

April Showers  
Bring  
May Flowers

# Grand Viewpoints

April 2021

## Administrator's Message

### Grandview Lodge Loves A Good Party!

**...and just like at home, there is always that one person with a camera!**

Throughout the year during parties and events, as well as fun day-to-day activities, Grandview Lodge loves to capture moments through photos or videos – and we love to share these images to celebrate and share with our Long Term Care Family.

We also occasionally share images and videos of events with the public to promote awareness of what's happening in our home.

During the admission process, residents and families are provided an opportunity to express their **wishes for complete confidentiality or disclosure of the following for public knowledge:**

- Name
- General information about overall condition (no specific health information will be shared)
- That they live at Grandview Lodge

We also use this information, as well as the resident's or visitor's participation or demonstrated refusal, as an implied consent to include them or omit them from our pictures or videos that we share with the public. This specifically relates to group and social activities. If staff are capturing moments and a resident or visitor objects to having their image captured, we will respect that wish. We are also committed to ensuring the message we send is dignified, meaningful and positive.

Often, Grandview Lodge is asked to present our home and care model at conferences and training/education sessions. It's always best to include photos and videos during these presentations because "seeing is believing" for so many people. In these cases, when it's formalized and related to a care model which may discuss therapeutic benefits, explicit consent will be obtained through a direct conversation with the resident and/or family.

If at any time a photo or video is offensive to you or sharing of them is unappreciated, they will be removed without question upon the request of the resident or their representative.

Thank you all for being the Stars of our Show!

*Jennifer Jacob,  
Administrator*

### Resident Right #9 – Participation in decisions

"Every resident has the right to have his or her participation in decision-making respected."

In other words... You have the right to be involved in decision-making about all aspects of your life in the home. You get to make the decisions about your treatment or care. (There is more information about this in Resident Right #11.) In other decisions about life in the home, such as what is on the menu, or what entertainment will be available at the home, you may not have the final decision. But you still have the right to express your opinion or your wishes and to be involved in the decision-making.

The home should respect your right to participate by:

- making sure you are told about any changes they are considering,
- giving you all the information you need to help you understand the issues,
- giving you a chance to speak
- listening to what you have to say, and
- trying to make room for your wishes.

Other parts of the Residents' Bill of Rights talk about your right to make certain decisions for yourself or to take part in decision-making in other areas. Right #9 is a reminder that, in all these areas, your opinions and your right to participate must be respected.

## **Nursing Department**

### The other health emergency:

Worldwide, around 50 million people have dementia and, with one new case every three seconds, the number of people with dementia is set to triple by 2050. The increasing numbers of people with dementia, its significant social and economic impact and lack of curative treatment, make it imperative for countries to focus on reducing modifiable risk factors for dementia.

We know that dementia impacts the lives of many Canadians. Three-quarters of those responding to the Public Health Agency of Canada's 2020 baseline survey say they have known someone living with dementia, while about one-third have provided care or assistance within the last five years to someone living with dementia, often a close family member or friend.

Dementia is a syndrome – usually of a chronic or progressive nature – in which there is deterioration in cognitive function (i.e. the ability to process thought) beyond what might be expected from normal aging. It affects memory, thinking, orientation, comprehension, calculation, learning capacity, language, and judgement. Consciousness is not affected. The impairment in cognitive function is commonly accompanied, and occasionally preceded, by deterioration in emotional control, social behaviour, or motivation.

While there is no curative treatment for dementia, the proactive management of modifiable risk factors can delay or slow onset or progression of the disease. In May 2017, the Seventieth World Health Assembly endorsed a Global Action Plan on the Public Health Response to Dementia 2017–2025, urging Member States to develop, as soon as feasible, ambitious national responses to address this challenge. Dementia risk reduction is one of the seven action areas in the global action plan.

Here is a summary of what the World Health Organization (WHO) has shared:

- Physical activity interventions should be recommended to adults with normal cognition to reduce the risk of cognitive decline. Physical activity may be recommended to adults with mild cognitive impairment to reduce the risk of cognitive decline.
- Tobacco cessation interventions for tobacco cessation should be offered to adults who use tobacco since they may reduce the risk of cognitive decline and dementia in addition to other health benefits.
- Nutritional interventions such as the Mediterranean-like diet may be recommended to adults with normal cognition and mild cognitive impairment to reduce the risk of cognitive decline and/or dementia. A healthy, balanced diet should be recommended to all adults based on WHO recommendations on healthy diet.
- Interventions for alcohol use disorders aimed at reducing or ceasing hazardous and harmful drinking should be offered to adults with normal cognition and mild cognitive impairment to reduce the risk of cognitive decline and/or dementia in addition to other health benefits.
- Cognitive training may be offered to older adults with normal cognition and with mild cognitive impairment to reduce the risk of cognitive decline and/or dementia.
- Social activity, participation and social support are strongly connected to good health and wellbeing throughout life and social inclusion should be supported over the life-course. (May not amount to reduction of risk of cognitive decline/dementia.)
- Weight management Interventions for mid-life overweight and/or obesity may be offered to reduce the risk of cognitive decline and/or dementia.
- Management of hypertension should be offered to adults with hypertension according to existing WHO guidelines.
- Management of diabetes mellitus in the form of medications and/or lifestyle interventions should be offered to adults with diabetes according to existing WHO guidelines.
- Management of high cholesterol at mid-life may be offered to reduce the risk of cognitive decline and dementia.
- Management of depression in the form of antidepressants and/or psychological interventions should be provided to adults with depression according to existing WHO mhGAP guidelines. (May not amount to reduction of risk of cognitive decline/dementia.)
- Management of hearing loss should be offered to older people in the form of screening followed by provision of hearing aids for timely identification and management of hearing loss, as recommended in the WHO ICOPE. (May not amount to reduction of risk of cognitive decline/dementia.)

Here are some other links to resources available to educate ourselves about the signs and symptoms of dementia:

<https://www.who.int/news-room/fact-sheets/detail/dementia>

<https://alzheimer.ca/sites/default/files/documents/PHAC-A-dementia-strategy-for-Canada-2020-annual-report.pdf>




Canada's own Strategy is outlined here:

**A DEMENTIA STRATEGY FOR CANADA**  
*Together We Aspire*

**Vision**  
A Canada in which all people living with dementia and caregivers are valued and supported, quality of life is optimized, and dementia is prevented, well understood, and effectively treated.

**Principles**

- Quality of life
- Diversity
- Human rights
- Evidence-informed
- Results-focused

National Objectives	Areas of Focus
 Prevent dementia	<ol style="list-style-type: none"><li>1. Advance research to identify and assess modifiable risk and protective factors</li><li>2. Build the evidence base to inform and promote the adoption of effective interventions</li><li>3. Expand awareness of modifiable risk and protective factors and effective interventions</li><li>4. Support measures that increase the contribution of social and built environments to healthy living and adoption of healthy living behaviours</li></ol>
 Advance therapies and find a cure	<ol style="list-style-type: none"><li>1. Establish and review strategic dementia research priorities for Canada</li><li>2. Increase dementia research</li><li>3. Develop innovative and effective therapeutic approaches</li><li>4. Engage people living with dementia and caregivers in the development of therapies</li><li>5. Increase adoption of research findings that support the strategy, including in clinical practice and through community supports</li></ol>
 Improve the quality of life of people living with dementia and caregivers	<ol style="list-style-type: none"><li>1. Eliminate stigma and promote measures that create supportive and safe dementia-inclusive communities</li><li>2. Promote and enable early diagnosis to support planning and action that maximizes quality of life</li><li>3. Address the importance of access to quality care, from diagnosis through end of life</li><li>4. Build the capacity of care providers, including through improved access to and adoption of evidence-based and culturally appropriate guidelines for standards of care</li><li>5. Improve support for family/friend caregivers, including through access to resources and supports</li></ol>

**Pillars**

Collaboration • Research and innovation • Surveillance and data • Information resources • Skilled workforce

For more details please follow this link:

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/dementia-strategy.html>



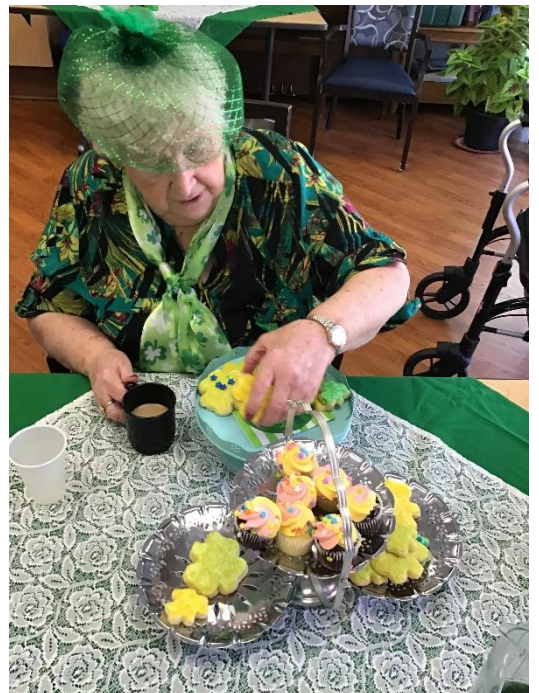
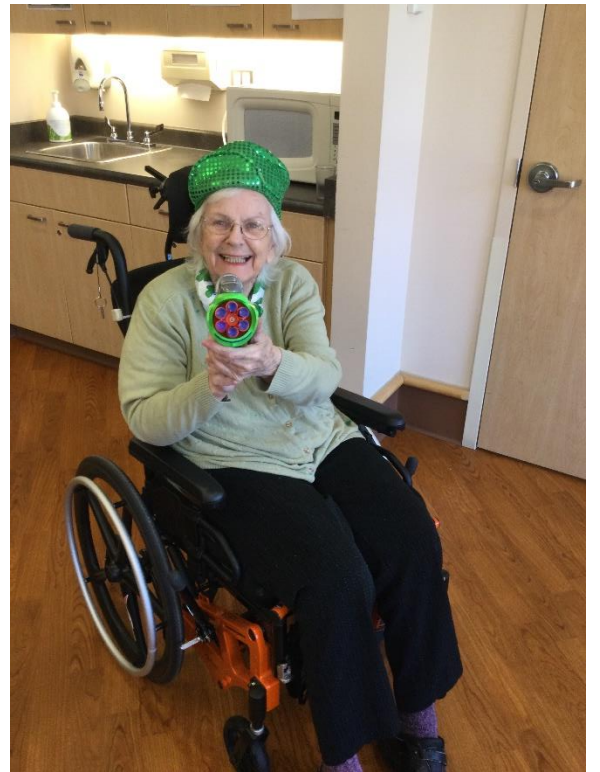
Emma sure has a green thumb!

*Kim Livingstone,  
Assistant Director of Nursing*

Some St. Patrick's Day Treats!









## What's Happening in Creekview

### Providing Social Roles

The residents in Creekview have been very busy. We have developed a decorating committee that helps prepare items for holidays and special events. They have contributed in such ways as assisting with filling out valentines and decorating beverage carts for Tim Horton's Day & St. Patrick's Day. They also assist with decorating the bulletin boards in the unit each month. These social roles encourage the residents to carry out roles that they did prior to their admission and to contribute to their home environment by expressing their creativity, and by working cooperatively.



*Bev Little  
Recreation Programmer*

## What's Happening? in April

- 9<sup>th</sup> • Easter Colouring Contest winners announced
- 14<sup>th</sup> • Shuffle Bowl with Denny (MV) 10:00 a.m.
- 16<sup>th</sup> • Take me out to the ball game! Help us celebrate the official opening day of baseball!
- 22<sup>nd</sup> • Resident Council meeting 10:00 a.m.
- Shuffle Bowl with Denny (HV) 10:00 a.m.
- Family Council meeting 3:00 p.m.
- 23<sup>rd</sup> • Shuffle Bowl with Denny (BV)
- 30<sup>th</sup> • Shuffle Bowl with Denny (MV)

# The Value of One, The Power of Many

**April 18-24, 2021**

The National Volunteer Week theme for 2021, **The Value of One, The Power of Many**, reflects on the awe-inspiring acts of kindness by millions of individuals AND the magic that happens when we work together toward a common purpose. This past year, we have seen people supporting family, friends, neighbours, and strangers; people standing up to systemic racism, and people sharing insights on how to create a more just and equitable society. We recognize the value of the caring and compassion that each one has shown another, and we recognize the power of people, organizations, and sectors working together.



**#VolunteersBringChange** in many ways, so what does the "The Value of One, The Power of Many" mean to you?

National Volunteer Week is a time to celebrate, recognize and thank volunteers, and to create awareness for the important work millions do across Canada!

At Grandview Lodge, we are so fortunate to have amazing supportive volunteers. This past year, we have had our life in long term care turned upside down. At certain times, we were unable to have volunteers assist but every time we were able to have volunteers come back, they were all more than willing to help out in any way possible. Many stepped up to help with new volunteer roles due to the COVID-19 pandemic. Assisting with screening staff/visitors and helping run our outdoor visits so that family could connect with their loved ones, are just a few of the newer opportunities. Without Beth Rowland tirelessly working behind the scenes and connecting with community organizations, our stocking program would not have been able to happen. We had one of our most successful years with our stocking program, even in the midst of outbreaks and new protocols that had to be put in place. We are now getting back to our tuck shop being open and the residents are loving being able to go down and purchase items again and visit with our volunteers that they have missed. It has been so wonderful to see Denny come back and run our popular Friday morning Shuffle Bowl program. Unfortunately, this year we can't get together for our annual luncheon to celebrate our volunteers' wonderful contributions. However, we will find alternative ways to celebrate virtually as we certainly all want to send a BIG thank you from the bottom of our hearts for the amazing work that our volunteers do and what they continue to do under these stressful times. From April 18<sup>th</sup> – 24<sup>th</sup> please take a moment to thank one of the many volunteers for their continued support of Grandview Lodge.

*Amy Appel,  
Supervisor, Programs and Support*



**Dietary Services**

On March 17<sup>th</sup>, we celebrated Nutrition Month. This year’s theme centred on the idea that healthy eating looks different for everyone. Culture, food traditions, health conditions, personal circumstances and nutritional needs all influence what healthy eating can look like. What is “good for you” is not the same for everyone; hence why there is no “one-size-fits-all” approach to healthy eating. At Grandview Lodge, each Resident’s nutrition care plan and goals are individualized and assessed by our dietitian in collaboration with the inter-professional team. Whether it is maintaining current level of functioning, ensuring safe chewing and swallowing, or providing comforting foods, the wishes and rights of our Residents are always respected and considered. While the activities for Nutrition Month looked a little different this year due to COVID-19, we were still able to provide educational resources, a delightful food sample, and prizes for our raffle winners (congratulations Gloria Young – resident and Jackie Cowan – staff member).



Unfortunately we were unable to celebrate Easter with friends and family again this year with the ongoing battle of the pandemic. However, our Residents enjoyed some delicious and traditional hot cross buns on Good Friday. Did you know the four quarters of the cross on top of each bun were said to represent the phases of the moon, while the cross itself symbolized rebirth after winter?

As the warm weather is fast approaching, we are excited to roll out our new spring/summer menu for 2021 very soon. We will be including menu items that rely heavily on seasonal ingredients, which means each of our Residents have ample opportunity to enjoy the beloved tastes of spring and summer. Fresh basil, juicy strawberries and peaches, sweet corn... YUM!

*Brooklyn Seal,  
Registered Dietitian*

*Welcome*

- Barbara Carlisle
- Lynda Prentice
- Susan Cheese
- Shari Stampfler
- Stella Hoblak
- Maria Skrip
- Patricia Lighthouse
- Lloyd & Shirley Mumby
- Helen Hare
- May Passmore

**HAPPY BIRTHDAY**

- Judy Buck
- Joe Denault
- John MacNeil
- Lloyd Mumby
- Sandra Richardson
- Eva Rogic
- Nikola Rogic
- Deborah Verge
- Gord Wilmore



## GRANDVIEW LODGE

657 Lock St W  
Dunnville ON N1A 1V9

Phone: 905 774-7547  
Fax: 905 774-1440  
Web: [www.haldimandcounty.ca](http://www.haldimandcounty.ca)

### Mission Statement:

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

### Contact us:

#### MANAGEMENT:

##### Administrator

Jennifer Jacob Ext 2224

##### Supervisors, Dietary Services

Gary Arenburg Ext 2228

Kristen VanKuren Ext 2237

##### Dietitian

Barbara Grohmann Ext 2240

##### Director of Nursing

Jelte Schaafsma Ext 2234

##### Assistant Director of Nursing

Kim Livingstone 289-776-5185

##### Supervisor, Facility Operations

Kellen Mowat Ext 2241

##### Supervisor, Programs & Services

Amy Appel Ext 2233

#### 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:

Betty Everets

Wyntje Brown

Dickie Krebs

Barbara Stirtzinger

## 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.

### Essential Caregiver Visiting Hours

Monday to Friday  
8:30 a.m. – 8:00 p.m.

Saturday & Sunday  
10:00 a.m. – 6:00 p.m.