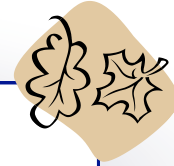




November 2011



Inglewood Herald

Inglewood Care Centre Family Newsletter

From the Desk of the Administrator

Greetings to everyone! Another month has zipped by and the staff and management team are on the countdown for the preparation of all the Christmas activities! Yikes! In the meantime the new resident/family Wine & Cheese Welcome was October 27th. Gail our Music Therapist began working on contract and has been really enjoying her new challenges.

We continue to make progress with replacement and installations of new equipment which is long overdue. The large kettle in the kitchen was replaced and we are awaiting the first set of 4 deliveries for bed replacements. This will be a herculean task as the beds must be assembled by our maintenance, old beds cannibalized for parts and then disposed. These beds are hi/lo electric. The residents occupying the manual crank-up beds plus a few whose bed is problem-

atic will be the first to receive the new beds. This installation will also help the staff better manage the safety of the resident as well as safety for themselves when giving care. We have also received 15 floor mattresses that are used in the falls prevention program. These are assigned by the Rehab department. We anticipate these will provide a safety net for residents at high risk for falls when getting out of bed during the night. Two fire emergency education sessions for staff are also planned in November.

I hope when you are visiting that you enjoy the theme decorations around the building. Many of them are made by the residents. It's a great way to display their creative side! I invite families and friends of residents to give us your thoughts and ideas on a feedback form for activities that we may

not be doing and you think would be of benefit for the residents. It is always great to receive your feedback as it helps us stay focused on meeting the needs of our residents.

If you are feeling energetic on November 5th, put your boots on and come help with the Fall garden clean-up between 10AM and 2PM. Our volunteer Master Gardeners will be here directing our efforts. It's always a great way to get to know one another and lunch is provided. Should Saturday be rainy, the contingency is to get together on Sunday, same time same place. Hope to see you here and bring some garden implements of your choice.



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Have a great November and don't forget to write in your calendar for December the Christmas party for your loved one. These are December 8-Manor, 13th-Lodge and 15th-Terraces. Cheers,

*Margo Lupien,
Administrator*

Our annual Silent Auction is coming up!

We invite all residents, family members and volunteers to attend our annual Silent Auction on **Thursday December 1st**. This event is our best fundraiser of the year and all proceeds go to our Resident Council. Last year there were some great items available including Canucks tickets, a B&B

stay in Deep Cove and some fabulous art work.

We are still looking for items for the Silent Auction, and this is where we could use your help! If you frequent a certain business (or own a local business) and feel they would be willing to donate to our Silent Auction please drop

off a letter to them on our behalf.

The letters are available by contacting Ron (Manager of Leisure Services @ 604-913-4732)

We hope to see you all there!



Family Advisory Committee News

In the near future, your Committee, the FAC, will be sponsoring information gatherings .. perhaps forums would be a better word .. where you will be welcomed to meet staff; RNs, LPNs, Care Aides, that serve and care for your family member, as well as Managers of the various departments. The sessions will be held in the separate sections of Inglewood, the Manor, the Lodge, the Upper Terrace and the Lower Terrace. The goal is for each and every family member to be able to ask questions, discuss on-going and future activities, and learn about the operations within the area where your family member resides. The topics could be as straight forward as simply knowing where you could get a cup of tea or coffee during off hours.

As for your part, we would like you to make a note of any subject that you would like to learn about, discuss ... or ... perhaps you would just like to meet and

get to know staff members and other family members a little better.

Any question or comment would be valid, and you could offer them at the time of the get-together, or you could present your ideas in writing and pass them on in advance of a session. Our Director of Social Services, Michelle Fleming, would be pleased to collect these in advance of when we gather in your area.

We will give you plenty of notice so that you can organize your time; we want you to take this opportunity so that you are more aware of, and be able to participate more fully in the care of your family member at Inglewood.

Perhaps you are stressed out and having a hard time coping with the difficulties posed by your loved one? Your ability to cope is influenced by your perception of what is going on. One of the most

effective ways to reduce stress while you are under increased demands is to increase your sense of control and understanding of day-to-day situations.

I hope you will join with us and take part in these gatherings.

The Family Advisory Committee members are also looking to meeting with the Resident Council in November to discuss how the two groups will be best able to work together on behalf of all residents at Inglewood.

If you are interested in the Committee, please see our minutes posted on the board outside the Social Work office in the Lodge and across from the nursing station in the Lower Terrace. We are recruiting for new members, please let us know if you are interested!

*Gordi Moore, President
Family Advisory Committee*

Renewal and Rejuvenation—Tips for Stress Relief

The holiday season can be extremely stressful for all of us—with the many social events, family commitments and seasonal rituals, we can wind up so exhausted by the end of it, we feel we haven't gotten any enjoyment whatsoever. As family caregivers, our stress is amplified due to our many responsibilities, and the reality that

when a health care crisis hits, we hardly feel like being festive. In preparation for this busy season, we are offering an interactive educational session to family members to learn some strategies to cope with stress (self care, relaxation strategies, and your personal stress signals).

Session will be facilitated by Karyn Davies, Coordinator of the North Shore Caregiver Support Program and Michelle Fleming, Inglewood Coordinator of Social Work Services. Session will be held on:

Thursday November 17th from 1:00—3:00 p.m. in the Manor Activity Room (Manor 1st floor).

If have any questions & to register, please contact Michelle Fleming, Coordinator of Social Work Services if you plan to attend, at 604-913-4707 or email m Fleming@inglewoodcarecentre.com.

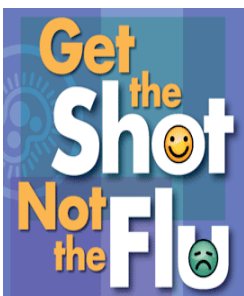
Caregiver Stress Checklist

- Am I easily agitated with those I love?
- Am I becoming more critical of others?
- Am I having difficulty laughing or having fun?
- Am I turning down most invitations to be with others?
- Am I feeling depressed about my situation?
- Am I feeling hurt when my efforts go unnoticed?
- Am I resentful when other family members are not helping?
- Am I feeling trapped by all the responsibilities?
- Am I being manipulated?
- Am I missing sleep and regular exercise?
- Am I too busy for quiet time with God?
- Am I feeling guilty when I take time for myself?



Flu Season is Here!

Just a reminder to all residents and families that flu season is here. Our nurses have been busily providing the flu vaccine to all of our residents—thank you to those who sent us back the signed consent forms—and our staff. Next week the volunteers will be given their vaccine. We highly recommended that all residents receive the flu shot to help protect themselves and our other residents.



If you have any cold or flu symptoms, please do **NOT** visit Inglewood. We have been outbreak free for three years—please help us stay that way! Also, remember every time upon entering and exiting the building, remember to use the hand sanitizer to help minimize the spread of germs.

Family members are encouraged to get their flu shot from their doctor.



SHAKE OUT BC!

'ShakeOutBC: On the third Thursday of every October, British Columbians will "Drop, Cover and Hold On" in The Great British Columbia ShakeOut". This is an awareness exercise, designed to teach people the right thing to do in the event of an earthquake. As a result of this participation, it's hoped that these people will be more likely to commit to taking steps to prepare themselves personally, at home.



The people of the province of BC joined those in Alaska, Oregon, California, Utah, Nevada, Guam and New Zealand to be part of the largest earthquake exercise in the world. These locations are all part of the "Ring of Fire" an area where 80% of earthquakes occur and where 90% of the severe earthquakes occur. There have been 8 major quakes in the past 7 years, starting with the Boxing Day, 2004 quake which devastated areas of Sri Lanka, Thailand, Indonesia, and Malaysia and took thousands of lives.

Geo-technical scientists are firm in their conviction that the time is ripe for a major earthquake off our BC coast or in the Cascadia fault zone. The government is taking these warnings seriously and the Ministries of Education and of Health have mandated earthquake preparedness to all their reports. 100% of the schools in BC participated and many health care facilities did also. We chose to join them.

A total of 66 Inglewood and Carecorp employees participated by Dropping, Covering and Holding on. Members of the management team acted as observers.

Brenda McEwan, Education Coordinator

Annual Family Christmas Parties are booked!

Our annual Christmas parties are always a big hit with families and residents. They feature seasonal entertainment, festive drinks, and delicious treats and appetizers. We hope that you will be able to join us this year in celebrating the holiday season. Please remember that additional parking will be available at the synagogue next door. Please car pool with others if possible.

Dates for the parties will be:

MANOR: Thursday December 8th

LODGE: Tuesday December 13th

LOWER & UPPER TERRACE: Thursday December 15th

All parties will begin at 6:30 p.m. in the lounge.

We hope to see you there!!



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