

SEPTEMBER 2011



INGLEWOOD CARE CENTRE FAMILY NEWSLETTER

Inglewood Herald

From the Desk of the Administrator

Summer has finally arrived so let's hope that the good weather continues into Fall. We have had such a busy summer with renewed activities and bus trips for the residents, especially now that we have added bus drivers. The highlight I think was the 'Beach Day' where over 30 of our residents had a great day at the beach with lunch and all the trimmings but mostly due to the weatherman cooperating! Everyone came back with smiles on their faces—take a peak at the wonderful photos on the photo board in the Lodge.

We continue to multi-task with some construction around the Lodge/Manor generator, including new diesel reservoir and distributor for both generators to bring us to 72 hours of emergency service, new beds being purchased to replace some very ancient ones, steam kettle for the kitchen, two dryers installed which now gives us a totally refurbished laundry room, etc. Work continues in every corner of the building including painting and wall and door protector panels. This is a large building and everything takes time!

We are delighted to announce that we finally have a date for the Manor elevator to be refurbished. This is September 6th, directly after Labour Day. The elevator will go off-line for approximately six (6) weeks. It's been a long time coming and we look forward to the Manor having a more reliable mode of transportation between floors. The Management Team has worked diligently to create alternate detailed plans for the safety, living conditions, entertainment, etc for the residents of the Manor, in particular those who live on the lower and upper Manor floors. Some innovative ideas are being put into place which we hope will help with the overall service to our residents.

We are asking you to bear with us during this six (6) week time period as we are all well aware that there will be many challenges. A formal Safety Plan is being completed and will be posted on 3 floors for you to read. Please share any thoughts/suggestions you may have regarding improving our plan. We have organized breakfast and dinner to be served on first floor for those 10 residents and breakfast

and dinner for some of the third floor residents. In an effort to make this time as stress-free as possible for the residents, we have increased the recreation programs, added bus trips, entertainment and volunteers to assist to porter residents between floors. We have also increased the Care Aide time to have an additional 5.5 hours per day at peak times. We need as much help as we can recruit, so if you have any time as an interested family member, kindly call Ron at local 4732 or Jan at local 4704 to record your name and times that you could volunteer. A volunteer recruiting poster will also be placed in the envelope with the statements.

In an effort to recruit more volunteers, we have also distributed posters at local churches and one community centre. Please be advised that during the refurbishing time, the Manor hair salon will be out of service except for residents living on first floor Manor. Please be patient as the hairdressers will make every effort to meet all the needs in the Lower Terrace salon.

All the best for a good rest of summer!

Margo Lupien

Family Caregiver Network Group

A Family 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 third Thursday of the month. Two groups will be offered, day time and evening in an effort to better accommodate family member schedules.

Thursday, September 15th, 2011:

Day time group:

1:00 – 2:00 p.m.

Evening group:

7:00 – 8:00 p.m.

This group is offered to family members and friends of residents at Inglewood to provide open forum for discussion, support and idea sharing. Some topics open for discussion include:

- Tips for visiting a person in a care facility
- Helping your family member through many life changes including facility placement, grief, loss of independence, etc.
- Dealing with the emotions of caregiving - guilt, stress, frustration, grief
- Managing stress of multiple re-

sponsibilities

- Impact of Alzheimer Disease or Dementia on the family
- Managing family conflicts

Discussion at the meetings will be driven by what the attendees would like to discuss.

Meetings will be held at the Inglewood house (next to the staff parking lot, behind the tall sunflowers).

Please contact Michelle Fleming to RSVP at 604-913-4707.



Family Advisory Committee News

After summer break, we are looking forward to getting back to work on behalf of the residents and family members!

The next Family Advisory Committee meeting will be on Monday, September 19th at 5:30 p.m. If you are interested in learning more about the Family Advisory Committee, I invite you to look at our minutes which are posted on the board in the

Lodge across from the Social Work office and in the Lower Terrace across from the nursing station. We are always keen to take on new members. If you have an interest in joining, please contact the President, Gordi Moore (gormoo@shaw.ca) or Michelle Fleming, Coordinator of Social Services at m Fleming@inglewoodcarecentre.com.

Stay tuned this fall, as we are planning to organize open family meetings individually by living area (Manor, Lodge, Lower Terrace, Upper Terrace), as an opportunity for family members to meet openly with FAC members and management to discuss area specific questions/concerns/suggestions.

Flu Season is Approaching!

All visitors are reminded to take extra care in hand washing and be sure to use the hand sanitizer upon entering and exiting Inglewood. If you feel under the weather, have a cough, sneeze, fever, sniffles or any other cold and flu symptoms - please refrain from visiting until you feel better. Some of the other facilities on the North Shore have recently gone into outbreaks. We are pleased that Inglewood has been outbreak free for over three years! We all must work together to keep Inglewood a healthy place!



