

April 2011

Inglewood Herald



Inglewood Care Centre
Family Newsletter

From the Desk of the Administrator

SPECIAL EVENTS

IN APRIL:

OPERA WITH GLEN & TONY Friday April 8th, 2:30 p.m. Lodge Lounge.

GARDEN CLEANUP Saturday April 9th, 9:30—3:30. Need volunteers!

THE LONDONERS CONCERT Friday April 29th 2:30 p.m. Lower Terrace.

VOLUNTEER SOCIAL Saturday April 30th 12 p.m.—5 p.m. Lodge Lounge.

Check the recreation calendars posted in the home areas, or download them from our website to see where the bus will take us this month!

April is a milestone month in the history of Inglewood. As you are aware from my previous letters, we are undergoing a change to our nursing model—going to the RN/LPN Collaborative model. April 12th you may start to see some changes of RN assignments. The Manor and Terraces the 10—6 RN position will become an LPN. Please welcome these new professionals. I would invite you to contact me by phone or email if you have any comments, feedback or questions.

We have recently accepted some gently used furniture

Thank you to our Social Work Students!

Our two UBC BSW students who have been here doing their 3rd year practicum since October will be leaving on April 6th. In the five months that they have been here, Brett and Anja

(wings chairs, love seats and visitor chairs) from a Unicare home, Fernbrae Assisted Living in Kelowna, and we have placed them throughout our buildings to replace already discarded furniture.

We invite anyone with a green thumb to come out to our garden cleanup day on Saturday April 9th at 10 a.m.—2 p.m. Pizza will be provided for the helpers. Please contact Ron if you plan to attend 604-913-4732.

We hosted our first Town Hall meeting on March 23rd, and introduced the

new CARECORP team to the families and residents. We plan to follow that up in early June, date to be determined. If you missed the Town Hall meeting, the powerpoint and the questions and answers covered has been posted on the family information boards.

The new CARECORP managers Diane Miller (Care Manager), Corinne Harrod (Assistant Care Manager and Jas Nagi (Food Services Manager) are active on the floors and they welcome you to stop and speak with them to introduce yourself.

Margo Lupien

have spent time 1:1 with residents, done psychosocial assessments, participated in care conferences and built therapeutic relationships with our residents. They have fit in ex-

tremely well here and both bring such empathy and enthusiasm to their work. We will miss their presence greatly and wish them both all the best in their future studies!

Family Caregiver Network and Learning Groups



S U P P O R T

"To catch the reader's attention, place an interesting sentence or quote from the story here."

The Inglewood Family Caregiver Group will be starting up again this May. The group is facilitated by Michelle Fleming, Coordinator of Social Services.

Have you ever felt guilty about putting your family member in a care facility? Are you looking for strategies to deal with behaviours associated with dementia? Looking for ideas for what to do while you visit? Stressed out and looking for people to talk with about your experiences? Wondering how to

best help your family member through the many life changes they are experiencing?

You are not alone.

A Caregiver Network Group is a wonderful opportunity to share experiences and have discussions with others who are in similar situations. The Inglewood groups will be held the first Thursday of the month. Two groups will be offered, day time and evening in an effort to better accommodate family member schedules.

DAY TIME GROUP:

Thursday May 5th at 1:30 p.m.

EVENING GROUP:

Thursday May 5th at 7 p.m.

Meetings are held in the Lower Terrace Quiet Room (across from the nursing station).

For more information, please contact Michelle Fleming at 604-913-4707 or by email at m Fleming@inglewoodcarecentre.com

HELP US COMMUNICATE WITH YOU BETTER!!



We are generating a family member email list in an effort to keep family members informed of news at Inglewood—important meetings, flu outbreak information, caregiver support programs and special events.

If you are interested in being kept in this loop, please send an email to m Fleming@inglewoodcarecentre.com and in the subject line type "mailing list".

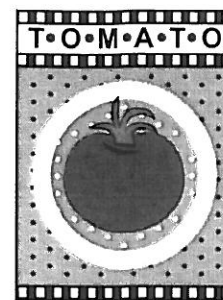
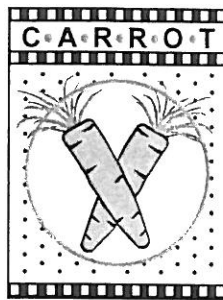
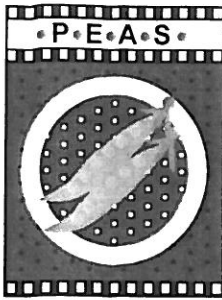
MANAGEMENT TEAM CONTACT INFORMATION:

- Margo Lupien, Administrator 604-913-4703
- Pamela Shaw, Director of Care (DOC) 604-913-4715
- Helle Johansen, Associate DOC 604-913-4722
- Michelle Fleming, Social Worker 604-913-4707
- Dova Sharp, Dietitian 604-913-4713
- Susan White-Bona, Volunteer Coord 604-913-4730
- Ron Hollingshead, Leisure Services Manager 604-913-4732
- Ian Procter, Maintenance Manager 604-913-4711

CARECORP MANAGERS

- Diane Miller, Care Manager 604-913-4714
- Corinne Harrod, Ass. Care Manager 604-913-4714
- Jas Nagi, Food Services Manager 604-913-4709

TO SEE OUR COMPLETE DEPARTMENTAL DIRECTORY, PLEASE SEE OUR WEBSITE WWW.INGLEWOODCARECENTRE.COM



INGLEWOOD'S GARDENS UPDATE FROM YOUR VOLUNTEER FAMILY COMMITTEE

CAN YOU HELP OUR 'LITTLE PIECE OF
HEAVEN' GROW THIS SUMMER?

"One seed can start a garden, one smile can lift a spirit. . . One person can make all the difference—that one is you."

Inglewood's therapeutic Friendship Garden (off the Manor) is a little piece of heaven. Residents and families visit from all parts of Inglewood. Our new Dogwood Garden is overlooked by 32 Manor and Lodge residents.

Our gardens are labours of love by family volunteers, the Residents Council, Inglewood Care Centre and big-hearted community members and businesses, from *Vancouver Sun* garden columnist Steve Whysall and the Capilano Kiwanis to Gardenworks. And over 10 North Shore master gardeners volunteer year-round to do the hard digging and to work alongside residents in the gardens! (They also donate plants, tools, and even over-winter geraniums, dahlias and bulbs at home!)

How can I help?

Volunteer at the April 9th Spring Garden Clean-up

It's a great way to meet other family members. Check posters in facility. From 10 am to 2 pm (or just an hour if that's what you can spare). No gardening knowledge needed, just a willing spirit! We provide pizza.

Donate money for cheerful spring/summer annuals

We'd love to buy colourful annuals—vegetable and flowers. Residents and their families enjoy these familiar reminders of earlier summers together.

Our dedicated group of North Shore Master Gardeners who volunteer year-round, will buy, plant and tend the annuals that are your gift.

please turn over . . .

Looking for something to do when you visit? Share the Gardens with a resident

Garden memories and abilities are often still deeply rooted in people with dementia. Try out our "putting green" in the Friendship Garden (we're re-seeding this spring; putters and balls in the shed).

Come summer, help water and 'deadhead' flowers with the family member you are visiting—it's a nice way to spend time together. Residents often enjoy sweeping or loosening soil or watering. Help yourself to tools.

Why support our gardens? There is beauty and comfort in a garden. Couples find a chance to be together in the garden. Grandchildren happily play on the little putting green. Visitors bring residents from the Lodge and the Terraces no longer able to go out by car, over to the wheelchair accessible Friendship Garden for an "outing."

Your donation sustains a welcoming, safe retreat for residents, families and friends.

A donation form is attached. Thanks for making a difference!



Yes! I'd like to help Inglewood's gardens grow!

Donor's name: _____

Address: _____ Phone: _____

Please acknowledge this donation in honour of

[PRINT NAME] _____

[RELATIONSHIP E.G. WIFE, FATHER] _____

Enclosed please find a cheque for the following amount: \$ _____

Please make your cheque payable to: Inglewood Residents Council. Important! please write 'FOR GARDEN PROJECT'

Mail/drop to: Residents Garden Project
Inglewood Care Centre
725 Inglewood Avenue,s
West Vancouver, B.C. V7T 1X5