



August

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ADMINISTRATIVE NEWS

Outbreak Status:

As we move into August, we continue to manage the COVID-19 outbreak in collaboration with Peel Public Health. Here are a few reminders while we navigate this outbreak:

- Per Ministry Directive, during an outbreak, residents are permitted 1 (one) essential caregiver at a time.
- No general visitors during an outbreak.
- No social visits/social absences are permitted.

We are confident in the decisions made by Peel Region Public Health and we continue to follow their recommendations. COVID-19 Information during these times can be found at: [COVID-19: Guidance tools | COVID-19 \(coronavirus\) in Ontario.](#)

Lion Heart Award

Burton Manor LTC has received the Lionheart Recognition Certificate regarding efforts with the COVID-19 pandemic. The certificate is awarded by The Ontario Long Term Care Association as a “symbol of appreciation for the bravery the home shared with its residents, staff and community throughout the COVID-19 pandemic. During a time of uncertainty, the efforts made by your home to continue to care for the Long-term care community you serve was invaluable. Thank you for all that you do today and everyday.”

News and Updates:

We welcome Jacqueline Holness, Nurse Practitioner (NP). Jacqueline replaces Harman as of July 28th.

Stay safe, keep well.

Fiorinta Flammia

Executive Director, Burton Manor LTC



NUTRITION NEWS

Ice Cream

Ice cream, in some version, has been around for centuries. The churned, sweetened creamy frozen treat we know and love started to become popular around the 1600s.



The sweet, flavoured ice cream evolved in France and Italy during the 17th and 18th centuries. Ice cream is made from milk which is a source of nutrients like calcium and vitamin A. It is also a good nutritious fluid intake. Today ice cream can be found in many varieties and in most restaurants, supermarkets, corner stores and speciality shops. You can even make ice cream at home with available ice cream makers.

It is time to explore the world of ice cream:

- Cold soup – adding a scoop of vanilla ice cream is refreshing on a warm day.
- Fruits – add nutritious fruits to your ice cream (e.g. mango sauce, strawberries, raspberry sauce). Freeze until firm and serve.
- Create your own ice café latte.
- Smashing dessert - fill your crepes with ice cream. Drizzle with chocolate sauce and dust with icing sugar.
- Ice cream soda - create a new twist! Combine fruit juices and sparkling water. Then serve chilled with a straw and enjoy.

Ice cream is more than just a treat...

Residents' Council News

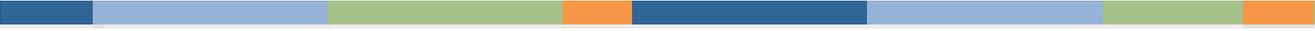
Resident Council Date: TBA

Food Council Meetings

Food Council Date: TBA

Family Council News

TBA



QUALITY CORNER

Helping People Manage Their Pain

Studies show that uncontrolled pain is a common problem for people of all ages. Uncontrolled pain can impact simple daily activities like getting dressed or walking down a hallway. It can also lead to feelings of frustration, depression and isolation. Family members may feel helpless that they cannot assist in relieving your pain. Pain can affect anyone at any age and includes people that cannot communicate that they are experiencing some form of pain.

The Canadian Pain Society states that people have the right to the best pain relief possible. There are different ways to deal with different types of pain (acute and chronic). The guiding principles that health professionals use to help you, no matter which type of pain you are experiencing, include:

- Pain is unique and different for each individual regardless of age (*Pain is what you say it is*).
- If your pain is not relieved, it needs to be assessed and ways to relieve the pain must be identified.
- The whole interdisciplinary team should be involved in managing your pain. This would include the nurse, physician, PSWs, physiotherapist, family and most importantly ... YOU!

Pain is often easier to control in the early stages before it becomes intense. If a person you know or care for who is unable to communicate pain, you may be able to recognize the presence of pain through changes in their behaviours such as being irritable, crying, grimacing or becoming quiet.

You are the best person to describe your pain. When nurses are assessing your pain, you may be asked the following:

- Where is your pain?
- What does your pain feel like (eg. aching, sharp)?
- What makes your pain feel better or worse (eg. rest, medication, exercise)?
- How does your pain affect your activities of daily living (eg. mobility, sleep)?
- When did your pain start? How long does it last? How often does it occur?
- On a scale of 1-10 (1 = no pain and 10 = worst pain) how would you rate your pain?
- Do the medications that you are taking help relieve some of the pain?

The answers to the above questions will help provide the information needed to create a plan of care in order to manage your pain. Your plan of care may include medication and other things such as exercise and heat/cold therapy.

The registered staff will continue to monitor and ask about your pain to ensure that the interventions that are in your plan of care are effective. Based on your pain needs, this may occur daily, weekly, monthly or, at a minimum, quarterly.

Reference:

Registered Nurses' Association of Ontario (2013). *Assessment and Management of Pain, 3rd Edition* (2013). Toronto: Registered Nurses' Association of Ontario.

MONTHLY FEATURE

Birthstone: Peridot is the gem-quality variety of the common stone olivine. In fact, peridot is often referred to as ‘precious olivine’. Peridot comes from Old French, so it’s pronounced ‘*pear-adoe*’, instead of ‘*pear-a-dot*’. The bright yellow-green stone is very popular in jewelry, and is reasonably priced compared to other coloured gemstones. A high-quality peridot can be purchased for around \$100 per carat. The largest cut peridot is 310 carats and can be found at the Smithsonian Institute. According to those who believe in the healing power of crystals, the peridot emits warm and friendly energy that helps the wearer feel less angry and jealous. “Green with envy” doesn’t apply if you are wearing a peridot.

Flower: The gladiolus is known by a number of other names: gladiola, glad, and even sword lily because of its long, sword-like leaves. Whatever name you prefer, they are one of the most popular flowers grown in the home garden. Gladiolus plants range from one foot to over five feet in height, depending on the variety and growing conditions. The blooms themselves can be from two to eight inches wide and grow along one side of a stem. The North American Gladiolus Council recognizes 28 different basic colors, including white, green, cream, yellow, buff, orange, salmon, scarlet, pink, red, rose, lavender, purple, and blue. There are even tan and brown varieties. Gladiolus flowers signify remembrance. They also express infatuation, telling the receiver that he or she “pierces the heart.”



Happy Birthday Wishes to:

Betty G—Aug 1st
Cristovao—Aug 4th
Gordon L—Aug 9th
Raymond W—Aug 14th
Esther D—Aug 20th
Baljinder S—Aug 20th
Tanya W—Aug 21st
Wisdom N—Aug 25th
Luis G—Aug 27th
Kevin S—Aug 27th
Beatriz F—Aug 27th
Voula N—Aug 30th
Maria B—Aug 31st

Famous People in History who have a birthday in August:

Peter O’Toole (actor) – August 2, 1932
Martin Sheen (actor) – August 3, 1940
Louis Armstrong (musician) – August 4, 1901
Neil Armstrong (astronaut) – August 5, 1930
Lucille Ball (actress) – August 6, 1911
Garrison Keillor (radio host) – August 7, 1942
Eddie Fisher (singer) – August 10, 1928

Monthly Feature

Special Notice

Unfortunately, we will not be offering an August Recreation Calendar due to the current circumstances. However, Recreation staff will be providing 1:1 visits and activities with residents. If the situation changes, we will post daily group activities on the Recreation boards in each home area.

We thank you for your understanding during these challenging times and look forward to group activities resuming as soon as possible.



RESIDENTS' RIGHTS

17. Raising Concerns

"Every resident has the right to raise concerns or recommend changes in policies and services on behalf of himself or herself or others to the following persons and organizations without interference and without fear of coercion, discrimination or reprisal, whether directed at the resident or anyone else,

- the Residents' Council,
- the Family Council,
- the licensee [the management of the home],
- staff members,
- government officials,
- any other person inside or outside the long-term care home."

In other words...

You have the right to speak freely. No one is allowed to punish you for speaking out or making a complaint.

You can talk about things that concern you and suggest changes to your home's rules and services. You can do this for yourself or for others.

There are many people who make decisions that affect you. You may want to give them suggestions or tell them your concerns. Some of these people are members of the Residents' Council or Family Council, staff at your long-term care home, and government officials.

Punishing a person who makes a complaint about the home is a very serious issue and you should make a report about it right away. See *"What can I do if my rights are violated?"* for information about how to make a complaint and where to get help.

18. Friendships

"Every resident has the right to form friendships and relationships and to participate in the life of the long-term care home."

In other words...

You have the right to make friends and to spend time with them. You have the right to be involved in any activities offered at the long-term care home, if you wish.

This can be an important part of your life at the long-term care home.

For example, you may want to participate in exercise classes, be a member of the Residents' Council, or join in other programs where you can meet other people and do things together. No one can stop you from doing these things.

PEOPLE PLACES & EVENTS



Celebrating Canada Day!



Canada Day Art



Making Sensory Kits



Balloon Tennis