

The giving season approaches as winter creeps around the corner. While writing this newsletter, we just finished Thanksgiving and a generous and grateful feeling is still felt around our Home. This year brought time for reflection at Grove Park Home; we looked at 49 years of caring in our community and had opportunities to share some of our history. In September there was a celebration for our retired Chair of the Board, thanking him for 45 years of service. As is the cycle in our Home, we welcomed new residents and families and sadly said goodbye to some remarkable people.

Our staff embraced, even championed, new ways to offer care to our residents. The Best Practice Spotlight Organization is in full swing and this newsletter shows off some of our successes; practices that make us unique in our community. We continued to enhance a program called DementiAblity – the Montessori Way, that empowers unique ideas to address each resident’s interests and history; offering meaning and purpose to their days. See page 4 for some great stories.

We thank you for supporting our Home. It is because of your support that we can provide these programs for our residents. If you don’t think that you make a difference to someone living with dementia, please know that you do. We see it every day and we hope you continue to keep us on your “giving” list.

As we look ahead to 2018, we are already planning a very big anniversary; Grove Park Home will be celebrating 50 years of caring in this community. There will be parties, there will be lots of story sharing, and there will be cake! We will be sure to send you, our donors, an invitation. Until then, we wish you all a very Merry Christmas season and the very best in the New Year.

Linda



resident leadership team

Ila Ellison is the President of the Resident Leadership Team and hosts monthly meetings with other residents in the Home. “I’m really hoping this group grows. Our residents have so much to contribute.” Residents hear from different departmental managers, offer feedback on programs, and more. This team also raises funds through the Christmas Twilight Sale, Gift Card Sales, Café proceeds, and, new this year, the sale of our very own honey! “We decide how to disburse our funds through resident and staff suggestions. For example, we support the Staff Children’s Christmas Party and recently purchased patio boxes and cushions for our many gardens.” The good work done by this core

group of residents not only empowers them to make meaningful decisions, all of their work also benefits the Home in which they live. This group also helps others; this year they will support a giving box for Out of the Cold. Ila, an incredible artist, says she keeps her ears open to learn what other residents are talking about and she encourages her committee to spread the news coming from the team. When asked about Grove Park Home, she was not short on words. “It’s tops! The staff are outstanding and I would not live anywhere else.” With a brother in Mulberry Lane, our Retirement Living area, Ila is at home here at Grove Park and we are richer because of her.

our staff make all the difference

Grove Park Home is fortunate to have so many staff members who care. We have dozens of staff who volunteer to be on committees that include Quality Improvement, Health & Safety, Palliative Care, Lifts & Transfers and many more. This is one of many stories we will be sharing with you because we believe our residents are better served because of our incredible staff. This RPN clicked the wrong box when she went to school and accidentally became a Registered Practical Nurse. “Best mistake I ever made,” says this very passionate team member. Often seen on our Spruce Home Unit, Allison’s role has expanded in line

with her endless educations. She is now our BPSO Liaison, championing this “best practice” initiative in the Home. She backs up the ever important RAI/MDS Coordinator, is a member of our Falls Team, gathers monthly data, is a CQI Lead, orients new nursing hires and so much more. Allison’s true passion (lucky for us) is

wound care and she is one of the best in the area to treat sensitive skin issues. “It’s a challenge – and I don’t give up.” She even hosts in-services for our staff on such best practices.

Allison’s transition to her many roles happened organically. Asked why she is at Grove Park Home, Allison states “another Home would not challenge me with such unique tasks. We embrace innovation such as the Best Practice Spotlight Organization program and these things make me feel valued every day.” While she spends much of her free time with her partner Chris and her son Sam, Allison also teaches with the PSW program at Georgian College and encourages others to work in long term care. “I love old people, they need us. When we continue learning – our residents reap the benefits.” Thank you for all you do, Allison. You really do make a difference.

Special note: Allison’s passion has successfully brought in donations to fund the special tools of her trade. By supporting your Home, you help Allison, and all of our staff, get the very best tools to do their jobs. See page 4 for a donation slip.



“ I am excited to come to work every day.
I can’t picture myself doing anything else. ”

this is long term care

A recent publication from the Ontario Long Term Care Association cited some interesting facts about the resident population in long term care homes in the province. It not only speaks to the residents in our care, but of the very important work that our staff are doing every day.

90%

of LTC residents have cognitive impairment. One in three is severely impaired

exhibit some level of aggressive behaviours

46%

97%

need help with daily activities such as eating and dressing

have two or more chronic conditions

97%

61%

take 10 or more prescription medications

have a mood disorder such as anxiety, depression, bipolar disorder or schizophrenia

40%

Long term care is no longer about caring for just the very old in our community. It is about learning about dementia and creating programs and practices that address the needs of these residents. Supporting our Home means you are helping us to maintain our excellent level of care, while we also strive to lead the industry in best practices.

Read more about our innovative strategies on page 6 – BPSO

*then and now
the need for support grows
from paul taylor – administrator*



Next year Grove Park Home celebrates fifty years of service to our community and we are looking forward to celebrating this milestone with you. Looking back on the years gone by Grove Park has seen a lot of change. It is hard to believe, but when the home opened in 1968, residents would not be admitted if they

required a wheel chair. That's right, a resident would be required to walk independently into the home on their own volition, carrying their luggage with them. Today, we care for residents with much more complex medical issues and care requirements.

The changes at Grove Park reflect the changes in our broader community and Canada at large. The 2016 Canadian census reveals that the Canadian population is growing older. For the first time in our history, Canada's seniors out-number its children. The pace of demographic change is only expected to accelerate. By 2031 it is expected that almost 1 in 4 Canadians will be 65 years of age or older. Centenarians, people who are 100 years of age or older, are the fastest growing age group. In addition, the number of people living with dementia is increasing. There are an estimated 564,000 Canadians living with dementia. An additional 25,000 people are diagnosed every year. By

2031, the numbers are anticipated to increase by 66%, or 937,000. Closer to home, at Grove Park, 122 out of 143 of our residents have a dementia diagnosis. For 1/3 of our residents, the dementia is severe.

We strive to fulfill our mission of providing excellent care for seniors living with dementia and those with disabilities. I am very proud of our history of caring, our present practice, and our future plans to continue to build on our legacy. As the needs of our residents have increased, we continue to implement new practices to meet these needs. This year, we expanded our DementiAbility program, which focuses on providing an environment wherein those with dementia can live a life centered on meaning and ability. We also continue to build on our work as a Best Practices Spotlight Organization (BPSO). The BPSO program has provided the home with additional resources to implement best practices in nursing care – making us a leader in the region.

However, the care of our residents is not something we can do alone. Grove Park requires partnerships with people who care. As a stand-alone, local, not for profit organization, we allocate more hours of care for our residents than the government funding provides; while still embracing new programs to improve the lives of those in our care. We are only able to do this through the financial support of our community. When you make a donation, our legacy of caring is also your own. Join us as we continue to meet the needs of our residents; the very old and those with dementia.

Paul



When you complete the reverse side of this slip, know that you are doing great things. Your donation will ensure that we continue to have the most, and the best staff caring for our residents. The very old and those suffering with dementia will benefit from your kindness. Donations also ensure that we have equipment that provides the right care, in the right place, at the right time. Certainly residents benefit

from your gift, but so do staff; those who provide care are also the ones who ask for specialty items for person-centered care. Become part of our team that is "committed to care" by pledging monthly support or making an annual donation. We will reward you with our thanks. Revenue Canada will reward you with the benefits of a charitable tax receipt!

"We shall continuously provide excellent care in a secure environment with family and community support"



dementiAbility – the montessori way (and our way)

The DementiAbility philosophy of care places emphasis on a “prepared environment” that enriches, engages and supports the body, mind and spirit. A prepared environment includes the physical and psychosocial environments (e.g. a familiar look, smell or feel of home).

The goal is to engage each and every person in all aspect of daily life, thereby enabling abilities, engaging each person in a wide range of meaningful activities and helping every individual to be the best he/she can be. The focus is on exposing abilities according to needs, interests, preferences, habits, strengths and skills.



a woodworking habit

Meet Janet Simpson, Dietary Aide: “As a Dietary Aide here at Grove Park Home, on the Pine Home area, I have scheduled time each morning to assist the residents, and involve them with creating center pieces for their tables in the dining room. The residents have the opportunity to be creative and help do a “job”, which in turns gives a feeling of purpose and meaning for them. It’s a good feeling. This Montessori approach has increased the residents’ smiles on Pine.” Dietary Aide- Janet Simpson



*“I am only one, but I am one. I cannot do everything, but I can do something.
I will not let what I cannot do interfere with what I can do.”*

Edward Everett Hale



Yes, I want to help...

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone Number: _____

Grove Park Home
Fund Development Office
234 Cook Street
Barrie, Ontario
L4M 4H5

Find enclosed my **one time donation** of \$ _____

I would like to be a monthly donor
Please charge my credit card \$ _____ monthly.
(January 2018 - December 2018)

Please make your cheque payable to **Grove Park Home**. Credit card donations are also accepted. We will mail your credit card transaction slip to you.

Mastercard Visa

Card No.: _____

Expiry: _____

Name on Card: _____

Signature: _____

Tax receipts will be issued for donations over \$10.00
Monthly supporters will be receipted annually.

top 10 ways to help your home - it's easier than you think!

- 1 Commit to a \$25 monthly pledge – by credit card or on your monthly invoice
- 2 Make an annual donation through this website
- 3 Sponsor the Dragon Boat Race – 100% of proceeds stay right here
- 4 Like and share our social media posts – we can always use more friends
- 5 Encourage your family to adopt a project from our Capital Needs List
- 6 Consider our Home when making In Memoriam Donations*
- 7 Ask your employer or service club to host an event to support our Home
- 8 Make Grove Park Home a beneficiary in a life insurance policy or your Will
- 9 Downsizing to one car? Donate it to us – and use the charitable tax receipt
- 10 Purchase Gift Cards from us for your Christmas Shopping or gift giving

*new in memoriam cards are available at the reception office
Most support comes with charitable tax receipts. For more information please contact the Fund Development Office.



This year we launched a new website and took big steps into the world of social media. In the process we had a photographer snap pics of our remarkable people. Take a moment to visit our new website, “like” us on Facebook and follow us on Twitter.

facebook.com/GroveParkHome



@GroveParkHome



royal canadian legion gives back



This year we were grateful for the Royal Canadian Legion. Both the Provincial Command and local Branch 147 approved our applications for funding. Both of these groups have very specific giving guidelines that include items directly impact resident care. That makes very good sense to us! Because they care, we have purchased regular mattresses, specialty mattresses and pumps, an important piece of restorative care equipment and a sit-to-stand lift. Money donated includes proceeds from the Poppy Fund.



Tim Shaughnessy - President and Tom Roduck - Poppy Chair
(Branch 147)

best practice spotlight organization

Falls happen. It is a reality in long term care in the province. Disease process, medications, cognition and incontinence account for most fall causes. Restraints for those at high risk of falls are a very last resort. As a “minimal restraint” Home, we use 40% less restraints than the provincial average, knowing that most restraints can cause more injury and certainly do not allow for much dignity. At Grove Park Home we have a Falls Team, led by our Rehab Nurse and RPN Cally McNeice, that dedicates time and effort into reducing the number of falls, and certainly falls with injury, by implementing new practices for all staff. Kayla and Doreen have 15 years combined experience in the Home and have focused on the Aspen Unit to create Best Practices.

Now, any fall in the Home is followed by an immediate Fall Huddle attended by all staff present on the unit regardless of department. Many questions and solutions are addressed during this huddle; lessons learned and practices put in place. Mock Falls held weekly on each unit achieve similar results.

Kayla and Doreen are BPSO Champions and a valued part of this team. A proven initiative they have implemented is called “The 4-Ps”. This resident specific sheet is posted in each room, allowing staff to identify fall risk factors including Position – Pain – Personal Needs – Placement. These programs are working because not only has Aspen had a reduced number of falls over the last reporting period, there have been zero falls with injury. After an incredible presentation at the End Falls This Fall conference held at Casino Rama, we need super-hero capes for these ladies who dedicate so much of their passion towards this program. #residentwin

To help fund this and other programs in our Home that make us unique – please fill out the donation form on page 4 and mail/bring it to our office. Help us make a difference.



dragon boat festival 2017

The Dragon Boat Festival is hosted by the Barrie Public Library – putting together an impressive one day festival featuring over 50 teams from across the region. This year the Geri-Antics hit the waters of Kempenfelt Bay for a day of camaraderie and fundraising. Our team consisted of staff, volunteers, family, friends, and board members. While we are not the fastest team on the water, we certainly do have fun. The spirit in the team village was inspiring and thankfully the weather was picture perfect. With thanks to financial support from our business partners, families, and friends, we took home the trophy for Best Fund Raising Team again this year. The funds earned will help furnish Home areas, spruce up our café and support special Home projects. If you are interested in supporting our team next year, let us know!

PADDLES UP – next year’s festival is August 25th.



Photography thanks to Sally Elston

holiday humour

Bob and Sally began to assemble the special Christmas gift they had for their children. They had ordered a kit for a tree house and received the plans for it. However, the materials they received were for a sailboat. They wrote the company to complain. The company's reply: "While we regret the inconvenience this mistake must have caused you, it is nothing compared to that of the man who is out on a lake somewhere trying to sail your tree house."



If you have comments or suggestions about this edition of The Care Connection, please contact us. If you are able, please use the cut-out remittance form on page 4, and the enclosed return envelope, to make a donation. It would be sincerely appreciated.

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