



ALEXANDER PLACE

July 2024

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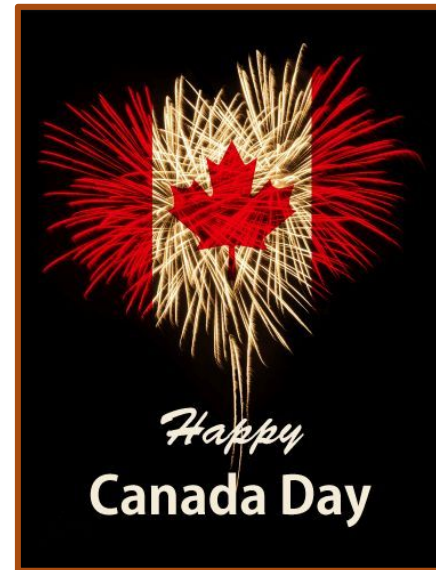
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July Message

*This year, as a nation, we will be celebrating 157 years on July 1st, 2024!
Please take a moment and reflect on how fortunate we are to be living in Canada.
Whether you are celebrating with family and friends or quietly enjoying the day
reminiscing about past picnics, barbeques, parades and fireworks, Happy Canada Day!*

Sincerely,

Dorothy, Life Enrichment Coordinator





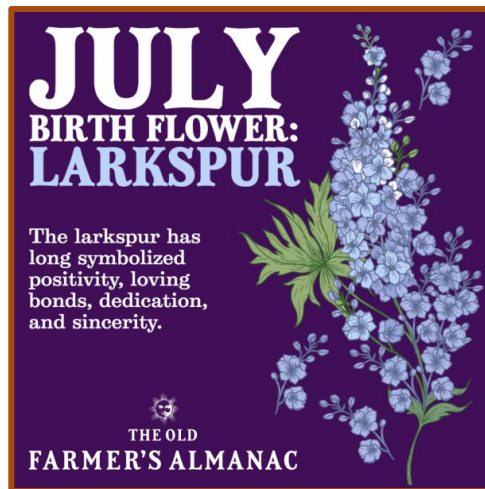
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Resident Birthdays

David (Grindstone Creek)	July 5th
Paul (Smokey Hollow)	July 9th
Susan (White Pine)	July 10th
Elsie (Smokey Hollow)	July 19th





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

20. Support from caregivers

“Every resident has the right to ongoing and safe support from their caregivers to support their physical, mental, social and emotional wellbeing and their quality of life and to assistance in contacting a caregiver or other person to support their needs .”

In other words: You have the right to get extra care and support from caregivers you choose.

You can arrange your own care if you want to add to the care that the home provides.

For example, this could be a family member or friend, or a caregiver you pay for directly. They could come in each day to help you get dressed or eat your meals, or to keep you company.

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



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

21. Bringing people to meetings

“Every resident has the right to have any friend, family member, caregiver or other person of importance to the resident attend any meeting with the licensee or the staff of the home .”

In other words: You have the right to ask people who are important to you to come to meetings you have with the management or staff at the home.

For example, you can bring family members, friends, or an advocate, such as a lawyer. They can help by asking questions, taking notes, remembering details, and making sure your rights are followed.

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



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Friends of Alexander Place (FOAP) News

Music can strike emotions between people and of course, bring people together as experienced at Alexander Place. FOAP recently gave a Yamaha acoustic guitar, case and accessories, to Steve, a resident and talented musician who accepted this donation cheerfully on behalf of the residents. Steve began tuning the guitar using the Casio electronic keyboard, also endowed to the residents by FOAP this month. Very quickly, the large activity room filled with curious residents and employees. Later in the day, another artistic resident also had the opportunity to play, bringing delightful sound to the White Pine. Knowing this type of impact FOAP brings is simply immeasurable and heartwarming. It fills our souls.

National Donut was celebrated with donuts provided by FOAP!





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Volunteers in Action!



Introducing Artist Cate - our amazing, caring and talented volunteer!

As a senior myself, I appreciate how the “Passage of Time” hits us all in different ways. In our youth, time doesn’t pass fast enough. As adults, we never have enough time to do everything we want to do. As seniors, we appreciate the time we have had, the experiences time has given us and the gift each day is ahead of us. Volunteering with fellow seniors at Alexander Place in Waterdown and bringing out their creativity is one of my favourite ways to spend my time left on Earth.

Interested in bidding to own this chair? This chair will be awarded to the highest bidder after the Chairing is Caring program closes on September 15. Auction proceeds will go to Friends of Alexander Place

https://waterdownvillage.ca/Chairing_is_Caring/Cate_Hawkins/





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Social News - Lunch Outing to Symposium





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Remembering and Recognizing Friends

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

Peggy B., Magdeline S., Daniel "Alan" N.





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Resident Council News & Food Committee

The next Residents' Council Meeting is scheduled for Wednesday September 4th at 2pm.

The Food Committee will be held on Friday July 5th at 2pm with Rucha, our Culinary Manager in the large activity room.



Family Council News



The next Family Council Meeting is scheduled to meet virtually on Tuesday, July 30th at 3:00pm. If you have any questions or would like to receive an invitation to join the virtual meeting please contact Heather at ext. 4610 or hdaly@jarlette.com



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Upcoming Events

Timmy's Social	July 3rd
Brad Boland - Entertainer	July 3rd
Aidan Strolling Guitarist	July 5th & 19th
Sole Sisters Dancers	July 10th
Martin Wall	July 11th
Drum Circle	July 22nd



Summer Barbeques will be held twice monthly, Chef Darrell will be grilling for the whole home. July's barbeques are scheduled on July 17th and 31st. Weather permitting the center courtyard will be set up for outdoor dining for a limited number of residents on a rotating basis.



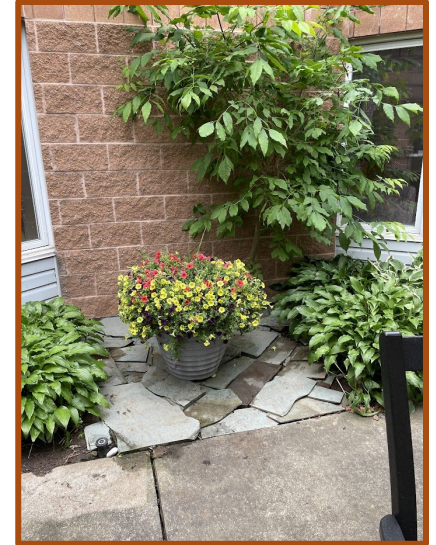
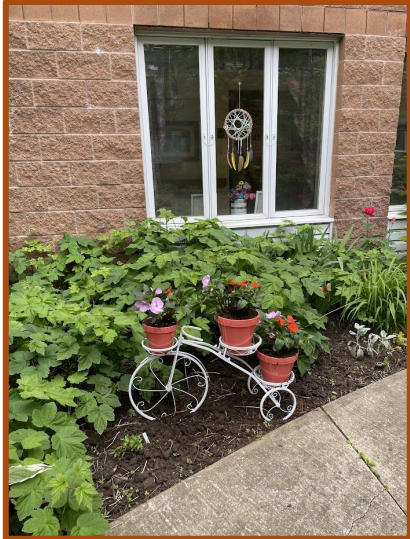


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Beautiful Gardens - Thank you to our **Green Thumb** volunteers - Kathie and Marilyn!



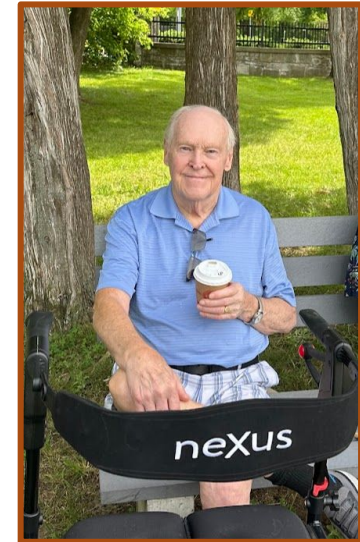


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Coffee & Donuts in Memorial Park





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Director's Message

Dear Residents, Families and Friends,

It is crucial that we monitor and document all food related allergens accurately to keep our residents and team members safe. We at times have residents and team members with documented allergies that could result in health risks if exposure to the allergen occurs.

Health Canada requires all 'priority allergens' to be clearly labeled on food products. This includes peanuts, tree nuts, soy, wheat/gluten, egg, milk, seafood, sesame, sulfites and mustard. These will be often listed on the label as 'Contains' or 'May Contain' statements. 'May Contain' statements are required to identify that although the product does not necessarily contain a named allergen, it is manufactured in a factory where there is a risk of cross contamination in its products.

We do our best in each of our long-term care homes to prevent cross contamination, however we cannot guarantee an allergen free environment, including a 'nut free', 'gluten free' or other allergens. This is secondary to the following:

- We do use most priority allergens as ingredients.
- We have only one main kitchen.
- We cannot guarantee that ingredients do not come in contact with each other at some point during production.

Jarlette Health Services has a process in place to ensure allergens are managed within the food service process.

Identification of Risk:

- Dietitians and Culinary Managers complete nutrition assessment for all residents, including review of allergens, and interventions may be put in place as required to avoid these allergens.



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Director's Message

Communication of Risk:

- Documentation of all allergens in Point Click Care (allergen section on main dashboard) and the Master Diet List (MDL) for Point of Service reference by nursing and dietary team members.
- Provide allergen risk information to all new residents for full transparency prior to admission.

Education:

- For all team members on allergens and where to locate required information (eMAR dashboard, Master Diet List on snack/beverage carts, serveries) completed during onboarding and as required.
- For Culinary Managers on food ordering (how to find ingredients and potential allergens and potential 'nut free' products).

Purchasing and menu modifications:

- With the exception of the use of peanut butter in our homes, we do not purchase products with nuts or peanuts added as an ingredient.
- Depending on the allergen and its severity, there may be an individualized menu.

Please ensure that you bring any known food related allergies to the attention of our nursing team members, culinary manager or registered dietitian.

Wishing you a safe, happy and fun summer! And happy Canada Day!

Kind regards, Jill Knowlton



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Jarlette Health Services News

Summer has officially arrived! We hope our residents, their friends and family, and our team members, are able to enjoy their community's grounds and enjoy an active outdoor lifestyle. And Happy Canada Day!

July is a month during which we celebrate our laundry team members for their hard work caring for our residents' clothing and bedroom linens. Thank you to them for their diligence and service! If you don't see them at work, you can always send them a note of thanks!

Though we're only just entering summer, we are already preparing for this year's prestigious *Making A Difference Awards*! Each year, traditionally during autumn, we celebrate a resident from each of the long-term care homes and retirement lodges in the Jarlette Health Services family of communities for their life accomplishments and positive role in their community. We also celebrate at the same ceremony a team member with the *Roberta Jarlette Award* (named in memory of one of our founders) in recognition of their own unique contributions on a daily basis. Ask your home's Administrator/General Manager for more information about these celebrations and about how you can nominate a worthy individual for an award!



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