



LONG TERM CARE RESIDENCE



AIMING HIGH
TOGETHER™



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

MESSAGE FROM THE EXECUTIVE DIRECTOR

It is hard to believe it is already May. 2022 has been going by so very quickly and it certainly has been keeping us busy here at Henley House.

We currently have one active outbreak in the community on Woodend home area. A total of 8 residents tested positive for COVID 19 with 6 recovered as of this writing, and 2 active cases. Residents in this home area remain isolated to the home area but no longer to their rooms. Communal dining has resumed. We are hoping the outbreak will be resolved May 3 and continue to be in consultation and collaborate with Public Health daily.

Ministries Directive: Covid 19 response measures for Long-Term Care that came into effect April 27th, 2022 did not bring about too many changes to the home. Indoor masking has been extended until June 11, 2022. Outdoor masking for visits is no longer required for visitors and residents who are fully vaccinated. Staff and visitors will continue to be screened daily and asymptomatic surveillance testing continues. A full list of what has changed since April 11, 2022 can be found at www.primacareliving.com/home-visitation-update.

We remain committed to taking a slow and safe approach to ensure the safety and well being of our residents, their families, and employees of Henley House. Our continued vigilance is still needed to ensure everyone's safety. One of the best ways to protect yourself and others from the effects of COVID 19 is to remain up to date with your vaccinations and receive the doses for which you are eligible. We again ask that visitors and staff stay home when sick.

For the first time in many months Henley House is at 100% occupancy. Our teams have worked hard to support the healthcare system by admitting and welcoming those who have been waiting for a suite in Long-Term Care. We have resumed hair dressing services and are happy to have Keri back in the salon.

While the sixth wave is fully upon us and so many unsettling things going on in the world, may we exhibit grace to ourselves and each other to carry us through each day.

Lastly, Happy Mother's Day to all the wonderful mothers that live, work, and visit our community.



NURSING NEWS -



Hi everyone! I want to start off by introducing myself. My name is Nazia Ahmad. I am a registered nurse (RN) and currently work here at Henley House as an Associate Director of Care. Some of you may know me from my previous years at Henley as a personal support worker and as a nurse working on the units. I am happy to be back in the home to contribute to the care of our amazing residents, and to support our wonderful staff and families.

My role here at Henley focuses on infection prevention and control. I work alongside our public health unit in ensuring the safety of our residents and staff, especially during these COVID times. I also keep a close eye on the infections that are occurring in the home to identify any areas for teaching or education for our staff to prevent them from reoccurring. It is definitely a team effort to keep our residents as safe and as healthy as possible!

I graduated with a Bachelors of Science in Nursing in May 2020. From there I did work at Henley for a few months as an RN. In August of 2020 I started working at a different home full time as a charge nurse. This home was significantly smaller than Henley in terms of the number of residents in the home. However, I really feel it prepared me well before stepping into this position. This is because since it was a smaller home, I had more responsibilities as the charge nurse. A lot of those responsibilities are things I continue to do in my current role.

To help everyone get to know me, I wanted to share a bit more about my life outside of Henley House. I come from a big family. I am one of five siblings and also have lots of cousins who, to us, double as siblings as well. I recently got married in 2020 to my wonderful husband, Alex. Due to COVID, we had to make some changes to our original plans. We had gotten married at my parent's house and I was surrounded by my closest friends and family. It was truly the best day and I couldn't have imagined it any better! In my spare time I really enjoy catching up with my close friends, going on walks or hikes, and cooking.

I am looking forward to getting to know everyone better and helping out wherever I can! If you ever need me, you can find my office on the way to Lancaster unit across from Jessica, one of our other amazing ADOCs! You can also reach me by calling the home and dialing extension 4551 or by email at nahmad@primacareliving.com



MESSAGE FROM CHAPLAIN JOSEPH

Brother and sisters, today is all about Faith. What is faith? Do you have faith? How do we get faith? How do we keep faith? Is faith important? Well today's topic is something that I believe everyone could use a bit of help with, one way or another. Whether it's to recap, or to give someone the extra tools, or even to bring yourself or others closer to our God. I hope this can bring you more clarity on how you can have faith in our Lord.

But to have faith takes more than just saying you have faith. You have to feel it and believe it in your heart and mind. Just praying and saying I have the faith is not enough for our Lord. He is asking you to have faith. Hebrews ch11:v6 says "And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him." What he is telling us is that it's impossible to please our God if we don't have faith.

You must believe in him. Believing is faith therefore you must have faith. He says he rewards those who seek him truly and wholeheartedly. He will provide to those who have faith and believe that he is real. John ch7:v38 says "Whoever believes in me, as Scripture has said, rivers of living water will flow from within them." And with that we must have faith in everything we do.

2nd Timothy ch4:v7 reads "I have fought the good fight, I have finished the race, I have kept the faith." This says that no matter the struggles or hardships that get thrown your way, we have to fight and finish that race. We have to make it through to that finish line.

Romans ch10:v17 reads "So faith comes from hearing, and hearing through the word of Christ."

When we talk or think about faith what comes to mind? Sadness, loss, sorrow, disparity, hardships, stress, depression? No, we think hope, belief, happiness and trust to name a few. Faith is for the things that we cannot see. We need to listen, we need to open the eyes of our hearts, we want to see all He can do for his children. For He says we deserve rewards. We need to hear what he's saying through everyday things - our job, friends, families, bible scriptures, daily devotion, praying - we just have to really listen. God does speak to us in so many ways in our everyday living. But we just might not be listening the way we are supposed to be listening.

Things can mean so much more than they appear. We don't know unless we have faith and listen. And keeping our minds and hearts in faith we will see that God is with us all the time. When we have faith, it makes us whole. We must remember that faith is the key belief in Jesus Christ. If we keep faith, we can move mountains and have the breakthroughs that Christ our Lord says.



MESSAGE FROM CHAPLAIN JOSEPH - continued

My beloved brothers and sisters, do you think that with faith we can conquer any problem? In Mark ch11:v24 He says "Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours." Jesus has asked us to put faith in Him no matter the size of the problem. Believe, and it can be done. You will receive. We cannot just try to have faith, we need to have faith.

Believe that Christ will help you for He says He will. No problem is too big or too small for our Lord. Have faith in Him know that He is with His children; beside you guiding you every step of the way. Proverbs ch3:v5-6 says "Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."

We just have to remember to listen. For He will take our stress and problems off of us because He tells us to put it all on Him. As we look in 1st Peter ch5:v7 it says "give all our worries and cares to God, for he cares about you." He wants to be the one to help you through it all. When life knocks you down, do not hesitate to call our Heavenly Father. As we look in Matthew ch7:7:8 it states "Ask and it will be given to you; seek and you will find; knock and then door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened."

He can and will take care of you. He will lift you back up to where you belong. You have a place on this earth for a reason. He will guide you to where you are meant to be. Have faith that things will get better. Trust that He has your back always. He may know us inside and out but He still wants all of us. Jesus is the one above us all with all knowledge possible. And with his guidance and love and our faith in him we can get through anything life throws at us. God will heal the pain and sorrow and sadness. But he wants you to have faith that He will. God will do amazing things to our lives if we keep the faith and let him into our hearts. And Faith is very important. If we keep the faith we know something good will come our way. Is your faith where it needs to be? Believe and know that God will do all that he can for his children. God gave us all He has to show us that things will get better. Having Faith in our Lord is how they will get better. We must leap into the world of faith and show our God no fear in him. For he is perfect and he will make us perfect. When we look at Psalms 3:5 it says "I lie down and sleep; I wake again because the Lord sustains me." You put your faith in him that when you sleep you will wake up again.

Trust in the Lord with all your heart. Do not rely on your own understanding. Know that he is the one that has the final say. At the end of it all we must have the faith that he has asked us to have. Life will become less stressful and hard when you give your troubles to our God and keep the faith. Having faith can and will do wonders in your life.

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MESSAGE FROM SOCIAL WORKER

Placing a Parent in a Nursing Home: How to make it easier

Nobody wants to be faced with the challenge of placing a parent in a nursing home. After all, it's hard knowing that your mom or dad needs a high level of round-the-clock care, something that you may not be able (or qualified) to provide on your own. This situation often comes with conflicted emotions like guilt, regret, and a sense of relief. How do you remain sensitive to your parent's feelings while moving ahead with what you know must be done? As a first step, it helps to acknowledge the fact that putting a loved one in a nursing home is a fairly common challenge. Each year, millions of other people like you face this dilemma. In fact, more than one in three Americans over the age of 65 will probably require nursing home care at some point. That means you aren't alone in dealing with this issue. It also means that a lot of resources are available to guide and support you.

Should I Put My Parents in a Nursing Home? (When Is It Time? What Are the Signs?)


In some cases, these questions are easy to answer. For example, some people are forced into long-term residential care by a sudden injury or the unexpected onset of a debilitating medical illness. Their conditions make it impossible (or too costly) for their loved ones to provide the 24/7 care they need at home, even if it's just for a temporary period of time.

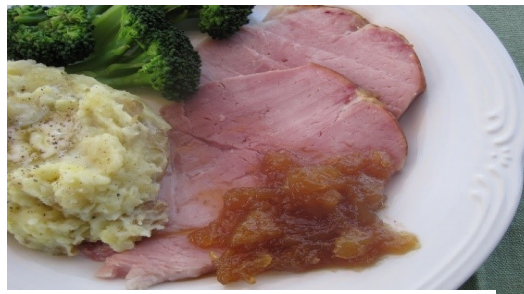
But knowing when to put mom in a nursing home isn't always so straightforward. That's because many seniors have chronic health conditions that impact their functional abilities more slowly over time, making it more difficult to recognize the point when long-term caregiving in a residential facility is necessary. In those cases, it's essential to pay attention to various physical, mental, and behavioral signs. Parents need assisted living or residential nursing care when they pose a danger to themselves or others, when they can't function independently, or when their current caregivers can no longer provide the level of day-to-day support that's required.

In reality, a lot of families end up waiting too long—delaying the decision until something tragic happens that forces the issue. By that point, it is often too late to explore all the options in search of the best possible caregiving arrangement. Action may have to be taken immediately, which amplifies the stress on everyone involved. That's why right now is a great time to be asking these questions—before an accident or sudden medical event makes the decision for you.

Many family caregivers have trouble figuring out the best way to deal with parents who have Alzheimer's disease or other forms of dementia. When is it time for a nursing home in that type of situation? Generally speaking, [the signs](#) are pretty much the same as those already listed. If your parent has dementia and needs care that requires skills you don't have, then it's probably time for long-term residential care. If your own health is declining as a result of your caregiving, or if you need more assistance and can't get it, then it is probably time. And if your parent is displaying hard-to-handle behaviors that pose a real danger to himself or herself (or others), then it is definitely time. An article in [International Psychogeriatrics](#) says that, sooner or later, most Americans who have dementia are placed in nursing homes.

MESSAGE FROM FOOD NUTRITION

The Dietary department continues to focus on our themed weeks. In April the residents enjoyed Easter with special treats and meals. On Good Friday the kitchen prepared Hot Cross Buns for breakfast. On Easter Sunday, the residents had a choice of Slow Roasted Turkey Dinner with all the fixings, or a Bone-in Honey Mustard Glazed Ham finished with homemade Key Lime Pie. In May, we will celebrate Cinco de Mayo with Mexican delights. The residents always look forward to our outdoor BBQs, which will begin in June. 



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We would like to share our recipe for our
Three Layer Strawberry Shortcake Mug:

BASE INGREDIENTS:

2 Tbsp. unsalted butter
4 Tbsp. all purpose flour
½ cup sugar
½ tsp baking powder

WHIPPED CREAM CHEESE:

1 cup milk
½ cup icing sugar
½ cups strawberries, diced
½ cup cream cheese
4 Tbsp. graham cracker crumbs

1. Divide butter in 2 microwave mugs and heat in microwave until butter is melted. Divide and add flour, sugar and baking powder into each mug and mix well until smooth.
2. Microwave each mug separately for 45 seconds. Once ready, set aside to cool.
3. In a large bowl, whisk together milk, icing sugar and cream cheese until creamy.
4. Layer each cup starting with the strawberries and then add whipped cream cheese. Repeat again and then finish with the whipped cream cheese.
5. Top whipped cream cheese with a sprinkle of graham cracker crumbs and strawberries. ENJOY!!!

The new Spring/Summer menu is currently in the process of construction. Residents will receive a copy to review and approve in April. Starting date of new menu will be in May. Next Food Committee Meeting will be held in June and families are encouraged to join.

We would like to take this opportunity to introduce Tracy Exnowski as our new Food Service Supervisor. She will join our team with extensive knowledge in healthcare. Tracy will join us every Tuesday and Thursday.



Eight Communication Strategies

1. Small Talk / Chit Chat - the weather etc.
2. Gather Information / Fact Finding – need to be aware of pressure on a person if asked too many questions which require remembering factual answers
3. Reality Orientation – bring into the here and now – danger of upsetting person, but some people, particularly in early stages of dementia, like to be reminded of things
4. Reminiscence – play to strengths as long-term memory is usually better – share memories, stories etc.
5. Validation – respond to the feelings behind the words – “You must miss your Mom. Are you feeling sad?”
6. Go Along With-whatever the person’s version of reality is, join in their ‘bubble’
7. Lie /White Lies can work well sometimes, and it is not necessarily a lie if it is the person’s current “truth” – but to be used with caution if a person senses they are being mislead
8. Divert / Distract – change the moment - helpful in many situations

Five Most Common Emotional Needs

1. To feel needed and useful
2. To have the opportunity to care
3. To have self-esteem boosted
4. To love and be loved
5. To be able to express our emotions freely

Our emotional needs don't disappear just because we grow old or have dementia. The only thing that changes, especially for people with dementia, is the opportunity to have these needs fulfilled in a meaningful way.

meaningful care matters
Free to be me

LIFE ENRICHMENT UPDATES

Baby news!!!!

Congratulations to Bre (Life Enrichment), and her husband James on the birth of their first child, a boy. Nathan Edward Soon, born on Sunday April 24th, weighing 7 lbs. 12 oz & 19.5 inches long. Momma & baby are doing well and Papa is over the moon.



Resident Summer BBQ's

We are currently planning our summer BBQ's for residents. Each home area will have two BBQ's through out the summer. BBQ's will be held in the back yard with entertainment (weather permitting). BBQ's will start beginning of June and finish middle of August. Watch for further updates.

Betty's Restaurant

Our outing to Betty's Restaurant in April was changed to Perkins Restaurant due to Betty's being closed on the planned day. We have scheduled two more outings for Betty's as it is such a popular spot with our residents. A reminder to families, if you would like to join us, please let Pam know ahead of time as reservations will need to be made. Remember, that you would have to meet us there.

Mother's Day Treat Cart

The travelling treat cart will be making its rounds on Sunday May 8th in recognition of Mother's Day. Refreshments & sweets will be served as well as each lady receiving a carnation.

LIFE ENRICHMENT UPDATES - continued

When was Mother's Day invented?

How did Mother's Day start? Anna Jarvis originated Mother's Day when, on May 12, 1907, she held a memorial service at her late mother's church in Grafton, West Virginia. Her mother had organized women's groups to promote friendship and health.

Mother's Day Reflection

For most, mothers are the backbone of any family. They are nurses, doctors, taxi drivers, teachers, friends, confidants. Everything we need as babies, toddlers, children, teens, young adults, even when we don't think we need them, they are all that and so much more.

Mothers come in many packages such as sisters, aunts, friends, neighbours, step and adoptive mothers, etc. As women we all strive to be the best mother possible. There is an old saying that many times Mothers step into the role of being both parents due to unforeseen circumstances.

Remember it takes a community to raise a child.

Kudos to all the moms out there this Mother's Day.

Remember, we are never too old to give "Mom" that extra special hug & "I Love You" on her special day as well as every other day!



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/or corporate updates.

Using your voice and participating in meetings is how you help foster positive changes and communication within the home.

Next Meeting:

Tuesday June 7th 2022
10:15 1st floor
10:15 2nd floor

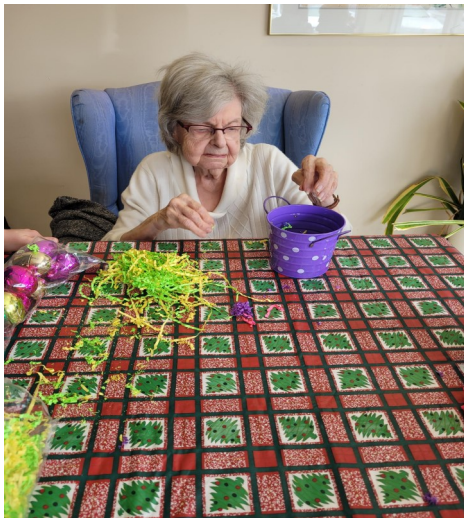
SUPPORTING EPILEPSY AWARENESS DAY



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