

Family Matters

A bi-monthly Family Council
newsletter

What's in this issue

- Quote of the month
- Christmas wishes
- Letter from Marilyn Colton:
Champlain Region Family
Council Network and their
supportive role
- Dementia: Fact or fiction
- Greetings from Judith Gilchrist
- Report from November Family
Council Meeting
- New staff
- Up close and personal: Leo
Colton

Quote of the month

"Do not think of today's failures, but of the success that may come tomorrow. You have set yourselves a difficult task, but you will succeed if you persevere; and you will find a joy in overcoming obstacles. Remember, no effort that we make to attain something beautiful is ever lost."

– **Helen Keller**

Christmas wishes

To all families, residents and staff:

May the gifts of love, peace, happiness and hope be yours at Christmas and throughout 2021.

Marilyn Colton

A letter from your Family Council Chairperson



The Champlain Region Family Council Network (CRFCN) was established in 2008 to support Family Councils in improving the quality of care and quality of life of residents within the 60 LTC Homes in the region. Their other key role is to advocate for positive changes across all homes, including increased funding and improved processes such as the move to person-centred care.

Their vision is to be a recognized leader in advocating with all levels of government to enhance the lives of LTC residents as well as to be a champion for enabling Family Councils to achieve their role as mandated under the LTCH Act (2007).

The CRFCN has identified key priorities for 2020. They include enabling and supporting Family Councils, family members and friends of residents in their advocate role on behalf of all residents; addressing the current and potential future effects of the COVID-19 pandemic on residents and staff; supporting the minimum 4 hour standard of care per resident per day; promoting the transition to person-centred care; and, advocating for improved capacity within the system so that wait lists are reduced and plans are in place to address the needs of our aging population.

On behalf of all families, I extend a special thank you to the CRFCN executive for their commitment and dedication to our residents and families as well as their support of our Family Council. The CRFCN is chaired by Rosemary Cavan and the District Coordinator is Eleanor Ryan. Rosemary, Eleanor and/or other members of the executive will join our January 2021 Zoom meeting to speak further to the goals of the Network and to address any queries.

Sincerely,

Marilyn Colton
Grove Family Council Chair
Editor of Family Matters

Dementia: Fact or fiction?

1 My mother had Alzheimer's, so I am going to have it too.

Part fact/part fiction. Although genetics play a role in disease, fewer than 7% of cases are associated with genes that cause the early onset inherited familial form of the disease. The majority of cases are of the late onset in which genes do play a role.

#2 Alzheimer's only affects the elderly.

Fiction. While age is the most significant known risk factor for this disease, most people do not develop the disease as they age. However, people have been diagnosed with this disease in their 40s and 50s. What's most important to understand is that Alzheimer's disease is not a normal part of aging.

Greetings from Judith Gilchrist, Director of Care



Dear families,

As we near the end of 2020, I reflect on the unprecedented challenges and uncertainties of the past nine months and how we have come together to navigate this pandemic with the shared goal of ensuring the health and well-being of the residents.

We're not out of the woods, yet, but I see meaningful progress in how we've learned to stay vigilant, best managed infection prevention and control and prioritized the residents' social connections in the context of the new safety precautions. I want to thank each of you for your understanding, cooperation, and support throughout these nine months. We've come together as a Grove community and this continues to be a real strength during the pandemic.

With 2021 on the horizon, we have an exciting year ahead of us! Our new home continues to be on schedule to welcome residents in August. The major focus right now is on the occupancy plan to ensure a smooth move-in transition for each resident. Because we will be increasing the number of residents by 60 per cent, we will also be welcoming new residents to the home and adding staff to the team.

Although the holidays will look different this year, we are getting into the spirit of the season at the Grove and looking forward to new and old traditions to celebrate Christmas and the New Year. We will be sharing more details about our holiday plans in the coming weeks.

Best wishes,
Judith Gilchrist

Chair's report: November 2020 Family Council Meeting

Update on COVID-19 prevention (Judith Gilchrist):

- There are currently no symptoms among residents or staff.
- The flu shot numbers are up this year.
- A COVID-19 outbreak is declared in long-term care when there is **one positive case** unlike a gastric outbreak which is declared when there are 3-4 positive cases.
- No change regarding the policy on drop-off items for residents. However, staff are working to improve their process to better track items.

Presentation on person-centred care (PCC) implementation (Rujuta Kulkarni):

- The move-in process has been refined in line with PCC.
- Staff recommendations regarding recreation, dietary, nursing, communication and staff appreciation are in place or in progress.
- In relation to dietary, meals will be done differently in the new Grove with a *food-on-demand* approach.

- Each resident home area (RHA) will have a private dining room.
- In terms of communication, there will be a computer bay in the recreation areas for residents to use as well as smart TVs. Currently, I-pads have been donated to assist with virtual visits and behaviour support programs.

Redevelopment update (Rujuta and Judith):

- Building is 56.3% complete.
- Floor 1=one unit of 32 rooms; Floor 2=2 units of 32.
- There will be 20 private rooms per resident home area (RHA).
- **Residents can submit a request, in writing, to Judith for preferred floor and preferred room.**
- There will be no locked ward although there will be security processes as currently provided.
- For semi-private rooms, there is a wall between the two spaces with a vestibule and shared bathroom at the entrance.
- Some key construction highlights include:
 1. Roofing is nearly completed
 2. Majority of the windows have been installed
 3. Drywall work is ongoing
 4. The mechanical and electrical rough-in is being completed throughout the building
- Move-in date is estimated to be August 18, 2021 at which time all residents will be moved to the new building then 36 new residents will move in.

Report from Residents' Council (Judith):

- Residents requested breakfast menu changes.
- Discussed desire for music in the dining room on a regular basis
- No one is in favour of 'employee of the month'
- Discussed the memorial wall and happy hour.

Recognition of residents' birthdays (All):

- Members felt that family are responsible for any gifts.
- FC should not fundraise for resident gifting.
- Simple acknowledgement by staff is appropriate and staff singing on birthdays is appreciated by the residents.

Notification of Family Council (FC) meetings and Other information from the Champlain FC Network (Marilyn and Judith):

Based on new information obtained after this meeting, follows is clarification on how families can receive information about FC and participate in FC meetings.

ALL family members are strongly encouraged to be on a list to receive this information, including notice of meetings, electronically. The individual(s) simply needs to provide their email address to the chair, currently, Marilyn Colton, mcolton@xplornet.com. This email group will receive notice of FC meetings, *Family Matters* newsletters as well as other **FC-related info**, such as the key information on suspension of co-payments sent to families this past week. As secondary notification, The Grove will continue to support FC by emailing those with POA re: Family Council meetings and the *Family Matters* newsletter. However, staff do not have the resources to forward other FC-related info.

****Please note that the Grove is responsible for direct communication only to those family members who have POA, as opposed to all family members.** The individual with POA may share the information with other family

members.

If families have queries about this process, please contact Marilyn Colton @613-839-5735 or Judith Gilchrist, DOC, at the Grove.

Closing remarks:

Marilyn thanked the many attendees and the staff. Best wishes were extended to Rujuta as she leaves for India returning in January 2021.

Next meeting: January 19, 2021 via Zoom at 4:30 pm; invite and agenda will be forwarded by Marilyn to the FC email group and by Sunshyne to those with POA.

New Grove staff

We extend welcoming wishes to our two new screeners, **Anne-Marie Raymond** and **Aline Smith**.

In addition, a special thank you to **Audrey Leblond** who has been filling in as Business Office Coordinator/Admission Coordinator and a warm welcome back to **Sunshyne Mason** in that role.

Up close and personal: Leo Colton

Leo is one of 11 children raised on the family farm on Upper Dwyer Hill Road. Leo farmed the property for many years in addition to working, for a number of years, with his brother Jim at Rideau Aluminum in Ottawa east.

He was an avid deer hunter with his brothers and friends as members of the Highland Creek Hunt Camp in Griffith, ON.

Sports-wise, Leo is a fan of the Blue Jays and the Maple Leafs. He has enjoyed playing the sport of curling as a member of the Pakenham Curling Club and now enjoys watching the pro bonspiels on TV.

Leo is well travelled having accompanied family members to Hawaii, Las Vegas, Florida, Ireland as well as on cruises to the Caribbean. He enjoys all Irish music preferably with a rum toddy in hand!

He is a willing participant in Grove activities especially bingo in which case he is regular winner!

Leo often relates how friendly and caring the staff are and how he knows each of them by name!

Having just turned 85 years young in May of this year, Leo looks forward to many more years of quality care and service in the new Grove as of August 2021.

****Shared with explicit permission from Leo Colton.***



Do you have any suggestions or feedback for future newsletters?

**Please contact Marilyn Colton at
mcolton@xplornet.com or 613-839-5735.**

****Unfortunately, due to the pandemic we will need to cancel the
Christmas Get-together at the Colton home....hopefully, we can
reschedule for a later and safer date.***
