



henleyplace

LONG TERM CARE RESIDENCE



**AIMING HIGH
TOGETHER™**



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Administrative News

By: Kelly Kummerfield - Administrator



Dear Residents and Families,

As we all continue to be good stewards of infection prevention and control in the fight to prevent COVID19 from entering our Home – we continue to roll up our sleeves to receive the COVID19 vaccine. I am pleased to share that we have been working with our local Middlesex London Public Health Unit and registered for their COVID19 Vaccination Pilot to offer COVID19 vaccine here at Henley Place (details to follow).

Getting a COVID-19 vaccine is a personal choice. To support you as you make your decision, here are a few facts and insights, shared by Sherita Golden, M.D., M.H.S., chief diversity officer at John Hopkins Medicine.

Getting the COVID-19 vaccine can protect you from getting sick

The COVID-19 vaccines work with your immune system so your body will be ready to fight the coronavirus if you are exposed to it. As the COVID-19 pandemic continues, getting the vaccine is a powerful step in taking charge of your health.

Getting vaccinated for COVID-19 helps other in your community

Older people and those living with chronic medical conditions such as heart disease and diabetes are more likely to experience severe – even fatal – cases of COVID-19 if they catch it. The more people who receive the coronavirus vaccines, the sooner vulnerable people can feel safe among others.

More vaccinations for COVID-19 mean a change to return to normal

After over a year of coronavirus pandemic closures, cancellations and postponements, everyone is eager to think about returning to work, school, sports, family celebrations and social activities. Though no one is sure when the pandemic will be over, every person who gets protection from the coronavirus by getting a vaccination helps us move closer to normal life.

Though the COVID-19 vaccine development was fast, it did not skip steps

The development of the COVID-19 vaccines did not cut corners on testing for safety and efficacy. The vaccines were made using processes that have been developed and tested over many years, and which are designed to make – and thoroughly test – vaccines quickly in case of an infectious disease pandemic like we are seeing with COVID-19.

Administrative News

By: Kelly Kummerfield - Administrator



Side effects of the COVID-19 vaccine are temporary and do not mean you are sick

The vaccines do not contain live coronavirus, and you cannot and will not get COVID-19 from getting vaccinated. After the shots, you might experience a sore arm, a mild fever or body aches, but this doesn't mean you have COVID-19. These symptoms, if they happen at all, are temporary, usually lasting only a day or two. They signal a natural response as your body's immune system learns to recognize and fight the coronavirus.

COVID-19 Vaccines: Time is of the essence

Some people are deciding not to get the coronavirus vaccines until more people have had them. Vaccine hesitancy can affect people of all different backgrounds, ages and ethnicities. But waiting too long to be vaccinated allows the coronavirus to continue spreading in the community, with new variants emerging. Severe COVID-19 can be very dangerous: The sooner you get vaccinated, the sooner you are protected.

Vaccine can't save lives unless people get vaccinated

By themselves, the COVID-19 vaccines cannot shorten the pandemic. They can only work when communities agree to receive them. And, even if you are vaccinated, you should continue to wear a mask, wash your hands and practice physically distancing until the pandemic is over.

How can you decide if you should get the COVID-19 vaccine?

Do your research. Take the time to ask questions and learn all you can about the COVID-19 vaccine from reliable sources so you can make the most informed decision about getting vaccinated. <https://www.healthunit.com/novel-coronavirus>

As the warm weather approaches, I would like to remind all residents, families and staff of the need to keep windows closed when it is humid outside. Our air exchange system is not effective in keeping the internal humidity and temperature controlled when the windows are not closed. For all the new residents and families, I would like to reassure you that we have a Heat Risk Policy in place where during the warm weather the home areas switch from being monitored every shift to every hour if the humidex and building temperature reaches a risk level. In this case, we have measures in place for both resident, visitor and staff safety. I wish to also mention that we have scheduled our external windows to be cleaned May 10th and 11th – we will be auditing all windows to ensure closure for this work to be completed. Please feel free to speak to myself or any manager if you have any questions on this matter.

Administrative News

By: Kelly Kummerfield - Administrator



It is with regret to announce the departure of our Associate Director of Care, Surya Matthew on Gibbons/Harris. Surya has shared that she is further pursuing her education at this time; she has shared with us her journey with Henley Place was amazing and she will truly miss our residents, families, and staff! *Thank you Surya and we wish you all the best and we will miss you!*

We are also pleased to welcome Carin Bouwmeester, our new Director of Care has joined Henley Place. Carin can be reached at x5131 and she will be rounding on our Resident Home Areas to meet you all!

I wish to update you on some recent leadership changes as follows:

Our Director of Care – is directly responsible for the management and leadership of resident care and services. Our DOC oversees departmental policies, standards of resident care, clinical services, quality, and Health & Safety. If you have a request for a care measure or concern, our Director of Care is Carin Bouwmeester, she may be reached at, x5131.

Associate Directors of Care (ADOC) – under the direction of the DOC, the ADOCs support our front-line nurses/PSWs with clinical care outcomes and ensure the needs and expectations of the residents and staff are met in accordance with legislation. Our ADOCs are helpful during business hours to assist with care conferences, concerns, and mentoring front line staff.

Please assist me in welcoming Sarah, Amrit, and Justyna!

Our Associate Directors of care will be assigned the following Resident Home Areas:

Springbank/Medway – Sarah Hind x5212
Victoria and IPAC Lead – Amrit Brar x5211
Fanshawe & Director of BSO – Justyna Zmuda - x5210
Gibbons/Harris – *To Be Announced (please contact x5131 at this time).*

We look forward to making your Home safe, comfortable, and full of fond memories.

Kind regards,
Kelly Kummerfield
Administrator

Nutrition News

By: Nicole Sweetland, Food Nutrition Manager

While another month is coming to an end, we hope the next one brings more joy and happiness than the one before. I hope everyone is looking forward to some summer weather because I know I am!

The start of April was very special for many as it marked the Easter weekend. Fun fact, this Easter was just one week away from March's full moon which is the first full moon to happen after the spring equinox and is therefore known in the Christian calendar as the "Paschal Full Moon."

We had a special menu for Easter Sunday and the residents were over the "moon" (get it) when they found out that Spaghetti was being offered for dinner that day. I guess you can say Spaghetti is a favorite among many! I mean, who doesn't like spaghetti?

Next Month is Mother's day, and we are excited to bring something special to all the queens out there!

We have also been working away on the new menu and slowly getting resident approval before we decide on our launch date.

Last but not least, we want to welcome Menna, our new food service supervisor to the team! Welcome Menna!

Residents' Council News



The next Residents Council Meeting is Tuesday, May 11th at various times on the units.

Henley Place Family Council

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.

Butterfly News

Butterfly Essentials The essential threads to create 'The Butterfly Approach®'

Thread One

We must always remember 'we are working in people's home; they are not living in our workplace.' We will do everything to reduce the sense of it being a place of work for example not using tea trolleys/carts, having 'Staff only' signs and large nursing stations. We want to create feelings of home, family and friendship.

Thread Two

People need to be put first over tasks, and emotional care is equally important to physical care. Every team member needs to know that being with people in need of comfort and/or company is a core priority and focus in the day.

Thread Three

Team members are recruited with a strong focus on emotional intelligence as much as qualifications and years of experience. Service leaders review their approach to recruitment, supervision, appraisal and education to reflect this emphasis.



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 the final part of year 3 of Primacare BPSO designate status and all three homes have continued to implement falls, reduction of restraints and treating pressure injuries best practice guidelines (BPG). Primacare has just submitted its final report to RNAO for consideration. Our goal to sustain all the work that has been done and to further reduce falls and falls with injuries by 20%, Primacare has a plan in place to reach this goal. Every 2 weeks each home will review and audit all Primacare homes, to make sure the care plans are set up correctly, and the residents rooms have the necessary items in place. If issues are discovered steps are taken each month to correct these areas. These finding are also reviewed by corporate staff to ensure the correct processes are in place. Stop and ask the home leadership and champions about their work about their work on BPSO.

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



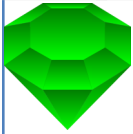
Hello and Happy Spring! Time to shake off those rainy day blues and get your happy hormones pumping; Serotonin, Dopamine, Oxytocin, and Endorphins! Each of these play an integral role in the way our bodies function physically, mentally, and emotionally and spiritually! By understanding the role of these hormones, you and your loved ones can better understand how they are affecting you in everyday situations. Here are some creative ways to activate these hormones even while in quarantine.



Sanctus.

LOCKDOWN TOOL KIT

DOPAMINE <i>The Reward Chemical</i> <ul style="list-style-type: none">• Completing a task• Doing self-care activities• Eating food• Celebrating little wins	OXYTOCIN <i>The Love Hormone</i> <ul style="list-style-type: none">• Playing with a dog• Listen to music• Do something nice for someone• Give a compliment
SEROTONIN <i>The Mood Stabilizer</i> <ul style="list-style-type: none">• Meditating• Running• Sun exposure• Walk in nature• Swimming• Cycling	ENDORPHIN <i>The Pain Killer</i> <ul style="list-style-type: none">• Laughter exercise• Watch a comedy• Dark chocolate• Exercising



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



May is the fifth month of the year in the Julian and Gregorian calendars. There is some dispute as to how this month got its name. Some say it was named for the Greek goddess Maia, who oversaw the growth of plants. It has also been said that the name comes from the Latin word *maiores*, or “elders,” who were celebrated during this month.

Birthstone – Emerald

May’s gemstone is the emerald Ranging in color from brilliant lime hues to deep forest greens, the emerald has long been considered a symbol of hope and faith, especially in the Christian religion .The word emerald comes from the Greek word smaragdus , meaning “green.” it is the stone of the Roman goddess of love, Venus. Whatever the reason, emeralds are and will always be a symbol of everlasting love.

Flower—Lily Of the Valley

The lily of the valley is a popular gardening flower with a heady perfume and white, bell shaped blossoms. Though the plant is highly poisonous, its beauty has made it a favorite for centuries. Its flowers are typically white or pink, and the plant also produces little red berries. In the Victorian era, lilies of the valley were very symbolic, representing a return to happiness or a pure heart. The flower is also said to protect gardens and guard them against the trespassing of evil spirits.

Some famous people born during the month of May are:

James Brown (musician) – May 3, 1933
Audrey Hepburn (actress) – May 4, 1929
Harry S. Truman (president) – May 8, 1884
Don Rickles (comedian) – May 8, 1926
Billy Joel (musician) – May 9, 1949
Fred Astaire (actor) – May 10, 1899
L. Frank Baum (author) – May 15, 1856
Bob Dylan (musician) – May 24, 1941
Miles Davis (jazz musician) – May 26, 1926
John F. Kennedy (president) – May 29, 1917



Happy Birthday to our residents celebrating this month:

Ruby B– May 2	Evelyn B– May 6	Dorcus R– May 6	Heddy G– May 7
Lee P– May 7	Joe H– May 9	Bob P– May 10	Rada P– May 14
Dorina P– May 15	Helen G– May 16	Nadia W– May 17	Bill A– May 25
Lois B– May 26	Maria C– May 26	Donna P– May 29	Charles A– May 29
	Peter W– May 29	Carlo Z– May 31	



Pastoral Message by : David Waldner, Chaplain

Sunday, May 9th, is Mother's Day. It is time to celebrate all the good that came from the mothers in our lives.

We live in a social environment that often makes us feel inadequate and incomplete. Despite the almost total fascination with self-fulfillment and personal success, we are too frequently left with the feeling of dissatisfaction and failure, simply because we can never live up to the newest ideal of perfection. Despite all our frantic efforts we will never be the right size, or have enough wealth; I will never be young enough, or smart enough, or achieving enough or having enough followers online and acquire enough likes from perfect strangers. While we pay tribute to the gospel of self-esteem, people experience a lack of esteem. Printed in the *London Free Press* recently, one mom wrote how, for her, motherhood was fraught with feelings of inadequacy. "Motherhood has made me mildly paranoid, and extremely sensitive. I find myself second guessing a majority of my decisions. We are inundated with images of the 'perfect mother.' "

It might be time to christen a new beatitude. Blessed are those who are not perfect, for they are in good company. One thing that can free us from such anxieties and the pressures of life in this all too hectic world is the knowledge that we are loved. You and I are loved within a circle of family and friends no matter the number of people. We are loved by God. We are God's delight.

How does that love free us? We can share the truth that we are loved not because of our achievements, but simply because we are of immeasurable value to God. This undermines the chief enemy of faith and confidence: the assumption that our value as persons is to be measured by social norms and established by the judgments of others.

In the end, there is nothing more radical than to let others know that they are lovable and they are loved. This can become a source of deep self-confidence that will never fail. So in our celebrations this Mother's Day the most powerful gift that ever offered and received was to feel this sense that we were and are loved unconditionally. Nothing stands in the way of such love. Agatha Christie, English novelist and playwright noted, "A mother's love for her child is like nothing else in the world. It knows no law, no pity. It dares all things and crushes down remorselessly all that stands in its path" (from *The Hound of Death and Other Stories*).

Let nothing stand in your way as you journey under the banner of all the love you have experienced. Let nothing remain unsaid to those who blessed you with unconditional love.



Monthly Spiritual Programs

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

Oral Care

Problems in the mouth can affect residents' overall health and wellness. The older persons' oral health issues are progressive and cumulative, profoundly affect quality of life. Oral care is part of each resident's plan of care and is a way to communicate how resident 'centred oral hygiene can be accomplished. Many chronic diseases can affect the health of decrease in physical mobility, arthritis, cognitive impairment, tremors, stroke, visual impairments and difficulty swallowing. This can make oral care difficult, resulting in a decline in oral health.

Here are some facts:

- There is a steady increase in the number of LTC residents retaining their own teeth
- Approx. 95% of residents require assistance with their daily oral care
- Approx. 35% of residents have dysphagia and swallowing problems
- Up to 80% of residents have some form of dementia which may complicate oral care

A major oral care problem in LTC residents is dry mouth. A dry mouth can lead to serious tooth decay and oral infections. Numerous medications and medical conditions can cause a dry mouth. Residents complaining of a dry mouth may also have:

- Difficulty eating/chewing/swallowing
- Difficulty speaking
- Changes in taste/bad breath
- Painful or bleeding gums
- Poor retention of dentures

Care of the mouth is one of most personal activities in LTC. For residents with cognitive impairments, completing oral care can be challenging especially when the resident refuses and shows responsive behaviours (eg. Pushing, grabbing, biting). Here are some tips:

- Encourage the resident to do as much as possible
- Do oral care in the bathroom as it has many built in cues and prompts
- "No" means leave and come back later and try again
- Assist using the "hand over hand" technique to guide the tooth brush into the mouth
- Use distraction (eg. Singing or giving the resident something to hold onto)

Plaque sticks to dentures just the same as it sticks to natural teeth. Here are some denture care tips:

- Ask the resident to remove their dentures. Staff to provide assistance as needed.
- A regular tooth brush is to be used to clean the palate, tongue, cheeks and ridges of the mouth.
- Rinse the dentures with cold water and remove any food particles
- Scrub dentures using a denture brush with cold water
- If a resident refuses to take their dentures out at night, encourage them to take them out for 2-3 hours during the day to give their mouth tissue a chance to breath and rest.

Reference:

Best Practice in LTC Initiative (2007). BP Blogger – Myth Busting: The Mouth Care Issue. Hamilton: The Long-Term Care Resource Centre Hamilton. Best Practice in LTC Initiative (2011). BP Blogger – Myth Busting: The Oral Care Issue. Hamilton: The Long-Term Care Resource Centre Hamilton

Message from Primacare

Matthew Melchoir– President

Dear Residents, Families and Friends,

The month of May is always one filled with hope and promise. April's showers are in the past (hopefully) meaning we can look forward to the trees, flowers and shrubs bursting forth with all their beautiful colour. The days are getting longer and warmer, suggesting that summer is just around the corner.

Even as we fight to contain the third wave of this pandemic that's sweeping our province, Mother Nature offers us some hope for better and brighter days through the promise of May. But there's only so much that Mother Nature can do to turn this hope into reality. The rest is up to us.

All across our province, healthcare workers are waging a campaign on COVID across 2 fronts. On one hand, they're working tirelessly and heroically in our medical centres to treat all the victims of the virus so that they may overcome its terrible effects and return home to their friends and family as soon as possible. On the other hand, they are staffing clinics, pharmacies and other sites to help vaccinate as many of us as quickly as possible in order to achieve that much coveted goal of 'herd immunity' that promises to bring us one step closer to the life we all lead before the COVID crisis swept the world more than a year ago.

During that time, most of us have felt helpless in this battle. While others worked valiantly to bring this virus under control, we could do little more than wait and hope. But now there is something we can all do to help. The vaccines that have been developed to fight COVID-19 are the biggest and best weapons that we have to defeat this enemy. The more of us who get vaccinated, the harder it will be for the virus to spread. And when a virus stops spreading, it starts receding.

That's why I'm urging everyone to get vaccinated as soon as you can. If we truly want to be free of COVID and to get some sense of normalcy back into our lives, it's time to roll up our sleeves and get the shot.

Message from Primacare Matthew Melchoir– President

If you follow Primacare's Facebook page you'll see that we recently started posting some messaging around vaccinations. These messages/posters are also being posted in all our Homes for everyone to see. They're reminders that there is hope, but that it needs our help to come to fruition. If you have received your vaccine, I personally thank you for doing your part in making our Homes and our communities safer. If you haven't done so yet I urge you to please get vaccinated as soon as possible. Each person who does helps bring us one step closer to the life we all miss and want to get back to.

Finally, I'd like to close with a piece of good news. As I'm sure that you're aware, Jill Knowlton has left Primacare after 10 years. Personally, I'd like to thank Jill for all her hard work and dedication over those years. But as we look to the future, I'm happy to announce that **Tracy Richardson** will be joining us on June 8 as Primacare's new **Vice President - Long-Term Care**.

Beginning her career in 1987 in acute care, Tracy has worked in long-term care for the last 14 years, where she has held leadership positions including Director of Care, Executive Director, Regional Manager of Operations, and Nursing Consultant. In addition, she's worked as an Inspector with the Ministry of Health and Long-Term Care.

Tracy has also been a member of several key nursing practice committees, including the OANHSS Nursing Advisory Committee and the CNO Outreach Committee, and has been a Nursing Exam Item Review Panel Member in Chicago. She holds a degree in nursing from Ryerson University, and a Long-Term Care Management Certificate from the Canadian Health Care Association.

Tracy is a proven leader with a passion to drive a person-centered model of care. Her desire to effectively instill that passion into her team remains her greatest motivator.

Welcome to the Primacare family Tracy!

Take one for the Team.

GET vaccinated. TODAY!



PEOPLE PLACES & EVENTS



Friendly game of Ring Toss



Popcorn Fridays!



April showers bring May flowers



Changing of the flag



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