



# ALEXANDER PLACE

May 2024

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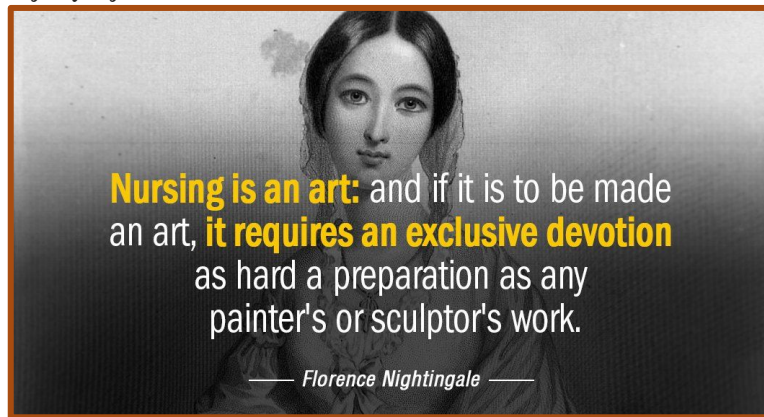
# ALEXANDER PLACE



May 2024

## May Opening Message

*National Nursing Week is celebrated May 6-12. Please take a moment to thank your amazing nurses at Alexander Place. Our nurses provide excellent care around the clock every day of year!*



*Sincerely,*

*Dorothy White, Life Enrichment Coordinator*





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## Resident Birthdays

Linda B. (S)	May 1st
Liz Mi. (S)	May 2nd
Gwen H. (GC)	May 8th
Audrey T. (S)	May 8th
Esther G. (GC)	May 8th
Jennie V. (GC)	May 16th
Joan Sp. (W)	May 23rd
Joan Si. (S)	May 24th
Thelma T. (W)	May 24th
Barb S. (G)	May 30th

**Emerald:** The May Birthstone



Lily of the Valley

May  
Birth Flower

Humility | Purity | Sweetness

*Smokey Hollow (S), Grindstone Creek (GC), White Pine (W), Griffin (G)*



# ALEXANDER PLACE



May 2024

## Residents' Bill of Rights - Two Rights will be featured monthly

### 19. a) Plan of care

“Every resident has the right to participate fully in the development, implementation, review and revision of their plan of care.”

**In other words:** You have the right to be fully involved in your plan of care. This includes when the plan is being made, carried out, or changed.

A **plan of care** is a written document that says what types of care you need and how you will get that care.

It covers your medical and nursing care. And it also covers things like personal support, nutrition, social activities, recreation, and religious practices.

Your plan of care is created just for you, with your input.

You have the right to be at meeting with your doctors and caregivers to talk about your plan of care.

You can ask questions and say what you want to have in the plan. And you can ask for changes.

You can also ask to see a copy of your plan at any time.

*The Residents' Rights have been quoted directly from the Residents' Bill of Rights.*



May 2024

## Residents' Bill of Rights - Two Rights will be featured monthly

### 19. b) Consent to treatment

“Every resident has the right to give or refuse consent to any treatment, care or services for which their consent is required by law and to be informed of the consequences of giving or refusing consent .”

**In other words:** When a doctor, nurse, or other health professional suggests a new treatment, they must tell you:

- what it is for,
- the risks, benefits, and side effects,
- what will happen if you decide not to take it, and
- if there are any other options.

You need to know all of this to make an **informed decision**. You can decide not to take it, or ask for another opinion.

If you are **mentally capable**, no one else can make the decision for you about your plan of care or your medical treatment.

You cannot be punished or forced to leave the home if you refuse a treatment, including taking medication.

*The Residents' Rights have been quoted directly from the Residents' Bill of Rights.*



May 2024

## Residents' Bill of Rights - Two Rights will be featured monthly

### 19. b) Consent to treatment continued

You are **mentally capable** if you are able to understand:

- what you are doing,
- what people are telling you about your care, and
- what could happen when you make decisions about your care.

If you are **not** mentally capable of making certain decisions, your substitute **decision-maker** must make them for you.

A substitute decision-maker has the legal right to make decisions for you during times when you are not mentally capable of making them yourself.

*The Residents' Rights have been quoted directly from the Residents' Bill of Rights.*





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## Butterfly News

### White Pine Village updates (Butterfly updates)

During the month of May, you will notice some changes starting around the Home Area. Resident bedroom doors will be getting prepared for vinyl wraps to be installed. Every Resident Door will be wrapped with the goal to look more like a front door than a clinical looking room. We will keep you informed of installation date of the vinyl wrap.

To help us prepare for the next step of our journey, we are asking family members to remove wreaths and personal items from their loved ones doors by May 27th 2024.

For more information or if you have any questions please contact:

Stacey Januszewski - Butterfly Lead  
[sjanuszewski@jarlette.com](mailto:sjanuszewski@jarlette.com) or ext: 4619





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## Friends of Alexander Place (FOAP) News

As we roll into another month with more sunlight, growth, and flowers, it's an opportunity to reflect on the community and people with whom we are surrounded.

FOAP certainly would like to recognize Volunteer Week (Apr 14-20th) and all the volunteers at Alexander Place who simply share their time, skills, empathy, and creativity which is vital to our Wellbeing. We trust volunteering feeds your soul.

It goes without saying that these same thoughts apply to the incredible group of women on the FOAP board who are invaluable to any part of our community awareness, fundraising efforts and creating our legacy at Alexander Place and within Waterdown. As Chair of FOAP I, Denise, want to extend my thanks and gratitude to Nicole, Diane, Juliet, Suzanne, and Lucie! Recent examples include our collaboration with Boston Pizza (April 17 th ) Spirit night with 10% of

the proceeds going to FOAP. The highlight was a relaxed fun evening with employees from Alexander Place, board members and friends. Grateful to Boshoboy and the Boston Pizza Team!







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## Friends of Alexander Place (FOAP) News

Testing our own Trivia Pursuit knowledge on April 23<sup>rd</sup>, the Royal Coachman employees hosted FOAP for our second evening of fundraising! With the restaurant packed with patrons, we raised funds through our TipTap Pay machine and a 50 / 50 draw. With a heart of gold, Karen a local Waterdown resident and winner, donated her winnings back to FOAP!

Photo to the right; Karen is celebrating with Nikki, Juliet, and Denise!

Don't forget about our Coffee for a Cause which helps support programs, activities, and surprises for the residents! Buy a coffee from the café and make a difference!



Anne, in the Cafe



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## Friends of Alexander Place (FOAP) News

We are excited to continue our fundraising efforts with Yogashala Wellness Centre for our third annual fundraising event on May 11<sup>th</sup>.

Saturday morning classes at Yogashala (excludes paddle boarding) are being donated to Friends of Alexander Place. Donations are a minimum of \$10.00 and board members in attendance will share how we impact the community and enhance the lives of our senior community neighbours.

Stop by for a class, donate or buy a raffle ticket. We look forward to meeting you there. Once again, we are beyond grateful to Lindsay and Cheri for supporting and believing in what we do.



yogashala  
WELLNESS CENTRE





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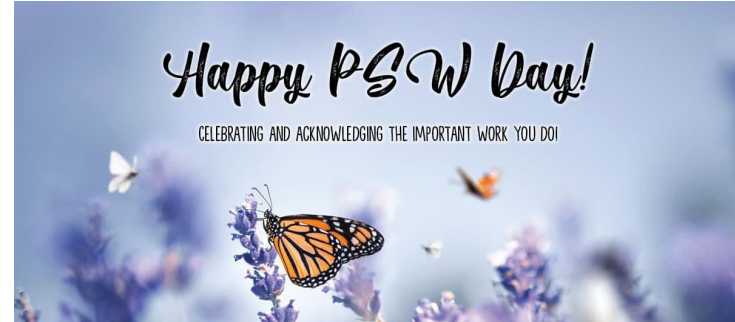
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## Friends of Alexander Place (FOAP) News

FOAP wishes to salute and honor the Personal Support Workers for everything you do and the vital healthcare services you provide to our most vulnerable senior community. Happy PSW Professional Day, we celebrate you on May 19th!

Finally, it is a great honour to receive this recognition from our local Hamilton M.P.P., Councillors and Flamborough Connects at the recent Flamborough Connects Volunteer Appreciation evening held on April 16th. Graciously, Juliet Diamante was present and accepted these certificates on behalf of FOAP. This is a direct result of the work, dedication and desire of current, past board members and our community partners.

Check out our Facebook page for more!



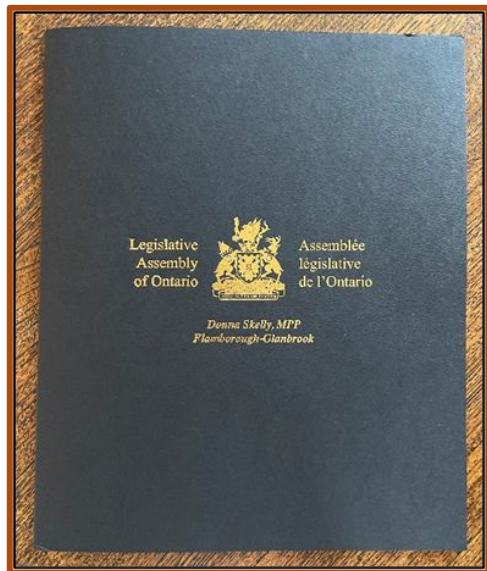


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May 2024

## Friends of Alexander Place (FOAP) News







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May 2024

## Friends of Alexander Place (FOAP) News

Ladies Lagoon  
Pizza Lunch  
Funded by FOAP



**"What Mother Means"**  
by Karl Fuchs

"Mother" is such a simple word,  
But to me there's meaning seldom heard.  
For everything I am today,  
My mother's love showed me the way.



*Mother's Day, May 12th*





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## Social News - Art, Drum Circle & Earth Day





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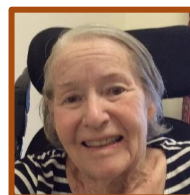
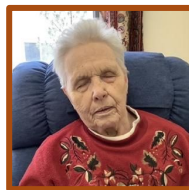
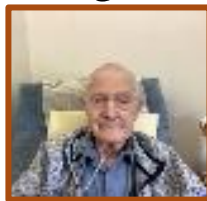


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## Remembering and Recognizing Friends

*In Loving Memory of Residents we have lost, but will always remember:*

*Jose V., Margaret R., Hugh D. Eleanor W., Carol S.*





May 2024

## Resident Council News

The next Residents' Council Meeting is scheduled for Wednesday May 8th at 1:30pm. The next Food Committee meeting will be held on May 3rd in the Large Activity Room.



## Family Council News



The next Family Council Meeting is scheduled to meet virtually on Tuesday May 7th at 3:00pm. Presentation from Prevail by D.J. followed by process overview from Jennylee regarding our Continence Program. If you have any questions or would like to receive an invitation to join the virtual meeting please contact Heather at ext. 114 or [hdaly@jarlette.com](mailto:hdaly@jarlette.com)



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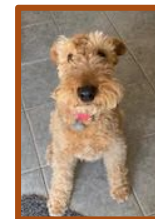
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## Upcoming Events

Timmy's Social	May 1st
Food Committee Meeting	May 3rd
Aiden Strolling Guitarist	May 3rd & May 17th
Jola - Accordionist	May 6th
Residents' Council Meeting	May 8th
Martin Wall	May 9th
<i>Goodbye Gathering for Chaplain William</i>	May 15th
Brad Boland	May 15th
Piano Recital	May 23rd
Man Cave Pizza Lunch	May 29th
Lunch at Symposium	May 30th

*(please sign up with Dorothy for lunch outing as space is limited)*

Pets visiting the home must be supervised at all times. Must be in good health, be up-to date with vaccinations according to provincial regulations and preventative medications (ie. Heartworm prevention) as determined by a licensed veterinarian. All pets must be free of any parasites (ie. fleas and ticks) and should have no open wounds or obvious lesions. Please give a copy of your dog's current vaccination record to Dorothy ([dwhite@jarlette.com](mailto:dwhite@jarlette.com))







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## Good News Stories - Solar Eclipse







May 2024

## Chaplain's Corner

" Parting is such sweet sorrow," said Juliet to Romeo. Or was it Romeo to Juliet?

It doesn't matter who said it but this is the sentiment with which I write these few words about my imminent departure. I will be leaving the Chaplaincy position at Alexander Place on 15 May after almost four years. The time has passed quickly and it has been eventful for sure. When I began here in 2020 Covid was in full swing and we were in lockdown. All the staff had to be creative to effectively serve our residents and there were many changes and challenges.

I owe special thanks to the Life Enrichment team for showing me the ropes, answering my questions and keeping me laughing. I also must acknowledge the various clergy of different denominations from the community for offering worship services on a regular basis. Their faithful support of Alexander Place has been much appreciated. To the Revs. Bill Thornton, Sue-Ann Ward, Nicola Chang, Allison and Fr. Francis goes much gratitude.



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## Chaplain's Corner Continued

And to the volunteers involved in our worship and spiritual activities - Teresa, Mary, Richard, Anne , Heather as well as Marlene and Lindsay - I say thank you and please keep coming!

The biggest applause goes to the residents! For allowing me the opportunity to enter your lives in small and sometimes bigger ways and to learn from you has been a rich experience. We are never too old to learn! And on a lighter note I think my Scrabble game has improved though I still can't play Euchre.

We have attempted to have a Memorial Service on a quarterly basis to honour those among us who have died . This has not always been possible because of pandemic lockdowns . Our spring Memorial Service will be on Tuesday 14 May at 2 pm .All residents and families are welcome. And please drop by on Wednesday morning 15 May at 10:30 for a goodbye gathering.

Blessings, Rev. William

And in the words of Winnie the Pooh, "How lucky I am to have [had] something that makes saying goodbye so hard"



May 2024

## Director's Message

Dear Residents, Families, Staff and Friends,

The Ministry of Long-Term Care has announced new regulatory changes, effective May 1st and July 1st. These amendments are designed to increase staffing flexibility, clarify air conditioning requirements, and end certain pandemic-related provisions.

The key changes include:

- Changes to staffing qualifications and air conditioning regulations become effective on May 1.
- The current flexibility in 24/7 nursing requirements due to the pandemic emergencies will end on July 1.
- The flexibility allowing homes to hire PSWs or those providing personal support services with necessary skills, despite missing some qualifications, is extended until July 1, 2025.
- Broadening the definition of “emergency” as it relates to the visitor policy effective July 1, 2024. A key learning from the COVID-19 pandemic is the critical need to ensure continued access to visitors. Section 267 (4) is amended by adding the following definition of when a home may close to visitors: *imminent threat to the health or well-being of residents and others attending the home that requires immediate action to ensure the safety of persons in the home.*

If you have any questions about these regulatory changes, please feel free to reach out to your home's administrator to directly chat about what they mean, or any other matter!

(Continued...)



# ALEXANDER PLACE



May 2024

## Director's Message

May 12th holds great significance as it is Florence Nightingale's 204th birthday and International Nurses Day! This is a very special day as we celebrate the healing hands, caring hearts, comforting words, and brilliant minds of nurses as they support care in all countries in the world. I would like to personally say thank you to our staff for their committed service and making life better for residents.

In fact, our organization is very much nurse-led. Not only do nurses work in providing direct care to residents in our long-term care homes, but they also represent a major part of our organization's leadership. Even our president, David Jarlette, is a nurse! More than ever, we recognize the importance of nurses to every aspect of our health – physical, emotional, mental, social – and to greater societal good. Please take a moment to thank the very special nurses who work in your home!

Finally, there is a Ministry of Long-Term Care requirement to notify Home and Community Care of a bed vacancy following a discharge from the Home. While at times this can seem rather quick for families following the death of a loved one, this requirement is meant to ensure that another individual in urgent need of care receives it as soon as possible. We are happy to assist you with clearing out a resident room if needed. Please consider this in your planning and note that we have limited storage and are unable to store personal belongings longer than a few days if necessary.

Happy Spring to all and looking forward to warmer weather and an opportunity to get outside and enjoy our beautiful patios and gardens.

Kind regards,

Jill Knowlton, Director of Long-Term Care Operations



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## Jarlette Health Services News

The month of May is recognized for many reasons, in addition to the ever warmer sunshine, budding trees and blooming spring flowers. It is National Caregivers Month and also a time to show special appreciation for the people who make a literally life changing difference in our lives: mothers! Happy Mother's Day on Sunday, May 12th!

It is also a month during which our family of long-term care and retirement communities celebrates some of our most *nurturing* professional team members, such as nurses, personal support workers and personal support assistants. Be sure to thank them for their passion and dedication to our residents when you see them in your home!

In many regards, our homes and lodges are nurse-led. Many of our administrators and general managers come from nursing backgrounds and nurses are found in our ranks from the frontline to the highest management levels, including our organization's president.

Thank you to each of them for making such a great difference in our lives. When you encounter them in your community, please take a moment to thank them personally!



Let's stay connected!

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