



## Outbreak Information

December and January have proved challenging in the Home as we have managed not just one, but TWO outbreaks: Respiratory and Gastro. The increase in the number of guests over the holidays and the arrival of cold weather play a large part in the “why” does this happen. Both residents and staff have been affected by these outbreaks and we continue to work towards resolution.

Remember that these outbreaks are not created inside the Home; they are brought in from the community. A few simple precautionary measures will help keep our residents and staff healthy. Stay home if you are unwell (fever, cough, upset tummy). Wash your hands when entering the Home, using the bathrooms, entering a unit and resident rooms. Precautions also apply leaving any of these areas. When leaving the home, use the hand sanitizer stations as well to help keep you and your families well. Finally, please get your FLU SHOT—this years flu is very dangerous to the very young and very old. The FLU SHOT is available throughout the month of February at your local pharmacy. *Thank you for your patience and cooperation*

### Guest Meal Prices for 2019

Due to increased food costs, there is a slight increase to the cost of guest meals effective immediately. Please remember to give the staff advance notice if you will be joining your loved one for a meal in one of our dining rooms. Meals may be paid for at the front office or billed to residents accounts by the POA-finance.

Meals	2019 charge
Breakfast	\$6.00
Lunch	\$7.75
Dinner	\$9.00
Special Menu	\$16.00

### PALLIATIVE CARE at Grove Park Home

We are pleased to announce an enhanced Hospice Palliative Approach to care for our residents in the End Stages of Life. The Home is participating in a program guided by The Bruyere Research Institute in Ottawa to train PSW's in providing care when a person has entered into their last days of life. The Bruyere Institute hosted a Trainers Program in November 2018 to help guide two of the Home's Registered Staff in how to educate PSWs to have a better understanding of what Hospice Palliative care is; as well as to understand the nature of resident's holistic care needs, and how they, as care givers, can help meet those needs. Further in the training, PSWs will gain greater comfort and skills in building, and sustaining therapeutic relationships with residents and their family members. Models of grief and bereavement will also be addressed in order to give staff the tools and perspectives for the care of dying residents and their family members, while remaining here at our Home.

In February 2019, 20 PSWs will participate in this 4 module training program and will be working with our Registered Staff, Nurse Practitioner and Physicians to bring this enhanced specialized care approach to the staff, residents and families of Grove Park Home.

**For more information about our Palliative Care Program, please contact Michelle Magill, Director of Care @ 705-792-7400 or [mmagill@groveparkhome.on.ca](mailto:mmagill@groveparkhome.on.ca)**

## Barb Caicco—heading north!

It is with mixed feelings that we announce the resignation of Barb Caicco, Director of Programs and Volunteer Services. After 13 years at Grove Park Home, Barb is leaving us to take a position at Eastholme Home for the Aged in Powassan. This is a meaningful location for Barb as her mother is a resident of this home and she will get to see her Mom every day. Eastholme will be supporting Barb's passion for the DementiAbility program and the 126 residents will be lucky to have Barb enhancing their daily lives.



Barb and her husband John will be relocating to their cottage in North Bay, using this coming Spring and Summer to winterize the cottage, turning it into their forever home.

You are welcome to join us on Thursday February 14th for a drop-in tea being served from 1:30—2:30 in the Centre of Excellence.



### Signing Residents IN/OUT *a best practice for resident safety*



Please remember that whenever you leave a unit with a resident, you must sign out and sign back in when you return. There is a sign in/out book on each floor. Please ensure you are signing the resident in and out each time they leave the unit, **for any reason**. Staff on the unit will be happy to help you with this process.



If you are bringing a resident outside of the Home, please advise the RPN on your unit in advance. This notice will allow the nurse to prepare the medications you need for the time you are away. Depending on the time and duration of your absence it may be necessary to obtain additional medications from the pharmacy. It is important to give the nursing staff as much notice as possible.



### **New Beginnings:**

The first meeting of our "new" Family Council was held on January 16<sup>th</sup>, with 10 family members attending. It was a positive meeting with a lot of great input and brainstorming. Please join other family members at the next meeting noted below.

#### **What is the Purpose of a Family Council**

The key functions of the Family Council are:

- i. to provide a forum for family input into the operations of the home
- ii. to provide families with a voice in decisions that affects them and their family members
- iii. to establish two-way communication between family members and the home staff
- iv. to provide a means of mutual support for Family Council members and families of new residents
- v. to allow family members to be informed about the long-term care system as a whole and to provide a forum for discussion about strategies for improvement
- vi. to promote and encourage activities directed at the provision of quality care and quality of life for the residents

The minutes of the meetings will be emailed to families, and they will be posted on the "Family Board" by the Auditorium.

Family, friends and Powers of Attorney are welcome to attend these meetings. Everyone's input is important to the quality of life of the Residents at Grove Park Home.

**NOTE: Next meeting, Wednesday, February 20<sup>th</sup> @ 1:00 p.m. in the Centre of Excellence.**