



# Grand Viewpoints

February 2022

## *Administrator's Message*

### ***Resident/Family Satisfaction Survey 2021***

Included with this Newsletter is the Resident/Family Satisfaction Survey for 2021. Please take the time to complete the survey and return to Grandview Lodge by **Friday, February 18<sup>th</sup>, 2022**. Your voice counts and we want to hear from you!

### ***Visitation Changes***

Based on encouraging public health and health care indicators overall, the Ministry has worked with the Office of the Chief Medical Officer of Health (OCMOH) to plan for the gradual easing of temporary enhanced measures currently in place to reduce the risk of COVID-19 transmission and serious illness in long-term care homes. This plan is in the context of the broader reopening Ontario approach announced by the province in January and is also contingent on the absence of concerning trends in public health and health care indicators over the coming weeks. It is within this context of a cautious and phased approach that we are:

#### **On February 7, 2022:**

- Increasing the maximum number of designated caregivers per resident from 2 to 4 (unless designated before December 15th). Continue with limit of two (2) visitors (currently only caregivers) at a time per resident.
- Resuming social day absences for residents who have had at least three COVID-19 vaccine doses, while supporting these residents with information about the benefits of limiting contact with others, including avoiding large social gatherings, following masking and physical distancing as much as possible, and only being in close contact with people who have had three COVID-19 vaccine doses.

#### **Targeting February 21, 2022:**

- Resume all general visitors 5 years and older who have had at least two COVID-19 vaccine doses.
- Children under 5 years of age would continue to be restricted from entering a long-term care home, except for infants 12 months or younger.
- Increase limits on the number of visitors (including caregivers) that may visit a resident at one time to three (3).
- Expand social day absences to all residents regardless of vaccination status.
- Resume social overnight absences for residents who have had at least three COVID-19 vaccine doses. With the resumption of general visitors into the homes, this will also allow for the resumption of adult day programs, entertainers and personal care services (where the person is not a staff member) in the homes. Social group activities should remain as small groups (i.e., up to 10).

#### **Targeting March 14, 2022:**

- Resume visits by general visitors under five years old. No vaccination requirement for those under the age of five.
- Increase limit on the number of visitors (including caregivers) at a time per resident to four.
- Allow social overnight absences for all residents regardless of vaccination status.

*Jennifer Jacob,  
Administrator*

**A Special Thank You**



**News from Finance**

The 2021 Accommodation Summary will be going out with the February billing cycle. If you do not receive it with your March bill, please contact Pam Bonnett at ext. 2222 or email [pbonnett@haldimandcounty.on.ca](mailto:pbonnett@haldimandcounty.on.ca).



**News from the Hair Salon**

As of March 1, 2022 Hair Salon Services pricing will increase as follows:

Long Haircut .....	\$35.00
Haircut .....	\$33.00
Cut (short hair) .....	\$19.00
Wash & Set .....	\$23.00
Colour .....	\$61.00
Perm .....	\$69.00
Hair Rinse	
Semi Colour .....	\$6.00
Beard/Mustache Trim.....	\$6.50



Should you have any questions please contact Bobbi-Jo Biggley at ext. 2239

## **Nursing Department**

### **Share the Love this February**



I believe our Grandview Community is one of the best around. Supportive families, dedicated volunteers, staff who are caring, compassionate and knowledgeable and residents who touch our lives and welcome us into theirs everyday. We are not perfect but we are pretty darn great!

There are times when any one of us in our community may not meet the needs or expectations of another member and unfortunately it is often those times that receive the most attention. It is not just our community that does this, it is evident across the Long-Term Care sector and often supported through media outlets. That is not to say that these incidents should not be acknowledged and resolved, they absolutely should be. I am also suggesting that we celebrate our accomplishments and recognize the excellence we are surrounded by everyday.

Let's share our appreciation for one another this February by the simple gesture of a Valentine token. Beginning February 7<sup>th</sup> and continuing to February 14<sup>th</sup> valentine hearts will be available for anyone and everyone to pick up at the front desk and at the nursing stations. Please help yourself to some hearts and hand them out to staff, family, volunteers and residents who have touched your heart or put a smile on your face. Some may choose to add a message or simply hand one to someone so they know they are appreciated. Some may wish to display their hearts and others may wish to hold them close and personal.

Please join in and share the love of what makes Grandview Lodge so great... The people who live it, work it, support it and volunteer for it!

*Jelte Schaafsma,  
Director of Nursing*

### **Programs and Support**

February brings on many wonderful things that we will be able to celebrate (we hope) ☺. We have Valentine's Day on February 14<sup>th</sup> and Family Day on February 21<sup>st</sup> and from February 14<sup>th</sup> – February 19<sup>th</sup> we will be celebrating Therapeutic Recreation Awareness Week. This is a time where we can highlight the wonderful benefits of Therapeutic Recreation and bring some awareness regarding this occupation. Our recreation staff here at Grandview Lodge are exceptional at what they do and I want to personally thank them for their hard work and dedication in continuously finding ways to improve our residents' quality of life. These last few years have certainly been challenging but they always rise above all the barriers that have put upon us. Here is the list of our amazing staff and what home areas they will be working in come February 2<sup>nd</sup>.

Hill View – Gayle McDougall	ext. 2302
Bridge View – Bev Little	ext. 2300
Marsh View – Nicole Leeney	ext. 2303
Creek View – Megan Herkimer	ext. 2301

All full time staff will be moving home areas on February 2<sup>nd</sup>.

Our part time staff work in all the above home areas. We want to welcome our newest member of our team Victoria Hoben who will be covering for Nicole Noort's parental leave. We also have Shelby Wolfe and Jami Melanson who are covering for Nynke VanLuik's parental leave.

#### *A little bit about Therapeutic Recreation:*

Therapeutic Recreation is a health care profession that utilizes a therapeutic process, involving leisure, recreation and play as a primary tool for each individual to achieve their highest level of independence and quality of life. Recreation Therapists are among the allied health professionals who work in a variety of health care settings. Recreation Therapists use forms of recreation, leisure

and play as treatment modalities to support purposeful and meaningful interventions that are based on individual strengths and values and are guided by assessments.

Within this last year Grandview Lodge was able to go completely digital with our new TR assessment tool. We have incorporated this new assessment tool into our current documentation system called PCC (Point Click Care). We continue to use a system called ActivityPro which allows us to document resident participation and outcomes. Family members can ask one of our Recreationists at any time to pull this information for them so they can see what exactly their loved one has been involved with. Please do not hesitate to reach out if you would like additional information regarding your loved one's participation in our therapeutic recreation programs.

Not only is Therapeutic Recreation beneficial for our residents but it is for all of us too! Take a look at this Self Care Bingo and see if you can get a full card. Drop off or email me your full card and/or one

line with your name on it and we will put your name into a draw to win a prize. Please ensure your name and phone number are on the form in order to be eligible. All staff family and residents are welcome to participate. Send them to me at [amoore@haldimandcounty.on.ca](mailto:amoore@haldimandcounty.on.ca).



"Recreation's purpose...is not to kill time but to make Life. Not to keep the person occupied, but to keep them Refreshed. Not to offer an escape from life, but to Provide life."

HOW CAN YOU CELEBRATE YOURSELF THIS MONTH?

# SELF-CARE BINGO

TR MONTH  
FEBRUARY 2022

Left work at a reasonable time 	Took a nap 	Wrote a 5 point gratitude list 	 Read for fun	Danced freely 
Cooked/Baked for fun 	Meditated 	Set a daily intention 	Asked for help 	Complimented myself 
Cried. Let it out. 	Listened to my favourite song 	FREE SPACE	Did some stretches 	Took a break from technology 
Did my favourite hobby 	Used a healthy coping skill 	Spent time outdoors 	Got in the FLOW 	Did something spontaneous 
Called a friend/loved one 	Watched my favourite movie 	Bought myself a gift 	Decluttered one space 	Got a good night's sleep 



We hope our Breakfast Club will be starting back up again in February, please take a look at the dates on each home areas recreation calendar.

Next Residents' Council Meeting – February 24<sup>th</sup> 10:00 a.m. in the Games Room.  
Family Council Meeting - TBD

*Amy Appel,  
Supervisor, Programs and Support*

## **Facility Operations**



As we move into the wintery months, please know you're maintenance staff works continually to ensure all of our walking paths are free and clear of ice and snow.

We have our parking areas maintained by a third party contractor. Should there be any concerns please feel free to reach out to Kellen Mowat with any questions or concerns.

With that, a general reminder to be prepared for our winter weather conditions. Below are some general tips for walking in these wintery conditions:

1. **Anticipate Ice** – Pavement that appears to be wet may actually be black ice. Approach it with caution. A drop in temperature of just a few degrees can cause melted ice/snow to refreeze, making surfaces particularly slick.
2. **Keep your hands free** – Having your hands in your pockets decreases your balance and prevents you from breaking your fall if you slip. In fact, extending your arms out to the sides can significantly improve balance. Be sure to wear gloves or mittens for warmth and keep those arms free!
3. **Take slow, short steps** – Take the time to plant your feet securely with each deliberate step. Grab onto a railing or other sturdy fixture for extra security.
4. **Improve your center of gravity** – Increase your stability by pointing your feet slightly outward and keeping your body weight directly over your feet as much as possible.
5. **Wear proper footwear**



*Kellen Mowat,  
Supervisor, Facility Operations*

## **Dietary Services**



With February comes Chinese New Year, Valentine's Day and Shrove Tuesday! We will be preparing special menus for residents to enjoy on these days so please stay tuned!

**"But my loved one is no longer eating or drinking!"...**

Without a doubt, it can be difficult to see your loved one not taking in "enough" food or fluids. However, as we age, the body starts to slow down and consequently, the amount of food and fluids we require decreases.

Hunger signals are not as present, and “starving” is not something that occurs during end of life. It may be hard to accept, but studies have shown that contrary to our younger self, hunger pains do not occur as the body begins to slow/shut down. This process enables the body to provide comfort for itself. Rather than focusing on three meals per day, food and drinks that your loved one enjoys are highly prioritized. As long as they are still accepting, awake and aware, we can provide foods that they prefer. In contrast, if the resident is increasingly fatigued, falling asleep during meals, and not alert, the meal should be stopped, as it is not safe to continue feeding.

During the dying process the body is functioning for essential purposes (heart, brain, etc.). For this reason, the digestive system isn’t necessarily “essential” anymore. This can mean that if we provide too much food and fluids, it can actually cause increasing discomfort for the resident. Their body is exerting energy to breakdown food, so too much can trigger bloating and abdominal upset. Swallowing can also become challenging when a resident is in bed, fatigued, and the body is slowing down. Unquestionably, we do not want to increase the risk of choking, aspiration, or silent aspiration by forcing food down as this can lead to health risks for the resident.

It may seem as though oral nutritional supplements or even tube feeding can provide a way to increase comfort or length of life, but when an individual is dying, studies have shown that this does *not* increase length of life.

In summary, we need to normalize decreased appetite and oral intake as part of the declining and dying process. As hard as it may be, it’s important to stress that this does not cause pain and discomfort at this stage of life.

*Taryn Lynn*  
*Supervisor, Dietary Services*  
*Brooklyn Seal*  
*Dietitian*



## GRANDVIEW LODGE

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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

##### 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:

Gayle McDougall, HV Ext 2303

Megan Herkimer, CV Ext 2200

Bev Little, BV Ext 2302

Nicole Leeney, MV Ext 2301



With heavy hearts we  
said goodbye to:

Teddy Bergsman  
Elga McLaughlin

## 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.



### HAPPY BIRTHDAY TO:

Emma Coverdale

Valerie Eckersley

Mausara Faraj

Robert Flint

Douglas Hines

Marjorie Lazenby

Jean Menzel

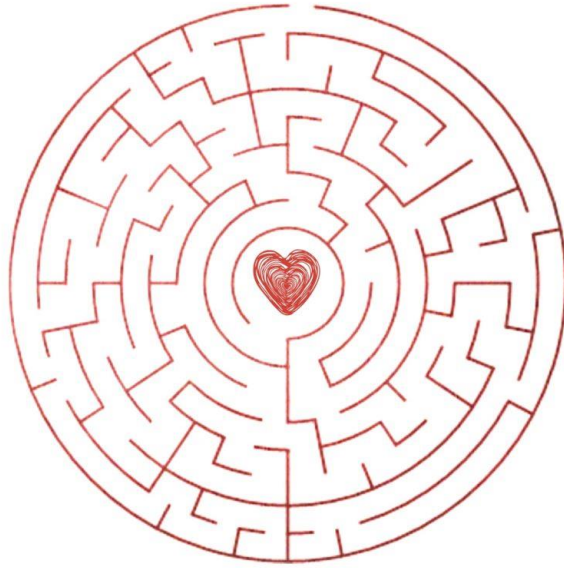
Amy Nadeau

Barabara VanFleet

Eric Weston

# You ARE A-MAZE-ing!

Find your way to the heart in the center.



Happy Valentine's Day

## VALENTINE'S DAY

### ♥ WORD SCRAMBLE ♥

1. MARDIER \_\_\_\_\_
2. QUTBOUE \_\_\_\_\_
3. OOLTCHEA \_\_\_\_\_
4. PDU CI \_\_\_\_\_
5. WRSLEFO \_\_\_\_\_
6. AETRH \_\_\_\_\_
7. NORMCEA \_\_\_\_\_
8. WREHTTESAE \_\_\_\_\_
9. ELVNATEIN \_\_\_\_\_
10. OESRS \_\_\_\_\_
11. GHU \_\_\_\_\_
12. LEVO \_\_\_\_\_

