

## Maple View Lodge Newsletter January 2023

### RESIDENT SERVICES:

#### Program/Support Department

As we head into the new year of 2023, let's reflect on some moments of gratitude within the Program and Support department in 2022:

- We introduced a new "Drum Fit" program in our home to promote a fun way to keep our resident's active
- Our residents gave back and made fleece blankets for the local animal shelter
- We hosted our first coffee and doughnut event for all of our residents and staff to feel the love and appreciation
- Our wall of Art volunteers were able to return and rotate the images of art on each resident home area, seasonally
- Maple View Lodge Auxiliary hosted their first pie sale on Main St Athens and Christmas in September event at the Gazebo and both were a success!
- A new Cycling Without Age bike that allows for resident's in wheelchairs to go for a ride came to Maple View in 2022!
- We hosted a resident and family BBQ with live entertainment!
- We celebrated Behavioural Support Ontario's 10<sup>th</sup> anniversary!
- We had our first annual, Summer Camp for Seniors program in 2022 and were recognized provincially for this program in AdvantAge's Bright Lights!
- We opened our Tuck Shop
- We did our first ever "drive in movie experience" in the gazebo with a projector
- We established an active Family Council
- Hosted our first ever "Angel Tree" to ensure all residents woke up to a present Christmas morning



- We hosted our first annual snowman building competition!
- Went on our first outing in three (3) years to see the River of lights downtown Brockville
- We welcomed two new team members Calista and Shelley- Recreation Aides!
- We hosted in person, Gentle Persuasive Approaches (GPA) training sessions, certifying staff as well as one (1) staff becoming a certified GPA coach
- Staff attended inclusivity training to ensure our recreational programming remains inclusive
- We hosted a Celebration of Life after many years of being unable to gather due to Infection Prevention and Control (IPAC) restrictions
- We learned to be flexible and run programs during outbreak such as hallway BINGO

"We celebrate in the name of gratitude, as the challenges we face are for the greater good of all." Brittany Knowles (Resident Services Supervisor)

### **Recreation**

January will be filled lots of fun activities to start off 2023. We will be getting creative with balloon art, paint night and staying active through group exercises such as drum fit fun, chair yoga and balloon badminton. We will be enjoying Chinese food lunch, thanks to Maple View Lodge Auxiliary. We be giving back to the community by making blankets for the local SPCA. Bringing back Armchair travel, with a trip to Italy and will be celebrating Elvis's birthday with some of his favorite foods. We will be baking our own cakes to celebrate all January birthdays at the end of the month. This month will also be filled with games such as card club, famous faces and beanbag toss.



## **VOLUNTEERS:**

### **Maple View Lodge Auxiliary**

The Auxiliary wishes residents, families and staff a Happy New Year.

The next Auxiliary meeting will be February 27, 2023 at the Joshua Bates Centre, in Athens at 1:30 pm.

New members welcome. For Auxiliary information contact: Freda Schaafsma at 613-924-9036 or Susan Blancher at 613-924-9626.

## **FAMILY SUPPORT/SOCIAL SUPPORT:**

### **MVL Family Council**

We are pleased to share with all of our family members that our Family Council has officially established an e-mail:

[MVLFamilyCouncil@outlook.com](mailto:MVLFamilyCouncil@outlook.com). This e-mail is for family members to reach out to any of our existing family council members to ask questions, talk in confidence or share ideas that you wish for the council to discuss, that would positively benefit Maple View Lodge residents. We hope for this method of communication to enhance our family members' connection.

### **Caregivers Support Group – Alzheimer's Society**

Join us for one of our on-line or support groups. Groups are confidential environments for Caregivers to share and learn.

We also offer in person groups in the Leeds Grenville area, education sessions, and we can meet one-to-one with an appointment.

Alzheimer Society meetings are virtual the first Friday of each month from 1:00 pm – 2:00 pm on Zoom. In person groups are held in Brockville the second Thursday of each month 10:30 am – noon at the Alzheimer Society Offices. For more information, please contact Catherine Maskell, Education and Support Coordinator at 1-866-576-8556 ext. 104.



## **SUPPORT SERVICES:**

### **Dietary Department**

Good food safety practices are vital in long-term care Homes. Public health considerations in food safety require that we do not place food from outside into our refrigerators. Additionally, food brought into the home cannot be brought into the dining rooms. If a resident receives food from outside and it is not consumed, it will unfortunately need to be discarded.

### **Housekeeping**

MVL housekeeping team continues to keep residents and staff safe through increased disinfection on high touch areas throughout the home.

In these winter months, we ask for your help in the health and safety of all who enter our Home. Kindly attempt to remove excess snow off the bottoms of footwear onto the floor mats and use the blue booties at the front door on snowy days to cover your outdoor footwear. We appreciate your assistance in keeping residents, visitors and staff free from injury.

### **Maintenance**

Tidbit: MVL is equipped with an automated climate control system on each Resident home area and in each Resident room. This prevents residents from being exposed to uncomfortable temperatures.

## **NURSING:**

If you or anyone you have been in contact with, develops COVID, flu like, cold symptoms, and you have visited a resident with the previous 48 hours please contact the RN. Please continue to self screen before coming to the Home.

The RN cell number is: **613-802-0513**. Please keep in mind the RN cell contact is for **URGENT** matters, and follow up calls. For non-urgent matters, please call the RN office at **613-924-2696 ext. 6011**. To speak with the RPN: Brookside **ext. 6101** and Meadowview **ext. 6201**.



### **Infection Control Tip**

The most effective way to help keep you and our residents healthy and free of infectious diseases is to ensure you use the Isagel when you enter and before you leave the home.

### **Welcome New Team Members**

Maple View Lodge would like to welcome our new Assistant Director of Care, Roxanne and our new Registered Nurse, Jemmah to our team.

### **From our Screeners**

Thank you to our visitors and staff members for your kindness and generosity of treats this holiday season.

**Maple View Lodge wishes residents, families and staff a Happy and Prosperous New Year**