



LONG TERM CARE RESIDENCE



AIMING HIGH
TOGETHER™



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MESSAGE FROM THE EXECUTIVE DIRECTOR

As we head into November there are some changes in the community I would like to make you aware of:

- We now have a nurse practitioner working 7 days a week. Judy works Monday – Friday and Nevine works Saturday & Sunday.
- Stefanie Macleod has taken the IPAC Lead position. We wish her lots of continued success in her new role within the community. Her extension 4551
- Nik Vasilev has taken on the temporary role of Associate Director of Care for the second floor. His extension is 4537.

It is also time to start thinking of flu season!

What is Influenza?

Influenza is a highly contagious and common illness caused by the influenza virus. There are three different types of flu viruses (influenza A, B, and C) all of which cause illness in humans.

People can get the flu any time of year but, in Canada and most of the Northern Hemisphere, flu season spans late fall to early spring. This year we were experiencing flu into the early summer. Flu activity typically peaks between December and March.

People of all ages can get the flu. However, children, the elderly, and people with weakened immune systems are most susceptible and more likely to develop serious complications.

Causes of the Flu

There are many different strains of the flu virus, and they mutate often. This is why people continue to come down with the flu year after year. The flu is a very contagious illness that spreads easily. Coughs and sneezes are strong enough to transmit droplets from the mouth and nose. You can also get the flu through personal contact (handshakes or hugs), saliva (kissing or sharing drinks), and by touching contaminated surfaces (doorknobs or faucets).

When someone else breathes in those respiratory droplets or touches any contaminated object and then touches their nose, mouth, or eyes, the virus spreads. A person is contagious with the flu from one day *before* symptoms appear to up to five days *after* becoming sick. It's possible to spread the flu before you even know you have it.

What to Expect

The flu typically lasts between four and five days, although symptoms can last anywhere from two to seven days. Some flu symptoms may be similar to cold symptoms, including:

- Congestion (less common with flu)
- Cough
- Runny or stuffy nose
- Itchy or watery eyes
- Sore throat
- Fatigue
- Low fever

The key difference between cold and flu symptoms, however, is severity. A cold tends to start slowly and gradually get worse over a few days. Symptoms can make you feel pretty lousy, but they usually aren't severe enough to disrupt your life. The flu hits you all at once and completely wipes you out, rendering you unable to go about your daily routine.

Common symptoms of the flu include:

- Fever
- Headache
- Body aches
- Extreme fatigue

If you think you might have the flu and you or someone you will be exposed to is at high risk for complications, contact your healthcare provider as soon as you develop symptoms. He or she can perform a flu test or diagnose you based on your symptoms and determine the best course of treatment for you.

The best way to prevent influenza is to get the annual flu shot.



Shelly Kasprick
Executive Director





MESSAGE FROM CHAPLAIN JOSEPH

“There is a time for everything, and a season for every activity under the heavens”
Ecclesiastes 3:1

When we look at this Scripture we notice that God is telling us that in every season and in every situation there is a time for everything. Remember that family get-together? Or that one birthday party you had? Do you remember a time when you laughed so hard you cried? One thing you may notice about all these events is that there was a time for them and a time to become memories.

We often forget that God has set out times for things. Too often we try to hold on to these events and we sometimes cannot let go. We must remember that, while we are here, the Lord blesses us with such wonderful times to share with people. But we must remember that even in the good times, things change and things come and go.

We must not take things for granted, and we must take every moment we get as a precious gift from our Lord. At any time it will change. What happens if we are not present in each moment the Lord gives us? What happens if we brush things off? Sometimes we come to realize we missed so much because we were too focused on the past. The Lord shapes us and moves us. We must continue as the Lord blesses us with new starts, and new ends. We must always remember the Lord is with us.

We must keep striving to remember that, as the Book of Ecclesiastes puts it, everything under the sun is meaningless. We must remember to look towards the Creator in everything that we do. It is the Creator that allows us to have such important moments in our life, and we cannot take these for granted. We cannot put our trust in our possessions or continue to live in the past and wish for things to come back.

The Lord always progresses us forward, and we must continue to walk with the Lord in all that we do. We must remember though that all good things come to an end. But there is one thing that will remain constant forever, and that is the Lord’s love for us. We must not give into this materialistic world, and we must not give in to believing that all these things will last. Nothing lasts forever. As we were born from dust we shall return to dust.

Let us keep moving forward, and keep glorifying our Lord and Saviour for He is the one who allows us to have an eternity. It is He who allows us to be able to have these memories and special moments to share with people. God anoints our head with oil, and will never forsake us. Let us remember this. We have one God forever and ever! Amen.

Warm Regards,

Rev. Chaplain Joseph DiFrancesco / Spiritual Advisor

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MESSAGE FROM SOCIAL WORKER

What Depression in the Elderly Looks like & How to Get Help

When you think of depression in the elderly, what comes to mind? You aren't alone if your first thought includes stereotypical images of frail and sad-looking older adults. After all, many of us naturally associate depression with characteristics like misery and weakness. But here's the thing - those stereotypes represent only a narrow slice of this medical condition's broad spectrum of possible effects. You might be surprised to know that many depressed people over the age of 65 don't exhibit those traits. So, it's essential to understand what this illness is all about if you want greater vitality for yourself or a loved one.

The more you know about the effects of depression in elderly people, the more empowered you'll be when it comes to creating enjoyable retirement years for you or those you care about. You'll rise above common misunderstandings and discover the benefits of having a broader, more informed perspective on the issue. For many older adults with this condition, the prognosis is good. Safe and effective treatments are widely available. You just need to know all the facts.

This article will educate you about the signs of elderly depression (also known as geriatric depression), the challenges it presents, and the options for treatment. The earlier you recognize the condition, the better. It doesn't have to cause long term problems. With professional help, you can overcome it. You can feel good again, regardless of your age.

What is Depression? How does it affect the Elderly?

Depression is a treatable medical condition that negatively impacts a person's mental health. It can also cause (or be caused by) physical health issues. But here are some key points to remember. Depression in older adults is not just a temporary mood that will pass or a normal part of the aging process. Nor is it just a typical result of life's challenges. Rather, it is a real, unexpected health condition that generally requires professional treatment.

Also, you should know that anybody can get depression. It doesn't discriminate. And older adults can get it for no apparent reason. People with depression tend to feel powerless to get rid of it.

Keep in mind that a lot of seniors with depression don't experience sadness as a primary symptom. The effects of their depression may be seen mostly in physical problems instead. For example, issues like:

- chronic headaches
- pain without an obvious cause
- unintended weight loss
- or persistently low energy or motivation

may indicate that they're depressed. In addition, older adults tend to be affected by depression a little differently than their younger counterparts. Older people may have the condition for a longer time. And they often have it in conjunction with other health issues.

To be continued in next month's edition...



MESSAGE FROM FOOD NUTRITION MANAGER



Our new Fall/Winter menu has been distributed to our residents for review and approval. Roll out of the new menu is scheduled for mid-November. Residents enjoyed a wonderful Thanksgiving Dinner prepared by our in-house chef. On October 26, residents had an Oktoberfest dinner consisting of Oktoberfest Sausage on a Bun with Sauerkraut, Mashed Potatoes, Sautéed Onions & Peppers and German Chocolate Cake for dessert.

In preparation for the upcoming holiday season, we'd like to share our Sticky Toffee Pudding recipe (serves 8 - 10).

Ingredients for the Toffee Sauce:

2 cups heavy cream divided
½ cup light corn syrup
½ cup butter, plus more for pan

Ingredients for the Cake:

1 cup dates pitted and chopped
1 cup boiling water
1 cup all purpose flour
1 tsp baking soda
½ tsp salt
4 tbsp butter softened
½ cup packed dark brown sugar
2 eggs
1 tsp vanilla extract



1. In pot over medium low heat, add 1 cup cream, corn syrup, and butter. Bring to boil, stirring occasionally. Boil about 30 minutes until deep amber colour. Slowly stir in remaining 1 cup cream. Remove from heat.
2. Butter a 3-quart baking pan and pour in half of toffee sauce. Place pan in fridge to chill while making cake batter.
3. Preheat oven to 350° F. Place dates in medium bowl and cover with boiling water for 15 minutes until soft. Add dates & water to a food processor or blender and blend until smooth.
4. In medium bowl, whisk together flour, baking soda and salt. In large bowl, beat butter and sugar until creamy. Add eggs and vanilla. Add dry ingredients and mix until just combined. Add date mixture and beat until just combined. Gently pour batter over chilled toffee sauce in pan and smooth top.
5. Bake until toothpick inserted in middle comes out clean. 25-30 minutes. Let cool for 20 minutes before serving with remainder of toffee sauce. ENJOY!!!



Next Food Committee Meeting will be held in December and families are encouraged to join. Any substitutions required due to the supply/demand issues we are experiencing, will be as close to the original menu item as possible.

Masks are still mandatory in the facility. Please ensure your mask is on properly when visiting your loved one.

Thank you to all of our special caregivers for your ongoing support in the home with your loved ones. We cannot thank you enough!!

MESSAGE FROM LIFE ENRICHMENT



REMBRANCE DAY SERVICE - 10:30 Friday November 11th - Celebration Room

MEMORIAL SERVICE - Wednesday November 23rd @ 2:00 - Celebration Room

TACO TUESDAY - November 1st @ 2:00 - 1st Floor

TACO TUESDAY - November 15th @ 2:00 - 2nd Floor



50's DAY - Thursday Nov. 10th - Serving 50's lunch ROOT BEER FLOATS



TROPICAL ISLANDERS - Wednesday November 16th @ 2:00 - Trevor & Lynda on the steel drums - Celebration Room

CHRISTMAS TREE DECORATING - Week of November 13th - Please see calendar for home areas & times

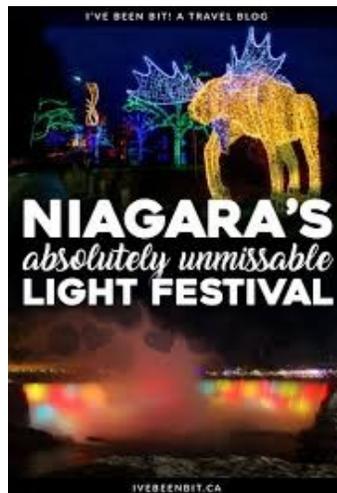


TABLE TOP GAMES

The Life Enrichment Dept. has just purchased 5 new table top games for residents' leisure activities. These are: Bowling, Shuffleboard, Pool, Foosball & Air Hockey. Residents have already done the bowling and there was friendship, laughter and encouragement all around. Needless to say, it was a hit. Can't wait to try the other games.

CHRISTMAS LIGHTS TOUR

Montebello Light Tour
November 30th
6:30 p.m.





Residents' Council Update

Residents' Council is an open forum for residents to come together to share their ideas, express any concerns, offer 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. 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 (e.g. - 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 corporate updates.

Using your voice and participating in meetings is the way for positive changes and communication within the home.

Next Meeting:

Wednesday November 2nd 2022

10:30 am

Celebration Room



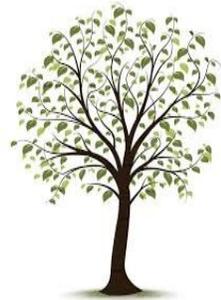
Resident Program Meeting

The next Resident Program Meeting will take place on:

Wednesday November 9th

@ 10:30 am

in the Celebration Room



OUR NEW TABLETOP BOWLING GAME



NEW TABLETOP BOWLING GAME



LOIS & KRISTI



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