

# Grand Viewpoints

Grandview Lodge's Resident & Family Newsletter  
January 2020

## Administrative Message

### 23 Hilarious Predictions About the Year 2020 That Are Way Off

Although these predictions did not come to fruition here is the good, the bad and the sometimes ugly truth about what 2020 has in store for those of us at Grandview Lodge.

1. Human feet will become just one big toe
2. We'll have ape chauffeurs
3. We'll live in flying houses
4. We'll eat candy made of underwear
5. C, X, and Q will not be part of the alphabet
6. We'll have both telepathy and teleportation
7. All roads will become tubes
8. Nobody will work and everybody will be rich
9. Mail will be sent via rocket
10. We'll finally make it to Mars
11. We'll wear antenna hats and disposable socks
12. Everything—even baby cradles—will be made out of steel
13. We'll be able to vote electronically from home
14. Everyone will stop drinking coffee and tea
15. Eating will no longer be necessary



### We want your feedback!

Some suggestions for home improvements that we've received:

- More activities in the main common areas of the home such as scheduled viewing of sporting events, movies, stand up comedy and music on the TV in the gathering room where residents can come together to view shared interests
- Convert the fireplace lounge into a nature room with a living wall of plants and a fish tank to create an inviting environment for people to gather
- Happy Hour in the afternoon in the games room



The goal of these activities is to bring people from all four home areas together to get to know one another and to promote the development of new friendships and to reconnect with old friends.

These are just some ideas that are in the very early stages of development but we want to hear from you!

**Your home, your choice!** Please let us know your thoughts and if you're interested in being part of the project development. Please see Jennifer Jacob if you have suggestions.

*Jennifer Jacob, Administrator*

**\*\*\*Expect to see 2019 Tax Receipts with February billing.\*\*\***

## From Your Friendly Nursing Department

### Understanding the Benefits of Sleep

Having an adequate nights sleep is important for all of us and especially for the elderly. Research has shown that a decrease in sleep is linked to cognitive decline and worsening of Alzheimer's disease. A recent study links lack of sleep to an accumulation of protein associated with brain damage. In a healthy brain, any harmful protein is cleared away while we sleep. However, if we don't sleep enough, the harmful proteins accumulate.



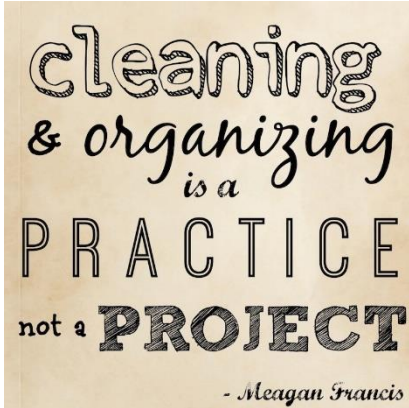
As these harmful proteins accumulate, they will also worsen our ability to receive a good sleep. Research suggests that Alzheimer's disease and dementia are intimately connected with sleep loss. Good sleep habits play an important role in brain health and potentially slowing or even preventing Alzheimer's disease. One study describes the brain during our sleep as 'undergoing night repairs'. During the time we are awake, our brain is not able to fully repair itself. This can be compared to busy highways which accumulate wear and tear during the daytime, it is most efficient to fix the potholes at night when the traffic is minimal. When we sleep well, we are in a better position to fight off illnesses and infection. A lack of sleep attributes to decrease in alertness and productivity, but can also cause us to have lapses in judgement and lack of patience, or become easily frustrated.

There are strategies that may help improve ones sleeping patterns, such as: following a regular sleep schedule, developing a bedtime routine, using low lighting, limiting electronics before bedtime, and avoiding large meals, caffeine and alcohol consumption at bedtime.

Everyone should do their best to get a good nights rest on a regular basis. Depriving ourselves from sleep, no matter of our age, is not a healthy option.

*Jelte Schaafsma, Director of Nursing*

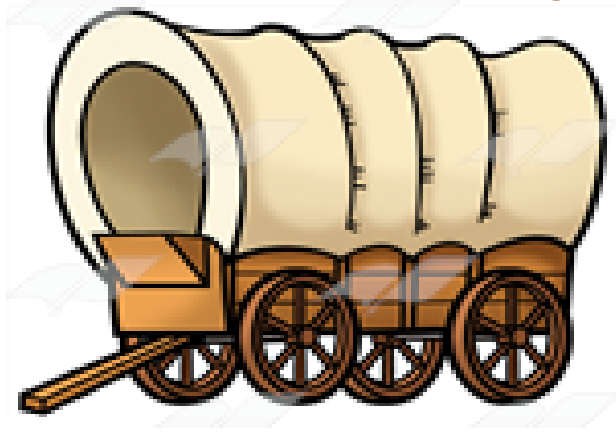
## Maintenance Knows Best!



It's a new year! Please take the time to go through your loved ones clothes and belongings and **purge things** they no longer want or need. Decluttering residents room gives them a less flustered environment and helps our housekeeping staff keep bedrooms clean and tidy. Thank you!

*Kellen Mowat, Facility Operations Supervisor*

## *The Welcome Wagon*



## Welcome to our new residents!

- **Doug Hines**

He had his own electrical company and enjoys horse races and baseball and hockey games.

- **Erich Lauszus**

Was in the German army and is a historian who loves to tell stories from his youth.

- **Iris Solomon**

Family has always been most important to her and she's also fond of chocolate!

- **Alma McDaniel**

Was married to Lloyd for over 50 years before he passed away. Lloyd used to be a resident in our old Magnolia Lane area.

**We're happy you joined the GVL family!**

## What's happenin' in Bridgeview ...

In the last month we've been busy in Bridgeview! We had the horticulture program and made some beautiful arrangements to bring back to their rooms. Horticultural therapy is been known to have positive benefits. It can improve sleep, agitation, and cognition in dementia patients. Horticulture therapy helps people learn new skills and regain lost skills. It's a restorative technique to improve memory, attention, sense of responsibility and social interaction. Residents really enjoy this program.



Bridgeview also decided to have PJ Day! Most of the staff and many residents had a great day in our cozy PJs. All of Grandview residents and staff are encouraged to participate in PJ Day January 3<sup>rd</sup>.



*Nicole Leeney, Recreationist*



**Please note: The Hair Salon will be closed Feb 3-4<sup>th</sup>.**

## Programs and Supports

December was quite the busy month. We had children's groups come in for visits, our family Christmas Gala, GrandErie Home Hardware in for residents to shop, special visits with Santa and many more wonderful programs. With this being my first Christmas here at Grandview, I just can't believe how wonderfully put together our **Christmas stocking program** is. The many donations that came in within the last two months is a testament to how caring of a community Dunnville is. I want to personally thank **all** our local businesses, community organizations, families, volunteers and staff for all their generous donations. This program would not be possible without the support of everyone. The program is led by volunteer Beth Rowland and it's amazing to see her dedication and the amount of time and she puts forward to make it all happen. Thank you to Beth and the many volunteers for making our residents Christmas morning extra special!

Julia Marchese from Julia's Bistro came to Grandview Lodge on December 13<sup>th</sup> to donate two **therapy dolls**, along with stuffed animals for all the residents on Creekview. Doll therapy can be very beneficial for residents with dementia. It often reduces aggression and anxiety, improves communication, reduces wandering and agitated behaviour and may also reduce or even eliminate the need for certain medications. Thank you to Julia for this wonderful donation!

### **VOLUNTEERS NEEDED!**

We are still looking for volunteers for our Tuck Shop and with our meal time partners program. If you're interested in volunteering at Grandview, please contact me, Amy Appel.

Our **Breakfast Club** will be starting back up again in January, please take a look at the dates below. Come on out and help the management team make breakfast with residents!

*Amy Appel, Programs Supervisor*

## **Happy Birthday to our January Residents:**

- Wyntje Browne
- Agnes Bruttocao
- Dan Devenny
- Sophie Levinski
- Gwen Makkai
- Lisa Whiteman
- Shirley Worrall





# SAVE THE DATE

# JANUARY

Look forward to this!

|        |                   |            |                          |
|--------|-------------------|------------|--------------------------|
| Jan 1  | New Years Day!    |            |                          |
| Jan 3  | PJ Day            |            |                          |
| Jan 8  | Rebecca Cole      | 1:00-4:00p |                          |
| Jan 9  | On the Wagon      |            | HV BV                    |
| Jan 14 | Elvis Party       |            | CV MV                    |
| Jan 15 | Bob's Place Lunch | 1:00-1:30p | CV MV                    |
| Jan 17 | Breakfast Club    |            | HV                       |
| Jan 20 | Ken Lighheart     | 2:00-3:00p | CV MV                    |
| Jan 23 | Residents Council | 10:00a     | Boardroom – all welcome! |
| Jan 23 | Family Council    | 2:00p      | Boardroom – all welcome! |
| Jan 23 | Second Hand News  | 2:00-3:00p | HV BV                    |
| Jan 29 | On the Wagon      | 2:-3:00p   | CV MV                    |
| Jan 31 | Breakfast Club    |            | BV                       |



## Farewell

With heavy hearts we said good bye to:

- “Molly” Kenny
- Sue Hettenga
- Lois Weir
- Donna Culp
- Harry Vanduyvenvoorde
- Anne Weaver

**You are missed.**

## Just for Fun!

# SPOT THE 5 DIFFERENCES





## Resident Feature

### Marie Graves, Bridgeview



Marie is our first resident feature of 2020! Marie has been with us since April. She was a daddy's girl and followed him everywhere. Her mother's name was Margaret – Marie believes she resembles her mother very much in the photo here with Santa. Marie was born and raised in Dunnville and lived in the area her whole life. She has one brother, Jack, who she speaks very fondly of. Jack is a member of On the Wagon, the musical group who performs here at Grandview. Jack visits with Marie a few times a week.



Marie's true love throughout her life is music, specifically singing and playing piano. She taught music at four different schools per day and taught private piano lessons in the evenings. Her Fridays were spent practicing choir at Grace United Church in Dunnville. She'd often sing at weddings on Saturdays and on Sundays she sang in the choir at church.

Every Christmas Marie helps staff who are carolling by playing the piano for us – thank you!

Marie has family working here at Grandview, her niece is nurse Jackie Cowan. Jackie said she remembers Marie's baking and jam jarring. Marie also enjoyed cooking and sewing. Now she likes to do puzzles and watch the feisty squirrel outside her window. Marie's very social and still keeps in touch with her many friends and is close to her family.



Marie is a very sweet, smart woman who has a gentle smile. Thank you for sharing your musical talent and wisdom with us!





## 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:**

|                     |           |
|---------------------|-----------|
| Megan Herkimer, HV  | Ext. 2301 |
| Nicole Leeney, BV   | Ext. 2303 |
| Gayle McDougall, CV | Ext. 2302 |
| Bev Little, MV      | 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  
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W: [www.haldimandcounty.on.ca](http://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](mailto:kpotruff@haldimandcounty.on.ca)*