



Grand Viewpoints

Administrative Message for January 2021

The beginning of a new year is often filled with anticipation and possibility. It is a time of year when we look to the future, set goals and make plans.

In 2021 GVL's main goal is to safely reconnect residents with family and friends, to get back to some sort of normalcy and to open our doors to our community. We are optimistic that with the roll out of the COVID-19 vaccinations, these goals can be achieved.

We have not received any information on when Grandview Lodge can expect to receive doses of the vaccine however we are preparing for the administration process so we are ready to inject upon arrival. In an effort to plan for the vaccine we will need to provide the Ministry of Health with an estimated number of vaccinations required; for this reason each Resident/POA and staff member will be asked to declare their intent. Consent forms will be drafted and we will make arrangements for signature.

The vaccine is not mandatory however it is highly recommended for our LTC population and the caregivers who work so closely with them. I know there may be some trepidation in taking the vaccine and I simply ask that you do your due diligence in researching factual information from reliable sources prior to making a final decision. I know I will definitely be rolling up my sleeve.

Following this message is some information on the Pfizer vaccine. At this time we do not know which vaccine will be available to our home. However, once we receive information on the Moderna vaccine, we will share it with you also.

Wishing you all a Happy New Year!

***Jennifer Jacob,
Administrator***



Information Sheet for Pfizer-BioNTech COVID-19 Vaccine COVID-19 mRNA Vaccine, Suspension for Intramuscular Injection

This sheet provides an overview of the vaccine. Please refer to the product monograph at:
<https://covid-vaccine.canada.ca/info/pdf/pfizer-biontech-covid-19-vaccine-pm1-en.pdf>

Dec 17, 2020

How does Pfizer-BioNTech COVID-19 Vaccine work?

- The vaccine causes the body to produce protection (such as antibodies) that prevent the COVID-19 virus from entering cells.
- The vaccine uses a new method (messenger RNA - mRNA, the genetic code for a piece of the virus) to help the body to protect against the virus.
- mRNA vaccines do not contain the live virus.
- The vaccine is given by injection with a needle in the upper arm and will require two doses given 21 days apart.
- COVID-19 cannot be acquired solely by the administration of the vaccine.

Based on studies in about 44,000 participants, the Pfizer-BioNTech COVID-19 vaccine was **95% effective** in preventing COVID-19 beginning one week after the second dose.

As with any vaccine, Pfizer-BioNTech COVID-19 Vaccine may not fully protect all those who receive it. Even after both doses of the vaccine have been administered, it is important to continue to follow the recommendations of local public health officials to prevent spread of COVID-19.

Who should not receive Pfizer-BioNTech COVID-19 Vaccine?

- Those with a history of allergy to any of the ingredients in this vaccine.
- Presence of any symptoms that could be due to COVID-19. Seek advice from a healthcare professional to determine eligibility to receive the vaccine.
- People under 16 years old, pregnant women and immunocompromised people are not recommended to get the vaccine at this time.

Additional precautions to consider (consult with your healthcare provider)

- Complications following previous administration of Pfizer-BioNTech COVID-19 Vaccine such as an allergic reaction or breathing problems.
- Presence of a weakened immune system.
- History of bleeding problems, easy bruising or use of a blood thinning medication.
- Pregnancy, suspected pregnancy or planning to become pregnant.
- Currently breast-feeding.
- COVID-19 vaccines have not yet been tested in people under 16 years old, pregnant women or those with immunocompromising conditions.

Dosage form

White to off-white suspension (once diluted) provided in a multiple dose vial of 5 doses. After dilution, the vial contains 5 doses of 0.3 mL, with 30 micrograms mRNA each.

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Ingredients

Medicinal ingredient: mRNA

Non-medicinal ingredients:

- ALC-0315 = ((4-hydroxybutyl)azanediyl)bis(hexane-6,1-diyl)bis(2-hexyldecanoate)
- ALC-0159 = 2-[(polyethylene glycol)-2000]-N,N-ditetradecylacetamide
- 1,2-Distearoyl-sn-glycero-3-phosphocholine
- Cholesterol
- Dibasic sodium phosphate dihydrate
- Monobasic potassium phosphate
- Potassium chloride
- Sodium chloride
- Sucrose
- Water for injection

Possible side effects

If a patient experiences a side effect following immunization, please complete the Adverse Events Following Immunization (AEFI) Form applicable to the province/territory and send it to the local Health Unit.



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GRANDVIEW LODGE

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Mission Statement:

“With comfort, compassion and care, Grandview Lodge Community supports a meaningful life for residents.”

Contact us:

MANAGEMENT:

Administrator

Jennifer Jacob Ext 2224

IPAC Coordinator

Dana Swan Ext 2229

Supervisors, Dietary Services

Gary Arenburg Ext 2228

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ADMINISTRATION:

Resident Services Clerk Ext 2221

Accounts Clerk Ext 2222

Administrative Assistant Ext 2223

NURSES STATIONS:

Bridgeview Ext 2238

Creekview Ext 2262

Hillview Ext 2247

Marshview Ext 2261

RECREATIONISTS:

Nicole Leeney, HV Ext 2303

Bev Little, CV Ext 2200

Gayle McDougall, BV Ext 2302

Megan Herkimer, MV Ext 2301



With heavy hearts we
said goodbye to:

Ken Mustard
Shirley Worrall
Bill Dowling

Physicians

Dr. Kamouna Attending Physician/Medical Director
Dr. Ezzat Attending Physician

Upon request, the Director of Nursing may attend
Physician appointments held at Grandview Lodge. Please
see the registered staff in your home area.

The following services are available at Grandview Lodge:

Khurram Khan	Physiotherapist
Bobbi-Jo Biggley	Hairdresser & Barber
Lisa Mederios, RPN	Foot Care
Dr. McDonough	Dentist
Vicki Lance, EDH	Dental Hygienist

For more information regarding the above services
or to book transportation for an off-site medical
appointment (we have a van, fees apply), please call
Lori Beale, 905 774-7547, ext. 2221.



What's happening in Hillview?

We all worked hard around Hillview to get ready for Christmas. The residents loved helping decorate.

Nicole Leeney, Hillview Recreationist



Some of the men have been working hard painting in the Men's Shed.

When the weather gets nice again we will be putting the bird houses out in the garden.



Resident Calendar Dates

Breakfast Club will be starting back up again in January please take a look at the dates below.

January 12th Hillview Breakfast Club

January 26th Bridgeview Breakfast Club

Next Residents' Council Meeting is January 28th at 10:00 a.m., starting in Marshview first, all Residents are welcomed to attend.

Next Family Council Meeting (virtual) is January 28th at 2:00 p.m. in the boardroom, all families are welcomed to attend.

Programs and Support



Well this past year has been quite the one to remember. We faced and overcame many challenges last year. Recreation's role has seen many changes since COVID and one very important role has been to connect family with their loved ones. We are still currently in the ORANGE-restrict local public health level, only Essential Caregivers are able to visit at this time. Recreation will still provide window visits, Zoom sessions and phone calls if you are not able to make it at this time. Please contact your home area recreation team member to set this up.

Creating a safe and fun festive season during COVID certainly brought out the creativity in everyone. Our Winter Wonderland light tour was a HUGE success. Our community and staff graciously donated Christmas lights and decorations to make Winter Wonderland look absolutely beautiful! Thank you to everyone who took the time out of their busy schedules to help make both nights so special for our residents.



Our community has been so supportive of Grandview Lodge over the course of last year and everyone was extremely generous with our stocking program. The many donations that came in 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 have been possible without the support of everyone. I also want to send out an ENORMOUS thank you to Beth Rowland who has kept this

program running for many years. This past year was met with some challenges that Beth had to overcome however she took everything in stride and continued to make Christmas a very memorable one for all! We can't thank you enough Beth!



Amy Appel, Supervisor, Programs & Support

Dietary Services

The holiday season requires special meal planning and extra work in the kitchen, this was the case for us here in the Grandview kitchen. This year we decided to do our own Christmas baking for our Winter Wonderland/gala nights and the residents were provided with treats like Festive Rolled cookies, gingerbread, mince meat tarts and shortbread.

As we head into a new year, we have also introduced a new fall & winter snack rotation with new items that I am sure anyone would like; potato chips, maple cookies, and shortbread swirl cookies just to name a few.

One of the new items on our Main Menu, wieners and beans (which residents love), has great health benefits.

For example three benefits of having Beans in your diet are:

1. Beans provide protein, fiber, iron, and antioxidants that can make them a healthful addition to the diet. People should increase their intake of beans gradually to reduce the risk of intestinal discomfort.
2. Beans provide the body with soluble fiber, which plays an important role in controlling blood cholesterol levels. The U.S. Department of Health and Human Resources says that 5 to 10 grams of [soluble fiber](#) a day—the amount in 1/2 to 1 1/2 cups of navy beans—reduces LDL cholesterol by about 3 to 5 percent. Beans also contain saponins and phytosterols, which help lower cholesterol.
3. A serving of beans will help you feel full more quickly because the rich fiber content fills your stomach and causes a slower rise in [blood sugar](#), according to a 2016 study in *Experimental and Therapeutic Medicine*. That should stave off hunger longer and give you a steady supply of energy.

So don't knock having such a simple but delicious menu item as Beans in your diet, as well to help keep you healthy.

Gary Arenburg, Supervisor, Dietary Services

Facility Operations

As we look forward to 2021 and continue to be diligent with our infection control practices, it is very important, when bringing in new and/or unlabeled articles of clothing, to clearly label the bag/box, and drop them off at the front entrance. The Homes' Screener or Admin staff will retrieve the package, and arrange to have it taken to laundry for labelling. Please be patient as at this time of year there is a large influx of clothing to be labelled by our Laundry staff.

Our Environmental Services staff continue the effort to combat Covid-19 into 2021, and other unwelcome microorganisms, as we keep our focus on cleaning/disinfecting "high-touch" areas throughout the Home. Together we are all working toward a higher standard of disinfecting to ensure the safety of Grandview Lodge, it's Residents and staff.

With winter upon us, please don't hesitate to contact the Environmental Services department should you see an area requiring snow removal or salting.

Kellen Mowat, Supervisor, Facility Operations

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HAPPY
BIRTHDAY

Winifred Gallant



Welcome to these Residents!

Joan McEachern
Margaret Cushenan

Happy Birthday
to these
Residents for January!

Wyntje Browne
Agnes Bruttocao
Dan Devenny
Josephine Gillespie
Sophie Levinski
Mary Middler
Lisa Whiteman



Nursing

At the writing of this piece, we are very close to the end of the year 2020. Together with most of you, I am very much looking forward to a New Year. We have been through a stressful, hectic and unprecedented year. Many of our residents have told me that this has been the most challenging time of their long life. During 2020, our team at Grandview Lodge has been challenged in a very new and demanding manner. Our nursing team has stood strong for, and with our most vulnerable residents.

Many of our staff have worked countless hours to accommodate all of the extra hours required. Donning and doffing Personal Protective Equipment (PPE) became an exhausting reality during the outbreak scares in the spring, and again during our COVID-19 outbreak several weeks ago. Through it all, I can say with confidence and pride that our nursing team displayed resiliency, dedication, and compassion toward our residents and each other.

At Grandview Lodge, we feel fortunate to get to know so many people who bless us with their knowledge and experiences. Some of the residents make us laugh and smile, some evoke emotions of compassion and empathy. This past year we have also had to say goodbye to the wonderful residents that we lost. In these past few months, we have seen the hardship and pain that goes along with family and couple separation. Spouses that continue to visit daily, albeit through a window. The dedication and commitment to loved ones inspires each one of us on a daily basis. It was said to me that we have "a front row seat to so many kind and interesting people".

We are looking forward to better times ahead! Long Term Care seems to have finally received some much needed attention. It appears that the government's attention to providing the necessary resources of more time, energy and money are finally flowing into the long term care sector. Provincial, National, and Municipal governments are focussed on long term care and echoing the calls for additional resources. We will take full advantage of every opportunity for the benefit of our residents and our community.

We are thankful for our staff, our community, and Haldmand County for the support that we continue to receive. Despite the negativity about Long Term Care in the media reports, we have received full support from our community. This support is what helps to build and strengthen the dedication and love for Grandview Lodge. Our infection control practices have recently been reviewed by Red Cross experts. These experts commended us for our thorough infection control practices and policies, stating that it was the best they had seen. We continue to learn and grow in our work and take pride in being the best in what we do 24-hours a day, 7-days a week. It is all about our residents.

Jelte Schaafsma, Director of Nursing

**Best wishes for a happy and fulfilling
New Year!**

