



May 2024

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May 2024

Administrator's Message



From the desk of the Administrator

"As May blossoms around us, our LTC home continues to thrive with vibrant activities and meaningful connections. We're excited to announce our upcoming Mother's Day celebration, honoring the remarkable mothers in our community with love and gratitude. Stay tuned for updates on our expanding programs aimed at enhancing the well-being and happiness of our residents."

Jon Brunetti, RN
Administrator
Elizabeth Centre



May 2024

Elizabeth Centre News

Our Life Enrichment Department is growing!! We have hired 2 young men that are eager and excited to be working at Elizabeth Centre. Libin has started working in the department and Basil will be starting later this month. When you see them please say hi and welcome them to our home.

Our patio and courtyards are beginning to look alive once again. The patio furniture has been set up and in the coming weeks there will be life in our flower beds once again. We will be purchasing new planter boxes for the centre courtyard to help make it a beautiful space for our residents and families.

Happy Mother's Day to all the Mom's!! Enjoy Your Special Day!





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Social News

April Showers bring May flowers along with some beautiful weather. Our residents took advantage of the beautiful sunny day with our Life Enrichment Staff and students walking outside by enjoying the sun and birds.

Please join us on May 12th for a Mother's Day Social to celebrate all the Mom's. Family Council will be also in attendance doing a photoshoot. Everyone welcome!



May 2024

Nursing

Palliative Program at the Elizabeth Center.



Focuses on educating the family on what to expect.

Ensures that family members feel supported by staff and prepared with informative pamphlets of what's to come during this difficult and emotional time.

The Elizabeth center offers families a bed right beside their loved one, comfortable recliners, food and drink carts so you never have to leave their side.

Onsite spiritual leaders, social workers as well as a Nurse practitioner, doctors and registered staff 24/7.
Losing a loved one is hard but we are here to help make this transition as smooth and stress free as possible.

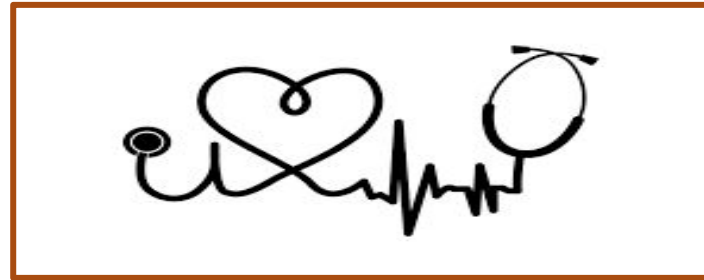
May 2024

Nursing

MDS/RAI

May education is geared towards heat precaution and hydration, seeing the warm weather is upon us. An information board has been put up in the Maintenance hall (beside the staff room) for all the staff to view. This board has tips and tricks for staying hydrated as well as a list of foods that have high water content.

Chantale- STAFF ED/RAI
705-897-7695 ext.4403



May 2024

Nursing

IPAC

We are focusing on getting the residents protected with a spring time Covid clinic. Starting next week, residents and staff will be offered their covid booster to keep them protected. We have been very lucky so far this year to have minimal illnesses in the home. I would like to thank everyone for helping keep our home safe!

Samantha Holz RPN

IPAC Lead and Co-Director of Care
The Elizabeth Center



May 2024

Nursing

News From The Desk of DOC

Stephanie has accepted the permanent Director of Care position and looks forward to working with everyone in this new role. There have been a lot of positive changes within the home and new staff are being hired regularly. We hope our home and staff continue to follow this upward/ positive trend. Congratulations on your new role!!

Stephanie Desbiens RN
Director of Care
705-897-7695 ext.4409



May 2024

Nutritional News

Nutritional Manager attended Resident Council Meeting & Food Committee Meeting in April and the Council is happy with everything in the Kitchen. There were no changes to anything at this time. Resident Council approved times for meals and snacks. Next food Committee Meeting May 15th 2024 @ 2:00pm, kitchen manager to discuss the upcoming summer season and stating our Monthly resident BBQ's once again.

Mother's Day Lunch Menu

Chicken Stuffed w/Broccoli & Cheese
Mashed Potatoes
Garlic Sauteed Green Beans
Lemon & Cream Shortcake

OR

Ham & Cheese Sandwich
Caesar Salad
Apple Slices





Restorative Care

Falls can have very serious consequences as we age. Each year, more than 25 percent of adults 65 or older have a fall, and 3 million are treated in emergency departments for fall injuries, according to the Centers for Disease Control and Prevention.

Fall Risks

The risk of falling in older adults is usually related to combination of factors, including:

Balance and/or walking problems. Balance can be affected by vision changes, vestibular problems and altered sensation in the feet.

The use of multiple medications. Studies indicate that when individuals take five or more medicines, the risk of falls increases.



Restorative Care

Home hazards (including dim lighting and trip hazards)

Positional low blood pressure (such as orthostatic hypotension, when blood pressure drops upon standing.

Feet and footwear issues

Falls often occur in the bathroom when sitting or standing from the toilet or shower, or at night in a dark bedroom when getting up quickly and tripping on the way to the bathroom.

Exercises to Prevent Falls

Sit-to-Stand Exercise



Restorative Care

Balance Exercise

Additional Steps to Prevent Falls

Remember, it's important to talk to your doctor or physical therapist about fall prevention.

Discuss medications and changes in your exercise routine.

Tell your doctor if you fall.

Ask a friend or family member to help check your home for trip hazards.

“Keep in mind,” adds Stutzman, “it is always best to have company at home with you while exercising for safety and supervision and in case you n





May 2024

Resident & Family Services

From the desk of the Resident and Family Services Coordinator

"APRIL FLOWERS BRING MAY FLOWERS"



Resident & Family Services

Let's take a look at our Residents' Bill of Rights!

All residents that reside in a Long Term Care Facility have 29 Bill of Rights ...

Each month we will look into what they are and what they represent!

These rights must be followed, respected and promoted....

7) ***"EVERY RESIDENT HAS THE RIGHT TO FORM FRIENDSHIPS AND RELATIONSHIPS AND TO PARTICIPATE IN THE LIFE OF THE LONG-TERM CARE HOME."***

WHAT DOES THIS MEAN? YOU HAVE THE RIGHT TO MAKE FRIENDS AND TO SPEND TIME WITH THEM. AND YOU HAVE THE RIGHT TO TAKE PART IN ACTIVITIES AT THE HOME IF YOU WANT TO.



Resident & Family Services

RFSC CON'T

FOR EXAMPLE, YOU MAY WANT TO GO TO A RESIDENTS' COUNCIL MEETING OR TAKE PART IN EXERCISE CLASSES, CRAFT GROUPS, OR CARD GAMES.

8) "EVERY RESIDENT HAS THE RIGHT TO SHARE A ROOM WITH ANOTHER RESIDENT ACCORDING TO THEIR MUTUAL WISHES, IF APPROPRIATE ACCOMMODATION IS AVAILABLE."

WHAT DOES THIS MEAN? YOU HAVE THE RIGHT TO SHARE A ROOM WITH ANOTHER RESIDENT, AS LONG AS YOU BOTH AGREE AND THERE IS SPACE AT THE HOME.

THE PERSON YOU SHARE WITH COULD BE YOUR SPOUSE, A FRIEND, OR SOMEONE YOU ARE HAVING A ROMANTIC RELATIONSHIP WITH.

Resident & Family Services

RFSC CON'T

IT DOES NOT MATTER WHAT THEIR SEX OR GENDER IS OR WHETHER OR NOT YOU ARE MARRIED.

NEXT MONTH WE WILL TAKE A LOOK AT 2 MORE BILL OF RIGHTS AND HOW THEY APPLY TO FACILITY LIFE... REMEMBER "WE WORK AND VISIT IN THEIR HOME"!

SPECIALIZED FOOT CARE SERVICES

We are no longer providing specialized foot care as part of our funded services at Elizabeth Centre. We are surveying to see if we have any interest from families and residents in "Specialized Footcare".



May 2024

Resident & Family Services

RFSC Con't

We are able to outsource it as a clinic internally, at a cost.

Please let me know if this is something you would be interested in for your loved one and we can proceed with some prices, dates and times. Email me at tpetryna@jarlette.com

TOURS--PLEASE NOTE THAT TOURS ARE CONDUCTED MONDAY TO THURSDAY UNTIL 4PM AND FRIDAYS UNTIL 7:30PM.

ANY QUESTIONS OR CONCERNS, PLEASE FEEL FREE TO REACH OUT TO ME AT EXTENSION 4407 SO I CAN HELP YOU NAVIGATE THROUGH OUR LEADERSHIP TEAM. WE ARE ALWAYS HERE TO HELP!

~HAPPY SPRING~

TRISHA PETRYNA

RFSC



May 2024

Chaplain News

BIBLE FACTS

- The bible is the best-selling book in the world with about 5 trillion copies sold to-date according to the Guinness Book of World Records.
- It is the most stolen book in the world and the most read.
- Bible means book or scrolls which comes from the Greek word biblia.
- It was written over the course of 500 years between 1,500 and 160 AD (about 1,600 years ago).
- It is comprised of historical books, poetry, prophetic books, epistles, and the gospels.
- Sixty-six books make up the bible; 39 in the Old Testament and 27 in the New Testament. The books are not laid out in chronological order.
- The Old Testament was written mostly in Hebrew with some Aramaic and the New Testament was written in Greek.





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Chaplain News

BIBLE FACTS con't

- The Old Testament was written mostly in Hebrew with some Aramaic and the New Testament was written in Greek.
- Although the bible was written by human hands, it was inspired by God.
2 Timothy 3:16 "All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness." 2 Peter 1: 20, 21 "no prophecy of Scripture is of any private interpretation, for prophecy never came by the will of man, but holy men of God spoke as they were moved by the Holy Spirit."
- John Wycliffe sought his followers for help in translating the bible into English. The first English translation was completed around 1384. The bibles were written by hand.



Chaplain News

BIBLE FACTS con't

- The first book ever printed was the bible in 1,454. It was produced in Latin. Johann Gutenberg, in Germany, invented the type mold for the printing press and the ink which was used. This bible became known as the Gutenberg Bible. There are still 49 copies in existence; in library, university, and museum collections. At auction, it is believed that a complete copy could sell for approximately \$35 million.
- The first English translation of the New Testament was in 1,525 due to William Tyndale's determination to print copies in a language many people were speaking at that time.
- Of all the many versions of the bible, the King James is still the most popular. This bible, written in old English, came out during King James' reign of England in 1,611.





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Chaplain News

BIBLE FACTS con't

- Science and the bible are not opposed as people once thought. Some scientific facts found in the bible are; the earth is round (Isaiah 40:22), the earth is in space (Job 26;7), the hydrologic cycle is mentioned in the bible (Amos 9:6; Ecclesiastes 1:7), and blood is a requirement of life (Leviticus 17:11).
- Many of today's phrases come from the bible; ashes to ashes; a man after my own heart; land of milk and honey; a leopard cannot change its spots; scapegoat; a drop in the bucket; at wits' end.

Shirley Tye, CCC
Chaplain



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Chaplain

Our In-House Chaplain - Shirley would like residents and families to know that she is able and available to provide communion to those who would like to receive it. If you would like more information about communion please reach out to Shirley at Elizabeth Centre or contact Amanda-Life Enrichment Coordinator @ 705-897-7695 ex 4415



May 2024

Resident Council News

Resident Council would like to invite new members to attend our monthly meetings. Everyone is welcome to join and see/hear what we have to offer in our home. Our next meeting will be held in the Large Activity Room on May 15th @ 1:30pm the meeting will be followed by our food committee meeting @ 2pm Hope to see you there.

Family Council News



Greetings From Your Family Council

As chair of our Family Council, I would like to take this opportunity to welcome our new Administrator. His name is Jon Brunetti. We look forward to working with Jon to support the residents, to share our challenges and to offer recommendations. Family Council and management share the same mission-to make an outstanding difference. You may remember the day you sat with our Family and Resident Co-ordinator, Trisha Petryna. She handled the admission paperwork and helped your loved one get settled in.



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Family Council News

She probably told you that our home has a Family Council and possibly included a brochure to connect with myself, the chairperson. There is so much coming at you on this day of admission that you likely found it overwhelming. That's how I felt when I went through it with my mother. Who is Family Council? We are not employees of the home. We are volunteers. Our right to exist is established in the Fixing Long Term Care Act 2021, I'm taking this opportunity to review the benefits that you will reap when you join our council.

Benefits of Joining Family Council

- Got questions? We provide information and education
- Be involved in attempting to resolve disputes between residents and manag
- Be a voice for the residents to improve their care
- Meet and socialize with other families in the home
- Are you finding things stressful? We support family. Just talking to one another helps.
- Help us raise funds to buy items all residents can enjoy



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Family Council News

Those are just a few of the things we do but we can't do it without members like you who have family or a friend living in the home. You are the boots on the ground. We need you, if we are to make a difference. You are often in the home. You can share your perceptions and ideas with us. You don't need an invitation from me to attend one of our meetings. Walk in, meet us and join us.

Family Council meetings take place on the second Wednesday of the month from Sept. to June. One month we meet in the afternoon. The next month we meet in the evening. We made this schedule change to accommodate families who work during the day. The meetings are approximately two hours long.

This is a time for new beginnings. We have a new Administrator who is learning and adjusting to his new career. By working with administration and management we can make an outstanding difference. It takes commitment to make it happen. The time is now. OUR DANCE ON EARTH IS SHORT
Yours in Senior Care,

Roma Smith may be contacted at: idasfavourite@gmail.com



May 2024

Remembering and Recognizing Friends



John L.
September 12, 1930 - April 16, 2024

Roland B.
December 18, 1935 - April 17, 2024

Elizabeth "Betty" M.
April 2, 1941 - April 20, 2024

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...)

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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!



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