



## What's Inside ...

Executive Director News	p. 2	Pastoral Message	p. 6
Nursing News	p. 3	Life Enrichment News	p. 7
IPAC News	p. 4	Fun Facts/Birthdays	p. 8
Social Work News & Council News	p. 5	Photos of Recent Events	p. 9

## Executive Director News

By: Janet Lokie

Canadians recognize Remembrance Day, originally called Armistice Day, every 11 November at 11 a.m. It marks the end of hostilities during the First World War and an opportunity to recall all those who have served in the nation's defense. We will be holding a Remembrance Day Service to honour those who have passed and to give thanks to those who are still serving their country.

Lately, there has been a large amount of cigarette butts disposed of on the lawns, flower beds and driveway. We want to maintain a clean and safe environment and therefore would like to remind all residents, visitors and staff that smoking is only permitted 9 meters from the opening of the building. There is a designated area with benches in the center yard in front of the building for visitors and residents. The staff designated area is in the southwest corner of the parking lot. Please dispose of all cigarette butts in the ash trays provided. If there is continued noncompliance with this, consideration will be made to make the property "Smoke Free." Your cooperation is appreciated.

We have been lucky to have such a warm October however, as we know, weather can turn quickly. So notices will soon be posted announcing the exterior closure of the Springbank Courtyard and our rear walkway circling the building in preparation for winter.

Lastly, we are very excited that Henley Place will be resuming our annual Holiday Bazaar on Saturday November 12. Unfortunately, we will not be able to hold it inside due to Covid testing/restrictions but the Life Enrichment team has been very creative and we will have it as an outdoor event. The courtyard will be seasonally decorated. We hope you will come and support the home and our Residents' Council.



## Nursing News

By: Arlene MacDonald, DOC

On October 6<sup>th</sup> we started with a new pharmacy - CareRx. There were forms that families needed to complete and submit back to the home for the pharmacy. If you have not already done so please return these forms as soon as possible. So far the pharmacy transition is going well. If you have questions regarding pharmacy or medication management for your resident please don't hesitate to contact Arlene MacDonald RN, Director of Care at ext. 5131 or email at [amacdonald@primacareliving.com](mailto:amacdonald@primacareliving.com).

Part of medication management is the investigation of any medication errors, whether they be packaging errors or errors with administration of the medication. Nursing staff go through extensive training in school and when hired by Long Term care homes to ensure that medications are given in the safest manner possible. In a day, one nurse will administer hundreds of medications. While many safeguards are in place, the biggest risk in any home is the distractions that a nurse may face while giving medications. Interruptions during a medication pass - be they from other staff, resident needs or phone calls - increase the risk of the nurse making a medication error. That is why we ask our PSWs not to interrupt the nurse unless it is an emergency. I would also kindly ask that families help by not calling the floor during medication pass times, unless there's an emergency of course. The medication pass times are:

- 7 am - 9 am
- 11 am - 1 pm
- 3:30 pm - 5:30 pm
- 7:30 pm - 9 pm.

I thank you for your assistance with this and, as a reminder, if you need to discuss your resident's care, each floor has a dedicated Assistant Director of Care. 1<sup>st</sup> floor is Cathy Willmore who is also in charge of the Behaviour supports program for the home; 2<sup>nd</sup> floor is Cheryl Eels and 3<sup>rd</sup> floor is Maria DeCastro. Please don't hesitate to reach out for an assistance you may need regarding your resident. Thank you.



**Reminder** - when bringing pets in to visit your loved ones, please make sure we have a copy of their up-to-date vaccines on file. Please fill out the required form and email or drop off proof of vaccines to Melanie Spicer at [mspicer@primacareliving.com](mailto:mspicer@primacareliving.com). Also a reminder that all pets coming into the home should be friendly and always on a leash.



## **IPAC News**

**By: Amie Young, Ipac Lead**

### OUTBREAKS

Outbreaks have been the theme for the past two years. This just shows there still is a concern for Covid within our elderly population. The latest outbreak at Henley Place in September lasted 22 days!!! 7 staff, 1 volunteer, 1 caregiver and 19 residents were affected during this out break with 2 hospitalizations and 1 death.

We ask that we all work together in keeping our resident safe. The best way to do so is stay home if you are sick, WASH YOUR HANDS OFTEN, and please keep your masks and designated PPE on. Covid Screening continues at this time within the home upon arrival.

### COVID VACCINE

A Covid Vaccine Clinic was held on Oct. 12, 2022 administering the Moderna Bivalent booster dose. This dose was made to help with the new variants that have been spreading around Ontario over the past couple of months. We are pleased to announce that 80% of our residents have been vaccinated with the Moderna Bivalent booster dose.

Another milestone with Covid vaccines, Henley Place is now able to carry Covid vaccinations within the home!!!

### FLU SHOTS

An Influenza Vaccination clinic was also held Oct. 12, 2022 for residents of Henley Place as flu season is upon us. We currently have 84% of the residents vaccinated for the 2022/2023 influenza season.

Influenza vaccinations are also being offered to staff and volunteers for the season. Our goal is to see at least 90% of our staff vaccinated the season. WE CAN DO THIS!!!!

### FINAL NOTE

Coming into the biggest season for respiratory illnesses, we need all hands on deck. Please keep yourself up to date with IPAC issues within the region and reach out to your IPAC lead with questions and concerns.

## Social Worker News

By: Vipin Samuel, RSW

### ADVANCE CARE PLANNING

This is Vipin, the social worker from Henley Place Long Term Care Home. This article is one that some might find sensitive, however I do need to approach the matter.

Advance Care Planning (ACP) involves conversations that help you and your Substitute Decision - Maker (SDM) prepare for future healthcare decisions. It is important to prepare your SDM because there may come a time when you are unable to make your own healthcare decisions.

As long as you are mentally capable you will continue to make your own healthcare decisions. However, sometimes people cannot make their own decisions because they are too sick or unconscious (not awake). This could be during surgery from an accident or due to an illness. If you recover and become mentally capable again, you will make your own decisions.

Advance Care Planning is not just about preparing for end-of-life. It is about planning for any healthcare needs you may have in the future. However, decision about end-of-life care is also part of Advance Care Planning process. Upon admission to Henley Place, we are required to have the name of the funeral home in case of an emergency. I know some families have not yet had the difficult discussion of what will happen after their loved one passes. We do not need to know any of the specifics however we do need to know the name of the funeral home to add to the resident's chart.

Please let us know the name of the home so we can ensure our residents' profiles are up to date. Thanks to those who have already responded to my email and provided this information.

Thank you for your attention on this matter.

## Residents' Council News



The next Residents' Council Meeting is Tuesday Nov. 8th at 2:30 in the Celebration Room.  
All residents are encouraged to attend!!

## Henley Place Family Council

Our next meeting will be virtual by invite on  
**November 29th at 2:30pm**

An email will be sent to those interested.



## Pastoral Message

By : David Waldner, Chaplain



Every year during the lead up to Remembrance Day on November 11, we honour those who have served Canada in times of war, military conflict and peace.

For our times of reflection for this month's Remembrance Day, I draw your attention to a prayer for lasting justice and peace. It was written by military chaplain Neil Parker. The Rev. Dr. Neil Parker most recently served as the senior military chaplain at the 4th Canadian Division Training Centre in Meaford, ON. The 4th Canadian Division Training Centre is a training facility for Regular and Reserve soldiers in Ontario. This base has over 600 soldiers in training on any given week.

Rev. Parker had served as an ordained minister for 20 years before entering the military. He saw deployment in Bosnia and Haiti overseas. He and his family were transferred 8 times in the 20 years during his time in the military.

The following is taken from Rev. Parker's "On This Day of Remembrance":

We offer to you, O God, our prayers for those who seek justice and resist evil. We pray for those who need your presence and strength to stand firm; for those who oppose the use of violence in any form in faithful response to the Prince of Peace. We pray for those who are prepared to be firm to protect those in danger. We pray for those who walk with others who need strength. We pray for those who protest, those who organize letter campaigns, those who give sacrificially on behalf of others.

We pray for those who speak the unpopular truth; who protect the unpopular victims; who choose the unpopular path of peace.

We pray for those who do not let their desire for peace hinder the requirements of justice, and for those who do not let their zeal for justice override the call for peace.

May our support for those who have served, putting others' safety ahead of their own, find a common echo in these words. For those who served, for those who served and died, we remember. From Veterans Affairs Canada, "Veterans want Canadians to understand the price of freedom. They are passing the torch to the people of Canada, so the memory of their sacrifices will continue, and the values they fought for will live on in all of us."



## Life Enrichment News

By: Melanie Spicer

The fixing Long Term Care Act has made a few changes to the residents' Bill of Rights to be more inclusive. Each month we will share a few of the new rights.

1. Every resident has the right to be treated with courtesy and respect and in a way that fully recognizes the resident's inherent dignity, worth and individuality, regardless of their race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, gender expression, age, marital status, family status or disability.
2. Every resident has the right to have their lifestyle and choices respected.
3. Every resident has the right to have their participation in decision making respected.

Some of you may remember the Albert Project that took place in 2019. We are fortunate enough to still own the BroomX projector and are able to provide unique virtual reality experiences for our residents in the home.

Unlike most virtual reality machines the BroomX is not a pair of tight fitting goggles that most would find uncomfortable. It's a portable projection machine which can fill one side of a room to immerse your loved one in the experience of choice. Some of our favourites are the country drive, sitting on a bench in the park and the farm.



We are still looking for mature volunteers to assist with various programs during the weekdays. If you or someone you know would be interested, please have them contact Melanie Spicer at [mspicer@primacareliving.com](mailto:mspicer@primacareliving.com)

Henley Place's annual Holiday Bazaar will be a little different this year. We are going to do an outdoor market on Nov. 12th from 9:30 am to noon. We are excited to be able to host this fundraiser for our Residents' Council. Please join us for a fun morning of shopping some unique vendors and some of our own handmade crafts and gifts. We will also be having a raffle table. Keep your fingers crossed for good weather!





## Happy Birthday to everyone celebrating this month! Fun Facts about November.



### Birthstone (Yellow Topaz)

The symbol of friendship as well as November’s birthstone, the yellow topaz is said to strengthen one’s capacity to give and receive love. It is also believed to make one more aware of their actions and how they could possibly affect others. From the traditional golden brown hue to reds, oranges, and pinks, topaz is a diversely coloured gemstone. It can be found in many parts of the world, including the U.S., Brazil, Sri Lanka, Pakistan, and Russia. In ancient times, powdered topaz was dissolved in wine as a cure for asthma, insomnia, burns, and hemorrhage. In the Middle Ages, it was believed that the gemstone could heal many physical and mental disorders and even prevent the wearer’s death.

### Flower (Chrysanthemum)

Autumn Flower, “mums” or “chrysanths” traditionally bloom the golden-yellow colour for which they are named (*chrysos* in Greek means “gold”). Today, however, they can be found in many colours, ranging from white to purple to red. Cultures around the world celebrate the chrysanthemum in different ways. The official flower of Chicago is a mum, and both China and Japan hold yearly festivals in honour of the flower. Confucius himself once suggested that the bloom be used as an object of meditation. The chrysanthemum generally symbolizes optimism and joy. Mums hold a particular significance for those born in the month of November, indicating a layered personality. As soon as someone thinks they know you, you unveil another blossom of surprise. Not surprisingly, mums feature layers and layers of soft petals.

### Some famous people born during the month of November include:

- Marie Antoinette (queen) – Nov. 2, 1755
- Art Carney (actor) – Nov. 4, 1918
- Maria Shriver (TV journalist) – Nov. 6, 1955
- Marie Curie (scientist) – Nov. 7, 1867
- Carl Sagan (astronomer) – Nov. 9, 1934
- Jonathan Winters (comedian) – Nov. 11, 1925
- Nadia Comaneci (gymnast) – Nov. 12, 1961
- Mickey Mouse (cartoon) – Nov. 18, 1928
- Mandy Patinkin (actor) – Nov. 30, 1952



### Happy Birthday to our residents celebrating this month:

	Thelma W– Nov 2	Marlene P– Nov 12	Anne P– Nov 18
Asima C– Nov 18	Harold R– Nov 25	Brian B– Nov 28	Eileen C– Nov 30

## PEOPLE PLACES & EVENTS



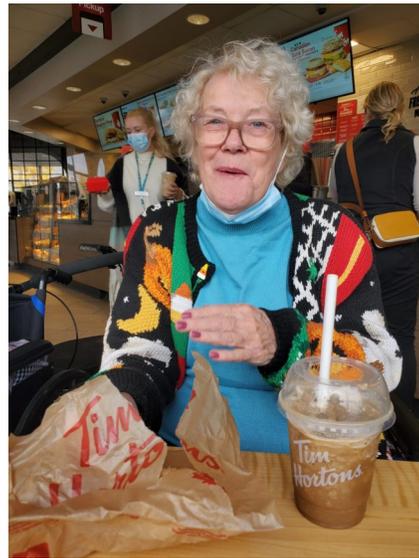
Supporting our in-home entrepreneurs!



Meaningful Menus



Pet Therapy



Tim Hortons Outing



1961 Cedarhollow Blvd.  
London, ON  
N5X 0K2  
519.951.0220