

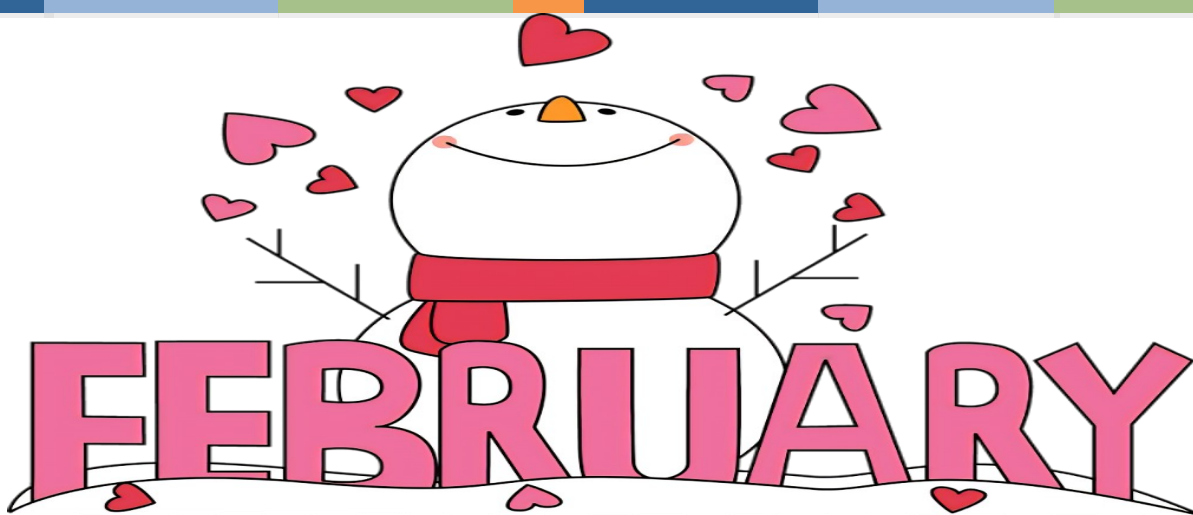


**burtonmanor**™

LONG TERM CARE RESIDENCE



AIMING HIGH  
TOGETHER™



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## Administrative News

It has been almost a month since I assumed the position of Executive Director. Thanks to everyone for their warm welcome and also the support. It is a great home with amazing residents and their loved ones, as well as dedicated staff who go over and above to keep our residents as comfortable as possible.

Happy to share the good news of increasing PSW complement in each neighbourhood to the ratio of 1 PSW for 8 residents during both day & afternoon shifts. This will help in providing quality service to our residents. We are introducing programs and hope to slowly return to normal (i.e. - how it was before the pandemic).

Covid is still with us and the only way we can keep safe is by practicing strict infection control practices. All of us play an equal role in keeping us safe.

Swamy Bidarekere

Executive Director,  
Burton Manor LTC





## Nutrition News

### Improving Your Eating Habits

*It's not easy to change a habit. Eating habits are no exception. Here is one of my favorite soups:*

#### **Corn, bean and squash soup (Three Sister's soup)**

*Corn, beans and squash make this a healthy, hearty soup to help promote healthy eating habits as we move into February.*

Prep Time: 20 minutes

Cook Time: 25 minutes

Servings: 8

#### Ingredients

10 mL (2 tsp) canola oil  
4 carrots, chopped  
4 celery stalks, chopped  
1 butternut squash, cube  
2 cans kidney beans  
10 mL (2 tsp) dried thyme

1 medium onion, diced  
4 garlic cloves, minced  
2 L (8 cups) no salt added vegetable broth  
375 mL (1 ½ cups) corn kernels, frozen  
5 mL (1 tsp) pepper

#### Directions

1. Heat oil in a large saucepan. Add onions and sauté over medium heat, stirring often until golden (about 2 minutes).
2. Add carrot, garlic and celery and sauté for another 8 minutes, or until softened.
3. Add vegetable broth and bring to a boil
4. Turn down heat and add cubed squash. Simmer, covered, for 8 minutes, stirring occasionally.
5. Add beans, corn, thyme and pepper. Stir and simmer another few minutes, until squash is soft with a fork.



## Residents' Council News

Residents' Council Date: Tuesday, March 14th @ 10:30am (CR)



## Food Council Meetings

Food Council Date: Tuesday, March 14th @ 11:00am (CR)



## Family Council News

Thursday, March 16th @ 6:30pm in the Celebration Room



## Quality Corner

### Responding to Responsive Behaviour

*What is responsive behaviour?*

Answer - a response to something negative, frustrating, or confusing in a person's environment.

For a person with dementia, a behaviour is a means of communication. With dementia comes a loss of coping abilities and, as a result, the environment is perceived as stressful. For example, if you are hungry/ tired/ anxious/ in pain and/or thirsty but cannot vocalize these needs or wants to your caregiver... how do you tell them? Quite obviously, you will try to act or behave in a certain manner, or will use non- verbal cues to let them know.

The most common responsive behaviours include:

- Grabbing other people, or screaming
- Making strange noises
- Cursing or verbal aggression
- Trying to get to a different place
- Complaint or whining
- General restlessness or agitation
- Constant unwarranted requests for attention or help
- Repetitive sentences or questions
- Pacing or aimless wandering

Common meanings of these behaviours:

- Discomfort or need of assistance
- Loneliness or lack of activity or boredom
- Unmet needs or desires
- Loss of control
- Confusion and misinterpretation

Tips to respond to these behaviours effectively:

- Watch your tone of voice and body language - use a gentle approach and a non- threatening body posture
- If aggression is noticed while doing a task, immediately stop the task and re-evaluate the approach
- Increase personal space for resident and respond calmly. Validate and acknowledge their feelings
- Give directions or instructions that are short and simple. Allow for time to respond and if that does not work, then try another approach.
- Always check for unmet needs.

### Did you know...

All staff at Burton Manor receive regular Gentle Persuasive Approaches (GPA) training? GPA training is an evidence based education provided to healthcare providers to help manage and understand responsive behaviors in a way that maintains a sense of dignity and respect for our Residents.

## Monthly Feature

### Birthstone – Amethyst

With its lovely purple hues, the amethyst has been a popular gemstone for thousands of years. While today it is most frequently found in jewelry, other civilizations found different uses for this gem. The Greeks believed that the stone would help prevent drunkenness. In fact, *amethyst* is Greek for “not intoxicated.” They would wear amethysts while they drank and feasted, and they even made drinking glasses out of it. It was said that the gemstone would protect against poisoning. Later, soldiers in Europe wore amethyst amulets during battle believing it would protect them. They also believed that its presence would help them think more clearly while under pressure, which would bring victory. Today, amethysts are associated with peace and inner strength.



### Flower—Violet

The violet, the flower of February, is a beautiful little plant with blooms that range in colour from deep blue to bright fuchsia and royal purple. The violet is the state flower of Illinois, Wisconsin, New Jersey, and Rhode Island, as well as the national flower of Greece. One of the reasons violets are so adored is their varied culinary uses. From savoury meals to sweet desserts, violets can be used to add a whole new dimension of flavour to your favourite dish. Some species even taste like vanilla! The Greeks and Romans believed the violet was a powerful aid that could prevent overeating or drinking too much. As such, they frequently decorated their tables with violet petals before a lavish feast. In case the trick didn't work, violet wreaths were strung and worn to alleviate the effects of a hangover.



### Happy Birthday Wishes to:

**Clarisa S - Feb 8**  
**Almerinda B - Feb 14**  
**Ida P - Feb 19**  
**Mark S - Feb 19**



### Famous People in History who have a birthday in February:

February 1, 1902: Langston Hughes  
February 4, 1913: Rosa Parks  
February 7, 1867: Laura Ingalls Wilder  
February 11, 1846: Thomas Edison  
February 12, 1809: Charles Darwin  
February 22, 1732: George Washington  
February 27, 1932: Elizabeth Taylor



## Monthly Feature

### About Black History Month

During Black History Month, people in Canada celebrate the many achievements and contributions of Black Canadians and their communities who, throughout history, have done so much to make Canada the culturally diverse, compassionate, and prosperous nation it is today.

**Black History Month in Canada:** Black people and their communities have been a part of shaping Canada's heritage and identity since the arrival of Mathieu Da Costa, a navigator and interpreter, whose presence in Canada dates back to the early 1600s.

Black history in Canada has not always been celebrated or highlighted. There is little mention that some of the Loyalists who came here after the American Revolution and settled in the Maritimes were people of African descent, or of the many sacrifices made in wartime by soldiers of African descent as far back as the War of 1812.

Canadians are not always aware of the fact that Black people were once enslaved in the territory that is now Canada, or how those who fought enslavement helped to lay the foundation of the diverse and inclusive society in Canada.

Black History Month is about honouring the enormous contributions that Black people have made, and continue to make, in all sectors of society. It is about celebrating resilience, innovation, and determination to work towards a more inclusive and diverse Canada - a Canada in which everyone has every opportunity to flourish.

**Recognizing Black History Month in Canada:** In 1978, the Ontario Black History Society (OBHS) was established. Its founders, including Dr. Daniel G. Hill and Wilson O. Brooks, presented a petition to the City of Toronto to have February formally proclaimed as Black History Month. In 1979, the first ever Canadian proclamation was issued by Toronto.

The first Black History Month in Nova Scotia was observed in 1988 and later renamed African Heritage Month in 1996.

In 1993, the OBHS successfully filed a petition in Ontario to proclaim February as Black History Month. Following that success, Rosemary Sadlier, president of the OBHS, introduced the idea of having Black History Month recognized across Canada to the Honourable Jean Augustine, the first Black Canadian woman elected to Parliament.

In December 1995, the House of Commons officially recognized February as Black History Month in Canada following a motion introduced by Dr. Augustine. The House of Commons carried the motion unanimously.

In February 2008, Senator Donald Oliver, the first Black man appointed to the Senate, introduced the Motion to Recognize Contributions of Black Canadians and February as Black History Month. It received unanimous approval and was adopted on March 4, 2008. The adoption of this motion completed Canada's parliamentary position on Black History Month.

Credit: [Black History Month - Canada.ca](http://BlackHistoryMonth-Canada.ca)

**Special Events & Outings**



Travelling Happy Hour—Every Thursday

Valentine's Raffle Draw—Friday, Feb 10th

Valentine's Social—Sunday, Feb 12th

Valentine's Treat Cart—Tuesday, Feb 14th

Resident's Birthday Party with Entertainment—Thursday, Feb 16th (BL/GP)

Outing to Denny's—Tuesday, Feb 21st

Resident's Birthday Party with Entertainment—Thursday, Feb 23rd (PL/SO)

Diner's Club—Tuesday, Feb 28th



**Spiritual Programming**

Sunday, Feb 5th —Church Service with Chaplain Samuel (2nd Floor Residents)

Sunday, Feb 12th—Church Service with Chaplain Samuel (1st Floor Residents)

Sunday, Feb 19th—Church Service with Chaplain Samuel (2nd Floor Residents)

Sunday, Feb 26th—Church Service with Chaplain Samuel (1st Floor Residents)

Ash Wednesday—Wednesday, Feb 22nd



## **Residents' Rights**

### **5. Safe and Clean Home**

“Every resident has the right to live in a safe and clean environment.”

**In other words...**

**You have the right to have a clean and safe place to live in.**

The long-term care home must be safe and everything should work properly. For example, smoke alarms must work, fire exits must be clearly marked, and stairways must be clear.

When a resident gets sick, staff should take special care to stop infection from spreading. This might include carefully washing their hands, using masks and gloves, and isolating the sick person.

The building must be clean. Garbage should be taken out regularly. There should be no bad smells and the building must have a good air supply.

### **6. Citizens' Rights**

“Every resident has the right to exercise the rights of a citizen.”

**In other words...**

**You keep all your rights as a citizen. These include:**

- your democratic rights, including the right to vote,
- your equality rights, including the right to be protected against discrimination,
- the right to practice your religion,
- the right to express yourself,
- the right to meet with anyone you wish, or to join any organization or group, and
- the right not to have your possessions looked through or taken without your permission, except as allowed by law.

As a citizen, you also have responsibilities. For example, you are expected to respect other people's rights and freedoms, and follow Canada's laws.



## PEOPLE PLACES & EVENTS



Virtual Shadow Painting!



Arts & Crafts



Beautiful Flower Corsage



What a Crafty Bunch!

## PEOPLE PLACES & EVENTS



Getting up to Dance!



Diner's Club "Chinese"



Celebrating Dorothy's  
Milestone Birthday of 103!!!



Happy Birthday!!