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<https://www.primacareliving.com/henley-house>

## MESSAGE FROM THE EXECUTIVE DIRECTOR

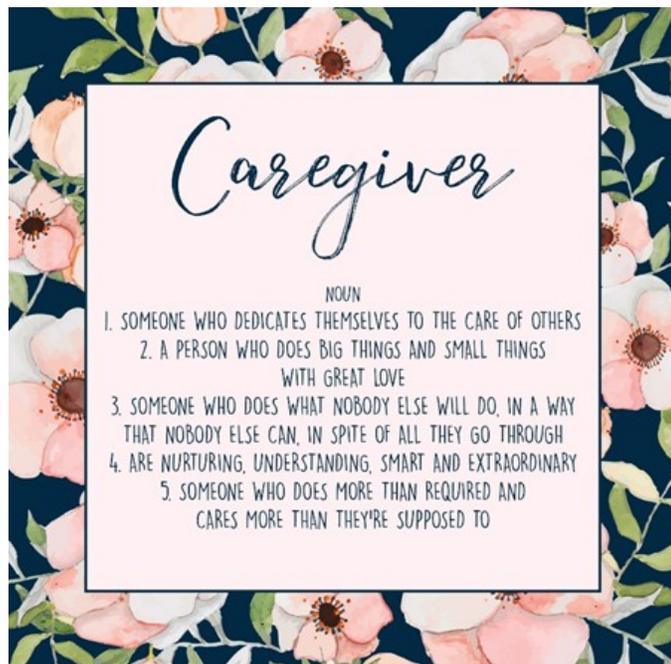
It is hard to believe that summer is coming to an end already. It sure went by fast. This last month, Henley House staff on Morning Star and Centennial have diligently been working to get the outbreak under control. Residents and families have expressed their gratitude and recognition of how staff have pulled together and worked together to get us through this outbreak. We also extend our gratitude to residents and visitors who have worked along with us to get the outbreak under control and declared over. It is vital to work together at all times but especially times like this. We recognize the uncertainty and fear in residents and their loved ones when a COVID outbreak is declared and we thank you for your patience and efforts to get us to where we are today. Residents have benefitted from everyone's continued focus on person-centered care in the middle of challenging times.

It is also important to recognize the hard work of our dietary staff, housekeeping staff, recreation, and laundry staff during these outbreak times.

Although we have declared the outbreaks over, now is not the time to let our guard down. We must continue to work together, to be diligent in our mask use and hand hygiene for staff, residents and visitors alike.

Shelly Kasprick

Executive Director





Let's talk about palliative care. What is it? The Canadian Hospice Palliative Care Association states that: "Palliative care aims to relieve suffering and improve the quality of living and dying. Palliative care is appropriate for any person and/or family living with a life-threatening illness due to any diagnosis. Palliative care may complement or enhance disease-modifying therapy or it may become the total focus of care. Palliative care is most effectively delivered by an interdisciplinary team of healthcare providers." Starting in September, Henley House will be advertising the Fundamentals of Palliative Care course that is being offered through Hospice Niagara for health care providers & encouraging staff to enroll. Palliative care is an approach to care that addresses the person as a whole, not just their disease. It plays an important role in long-term care. We aim to improve quality of life for those residents in our home and their families always, as well as when end of life is near.

Stefanie Macleod

ADOC



## LATEST INFECTION CONTROL NEWS FROM YOUR IPAC NURSE

### COVID-19 Status Update Canada

The total number patients in hospitals has increased. There is also a noticeable increase in the number of patients in ICUs, as well as those who are ventilated. Below is a graphical representation of the stats in Canada (Data from Government of Canada, available at: <https://health-infobase.canada.ca/covid-19/wastewater/#dashboard>).

### COVID-19 Vaccine Update World:

67.4% of the world population has received at least one dose of a COVID-19 vaccine. 12.45 billion doses have been administered globally, and 6.26 million are now administered each day. Only 20.7% of people in low-income countries have received at least one dose. Around the world, 5.33 billion people received at least one dose of approved COVID-19 vaccine and 4.9 billion completed the initial COVID-19 vaccination protocol. The pre-exposure SARS-CoV-2-specific T cell repertoire determines the quality of the immune response to vaccination: SARS-CoV-2 infection and vaccination generates enormous host response heterogeneity and an age dependent loss of immune response quality. How the pre-exposure T cell repertoire contributes to this heterogeneity is poorly understood. We combined analysis of SARS-CoV2-specific CD4+ T cells pre- and post-vaccination with longitudinal T cell receptor tracking. We identified strong pre-exposure T cell variability that correlated with subsequent immune response quality and age. High-quality responses, defined by strong expansion of high-avidity spike-specific T cells, high interleukin 21 production, and specific immunoglobulin G, depended on an intact naïve repertoire and exclusion of pre-existing memory T cells. In the elderly, T cell expansion from both compartments was severely compromised. Our results reveal that an intrinsic defect of the CD4+ T cell repertoire causes the age-dependent decline of immune response quality against SARS-CoV-2 and highlight the need for alternative strategies to induce high quality T cell responses against newly arising pathogens in the elderly.

### Within our home:

Covid Vaccinations/Residents

- Not vaccinated (refused) 5 or 3%
- 0 doses (need family consent) 1 or 1%
- 1 dose 2 or 1%
- 2 doses (6 refusing boosters) 7 or 5%
- 3 doses (6 refusing 4th) 35 or 23%
- 4 doses 105 or 68%



We have made it through the 7<sup>th</sup> wave with two outbreaks and can only emphasize proper PPE and hand hygiene when visiting the facilities. All transmissions are coming from outside sources and we have to work as a community to keep our residents safe.

Candice Nicol  
IPAC Lead



## MESSAGE FROM CHAPLAIN JOSEPH

Scripture: *Sometime later, God tested Abraham's faith. "Abraham!" God called. "Yes," he replied. "Here I am." "Take your son, your only son - yes, Isaac, whom you love so much - and go to the land of Moriah. Go and sacrifice him as a burnt offering on one of the mountains, which I will show you." The next morning Abraham got up early. He saddled his donkey and took two of his servants with him, along with his son, Isaac. Then he chopped wood for a fire for a burnt offering and set out for the place God had told him about. On the third day of their journey, Abraham looked up and saw the place in the distance. "Stay here with the donkey," Abraham told the servants. "The boy and I will travel a little farther. We will worship there, and then we will come right back." So Abraham placed the wood for the burnt offering on Isaac's shoulders, while he himself carried the fire and the knife. As the two of them walked on together, Isaac turned to Abraham and said, "Father?" Yes, my son?" Abraham replied. "We have the fire and the wood," the boy said, "but where is the sheep for the burnt offering?" "God will provide a sheep for the burnt offering, my son," Abraham answered. And they both walked on together. Genesis 22: 1-8*

We see from this passage that the greatest test in the life of Abraham really came after he received the promised seed following a very long wait. This test was very real, he was to give his son Isaac back. This was a test designed to prove Abraham's faith. And for it to be a real test, it had to defy logic; it really had to be something Abraham would have wanted to resist. The Lord told Abraham to send Ishmael away and now he told Abraham to sacrifice Isaac. Willingly he sent Ishmael away, but he did not want to kill his son Isaac.

This shows that it is one thing to claim to trust God's word when waiting for something; it's quite another thing to actually trust and obey his word after it is received. This was a very big test of how much Abraham would actually obey God's word. It comes down to would he cling to his son? Or would he obey what God is asking of him? It becomes a question of faith; does he believe that God will keep his word as we know God always does.

Abraham's response was staggering. He gave instant, unquestionable obedience. We see that he even gets an early start. I am positive the emotions would have been high during that journey. Imagine, knowing what you are headed for and what is to come.

We must remember that a true worshiper of God will hold nothing back from God but only obediently give Him what He is asking for. The key point within this passage from the Holy Word is that the Lord will always provide. We see that on the mountain of the Lord it will be provided. This is the basis of a truth often repeated in the Old Testament.

It is one thing to have the faith in the Lord, and to know that the Lord will provide. It truly is another thing to do what the Lord calls us to do. When the Lord calls us to do things, it is because the Lord knows and understands better. We must keep preparing for what the Lord may ask of us. We must always be willing like Abraham was. The Lord is calling us to be obedient always. The Lord is wanting us to be prepared for when He calls us.

It can be really hard when the Lord moves us, shifts us etc., but, we must remember that when we believe in God, we must always believe in His plan and how important it is. We must always remember that, whatever happens, whenever He calls upon us, for whatever reason, it is because He knows a lot better, and He knows what needs to be done and why. We must continue to remember how important it is to stay obedient and the whole reasoning behind why we are staying obedient.

Warm Regards,  
Rev. Chaplain Joseph DiFrancesco / Spiritual Advisor

## MESSAGE FROM SOCIAL WORKER

### Typical Living Spaces

Everyone wants a comfortable living environment. That's why most assisted living facilities and nursing homes strive to create warm, homelike atmospheres where residents can socialize and accommodate visitors. However, beyond that shared goal, these two types of senior living options tend to have some very recognizable differences when it comes to the actual living spaces they offer.

### Assisted Living Facilities:

- Tend to feature private or shared apartment-style units or studios
- Often feature units with small kitchens
- Generally, give residents a lot of freedom in decorating their spaces
- Provide communal dining rooms
- Provide a lot of shared recreational space
- Serve about 28 residents each day, on average, according to CDC

### Nursing Homes:

- Mostly offer shared or private hospital-style rooms
- Sometimes provide a little less freedom when it comes to decorating
- Provide communal dining and living areas
- Tend to offer less recreational space
- Serve about 88 residents each day, on average, according to CDC

In both types of facilities, the staff is usually trained to value residents' privacy and knock before entering shared or private rooms. And, although it is still relatively uncommon, some assisted living facilities allow their residents to have pets. Even a few nursing homes around the country now allow certain kinds of residents to have easy-to-care-for pets.

Needing or wanting some level of personal care assistance is generally the main factor that drives seniors or their families to explore assisted living and nursing home options. But the care-based services that are offered in each type of facility can vary greatly. So, what is the difference between assisted living and nursing home care?



*To be continued... Ref. Great Senior Living*

## MESSAGE FROM FOOD NUTRITION MANAGER

Autumn is upon us and that means time for a new menu. We are currently working on our Fall/Winter menu. Residents enjoyed our Summer BBQs and entertainment. In August we recognized peach season with a Peach Streusel Bread Pudding. September is pear season. Residents will enjoy a wonderful homemade Pear Custard Pie dessert made by our chef in the kitchen.

We would like to share our recipe for:

### Pear Custard Pie

#### Ingredients:

4 firm pears of any variety cored, peeled and thinly sliced  
¼ cup unsalted butter, melted  
3 eggs  
¾ cup milk  
¼ teaspoon salt  
⅓ cup granulated sugar  
⅓ cup all purpose flour  
2 teaspoons vanilla  
Powdered sugar for garnish

1. Preheat oven to 350° F. Coat a 9-inch round pan with cooking spray.
2. Arrange the pear slices in the pan.
3. Put the butter, eggs, milk, salt, granulated sugar, flour and vanilla in blender; process until smooth.
4. Pour the batter over the pears.
5. Bake for 40-45 minutes until the custard is golden and firm to the touch.
6. Dust the top with powdered sugar before serving. ENJOY!!!

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## LIFE ENRICHMENT UPDATES



The Resident Program Committee meeting will take place on Tuesday Sept. 6th @ 10:15 on 1st floor (Lancaster ADL) & 2nd floor (Morningstar ADL). This is an open format for residents to come and share ideas regarding activities, outings, entertainment & special events that you would like to see offered. There will also be a discussion this month about starting back Diner's Lunch Club.

Camp Day is Coming!! Tuesday September 13th, 2:00–3:30. Be sure to join in on our 2nd Annual Camp Day that will be held in the backyard. This is an event that we started last year, having stations set up with different physical activities, reminiscing and social gatherings. Tent and camp chairs were set up as well as making S'mores on the BBQ. A fun time was had by all. Come on out and join in on the fun!

While we say farewell to Tayte & Cinderella for now, as they will be returning to school, we are actively recruiting to fill both of those positions. We are pleased to welcome Brooklyn. She is a first year Therapeutic Recreation student from Niagara College who will be doing her placement on Fridays from 9:00–5:00. Brooklyn will be starting Friday September 16th and finishing on Friday December 9th.

We are very excited to announce that Cassandra will be joining the Life Enrichment Team in early September. Cassandra will be taking over the permanent part time position. Be sure to give her a warm welcome.

Grandparents Day Social on Sunday Sept. 18th will be in the Celebration Room from 2:00 - 3:00 pm.



## Resident Council Update

Resident Council is an open forum for residents to come together to share their ideas, express any concerns, suggestions or compliments and to keep abreast of what is happening in your home.

Get involved in your home. Become an ambassador for welcoming new residents.

Volunteer in your home. Be a friendly greeter. There's so much you can do to become a part of the community.

We encourage residents to participate in these monthly meetings. We want to know about any activities that you would like to have in the home as well as choosing where you would like to go on an outing (i.e. - out to lunch, shopping, casino, legion etc.). We want to be able to plan special events around your interests, likes and passions.

On our part, we will listen to what you tell us. We will keep you informed about any changes that are taking place regarding improvements, financial as well as any in-house and corporate updates.

Using your voice and participating in meetings is the way to create positive changes and improve communication within the home.

### Next Meeting

Tuesday August 9th 2022  
10:15 1st floor  
10:15 2nd floor



## BEING CREATIVE



HELENA



FRANCES



SHIRLEY



FRANCES



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