



burtonmanor

LONG TERM CARE RESIDENCE

**AIMING HIGH
TOGETHER™**



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Administrative News - By: Adam Banks, Interim Administrator

Hello Everyone and Happy New Year!

As we say farewell to 2020, I can't help but think of all of the changes that the COVID19 pandemic has brought forward. I never imagined that we would be closing our doors in March to visitors or putting a pause on our large group celebrations and Resident outings. I look back at all of these changes and think about how lucky we are to have such an incredible team here at Burton Manor!!

Do you remember earlier in the year when Nitika made all of the Residents and staff popcorn? Or when Rebecca introduced Burton Manor to her dog Ellie? How about when we re-named the birds "Cloud" and "Skye"? Or when 50 pesos came to visit Burton Manor, When family council showed their ongoing support and when we launched the Butterfly Approach in Gage Park.

A lot can happen in a year—but one thing is for certain. No matter what the world brings, Burton always finds moments to smile, to laugh and to come back home.

Here's to a new year with all of those things and more!



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

Karen E Campbell PhD, RN, Coordinator BPSO with Primacare Living Solutions

It's year 3 of Primacare BPSO designate status and all three homes have worked diligently to implement falls, reduction of restraints and treating pressure injuries best practice guidelines.

Primacare leads met with the Registered Nurses Association of Ontario (RNAO) to review progress over the full 3 years and most recently the last year. As I told you last month, the each home is audited monthly by Primacare to make sure the care plans are set up correctly, and the residents rooms have the necessary items in place. Mandatory education regarding all three guidelines is completed and helps to sustaining all the work that has been done! Stop and ask the the home leadership and champions about their work about their work on BPSO.

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.

Nursing News - Nitika Dhanju, Assistant Director of Care

I would like to take some time to talk about the most important/ effective factor in our day to day settings to prevent transmission of infections/ infectious agents, and that is Hand hygiene.

Hand hygiene refers to removing or killing microorganisms (germs) on the hands. When performed correctly, hand hygiene is the single most effective way to prevent the spread of communicable diseases and infections. In health care, hand hygiene is used to eliminate transient microorganisms that have been picked up via contact with patients, contaminated equipment or the environment. Hand hygiene may be performed either by using liquid/foam soap and running water, or with alcohol-based hand rubs. Use of soap bars is not recommended in long term care sectors as it is a source of bacterial contamination.

When is it required?

- Before and after contact with any patient/resident, their body substances or items contaminated by them
 - Between different procedures on the same patient/resident
 - Before and after performing invasive procedures
 - Before preparing, handling, serving or eating food or feeding a patient/resident
 - After assisting residents with personal care (e.g. assisting patient to blow nose, toileting or doing wound care)
 - Before putting on and after taking off gloves
 - After performing personal functions (e.g. using the toilet, blowing your nose)
- When hands come into contact with secretions, excretions, blood and body fluids

Two ways to keep your hands clean:

Hand washing: The physical removal of microorganisms from the hands using liquid soap (plain or antimicrobial) and running water.

Wet hands with warm/cold water, apply soap and lather it.

Rub hands palm to palm, rub in between and around fingers, rub back of each hand with palm of other hand, rub finger tips of each hand in opposite palm, and rub each thumb clasped in the opposite hand

Rinse thoroughly under running water

Pat hands dry with paper towel. Turn off water using the paper towel

Hand rub: Cleaning hands with an alcohol-based hand rub to reduce the number of organisms on hands when hands are not visibly soiled

Apply 1-2 pumps of product to palms of dry hands

Rub hands palm to palm, rub in between fingers and around fingers, rub back of each hand with palm of other hand, rub fingertips of each hand in opposite palm, rub each thumb clasped in opposite hand. Rub hands until product is dry.

Do not use paper towels

Once dry, your hands are safe

Stay Healthy and Stay Safe



Nutrition News: Annie K

Welcoming January 2021 with an open heart and an open mind. 2020 has been a difficult year for many of us with so many changes; especially within the dietary department. As we venture into 2021, we will be continuing with physically distance dining—with Residents sitting 6 feet apart or more from one another. We are excited to share that Life Enrichment have brought “Alexa” to all of the home area dining rooms so that Residents have music to listen to during meals. Next time you are enjoying your morning coffee, try saying “Alexa, play some music!” and see what happens!

We are also very excited to welcome to the dietary department three new dietary aides. Please do not forget to give them a very warm Burton Manor welcome!

By Resident request, we have brought on some new items onto the menu including pork drummies and country style chicken. We have also brought on more fresh fruit to be served in the dining room.



Food Council Meetings

January 4th at 10am in Butterfly Lane

January 5th at 10am in Sunny Orchard

January 6th at 10am in Professors Lake

January 7th at 10am in Gage Park



Residents' Council News

Residents council meetings have resumed and will be held on each home area

January 11 at 2pm in Sunny Orchard

January 12 at 2pm in Butterfly Lane

January 13 at 2pm in Gage Park

January 14 at 2pm in Professors Lake



Christmas Bazaar 2020

A very big thank you to those who participated in the Virtual Christmas Bazaar this year! We raised a total of \$655!

A very big thank you to the family council's generous donations in gift baskets. If you have won your basket, please coordinate with Rebecca Newton for pickup.

Thank you everyone and Happy New Year!!

Monthly Feature

Birthstone (Garnet) The name of January's birthstone is thought to be derived from the Latin *granatus*, meaning "grain." This may not make much sense until you consider an object with a similar name – the pomegranate, *Punica granatum*. The ruby-red seeds of this fruit are almost exactly the same size, shape, and color as garnet crystals. While red is its most recognizable hue, this gemstone comes in a wide variety of colors, from bright greens to fiery oranges and yellows. Early explorers carried a garnet along in their travels, as it was believed to be a talisman to show the way through the darkness and protect the wearer from disaster. The garnet is also thought to help cure depression. If you receive a garnet as a gift, consider it a token of the giver's affection. It is also a symbol of their wish for your safe travel and a speedy return.



Flower (Carnation) A symbol of love, fascination, and distinction, the carnation has remained a popular and significant bloom for thousands of years. Their scientific name, *Dianthus caryophyllus*, can be translated into "flower of love" or "flower of the gods." Because the carnation can be found in almost every color imaginable, it is one of the most versatile flowers in terms of symbolism. Pink carnations express a mother's undying love, while white blossoms stand for pure love and good luck. Carnations with red shades have more romantic meanings, with light reds implying admiration and dark reds denoting deep love and affection. Those with January birthdays will be happy to know that they can wear their birth flower all year round – it is frequently worn on Mother's Day.

Fun Fact: Do you remember the song "A white sports coat and a pink carnation? This song was written in 1957 by Marty Robbins in under 20 minutes while being driven in a car!

Happy Birthday to our Residents celebrating this month:

Jean M
January 3

Ines S
January 11

Faith G
January 11

Norma R
January 19

Victorine T
January 20

Ines C
January 20

Dorothy Mc
January 24

Parveen S
January 26

Chaplain's Corner

Courtesy of the Chaplain of Henley Place

Hope is a passion for the possible." (Søren Kierkegaard, Fear and Trembling). The United Nations has set out a noble undertaking by proclaiming 2021 the international year for the elimination of child labour. I have hope that 2021 will see less exploitation and suffering. I have hope that 2021 will be the year we all need.

Hope can be seen like a much awaited glow of sunrise after a sleepless night of worry. A glimpse of hope can be seen in the recent vaccine wave moving across the world. There is hope that this will be the year when the familiar routines that give us joy will return. I hope to hear again congregations gathered to sing.

As we take our first, cautious steps into 2021, I invite you will seek out images and stories of hope. Today I read the latest update on a young B.C. family. A mother who gave birth while in a coma due to complications from COVID-19 awoke and has met her newborn son for the first time. Gillian McIntosh was given an emergency C-section after arriving at a hospital in Abbotsford, B.C., with COVID-19 symptoms in November. The 37-year-old was placed in an induced coma and on a ventilator due to complications from the virus. Recently she was eased out of sedation and taken off the ventilator. Gillian was able to hold her son for the first time. She remains in the intensive care unit but her condition is deemed stable. The family released the following statement. "Our entire family continues to be humbled by the generosity of the community at large. We are grateful for each and every kind thought, prayer, message and donation." I along with many others hope she heals well and is able to enjoy all the ups and downs of raising her children. (Nick Wells, The Toronto Star, "This B.C. mom gave birth in a coma due to COVID-19 complications. She just woke up and met her son, "Dec 16, 2020)

Let's keep an eye out for images of hope and celebrate life's small victories. As you journey through this year, may you sense God's nearness and dare to hope.

You may not always have a comfortable life and you will not always be able to solve all of the world's problems at once but don't ever underestimate the importance you can have because history has shown us that courage can be contagious and hope can take on a life of its own." – Michelle Obama

Hope is a good thing, maybe the best of things, and no good thing ever dies. –Stephen King

The very least you can do in your life is figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof." – Barbara Kingsolver.

Quality Corner

It is hard to believe it is 2021- hopefully this will be a much better year for everyone! This is a good time to review our Philosophy of Care, Mission, Vision and Values. They are part of each one of us each and every day.

Our Philosophy of Care:

“Our Living Tapestry” is our philosophy of weaving key elements of care, living and sensory experiences to ensure we provide a unique Home for our residents. It involves everything we do. It’s how we live every day. The pictorial design we weave creates this Living Tapestry – a comfortable, cheerful and caring Home where residents can “kick off their shoes.” Our Home is a dynamic community with neighborhoods reminiscent of days gone by, children’s laughter, the companionship of pets and culturally sensitive programs, all framed with vibrant living greenery. The many threads evolve around a resident centered focus. Staff encourages residents and families to be actively involved and share ideas and concerns. We advocate for continuous quality improvement and innovation. Staff, residents, families and volunteers continue to weave their unique Living Tapestry by recognizing individual needs and wishes.

Our Mission is to provide our residents and staff with an unparalleled long term care environment that is people focused and adheres to the highest standards in quality care.

Our Vision:

- To offer choice in housing, programs and services that promote optimal health and wellness for our residents;
- To attract the brightest and the best people through our reputation and community relationships;
- To continuously learn and develop best practices resulting in excellence;
- To recognize, celebrate and reward creativity and accomplishments in our people;
- To be respectful of our planet, by promoting environmentally friendly techniques and technology;
- To manage our resources responsibly;
- To be accountable to our community

Our Values:

Passionate People ... are the cornerstone of our organization through their commitment to achieve.

Respect ...is the foundation for all healthy communities.

Innovation...is the driving force for continuous quality improvement.

Mentoring... utilizes existing resources to further develop individuals and form community partnerships.

Autonomy... is the path of growth that empowers individuals to express ideas and offer solutions.

Community... ensures our commitment to ongoing excellent service delivery.

Acceptance...of all individuals assures understanding, tolerance and mutual respect.

Responsible... to all we serve, we establish programs and services that meet our obligations.

Excellence...is everything we are!

Butterfly News by Janet Lakie Project Manager



Hello everyone, it is a new year and new that brings our staff to their first of 8 full day education sessions on Being a Butterfly. The first session is entitled – “It’s all about BEING Person-Centered”. Staff are reminded that in order to support people experiencing a dementia they need to be genuine, real, and search for the spirit inside people. We need to enable people to have a purpose in life and how to connect to how people are feeling. We need to ensure people feel free inside and not controlled and to give heartfelt support. These workshops will continue each month until the end of summer.

There have been some changes environmentally in Gage Park we will be installing new shelving units with baskets for each resident, which contain various items of the stuff of life. Items that allow people to have meaningful, emotional connections and interactions. Wingback chairs and tables have been installed and our Spa is in the process of a makeover as well with new decorations and furniture. Please remember to bring in “stuff of life” for your loved ones- the “stuff of life” are the meaningful objects that can be placed in care home environments for people to engage with, and which fill up the concept of “being at home” and bring the world closer to the people who live there. We have also filled the lounges, halls with various items for people to touch, grab and hold on to. Having items close by is important for residents to be able to engage with.

Staff are also working on creating a life story for each resident, which will create a framed life history outside the persons bedroom door. We are also in the process of reviewing the functional appraisal forms in order to ensure that matched household model is in place.

Be a Butterfly and Change the Moment!

Simple activities which can be done in under one minute

Smile! Say hello, greet someone by name,
give a hug or kiss, shake hands/salute, give me five’,
, tell a joke, recite a poem, sing a song,
give a compliment/notice appearance,
talk about the weather, do a little dance,
wink or wave or do a thumbs up sign
talk about accessories – a bag, a scarf, earrings,
wear something funny, put on a hat, smell a cream, a soap,
give a hand massage, offer a flower to touch or smell
pick up an object to look at and touch, read from a book or magazine,
hold hands, share a hot drink, open curtains and discuss view/weather
, share a bit of gossip or personal news from your own life,
share a photograph, walk/skip/dance arm in arm, brush hair,
Just be YOU !!

I've learnt that people will forget what you said, people will forget what you did but people will never forget how you made them feel.”- Maya Angelou

Jill Knowlton - Chief Operating Officer

Hello Residents, Families and Friends,

COVID-19 continues to spread and cause illness and death in Ontario. Long Term Care Homes, unfortunately have once again been affected. Today, there are 200 Homes in a declared outbreak. We continue to see escalating daily case counts in Ontario and have not yet fully experienced the outcome of holiday season gatherings. This is very concerning as it indicates on going, high rates of community transmission.



Now, more than ever we must follow all Public Health guidance. The best gift we can give to our loved ones and friends is to stay home and do our visiting virtually or by phone. This will save lives.

Surveillance testing, active screening, infection prevention and control (IPAC) practices, hand hygiene, physical distancing and use of personal protective equipment (PPE) are important measures that will assist in keeping Long Term Care Home residents, staff and visitors safe. But we all must do our part by staying home and within our immediate households.

All of Ontario is now in full “lock down” precautions.

We continue to pause both short term and temporary absences and general visiting to protect the health of our residents and staff. We have had to make the difficult decision to pause essential caregivers in some of our Homes. Each Home is being monitored daily and further restrictive actions will be taken as needed. Remember, these measures are designed to protect us all and the work we do in LTC Homes.

We do expect to make information available very shortly regarding the administration of vaccinations for COVID-19 in our Homes for our residents and staff.

In a year that has brought an unprecedented crisis to humanity through the pandemic, we continue to remember daily what is truly most important and valuable in life. As 2020 comes to a close, we appreciate the value and wonder of every moment knowing that the past is gone but the future is not – a brighter year is on the horizon as we look forward to 2021.

Thank you to our residents, families and staff. Words cannot express how much we appreciate you.

Best regards,
Jill Knowlton

People, Places & Events



Writing letters to our
Canadian Armed Forces

Celebrating the Holidays with
smiles



Celebrating Milestones



Enjoying this snowy weather