

# Grand Viewpoints

## Grandview Lodge's Resident & Family Newsletter



**November 2020**

### Administrative Message

#### Keeping Our Residents Safe

The second wave of COVID-19 is upon us. There are significant increases in positive cases in our Province and just 60 minutes away from us; the Greater Toronto Area has been declared an endemic location for COVID-19. Closer to home, we are aware of a sudden and unexpected increase in positive cases and associated probable positive cases within the surrounding areas of Hamilton, Niagara, Brantford and Six Nations of the Grand River First Nations Reserve. Although the Haldimand Norfolk Health Unit continues to report a low number of positive cases, the current trend of a steady increase and the potential for community spread is concerning for Grandview Lodge.

On October 14, 2020, the Provincial Government implemented a change to Directive #3 related to Short Stay Absences, which include a requirement for the home to “approve” a short stay absence. In order to meet the Ministry of Health Directive, Residents and families must schedule all absences from the home with at least **24-hour's notice regardless of the day or time the absence is scheduled for**. This will provide the Home an opportunity to approve or deny the visit in accordance with the criteria set forward in the Directive. This will be in effect as of **November 1, 2020**.

Residents and/or family members will contact the Registered Staff on the Resident's home area and advise them of the date and time the absence will take place, the nature of the absence and the location in which the absence will take place. Once all information has been gathered and the absence is approved, family members may pick their Resident up at the front lobby where they will have to pass the screening questionnaire.

While this approach is somewhat more stringent than our previous approach, we believe it is important for the home to assume a more accountable role in monitoring resident absences while community spread is on the rise.

Please be advised that we will continue to balance the risk vs. benefit when it comes to our visitation policy during the pandemic, as we have since the beginning and in doing so, the policy is subject to change with very short notice. I believe that Grandview Lodge has demonstrated our commitment to keeping our Residents engaged with their families and support system throughout this journey and anticipate that should the time come again where we need to tighten our restrictions to visiting, that the home will do so with your full support.

Please continue to do your part by:

- Getting the flu shot
- Wearing a mask
- Maintain a social distance of 2 metres apart (6 feet) when out in public
- Avoid visiting endemic areas wherever possible
- WASH YOUR HANDS, WASH YOUR HANDS, WASH YOUR HANDS

If you have any questions or concerns, please do not hesitate to speak to a member of the GVL team.

Thank you.

*Jennifer Jacob, Administrator*



While we continue to struggle along this pandemic path, let us remember those who sacrificed so much before us and recognize those who continue to serve. Let us learn from their courage, commitment, determination and dedication to their fellow man. It is our turn to protect them.

Thank you to all of our veterans.



Hamilton Council on Aging

**Hamilton Council on Aging launches the Empowering Dementia-Friendly Communities project**

***A survey of persons living with dementia and their care partners in Hamilton and Haldimand***

MEDIA ADVISORY: October 15, 2020 HAMILTON, ON —The Empowering Dementia-Friendly Communities Project is a new initiative established to promote the awareness and development of dementia-friendly communities in Hamilton and Haldimand. The project is engaging persons living with dementia, care partners and the community to inform community specific recommendations and action plans and has received a generous contribution from the Public Health Agency of Canada, Dementia Community Investment Fund.

The project is seeking input from persons living with dementia in Hamilton and Haldimand and care partners to inform the next steps in creating dementia-friendly communities. **Running until November 6, persons living with dementia and care partners are encouraged to participate in the survey by going to [https://www.surveymonkey.com/r/HCOA\\_Survey](https://www.surveymonkey.com/r/HCOA_Survey)**

The Alzheimer Society of Canada indicates that there are more than 500,000 Canadians living with dementia today and this number will almost double by 2030<sup>1</sup>. It has been estimated that 255,000 people are currently living with dementia in Ontario<sup>2</sup> and approximately 12,000 people living with dementia in Hamilton and Haldimand<sup>3</sup>. The impact of dementia also affects families, friends, and whole communities. The survey is aimed to reach out to the 20,000+ people living with dementia and/or care partners, including family and friends, in Hamilton and Haldimand.

The Empowering Dementia-Friendly Communities project is a collaborative initiative, led by persons living with dementia, care partners, and a multi-agency team of organizations including the Hamilton Council on Aging, the City of Hamilton Seniors Advisory Committee, the Alzheimer Society of Brant, Haldimand Norfolk, Hamilton Halton, the GERAS Centre for Aging Research, Hamilton Health Sciences, Haldimand Norfolk Community Senior Support Services, Haldimand War Memorial Hospital, McMaster University and the Regional Geriatric Program central.

A Dementia-friendly Community is a place where people living with dementia are understood, respected and supported; an environment where people living with dementia will be confident that they can contribute to community life.

In addition to engaging the community, an exciting initiative of the Project is the *Faces of Dementia*, an awareness campaign to highlight stories of living with dementia. Essential to moving the needle towards inclusive and accessible communities is a shared understanding of the stigma, experiences, and opportunities for change in Hamilton and Haldimand.

The project is seeking diverse experiences and welcomes special accommodation requests from persons living with dementia and care partners, including requests for printed surveys. Please contact Cheryl at 905.529.7030 ext. 214 or email [survey@hamiltoncoa.com](mailto:survey@hamiltoncoa.com)

Community partners, persons living with dementia and care partners involved in the Project will be available for interviews upon request.

About PHAC: The Public Health Agency of Canada is providing funding to support this initiative. The project aligns with PHAC’s objective of improving the lives of Canadians living with dementia, as well as their family or friend caregivers.

Contact:

Jane Allison, on behalf of the Hamilton Council on Aging  
jane@dovetailcommunity.com/905-520-1745

<sup>1</sup> <https://alzheimer.ca/en/about-dementia/what-dementia/dementia-numbers-canada>  
<sup>2</sup> [https://files.ontario.ca/developing\\_ontarios\\_dementia\\_strategy\\_-\\_a\\_discussion\\_paper\\_2016-09-21.pdf](https://files.ontario.ca/developing_ontarios_dementia_strategy_-_a_discussion_paper_2016-09-21.pdf)  
<sup>3</sup> [https://www.sagelink.ca/sites/default/files/clinical-resources/dementia\\_projections\\_ontario.pdf](https://www.sagelink.ca/sites/default/files/clinical-resources/dementia_projections_ontario.pdf)

**What’s Cookin’ in Dietary?!**



As the weather is changing to being colder, so does our availability of seasonal fresh fruit and vegetables. Now we are ready for some comfort food as we stay inside more and relax with family. Some items on the winter menu are: cabbage rolls, lasagna, beef burgundy, beef pot roast, beef stew, stuffed peppers to name a few and don’t forget we serve soup every lunch. The menus were presented at Resident Council on Thursday October 29<sup>th</sup>.

*Gary Arenburg, Supervisor, Dietary Services*

## Welcome to Barbara Grohmann, RD

Hello Everyone. I'm very excited to join the Dietary team at Grandview Lodge as the Registered Dietitian.

I earned a Bachelor of Applied Science (BASc) in Nutrition and Food and a Master of Health Science (MHSc) in Nutrition Communications, both at Ryerson University. I've also completed the International Olympic Committee Sport Nutrition Diploma program in 2011 and am currently working towards a graduate certificate in Regulatory Affairs from Algonquin College.

Since becoming an RD, I have worked in long-term care and in food regulations on a project basis, providing advice and recommendations on Canadian food regulations to various international companies. As a consulting dietitian, I have provided permanent, temporary and vacation coverage in over a dozen different homes in Hamilton, St. Catharines, Paris, Cambridge, Sudbury, Espanola, and Manitoulin Island.

I volunteer with the College of Dietitians of Ontario by serving as an assessor for the Performance-Based Assessment (PBA) exam for Internationally Educated Dietitians and sitting on the Inquiries, Complaints and Reports Committee.

Food is so much more than just calories and nutrients; it's a big part of our traditions and the times we gather to celebrate, mourn and show our love, support and appreciation for one another. I am a strong believer in a food first approach to nutrition care and advocate for Residents' rights and quality of life.

I look forward to working closely with Gary & Kristen to provide Grandview Lodge Residents the best possible nutrition care.

## From Your Friendly Nursing Department

### *2020-2021 COLD and FLU-SEASON is upon us!*



It is that time of year again when a dramatic increase in coughs and sniffles appear in schools, workplaces and homes across the country. A cold or flu can negatively impact our work, productivity and quality of life. Influenza or the "Flu" and the common cold are viral respiratory infections (they affect the nose, throat and lungs). Viruses are spread from person to person through airborne droplets that are sneezed out or coughed up by an infected person. In other instances, viruses can also be spread when a person touches an infected surface such as a door knob, counter top or telephone and then touches his or her nose, mouth, eyes or ears. People infected with an influenza or cold virus become contagious 24 hours after the virus enters the body and often before symptoms appear. Adults remain infectious for about 6 days and children remain infectious for about 10 days. Keeping hands clean through improved Hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs. Please use our Hand Hygiene stations located at the entrance of the Home as well as in each resident room and in the dining rooms.

Are you getting your flu shot?

Each year an up-to-date vaccine is developed against the current strain of influenza. The vaccine works to build immunity to the virus, which reduces the likelihood of infection or the severity of the disease if the infection occurs. The more people who are vaccinated, the less the flu has a chance to spread across the population.

Now is the time to discuss vaccination against seasonal influenza with your Physician. It is never too early or too late to get vaccinated. Through the month of November, residents and staff will have the opportunity to receive their flu shot vaccine.

**THANK YOU SO MUCH FOR DEFERRING YOUR VISIT WHILE YOU ARE ILL!!**



*Kim Livingstone, ADON*

## Maintenance Knows Best!

The heating season is here again and it's time to talk about what can be done to help control our energy usage. For 2020 Grandview Lodge has a \$318,980 budget for natural gas and electricity. At this point it looks like we may fall a little short because of the extremely hot summer. In your own home the first things you would probably do is turn down the heat and shut off as many lights as you can. That's not possible at Grandview Lodge because the Long Term Care standards state that the areas occupied by Residents will be well-lit 24 hours a day and will have a minimum temperature of 22.5°C. With that being said, if everyone follows the tips below, a significant amount of energy will be conserved over a year's time ...

- ✓ Keep windows closed. One open window in a Resident's bedroom can affect the heating system for the entire area.
- ✓ If a window needs to be opened briefly in a Resident's room for any reason, the door to the room must be closed.
- ✓ Up to 50% of the lights can be shut off in the non-resident areas after hours.

Report any concerns of areas being too hot or too cold so corrective action can be taken.

*Kellen Mowat, Supervisor, Facility Operations*

## Programs and Support

Dear Family Members:

Grandview Lodge is seeking new members for its existing Family Council.

Family Council is a mandated advisory group, governed by the Ministry of Health and Long-Term Care. Family Council provides assistance, information and advice to residents, family members of residents or persons of importance to residents and investigates concerns. Grandview Lodge is dedicated to the promotion and improvement of the health, welfare and happiness of all Residents within our Home.

The overall goal of the Family Council is to act on behalf of the residents to ensure that care is provided to meet the residents highest quality needs; both medical and psycho-social. Here are some of the ways that Family Council does this:

- Supporting new families and Residents by offering to be a resource for them.
- Enhancing the quality of life for our Residents.
- Facilitating education and information events on topics which relate to long-term care.
- Allowing families to give each other support, encouragement and information.
- Providing an outlet for families to express their concerns or ideas.
- Promoting two-way communication between families and the Home.
- Attending and become actively engaged in Region 4 Family Council Network.

Meetings usually occur monthly for approximately one hour. During COVID, we can meet virtually. The safety of our residents, staff and family is a huge priority and we would love for you to be a part of our wonderful Family Council.

If interested or if you would like additional information, please contact Amy Appel, Supervisor, Programs & Support at ext. 2233 or by e-mail at [aappel@haldimandcounty.on.ca](mailto:aappel@haldimandcounty.on.ca).

We look forward to hearing from you!



*Amy Appel, Supervisor, Programs & Support*



## What's happenin' in Marshview...



Although Halloween might have looked different this year, our spirits were still bright. The Marshview unit was busy decorating, and making crafts for centrepieces for the tables. We were also trying to find all the hidden items that were placed in the gardens! Keep an eye out as you might be the lucky one to see a hidden creature within the unit. Hope everyone had a Safe and Happy Halloween!!



*Megan Herkimer, Therapeutic Recreationist*



- 3<sup>rd</sup> Breakfast Club – Hillview
- 10<sup>th</sup> Breakfast Club - Bridgeview
- 11<sup>th</sup> Remembrance Day
- 19<sup>th</sup> Breakfast Club – Marshview
- 26<sup>th</sup> Breakfast Club - Creekview



### To our November residents!

- Ula Bartlett
- Philip Boadwin
- Dirkje Krebs
- Alma McDaniel
- Eric Nylund
- Frances Pickell
- Phyllis Williamson



### Welcome to our new residents!

- Margaret White
- Peter Dunlop



*By Charles Magill, Reader's Digest Canada*

Updated: Oct. 28, 2019

**More than a hundred years after its creation, John McCrae's poem "In Flanders Fields" lives on as a cornerstone of Remembrance Day.**

### **John McCrae, The Man Who Wrote "In Flanders Fields"**

Early on the morning of May 3, 1915, John McCrae sat wearily near his field dressing station, a crude bunker cut into the slopes of a bank near the Ypres-Yser Canal in Belgium. A Canadian military surgeon, he had been at the French line for 12 days under incessant German bombardment, and the toll of dead and wounded had been appalling.

From his position on the road along the canal running into Ypres, McCrae wrote: "I saw all the tragedies of war enacted. A wagon, or a bunch of horses, or a stray man, would get there just in time for a shell. One could see the absolute knockout; or worse yet, at night one could hear the tragedy, a horse's scream or the man's moan."

The previous night he had buried a good friend, Lt. Alexis Helmer of Ottawa, blown to pieces by a direct hit from a German shell. Now, as he sat in the early morning sunshine, he could hear the larks singing between the crash of the guns. He could see the rows of crosses in a nearby cemetery.

The field where the cemetery lay was thick with scarlet poppies, their dormant seeds churned up by the guns, blooming despite-or because of-the carnage. McCrae took in the scene and quickly wrote a 15-line poem. Speaking as from the dead to the living, "In Flanders Fields" was to become the most famous poem of the Great War—perhaps of any war.

John McCrae's family had long shown a penchant for military service and poetry. Back in their native Scotland, McCrae's had fought against the English in the 1715 and 1745 rebellions. From 1688 to 1693, they had compiled the famous Fenaig manuscript, containing Gaelic poetry by them and others.

McCrae's father, David, showed more interest in the militia than in the family wool business in Guelph, Ontario. He organized a local artillery battery in response to the Fenian raids from the United States in 1866 and subsequently served with the regular army.

McCrae was born in Guelph on November 30, 1872. His mother, Janet, loved to read poetry to the boy and his brother and sister.

Young McCrae joined the Highland Cadet Corps at Guelph Collegiate Institute and later entered his father's militia unit as a bugler, then became a gunner. He was also a talented student, winning a scholarship at 16 to study at the University of Toronto.

That's where he had his first encounter with death. On March 15, 1890, he wrote to his mother about the loss of a sweetheart, 19-year-old Alice McRae, from typhoid fever. "I have been reading 'In Memoriam,'" he wrote, "and always find myself substituting 'my girlfriend' for the 'Arthur' of the poem." Perhaps because of his love for Alice, McCrae never married.

### **How "In Flanders Fields" Came to Be Written**

In 1899, McCrae took up a fellowship in pathology at Montreal's McGill University. He had barely acclimatized himself to his new duties when military service called again. Volunteers were being sought for the Boer War, and McCrae was quick to offer himself.

He went not as a medical man but as a lieutenant with an artillery unit, spending the better part of a year in South Africa, much of it in fruitless treks as the British forces pursued the elusive Boers. But he did see action and earned a reputation as a clever and popular officer.

Back in Montreal in 1901, he plunged into his medical work as a resident assistant pathologist at the Montreal General Hospital. He was popular with students and staff alike and had, according to his friend and colleague Andrew McPhail, a smile that was "ineffable. It filled the eyes and illumined the face." Six feet tall and 180 pounds, McCrae nonetheless walked, said McPhail, "as if he were about to dance".

In demand at dinner parties, he seemed to have an endless fund of yarns suitable for every occasion. Once, after he had accompanied the Governor General on a lengthy northern trip, some of it by canoe, Lord Grey remarked, "We travelled 3,000 miles, and McCrae had a story for every mile".

By 1914, McCrae was at the top of his profession. In July, he finished editing the second edition of a pathology textbook he had co-authored. When war was declared, he was attending a conference in Britain.

From there, he cabled an old Boer War comrade and offered his services. He was appointed surgeon to the 1st Brigade, Canadian Corps Artillery, with the rank of major and second in command. McCrae's South African experience had left him with no illusions about what was in store. Before taking up his post, he wrote his sister: "Out on the awful old trail again! And with very mixed feelings, but some determination."

After a miserably wet winter on Salisbury Plain in England, his unit sailed for France in February 1915. On April 20, the Canadian division to which McCrae's unit belonged was ordered to relieve a French division in the Ypres Salient.

On May 2, he wrote to his mother: "Heavy gunfire again this morning. Lieutenant H. was killed at the guns. I said the Committal Service over him as well as I could from memory. A soldier's death!"

The next morning he wrote "In Flanders Fields."

### The Enduring Popularity of "In Flanders Fields"

McCrae sent his poem to *The Spectator*, a British weekly magazine, which rejected it. The piece was finally published, anonymously, on December 8 in *Punch*, Britain's leading satirical magazine.

The verses caught on quickly with soldiers and civilians alike. Wrote Macphail, then serving at the front: "The soldiers have learned it with their hearts, which is quite a different thing from committing to memory. It circulates, as a song should circulate, by the living word of mouth, not by printed characters."

McCrae's poem was reprinted and quoted widely throughout the British Empire and the United States. It was used on billboards advertising the sale of the first Victory Loan Bonds in Canada in 1917, helping to raise the astonishing sum of \$400 million. It figured prominently in the Canadian general election of that year, when conscription was a major issue.

But McCrae's experiences at Ypres had altered him irreparably. John F. Prescott, the author of his 1985 biography, wrote: "He was never again the optimistic man with the infectious smile. His friends spoke of his change in temperament in subdued voices, feeling, as one said, that an icon had been broken." His inseparable companions were his horse, Bonfire, who had accompanied him to the front, and his dog, Bonneau, an adopted war orphan.

On January 24, 1918, McCrae received word that he had been appointed consulting physician to the British armies in France—the first Canadian to achieve that rank. But by then his health was failing. He had suffered from asthma most of his life, but the condition had been exacerbated by the poison gas used by the Germans at Ypres. That night, he took to his bed with a headache and the next day diagnosed himself with pneumonia. He was transferred to a military hospital at Wimereux, just up the coast from Boulogne, France.

At 1:30 a.m. on January 28, McCrae died of double pneumonia and meningitis. The following day he was buried with full military honours in the Wimereux cemetery. Bonfire led the parade decked in white ribbon, with McCrae's riding boots reversed in the stirrups. A hundred nursing sisters in cap and veil stood in line at the cemetery. One later wrote, "To the funeral all came as we did because we loved him so."

## THE MONTH OF NOVEMBER

November, the 11th month of the year, has 30 days and marks the beginning of the winter holiday season for most folks, even if the [winter solstice](#) doesn't occur until late December.



### "Just for Fun" Dates in November

November is Banana Pudding Lovers Month—who knew? Here are some more wacky celebrations to look forward to:

- **Nov. 1:** National Cook for Your Pets Day
- **Nov. 3:** Zero-Tasking Day
- **Nov. 9:** National Scrapple Day
- **Nov. 16:** National Button Day
- **Nov. 21:** World Hello Day
- **Nov. 23:** Fibonacci Day



## 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
Gary Arenburg	Dietary Supervisor	Ext. 2228
Kristen VanKuren	Dietary Supervisor	Ext. 2237
Barbara Grohmann	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, <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)

***Upon request, the Director of Nursing may attend Physician appointments held at Grandview Lodge.***

**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
Martina Collingridge	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 [mcollingridge@haldimandcounty.on.ca](mailto:mcollingridge@haldimandcounty.on.ca)*

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

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