

MAY 2011



SPECIAL EVENTS

IN MAY:

ELECTION DAY Monday, May 2nd, 9 –5 (mobile polling station will be at Inglewood for residents to vote).

DUNDARAVE PLAYERS Thursday, May 5, 2:30 p.m. Lodge Lounge

MOTHERS DAY BRUNCH, Sunday, May 8th (see page 3)

HAPPY HOUR WITH BOB YORK Friday, May 13, 2:30 p.m. Lodge Lounge.

CROKED ROAD ENTERTAINMENT Saturday May 21, 2:30 p.m. Lodge Lounge

KEYNOTE CHOIR Tuesday May 24, 2:30 p.m. Lodge Lounge

Inglewood Herald



Inglewood Care Centre
Family Newsletter

From the Desk of the Administrator

Happy Spring to All!

April was a tremendously hectic month for all of us at Inglewood, including Residents and Families. It was the month that saw a great deal of transition for our Nurses. On April 12th, phase 1 of the transition, there was a total rotation of the Nurses taking on their new positions. Our regular Lodge Licensed Practical Nurses maintained their positions, the Terraces took on new LPNs in the 10AM to 6PM positions and the night shift changed to an LPN and an RN. The transition went smoothly and some family members commented that they felt it was seamless. We are very pleased that it went very well. Phase 2 will occur on June 11th and will only affect the Manor 10AM to 6PM shift. Nurses who are no longer in regular positions are working as casuals. If you haven't yet had the opportunity, please stop by and introduce yourself to the new Nurses.

I want to take this opportunity to congratulate and thank all our great volunteer Master Gardeners and eve-

ryone with a green thumb and strong back who came out on April 9th to help beautify the gardens and grounds! What a wonderful spring facelift!

The month of May will be very exciting and we hope that Families participate in some of our activities. We will first have two Wellness days for our Staff. These will be May 5th and 6th. Our committee is working very hard to solicit participation from health groups to set up booths and informing all on how to keep ourselves healthy and safe while working in a health care environment. The staff will have some fun while being educated and tested on their knowledge. Door prizes for staff are being donated by our local community groups, our vendors and local merchants. It should be a fun two days for the staff. We invite any family member to volunteer to help us set up and keep the days flowing. If you have some time and would like to volunteer, kindly contact or leave a message for Brenda McEwan, Education Coordinator

at 604-913-4702. Your help is very appreciated! Next we will be celebrating Nurses' week, May 8 to 14th and the new Residents and family Wine n' Cheese on May 12th.

I would like to bring to the attention of all families who hire companions, whether they are from an agency or privately hired, to please correspond with me regarding new legislation on Criminal Records Checks (CRC). New legislation dating April 1, 2011 is obligating all facilities to have a record for staff, and confirmation for all volunteers and companions of a current CRC. This is now done through the Attorney General's office and no longer through the local police in the community where the person lives. We have until **June 30, 2011** to comply. Kindly contact me on my email: mlupien@inglewoodcarecentre.com and I will send you the appropriate form or have the companion drop by the office. Thanking you in advance for your help with this. Have a wonderful month of May!

Margo Lupien



"I found such value in participating in a support group. It was so helpful to hear other's stories and realize that I'm not alone."

- a family caregiver

Family Caregiver Network and Learning Groups

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
1:30—2:30 p.m.**

EVENING GROUP:

**Thursday May 5th
7:00—8:00 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

Greetings from the Family Advisory Committee

The days are getting longer and hopefully warmer. On your visits with family recently we would like to suggest that if you have noticed any improvements since CareCorp has been the new service provider, please write them a short Thank You. If you have any ideas regarding improvements that you would like to see incorporated please let the Family Advisory Committee know. In re-

cent meetings we have met the CareCorp Management and the owner representative to discuss their roles and how we can work together to continue to maintain and improve the quality of life for all residents at Inglewood. The Government funding of these facilities dictates in a large number of ways how these entities operate. To create the best possible circumstances open dia-

logue amongst the people involved is essential. If you have some time and the interest in being part of this process the welcome mat is out for new members to join the Committee.

You may learn more about the Committee and what it does from Elecia Hart (President), or Michelle Fleming (Coordinator of Social Services).

Next meeting will be Monday May 16th at 5:30 p.m. in the Manor Activity Room. If you are interested in attending as a guest, please contact Michelle Fleming (604-913-4707) or speak to Elecia Hart.

Join us for our Annual Mother's Day Brunch

Does your mom live at Inglewood? If so, we invite and encourage you to participate in our annual Mother's Day Brunch event.

We will be offering some lovely roses for sale (proceeds go to Resident Council).

Cost for brunch is \$12 per person. Please RSVP by May 4th to the Recreation Office at 604-913-4729. Limited seating available.

Bruch will be held on **Sunday, May 8th** at **11:30 a.m.**, at the **Lodge patio and lounge.**



The moment a child is born, the mother is also born. She never existed before. The woman existed, but the mother, never. A mother is something absolutely new.
~Rajneesh

Resident Council Garage Sale Fundraiser is coming up!

We are looking for donations for our annual Garage Sale. This event is a wonderful fundraiser for our Resident Council, and the event is always enjoyed by our residents, families and staff.

The garage sale will be held on June 11th. We are looking for donations of items that are in good condition. If you have donations or if you're interested in helping out, please con-

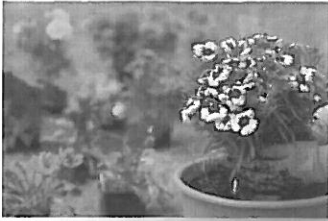
tact the recreation office at 604-913-4729 or Ron Hollingshead, Manager of Leisure Services at 604-913-4732.



May 8th to 14th is National Nurses' Week!

Please join us in celebrating and appreciating our Nurses! On Thursday, May 12th, we'll celebrate our professional nurses - RNs and LPNs - with a huge cake and refreshments for all. We'll be taking that same opportunity to celebrate ALL the members of our care team - none of us can deliver the excellent care that we strive for without all of us working together.





Spring Garden Cleanup - what a day!

THANK YOU VOLUNTEERS FOR ALL YOUR HELP!!

On April 9th hot, smudged and happy, 20 volunteers relaxed over pizza, hot and cold drinks, superb donuts and lots of laughs during a brief lunch break. The weather was perfect, not too hot, not too cold.

After lunch they were back at it—digging, weeding, mulching, raking, transplanting, pruning and pulling dandelions. In all they worked for over four hours. We even had a visiting family of four in the landscaping business from Calgary who came to visit mum and ended up working all morning, beautifying the main entrance to the Lodge!

In total, this motley crew of enthusiastic family members—from experts to ‘just-tell-me-what-to-do’ types, and staff (Ron, Maria, Helle and Margo), all guided by our master gardener volunteers, accomplished a huge amount. They offered TLC to gardens in the Manor, Lodge and Lower Terrace. Residents gave the sweaty sod-turners a thumbs-up of approval!

Wish you’d been there? Look for notices about the Fall Clean-Up, come October.

Margo Lupien, Administrator

Inglewood is proud to offer some beautiful garden space for our residents. Stay tuned to the June edition of the Herald for a “Garden Map” of spaces to check out around Inglewood.

North American Occupational Health and Safety Week is May 1st to 7th.

Inglewood will be marking the occasion with a wellness event for our staff on May 5th and 6th. Staff members will have an opportunity to have their blood pressure and blood sugar level checked. There will be an extensive nutrition station that will address several issues of interest, including Healthy Brown Bag lunches/suppers, how to read product labels to make healthier choices, monitoring sodium intake, healthy weight for height and age and others. There will also be an ergonomics station that will address good body mechanics and How to Love Your Back; our massage therapist will offer neck and shoulder massage; and representatives from North and West Vancouver Recreation Commissions will be on hand with program information. Participants will also have the opportunity to experience some relaxation and stress management techniques.

Inglewood Care Centre

725 Inglewood Ave
West Vancouver, BC

Phone: 604-922-9394

Fax: 604-922-2709

We're on the web!

www.inglewoodcarecentre.com

HELP US COMMUNICATE WITH YOU



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 mfleming@inglewoodcarecentre.com and in the subject line type “mailing list”.