



a commitment to CARE ♡

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

RESIDENT & FAMILY BBQ

Wednesday June 20th, 2018, 5-7pm

Tickets are \$12 each and must be purchased by June 15th

Join us for this fun filled evening—that always sells out!

Garden Gallery Reminder

Mention Grove Park Home at the checkout and we will receive a donation at the end of the season! Please tell your friends and family.

THIS IS DEMENTIABILITY

The vision of **DementiAbility** is to create an environment where people living with dementia can achieve success and have the opportunity to live each day with meaning and purpose. **DementiAbility** strives to remove the focus that is too often placed on disability by replacing it with a focus on **ability**.

Providing support for the person living with dementia is key. When staff, caregivers and family learn the **DementiAbility** methods and put them into effect, individuals living with dementia can enjoy the benefits of a prepared environment that has been set up to expose the best of their abilities. Maybe that is a nursery, complete with rocking chair and change table. Perhaps a safe wood working area for sanding and putting bits together. Even a shoe shine station and horse saddle for oiling have brought joy to some residents.

The Home's **DementiAbility** team currently consists of 20+ trained and passionate staff who share these non-pharmacological interventions with other staff members. Working together, they can address the many complex needs of those living with dementia. The work begins with getting to know our residents; their history & experiences.

Another project inspired by this program has staff wearing a yellow name tag with just their name on it. Imagine yourself not remembering your own name; remembering someone else is even harder! By trialing this on the Pine unit, we have already seen improved conversation between residents and staff. The yellow background attracts the eye, while the large, dark font provides a contrast that makes it easier to read. These simple one word badges avoid the struggle of too much information which can cause confusion.

For more information visit www.dementiability.com

RESOURCE NURSE INFORMATION

Due to internal restructuring we have been required to eliminate the Resource Nurse position. Charmaine Andreasen continues to work at the Home as an RN, complimenting our incredible team of front line leaders. **Going forward, you will still have resources to help you with any communication related to your family member:**

Nursing Care: Call the RN directly p-705-792-7401

Director of Care: Michelle Magill p-705-792-7400 email: mmagill@groveparkhome.on.ca

Asst Director of Care: Karen Mills p-705-792-7399 email: kmills@groveparkhome.on.ca

RPN on unit: speak directly to the RPN on duty during your visit

Finance Manager: p-705-792-7392 (email pending)

Administrator: Paul Taylor p-705-792-7393 email: ptaylor@groveparkhome.on.ca

Food & Nutrition: Travis Durham p-705-792-7395 email: tdurham@groveparkhome.on.ca

Physio & Restorative Care: Barb Caicco p-705-792-7398 email: bcaicco@groveparkhome.on.ca

Housekeeping & Laundry: Sandy Wolf p-705-792-7394 email: swolf@groveparkhome.on.ca

Family Tip Sheet for Resident Outings During Hot Weather

Increased physical activity generates additional body heat, and sun exposure can significantly add to the body's heat production. Families who take residents out on activities during the summer months are strongly encouraged to take extra care and attention. The signs and symptoms of heat related illness can occur quickly with little or no warning. In hot weather conditions, the changes can occur suddenly with no warning. While the following tips are general in nature, families are always encouraged to check with the nursing staff regarding any special resident fluid restrictions, diet needs, medication or other issues that may interfere with a resident's ability to tolerate heat.

Warm Weather

Clothing: Wear loose, lightweight, light-coloured clothing. A wide brimmed hat will help protect the head and face and sunglasses will help protect the eyes.

Nourishments: Frequent, smaller meals may be more easily tolerated during hot weather. Encourage fluids before, during and after meals, as appropriate to avoid dehydration. Between meals, frequently offer cool fluids like water, fruit juices and electrolyte replacement drinks. Other hydrating/cooling choices for snacks may include frozen popsicles, juice bars, ice cream, sherbet and watermelon. Alcohol may cause dehydration and should be avoided.

Physical Activity: Keep physical activity to a minimum. Allow for frequent rests and encourage rest even if the individual does not indicate being tired. Attempt to stay indoors between 11:00am and 4:00pm, the warmest part of the day.

Skin Protections: If outside, ensure that individuals are kept out of direct sunlight by using shade trees, covered awnings or patio umbrellas. Sunscreen should always be applied, even in the shade, as the elderly are very susceptible to sunburn. Remember to reapply as needed or directed on the package.

Staying Cool: With safety in mind, use a battery powered or hand-held fan to provide some breeze during warm weather. Keep cool cloths handy to apply to the face, neck, and arms. Cloths can be wrapped around ice cubes for quick cooling and a small water spray mist bottle can help cool individuals rapidly.

SEVERE/HOT WEATHER

Families should consider cancelling outings. Transportation should be in air-conditioned vehicles. Keep outings limited to destinations that are air conditioned such as shopping malls, community centers, places of worship or air conditioned homes.

While out, ask about, or observe, the following signs or symptoms of hot weather related illness:

Ask if they feel	Look for
Shortness of breath	Shortness of breath
Palpitations, throbbing headache	Hot dry skin, flushed skin
Muscle cramps, extreme weakness	Confusion
Nausea, dizziness, light headedness	Lack of co-ordination
Feeling faint, tingling in hands or feet	Unusual swelling of feet and/or ankles

If residents describe, or families suspect, any signs or symptoms of hot weather related illness, quickly find the individual a seat in a shaded or air conditioned environment and rapidly cool them with wet cloths or water baths. Get emergency medical assistance immediately. In addition, when returning the resident to the Home, report to the appropriate staff how the resident tolerated the heat and activity, including how much fluid the resident drank as well as any concerns relating to the general well-being and health of the resident.