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## MESSAGE FROM THE EXECUTIVE DIRECTOR

How are we already in August? Summer is flying by so quickly. Just a note to let you know that our Emergency Preparedness Plan is on our Henley House website along with our Quality Improvement report. On the Quality Corner board in the home we have posted the most updated Quality Improvement work plan and narrative. Please feel free to read and review any of the reports on that board or on the website. We like to keep residents and families informed of what is happening in the home.

I thought I would take this month to talk about falls since we, as a Home, make it our aim to reduce the number of falls.

### How can we prevent falls in long term care homes?

Fall prevention in long term care homes presents multiple challenges. It requires a combination of medical treatment, rehabilitation, and environmental changes. Fall prevention interventions can be implemented at the organizational, staff or resident/family levels. The most effective interventions address multiple factors *and* the input of a multidisciplinary team.

Fall interventions include:

- Assessing residents immediately after a fall to identify and address risk factors and treat the underlying medical conditions.
- Educating staff about fall risk factors and prevention strategies.
- Reviewing prescribed medicines to assess their potential risks and benefits and to minimize use.
- Making changes in the home environment to make it easier for residents to move around safely. Such changes include using grab bars, adding raised toilet seats, lowering bed heights, and using handrails in the hallways.
- Providing residents with hip protectors that may prevent a hip fracture if a fall occurs.
- Exercise programs can improve balance, strength, walking ability, and physical functioning among residents.
- Teaching residents who are not cognitively impaired behavioral strategies to avoid potentially hazardous situations is a promising approach.
- Routinely using restraints does not lower the risk of falls or fall injuries. They should not be used as a fall prevention strategy. Restraints can actually increase the risk of fall-related injuries and deaths.
- Limiting a patient's freedom to move around leads to muscle weakness and reduces physical function.
- The average rate of physical restraint use in long term care homes has fallen from more than 40% in the 1980s to approximately 10% today.
- Some long term care homes have reported an increase in falls since the Long Term Care Homes Act and accompanying regulations took effect, but most have seen a drop in fall-related injuries.

*continued on next page*

As the 7<sup>th</sup> wave of Covid is upon us, our vigilance and infection control and prevention practices continue to matter. Please remember to practice proper hand hygiene and continue to wear your mask at all times while visiting the home. We have moved to daily rapid testing for our staff to help keep Covid out of our communities.

Have a wonderful month of August and enjoy all summer has to offer. Stay well!

## Nursing News



Greetings:

My name is Stefanie Macleod and I am the new ADOC on the second floor at Henley House. I am currently filling in for Jessica Gray as she takes her maternity leave.

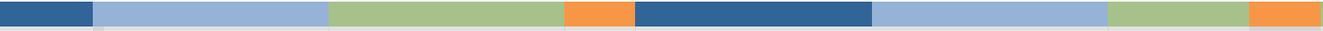
Some of you may have seen me before because, up until recently, I was the full time Registered Practical Nurse in the Morningstar Mill unit during the day shift. I have worked at Henley House going on 8 years. Prior to that I worked full time at Hospice Niagara and I have spent some time casually working for the Niagara Health System as well. I look forward to this new role and seeing new faces .

My office is on the second floor. Feel free to stop by and say hello.

Stefanie Macleod

ADOC





## LATEST INFECTION CONTROL NEWS FROM YOUR IPAC NURSE

### Covid Related:

In Ontario, provincial authorities reported another increase in the weekly number of patients hospitalized with COVID-19 as part of their update on July 7, with the province's positivity rate now at its highest level since May. Residents of Quebec are also seeing a rise in COVID-19-related hospitalizations as the province enters its seventh wave. As of July 11, there were 1,609 patients in hospital, compared to 1,441 hospitalizations nearly one week prior. COVID-19 cases are on a steady increase across Canada's Maritime Provinces and top health officials are starting to announce a new 7th wave.

A recent nationwide study suggests that a fourth dose of an mRNA COVID-19 vaccine reduces premature mortality from all causes among residents in LTCFs and in the oldest demographics, as compared with a third dose. Accordingly, promoting a high uptake of the fourth dose in the oldest and frailest people may help prevent premature deaths, even after the emergence of the Omicron variant for which disease severity appears reduced as compared to the earlier variants. Yet, the slight waning that became evident after two months suggests that timely administration of these doses is important.

Henley House currently has over 90% of their residents immunized with 3 or 4 doses. Our next Covid vaccine clinic will be at the end of August to finish off the rest of the residents that are eligible for booster doses.

*4<sup>th</sup> doses are now available to general public ages 18-59*

Staff/Visitors are encouraged to get their booster doses via community resources for Immunizations. We will be offering booster shots to staff/visitors during the August clinic *if* extra doses are available.

### Screening/Swabbing Process:

Please allow ample time to make sure your screening process is done properly when coming to visit your loved ones. The process is to use the Screening Tool (which will prompt you to either come in for a visit or swab and go home). Once you have completed this then go and get swabbed. You will also notice we are now swabbing orally and nasally. This is due to the new variant being detected more often through oral swabbing. Patience is key when it comes to this and we appreciate all of your compliance in this matter.

First and foremost our goal here at Henley House is to keep our residents clear and free of all infections, not just Covid. But I am also working on reducing urinary tract infections, skin infections and getting all the residents' immunizations up to date!

Please don't hesitate to reach out to me for any Infection Control Inquiries at [cnicol@primacareliving.com](mailto:cnicol@primacareliving.com), extension 4551 or cell 226- 219- 9279. My office hours are 9:00 am - 5:00 pm Monday thru Friday.

Candace



## MESSAGE FROM CHAPLAIN JOSEPH

Scripture: “And you will know the truth, and the truth will set you free.” “But we are descendants of Abraham,” they said. “We have never been slaves to anyone. What do you mean, ‘You will be set free’?” Jesus replied, “I tell you the truth, everyone who sins is a slave of sin. A slave is not a permanent member of the family, but a son is part of the family forever. So if the Son sets you free, you are truly free. [John 8:32-36](#)

My dear friends, our world certainly presents so many so-called truths, doesn't it? We must remember though that, there is only one truth capable of freeing people from Satan and his temptations which is no other than Jesus Christ. He not only proclaimed and testified about the Truth of our God, but He also is the truth Himself. We must keep on remembering that, as human beings do not need any other revelation to become free. The condition for the power of truth to swing into action is submission to it, and submission has nothing to do with emotions; otherwise, Jesus would not have used the verb know, but feel. My brothers and Sisters, this would then mean that faith processed in the heart is useless; instead of setting people free it holds them hostage to their feelings.

When Christ Jesus offered freedom to the Jews, He made it very clear that they were slaves. But they took offense, for they always seemed to consider themselves superior to everyone else because they were Abraham's descendants. Although the nation of Israel was politically subordinate to the Roman Empire, the religious leaders remained haughty, claiming that inwardly they were never dominated by anyone. Their surprise showed that they clearly did not know that the prison in which they lived was in their own souls.

We cannot live by sin because when we do, we become dominated by sin and live in bondage. We must remember that before God, they were in constant state of rebellion against Him. Since they had assumed the devil as their master, they suffered all kinds of failure.

In our quest for freedom, many people end up becoming prisoners of something, or someone. Some people often think that the fact that they can do whatever they want without being accountable to anyone means that they are free. But without realizing it, they are chaining themselves to bad thoughts and feelings, harmful habits (even addictions), pride, and envy. They have become hostages of their own choices, emotions, and even other people's will. My friends, being free is a human need that is not satisfied by personal accomplishments, but spiritual ones. Obeying the most high is the only way to become and remain free indeed.

Warm Regards,

Rev. Chaplain Joseph DiFrancesco / Spiritual Advisor

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## MESSAGE FROM SOCIAL WORKER

### Assisted Living vs. Nursing Home Care: How they Differ

Personal care (also known as custodial care) is assistance that doesn't require the skills of a registered or licensed nurse. That's why personal care is a stronger focus within facilities that provide assisted living (vs. skilled nursing facilities, which have a stronger focus on skilled care for medical conditions). Examples of personal care services include:

- Helping residents eat, bathe, get dressed, or go to the bathroom.
- Administering routine oral medications, ointments, or eye drops.
- Applying creams for minor skin problems.
- Repositioning residents in their beds.
- Changing dressings for non-infected wounds.
- Helping residents walk, get around in wheelchairs, or stay mobile through other means.
- Assisting with routine maintenance of bladder catheters or colostomy bags.
- Supervising residents who have dementia.

### Common Types of Residents

When it comes to weighing nursing home versus assisted living options, it's essential to understand who is best served by each type of facility. That way, you can feel more confident in your decision-making while potentially avoiding a costly or unnecessary move later on.

*Assisted living is usually suitable for people who:*

- Are open to the idea of getting assistance.
- Can benefit from a more socially engaging living environment.
- Are able to walk or use mobility devices on their own.
- Need a limited amount of supervision or personal care assistance.
- Are lucid or have only mild cognitive problems.
- Want or need to be free of the responsibilities of home ownership.

*Nursing home care is often necessary for people who:*

- Need daily medical care and/or a lot of personal care assistance.
- Aren't able to walk or get around in other ways without help.
- Are too sick or frail for home care.
- Need round-the-clock supervision or monitoring.
- Have severe problems with incontinence.
- Are likely to need frequent visits to the hospital.
- Have moderate to severe cognitive problems.
- Have complicated medical, emotional or mental conditions.
- Resist when being given assistance.
- Display problematic behaviours.

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

## MESSAGE FROM FOOD NUTRITION MANAGER

We hope everyone is enjoying our wonderful summer. A reminder to keep hydrated and protected from the sun. The Dietary department, in conjunction with the Life Enrichment department, has begun conducting our weekly BBQs. Residents are enjoying the outdoors and entertainment. We encourage family members to join their loved ones. In June we recognized Strawberry Season with a decadent Strawberry Sundae using fresh picked local strawberries. July and August are Peach Season. Residents will enjoy a wonderful homemade Peach dessert made by our chef in the kitchen.



We would like to share our recipe for:

### Southern Peach Upside-Down Cake

Serves 10

#### Ingredients:

2 cups fresh peeled sliced peaches  
2 Tbsp bourbon, optional  
¼ cup butter  
½ cup packed brown sugar  
¼ teaspoon salt

#### Batter

½ cup butter, softened  
¾ cups sugar  
1 large egg, room temperature  
1 teaspoon vanilla extract  
1-1/4 cups all purpose flour  
1-1/4 teaspoon baking powder  
½ cup 2% milk

1. Preheat oven to 350 F.
2. If desired, combine peach slices with bourbon and let stand for 10 minutes.
3. Meanwhile, place ¼ cup butter in 10-inch cast iron or oven-proof skillet; heat in oven until butter is melted (5-7 minutes). Sprinkle brown sugar evenly over butter. Arrange peach slices over brown sugar.
4. For batter, in large bowl, cream butter and sugar until light and fluffy (5-7 minutes). Beat in egg and vanilla. In another bowl, whisk flour, baking powder and salt; add to creamed mixture alternately with milk, beating after each addition just until combined. Spread batter evenly over peaches.
5. Bake until a toothpick inserted in center comes out clean, 40-45 minutes. Cool 5 minutes before inverting onto a serving plate.

Serve warm. ENJOY!!!

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## LIFE ENRICHMENT UPDATES



It is hard to believe that we are going into August already. Summer is just passing by so quickly.

Our outing to Betty's for lunch will take place on Thursday August 4th. Please note as this outing was previously cancelled. Wheelchair spots are already full.

We are starting to wind down our summer BBQs . Only two remaining. Wasn't that long ago, when we had 12 to go. The BBQs, of course, have been a big hit with residents. Great way to have a nice summer lunch in the backyard with music, great food and good friends.

As September rolls around, we will doing our camp day, bocce in the yard as well as having some outside music (weather permitting). Watch for our Hawaiian Day social with the Tropical Islanders (Trevor & Lynda). We hope to be able to do this in the yard.

With the start of September and the beginning of school, our days/times for outings will be more limited as our provider also has school runs. We will do our best to continue to provide community involvement for our residents.

The Life Enrichment Department will be going through some changes as we have two staff members who will be starting/returning to school in September. Cinderella will be returning to Niagara College for her final year in the Therapeutic Recreation Diploma program. Tayte will be starting at Brock University for her Bachelors in Therapeutic Recreation for the next four years . While they will not be here as often, both are staying on as casual employees. We here at Henley House wish them both continued success as they embark on this step of their journey. Don't forget to enjoy yourselves and make some memories along the way. We will be recruiting for staff to fill these positions.

Residents continue to enjoy the Music Enrichment program that Rebecca provides on a monthly basis. This is done in Montebello as well as strolling in the other home areas.

Please feel free to bring forward any new suggestions for activities that you would like to see implemented for all to enjoy.



## 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 and any in-house and corporate updates.

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

### Next Meeting:

Tuesday August 9th 2022

10:15 1st floor

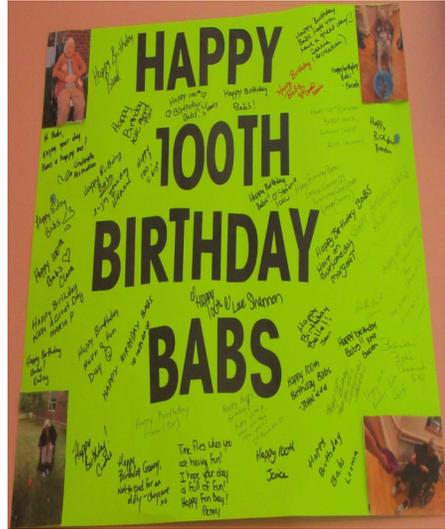
10:15 2nd floor



## CELEBRATING BAB'S 100TH BIRTHDAY WITH FAMILY & FRIENDS



100th BIRTHDAY  
CELEBRATION



100TH BIRTHDAY  
CELEBRATION



CELEBRATING BABS



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