

June 2019 Villa Wide Programs

Every Tuesday

2:00pm Bingo (A)

Every Thursday

10:30am Knit & Chat (CnL)

4th – Men's Club (Conservatory Lounge)

6th & 20th – Pottery Session (A. Lounge)

13th – Karaoke Sing A Long (A)

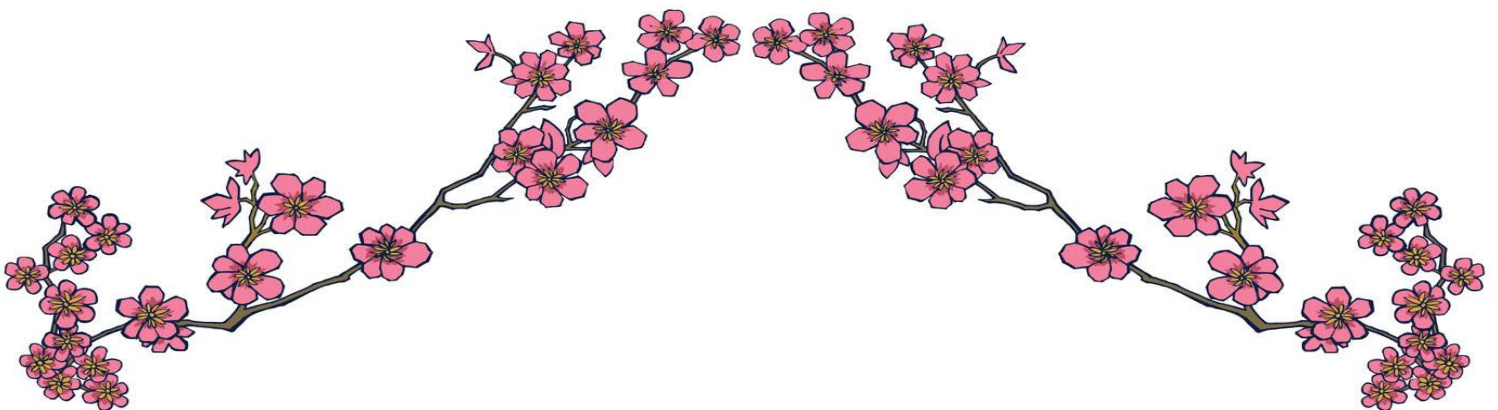
18th – Annual Car Show (Parking Lot)

21st – Annual Dundas Driving Park Picnic

27th – First Campfire of the Season!

A – Auditorium

Please refer to home area calendars for more opportunities to get involved



May 29, 2019

TO: Residents, Families and Staff

FROM: St. Joseph's Villa Executive and St. Joseph's Villa
Foundation

SUBJECT: CONSERVATORY LOUNGE & LIBRARY

As we recently shared, a donor has come through the St. Joseph's Villa Foundation, to support a refresh of the Conservatory Lounge and Library. In order for this to occur, the Lounge is now closed until approximately June 24th.

The walls will be painted, the floor will match the flooring that is on the Resident Home Areas, the windows will have new coverings, there will be new artwork hung, the library will have large print books and new shelving.

We are sorry for any inconvenience and we are sure you will enjoy the new ambiance.

Thank you for your understanding. If there are any questions or concerns, please contact Wendy Randal at ex. 2242 or Mieke Ewen at ex. 2223.

St. Joseph's

Villa  Dundas

May 30, 2019

TO: St. Joseph's Villa and Estates Residents, Families & Staff
FROM: Mieke Ewen, Administrator
SUBJECT: SPEED BUMPS

As a result of some significant near miss incidents with Residents, staff and contractors due to speeding at various Villa roadways and entrances, seasonal speed bumps will be installed in the coming weeks.

These speed bumps will initially be placed in various locations, including the south entrance to the McArthur doors, back service roadway towards Governor's and the Ogilvie entrance towards the Estates and assessed throughout this season.

These are removable speed bumps and will be installed each spring and removed every winter.

Everyone's safety is important, and we appreciate your understanding with this upcoming change.

If you have any questions or concerns, please contact Mieke Ewen at ex. 2223.



Family members want to give loved ones the best, most compassionate care possible. Please consider joining the Family Council to advocate for changes and recommendations that will help better serve you and your family. Members meet monthly to support each other and discuss topics that are important to St. Joseph's Villa residents' quality of life. If you are interested in attending the next meeting is **May 13, 1-3 p.m. in the Villa Boardroom, Ground Floor.** If you have any questions, you can contact the Chair, Eda Cipolla at edacipolla@gmail.com.



Pneumococcal vaccine: pneumococcal disease causes thousands of infections, such as meningitis, bloodstream infections, pneumonia, and ear infections. Pneumococcal vaccines are very good at preventing severe disease needing treatment in the hospital, and death. SJV offers the pneumovax vaccine upon consent and order by the attending physician.

Tdap: is a combination vaccine that protects against three potentially life-threatening bacterial diseases: **tetanus, diphtheria, and pertussis** (whooping cough). SJV also offers this vaccine upon consent and order by an attending physician.

Influenza: also known as the flu shot, are [vaccines](#) that protect against infection by [influenza](#) viruses. A new version of the vaccine is developed twice a year, as the [influenza virus](#) rapidly changes. While their effectiveness varies from year to year, most provide modest to high protection against influenza. In the type of environment that our residents live in and congregate, it is one of the many interventions we do to help minimize and prevent any illnesses to arise. Flu season typically goes from October till about May. SJV also offers flu shots yearly during the months of October and November.

If you would like to receive more information, please see your Nurse!





Topic of the month: Medications to Avoid or Use with Caution



DID YOU KNOW?

People over the age of 65 might be more sensitive to certain medications.

Here are some commonly used over-the-counter (OTC) medications (purchased without prescriptions) that older adults need to avoid or use with caution, and the reasons why.

MEDICATION TO AVOID OR USE CAUTIOUSLY	REASON(S)
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1. ANTIHISTAMINES

- a. Diphenhydramine, Chlorpheniramine included in:
 - Allergy medications (e.g. Benadryl®)
 - Cold medications (e.g. Tylenol® Cold, Advil® Cold and Sinus, Buckley's®, Benylin®)
 - OTC Sleep products (e.g. Tylenol® NightTime, Advil® PM, Aleve® PM, Sleep.eze®, Nytol®, Unisom®)
- b. Dimenhydrinate, included in:
 - Nausea and Motion Sickness medications (e.g. Gravol®)



DROWSINESS



DRY MOUTH



INCREASE YOUR RISK OF FALLS



CONSTIPATION AND PROBLEMS URINATING

2. MUSCLE RELAXANTS

- Methocarbamol (e.g. Robaxin®, Robaxacet®, Robax Platinum®)

3. NON-STEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS)

- a. Pain Killers
 - Acetylsalicylic Acid (ASA) (e.g. Aspirin® >325mg/day)
 - Ibuprofen (e.g. Advil®/Motrin®)
 - Naproxen (e.g. Aleve®)
- ↑ Increase the risk of bleeding stomach ulcers
 - ↑ Increase blood pressure
 - ↓ Affect your kidney function
 - ↓ Make heart failure worse

IF YOU ARE TAKING ANY OF THESE MEDICATIONS...



TALK TO YOUR HEALTHCARE PROVIDER OR PHARMACIST



BE EXTRA-CAUTIOUS WHEN USING OTC MEDICATIONS IF YOU HAVE KIDNEY PROBLEMS



DO NOT STOP TAKING ANY MEDICATIONS WITHOUT FIRST TALKING TO YOUR HEALTHCARE PROVIDER

References: Ten Medications Older Adults Should Avoid Or Use With Caution https://www.healthinaging.org/tools-and-tips/ten-medications-older-adults-should-avoid-or-use-caution

Celebrate

**St. Joseph's Villa's
140th Anniversary**

140 years
of caring

You're Invited

VILLA

**FREE BBQ, GAMES,
ENTERTAINMENT & MORE**

Residents, Families, Staff, Volunteers

Everyone is Welcome

FRIDAY, AUGUST 2, 2019

1PM — 4PM



ST. JOSEPH'S VILLA
FOUNDATION

St. Joseph's
Villa  Dundas

MARGARET'S  PLACE
Hospice at St. Joseph's Vill.

Residents' Bill of Rights cont'd

9. Participation in decisions

"Every resident has the right to have his or her participation in decision-making respected."

In other words...

You have the right to be involved in decision-making about all aspects of your life in the home.

You get to make the decisions about your treatment or care. (There is more information about this in Right 11.) In other decisions about life in the home, such as what is on the menu, or what entertainment will be available at the home, you may not have the final decision. But you still have the right to express your opinion or your wishes and to be involved in the decision-making.

The home should respect your right to participate by:

- making sure you are told about any changes they are considering,
- giving you all the information you need to help you understand the issues,
- giving you a chance to speak
- listening to what you have to say, and
- trying to make room for your wishes.

Other parts of the Residents' Bill of Rights talk about your right to make certain decisions for yourself or to take part in decision-making in other areas. Right 9 is a reminder that, in all these areas, your opinions and your right to participate must be respected.

10. Personal belongings

"Every resident has the right to keep and display personal possessions, pictures and furnishings in his or her 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. As in any home, it is important to have personal items around that are special to you or make you feel more comfortable.

For example, you might have a favourite quilt, cushion, or books. You might have pictures of your children or grandchildren, or other important pictures. You might also have your own furniture, computer, or television.

Talk to the staff about what you would like to have in your room. It is your choice, as long as your belongings do not interfere with the safety or rights of other people in your long-term care home.

11a. Plan of care

"Every resident has the right to participate fully in the development, implementation, review and revision of his or her plan of care."

In other words...

You have the right to be fully involved in your plan of care, from the making of the plan, right through to when it is being carried out or changed.

A plan of care is a written document that says what kind of care you need and how that care will be provided. It covers not only medical and nursing care but also things like personal support, nutrition, social activities, recreation, and religious practices. Your plan of care is unique to you.

You have the right to be at meetings with your doctors and others who provide you with care to talk about the plan of care. You have the right to ask questions and to say what you want to have in your plan of care.

11b. Consent to treatment

"Every resident has the right to give or refuse consent to any treatment, care or services for which his or her consent is required by law and to be informed of the consequences of giving or refusing consent."

In other words...

If your doctor suggests a way to help you, you can decide to:

- **do what the doctor recommends,**
- **not take the doctor's advice, or**
- **talk to another doctor or qualified person to get a second opinion.**

You must be told what the treatment is for, its risks, benefits and side effects, and what will happen if you decide not to take it. You must also be told if there

are alternatives to the recommended treatment. You need to know these things in order to make an informed decision.

No one else can make decisions about your treatment if you are mentally capable. You can have someone help you make decisions, but that too is your choice. You cannot be punished or discharged from the home for refusing to consent to a treatment, including medication.

You are **mentally capable** if you understand and appreciate both what you are doing and the consequences of your decisions.

If you are not mentally capable of making certain decisions, your substitute decision-maker must make them for you. A **substitute decision-maker** is a person who has the legal right to make decisions for you during times when you are not mentally capable of making them yourself.

11c. Care decisions

"Every resident has the right to participate fully in making any decision concerning any aspect of his or her care, including any decision concerning his or her admission, discharge or transfer to or from a long-term care home or a secure unit and to obtain an independent opinion with regard to any of those matters."

In other words...

You have the right to take part in all decisions about moving into the long-term care home, leaving it, or moving to another room within it.

These kinds of decisions cannot be made unless you or your substitute decision-maker agree.

You have the right to talk to someone outside your long-term care home to get a second opinion about the kind of care you need.

You have the right to have a family member, friend, or advocate with you when you meet with doctors and nurses. If you like, you can ask this person to help you decide what to do.

11d. Privacy of health information

"Every resident has the right to have his or her personal health information within the meaning of the Personal Health Information Protection Act, 2004 kept confidential in accordance with that Act, and to have access to his or her

records of personal health information, including his or her plan of care, in accordance with that Act."

In other words...

The law says your health and medical records must be kept private and confidential.

Only the people responsible for your care are allowed to see these records. Other people can see them only with your permission. Your records must be kept in a secure place where others cannot see them.

You have the right to see and get copies of your own records and to show them to other people, if you wish.

Quality Improvement – Therapeutic Recreation

We have analyzed statistics on our responsive behaviour incidents at the Villa before the addition of TR positions and extra hours that were fully enforced in March 2019. We compared the statistics prior to this and afterwards to see if a greater TR presence on the floor had made a difference in the lives of the residents we serve.

We are happy to announce that we have seen a positive change and are thrilled to report that our responsive incidences have decreased by 41%.

(This percentage is based on the data that was compiled from three months prior to this change and three months afterwards).

Every department is a big piece of the puzzle that contributes to the excellent care that we are known for. Let's continue to work together to support each other and make a difference at the Villa!



Congratulations Therapeutic Recreation

St. Joseph's Health System initiated a Presidents' Award this year to young innovators throughout the System. The Therapeutic Recreation was recognized from the Villa. The Team consistently demonstrates innovation in their daily work through their creativity and willingness to implement new ideas that satisfy the needs and expectations of our residents. Examples of these are ideas such as implementing two successful music programs: Music Care Project with the partnership of Room 217, as well as an iPod Project for those who are in their later stages of dementia. In addition to this, they have been instrumental in developing a swimming program where they bring residents to our onsite pool to regain strength and mobility. Furthermore, their ability to adapt programs by breaking down various accessibility barriers permits our residents to participate in programs they would have otherwise not been able to. Congrats!



(Missing from the picture is Amanda Rip, Kylie Thomson, and Heather Vanbridger)

Spills

Throughout the building you will now see these new wet floors signs as well as on Pine and Birch. These mount to the wall and the sign tucks inside. The new signs are in an attempt to alleviate the signs being left on the floor and possibly causing a tripping hazard. If you see a spill you can easily remove the sign from the holder and place over it until housekeeper can come can address it.





The law requires you to allow service animals on the parts of your premises that are open to the public.

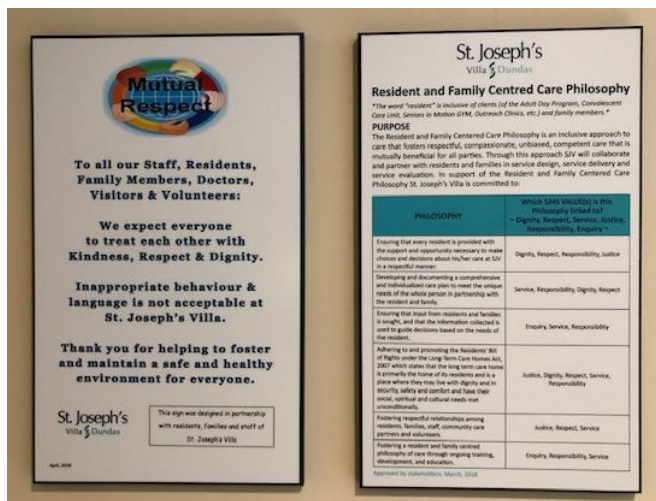
While service animals may be prohibited from certain areas, service dogs are allowed in areas where food is sold, served or offered for sale. This includes a restaurant's public dining room.

The red Stop sign on home area entrances, rooms etc. is an indication that a service dog is present and working.

Tips:

- Don't touch or distract a service animal, it is not a pet, it is a working animal and has to pay attention at all times.
- If you're not sure if the animal is a pet or a service animal, ask your customer.
- You can provide water for the service animal if your customer requests it, but the customer is responsible for the care and supervision of the animal.

New Signage



You may have noticed these two plaques hung on each of the resident home areas and at the main entrance to the Villa near the reception desk. The Resident and Family Centred Care Philosophy was implemented in March of 2018, while the Mutual Respect sign is something new to the Villa. These two statements go hand in hand. The Mutual Respect sign is meant to promote a safe, healthy environment for everyone where we treat

one another with kindness, respect and dignity; residents, staff, family members, visitors and volunteers alike. Both of these plaques have been designed in partnership with residents and family members of the Villa.

The Mutual Respect sign means that if you happen to find yourself in an unfavourable circumstance, you have the right to politely remove yourself until a later time when the situation can be resolved appropriately, or you may report the situation to a manager if you feel it necessary.

There are people and resources available within the St. Joseph's Villa community to provide support when difficult situations arise, so don't hesitate to reach out to a member of the Leadership Team, or complete a "Tell Us How We Are Doing" form. Copies are available at the elevator on each floor, on our website, or at reception. Thank-you for supporting a culture of kindness, mutual respect, and dignity at St. Joseph's Villa.

Medi-Motion Orthotic Services

Catherine Lensen, Orthotic Clinician in the Clinics has decided to resign her business at the Villa. She will not be providing any new orthotic foot care services or compression hosiery at the Clinic that have not been processed as of May 29, 2019. The Villa is sorry for an inconvenience and will keep you posted of any new services.



18th Annual ST. JOSEPH'S VILLA FOUNDATION Gala

RECORD-BREAKING SUCCESS!

THANKS to the tremendous support and friendship from our community for St. Joseph's Villa & Foundation, we broke records we only dreamed about!

On April 26, 2019, we wined, dined and entertained the most energetic, passionate, community-focused leaders in our community, who helped us to celebrate the Villa's 140th anniversary of caring for the most vulnerable among us.

Our Honourary Gala Chair Mr. Dino Trevisani, was joined by His Excellency Bishop Douglas Crosby, Dr. Tom Stewart, The Honourable Filomena Tassi and Gala Committee Chair Irene O'Byrne and a sold-out crowd for an evening of reflection & inspiration!

Thanks to our community's commitment, generosity and love for St. Joseph's Villa residents, future patients of Margaret's Place Hospice at St. Joseph's Villa and seniors in our community who rely on St. Joseph's Villa!

We RAISED

\$200,000+





Neil McArthur
MEMORIAL
GOLF TOURNAMENT
ST. JOSEPH'S VILLA FOUNDATION



ST. JOSEPH'S VILLA
FOUNDATION

JOIN US!

*Help us celebrate
St. Joseph's Villa's 140th
Anniversary of Caring for the
community*

Tuesday, October 1, 2019

Dundas Valley Golf & Curling Club

*Greens Fees, Golf Cart, Lunch, Dinner,
Registration Gift, Door Prizes & Contest
Holes included!*

Proceeds support Resident Care at
St. Joseph's Villa

**To sponsor or register your foursome, contact
Sarena S_Paton@sjv.on.ca 905-627-9011 x2236.**