



burtonmanor™

LONG TERM CARE RESIDENCE



AIMING HIGH
TOGETHER™



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Administrative News

We will be planning celebrations for the upcoming National Nursing Week, also known as Caring Week, from May 8 – 14.

Along with the many other celebrations that take place in May, we also honour the mothers, mother figures and/or those who have represented a strong force in our lives. Mother's Day can be defined in many different ways, allowing 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



Quality Corner

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. 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.

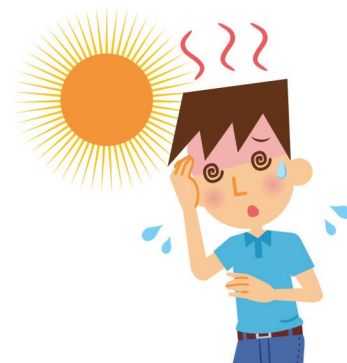
Primacare works hard to ensure that your loved ones are safe. We monitor the temperature outside regularly to ensure that you and your loved ones are safe. We also ensure that residents are wearing lightweight, loose and light coloured clothing to help them stay comfortable outdoors during warm weather.

Below are some recommendations that we have for you and your families 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. It not only quenches thirst but also acts as an essential nutrient. Water is the most abundant compound in the human body. It is vital for normal body functions such as digestion, absorption, circulation, and excretion. It also serves as building material for body growth and repairs. Substances containing water act as lubricants around the bones and joints. Water plays a very important role in maintaining normal temperature.

Changes with Aging: As we age the percentage of water in our body decreases. Older adults see a decline in muscle mass and a rise in body fat that naturally occurs with aging. The very old are not able make up for body water changes as easily and run a greater risk of dehydration - a condition that occurs when the body does not have enough water to carry out normal body functions. Some of these functional losses include altered taste perception, poor mobility, the inability to detect thirst and needing assistance to drink.

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

Goals: We monitor residents' daily nutrition and hydration to ensure their that needs are consistently met. We also follow best practices related to food production, menu/snack planning and meal services.

Residents' Council Meeting: Tuesday, May 9th @ 10:30am (CR)

Food Council Meeting: Tuesday, May 9th @ 11:00am (CR)

Family Council Meeting: Thursday, May 18th@ 6:30pm in the Games Room

Monthly Feature

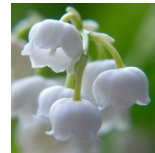


Birthstone: Emerald gemstones were mined in Egypt as early as 330 BC, but some estimate that the oldest emeralds are 2.97 billion years old. Cleopatra is perhaps the most famous historical figure to cherish emerald gemstones. She even claimed ownership of all emerald mines in Egypt during her reign.

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 well hidden, it took the Spanish conquistadors nearly twenty years to find them.

Today, the 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:

Elio P—May 2nd
Savitree P—May 4th
Ilda C—May 5th
Sho T—May 6th
Alva M—May 10th
Mohnder K—May 15h
Douglas B—May 16th
Charlie B—May 17th
Elisa L—May 19th
Jose F—May 20th
Gordon S—May 22nd
Betty D—May 31st
Joy M—May 31st
Landis Y—May 31st



Famous People in History who have a birthday in May:

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

Monthly Feature

Special Events & Outings

Cinco De Mayo Celebration with Live Entertainment - Friday, May 5th 2:00pm (CR)
Happy Hour Entertainment - Thurs, May 11th 2:00pm (CR)
Mother's Day Celebration with Patrick Rose - Sunday, May 14th 2:00pm (CR)
Residents' Birthday Party with Live Entertainment - Thurs, May 18th 2:00pm (CR)
Victoria Day Ice Cream Social with Entertainment - Monday, May 22nd 2:00pm (CR)
Chef's Delight "BLT's" - Wed, May 31st (sign up required)

Diner's Club "Fish n Chips"

Tuesday, May 16th
12:30pm
Celebration Room



Lost & Found

May 27th & 28th
In the Main Lobby

Outing to Tim Horton's

Tuesday, May 30th
1:30 - 3:30



Outing to Walmart

Tuesday, May 2nd
1:30 - 4:00



Special Notices

The Dentist is Coming - Thurs, May 25th

Please book directly with their office:
(437) 887 1134
admin@onsitedentaldirect.com

The Optometrist is Coming - Thurs, May 18th

Please book with Janet @ ext 501



Residents' Rights

12. Going Outside

“Every resident has the right to be given access to protected outdoor areas in order to enjoy outdoor activity, unless the physical setting makes this impossible.”

In other words: You have the right to use the home’s protected outdoor areas to enjoy nature, fresh air, and outdoor activities.

13. Personal Possessions

“Every resident has the right to keep and display personal possessions, pictures and furnishings in their 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. You can choose what to have in your room as long as it does not affect the safety or rights of other people in the home.

For example, you might want pictures of your family, some of your own furniture, or your computer or television. Having these things can help you feel more comfortable.

Residents'
Rights

PEOPLE PLACES & EVENTS



Making Roti!



Easter Scavenger Hunt



Drumming Circle



Fun at the Casino!