



Long-Term Care & Services for Seniors Division

Fairview Lodge Newsletter

Issue 4, December 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 and Dignity, Excellence

LTC and Services for Seniors Division news

Director's message

As we near the end of 2024 and look forward to 2025, we anticipate the next few months will be challenging from an infection control standpoint with several respiratory viruses circulating in the community. We continue to prioritize the safety of our residents and staff while balancing this with the overall well-being of our residents. We will closely monitor the situation and work with our partners in Public Health.

With the holiday season approaching, our homes are busy planning activities to celebrate. As we celebrate the season of giving, I want to recognize the hard work of our dedicated employees in all our homes and celebrate the impact they make on the residents under our care. I want to remind residents and families that we are not permitted to accept individual gifts. While the homes can accept gifts for the team, such as individually wrapped chocolates and candies, fruit baskets, boxes of doughnuts, and coffees, the best way to appreciate our team is with a smile and a thank you.

On behalf of the Long-Term Care Division, the Social Services Department, and our Regional Council, may the holiday season bring you moments of joy, relaxation, and connection with loved ones. In the coming year, we look forward to further collaboration, innovation, and shared successes as we collectively strive for a healthier, brighter future.

As the year ends, if you have any concerns, questions, or suggestions, please reach out to any member of the leadership team.

Please 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

Resident and Family satisfaction surveys

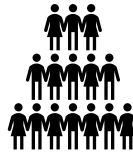
We would like to extend our heartfelt thank you to all the families and residents who took part in our annual satisfaction surveys. Your feedback is invaluable to us, and we are committed to using it to enhance the quality of care and services we provide.



We are excited to announce that we will be receiving the survey results in December. Our leadership teams will be diligently reviewing the feedback and creating action plans to address your suggestions and concerns. These plans will be brought to our annual business planning session in the new year, ensuring that your voice plays a crucial role in shaping our future initiatives.

Staff survey

We are pleased to inform you that a staff survey will be launched in early 2025. This will provide our dedicated team members with an opportunity to share their insights and help us further improve our workplace environment.



Quality improvement

As we close out 2024, we will be reviewing our quality improvement plans and creating new plans for 2025. This process is essential to ensure we continue to provide the highest standard of care and services. Our commitment to continuous improvement means that we will carefully evaluate the feedback and outcomes from this year and use these insights to develop actionable plans for the upcoming year. Your input and participation are crucial in this endeavor, and we look forward to working together to make 2025 even better.



Policy and practice

CPR and First Aid training

We are thrilled to announce the launch of a CPR and First Aid training program for Registered Nurses (RNs) and Registered Practical Nurses (RPNs), with five in-house trainers pursuing certification.



Preceptor Appreciation Week

Preceptor Appreciation Week from October 28 to November 1 was a success, celebrating our preceptors' vital role in student development in long-term care. Events included a special visit from the CLRI Regional Liaison to Fairview Lodge, where preceptors were honored. We invite everyone to watch our appreciation video recognizing their contributions.



Good news stories

Michelle Davies, a Clinical Lead RPN at Fairview Lodge, was recently featured by the WeRPN Organization for her [inspiring nursing journey](#).

Ewa Wolanin, Clinical Lead RPN at Hillsdale Terraces, completed the Skin Wellness Associate Nurse (SWAN™) Program, enhancing her skills in wound, ostomy, and continence care.

Kaitlyn Rose, RN, and Ewa Wolanin, RPN, both from Hillsdale Terraces, presented their successful project at the Institute for Safe Medication Practices (ISMP) Canada webinar, focusing on optimizing medication cart layouts.

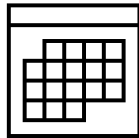
The palliative care, nutrition, and hydration teams are currently updating policies. Heather Toll, RD, co-presented in the AdvantAge palliative care education series, emphasizing the role of dietitians in end of life care.

In partnership with Ontario Tech University, we completed phase one of the CLEAN Exergame study, aimed at improving handwashing techniques for individuals with dementia. We are also exploring a virtual reminiscence therapy.



Fall Prevention Month

November is Fall Prevention Month, and we are implementing initiatives to reduce harmful falls within our homes.



Nursing Leadership Day

Nursing Leadership Day on November 5 brought together nursing leaders from the four homes to discuss accomplishments for 2024 and collaborate on recommendations for the upcoming year.



Infection Prevention and Control

Introduction

The divisional Infection Prevention and Control (IPAC) team hopes you all had a great fall! Thank you all for your continued work practicing and following IPAC policies and standards. The team wishes everyone a happy and safe holiday!



Hand hygiene reminders

Handwashing is one of the best ways to prevent the spread of germs and to protect yourself and others from getting sick. Remember, germs can make you sick when you touch your eyes, nose or mouth with unwashed hands. That is why it is important to wash your hands before you eat to prevent any germs from going into your mouth. We hope to continue to encourage handwashing for residents before and after mealtime, and improve on these processes that help protect residents, staff and visitors.

- **Did you know?** There is anywhere between 10 thousand to 10 million bacteria on each of your hands! With the upcoming winter season, the best way to stop the spread of infections is through proper hand hygiene techniques. Here are a few reminders:
 - Wash hands with soap and water for a minimum of 20 seconds – equivalent to singing happy birthday twice.
 - Ensure to reach your palms, wrists, back of hands, between the fingers, and around the thumbs and fingernails.
 - Make sure to scrub all surfaces of your hands, fingertips, fingernails, and wrists.
- **IPAC FAIR** Did you try out the hand washing technique booth at the IPAC Fair? Ryan (Estates) and Emila (Terraces) are pictured below demonstrating hand hygiene techniques using paint and gloves.



IPAC Students

The divisional IPAC team welcomes placement students!

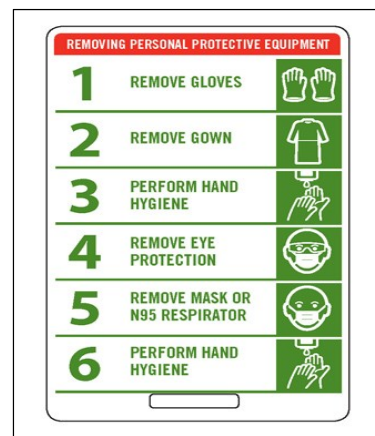
- Hillsdale Terraces: Ann Kaur
- Fairview Lodge: Rena Broutzas
- Hillsdale Estates: Doan Huynh

Placement students this fall season have supported training, education, and immunization clinics.



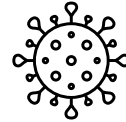
Outbreaks

Our four long-term care homes continue to manage many outbreaks this fall and winter season, as we experienced a resurgence in respiratory infections. Along with an increase in COVID-19 activity, we begin to see the return of other common respiratory infections, such as influenza, Respiratory Syncytial Virus (RSV), Rhinovirus, and Parainfluenza. The homes work closely with our local public health unit, keeping an eye on trends and being well-prepared for outbreaks. Additionally, our homes continue with immunization programs, adding an extra layer of protection this season for our residents and staff. Vaccines are our best defense and protection against a variety of viruses, and we encourage everyone to stay up to date with their vaccinations. Additional reminder to follow proper Personal Protective Equipment (PPE) donning and doffing techniques.



COVID-19 Immunizations

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 every six months. The fall/winter COVID-19 vaccine campaign began in November to ensure residents are protected during peak COVID infections. If you have any questions regarding the COVID-19 vaccine or your resident's eligibility, please reach out to the IPAC lead in your home.



Fall IPAC Events

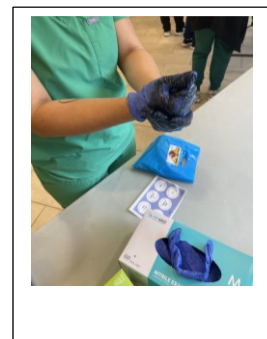
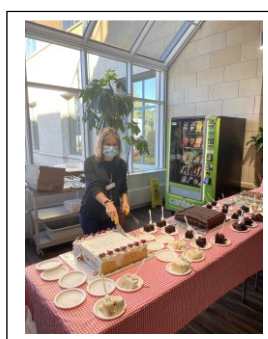
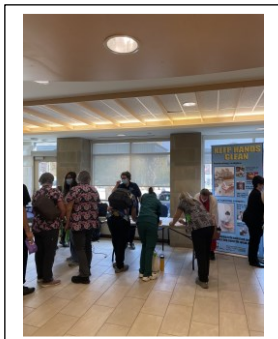
IPAC Education Day hosted by IPAC Hub and Regional Health Department.

- Divisional IPAC Team participated in an array of activities and met with various vendors that support IPAC practices! Jackie (Estates) pictured below participating in a don/doff PPE activity.
- Congratulations to Georgia (Fairview), winner of the Kahoot Immunization Challenge!



IPAC Week, October 14 to 18

- This year's theme was "Prevent with Intent". The Divisional IPAC team held the first annual IPAC Fair in each home! The fair was designed to promote infection control practices through various booths and activities including but not limited to hand washing techniques, virtual reality, Urinary Tract Infection (UTI) symptom monitoring, and PPE use. Thank you to all who participated in the fair!



Fairview Lodge news

Family Council



Simone Perreira is the new Family Council chairperson, the daughter of one of the residents at Fairview Lodge. She sent a letter to all family members expressing her commitment to supporting residents in receiving the best care and community experience possible. She invites all family members to bring their questions and ideas to help build a “supportive and proactive” Family Council, where “every voice is valued, and together, we find ways to make a difference”. We welcome Simone and look forward to her leadership on the Family Council Executive.

Residents’ Council

Our last meeting was held on October 15 with 14 residents in attendance. Residents are encouraged to attend the meeting and provide their input. This is a time to share.

Volunteer Corner

We want to wish our wonderful volunteers a happy and healthy holiday season. May you be able to spend time with family and loved ones. Our volunteers dedicate thousands of hours each year, and Fairview wouldn’t be the same without them. If you see a volunteer around the home, please wish them a Happy Holiday, Happy New Year, or thank them for their time and commitment.

Recreation and Therapy

The home has been busy with a lot of fun activities for our residents over the last several months. Our residents held an Alzheimer’s Society Coffee Break fundraiser serving beverages and Danishes in the Café which raised \$243 for the Durham Alzheimer’s Society.

On October 16, residents and staff did a Walk for Breast Cancer which raised \$200 for the Breast Cancer Foundation.



As we approached Thanksgiving, we held a Whack-a-Turkey event which was a huge success. Staff and volunteers put on turkey hats and then went under a tarp and popped up through the holes. Residents used pool noodles to try and whack the turkey. Lots of laughs were had by all.



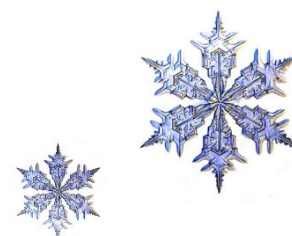
On October 31, we held our Annual Halloween Parade. Children from E.A Fairman Public School joined in a parade around the home along with staff, managers, and volunteers. There were also Halloween stations for residents to participate in at the Halloween party.



During the month of November, the Pen Pal Program wrote letters to the Troops, the home held a Remembrance Day service with the Whitby Legion Branch 112, the mini horse came for a visit to the second floor, and once again we held our Mini Christmas Bazaar, which was well attended.

Upcoming activities:

- December 2 – Crock a Doodle program.
- December 3 – Memorial Service (Great Room).
- December 4 – St. John's School children visit.
- December 5 – Wear Red or Green.
- December 10 – Girl Guides visit.
- December 11 – Café Fair dinner – two sittings for 4 and 5:30 p.m. Cost per person is \$20 and includes a full course meal with a glass of wine. Residents are no charge and there is a limit of two guests per resident. Reservations required. Call Front Reception.



- December 12 – Wear a Christmas hat or headband.
- December 16 – Neb’s bowling outing (Please sign up with recreation staff).
- December 19 – Wear an Ugly Christmas sweater.
- December 31 – New Years Eve party with entertainment.
- Christmas Light Tours – dates to be determined.
- Photos with Santa – dates to be determined.
- Display in recognition of celebrating Diwali.



Watch the December calendar for times, sign up details and further details.

Environmental Services



Patios and balconies will be closed for the season once this extended nice weather leaves us.

The Landscaper has started the cleanup of the fall leaves and preparations for decorating the home for the holiday season will be underway shortly. Staff will be working on creating a festive atmosphere inside the home over the coming weeks.

We will be completing drainage improvements to the North parking lot. Rotating area closures in the lot will take place while work is being completed. Please be patient with us while we make these necessary improvements.

Winter is a time to think about safety when walking outside and inside. Please ensure you always wear winter footwear that grips on snowy, icy, and wet surfaces. Fairview Lodge has walk off mats at all entrance doors. We ask you to wipe off your shoes on these mats so that the hard floors inside remain dry and safe.

Christmas is a time we all look forward to receiving gifts including new clothes. Resident’s clothes are important to them and our laundry team at the Fairview Lodge treats all clothes with tender loving care. Please buy clothes for your loved ones that are machine washable, will not shrink or damage in hot water, and are colourfast. To prevent loss, all clothes should be immediately labelled. Forms are available at Front Reception. The form has three copies—one copy of the completed form for the resident or family. The laundry staff labels all clothing.

If you believe your clothes or your relative’s clothes are missing, please fill out a “Missing Resident Belongings” form immediately (these forms are at Front Reception as well as in the Laundry Room located on the first floor).

Food Services



We would like to remind family members to refrain from offering food and fluids to other residents as they may have special dietary needs including diet texture or fluid consistency modifications, allergies, or intolerance, which they may or may not be able to communicate. We appreciate your consideration.

Infection control

We kicked off November with the Wellness Fair, organized by our divisional occupational health nurse. November was the final month for our IPAC RN placement student, Rena Broutzas. She has made a significant contribution to our seasonal vaccination efforts for both staff and residents. We will continue to offer both influenza and COVID-19 vaccine to staff and aim to surpass our staff vaccination rate from last year.

Administration

I hope everyone had a great summer. With fall behind us, we are now ready for a cold winter.

This year we have welcomed new members to our team, as well as said goodbye to some. One thing that has not changed is our commitment to keeping the residents of Fairview Lodge safe, protected, and ensuring their needs are met.

As the year ends, so will our 2024 operational plan. The teams have been working on many projects to meet the goals of the home and the division to improve resident focused care.

I would like to remind families, when in the dining rooms with your family member, to please remain at the table, and be mindful of the other residents.

As always, if you have any questions, concerns or just want to pop in to say hello, my door is always open, as is any member of the leadership team.

I hope you all find time to spend with your families and friends, including the family here at Fairview Lodge. We have a lot to be thankful for.

Wishing you a safe and happy holiday season that is filled with peace and love.



~John Rankin, Administrator

The Regional Municipality of Durham
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Long-Term Care and Services for Seniors Division

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