



Long-Term Care & Services for Seniors Division

Fairview Lodge Newsletter

Issue 2, June 2024



Mission

Strong People...Caring Communities...Our Future!

Vision

We will create a diverse, equitable and inclusive community that embraces person-centred care and meaningful connection for all

We Value

Individuality, Collaboration, Accountability, Respect, Excellence

LTC and Services for Seniors Division news

Director's message

Welcome to the summer edition of our Long-Term Care Newsletter! June is Seniors Month in Ontario, a time to honour and celebrate the invaluable contributions that seniors have made to our communities and country. Throughout this month, we recognize the hard work, dedication and sacrifices that seniors have made over the years, helping to shape our society into the thriving and vibrant place it is today. The homes have planned a number of events to show appreciation and celebrate our seniors.

As we welcome new residents, staff and volunteers to our community, we invite you to engage with Resident and Family Councils to the extent that suits your interest and availability. We highly value your input and suggestions, and we're here to address any concerns you might have. Please feel free to contact a member of our management team whenever you need assistance or have something to share.

Enjoy this edition of the newsletter.

~Laura MacDermaid, Director, Long-Term Care and Services for Seniors



If you require this information in an accessible format, please contact Jan Bright, Administrative Assistant, at (905)-668-5851 ext. 5933.

Quality

Quality Improvement Plan

Part of the Integrated Quality Management program involves the development of an annual plan to improve quality in the home. The Quality Improvement Plan (QIP) is a requirement of the Fixing Long-Term Care Act and Ontario Health. The QIP has been submitted to Ontario Health and is available on the Region of Durham website under each home for residents, family and staff to review at <https://www.durham.ca/en/living-here/regional-long-term-care-homes.aspx>.

Infection Prevention and Control

Reminders

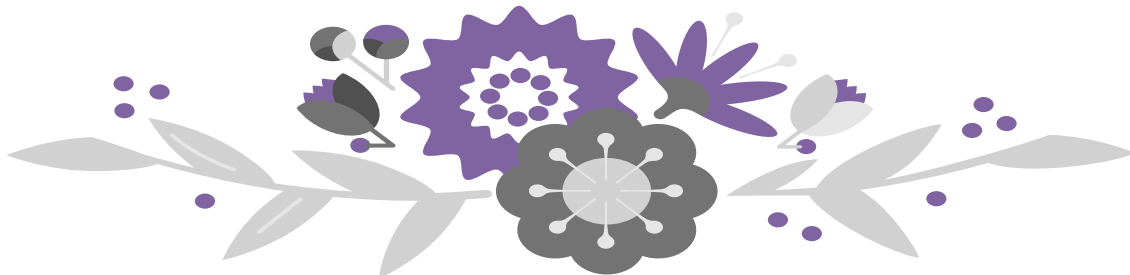


As this year's respiratory virus season comes to an end, we look forward to the sunshine and warmth of spring and summer and getting outside to enjoy the beautiful weather. Our four long-term care homes continue to work closely with our local public health unit to ensure staff, residents and visitors are well-informed and prepared for infection trends. As a reminder for visitors meeting with residents in isolation, please wear the appropriate PPE provided to ensure your safety and the safety of those around you. Additionally, self-screening remains important for staff and visitors before entering our homes to keep everyone healthy and to minimize outbreaks. If you are sick, please do not enter the building; you may follow-up with your home's Infection Prevention and Control (IPAC) practitioner if you have any questions.



Spring COVID-19 vaccines

As we continue to see waves of COVID-19 infections, the Ministry of Health in alignment with the National Advisory Committee on Immunizations (NACI) has provided updated recommendations for residents to receive an additional COVID-19 vaccine this spring. Long-term care residents are eligible to receive an additional COVID-19 vaccine if it has been at least three months from their previous COVID-19 vaccine dose or COVID-19 infection. The spring COVID-19 vaccine campaign will end in June to ensure residents are eligible come the fall. If you have any questions regarding the COVID-19 vaccine or your resident's eligibility, please reach out to the home directly.



Measles update

Measles is an infectious illness that infects the respiratory tract, causing fever, fatigue, runny nose, cough, red/watery eyes, and small white spots on the inside of the cheeks. A rash can also develop 10 to 14 days after exposure, usually starting on the face/upper neck. Increased measles activity is being reported globally due to travel and low vaccination rates.

Durham Region Long-Term Care workers are required to be vaccinated against measles upon hire. For long-term care residents, adults born before 1970 are generally presumed to have acquired natural immunity to measles through infection, as vaccination was not offered prior to then. Residents born in or after 1970 should be immunized with at least one dose of the Measles, Mumps, and Rubella (MMR) vaccine, but it may be recommended to receive two doses. If you have any questions regarding measles or your resident's vaccine status, please contact the Home's IPAC practitioner.

Gastrointestinal illness

Our Lakeridge Health infection control partners have reported that several congregate settings are experiencing norovirus outbreaks, and that there is a high incidence of community transmission of gastrointestinal illnesses (GI).

The following are some important recommendations from our Lakeridge Health colleagues:

- Any resident with gastrointestinal symptoms should be promptly isolated on droplet contact and to take N95 precautions until COVID-19 can be ruled out (note: many previous COVID-19 cases have reported GI symptoms as their initial symptoms).
- Symptomatic residents will need to be isolated until their GI symptoms have resolved for 48 hours.
- Cleaning and disinfection:
 - Ensure your disinfectant products have a virucidal kill claim against norovirus.
 - Hand hygiene:
 - Staff and visitors should be practicing hand hygiene at the four moments (before resident/environment contact, before aseptic procedures, after body fluid exposure risk, after resident/environment contact).
 - Ensure residents are being offered hand hygiene before group activities, before eating or drinking, and after bathroom use.
 - Ensure hand hygiene with soap and water or an alcohol-based hand sanitizer after direct care with a symptomatic resident.

We hope you have a wonderful and safe summer!



Practice and Training team

AdvantAge Ontario conference

Our Training and Education team has been working hard to provide updates and resources to support our staff in delivering exceptional care. Recently, the Consent and Capacity group presented on this topic at the AdvantAge Ontario Convention. They are now rolling out training sessions for staff and sharing important information with residents and families.

At the AdvantAge Ontario Convention, the Training and Practice team's poster presentation highlighted how Clinical Leads are enhancing care quality through collaborative efforts with MNPs. The Medication Management Team is implementing a three-month medication review (TMR) across our homes to optimize medication management and resident safety. Clinical Leads are actively attending trainings on fall prevention, wound care, and palliative care to improve clinical outcomes. Our finalized 2024 training schedule will offer tailored sessions for our teams.



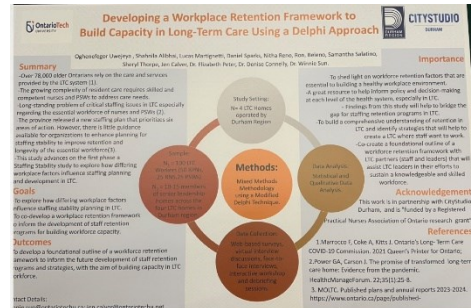
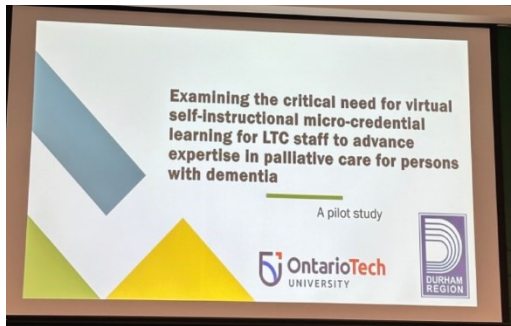
National Nurses Week

We celebrated National Nurses Week from May 6 to 12 to show appreciation for the nurses and their hard work in providing invaluable services and care to residents and families. Preceptor Appreciation Week is coming up on October 28, where we will express our gratitude to our dedicated preceptors. We also continue to welcome student placement opportunities in our homes.



Ontario Tech partnerships

Excitingly, we have partnered with Ontario Tech University for research collaborations. The CityStudio Durham Hubbub event featured two of our research partnerships. We are currently in Phase 1 of a voluntary study on workplace retention for staff, and in Phase 2 of a study focusing on benefits for persons with dementia through CLEAN Exergame. The aim of this study is to develop an educational exergame for persons with dementia and their caregivers to practice effective handwashing and promote infection control.



Emotional Model of Care

Project update

We are thrilled to announce that Lakeview Manor will be the pilot home for our Emotional Model of Care project. We are actively involving key stakeholders at the divisional level. We will invite all staff, residents, and families from Lakeview Manor to participate in the development and implementation of this project. The project lead at Lakeview Manor will be Claire Doble, a Dietitian.

We have taken the Emotional Model of Care project on the road with a series of Road Shows, with dates as follows:

- May 15: Lakeview Manor
- May 16: Fairview Lodge
- May 21: Hillsdale Estates
- May 23: Hillsdale Terraces

These Road Shows provided an opportunity for residents, families, and staff to learn more about the project, and also to engage and contribute to its development, sparking excitement and curiosity.

We have also completed a naming competition for the Emotional Model of Care, allowing our stakeholders to name our care model. The competition winner will receive an award and the home will receive a special treat.

We are excited to embrace change and embark on a culture shift within our homes!

As the Emotional Model of Care pilot project develops, updates and information will be shared at durham.ca/EmotionalModelofCare.

If you have any questions, please contact Sheryl Thorpe, Project Manager, at Sheryl.Thorpe@durham.ca or Claire Doble, Project Lead at Lakeview Manor at Claire.Doble@Durham.ca.

Consent and Capacity Project

In February 2023, a dedicated interdisciplinary team from the Region of Durham's four long-term care homes, working alongside the Legal department, started a journey to create tools, resources and education relating to consent and capacity.

The homes identified a need to enhance supports for our residents and ensure their rights are upheld in all areas of decision-making. The project team focused on the following areas:

1. Development of a consistent process to assess a resident's decision-making capacity in terms of personal care, treatment, and financial decisions.
2. Creation of procedures for evaluating capacity in areas of personal care, treatment, and finances.
3. Creation of educational materials for staff, physicians, families and residents on consent and capacity that focuses on the processes of assessment, determination, and necessary escalation.

With the assistance of Family Council and with input from residents, we are pleased to announce that we will be going live with our new processes on July 2, 2024. Staff education is currently underway.



Fairview Lodge news



Family Council

On behalf of the residents, family members and staff of Fairview Lodge, I would like to express our deep appreciation to Lori Scott for serving as the Chairperson of the Family Council Executive from early 2022 until the present. We are grateful for her commitment to the position, her respect for residents' rights and wellbeing, and appreciation and support for staff, and wish her well in her continuing wider community involvement. I would also like to thank Roslyn Nestic for agreeing to continue in her role on the Family Council Executive as Vice-Chair and Secretary. Watch for posters inviting participation on the Family Council Executive. If interested, please contact extension 5916 or scott.kearns@durham.ca.

~Scott Kearns, Social Worker

Residents' Council

Residents' Council aims to empower residents living in long-term care homes to participate in the operations of their homes and be involved in decisions that affect their lives. The Council is run for residents by residents and meets monthly.

Council meetings are held every month. All residents are welcome to attend. Our next meeting is May 21 at 10 a.m. in the Great Room.

The meeting is open to all residents at Fairview Lodge and if residents are interested in participating, the Recreation staff on their home area can assist. Hope to see you there!

The Residents' Council continues to donate to the Durham Region Alzheimer's Society in memory of those residents who have passed.



Volunteer Corner

The last few months have been busy, and our volunteers have provided so much assistance and support. We had the privilege of celebrating and appreciating our volunteers in April. We hosted a guided painting night that featured door prizes, good food and lots of fun. Volunteers have also assisted with regular activities, such as bingo, the gift shop, pet therapy, recreation programs and outings. We are grateful for the volunteers who were able to help run fundraising tables to support a variety of charities, such as the Canadian Cancer Society.

Some of the special activities that our volunteers assisted with throughout the last few months include the Robbie Burns Day celebration, guided paintings, pen pal letters, Valentine's Day High Tea, Family Day Tea, community outreach, St. Patrick's Day party, and outings to a variety of stores and restaurants.



If you know someone who would like to volunteer, please contact Lauren Banga, Volunteer Coordinator, at extension 5917 or lauren.banga@durham.ca.

Recreation and Therapy

The home has been busy reconnecting with the community. We are building partnerships with our neighbours. Residents can attend in-person church services at St. Andrew's Presbyterian Church next door. The Resident Community Outreach Group worked hard at selling almond turnovers and daffodil pins. We are proud to donate \$280 to the Canadian Cancer Society. Thank you to all staff, residents, volunteers, and family members who supported this fundraiser.

The Recreation Team planned a Harmony Day event, which celebrated and recognized thirteen countries and their cultures.



Residents enjoyed expressing their creativity by participating in a pottery painting class. Bowmanville based Crock A Doodle, provided a program at the beginning of May which helped residents create a special pottery keepsake.

Residents were able to make an inscription of a name or memorable phrase and have their fingerprints used as the base of a creative design.

After selecting their pottery shape, residents chose their favorite colours and let their artistic skills flow. The pieces were taken to the studio for professional glazing and kiln-fired to a brilliant and durable finish.

Residents found the program relaxing and were happy to proudly display their works of art in their rooms or memory boxes.



The Resident Community Outreach Group meets monthly to brainstorm ways that residents can give back to the community. Recently, residents met with Emily, the Outreach Coordinator at St. Andrew's Food Bank. Emily gave the residents numerous ideas of ways that Fairview Lodge could give back.

We will be collecting laundry pods during the month of May. At our Community Outreach gathering on May 30, the residents will be packaging the pods into bags to be given to patrons visiting the Food Bank each week. A donation box will be placed in the front lobby if you wish to donate. Thank you in advance!

Upcoming events

- May 2 – Kentucky Derby Social
- May 4 – Planting group with Trafalgar Castle students
- May 5 – St. Andrew's Presbyterian Church service outing
- May 6 – Crock A Doodle pottery painting (sign up with Recreation)
- May 10 – Friday night movie and treats
- May 11 – Mother's Day Tea (sign up with Recreation)
- May 18 – Coffee and devotionals (main lobby)
- May 20 – Magic Show
- May 21 – Presidents' Council Meeting
- May 21 – Build a skill: Woodworking (sign up with Recreation)
- May 22 – Farmers' Market (sign up with Recreation)
- May 22 – Knights of Columbus Pub Night

- May 36 – Blue Jays Game on big screen (wear your jersey or blue and white)
 - May 27 – Memorial Service (all welcome)
 - May 29 – Birthday Party
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Nursing

We are onboarding students for the summer to support the Nursing department. This is a great way to encourage newcomers to long-term care as a profession. DementiaAbility training was recently completed by twenty-two of our Behavioural Specialized Unit (BSU) staff. This two-day course really empowers staff to utilize engagement methods as an intervention to reduce behaviours. It also encourages staff to look at the resident as a whole person, including their past to present, to get the best resident experience. We were fortunate to have Allison Corby facilitate the training, which was well received. The Nursing department will also be welcoming a new Resident Care Coordinator (RCC) to Fairview. This new role will provide three RCC's to the home, giving each RCC an entire floor to oversee. The hours of this new role will be 1 to 9 p.m. to support the evening shift.

Infection control

This month, there has been a focus on hand hygiene auditing surrounding mealtimes and the nutrition cart. Residents who enter the dining room independently or who are escorted by visitors were often noted to miss performing hand hygiene. If you are bringing your loved one into the dining room for a meal, please offer them an opportunity to use hand sanitizer before they begin eating.

The Ministry of Health has recommended a spring COVID booster vaccination for residents. During May, we will be administering vaccines. Families are being contacted for consent if they have not provided (or refused) their consent already. Residents who are not eligible for a vaccine this spring, or who are choosing to refuse the vaccine, will have another opportunity to receive a dose in the fall.

Environmental Services

Patio areas and balconies are now open daily from 8 a.m. to 8 p.m. for resident and family use. We are working with our landscaping company to plan and prepare our gardens. This work will be completed as weather permits.

Before giving new spring or summer clothing items to your loved ones, please ensure Environmental Services receives them for labelling. Once laundered, this will ensure the return of items. Place items in the clear bag provided, along with a completed form located in the main floor laundry room.

Residents and families can smoke on the property in the designated smoking area located in the gazebo at the west end of the main entrance.

Staff are not permitted to smoke on Fairview Lodge property. This includes in your vehicle while parked on the property.

The annual bed safety audit and preventative maintenance is being completed. All deficiencies, if any, will be rectified as soon as possible.

Food Services

The Food Services department launched the Spring/Summer Menu on May 6. A lot of tasty new menu items have been included.



We're excited to announce a product change! We're switching from the traditional powder thickener to a liquid thickener called SimplyThick, an instant food and beverage thickener that's as easy as it sounds. SimplyThick thickens instantly, delivering a smooth texture every time. We are excited to implement this product to make meal and snack time more enjoyable for everyone. In late June, we plan to say goodbye to messy scoops and hello to convenience with the user-friendly bottle and pump design. Stay tuned for your training schedule!

Administration

April showers bring May flowers, and this is true with the amount of rain we received in April. Fairview Lodge was the recipient of Ministry funding. We received \$107,000 to purchase items and to train staff in our Behavioural Specialized Unit, as well as approximately \$500,000 to purchase capital items (tubs, main kitchen oven, surfaces, etc.). This summer, we will be starting work on our parking lot to improve drainage on the property. More information will be available as we move closer to the start date.

Fairview Lodge continues recruitment of a new Nurse Practitioner. This has been difficult due to the large number of open positions with few Nurse Practitioners in the community.

We would like to remind families that personal humidifiers are not allowed in residents' rooms.

I hope that everyone has a great summer and able to enjoy the beautiful grounds at Fairview Lodge.

~John Rankin Administrator

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