



# MARCH

## What's Inside ...

Quality Corner	p. 2	Residents' Council News	p. 3
Nutrition News	p. 3	Monthly Feature	p. 4-5
Family Council News	p. 3	Photos of Recent Events	p. 6



## QUALITY CORNER

### **EMERGENCY CODES**

Primacare employs a universal emergency code system as an integral part of the Emergency Preparedness Program. This system is designed to promote ease of communication and identification of the appropriate emergency plan to be executed.

Code Red – Fire or Smoke Emergency

Code Green – Evacuation

Code Yellow – Missing Resident

Code Black – Bomb Threat

Code White – Violent/Aggressive Behaviour/Hostage Threat

Code Orange – Disaster Contingency Plans (e.g. - loss of power, loss of water)

Code Brown – Chemical Spill

Education on the different codes for staff is provided on orientation and annually. Education includes drills of each emergency code in order for everyone to practice should a real emergency occur.

Education for residents and families occurs on admission and periodically. Information is provided in the resident handbook and posted throughout the facility.

During fire drills residents, families and visitors are active participants in this education.

Residents/Families/Visitors should receive instructions on:

- What to do when the alarm sounds
- Safety measures that they can take during a fire emergency
- The importance of panic control/staying calm
- How to cooperate with staff during evacuation
- Location of evacuation sites
- Their role in the fire safety program

### **THE HOME HAS A TWO STAGE FIRE ALARM SYSTEM**

#### **FIRST STAGE: ALERT SIGNAL**

If you hear an *intermittent* alert signal:

1. Stand by and prepare to evacuate the building.
2. Listen to the voice communication system loudspeaker or staff for additional instruction.



## NUTRITION NEWS

### FOOD SAFETY FOR OLDER ADULTS

Why older adults must be more aware!

Age brings wisdom and experience. Age also increases the risk of foodborne illness. Everyone's health is different, as is our ability to fight off disease as we age. Immune systems weaken and our ability to fight off illness is not as strong or efficient. Stomach acid decreases which plays an important role in reducing the number of bacteria in our intestinal tracts. Sensory losses such as smell, sight and taste may diminish our ability to detect food spoilage. The risk of chronic illness increases – diabetes, some cancer treatments and kidney disease may increase a person's risk of acquiring foodborne illnesses.

The good news is, foodborne illness can be prevented by taking some simple steps.

- Wash your hands for 20 seconds with soap and warm water before and after handling food, using the bathroom and handling pets.
- Set your refrigerator at 4°C (40°F) or colder and your freezer at -18°C. Do not over pack the refrigerator with food – cold air must circulate to keep food safe.
- Keep cold foods COLD & hot foods HOT.
- When shopping - read and follow label instructions such as "Keep Refrigerated", "Best before", "Refrigerate after opening", and "Keep frozen".
- The two-hour rule – Refrigerate or freeze perishables, prepared foods and leftover within 2 hours. Discard food left at room temperature longer than 2 hours. This includes food in the car, picnics, etc.



### Residents' Council News

Residents' Council Date: Wednesday, March 19th @ 10:30am (PL)



### Food Council Meetings

Food Council Date: Wednesday, March 19th @ 11:00am (PL)



### Family Council News

Meeting: Wednesday, March 19th @ 6:30pm - Zoom link to be provided

*Please note the dates and time are subject to change, updates will be provided.*

## MONTHLY FEATURE



**Birthstone:** Aquamarine and bloodstone, March's two birthstones, are very different when it comes to appearance, but they share a similar reputation for protecting one's wellbeing. The aquamarine birthstone evokes the colours of the sea. From deep green-blue to light, slightly greenish blue hues, faceted aquamarines are often free from inclusions and as clear as water, symbolizing purity of spirit and soul. The bloodstone birthstone is typically a dark-green cabochon that contains red spots of iron oxide, the "blood" that brings health and strength to the wearer.

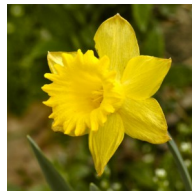


**Flower:** Daffodils are the birth flowers for March. This perennial yellow spring flower is also commonly known as narcissus, its botanical name, and jonquils, a specific type of narcissus (*Narcissus jonquilla*). Most commonly found in gorgeous hues of buttery yellow, you may be surprised how many colours, shapes and sizes daffodils come in. They're perfect for adding vibrant colour and a sweet scent to gardens, but can easily be grown indoors if you don't have the outdoor space. These beauties are simple to grow and don't require much attention.



### Happy Birthday Wishes to:

Raymond D - March 1st  
Mark S - March 4th  
Maria P - March 5th  
Georgiane V - March 6th  
Norma W - March 9th  
Bhupinder S - March 9th  
Jawahar M - March 10th  
Betty B - March 10th  
Vebar C - March 11th  
Patricia B - March 14th  
Swarn S - March 14th  
Brian J - March 17th  
Grace K - March 20th  
Maria D - March 29th  
Christel W - March 30th



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

March 2 - Theodor "Dr. Seuss" Geisel  
March 3 - Alexander Graham Bell  
March 16 - Jerry Lewis  
March 17 - Nat King Cole  
March 19 - Bruce Willis  
March 24 - Steve McQueen  
March 25 - Aretha Franklin

## MONTHLY FEATURE



### Special Events & Outings

- Musical Entertainment with Ryan - Monday, March 3rd @ 2:00pm (CR)
- Ladies' Social - Friday, March 7th @ 2:15pm (CR)
- Sing-a-Long with Karen - Monday, March 10th @ 2:00pm (CR)
- Happy Hour with Jay Franco - Thursday, March 13th @ 2:00pm (CR)
- Irish Dancers - Monday, March, 17th @ 10:30am (CR)
- Visits with the Grade 5s - Tuesday, March 18th @ 10:30am (CR)
- Happy Hour with Cameron - Thursday, March 20th @ 2:00pm (CR)
- Men's Afternoon - Friday, March 21st @ 2:15pm (CR)
- Birthday Party with Linda & Dennis - Thursday, March 27th @ 2:00pm (CR)
- Sing-a-Long with Karen - Monday, March 31st @ 2:00pm (CR)

### Spiritual Programming

- Church Service with Samuel - Sundays @ 2:00pm (CR)
- Catholic Communion Visits - Tuesdays @ 6:30pm (1:1 visits)
- Catholic Communion Service - Wednesday, March 5th @ 10:15am (CR)
- Portuguese Communion Service - Saturday, March 15th @ 10:00am (CR)
- Rosary Prayer Group - Saturday March 8th & 22nd @ 2:00pm (CR)

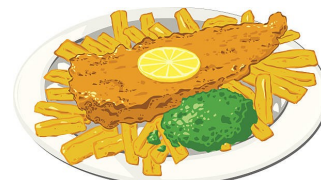
### Outing to Tim Horton's

- Wednesday March 26th
- 1:30pm - 3:30pm
- \*Sign up required



### Diner's Club

- "Fish n Chips"
- Friday March 28th
- 12:30pm (CR)
- \*Sign up required





## PEOPLE PLACES & EVENTS



Diner's Club "Chinese"



Intergenerational Program



Valentine's Day Crafts



Black History Month Celebration!