



**burtonmanor**™

LONG TERM CARE RESIDENCE



AIMING HIGH  
TOGETHER™



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## ADMINISTRATIVE NEWS

As the warmer weather approaches, we ask for your ongoing support in ensuring residents are safe in the outdoors.

As we know masks are not required, but with the ongoing fluctuation of case counts in the community, we cannot become complacent in our collective IPAC efforts. Additional information can be found at: [COVID-19: Guidance tools | COVID-19 \(coronavirus\) in Ontario](#)

Burton Manor would like to thank all the families who supported the Caring Week activities, the staff enjoyed a week-long celebration dedicated to their ongoing commitment to the Home. A thank you to all the families who participated and contributed to the May long weekend planting in the courtyard, the flowers will be blooming in no time and the residents always seem to enjoy the ambiance of the courtyards.

We celebrate and acknowledge many important events in the month of June (not an all-inclusive list):

- Father's Day
- National Indigenous Peoples Day
- Canadian Multiculturalism Day

Stay safe, keep well.

Fiorinta Flammia  
Executive Director, Burton Manor LTC



## Nutrition News

### Apricot Jam



#### Ingredients:

- 8 cups fresh apricots - peeled, pitted, and crushed or if it is winter, you can rehydrate dried apricots by soaking in water overnight in the fridge (just know that it will make your jam super sweet because of the drying process!)
- 1/4 cup freshly squeezed lemon juice
- 6 cups white sugar
- 5 (1 pint) canning jars with lids and rings

#### Directions:

1. Mix apricots and lemon juice in a large pot; add sugar. Slowly bring to a boil, stirring until sugar dissolves. Cook and stir until apricot mixture thickens, about 25 minutes. Remove from heat and skim foam if necessary.
2. Meanwhile, prepare jars, lids, and rings by cleaning and sterilizing in dishwasher or boiling water bath. Leave lids in simmering water until ready to seal jars.
3. Ladle hot jam into hot sterilized jars, leaving about 1/4 inch of space on top. Run a knife or a thin spatula around the insides of the jars after they have been filled to remove any air bubbles. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids and screw on rings.
4. Place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil, then carefully lower the jars into the pot using a holder. Leave a 2-inch space between the jars. Pour in more boiling water if necessary until the water level is at least 1 inch above the tops of the jars. Bring the water to a full boil, cover the pot, and process for 15 minutes.
5. Remove the jars from the stockpot and place onto a cloth-covered or wood surface, several inches apart, until cool. Once cool, press the top of each lid with a finger ensuring that the seal is tight (lid does not move up or down at all). Store in a cool, dark area.

## Residents' Council News

Resident Council Date: Tuesday, June 14th @ 10:30am

## Food Council Meetings

Food Council Date: Tuesday, June 14th @ 11:00am

## Family Council News

Thursday, June 16th @ 6:30pm in the Games Room or on Zoom



## Quality Corner

### Promoting Safety: Alternative Approaches to Restraints

#### What is a Restraint?

A restraint is something that restricts a resident in some way by: Placement of an object near or on the resident's body to limit their ability to move. This object cannot be removed by the resident with effort. Some examples would be lap belts or seat belts that prevents the person from moving by themselves:

- Limiting a resident's movement to keep them in a certain area
- Using a medication to manage a person's behaviour

#### What can be done to avoid the use of a restraint?

- Encourage the resident to do the things they enjoy such as cards, television or music
- Walk with the resident
- Help the resident to get to the bathroom at regular times
- Make the resident's room safe by lowering the bed to avoid an injury if they roll or fall out of bed
- Develop a routine by placing objects and furniture in the same place
- Use an alarm that tells others when the resident moves from chair or bed so they can check to see if they need help

#### What may put a person at risk of being restrained?

A resident who may hurt themselves or others because they just forget to ask for help or have: An illness, confusion, a habit of falling or wandering to where it is not safe.

#### What should a person or their family know before a restraint is used?

A resident who is at risk for the use of a restraint should talk with their health care team and discuss alternative options to try before a restraint is used.

Restraints are used as little as possible because of possible side effects. This is because restraints can sometimes make a resident:

- Feel even more restless, agitated or frustrated rather than safe
- Have a higher risk of falls that may cause an injury
- Have skin breakdown from being in one position because they cannot get up and move freely

#### What can a resident expect if a restraint becomes necessary?

- A written order from your doctor is required
- The resident and a family member or substitute decision maker must be involved in a discussion about the restraint and alternatives
- Signed consent must be in place prior to application of a restraint
- The restraint should be used for the shortest possible time and as soon as it is safe, it is to be removed
- The least restrictive form of a restraint should be used

#### Reference:

Registered Nurses' Association of Ontario (2012). *Promoting Safety: Alternative Approaches to the Use of Restraints*. Toronto: Registered Nurses' Association of Ontario.

## Monthly Feature

### Birthstone: Pearl, Moonstone, Alexandrite

The main reason why some months have multiple birthstones is because various ancient stones have become too rare, so it is less likely for them to be available on the market and to satisfy consumer needs. June's three birthstones are pearl, moonstone, and alexandrite – the only other month with three birthstones is December, with turquoise, zircon, and tanzanite.

**Flower:** They are the rose and the honeysuckle, and each one is unique in its own special way. Apart from simply being two separate and distinctive plants, June's birth flowers both have a great deal of symbolism and meaning attached to them.

### June Fun Facts:

- June is the month with the longest daylight hours of the year in the Northern Hemisphere, and conversely, June has the shortest daylight hours of the year in the Southern Hemisphere.
- June's birthstone is the pearl, the Moonstone and the Alexandrite.
- The June birth flower is the Rose and the Honeysuckle.
- In 2009 June was the 662 most popular name for girls in the USA.
- June is derived from Juno, the goddess of marriage.
- In both common and leap years, no other month begins on the same day of the week as June. Weird, isn't it?
- June is international men's month.
- June is accordion awareness month, as well as candy, dairy and papaya month.



### Happy Birthday Wishes to:

Irene C—June 1st  
Paul C—June 6th  
Gail H—June 9th  
George B—June 13th  
Anne Smith—June 13th  
Sherry K—June 15th  
Joycelyn G—June 16th  
Daisy L—June 19th  
Mary Jean R—June 19th  
Manjit C—June 20th  
Lillian F—June 22nd  
Gisella H—June 25th

### Famous People in History who have a birthday in June include:

Marilyn Monroe—June 1st  
Prince—June 7th  
Johnny Depp—June 9th  
Judy Garland—June 10th  
Anne Frank—June 12th  
Alan Turing—June 23rd  
Lionel Messi—June 24th  
Hellen Keller—June 27th  
Elon Musk—June 28th  
Mike Tyson—June 30th

## Monthly Feature

### Special Events & Outings

Thursday, June 2nd—Elections Polling Station 9:00 am—5:00pm (Reflection Room)

Thursday, June 9th—Happy Hour with Entertainment @ 2:00pm (GR)

Monday, June 13th—Seniors Month Celebration with the Sandhill Pipe Band

@ 7:00pm in the Courtyard

Tuesday, June 14th—Outing to Baskin Robins

Sunday, June 19th—Father’s Day Entertainment @ 2:00pm (GR)

Tuesday, June 21st—Diner’s Club “KFC “

Thursday, June 23rd—Happy Hour with Entertainment @ 2:00pm (GR)

Monday, June 27th—Resident’s Birthday Party with Gerry Larkin @ 2:00pm (GR)

Tuesday, June 28th—Lunch Outing to Wok of Fame



We are holding a 50/50 Raffle Draw on June 24th. You can purchase tickets from June 13th—June 23rd. 50% of the Proceeds will go to Staff Appreciation Events and the other 50% to the draw winner.

Good Luck!!

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

## Residents Rights

### **12. Independence**

"Every resident has the right to receive care and assistance towards independence based on a restorative care philosophy to maximize independence to the greatest extent possible."

In other words...

You have the right to get help to become as independent as you can. For example, you have the right to get help to improve your ability to walk or go to the bathroom on your own.

You have the right to participate in programs at your long-term care home that can help you keep or improve your independence. For example, you might be able to do exercises, play games, make crafts, and take part in other activities that are available. You have this right, even if you have cognitive or other disabilities, or you are unable to leave your room without help.

### **13. Restraint**

"Every resident has the right not to be restrained, except in the limited circumstances provided for under this Act and subject to the requirements provided for under this Act."

In other words...

You have the right to be free of restraints, except in the few situations where the law allows restraints to be used.

A restraint is anything that limits your movement and prevents you from doing something you might want to do. Some examples of restraints are:

- medication or drugs,
- wheelchairs with lap belts,
- mittens that keep you from scratching yourself,
- bed rails that keep you from falling out of bed, and
- locked doors.
- 

But there are some types of restraints that homes are never allowed to use, for example: roller bars on wheelchairs, commodes, and toilets, restraints that can be released only with a separate device such as a key or magnet, and sheets, wraps, or other items used to wrap you to prevent you from moving.

If you are mentally capable, no one can restrain you, put you in a locked unit, or prevent you from leaving if you do not agree. You may want a friend, family member, or advocate to help you decide whether you should allow restraints to be used on you.

You can change your mind about the restraints. For example, if you are mentally capable and agreed to live on a locked unit, you can change your mind and must be let out if you ask. If you are not mentally capable, your substitute decision-maker may be able to make a decision about restraining you in certain situations.

## PEOPLE PLACES & EVENTS



Enjoying Cinco De Mayo Entertainment



Arranging Flowers for our Dining Rooms



Making Birthday Cards



Happy Mother's Day!!