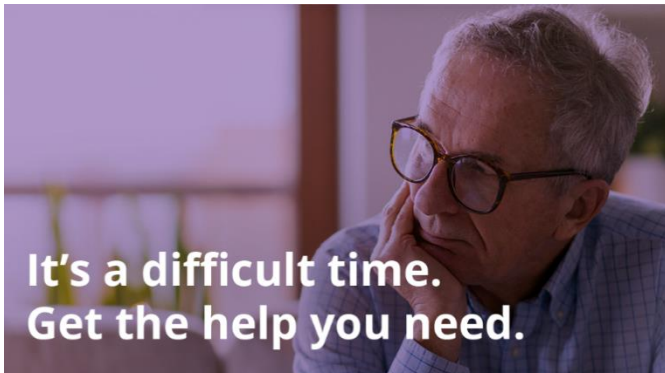




August 2021

Grand Viewpoints

Administrator's Message



We (residents, staff, families, volunteers, friends...) have been "in this together" from the beginning!

It is not uncommon for people who are engaged in stressful situations to push aside their own emotions to assist and support those around them. With the high vaccination rates of our residents, staff and visitors, there is a sense of relief and optimism as GVL begins to reopen. While this can be an exciting time, for many it is the time when the stressors that had been pushed aside come to

the forefront and negatively impact us more than we may have expected. This pandemic has affected all members of the Grandview Lodge family and I am pleased to share this important resource that is available to all of us at no cost.

Wellness Together Canada is here to help

Now more than ever, the mental health of people across Canada is being challenged. The COVID-19 pandemic is often thought of as a public health crisis, but as we know, it is also proving to be a mental health crisis.

Every person in Canada deserves access to free and immediate mental health support that is available when they need it – 24/7 – during these trying times. Wellness Together Canada is here to help.

Wellness Together Canada is Canada's first and only online platform offering free mental health and substance use support for people of all ages, in every province and territory, and in both official languages.

People in Canada can be instantly connected to virtual mental health services, from a five-minute self assessment, to extensive support and resources, to live phone, video or text counselling with a mental health professional or crisis responder.

All services and resources are available at no cost to users, ever. This includes:

- Immediate crisis support
- Mental health self-assessment and monitoring
- Access to self-directed virtual programs
- Moderated community of support
- Virtual group coached anxiety program
- E-courses, including drop-in mindfulness class
- Live one-on-one counselling support by video, phone, or text

Visit Wellness Together Canada for 24/7 access to free mental health and substance use support at www.wellnesstogether.ca or call [1-866-585-0445](tel:1-866-585-0445).

*Jennifer Jacob,
Administrator*

Nursing Department

Effective July 16, 2021, the Ministry announced some of the long awaited loosening of a number of restrictions for our residents and staff in Long-Term Care. Our staff have been working very hard, and followed best practices and infection control guidelines. For this reason we are very confident that the loosening of some of the restrictions will benefit our residents and their families. We will continue to be vigilant in our practices regarding COVID-19, especially with respect to variants of concern (e.g. the Delta variant).

Our professional organization, Advantage Ontario has been advocating for Long-Term Care residents and Homes, and have said:

"The move to eliminating rapid testing for double vaccinated staff and visitors in long-term care is a welcome relief. This will reduce administrative burden for home operators and staff so that more focus can be placed where it belongs - resident care."

- Lisa Levin, Chief Executive Officer, AdvantAge

Together with our staff and your support, we continue to see the benefits of the easing of restrictions in long-term care homes, with a view to re-establishing a sense of normalcy for our residents, families, and staff.

Summer can mean high temperatures and problems for seniors who are at higher risk for heat related illness.



Preventing Heat Related Health Conditions

- Wear light-colored, lightweight, clothing that is loose-fitting for air circulation.
- Wear a hat or use an umbrella when outside, even if you are not in the direct sun. Use sunscreen with a SPF of 15 or greater when you go outside.
- Water is the beverage of choice in the summer. Drink water before outdoor activities and drink water at regular intervals during the day. Avoid beverages with caffeine or alcoholic beverages that can aid dehydration.
- Try to schedule outdoor activities for cooler times of the day--before 10 a.m. and after 6 p.m. During outdoor activity, take rest breaks frequently and drink water every 15 to 20 minutes, even if you don't feel thirsty. If you have clear, pale urine, you are probably drinking enough fluids.
- If you have a chronic medical problem, talk with your doctor about additional precautions you should take to prevent heat related illness. Some conditions and medications may place you at higher risk.
- If you show any signs of heat related illness, try to get to a cooler place as soon as possible, sip some cool fluids and sponge yourself off with lukewarm tap water.

*Jelte Schaafsma
Director of Nursing*



Roy Alton
Barbara Christie
Gloria Fleming
Joyce Haslam
Ray Hogue
Laura Hoover

Theresa Jacob
Beverley Maciuk
Hans Niendorf
Margaret White
Thomas Worrall
Gloria Youna

EVENTS

Mark Your Calendar

August

- | | |
|------------------|--|
| 3 rd | • HV BBQ – Entertainment – Dave Burden |
| 10 th | • BV BBQ – Entertainment – Dave Burden |
| 12 th | • MV Second Hand News |
| 17 th | • CV BBQ – Entertainment – Dave Burden |
| 17 th | • HV/BV Entertainment @ 2:00 pm with Brad Boland |
| 20 th | • The Circus comes to Grandview @ 1:30 p.m. |
| 24 th | • MV BBQ – Entertainment – Dave Burden |
| 26 th | • Residents' Council meeting @ 10:00 a.m. in the Boardroom |
| 26 th | • Family Council meeting – time to TBD |

Programs and Support

The OBIE is here! Please come by the games room and check out the OBIE with your loved one.

We are very excited to be a part of this trial and would love to get your feedback. The trial will take place for the month of August. We have placed a binder in the Games Room for you to write your comments and/or suggestions on how you like the OBIE.

If you would like additional information on all the benefits the OBIE has to offer please visit this link:

<https://obieforseniors.com>. You may also contact me at 905-774-7547 ext. 2233.

Pet visits within the Home will be resuming starting August 1st, 2021. Prior to COVID-19 we had many four legged/furry friends visit our home on a daily basis. We have missed these visits very much and are excited to be able to have them come back in again.

We will be following our previous pet policy. If you plan on visiting with a pet you will need to provide a copy of the pet's most up-to-date immunization information. We require this information on a yearly basis and prior to the first visit. If you plan on visiting with a pet please contact the Recreationist on your home area to provide the proper documentation.

Here are a few reminders when you come to visit with a pet:

- All visiting pets will be kept on a leash.
- All visiting pets will not approach residents until invited.
- Please only take your pet to visit your loved one at this time.
- Ensure proper hand hygiene is performed before and after contact with the pet.

Note: We reserve the right to ask visitors/families to remove their pets from the Home if we believe that the animal poses a risk to the safety and well-being of our residents, staff and other visitors within the home.

Thanks everyone!



*Amy Appel,
Supervisor, Programs and Support*

Dietary Services

Dietary Events

We are in the midst of summer and BBQ season! Residents continue to enjoy BBQ's outside every Tuesday until the end of August, accompanied by entertainment to enjoy. All staff working and helping on these Tuesdays are welcome to join residents and staff for lunch.

Hydration for Older Adults

With age, our body water content and thirst sensation decreases, and the risk for dehydration increases. This is particularly important during the hot summer months when residents are visiting with family and friends outdoors.



Inadequate fluid intake in older adults can be secondary to limitations such as swallowing difficulties, decreased mobility, comprehension, and communication impairments. Many residents have chronic health issues such as diabetes, hypertension, and heart disease, and may take medications that can make them more susceptible to dehydration. Aging kidneys also have a reduced ability to concentrate urine and retain water and/or lose the ability to conserve or excrete sodium, which leads to fluid imbalance. Moreover, disease related factors including incontinence can also increase water losses.

Preventing Dehydration

Raising awareness to residents, their families and caregivers on the risks and consequences of dehydration is fundamental for prevention. Although our dietitian, nurses and interdisciplinary team collaborate to ensure residents are receiving adequate fluid intake, some simple strategies to encourage fluid consumption include:

- Offer fluids regularly throughout the day
- Registered Dietitian can implement snacks with high fluid content (i.e. yogurt, Jell-O, ice-cream)
- Ensure fluids are readily available (at bedside)
- Encourage consumption of fluids with medication
- Provide preferred beverages
- Make use of adaptive devices such as Kennedy cups or 2-handled sippy cups to support independence



*Kristen VanKurren
Supervisor, Dietary Services &
Brooklyn Seal,
Registered Dietitian*



What's Happening in Creekview

Willy Wonka Wednesday

All the home areas enjoyed celebrating International Chocolate Day or as we called it Willy Wonka Wednesday. The Creekview Residents enjoyed making chocolate bark in the morning followed by reading a story called "The Chocolate Store." We enjoyed reminiscing about favorite candy stores that we frequented and what our favourite chocolate treats are. In the afternoon we served ice cream sundaes with our chocolate bark and took photos at the photo booth. It was a fun day had by all!



Platinum Wedding Anniversary

Glen and Muriel Meadows celebrated their 70th Wedding Anniversary on July 21st, 2021. Many family and friends visited with Muriel and her husband throughout day and a lovely time was had by all.



GRANDVIEW LODGE

657 Lock St W
Dunnville ON N1A 1V9

Phone: 905 774-7547

Fax: 905 774-1440

Web: 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

Supervisor, Dietary Services

Kristen VanKuren Ext 2237

Dietitian

Brooklyn Seal Ext 2240

Director of Nursing

Jelte Schaafsma Ext 2234

Assistant Director of Nursing

Kim Livingstone Ext 2229

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 2300

Gayle McDougall, BV Ext 2302

Megan Herkimer, MV Ext 2301



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

Rosanne Turenne, RDH 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.