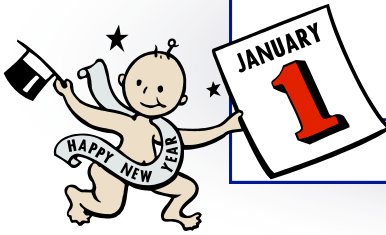


JANUARY 2012

Inglewood Herald

Inglewood Care Centre Family Newsletter



*Seasons Greetings from Inglewood's
Leadership Team!*

From the Desk of the Administrator

Welcome to 2012! We look forward to the New Year and some semblance of calm. We have accomplished so many important milestones in 2011. For 2012, our Inglewood Team plans to prepare for the next Accreditation phase which should be in early 2013. Succeeding in Accreditation means we meet the Canadian standards for operating a long term care facility. To prepare for Accreditation we need the luxury of time and involvement of staff

and families. If any of you are interested in participating in the accreditation process please let me know. We had some wonderful support from family members for our 2010 Accreditation.

After a year of upheaval and projects, we plan to focus on continuing to upgrade and strengthen the nurses' skills, do more education with the assistance of the Educators from Vancouver Coastal Health Authority and more educa-

tion for staff in general. We plan to implement a Customer Service program, and maintain good infection control practices. My Team and I are particularly proud that we are into our fourth season and so far we have not experienced an outbreak! I don't want to speak too soon or jinx it, however with your help and good hand hygiene upon arriving at Inglewood, during your visit and upon leaving the unit, we can maintain our record for another winter season. Remember that outbreaks now tend to occur from October through to June and sometimes July. If you feel a cold or flu coming on, please curtail visiting until you feel healthy again. Your help with this is very much appreciated.

I am saddened to announce the resignation of our Maintenance Manager, Ian Procter, who has been with us for the last two years. Ian has made some wonderful improve-

ments to Inglewood, including most recently improvements to the backyard walkway behind the Lodge—please do take a look when you next visit. We wish Ian all the best in his future, as he and his wife move to Kelowna. Ian's last day was December 23rd. Please bear with us as we seek to find a replacement.

We had three very successful Christmas parties in each of our areas. Thank you to all family members and friends who attended, and for those that missed out—you missed a great evening! Hopefully you'll be able to join us next year. Special thank you to all of the recreation department and managers for all the efforts organizing and putting on the parties!

Wishing all of you the very best for a wonderful, healthy and prosperous 2012!

Best Regards,

*Margo Lupien
Administrator*

Family Advisory Committee—President’s Report

The November 21st meeting of the Family Advisory Committee was planned to be a “different” kind of meeting. Different in that we planned to meet jointly with the Resident’s Council. The meeting with the Resident’s Council was an informal get-to-know-one-another kind of an affair. Diane Salter chaired the gathering while Julie and Eric Startup acted as hosts. The meeting objective was to gain a greater understanding of what the Family Advisory Committee can do to support the Resident’s Council. We shared thoughts and ideas and generally decided that two or three times a year sharing sessions would be valuable for both groups.

Beginning in January 2012, we will be planning our Town Hall/Information Meetings to be held in the specific areas of Inglewood: The basic idea is to have information forums with staff, residents, family and friends in the Manor, Lodge, Upper and Lower Terraces. You will be invited to each information forum and it will enable each family member and their friends to learn more about the operations of the area in which their resident is living. February is the target for the first meeting starting in the Upper Terrace. It is proposed that the meeting would be limited to one hour and would take place in the afternoon.

We will be posting notices and communicating the dates to all in mid

January.

A “Wheelchair Parking Petition” was circulated during the past few months and signed by many. The petition, regarding a request for additional handicapped parking spaces at Ambleside and Dundarave, is now being readied to be presented to West Vancouver City Council. Family member, Paul Gillespie has been instrumental in moving this item forward and continues to work on its presentation.

Time for “WALKIES” ... The “Alzheimer's Walk for Memories” will happen on January 29th, 2012 – Join us, please, in supporting this effort by sponsoring Team Inglewood, participating in the walk, and having a bit of fun exercise while doing so. FAC member, Nuri Murwani is preparing posters to provide more information for you. Upcoming, there will also be coffee and doughnut fund raising days for the Alzheimer Society.

Our group continues to welcome and encourage new members. Please check out the minutes from our meetings on the board outside the Social Work office in the Lodge, and across from the nursing station in the Lower Terrace. If you are interested in joining, please contact me, or Michelle Fleming, Coordinator of Social Services. Our next meeting will be held on Thursday, January

19th at 5:30 p.m.

*Gordi Moore,
President,
Family Advisory Committee
at Inglewood*

Our Family Advisory Committee Christmas Wish For You

Our Christmas wish for you, friends
Is not a simple one
For we wish you hope and joy and
peace
Days filled with warmth and sun

We wish you love and friendship too
Throughout the coming year
Lots of laughter and happiness
To fill your world with cheer

May you count your blessings, one
by one
And when totalled by the lot
May you find all you've been given
To be more than what you sought

May your journeys be short, your
burdens light
May your spirit never grow old
May all your clouds have silver linings
And your rainbows pots of gold

We wish this all and so much more
May all your dreams come true
May you all have a Merry Christmas
And a happy New Year, too ..
- Author Unknown



Photo from January 2011—Team Inglewood at Stanley Park

WALK FOR MEMORIES 2012 Help our team reach our fundraising goal! AND help thousands of British Columbians who are impacted by Alzheimer’s Disease.

Join **Team Inglewood** for the annual Walk for Memories in support of the Alzheimer Society of BC!

Sunday, January 29th at Stanley Park

Time: 1 p.m.—3 p.m. (registration at 12 p.m. at Stanley Park Pavilion).

Team Captain: Michelle Fleming, Coordinator of Social Services

Phone number: 604-913-4707 **Email:** mffleming@inglewoodcarecentre.com

Contact me to make a donation or to join our Team. You can also make your donation online at www.walkformemories.com

This year, we are walking in memory of one of our former residents, Tony Harris. Tony touched the lives of many people with his big bright smile and generosity. He had such a positive outlook and cheery disposition, greeting everyone he saw with a warm greeting. You couldn’t help but smile anytime you were in his presence. He had a beautiful singing voice, and our lives are richer for knowing him. Tony passed away August 7th, 2011.

Over the past three years, Team Inglewood has raised over \$10,000 for the Alzheimer Society of BC. Help us reach our goal this year of \$8,000!! You can sponsor us online with your credit card, or write a cheque to the “Alzheimer Society of BC” and drop it off at our main office. Thank you for the support!!



www.walkformemories.com

Bring us your holiday bottles!

Our Bottles for Resident Council campaign continues with bi-weekly trips to the bottle depot with residents. The residents really enjoy this outing, and the Resident Council will this year be sponsoring special holiday parties in each living area with entertainment with the money

raised.

Please remember to save all of your holiday bottles from your celebrations and bring them to us - there is a collection bin in the Lodge beside the front desk, and in the Lower Terrace at the entrance to the rehab room, or you can put the bottles in

the shed on the Lower Terrace patio.

Thank you to all for the ongoing support in this initiative, which truly enhances our residents lives in more ways than one!



Would you like to increase their comfort?

RMT David Veenstra, is the resident Massage Therapist at Inglewood Care Centre . He offers therapeutic massage therapy to it's residents, to aid in illness, disease and pain management. Through a gentle & compassion approach, David provides social interaction and serves to slow both short and long terms effects of old age and degenerative conditions. These include, but are not limited to Alzheimer's, Dementia, Osteoporosis, Arthritis, Parkinsons and Stroke. Contact David today, to discuss your personalized needs.

Did you know?

Many of Inglewood Care Centre residents are granted coverage for massage therapy, through their BC Medical Savings Plan. With an allowance of ten treatments per year, MSP makes treatment free of personal charge. Billing and collection is handled by Geriatric Touch, making the process free of stress and financial obligation.

For the benefits of geriatric massage and information on how to get started:
www.GeriatricTouch.com

Be a Santa to a Senior - great success!

On Monday, December 19th, 19 of our residents who have limited family supports were delighted by having a visit from the big guy himself—Santa Claus came with gifts for each of them. Special thank you to Jack Voykin from Home Instead Seniors Care for organizing this generous program, and helping our residents to feel special at a time of year that for many can be quite difficult and lonely. Inglewood team members, Michelle (Coordinator of Social Services), and Corinne (Care Manager) were Santa's "Elves" and helped deliver the gifts. This program is a meaningful way to give back to those less fortunate, and to help us all to remember what the holiday season is really about.



Caregiver Support & Learning Group

Our Caregiver Support & Learning Group has monthly meetings on the 3rd Thursday of each month from 1:30—2:30 p.m. in the Manor Activity Room (1st floor of the Manor).

This is a group offered to family members and friends of residents at Inglewood to provide open forum for discussion and idea sharing.

Some topics open for discussion include:

- Tips for visiting
- Helping your family member through many life changes including facility placement, grief, loss of independence, etc.
- Dealing with emotional reactions (guilt, stress, frustration)
- Managing stress of multiple responsibilities

- Impact of Alzheimer Disease or Dementia on the family
- How to handle family conflicts
- Tips for navigating the health care system
- Anticipatory grief
- Strategies for stress management and self care
- The stages of dementia & Alzheimer Disease and ways to cope with the changes

Upcoming dates are:

- Thursday, January 19th at 1:30 p.m.**
- Thursday, February 16th at 1:30 p.m.**
- Thursday, March 15th at 1:30 p.m.**
- Thursday, April 12th at 1:30 p.m.**
- Thursday, May 17th at 1:30 p.m.**

Please contact Michelle Fleming, Coordinator of Social Services to RSVP at 604-913-4707, or by email, mflaming@inglewoodcarecentre.com, for more information.

