



henleyplace

LONG TERM CARE RESIDENCE



**AIMING HIGH
TOGETHER™**



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Administrator News

Ministry of Long-Term Care Annual Rate/Co-Payment Increases

On May 26, 2021 our partners from the Ministry of Long-Term Care indicated that they would be deferring the annual co-payment increase until January 1, 2022. What that means is that there will not be an increase in co-payments in 2021. Individuals who are currently enrolled in the long-term care rate reduction program will need to re-apply when the rate reduction cycles expire on June 30, 2021. For information and assistance in applying for or re-applying for the LTC rate reduction please speak with Bridget Wood, Business Manager.

Visiting Policy Updates

We are very excited to announce that we are finally able to provide our residents and their loved ones an opportunity to connect via outdoor visits. Effective May 22, 2021, we re-commenced our outdoor visiting program. For those who are interested in booking an outdoor visit please go through this link <https://henleyplace.simplybook.me/v2/>. Our goal is to provide everyone equitable access to this opportunity.

Vaccination Update

Recently our partners from the London Middlesex Health Unit indicated that they would be shortening the vaccination intervals for essential workers and essential caregivers. Many of our team members and essential caregivers have already received notification that their second vaccination dates have been bumped up considerably.

Giving Back

Tony Robbins once said, “the secret to living is giving”. In this spirit, we would like to extend our sincerest appreciation to everyone who has supported our two fundraising campaigns this month. To date, we have been able to raise \$495 for the London Middlesex Alzheimer’s Society. In addition to this, we continue to raise \$ 430 in funds for the Canadian Red Cross India COVID-19 relief initiative. We will continue fundraising for both initiatives over the next few weeks. For more information on how to participate or donate please speak with Melanie Spicer, Life Enrichment Manager at mspicer@PrimacareLiving.com.

On behalf of the Leadership Team at Henley Place I would like to thank all of our residents, their loved ones and our team members for our ongoing partnership and collaboration as we battle this pandemic together.

Nursing News

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.

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

Reference: https://www.publichealthontario.ca/en/BrowseByTopic/InfectiousDiseases/PIDAC/Pages/Best_Practices_Hand_Hygiene.aspx

Nutrition News

By: Nicole Sweetland, Food Nutrition Manager

What a busy month May was, not only for the residents, but for the many hard working team members here at Henley Place as well. I think that we're all ready to get out and soak up the sun.

At the beginning of May spirits were high as many of us celebrated Mother's Day – honoring all mothers, maternal bonds and the influence that mothers have on society every single day. A special Mother's Day Tea and dinner was held in honour of these special ladies.

Immediately after this we began celebrating caregiver's week in order to give a small thank you to all of the staff members who make everything possible. From May 10th to May 14th we kept busy assisting with activities such as: all-day pancake breakfast, yogurt parfaits and an all-day BBQ, all while being fueled by our "survival kits" made up of lots and lots of sugar!

The BBQ was perfect practice for the many barbecues we hope to hold this summer for the residents to enjoy – has the smell of freshly grilled hamburgers and hotdogs ever NOT gotten you excited? We can't wait!

Residents' Council News



The next Residents Council Meeting is Tuesday, June 8th 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 Four

Team members seek to remove controlling words, actions and other features which take away power, choice and independence from people. This includes talking about people in front of them, moving someone's wheelchair without asking first, deciding when and where someone eats and restricting where people can go.

Thread Five

Team members wear their own clothes not staff uniforms. This is linked to making it feel like a home, not a place of work, but also enables team members to express themselves as individuals and to use colour and accessories such as hats and jewellery to connect with people.

Thread Six

Team members can be themselves at work & share personal stories. The whole team need to be able to draw on their own feelings and life experiences to be more connected with people as individuals.



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 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. You may see myself and the Primacare staff checking resident and their rooms to ensure all falls preventions are 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.



One question I often get in my line of work is "What is Ableism?"

Ableism: is any discrimination and social prejudice against an individual with disabilities and/or people who are perceived to be disabled. Like racism and sexism, ableism classifies entire groups of people as 'less than,' biased on assumptions or perceptions of someone's physical appearance. All too often, well-intended individual's compliments are based on someone's physical appearances. To remove ableism statements from our language, here is a list of ways to compliment anyone holistically as an individual.

"I constantly learn from you

"The way you treat people is beautiful."

"You are so strong."

"You are such a good listener; I always feel heard when I am with you."

"Your confidence is something I aspire to."

"You make everyone around you feel that they belong."

"Your resilience is inspiring."

"you bring out the best in others."

"I love you transparent you are."

"Your passion is contagious."



June is Pride Month!

Pride Month is celebrated every June in celebration of our LGBT communities within and around our Primacare homes. Please keep your eyes out in the home areas for our themed programs and days including discussion groups, creative activities, dress up days and food programs. Whether you are any Ally or part of the LGBT community, this month is about celebrating love in its many forms.

"All you need is Love"





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



Birthstone – Pearl

Pearls are finely polished beauties that come in various shapes and sizes. Traditionally pearls are white or ivory but they can also be found in pinks, purples, blacks and golds. The pearl is very different from other birthstones because it is not really a stone at all. Pearls are created by mollusks, such as clams, or oysters to protect themselves from harm. When a grain of sand find its way inside the mollusks shell, the mollusk seals off the irritant by coating it with nacre or mother of pearl. After many coatings, it becomes round and a valuable pearl is born.

Flower— Rose

Roses come in many different colours , from deep reds to pure white and bright yellows. There are thousands of varieties of roses and each one is unique, with different sizes, heights, colours and petal patterns. The rose, unsurprisingly is a symbol of love and beauty. But roses can also be used in cooking and baking and even in medicines. In fact scientists are actually looking into how the roses properties can help control cancer growth.

Some famous people born during the month of June include:

Morgan Freeman– Actor– June 1, 1937
 Tony Curtis– Actor– June 3, 1925
 Jessica Tandy– Actor– June 7, 1909
 Tom Jones– Singer– June 7, 1940
 Jacques Cousteau– Explorer– June 11, 1910
 Stan Laurel– Comedian– June 16, 1890
 Lou Gehrig– Baseball Star– June 19, 1903
 George Orwell– Author– June 25, 1903
 Michael Phelps– Swimmer– June 30, 1985



Happy Birthday to our residents celebrating this month:

Fran R– June 1	Cal W– June 2	Helen V– June 3	June R– June 7
Sharon W– June 10	Bobbie O– June 11	Duncan W– June 11	Connie H– June 14
Martha L– June 15	Claude L– June 17	Glen W– June 21	Ken E– June 27



Pastoral Message by : David Waldner, Chaplain

"I'm trying to remember a prayer," she said after waving me over to her table in the dining room. "I am trying to remember a prayer. There's the one that starts 'Our Father...' but I am sure I knew other prayers too. Maybe you can help me?"

Prayer is the language of the spirit, a speaking to and listening for the divine. Some prayers are by nature rote: memorized, repeated and resonate throughout a life. Other prayers are spontaneous and free flowing and meant for a particular moment. Prayers are integral to the shape and tone of gathered worship, but in this time of health care directives that require isolation, prayer in the private of personal sphere is emphasized.

Some prayers grab our attention. Meister Eckhart, a Dominican Friar and mystic of the 1400's is said to have written, "If the only prayer you ever say in your entire life is 'THANK YOU', it will be enough." Other prayers seize the spotlight for a time in popular culture. About two decades ago, a prayer from the Bible was the focus of a book by Bruce Wilkinson. The book, Prayer of Jabez (from 1 Chronicles 4:9, 10), was on the New York Times best sellers list with 4 million copies sold in the first year. The emphasis of this short prayer is more of a "give me more stuff" focus in contrast to Eckhart's reminder to be thankful for what is.

A prayer that has helped centre people in time of stress and uncertainties is the "Serenity Prayer" from circa 1940. A short version reads as follows: "God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference." I appreciate how it asks for the right kind of help for the right reasons.

A prayer that has impressed me over time reaches back more than 1500 years. It was written in Greek by Ephrem, one of the thirty-six "Doctors of the Church" who was a life-long deacon. This prayer has a home in the Orthodox Church and its calendar. This prayer put into words the kind of person I long to be. Maybe a prayer like this one can find a home with you.

"O Lord and Master of my life, keep from me the spirit of apathy and discouragement, the yearning for power and idle gossip. Instead, grant to me, your servant, the spirit that makes me whole, the spirit of humility, patience, and love. O Lord and King, grant me the grace to be aware of my own faults and not to judge my brother or sister; for you are blessed now and forever. Amen" (translation mine).



Monthly Spiritual Programs

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

Preparing For the Hot Weather

Summer is fast approaching and with that comes the hot and humid weather. Your body is always trying to maintain a consistent temperature of 37C and it will become overworked if exposed to heat for too long. You may become dehydrated or experience exhaustion very quickly. As well, with warm weather comes the risk of heat stress and heat stroke, two very serious heat related conditions that affect many, but seniors are particularly prone too because of age-related changes, medications they may be taking, and chronic health conditions they may have.

In long term care, each spring we assess all residents to see if they are at increased risk for heat related illnesses and then take care measures to try to prevent heat related illnesses for our residents. Below are some facts and tips to help prevent heat related illness that everyone should follow:

All people may feel the effects of extremely hot weather, but those more vulnerable to heat illness include:

- a. Elderly people (especially women and those with chronic health conditions)
- b. Children (especially babies and younger children)
- c. People who work outdoors
- d. Obese and overweight people
- e. Hospital inpatients and nursing home residents
- f. People with medical and chronic health conditions

Did you know that medications used to treat mental health conditions, seizures, Alzheimer's disease, Parkinson's disease, high blood pressure and cardiac conditions can affect the body's ability to adapt to heat and may increase your risk of heat illness? During hot weather it is important to continue taking your medications but if you have concerns, share your concerns with your doctor or primary care provider.

To protect yourself against heat illness, it is important to recognize the signs. Heat illness is serious and can be life threatening

If you experience these symptoms in the hot weather, seek medical attention immediately.

Signs of heat illness include:

- | | |
|-----------------------|-----------------------------------|
| Headache | f. Confusion |
| Nausea | g. Swelling of feet or hands |
| Dizziness | h. Muscle cramps |
| Weakness or tiredness | i. Rapid breathing or rapid pulse |
| Fainting | j. Increased body temperature |

To protect yourself against heat related illnesses you can:

Stay hydrated, drink plenty of water before you feel thirsty. Avoid alcohol, caffeinated, and sugary drinks. Water is your best choice in hot weather.

Stay cool and keep out of the sun. Plan activities outside for the cooler part of the day. If you need to go out in the heat, take an umbrella to provide you with shade and wear loose fitting, light colored clothes. If you are too hot, have a cool shower or go for a swim. Remember to always wear a hat, preferably with a wide brim and sunscreen when out in the sun. Avoid using hot tubs and saunas. Avoid using your oven to cook. And if you exercise, do so in a cool or air conditioned environment.

There are many joys that the hot weather brings so remember to be safe and protect yourself.

Message from Primacare Tracy Richardson– Vice President

I wanted to take the opportunity to introduce myself. My name is Tracy Richardson, and I am the new Vice President of Primacare. I am excited to join the team and look forward to meeting with residents, families, and team members over the next few months.

First, I would like to acknowledge the hard work and dedication of the staff who continue to give support and care to our residents during these unprecedented times. Thank you!

I have been reflecting on our mission, vision and values, one of which is to continuously learn and develop best practices which results in excellence. A great way to get to know the communities is to learn about those best practices and how they have improved the quality of care delivered.

Over the next few months, I will be spending time visiting the communities, reviewing processes and systems for strengths, as well as areas that may require some refinement, to ensure continued quality of care of our residents.

My goal is to ensure that we continue to improve our quality and develop new innovative best practices that will ultimately have a positive impact on the residents we serve.

Again, I look forward to meeting you



PEOPLE PLACES & EVENTS



Planting



One to one visits



Popcorn Fridays!



Root beer floats



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