

## Volunteer News



June and James (Bond)

Animals are a delight to our residents at St. Joseph's at Fleming. They bring unconditional love and affection into the Home daily. As well as three cats that live here permanently we are blessed with a wide variety of therapy dogs that pay weekly visits. June Murdock has been bringing her show dogs to see our residents since 1991. Our three felines tolerate the competition!



Simba



Felix



CoCo

## Staff Corner

### Employee of the Month: Jeff Barker – Maintenance Services

Mike Woodcock retired at the end of October after 24 years with us. Alex Fulton has accepted the position of full-time recreationist on Pathway. Dee Archer is the new part-time recreationist for the entire home.

**UNITED WAY CAMPAIGN 2018**  
**"WHAT DOES LOCAL LOVE LOOK LIKE?"**  
**OCTOBER 31<sup>ST</sup>-KICK-OFF**  
**Halloween Costume Judging Contest**  
**Pumpkin Carving Contest**  
**WEEKS OF NOVEMBER 5, 12, 19, 26<sup>TH</sup>**  
**100 Squares draws (reception area)**  
**NOVEMBER 14<sup>TH</sup>**  
**Staff Pizza and Pop (\$3.00)**  
**NOVEMBER 22<sup>ND</sup>**  
**Chili Cook-Off (\$3.00/bowl or \$5.00 for sampler) Staff Room**  
**50/50 DRAW NOVEMBER 29<sup>TH</sup>, 2018 (Tickets sold throughout the month)**

## Education Opportunities

Wound Care in-service for PSW's – Tuesday November 27 – 10am and 2pm

For Registered Staff — 10:30am and 2:30pm

**Flu Shots ongoing – check with Hilltop Nurse**

# November Newsletter

November 2018



### Celebrating November



**Remembrance Day Program**  
November 8

**Remembrance Day Holiday**  
November 12

**Birthday Party**  
November 15

**Christmas Decorating Starts**  
November 19

**Resident Craft Sale and Christmas Café**  
November 28

**Concerts**  
November 9, 23

**Annual Christmas Tree Lighting**  
November 29



## A Word From Carol



As November approaches, our minds turn toward Remembrance Day and the men and women to whom we owe our freedom, democracy and peaceful way of life.

We pause to remember those who paid the ultimate sacrifice and honour all those who served on our behalf.

We remember as well, that St. Joseph's at Fleming is home to many veterans, spouses of veterans and that each day we strive to provide a home and caring community for "the greatest generation".

Lest we forget!

Carol



### We are replacing our phone system

Resident phones will not be impacted by the changeover; however, their system will be down as well. Resident phone numbers will remain the same and all resident phones will be checked to ensure they are up and working.

The cut over for this new system is November 29<sup>th</sup>, 2018 from 10:00 pm to 6:00 am.

A letter will be sent out to all First Contacts with further information.



## Code Corner – Family, Residents and Visitors.

### This month is Code Red.

When an alarm is sounded, and Code Red is paged the first thing to do is to listen to where the fire or emergency is located and always follow instructions from staff.

**Family:** Remain with your loved one in your room or move to the nearest dining room if able.

**Residents:** Remain in their rooms or move to the nearest dining room if able. If in an activity you will remain with your staff person.

**Visitors:** If you are in the main foyer please go to the auditorium. If you are with your friend, then remain with them.

**Always:** Let staff know you are leaving the floor.

**Always:** Sign out at front reception even if you are going on the path.

## Nutritional Care Update

### Managing swallowing difficulties with diet modification (known as Dysphagia Diets).

St Joseph's at Fleming is in the process of implementing the new Dysphagia Diet Standards that have been approved by a worldwide committee known as IDDSI: International Dysphagia Diet Standardization Initiative. What this means is that diet terminology as well as food textures and fluid descriptions will be consistent with our healthcare partners not only in our community but across our country and worldwide!

The following diagram describes the levels of diet textures and fluid consistencies noting the point of overlap between the two.



The Registered Dietitian at St Joseph's at Fleming will evaluate all residents in 2019 to determine the appropriate diet texture required for everyone.

The goal is to begin applying the new standards by February 2019, starting with the fluids and then fully integrating the program by May 2019 to include all food textures as well.

## Staff Perspective

### Nursing Roles at St. Joseph's at Fleming - Part 1



Nancy and Emma RNs at Accreditation Ceremony



Cathy our DOC



RPN Victor Pathway



Home Area Manager Julie Hilltop/Creekside

**The Director of Care (DOC)** The DOC directs all Nursing care at the Home. Our DOC is basically the Captain of the Nursing ship!

**The Home Area Manager (HAM)** We have two Home Area Managers. Each is responsible for two Home Areas and the overall management of the delivery of 24-hour nursing care. This includes the planning, development, organization and implementation of policies and procedures that ensure the quality of the Residents nursing care and the satisfaction of the staff. These are the Captain's First Mates!

### Registered Nurses (RNs) and Registered Practical Nurses (RPNs)

RNS and RPNs compliment each other. The RN responds to needs that may be changing or unstable. RPNs tend to residents with well defined care needs and steady conditions. Together they deliver the skilled medical care such as medications, wound care, monitoring of vital signs and Clinical Assessments. They work closely with the Nurse Practitioner, Attending Physicians and the Health Care Team Members to keep everyone informed of any new developments. These are the Second Officers of our ship!

**November is "falls prevention month" and we would like to remind our residents to be safe. Use your call bell - Wear nonslip shoes - Keep laces tied- Wear your glasses and hearing aids - Use railings, grab bars, or your walker for support - Keep lights on - Keep your room free of clutter - Keep useful items close to you so you don't have to reach.**

### What is happening in Physio.

Achieva health is pleased to welcome Neesha Chandela a new physiotherapy assistant who will be replacing Holly Bisio. Holly's last day was October 26<sup>th</sup>, 2018. Please welcome Neesha to our home. Physiotherapist Jack Kandasamy will be away on a visit home for a month in November. Bill Taylor will be stepping in for the duration. Welcome Bill!

## Resident Council Highlights

### October Meeting Friday October 5, 2018

#### Residents' Right # 19 – Lifestyle & Choices

Every Resident has the right to have his or her lifestyle and choices respected.

**Guest Carol Rodd CEO reported** on management trip to a BUTTERFLY HOME. This is a model that really brings a feeling of HOME into where you are living.

**Automatic Door project** is progressing and should be completed soon.

**Guest Julie Ross Hilltop/Creekside Unit Manager** announced Hilltop Tub Room Decorating Competition. Staff are going to decorate the tub rooms on both Hilltop C and Hilltop D side. The friendly competition is being done to boost staff moral and make the tub rooms look more like home for the Residents. Julie is asking members of the Residents Council Leadership team to vote on the tub rooms to see which one they like best for the home.

**Food Focus** - Fall/Winter menu hoping to begin in November.

**Emergency Code Review: Code Red – Fire-** A fire emergency is occurring, or a Fire Drill is being conducted. (See Code Corner on pg. 2)

**Door Prize** - Won by Helen Percy

### Not Cricket! – By F.H Kim Krenz



Entomo Farms is part of a new and rapidly developing field... raising and harvesting common crickets for human consumption! Mr. Aron Hinton, one of the Farm's managers gave a talk to the Monday afternoon Men's Club from a series of slides depicting the different stages of this process. A chicken farm of 60,000 sq. ft. capacity has been converted to produce batches of 50,000 crickets each by "free-range farming." These are roasted and ground into powder to produce a range of cricket "snacks". With the high protein count, edible cricket products may, according to Hinton, in the long term save the world. Canada is in the forefront of this field and is already bringing the technology to developing countries where this protein is much needed.

Mr. Hinton gave out samples of "Bug Bistro", packaged barbequed crickets, easily recognized as insects. This writer has saved his package as an interesting example of the product. Mr. Hinton was warmly thanked for a profoundly interesting lecture.

(See picture in October Highlights page 5)

## Resident News and Views



### Remembrance Day

#### Celebrated in My Mind



With the rattle of drums and a brazen blast, the Canadian Army marches past. Watching those soldiers go marching by, brings a quick tear to many an eye. The general officers are all on hand. Lt. Gen. J.M. Lautier leads the band Of officers on the reviewing stand. On his right, Brig. Gen. Madame Gagnon, To whom the Second Division bows. On his left is Brig. Gen. Trevor Cadieux The Third Division's top command. Brig. Gen. J.J. Paul's command is Fourth. Brig. General MacCaulay, the fifth command. All stand at attention as only they can.

....

The Soldiers are marching in number one dress, everyone looking his very best. The Winnipeg rifles lead the march-past, their music setting a measured pace. The Princess Pats are the next in line. Their pipes are playing "Amazing Grace" The Stormont, Dundee and Highlanders march, a blare of drums and polished brass. The Governor General's Armoured Guard parades its armoured cars *en masse*. The Queen's Own Rifles of Canada glitter. The Toronto Rifles brightly shine. The parade has saved the last for the best, the Seaforth Highlanders in full dress.

And, there you have it in all it's glory; the tale of Canada's Remembrance Story



Poem and illustrations by Kim Krenz

**St. Joseph's at Fleming Remembrance Day Service Thursday November 8, 2pm**

## Thoughts about Remembrance Day

**Betty....** I think about all my friends that I lost but I also think about all of the fun that I had in the war and if it wasn't for that time then I would not have met my husband.... he is Scottish you know! Time sure passes.

**Shirley....** To honour the young men who went to war. We owe them a recognition once a year.

**Don....** To remember those who fought in the wars. My grandfather fought in the Boer War.

**John....** My father spent five years at war. He was a gunner and later earned the rank of sergeant. His grave at Rosemount has a plaque from the Legion. He was wounded in the leg. He didn't talk about his experiences when we were children but shared some stories in the last few years of his life.

**Marion....** It was a terrible war, a very sad and scary time. So many things were not available to my sisters and me. When the war was over in 1945 (I was 12 years old) My father never went overseas but was stationed in P.E.I so my mother had to make do. After working at CG (Canadian General Electric) she would come home and make our clothing, cook supper, and take care of the house. My eldest sister was the only one who ever got new shoes or clothes, everything was handed down to my siblings and me. We had to ration everything. I am very thankful for our freedom today.

**Margaret...** Happy that everyone (who came home) got home safely. I was the youngest and my brother -in-law got called to war. When he came back he did not recognize me because I had grown up. He was a POW (prisoner of war) and was prisoned in Germany for 2 ½ years. When I wrote to him in the prison camp the letters coming back would be missing spaces out of them. Maybe he was telling us too much information. I am thankful for our freedom, and we are very lucky these days.

**Hilde...** I am lucky to still be alive. It brings back memories of the war. I was 24 when I came over to Canada. I took a leave of absence from my teaching job, came to Canada as a tourist, and I married my husband. I arrived in Montreal June 1945. The first week of September 1946, I was the first person to get sworn in for Canadian Citizenship in Montreal (I had to live in Canada for one year).

**Owen...** My father fought in the 2<sup>nd</sup> world war and I think of all of the soldiers.

## October Highlights – See Website Blog for more!

<http://sjfltc.com/>

### Fall Colour Around the Home



Entry way



burning bushes



pathway



pond

### Birthday Party



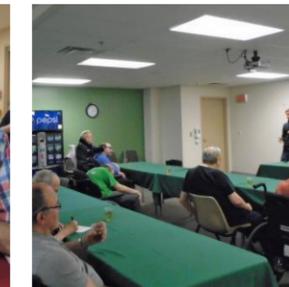
Piano sing along

### Greenhouse Café



Inga and Bob

### Men's Club



Aran from cricket farm



Kim with cricket packs

### Voting Day



Waiting to vote



Velma and Glen

### Happy Couple



### Staff Training



Rocky and Mickey  
(Matt) (Amy)

### Halloween



Winning pumpkin



Scary Party Sweets!



Funniest staff Alex



Linda Nelson Most fun!