



**AIMING HIGH
TOGETHER™**



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Administrative News

We are pleased to see that the restrictions in long-term care continue to cautiously be loosened. We know this provides much needed opportunity for families and residents to resume outings, social visits, larger group activities, spending more time for loves ones, and increased programs.

As we navigate the changes, we continue to be guided by Public Health advice and follow strict Infection Prevention and Control (IPAC) guidelines. Our fundamental goal continues to be keeping residents, staff and families safe at all times. A full list of what has changed since April 11, 2022 can be found [here](#).

We will be planning celebrations for the upcoming National Nursing Week from May 9 – 15. Among many other celebrations that take place in May, we honor those who are Mothers, Mother figures and someone who has represented such a strong force in our lives. Mother's Day, which can be defined in many different ways, allows us to celebrate these strong women.

I'm sharing a few memorable quotes:

- "Moms just know... How to help. How to heal. How to listen. How to love."
- Bill Gray
- "She's a woman of purpose, compassion, and strength... my hero, my mom."
- Suzanne Berry
- "All that I am or ever hope to be, I owe to my angel Mother."
Abraham Lincoln

Stay safe and take care,

Fiorinta Flammia
Executive Director, Burton Manor LTC



Nursing News

Heat risk occurs when the body's temperature rises and is unable to properly cool down to a regulated temperature. The signs and symptoms can occur quite quickly with little or no prior warning. When we age, our bodies become less efficient at regulating temperature for a couple of reasons. One reason for this is that seniors over 65 don't sweat as much as younger adults which, unfortunately, is one of the body's most important heat-regulation mechanisms. The elderly are not the only population at risk for overexposure to heat. Children, individuals with chronic medical conditions or impaired cognitive function and those with a history of heat intolerance may also be at risk during the warmer months.

Primacare works hard to ensure that your loved ones are safe. We monitor the temperature outside regularly to ensure that you and your loved ones are safe. We also ensure that residents are wearing lightweight, loose and light-coloured clothing to ensure that they are comfortable in the outdoor weather. Below are some recommendations that we have for you and your family during the warmer months.

Preventative measures:

- Keep yourself hydrated.
- Avoid drinks high in caffeine.
- Monitor for signs and symptoms of dehydration (i.e. - loss of skin turgor, increased confusion, dry oral mucosa)
- Use sunscreen lotion on a hot, warm sunny day.
- Stay in cool/air-conditioned environment.
- Close windows and draw blinds exposed to direct sunlight.

Reference: Primacare Clinical Manual



Nutrition News



Hydration in Long-Term Care

Hydration: The process of providing an adequate amount of fluids to body tissues. Nutrition and Hydration aim to improve and maintain residents' functional ability and their quality of life.

Hydration Status: Refers to body fluid levels and the status of the fluid-electrolyte balance in our bodies.

Facts about Fluids: Water is the base ingredient for most beverages. Plain water is a favourite fluid for many adults. Not only does it quench thirst, it is also an essential nutrient for the body. Water is the most abundant compound in the human body. It is vital for normal body functions such as digestion, absorption, circulation, and excretion. Water also serves as building material for growth and repair of the human body. Substances containing water act as lubricants around the bones and joints. Water plays a very important role in maintaining normal body temperature.

Changes with Aging: As we age the percentage of water in our body decreases. We may also experience a decline in muscle mass and a rise in body fat with aging. The very old are not able make up for body water changes as easily and are at great risk for dehydration – a condition that occurs when the body does not have enough water to carry out normal body functions.

Functional Losses: Here are some examples - altered taste perception, poor mobility, inability to detect thirst, assistance required to drink.

Adequate Fluid Intake: How much is adequate varies between males and females and age range. Many types of foods contain a substantial amount of water. It is estimated that approximately 20% of our fluid needs are met from food. To increase daily water intake, be creative. Drink flavoured water, tea blends, juices, flavoured hot or cold beverages. Remember that fruits and vegetables also have a high water content (e.g. - soups, fruit slushes, sherbets, fruit bars, sorbets).

Goals: Monitor residents' daily nutrition and hydration to ensure their needs are consistently met. Ensure best practices related to production, menu, snack planning and meal services.

Residents' Council News

Residents' Council Date - Tuesday, May 10th @ 10:30 am

Food Council Meetings

Food Council Date - Tuesday, May 10th @ 11:00 am

Family Council News

Family Zoom Calls will take place on May 11th & 25th @ 2:30 pm

<https://zoom.us/j/3670067336>

DEMENTIA

Dementia is a syndrome of progressive decline in multiple areas of cognitive function eventually leading to a significant inability to maintain occupational and social performance. Dementia is not a disease in itself, but characterizes a group of symptoms that accompany certain disease processes.

The essential features of dementia include:

- Memory loss that affects day-to-day function and disorientation of time and place
- Difficulty performing tasks
- Problem with language
- Poor or decreased judgment
- Problems with abstract thinking
- Changes in mood or behaviour and/or personality
- Gait disorders

Dementia affects how people express themselves and understand what is being communicated to them. For the person with dementia, maintaining relationships can be a complex process, especially when verbal communication is affected.

The following changes are common:

- Difficulty finding a word and/or talking less than usual
- Creating new words for ones that are forgotten
- Repeating a word or phrase (perseveration)
- Difficulty organizing words into logical sentences
- Cursing or using other offensive language
- Reverting to the language that was first learned

Here are some COMMUNICATION TIPS for people with dementia that can help:

- Introduce yourself. Smile and be calm and gentle. You set the mood through the way that you approach the individual.
- Use visual cues for directions (e.g. - pointing in the desired location or patting the appropriate chair).
- Give instructions one at a time. Wait for a response. People with dementia need more time to respond. If he/she repeats the same question, answer like the first time.
- Use pampering (hand massage, manicure, comb her hair, etc.). Remember he/she responds to you and your body language.
- Be aware of your body language. Use it to communicate relaxation and reassurance.

Monthly Feature

Birthstone: Emerald gemstones were mined in Egypt as early as 330 BC, but some estimate that the oldest emeralds are 2.97 billion years old. Cleopatra is perhaps the most famous historical figure to cherish emerald gemstones. She even claimed ownership of all emerald mines in Egypt during her reign.

The Egyptians used emeralds both in jewelry and in their elaborate burials, often burying emerald stones with monarchs as symbols of protection. On the other side of the world, the Muzo Indians of Colombia had well-hidden and prized emerald mines. These mines were so hidden, it took the Spanish conquistadors nearly twenty years to find them.

Today, emerald is a symbol of loyalty, new beginnings, peace, and security, making it not only a beautiful gem to wear, but also a meaningful jewelry gift to be treasured by the receiver. It is still widely prized by the rich and famous, with Elizabeth Taylor's famous emerald pendant selling for \$6.5 million in 2011.

Flower: As with most birth flowers, Lily of the Valley carries different meanings and serves as a symbol for many things. Perhaps the most common association with these flowers is their recognition as a symbol of romance. Several decades ago, men in France presented these fragrant flowers to their significant others in bouquets to express their affection in a tradition known as La Fête du Muguet.



Happy Birthday Wishes to:

Maria A - May 2nd
Abiye H - May 2nd
Elio P - May 2nd
Savitree P - May 4th
John L - May 5th
Sho T - May 6th
Alva M - May 10th
Mohinder K - May 15th
Douglas B - May 16th
B - May 17th
Elisa L - May 19th
Gordon S - May 22nd
Wilma P - May 30th
Betty D - May 31st
Joy M - May 31st



Famous People in History who have birthday in May include:

David Beckham - May 2nd
Audrey Hepburn - May 4th
Stevie Wonder - May 13th
Malcom X - May 19th
Plato - May 21st **Charles**
Queen Victoria - May 24th
John F. Kennedy - May 29th
Clint Eastwood - May 31st



Monthly Feature

Special Events & Outings

Thursday, May 5th - Cinco De Mayo Celebration @ 2:00 pm (GR)

Sunday, May 8th - Mother's Day Entertainment with James Cormier @ 2:00 pm (GR)

Wednesday, May 11th - Outing to Georgetown Mall @ 10:30 am—3:30 pm

Tuesday, May 17th - Diner's Club Lunch - "Pizza"

Thursday May 19th - Happy Hour with Entertainment @ 2:00 pm (GR)

Saturday, May 21st - Avon Vendor @ 12:00 pm -3:00 pm (ML)

Wednesday, May 25th- Outing to Tim Horton's @ 1:30 pm—3:30 pm

Monday, May 30th - Monthly Residents' Birthday Party @ 2:00 pm (GR)

Lost & Found Weekend

We will be setting up tables in the Main Lobby on May 28th & 29th for lost clothing items. All unclaimed clothing will be donated to local charities.

Special Notice From Janet - Business Manager

- ◆ To qualify for a rate reduction for the period of July 1/22—June 30/23 for Residents residing in a basic room, please bring your 2021 Notice of Assessment before June 30, 2022.
- ◆ We have a new hairdresser - Tamara. Salon hours are Wednesdays & Thursdays 9:00 am – 3:00 pm. If you would like hairdressing services, please fill out form and return to Janet.

Please sign up for Diner's Club & Outings with Recreation @ x 507/552
burtonrecreation@primacareliving.com



Residents' Rights

10. Personal Belongings:

"Every resident has the right to keep and display personal possessions, pictures and furnishings in his or her room subject to safety requirements and the rights of other residents."

In other words ...

You have the right to keep personal things in your room. This is your home. As in any home, it is important to have personal items around that are special to you or make you feel more comfortable.

For example, you might have a favourite quilt, cushion, or books. You might have pictures of your children or grandchildren, or other important pictures. You might also have your own furniture, computer, or television. Talk to the staff about what you would like to have in your room. It is your choice, as long as your belongings do not interfere with the safety or rights of other people in your long-term care home.

11 (a) Plan Of Care:

"Every resident has the right to participate fully in the development, implementation, review and revision of his or her plan of care."

In other words ...

You have the right to be fully involved in your plan of care - from the making of the plan, right through to when it is being carried out or changed. A plan of care is a written document that says what kind of care you need and how that care will be provided. It covers not only medical and nursing care but also things like personal support, nutrition, social activities, recreation, and religious practices. Your plan of care is unique to you. You have the right to be at meetings with your doctors and others who provide you with care to talk about the plan of care. You have the right to ask questions and to say what you want to have in your plan of care. And you can ask for changes.

11 (b) Consent To Treatment:

"Every resident has the right to give or refuse consent to any treatment, care or services for which his or her consent is required by law and to be informed of the consequences of giving or refusing consent."

In other words ...

If your doctor suggests a way to help you, you can decide to: do what the doctor recommends, not take the doctor's advice, or talk to another doctor or qualified person to get a second opinion. You must be told what the treatment is for, its risks, benefits, and side effects, and what will happen if you decide not to take it. You must also be told if there are alternatives to the recommended treatment. You need to know these things in order to make an informed decision. No one else can make decisions about your treatment if you are mentally capable. You can have someone help you make decisions, but that too is your choice. You cannot be punished or discharged from the home for refusing to consent to a treatment, including medication. You are mentally capable if you can understand and appreciate what you are doing, what you are being told about your care, and the consequences of your decisions.

If you are not mentally capable of making certain decisions, your substitute decision-maker must make them for you. A substitute decision-maker is a person who has the legal right to make decisions for you during times when you are not mentally capable of making them yourself.



Residents Rights

11 (c) Care Decisions:

"Every resident has the right to participate fully in making any decision concerning any aspect of his or her care, including any decision concerning his or her admission, discharge or transfer to or from a long-term care home or a secure unit and to obtain an independent opinion with regard to any of those matters."

In other words ...

You have the right to take part in all decisions about moving into the long-term care home, leaving it, or moving to another room within it.

These kinds of decisions cannot be made unless you or your substitute decision-maker agree. You have the right to talk to someone outside your long-term care home to get a second opinion about the kind of care you need.

You have the right to have a family member, friend, or advocate with you when you meet with doctors and nurses. If you like, you can ask this person to help you decide what to do.

11 (d) Privacy of Health Information:

"Every resident has the right to have his or her personal health information within the meaning of the Personal Health Information Protection Act, 2004 kept confidential in accordance with that Act, and to have access to his or her records of personal health information, including his or her plan of care, in accordance with that Act."

In other words ...

The law says your health and medical records must be kept private and confidential.

Only the people responsible for your care are allowed to see these records. Other people can see them only with your permission. Your records must be kept in a secure place where others cannot see them.

You have the right to see and get copies of your own records and to show them to other people, if you wish.

PEOPLE PLACES & EVENTS



Enjoying an afternoon at the Casino!!



Having a great time with Entertainment!



Planting seeds with Family