



LONG TERM CARE RESIDENCE



**AIMING HIGH
TOGETHER™**



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<https://www.primacareliving.com/henley-house>

February 2021

Message from the Administrator, Griffin Allen

On January 18th, 2021 we made history at our home as many residents and numerous team members received their first doses of the much-anticipated COVID-19 vaccine. We are eagerly waiting to provide our residents with their second doses which will occur in February. Our local health unit is continuing to work tirelessly to coordinate the vaccination of all long-term care residents, healthcare workers and essential caregivers in our communities. As you are aware at the moment there is a temporary pause in vaccination due to the procurement issues, however once these vaccination opportunities present themselves again, we will ensure everyone is aware and supported in receiving a vaccination.

Despite the administration of this vaccine, we cannot become complacent with regards to our infection prevention and control (IPAC) measures which have made us successful thus far. We are appealing to everyone to continue to self-monitor for signs and symptoms of COVID-19, socially/physically distance, stick to our immediate households, only venture out for necessities or work, engage in meticulous hand hygiene practices, and utilize a mask whenever possible.

The leadership team at Henley House truly appreciates the dedication and compassion continuously exhibited by our team members, as well as the ongoing flexibility, cooperation and partnership of our residents and their families. Together we are stronger.

Stay Safe!

Griffin Allen





Social Worker News—Charlene Narine

As we start a new year, I am trying to view it with eyes that pick out joyful moments in my day.

I'm amazed at the resilience of the residents to remain optimistic. One of my favorite memories this month was visiting a resident asking her how she was doing. It was at a time that all the residents had to stay in his/he own room. She said that she takes things as it comes and tries not to fret. She said that has been her life philosophy.

I am so blessed to be working at Henley House. The residents that I surround myself with everyday are so wise. They have been through so much and have gained wisdom in going through hard times. We can learn so much about how to deal with hardship from them. This month I decided we all need to remember what good mental and physical health consists of in relation to our lives.

THE 12 WARNING SIGNS OF GOOD HEALTH*

(If several or more appear, you may rarely need to visit a doctor.)

1. Regular flare-ups of a supportive network of friends and family.
2. Chronic positive expectations.
3. Repeated episodes of gratitude and generosity.
4. Increased appetite for physical activity.
5. Marked tendency to identify and express feelings.
6. Compulsion to contribute to society.
7. Lingering sensitivity to the feelings of others.
8. Habitual behavior related to seeking new challenges.
9. Craving for peak experiences.
10. Tendency to adapt to changing conditions.
11. Feelings of spiritual involvement.
12. Persistent sense of humor.

We at Henley House realize that these times are very difficult for families. If I can be any assistance you in anyway, I am available from 8:30 to 4:30, Monday, Wednesday and Friday. I am also available via email at cnarine@primacareliving.com. Please do not hesitate to connect with me!

Spiritual News

Meet Henley House's newest Chaplain:

Hello families, friends, and residents of Henley House. My name is Joseph, and I have been in the ministry for about a year now.

What made me go into the ministry was because I wanted to serve the people, and wanted to bring God's word to the people every day. While I am not doing ministry work, I am always running around the house with my 6 year old daughter playing.

Some of my hobbies I enjoy doing is, reading, writing, hiking and, swimming.

I look forward to meeting everyone, and please email me at JDifrancesco@primacareliving.com

Pastoral Message for February 2021

Isaiah 41:10 NIV

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

We must not fear for the Lord our God is with us. When we feel the stress of daily pressures, know that Heavenly Father is with you, to guide you, to give you hope, and to give you strength. We must always remember that He is by your side, and will pull you through whatever it is you are going through.

In Jesus' Name

Amen!

Thank you,
Chaplain Joseph DiFrancesco



Message from Life Enrichment

By: Lereeza Bautista (Recreation Therapy student)

This pandemic (COVID-19) has been a struggle and challenge for us all but we must stay strong together, and remember that this is just temporary which we will pass in time. During these times, we all feel a little lonely and physically/emotionally isolated with everyone and the world but we must remember that there are brighter days yet to come. In other words, we must think of ways to cope with these feelings/emotions and remember we're not alone because everyone is feeling the exact same way.

Here are some ways to deal with isolation and stress:

Being socially connected:

Connection is key, we're all socially distanced right now but there's other ways to still connect to the outside world and our loved ones. We must remind ourselves that we're still connected even if we're far apart.

One way to do this is to write letters, you can write a letter to a friend, a family member, or someone you miss. Writing letters helps us take out our emotions and write them all down on paper, this relieves stress and helps us reflect on our emotions.

Talking on the phone OR Video chat with someone. This helps with isolation and loneliness. You can do this using a telephone, cellphone, or any electronic device to connect with anyone online or through phone. "There are apps that make face-to-face conversations easy". Talking to someone always helps overcome any situation or problem and makes you feel less alone and more supported.

Changing your mindset:

Try to avoid any negative issue or the worst case scenarios will trigger anxiety and negative thoughts. Instead of saying "I can't do this" say, "I'll get through this." Always try to have a positive mindset and the possibilities.

Trying mindfulness such as meditation and yoga will help with stress and anxiety. Meditation and yoga can help get your body in relaxation mode and have a clear mind. When meditating you focus on your thoughts that may be causing your stress and try to focus more on your well-being. This gives you a sense of calmness, balance, and your mind is at ease. Meditation and yoga can help you feel relaxed throughout the day and help manage your emotions. This gains a new perspective during stressful situations, increases self-awareness, focusing on the present, reduces negative emotions, increases imagination/creativity, and increases patience/tolerance.

Some other additional things to do during this pandemic at home is:

- Being creative (draw, paint, craft, colour)
- Using music (sing, playing or listening to music, dancing)
- Reflect (writing down your feelings on paper)
- In-Room activity (crosswords, word searches, quizzes, riddles, etc)

Resources used:

<https://www.webmd.com/lung/handle-isolation-and-anxiety#1>

<https://www.goldencarers.com/50-activities-for-the-elderly-in-lockdown-and-isolation/6265/>

<https://www.betterhealth.vic.gov.au/health/HealthyLiving/talking-through-problems>



HAPPY BIRTHDAY TO
EVERYONE CELEBRATING
THIS MONTH!!!



Fun Facts about February

Birthstone (Amethyst)

Gorgeous purple amethysts have been prized since the time of the ancient Greeks. Because of their grape-like color, the Greeks associated these gems with the wine god, Bacchus. They believed that wearing an amethyst could protect you from feeling the effects of too much wine. According to gemstone lore, amethyst jewelry keeps its wearer clear-headed and clever. Artist Leonardo da Vinci wrote that amethysts enhance intelligence and protect against evil thoughts.

Flower (Violet)

The violet flower signifies humility, virtue, and moral. A person born in February is said to always give it their best, and they are always positive. They have an innate ability to learn new things. Wisdom comes naturally to them, and they always seem to follow their heart.

Famous People born in February

Smokey Robinson, February 19

Johnny Cash, February 26

Burt Reynolds, February 11

Lee Marvin, February 19

Garth Brooks, February 7

Abraham Lincoln, February 12





Best Practice Spotlight Organization (BPSO) with the Registered Nurse 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 continued to implement falls, reduction of restraints and treating pressure injuries best practice guidelines (BPG). Although the response to the Covid-19 pandemic has been an important focus, the BPG have been integrated into the electronic medical record and care plans for residents. Our goal is to sustain and improve on the care in these 3 important clinical areas. Every month 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. If issues are discovered steps are taken each month to correct these areas. Mandatory education regarding all three guidelines is completed and helps to sustaining all the work that has been done! Stop and ask 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 Guide- and evidenced based

lines that are research with the homes.



Primacare is putting together a cookbook of all your favourite recipes.

Please share with us the recipe and a short story why it's your favourite.

For example: I'll be submitting my mom's Chocolate Coconut Oatmeal Drop Cookies. They are the only cookies my mom ever made. She would make them in the winter and never failed, she would make a mistake with at least one of the ingredients. Once she forgot the milk, they were a dry batch. To this day, when I am in need of a little comfort those cookies are what I make. They remind my of my childhood and of spending time with my mom.

Please have all recipes submitted by October 2021 with your name and the home name to our Burton Manor Life Enrichment Manager, Rebecca at newton@primacareliving.com.



Nutrition News–

Clara Rigas– Food & Nutrition Manager

In light of our current Covid-19 outbreak, residents at Henley House have been enjoying their meals in their rooms. We hope to have our residents back in the dining rooms as soon as possible. We are ensuring that all infection controls are in place to keep our residents safe and we are looking forward to having them return to the dining rooms to socialize and enjoy all of their meals with their friends again..

The kitchen once again prepared a wonderful special New Year's Eve Dinner which consisted of a choice of Slow Roasted Prime Rib au Jus or Chicken Breast stuffed with Prosciutto and White Cheddar smothered in a White Wine Sauce, with a Red Velvet Fusion Cheesecake to finish off their meal.

The kitchen is preparing a special Valentine's Meal for residents to enjoy on February 14 with input from our residents at food council meeting. On behalf of the Dietary department, we hope everyone is staying safe and healthy and we look forward to seeing you again in our dining rooms.



Resident Council Update

Resident Council Meetings were on hold during the month of January, as support was required throughout all 3 shifts in order to contain the spread of Covid-19 throughout the home. Once the home has been lifted of outbreak restrictions, meetings will again take place on separate units., starting the week of February 22



Family Council News

Due to provincial restrictions, Family Council Meetings have not been taking place, however we would like to move to the virtual platform to continue meetings.

We are currently looking for a new Family Council Facilitator and additional members. Please contact Charlene Narine at 905-397-9703 ext 4543 to express interest.



Quality Corner



**AIMING HIGH
TOGETHER.**

February is Heart Month, a time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease. Heart disease affects approximately 2.4 million Canadian adults, and is the second leading cause of death in Canada.

The heart is one of the hardest-working muscles in the body, but we often don't think about it that way. Small changes in a person's daily routine can improve cardiovascular health.

All of us, including older adults can make changes such as not smoking, participating in moderate daily activity and maintaining a healthy weight.

Below are some simple tips to help take care of our heart health

Find a physical activity that you enjoy

Exercise does not have to mean going to the gym lifting weights etc. Any type of moderate exercise can help your heart health. Going for a brisk walk, gardening or any other low intensity exercise for 30 minutes a day minimum 5 days a week. This will help your heart health but it also increases energy, reduces stress and helps with a good night sleep.

Keep track of your blood pressure

Speak with your doctor to find out what is your healthy range for your lifestyle. Many pharmacies have blood pressure monitors that you can use to track.

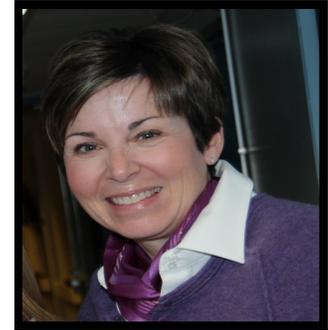
Nutritious Diet

Try to stick to a healthy nutritious diet. Research by the Mayo Clinic has found that healthy foods that are high in vitamins and low in calories make it easier to maintain a healthy weight and reduce the risk of high cholesterol. When you are grocery shopping, focus on the outer edges of the grocery store- this is where you will find your healthy vegetables, fruits, healthy meats/fishes and will help keep you away from the processed/ calorie dense foods.





Message from Primacare
Jill Knowlton – Chief Operating Officer



Hello Residents, Families and Friends,

I would like to start by thanking all of the staff who have been working around the clock to contain the spread of COVID-19 in our long-term care homes. We are all sincerely grateful for your ongoing dedication and support during this unprecedented time. As we continue to roll out COVID-19 vaccines with a focus on residents, staff and essential caregivers, the fact remains that the increase in community spread during the second wave is a serious threat to our long-term care homes. The new variant strains of the virus pose an additional threat as we have seen in the tragic situation in a Barrie area LTC Home.

As we continue in a provincial “lock down” until at least February 11, we continue to pause both short term and temporary absences and general visiting to protect the health of our residents and staff.

During February, you will see each Home transitioning from lab based testing for COVID-19 called a **PCR test** to the Panbio Rapid Antigen test done onsite. There will be considerable professional and administrative staff time required to operate our own testing lab. Staff, students, volunteers, essential caregivers, visitors and support workers will be tested after February 22 onsite with a more frequent schedule than weekly. We will provide more information to you as we are just now learning our obligations for this testing and reporting.

In addition, security guards must now be onsite 24 hours a day conducting the screening functions at the front entrance screening desk. The screening desk will now be staffed 24/7 by security guards from our contracted security firm.

I would like to emphasize the importance of continuing to follow all public health measures for preventing the spread of COVID-19. By implementing and following these guidelines, we can ensure the ongoing protection of those who work and live in our long-term care homes.

Please help stop the spread of COVID-19 by:

- staying at home and only leaving your house for work and other essential activities, such as getting groceries or going to the pharmacy;
- practicing physical distancing, which means staying at least two metres away from people you don't live with;
- wearing a mask or face covering properly in indoor public spaces and outside any time physical distancing is not possible;
- cleaning your hands often with soap and water or alcohol-based hand sanitizer;
- sneezing and coughing into your sleeve;
- avoiding touching your eyes, nose or mouth;
- following all infection prevention and control procedures while at work;
- receiving the COVID-19 vaccination if you are eligible;
- staying home from work if you have COVID-19 symptoms, even if they are mild; and
- immediately self-isolating and getting tested if you think you have symptoms of COVID-19 or if you have been exposed to someone with COVID-19.

Following these practices as well as getting vaccinated are the safest, most effective and most reliable ways to protect yourself and those around you from contracting COVID-19.

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

Best regards,
Jill Knowlton

PEOPLE PLACES & EVENTS



Snowball Toss



Vaccine Day!



Virtual Visits



Always Cheerful Staff

 **henleyhouse**
LONG TERM CARE RESIDENCE

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