

Grand Viewpoints

Grandview Lodge's Resident & Family Newsletter March 2020

Administrative Message

It's that time of year again...Tax Time!

You should have received the Summary of Accommodation Charges with February billing; if you did not, please come to the front office and I will reprint it for you. Please submit your **Notice of Assessments for 2019 to me no later than May 15th** in order for me to process your monthly accommodation charges for 2020.

Just a reminder that because Grandview Lodge is a Municipal Home and we do not pay property tax, you **MUST** claim the Accommodation Charges as a Medical Expense.

If your Residents annual income is less than \$24,000 please come to the front office with the Notice of Assessment and fill out a Rate Reduction application. If you're unsure, please give me a call or stop by the front office Tuesday-Thursday 8:30-4:30 and I will be happy to answer any questions you may have.

Pamela Bonnett, Accounts Clerk

From Your Friendly Nursing Department



BE WELL – BE SAFE

Parkinson's Disease

WHAT IS PARKINSON'S DISEASE?

Parkinson's Disease affects the nervous system and slowly gets worse; a disease of the brain that affects movement.

The movements in our body are controlled by a chemical called dopamine. In Parkinson's, the cells that produce dopamine gradually break down or die, causing the loss of control of movement.

SYMPTOMS OF PARKINSON'S DISEASE

While no two people have the exact same symptoms, people with Parkinson's may experience:

1. Motor changes

- Slowness of movement
- Shaking
- Stiffness
- Walking
- Balance problems

2. Non-motor changes

- Drooling
- Difficulty swallowing
- Sleep disorders
- Problem urinating
- Memory problems

Contact your physician if you are experiencing any of these symptoms.

WHO GETS PARKINSON'S DISEASE

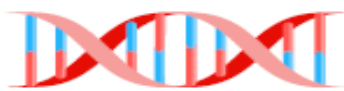
There is no one cause for Parkinson's but we know a few things that might increase your risk:



Age: It affects 1 out of 100 adults over the age of 65



Gender: It affects more men than women



Genes: People with a first degree relative (parent or sibling) with Parkinson's disease have a higher chance of getting the disease.



Toxins: Exposure to high doses of toxic chemicals that could damage the nerve cells (e.g. pesticides)

DID YOU KNOW?

About 100,000 Canadians and 10 million people worldwide live with Parkinson's disease. The name came from Dr. James Parkinson, who first described the illness in 1817.

9 of our 128 Grandview residents are diagnosed with Parkinson's Disease.

Grandview hosts a support group the 4th Tuesday of every month from 6:00-8:00p in the Grandview Boardroom.

This power point presentation showcases Suzy Duncan's journey to success!



► First . . . A bit of a story to tell us about how the journey began.

Congratulations Suzy!
You are
DementiAbility Certified!

Congratulations Suzy!

She transformed her "Social Club" known as the Day Program to a **DementiAbility** friendly space. She worked with her team to put these methods into action.

Link to powerpoint: <https://www.youtube.com/watch?v=3INpKuAZHys&t=6s>

Kellen Mowat, Facility Operations Supervisor

What's Cookin' in Dietary?!

Recently our Public Health representative did a routine inspection of the main kitchen, the home area serveries and dining rooms. We are pleased to report that overall, our inspection results were very good. The Health Unit must do full inspections of dietary services four times a year. They review 36 specific items when they are in our department which include the cleanliness of our work areas, refrigeration and freezer temperatures, dishwashing temperatures, lighting, and storage areas. The staff from our Dietary, Housekeeping and Maintenance departments all have important roles in ensuring we maintain excellent cleanliness standards for food services production and serving areas.



With the arrival of March, the Dietary department will prepare a traditional St. Patrick's day meal of stew with coleslaw and a tea biscuit. Look for a refreshing glass of shamrock punch to wet your whistle and a decadent dessert of chocolate mint pie to satisfy your sweet tooth. The tables will be set with themed placemats and colourful napkins for the meal on Tuesday March 17th. Please purchase your meal ticket at the lobby desk **no later than March 11th** if you wish to join your loved one for this meal.

Easter is also just around the corner and we hope you'll enjoy our Easter meal Sunday April 12th which will be planned with the help of our Resident Dietary committee members. Please purchase your meal ticket **no later than April 1st** to dine with your loved one for Easter.

The Spring and Summer menus are underway. Pauline will soon be presenting the first draft to residents for their input. Once the residents do their review, our Dietitian, Melanie will ensure it meets all required nutritional standards as set by the Dietitians of Canada and the Ministry of Health and Long Term Care. We always appreciate your feedback and suggestions about our food service!



Maria Vanderhorst, Dietary Supervisor

Programs and Supports

Making Each Visit in LTC Meaningful

Being together and sharing stories and events is the foundation of our relationships. However, when older people we know develop sensory and cognitive losses and physical disabilities, visitors are sometimes uncomfortable and not sure what to do. Communication is still possible, but the way we connect may need to change. Many individuals living in long term care have some sort of dementia and this can present challenges but with some understanding of the illness and some tips, visits with your loved one can still be meaningful and engaging.

Understanding

Dementia is a general term used to describe a cluster of cognitive changes, most often in older adults. It refers to the deterioration of cognitive functions such as memory, speech and thought processes, which could contribute to changes in personality and behaviour. Alzheimer's Disease, a degenerative brain disorder, is the most common form of dementia in adults. Older people who begin to experience changes in their cognitive capacities – which include short and long-term memory, judgement, insight, expressive and receptive language abilities – continue to need to be connected to others in their social world, to feel useful and validated. It's important that we try to make a conscious effort to understand their social world from their perspective and reach out and communicate with

them accordingly. As one psychologist at Baycrest aptly put it: “They don’t have a communication problem, we do!”

Communication

Generally, the older person continues to understand far more than they can express in words, so it’s important to try and understand their thoughts, and to listen for the deeper meaning of what they are trying to express – by words or body language.

- Place yourself at eye level of the individual
- Be aware of changes in mood and behaviour and adjust your approach accordingly. Be willing to abort your agenda with a new plan
- Acknowledge and validate the emotions you observe. Provide reassurance and comfort
- Be patient. Allow time for your loved one to absorb, understand and respond to what you have said
- Eliminate background distractions. Find a quiet place where you can both focus on each other
- Restate your message if it is not understood the first time. Aim for concise, straight-forward sentences
- Keep in mind that it’s not important to fill every moment with words and conversation. Depending upon your elder’s present level of health and abilities, becoming comfortable with silences, and just being with your loved one, may be the most reasonable and achievable goal for you
- Don’t ask a pointed question such as, “Mom, do you know who I am?” Instead say, “Hi Mom, it’s your daughter Shirley.”

Tips and Ideas

As dementia progresses and responsive behaviours occur, visits can become more challenging. You may struggle to connect with your loved one. Keep in mind that what works one day, may not the next. Learn to observe (body language, tone of voice) and listen, even if he or she can no longer say words. We must always be flexible and change strategies when necessary.

- Familiarize yourself with the facilities schedule and routine of your loved one. Plan the best time and day to visit
- Comfort can be found in a hand massage, manicure, facial, a clean shave – often the only touch residents receive are from facility staff who are providing a task
- Read through newspapers, magazines or picture books of interest (ex. farming, cookbooks or crafts, woodworking)
- Go for a walk – a change in scenery can do wonders, even if it’s to a different unit or outside in the nice weather
- Bring a favourite treat to share and reminisce about times when you have shared the treat in the past
- Look through family photos and talk about “the time when”
- Read out loud or listen to music. Not every moment needs to be filled with words, allow the silences and just enjoy each other’s presence
- Bring a video of family events such as weddings, graduations, baseball games, dance recitals, or share a video with them of a movie you enjoyed
- Bring videos or CDs of the religious services from their local church. Share the church bulletin with them
- Don’t be afraid to laugh and share humorous stories. Bring funny cartoons and funny stories to share. It’s ok to laugh

Saying Goodbye After a Visit

A family member becoming distraught when you attempt to leave isn’t a responsive behaviour. But it is common and causes anguish for you both. To ease the transition:

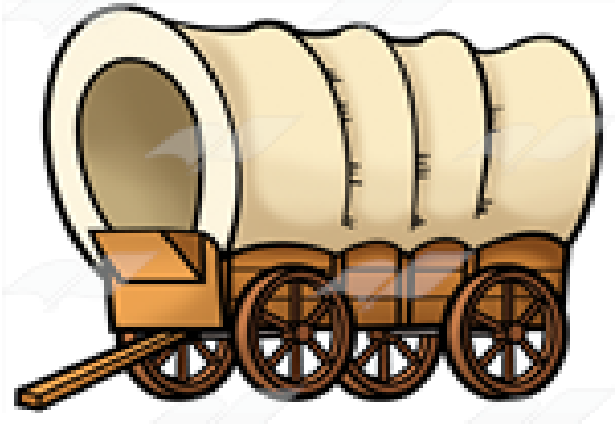
- Give a reason. If your spouse knows that you have to leave (ex. you have a doctor’s appointment or pick up your child), he or she may be more accepting of it. This suggests that you have to leave but do not want to
- Plan your departure to coincide with an event (ex. lunch or a planned activity). Get your mom settled there and quietly leave. You don’t need to announce your departure.
- Plan a quick exit. Compared to a longer goodbye, your loved one has less time to digest it
- Don’t say “goodbye,” which has a sense of finality. Try “see you soon” or “bye for now”



If you have any questions or comments, please contact:

Stephanie Saur, Alzheimer Society of Norfolk
stephanie.saur@alzda.ca or 519-428-7771 ext. 216

The Welcome Wagon



Welcome to our new residents!

- **Philip Boadwin**

Is very social and enjoys chatting with others, especially about cars. He LOVES cars!

- **Elaine O'Hagan**

Is very social and enjoys reading and country music.

We're happy you joined the GVL family!

March Birthdays



- Deb Armstrong
- Betty Bristo
- Ruth Cieszkowski
- Leta Dilts
- Betty Farruggio
- Mary Kozar

- Elga McLaughlin
- Bob Shaver
- Judith Swick
- Eileen Traver
- Bill Walton
- Dorothy Weston



SAVE THE DATE

Look forward to this!



March 4	Rebecca Cole	1:00-4:00p	
March 8	Day Lights Savings		
March 12	Second Hand News	2:00-3:00p	CV MV
March 12	On the Wagon	2:00-3:00p	HV BV
March 17	St. Patrick's Day!		
March 19	First Day of Spring!		
March 25	Dave Burden	2:00p	HV BV
March 25	On the Wagon	2:00-3:00p	CV MV
March 26	Residents Council	10:00a	Boardroom – all welcome!
March 27	St. Michaels School	10:30-11:30a	Gathering Room



Do you have a quote/poem/joke or something short you'd like to submit for the newsletter?!

Please email kpotruff@haldimandcounty.on.ca or stop by the front office and ask for Karli.

What's happenin' in Marshview...

Recreationists are settled into their new home areas and went on a bus outing for lunch at Bob's!



Farewell

With heavy hearts we said good bye to:

- Joan Millen

You are missed.



Just for Fun!

L	F	L	O	W	E	R	B
A	N	U	N	M	S	W	X
M	E	W	A	D	M	S	Q
B	T	Z	E	Q	C	P	Q
X	B	U	D	E	Q	R	R
Q	Z	U	B	G	Y	I	A
Z	A	C	L	G	Z	N	I
B	I	R	D	Q	J	G	N



BIRD
BUD
EGG
FLOWER

LAMB
NET
RAIN
SPRING



Resident DOUBLE Feature

Shirley and Jim Worrall, Marshview

Jim was born in Dunn Township on August 19th 1935 to wonderful parents, Goldie and Tom Worrall. Jim, his two sisters, Donna and Shirley, and his younger brother Keith, were raised on the family farm. Jim was active in many sports growing up such as hockey and baseball and participated in Junior Farmers.

Shirley was born in Hagersville on January 6th 1940 and lived on the Cheapside side road. Shirley's parents, Walter and Lorna Hill, raised Shirley and her siblings on the family dairy farm. Shirley has a sister, Joyce and a much younger brother, Dwight who was born while Shirley was at her high school prom. In 1956, Shirley was the runner up to the Dairy Queen of Ontario and was featured in the Toronto Star. Shirley attended Hagersville High School and then one year post secondary at the Caledonia School for Business and Commercial Course.



Jim and Shirley met on a blind date. Jim proposed to Shirley on Valentine's Day and they married September 17th 1960. They'll be celebrating their 60th wedding anniversary this year. Together they raised six children, Arlene, Connie, Judy, Brenda, Bev and Ron. They are proud grandparents to 17 grandchildren and are looking forward to their first grandchild's wedding in September of this year.



Jim worked at Firestone in Hamilton for 35 years and retired from there when it closed; he then started another career working for Raintree Irrigation, in the sprinkler industry for another 12 years. Jim volunteered for the Byng Fire Department and served as Captain for 35 years. He was awarded the Medal of Bravery and Star of Courage for his heroic efforts in a lake rescue saving two people in a capsized sailboat.

Shirley worked in Dunnville at the Community Consolidated Telephone Company as a Secretary Clerk. Shirley became a stay at home wife and mom until the children left home then returned to work, working at the Grand River Poultry Packing Plant. Shirley was also a member of the Dunn Sparkettes.

Jim and Shirley are active members of the South Cayuga Community Church in which they both served on several committees over the years. They both enjoy the outdoors and loved to camp, hunt and fish. They travelled out East, West and North with their trailer. They both had their hunting license and enjoyed moose, deer and partridge hunting. They also spent many summers camping along the Grand River with friends and family.

Jim and Shirley continue to enjoy watching sports on TV, specifically the Jays, Raptors and Leafs. Jim enjoys listening to his country music and playing cribbage. Shirley loves her crosswords and jumbles and loved to bake and cook. She was especially known for her pies. Three of her pies once sold for \$70 dollars at a church auction fundraiser. She loved crafts and made a quilt for each of her children and a hand appliqued pillow for each of her grandchildren.



Raising six children has been one of their greatest joys and blessings through the years. They appreciate the friends they have made over the years and wonderful memories shared and always welcome their visits. They welcome Grandview Lodge as their new home and are very happy.

A special thank you to Bev and her family for sharing their parents story.

Staff Contact List

Jennifer Jacob	Administrator	Ext. 2224
Jelte Schaafsma	Director of Nursing	Ext. 2234
Kim Livingstone	Assistant Director of Nursing	289-776-5185
Kellen Mowat	Facility Operations Supervisor	Ext. 2241
Pauline Grant	Dietary Supervisor	Ext. 2228
Maria Vanderhorst	Part Time Dietary Supervisor	Ext. 2237
Melanie Kippen	Dietitian	Ext. 2240
Amy Appel	Programs Supervisor, Volunteer Coordinator	Ext. 2233

Nurse's Stations:

Hillview	Ext. 2923
Bridgeview	Ext. 2922
Creekview	Ext. 2924
Marshview	Ext. 2925

Recreationists: Note these have changed

Megan Herkimer, MV	Ext. 2301
Nicole Leeney, HV	Ext. 2303
Gayle McDougall, BV	Ext. 2302
Bev Little, CV	Ext. 2300

Did you know the following services are available at Grandview Lodge?!

Bobbi Jo Biggley	Hairdresser	Ext. 2239
Khurram Khan	Physiotherapist	Ext. 2232
Doug Maloney	Massage Therapist	289-684-9746
Vicki Lance	Dental Hygienist	905-741-4735
Conor McDonough	Dentist	Ext. 2221 (book with Lori)
Dr. Hu	Physician	Ext. 2221 (book with Lori)
Dr. Kazemi	Physician	Ext. 2221 (book with Lori)
For off-site medical appointments we have a van (fees apply)		Ext. 2221 (book with Lori)

Physician appointments held at Grandview Lodge and can include the Director of Nursing.

You can find our Resident & Family Information Booklet at the bottom of our Admissions page on the Haldimand County website – Grandview Lodge!

To book the private dining room and/or overnight suite:

Lori Beale	Residents Clerk	Ext. 2221
Pamela Bonnett	Accounts Clerk	Ext. 2222
Karli Pottruff	Administrative Assistant	Ext. 2223

Grandview Lodge, An Accredited Home – Exemplary Standing

With comfort, compassion and care, the Grandview Lodge community supports a meaningful life for residents.

**657 Lock St. W
Dunnville, ON N1A 1V9
T: 905-774-7547
F: 905-774-1440**

W: www.haldimandcounty.on.ca

*Our newsletters can be found on the Grandview page of our website.
If you'd like to join the monthly subscription list please email kpotruff@haldimandcounty.on.ca*

