



2021

# Grand Viewpoints

## *Administrator's Message*

### **Medical Pharmacies is now CareRx!**

The continuing care pharmacy business of Medical Pharmacies Group Limited (MPGL) has been acquired by CareRx. MPGL will be operating as CareRx, effective August 23, 2021. The pharmacy location and staff providing medications and support to your home remain unchanged.

CareRx is Canada's leading provider of pharmacy services to care settings such as long-term care, retirement and group homes. CareRx will provide your home with pharmacy services, enhanced clinical support and innovative technology to ensure the highest levels of medication safety and resident care are achieved.

We have assembled cross-functional teams with employees from each company to work together on an integration plan that will provide an enhanced pharmacy services offering and programs that leverage the strengths and core competencies of each organization.

CareRx remains committed to providing our home partners with the best customer service and delivering on our core values – Collaboration, Accountability, Responsiveness and Excellence.

**Resident Communications:** Residents will be informed of the transition in their next billing statement. Any questions that residents may have can be directed to the home's Clinical Consultant Pharmacist, your Pharmacy or Central Billing.

### **New Dietary Supervisor**

Please join me in welcoming Taryn Lynn to Haldimand County as the full-time Supervisor of Dietary Services Grandview Lodge. Taryn's first day of work will be September 7, 2021.

Taryn comes to Grandview with over ten years of experience working as a supervisor in the food service industry and in recent years has held a dietary management position with a long-term care home in Hamilton. We are pleased to have Taryn on board and you can look forward to learning more about her in the October newsletter. Until then feel free to pop in the dietary office to introduce yourself or look for Taryn on the home areas.

Welcome Taryn!

*Jennifer Jacob,  
Administrator*

## **COVID-19 3<sup>rd</sup> Dose Vaccine**

Based on the recommendation of the Chief Medical Officer of Health and health experts, the province will begin offering third doses of the COVID-19 vaccine to those at highest risk, providing them with an extra layer of protection against the Delta variant, as we face the fourth wave of the pandemic.

Residents of LTC homes and higher-risk licensed retirement homes will be eligible to receive their third dose at least five months following their second dose. Residents will receive their third dose in their residence, either within the home or through a mobile clinic.

Grandview Lodge has worked with our local Public Health and September 9<sup>th</sup> & 30<sup>th</sup> have been set up to vaccinate the first and second groups of Residents eligible for a third dose. New, preprinted, consents have been created for each Resident and are available on the Resident's home area for the POA to review and sign.

Please arrange to have the consent signed by September 7<sup>th</sup> so we may get final numbers to Public Health 24-hours in advance of the first clinic date. Alternately you may call the home area and provide a verbal consent with the registered staff. Bridgeview ext. 2238, Hillview ext. 2247, Marshview ext. 2261, Creekview ext. 2262.

## **Nursing Department**

### **Urinary Incontinence / It is not a normal result of aging.**

*Urinary incontinence is the inability to control urination. It is not a normal result of aging. If you have this problem, you may be too embarrassed or upset to ask for help. Don't be. It is estimated that over 12 million Americans have urinary incontinence. Incontinence affects all ages, both sexes, and people of every social and economic level. It is also estimated that 15 to 30 percent of people over the age of 60 who live at home have incontinence. Women are twice as likely as men to have this condition. In addition, at least half of the 1.5 million Americans who reside in nursing homes are incontinent. The exact number of people with incontinence is not known, but the total number of people affected may be far greater than current estimates. Much can be done when early symptoms are recognized. Speak to your doctor early!*

**Upon admission to Grandview Lodge**, our Person Support Workers collect detailed information about a new resident's current voiding schedule – a "3-day voiding diary". The data is provided to the Registered Staff who will determine the type of incontinence a resident is experiencing and the degree with which it effects their functional abilities. The resident is matched with a toileting program with a goal to improve their success. A product is selected based on the individual resident's needs. Our Continence Care committee meets regularly to discuss challenges our residents may face. We see many examples of residents regaining their continence when a toileting routine is implemented. Many of our residents who live with very advanced dementia remain on successful toileting routines. This is a testament to the dedication of our PSW's and their ongoing efforts to support our residents to live at their potential everyday!

### **Types of Incontinence**

Stress Incontinence: May be due to poor bladder support by the pelvic muscles or a weak or damaged sphincter. This condition allows urine to leak when you do anything that strains or stresses the abdomen, such as coughing, sneezing, laughing, or even walking.

Urge Incontinence: Results when an overactive bladder contracts without your wanting it to do so. You may feel as if you can't wait to reach a toilet. At times, you may leak urine without any warning at all. A bladder can become overactive because of infection that irritates the bladder lining.

Mixed Incontinence: Is often a combination of both conditions above – stress and urge incontinence.

Overflow Incontinence: Occurs when the bladder is allowed to become so full that it simply overflows. This happens when bladder weakness or a blocked urethra prevents normal emptying. An enlarged prostate can result in such a blockage.

Functional Incontinence: Occurs when people cannot get to the toilet or get a bedpan when they need it. The urinary system may work well, but physical or mental disabilities or other circumstances prevent normal toilet usage.

Nocturnal Enuresis: Is incontinence that occurs during sleep.

*Kim Livingstone  
Assistant Director of Nursing*



Doris Aucoin  
Helen Biggley  
Magdalena Dykstra  
Beverley Hopper  
Annie Knol

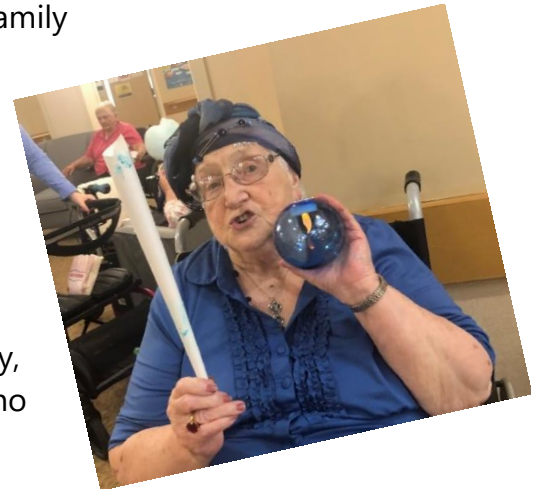
Ruth Niendorf  
Astrida Robez  
Susan Wilkie  
Barbara Wyatt

### **Programs and Support**

We have decided to go ahead with a Camping Day themed Family Day event this year. In past years we have had over 400 visitors on our Family Day BBQ's. We still want to provide a nice get together with family but it will need to be within current visitor guidelines. This year, Marshview and Creekview's event will be on September 22<sup>nd</sup> and Bridgeview and Hillview's event will be on September 23<sup>rd</sup>. Both days are from 2:00 – 4:00 p.m. We must keep track of how many can attend so please notify the Recreationist on your loved ones home area to let them know. The extensions are listed below in the event calendar. We will have some entertainment, games and camping goodies. Come on out and enjoy the afternoon with us!

We are nearing the end of our OBIE trial and so far the feedback received has been extremely positive. If you still haven't had a chance to try it out please do so. Our family times are 6:00 p.m. – 8:00 p.m. Sunday, Monday, Wednesday, 4:00 – 8:00 p.m. Friday and 2:00 – 4:00 p.m. on Saturday and Sunday. If you have any feedback please fill out one of the evaluation forms located right beside the OBIE in the games room. At our Resident Council meeting on Thursday, August 26<sup>th</sup>, we will be discussing the possibility of purchasing one.

We had an amazing day at the Grandview Lodge circus on Friday, August 20<sup>th</sup>. Here are a few pictures. Thank you to everyone who helped out to make this day special for our residents!



Amy Moore,  
Supervisor, Programs and Support



# EVENTS

Mark your Calendar

September

- 8<sup>th</sup> • Ken Armstrong entertains – Creekview & Marshview
- 15<sup>th</sup> • Brad Boland entertains – Bridgeview & Hillview
- 22<sup>nd</sup> • Creekview (ext 2300) & Marshview (ext 2301) Camp/Family Day – 2:00 pm – 4:00 pm
- 23<sup>rd</sup> • Bridgeview (ext 2302) & Hillview (ext 2303) Camp/Family Day – 2:00 pm – 4:00 pm
- 30<sup>th</sup> • Residents' Council meeting @ 10:00 am in the Boardroom

## Dietary Services



### Ministry of Health Standard

All menus (in long-term care) must provide for adequate nutrients, fibre and ensure a variety from all food groups, including fresh seasonal foods.

The days are getting shorter, the air is noticeably cooler and the markets are going strong! Many fruits and vegetables will be at their peak in the next few months ...

We in Ontario are so fortunate to have fresh apples in abundance during this season. A few benefits to eating apples raw or apples in their cooked form are: their excellent source of fibre (which helps to keep our digestive system functioning!). Apples are also high in Vitamin C which is necessary for the development and repair of body tissues. Vitamin A, also found in apples, is important for normal vision and a healthy immune system.

These past months we enjoyed fresh pears, juicy peaches and sweet nectarines. We also had some lovely corn on the cob from our local farmer "The Richardsons". Many residents visited us to let us know how much they had enjoyed these tastes of the season.

### Tuck Shop Update

The volunteers are always happy to be of assistance, be it by helping to choose a card from the card stock available, directing you to the hearing aid batteries or personal items such as shampoo, toothpaste, etc. Thank you to everyone who continues to support the Tuck Shop, all revenues go toward Resident activities and are very much appreciated!

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



## **Facility Operations**

Working within the approvals of Infrastructure Canada, Grandview Lodge will see multiple projects undertaken over the next year with the approved funding.

The facilities team at GVL has been working with a hired engineering firm, CES, to complete a thorough review of all our HVAC systems, spaces and controls. Our HVAC systems are original to the redevelopment of GVL in 2006. This funding opportunity allows for the redesign of these services to improved healthcare standards.

Another area we are focusing on within identified projects is our plumbing infrastructure that include fixtures like new water closets and faucets in home areas; as well as new sanitary & storm system pumps and auxiliary piping.

Another area to be upgraded is our Nurse Call System. We are currently exploring a variety of technologies out in the market as we look to develop specifications and requirements for our system.

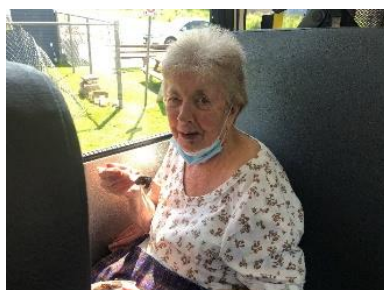
Grandview Lodges' roofing system is another area that has been identified as an area of deficiency with a significant amount of the gutter system in need of repairs.

*Thanks!* to everyone for being patient with the interruptions while visiting Grandview Lodge. We will continue to work with residents and staff to minimize any daily impacts as we move toward completing our infrastructure upgrades.

***Kellen Mowat***  
***Supervisor, Facility Operations***

## **What's Happening in Hillview & Bridgeview**

Well the past year and a half has had some unexpected changes due to covid-19. We have not been able to go on an outing since February 2020. We finally had the opportunity to go out and enjoy a beautiful scenic drive and some ice cream. The residents were so happy and cheering on the bus as we left the Lodge. We can't wait until the next one.





## GRANDVIEW LODGE

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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

Taryn Lynn Ext 2228

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 Moore 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



**Joan Cowling  
&  
Mausara Faraj**

## 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.