

# Grand Viewpoints



## Grandview Lodge's

## Resident & Family Newsletter

# June 2020

### Administrative Message

**Correction to last month's newsletter:** Each Physician will be covering two units in the home.

- Dr. Ezzat will cover Creekview and Hillview
- Dr. Kamouna will cover Marshview and Bridgeview

### Enrollment with Physician's for the Ministry of Health

Hello residents and families,

I had a chance to speak to many of you over the phone while we were navigating the enrollment process for our new physicians. Since that time we have heard back from the Ministry of Health and they have advised that the Ministry cannot accept verbal consents on the enrollment documents. That being said, the Ministry recognizes this is a challenging time given social distancing efforts and restricted visitation in LTC Homes and they have provided additional ways for us to submit the required signed documents.

#### What does this mean for you?

We need your signature on the document and we will do the rest!

To make this process as simple as possible, Lori Beale has diligently been working on filling out the required information on each form for every resident. Residents who are their own decision makers will be provided the document for signature and we will forward it to the Ministry on their behalf.

POA or SDM's will be mailed a copy of the form for signature and we request that the signed copies be returned to Grandview as soon as possible, but **no later than June 30<sup>th</sup> 2020**. We will then forward them to the Ministry of Health.

To make this as convenient as possible, the following is a list of acceptable ways of returning the form to Grandview Lodge.

1. Canada Post
2. The drop box in the front lobby door
3. Email a scanned copy or clear picture to [lbeale@haldimandcounty.on.ca](mailto:lbeale@haldimandcounty.on.ca)
4. Text a clear picture of the full document to 289-209-8523
5. Fax it to 905-774-1400 ATTN: Lori Beale

If you have any questions, please feel free to contact Lori Beale at 905-774-7547 ext. 2221.

Jennifer Jacob, Administrator

### REMINDER:

If you have not submitted your signed **Rate Reduction Application** to Pam Bonnett, please do so ASAP. This is to accompany your resident's 2019 tax, if eligible. There's a locked mailbox in the front lobby door to drop off your application. Thank you!

### Maintenance Knows Best!

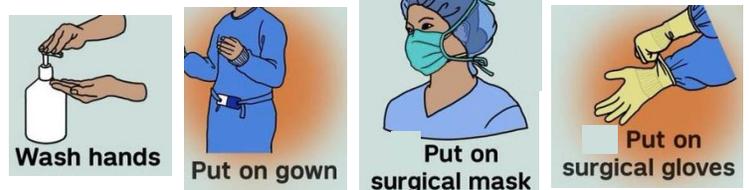
#### Proper Donning and Doffing of PPE

Staff: open Internet Explorer to access the SIN. Under the Human Resources tab at the top, click Health and Safety. Along the right you'll find information about COVID-19, including videos of donning and doffing gowns, gloves and masks. If you have any questions please see a Supervisor.

Videos can also be found at these links:

- <https://www.publichealthontario.ca/videos/ipac-fullppe-on>
- <https://www.publichealthontario.ca/videos/ipac-fullppe-off>

Stay safe!



Kellen Mowat, Facility Operations Supervisor

## Tips to Manage Anxiety and Stress During COVID-19

The COVID-19 pandemic affects everyone in different ways. Stress and anxiety has become normal for most, but we must take note and seek help when it gets out of hand.

### SIGNS OF STRESS

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Mood changes or feeling down.
- Increased use of alcohol, tobacco, or other drugs



### WAYS TO COPE WITH STRESS

Coping with stress will make you, the people you care about, and your community stronger.



**Stay Informed:** refer to trusted sources (e.g. [Health Canada](#) and [WHO](#)) and stay informed on how to limit the spread of COVID-19. This will help reduce your anxiety about the unknown.



#### Take care of your body:

- Take deep breaths, stretch, or meditate
- [Try to eat healthy, well-balanced meals](#)
- [Stay active, get plenty of sleep](#)
- Avoid [alcohol](#) and [drugs](#)



**Make time to unwind.** Learn a new hobby or try some other activities you enjoy (learning a new language online, knitting, painting).



**Take breaks** from watching, reading, or listening to the news including social media. While staying informed is important, focusing too much on “breaking news” can cause even more anxiety related to COVID-19.



**Stay connected** with family and friends. Talk with people you trust about your concerns and how you are feeling via phone, video calling, emailing or other technology.

## What's Cookin' in Dietary?!

With the arrival of June, we will celebrate **Father's Day** with some decorative touches in the dining room, as well as a hearty meal to commemorate this special day. We thank those residents who offered their input to the planning of this meal.

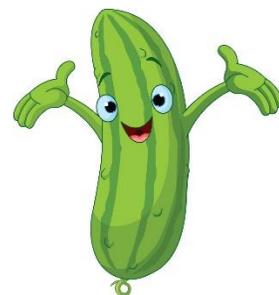
The **Spring and Summer menus** were launched in May with input from our residents. We had great participation with the menu planning process and incorporated many of the resident's preferences when developing this menu.



As we begin to enjoy the long warm days of summer, we remind all residents to **stay hydrated!** Don't forget, we offer beverages in between each meal and there are jugs of water located in each dining room for your convenience.

### Did you Know? Facts about Cucumbers!

- *Cucumbers contain most of the vitamins you need every day*, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
- Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that *can provide that quick pick-me-up* that can last for hours.
- *Cucumbers are a very good source of potassium*, an important intracellular electrolyte. 100g of cucumber provides 147mg of potassium but only 2mg of sodium. Potassium is a heart friendly electrolyte and helps bring a reduction in total blood pressure and heart rates by countering effects of sodium.
- *Are grubs and slugs ruining your planting beds?* Place a few slices of cucumber in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.



*Maria Vanderhorst, Dietary Supervisor*

## Programs and Supports

The programs department is continuing with doing their best to connect residents with their families via technology. It was wonderful to see the community be so generous with **donating iPad's and tablets to our Home**. Thank you to our Mayor, Nova Mutual and the Dunnville Rotary for the new iPads and tablets - they are certainly being put to good use!

The recreation team is also providing **small group programs to keep our residents engaged**. We are allowing no more than five people to a program and we continue to practice social distancing during that program time. Ashley Bell has provided some wonderful one-to-one music therapy through ZOOM with our residents. We're looking forward to the nicer weather so we can walk outside with residents to get some fresh air. We had a wonderful Mother's Day in May - please take a look at some of our great pictures.



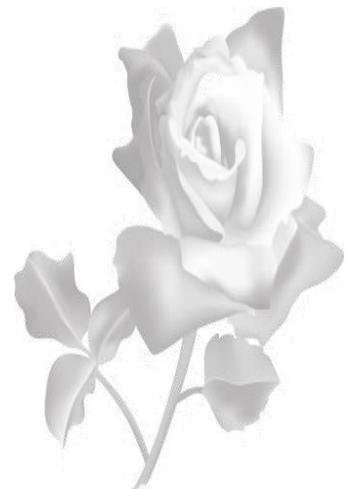
On June 4<sup>th</sup> we have decided that we will go ahead with our **Memorial Planting**, but it will look a little different this year. Our Memorial Planting event allows us to celebrate the lives of the residents that we've lost over the past year. We usually invite families back to be a part of the memorial planting, however this year we are unable to do that. We've decided we still want families to take part in the event, so we're asking families to drop off flowers the day before the event so our staff can plant that special flower in memory of their loved one. A flower will be planted for every resident. We will also be taking pictures of the day and will be making a video of the memorial planting that we'll send out to the families afterwards.

### **We will be honoring the memory of:**

David Bartlett  
Douglas Leahy  
Olivia Wright  
Fay Shaver  
Arthur Lawler  
Geraldine Chang  
Nona Kolisnyk  
Glenda Toll  
Winston Siddall  
Anne Hall  
Barbara Malseed  
Mary Kenny  
Lois Weir  
Donna Culp

Harry Vanduyvenvoorde  
Anne Weaver  
Marie Graves  
Audrey Ricker  
Gwen Makkaí  
Joan Millen  
Thomas Lennox  
Laura Cowan  
Keith Wilkins  
Evelyn Greenwood  
Gladys St. John  
Lenore Harrison  
Orvill Helka  
Mary Anna Phelps

Donna Hoover  
Reina Amsterdam  
Gordon Hoover  
Thomas Hebb  
Eileen Case  
Jennifer White  
Dorothy Dutcher  
Marion Faraday  
Edward Little  
Suzanna Hettenga  
Erich Lauszus  
William Davidge



Stay safe and healthy everyone!

*Amy Appel, Programs Supervisor*

*Forever in this heart of mine,  
an everlasting bond, for now until  
the end of time, are memories  
so fond.*

### Farewell

With heavy hearts we said  
good bye to:

- Donna Hoover
- Reina Amsterdam
- Betty Farruggio

You are missed.



### Happy Birthday to our June residents!

- Carol Anderson
- Harvey Arnold
- Sam DeVincent
- Brian Dicy
- Joyce Durk
- Lorna Dykun
- Muriel Goodbrand
- William Jones
- Harold Killins
- Laird Lint
- Eryka Lomnicki
- Sharon Lowe
- June Richards
- Sandy Szoke



### What's happenin' in Creekview...

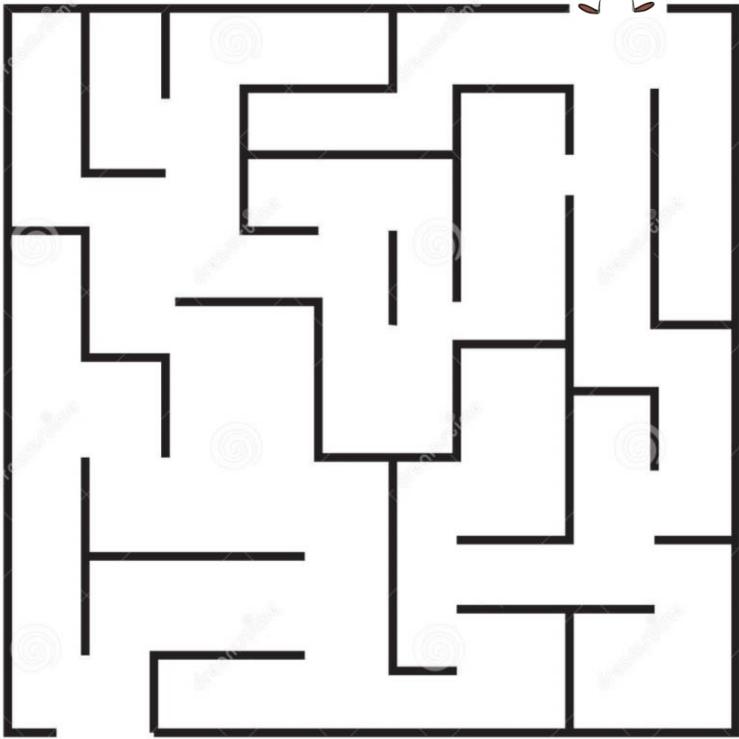
Finally, the nice weather has decided to join us. The residents in Creekview have been taking advantage of these nice days and doing some gardening and yard clean up.



*Bev Little, Therapeutic Recreationist*

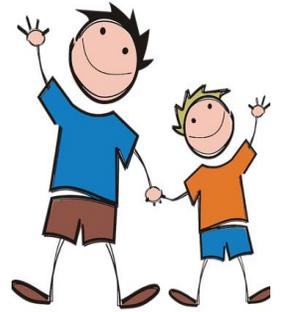
## Just for Fun!

Help Timmy find his dad!



A father is neither an anchor to hold us back, nor a sail to take us there, but a guiding light whose love shows us the way.

# Happy Father's Day



## Resident Feature

### Iris Solomon, Creekview

Iris was born in Hamilton on September 24<sup>th</sup> 1927. Unfortunately, at a young age her family broke up and she and her two older sisters grew up in a children's home until the age of 16. On leaving the home, Iris got a job in a factory until she met the love of her life, Les. Iris and Les married October 25<sup>th</sup> 1945.

Iris and Les had two children: Dianne and Jim. Iris became a stay at home mom and raised the children until they were in their teenage years. During this time, Iris worked various jobs; in retail and food takeout and was famous for her meat pies.

Iris loved sports, including the Tiger Cats and especially the Blue Jays who were favourite to watch on TV. She loved to read, knit and play cards, especially euchre. Friday night was usually Euchre Night in Canada in the Solomon household.

Throughout their life, camping was their primary family activity; from "roughing it" in tents to "luxury" in the camper. Their summers in the camper in the Parry Sound area always included their four grandchildren. Just before Les retired, they sold their house and moved into an apartment in Burlington. Shortly after that, they bought a house trailer and traveled to many parts of the United States during the winter and spent their summers up North, and also here in Dunnville. Again, summer trips were spent with the family, including their grandchildren.



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Sadly, in 2012 Les passed away. They had been married for more than sixty years and went everywhere together. Iris spent more time with her daughter and her family, living in Dunnville and then moved to Bancroft, closer to her son and his family. She lived in her own apartment in a senior's building. She enjoyed her time there, making friends and volunteering at a thrift shop. As Iris started to experience dementia, she left her apartment and shared time between her families in Bancroft and Dunnville. Nothing brings Iris more joy than being with her family, especially her four grandchildren and 5 great grandchildren.



When Iris moved to Grandview in December, she quickly settled in and became well known as the sweet and nurturing new resident. She's always willing to help out whether it be baking, doing dishes, folding laundry or arranging flowers. She's very welcoming and kind to other residents and has become quite close to her roommate, Doretta. Iris engages in many activities in the Home and enjoys crafts, puzzles and socializing. She has a great sense of humour and likes to stay active. She loves keeping in touch with her family by letters and video calls.

Iris, we're so happy you're here with us at Grandview. Thank you for the positivity and joy you bring to the Home!



### 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

**657 Lock St. W**  
**Dunnville, ON N1A 1V9**  
**T: 905-774-7547**  
**F: 905-774-1440**  
**W: [www.haldimandcounty.on.ca](http://www.haldimandcounty.on.ca)**

***Nurse's Stations:***

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

***Recreationists:***

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

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

Khurram Khan	Physiotherapist	Ext. 2232
Dr. Kamouna	Physician	Ext. 2221 (book with Lori)
Dr. Ezzat	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.*



*Our newsletters can be found in colour on the Grandview page of our website.*

*If you'd like to join the monthly email subscription list please email*

[\*kpotruff@haldimandcounty.on.ca\*](mailto:kpotruff@haldimandcounty.on.ca)

***This list is also a way for us to relay important notices to you by email immediately.***