Oct 5 |
| Jack G- Oct 12 | Carol H- Oct 13 | Mildred Z- Oct 13 | Jo B- Oct 15 | Joe C- Oct 19 |
| Sheila O- Oct 20 | Shane W- Oct 23 | Sybil E- Oct 26 | Allan R- Oct 26 | Adrian T- Oct 27 |



Pastoral Message by : David Waldner, Chaplain

Henri Nouwen was known to many through his writings. He wrote more of the forty books. Nouwen was born and ordained as a priest in the Netherlands and trained as a psychologist. After nearly two decades of teaching at academic institutions including the University of Notre Dame, Yale and Harvard, Nouwen went on to work with mentally delayed and physically challenged people at the L'Arche Daybreak community in Richmond Hill, ON.

Nouwen was a very personable man, intensely generous and compassionate. Daily he would pray with others and send notes of encouragement or flowers. With the news of his sudden death from a heart attack in 1996, I remember the shock and tears on the faces of the faculty and students at the seminary I was attending at the time.

Nouwen, however, suffered deeply. He was loved by many but he spoke about how rarely he felt loved. There were periods of depression and bouts with deep anguish. He wrote on many occasions about how desperately draining it can be to feel broken. Robert Jonas, Nouwen's friend and biographer, wrote how Henri courageously stood with one foot in the shadow of self-rejection and one foot in the daylight of God's love. It's a true description of our human nature. In our search for identity and purpose, we are led through times of deep human suffering, while keeping an eye out for the light that will banish the darkness.

To those who are wading through ankle deep self-doubt, fear the isolation and loneliness that comes wrapped in pandemic news, hear the voice of divine approval, saying, "You are my beloved, with you I am well pleased" (Mark 1:11). Henri Nouwen wrote about the "downward mobility" of Jesus, pointing out that he began his ministry by identifying with our broken world in the muddy waters of the Jordan. Jesus emptied himself to more fully and completely identify with our humanity. Such was his love that he took our pain and alienation to lead us into the light of God's presence.

I'll end with a quote from Henri Nouwen that can be a daily reminder to be that kind of person who is moving from doubt to faith, from despair to loving care.

Did I offer peace today? Did I bring a smile to someone's face? Did I say words of healing? Did I let go of my anger and resentment? Did I forgive? Did I love? These are the real questions. I must trust that the little bit of love that I sow now will bear many fruits, here in this world and the life to come.

(Acknowledgments: [Rhythms of Grace](#), pp 127-132. by D.G. Friesen; Henri Nouwen Quotes, website)



Monthly Church Services

Our Chaplain and Life Enrichment staff will do various 1-1 and small group spiritual programs on the home areas.

Coronavirus Disease 2019 (COVID-19)

How to Protect Yourself from COVID-19

Older Adults and People with Chronic Medical Conditions or Weakened Immune Systems

Who is at increased risk?

Based on what we know so far, people of any age or health status can develop COVID-19, but three groups are at higher risk for hospitalization or death:

- **Adults in their 60's and over**, who account for most of the reported COVID-19 hospitalizations, intensive care unit (ICU) stays, and deaths in Canada.
- **People of any age with chronic medical conditions**, including: Lung disease, heart disease, high blood pressure, diabetes, kidney disease, liver disease, cerebrovascular disease (e.g., past stroke).
- **People of any age who are immunocompromised**, including those:

Stay home and practice physical distancing

- Staying home and [physical distancing](#) are the best ways for people at increased risk for severe COVID-19 to protect themselves. The [Ministry of Health](#) strongly recommends that adults aged 70 years and older, people who have underlying medical conditions, and people who are immunocompromised stay at home.
- Limit those with whom you have close physical contact (closer than 2 metres or 6 feet) to household members, intimate partners and essential caregivers.
 - If you live with people who continue to work outside the home try to maintain physical distancing (more than 2 metres or 6 feet).
 - Avoid visitors, unless essential (e.g., care providers), and they should wear a mask and wash their hands often when they visit you.
 - Stay away from anyone who is sick or may have been exposed to COVID-19. These individuals should [self-isolate](#) away from you.
- If a virtual appointment with your health care provider is not possible, avoid public transportation and rideshares. Ask about driving services for medical appointments if needed.



Quality Corner

Stay active

- Maintain fitness and keep busy at home.
- If you must go outside to maintain your physical and/or mental wellness, **keep at least 2 metres (6 feet) distance from others at all times:**
 - choose “off-peak” times (e.g., early morning)
 - stay close to home (e.g., in your yard, or around the block)
 - avoid crowded areas (e.g., popular trails, main streets)



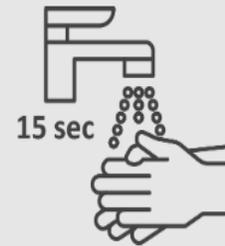
Connect socially and ask for help

- Stay in touch with friends and family through phone, instant messaging or video chat.
- If you begin to notice signs of depression or hopelessness in yourself or a loved one, please seek help. See [Additional Information](#).



Wash your hands and clean frequently touched surfaces

- Wash your hands often with soap and water.
- Dry your hands with a paper towel or with cloth towel that no one else will share.
- Use an alcohol-based hand sanitizer if soap and water are not available.
- **Clean and disinfect** frequently touched surfaces in your home such as doorknobs and handles.



Additional Information

If you have questions about your underlying medical conditions or medications, contact your health care provider for advice.

- Public Health Agency of Canada’s [Daily Epidemiology Updates](#)
- How to support [vulnerable groups](#) during COVID-19
- [Tips for battling anxiety](#) for older adults during COVID-19
- [Things to do while physical distancing](#) for older adults
- [How to take care of yourself and others](#) during COVID-19
- Additional information for [people living with HIV or hepatitis C](#)
- Where to get help: [Resources for Ontarians experiencing mental health and addictions issues during the pandemic](#)
- Additional information for [parents of children](#) who are immunocompromised or have underlying medical conditions
- Additional information for [people living with cancer](#)
- If you have symptoms of COVID-19 or may have been exposed to COVID-19, see [How to Self-Isolate](#)

The information in this document is current as of April 30, 2020

Creative Writing

Once a month a program called Creative Writing is held, a group of residents look at the below picture and then creates a story together on their interpretation of the picture. Every month we will share one of the neighborhoods creations. Enjoy!

Fall Pumpkin Gathering

By the Residents of 3rd Floor: Shirley, Rada, Mary, Charlie and Jean.



It is a warm fall day in October. The leaves on the trees are changing, and beginning to fall off. The Walton family wanted to pick pumpkins before the first frost comes. The farm they go to in London, Ontario always has a great selection. The family has been going to this particular farm since Jackson was a baby.

“Whoa, this is really heavy” seven-year-old Jackson shouts out as he picks up a giant pumpkin. He and his two twin sisters, Mary and Paula are collecting pumpkins to make jack-o-lanterns for Halloween.

Mary selects one similar in size as Jackson’s, while Paula opted for a smaller pumpkin. “I can’t wait to get home and carve it!” Mary says.

The three kids carry their pumpkins to a wagon that their dad is pulling. After paying they all head home to carve their creations while sipping apple cider.



Hello Residents, Families and Friends,

Wave 2 of the COVID-19 pandemic has been officially declared in Ontario. We understood that this event was likely coming and have been preparing throughout the summer months. This includes building a 3 month stockpile of Personal Protective Equipment (PPE), purchasing reusable N95 respirators for certain staff, monthly Infection Prevention and Control (IPAC) audits and action plans, daily hand hygiene, PPE use and environmental cleaning audits, ongoing staff, visitor/caregiver and resident screening twice daily, policy revisions and associated education and enhanced environmental cleaning. Universal masking and staff and visitor physical distancing remains in place. Twice monthly staff testing is ongoing at all homes. Each home also has a nurse undertaking additional education to become certified as an IPAC practitioner.

In addition, Primacare consultants continue to support the homes 7 days a week regarding any residents/staff with new symptoms, testing advice, decision making and outbreak management. All Primacare supported homes also participate in regular touchpoint calls where, new information and updates are interpreted and shared.

We are also engaging in active hiring of new staff at all levels and maintaining staffing complements greater than normal to ensure sufficient, qualified staff are available at all times to meet the needs of our residents.

With the increase in community cases of COVID-19, we unfortunately have made the decision to stop short stay absences for other than medical appointments and necessary emergency room visits. Thank you for the support of our Councils, residents and families with this difficult decision.

On October 5, general visitors to homes in “hotspots” will be paused. This affects any home in the Greater Toronto Area and Ottawa at this point. Our Burton Manor home is affected and will see general visiting stop until further notice. The areas affected will change overtime based on community case counts and we will ensure you receive notice quickly if your home is affected.

Essential caregivers and essential visitors will continue to be welcomed with all current requirements remaining in place.

Finally, I would like to announce Ashley Lostritto, RN BScN will be assuming the role of Infection Prevention and Control (IPAC) Lead for Primacare full time effective October 26. Currently Ashley is the Administrator at Henley House and previously an Associate Director of Care at Henley Place. Ashley has taken advanced courses and will soon be writing her national certification examination in IPAC. She brings a high level of expertise and experience to this important and very necessary role in our homes.

On another note, you will soon see a new Primacare website launched on October 3. We will be posting information about IPAC, updates and outbreak status going forward on our new website.

Resident/family satisfaction surveys will be completed online this year. We will not have paper copies available in order to reduce infection risk. Our Resident and Family Councils are reviewing the survey questions now and we will then be providing information to you on how to access and complete the survey. Residents will be provided support, if required, from dedicated staff to complete the survey using our iPads.

As we navigate unprecedented and challenging times, we all need to continue to work as one team, with one goal – ensuring COVID does not enter our LTC homes. Thank you to our residents, staff and families for the sacrifices you continue to make daily. Your kind words and understanding make each day better as we push forward together through these next few months.

Best regards,
Jill Knowlton

PEOPLE PLACES & EVENTS



Ella's Cooking Show



Fall gardening inside!



Celebrating Residents Council Week



Husking Corn



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