

June 2019

Golden Years Insider

704 Eagle St. N. Cambridge, ON N3H 1C3 *www.peoplecare.ca* 519-653-5493



peopleCare
communities

Celebrating June

June 11th – Men's BBQ
Luncheon (L2)

June 12th – Bowling at
Frederick Bowl with our
friends from Hilltop & A.R.
Goudie

June 11th – Men's BBQ
Luncheon (M,N,LL)

June 16th – Fathers Day
Celebration with "Shaky D"
2:30pm

June 18th – Moffat Creek
School excursion

June 21st – Strawberry
Social at 2:15pm
with **Keith Tobey entertainment**

June 26th – Memorial Service
2:30pm

June 30th – Last Sunday
church service until
September

What Is A Dad?

*A dad is someone who
wants to catch you before you fall
but instead picks you up,
brushes you off,
and lets you try again.*

*A dad is someone who
wants to keep you from making mistakes
but instead lets you find your own way,
even though his heart breaks in silence
when you get hurt.*

*A dad is someone who
holds you when you cry,
scolds you when you break the rules,
shines with pride when you succeed,
and has faith in you even when you fail...
- Unknown -*

Welcome Home

Evelyn S.
Adib H.

Happy Birthday to
All those born in June

Resident Name	Date
Vernon G.	1 st
Antonio G.	2 nd
Peter M.	2 nd
Mileni G.	5 th
Eva L.	5 th
Pearl C.	7 th
Isis H.	7 th
Seppo H.	10 th
Violet C.	22 nd



June Birthdays

In astrology, those born June 1–20 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and fun-loving side that is the life of the party, but also a deep and emotional side that needs love and nurturing. Those born June 21–30 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle.

HAPPY FATHER'S DAY!

Join us **Sunday**
June 16th at 2:30pm
in the Dining Room to
celebrate Dads!

There will be snacks and
refreshments for all!

***Entertainment provided
by Shakey D!***



In Memory Of

*Our deepest thoughts and sympathies go
out to the family and friends*

*Anne P.
Liduina "Lena" L.*

"He spoke well who said that graves
are the footprints of angels."

~Henry Wadsworth Longfellow

Message from the Executive Director:***Happy June everyone!***

Now that the weather is starting to get warmer it is a good time for all residents and family members to go through drawers and closets to pack away and purge your winter clothing and see what you have and may need to get you through the summer months.

We have serviced our roof top units and have started to put in our window air conditioners to prepare for when the warm weather hits us full blast. We are asking any family members who want to purchase window units to please check with myself or Mark(maintenance) first to ensure that it is the correct unit and that the room electrical outlets can handle the load. Being an older home it can be a concern if we add too much to each outlet.

If you were not already aware peopleCare Communities is active on a few social media platforms. If any residents or family members are also signed on to social media please look us up.

**-You can like us on Facebook-
PeopleCare Communities**

**-You can follow us on Twitter-
@peoplecareInc**

We are also continuing with our "Share your experience" campaign and asking any residents and family members who are pleased with the services and care that we offer and provide to leave a quick review on Google. Please see the poster that is further down in the newsletter.

We have received the new rates from the Ministry of Health which will take affect on July 1st. Those residents who receive a rate reduction please connect with Shantell to start filling out your new rate reduction application. A copy of the new rates is provided further down in the newsletter.

Finally, I will be off in June from June 9th-23rd. During this time please speak to our Director of Nursing Stella, if you have any questions or concerns.

Until next month,

Jeremy Zinger



Bulletin to Residents of Long-Term Care Homes: Important News Regarding Long-Term Care Home Accommodations Charges

Ministry of Health
and Long-Term Care

SPRING 2019

Renseignements aussi
disponibles en français

Basic Accommodation Rates

On July 1, 2019, the co-payment that residents pay for basic accommodation in Long-Term Care (LTC) homes **will increase by \$1.40 per day from \$60.78 per day to \$62.18 per day**, consistent with recent inflationary increases. This will help cover the rising costs of meals and accommodation.

Preferred Accommodation Rates

The maximum charges will also be increasing for residents admitted to newer preferred accommodation beds **on or after July 1, 2019**. The premium charged for semi-private accommodation will increase by \$0.29 from \$12.49 to \$12.78 per day, and the premium for private accommodation will increase by \$0.60 from \$26.04 to \$26.64 per day.

The table below provides the new rates that will apply as of July 1, 2019 to all types of accommodation based on a residents' date of admission to the bed.

Type of Accommodation	Daily Rate	Monthly
Long-Stay Resident:		
Basic	\$62.18	\$1,891.31
Semi-Private		
Residents admitted to newer beds on or after July 1, 2015.	\$74.96	\$2,280.04
Residents admitted to newer beds on or after September 1, 2014, but prior to July 1, 2015.	\$73.89	\$2,247.49
Residents admitted to newer beds on or after July 1, 2013, but prior to September 1, 2014.	\$72.83	\$2,215.25
Residents admitted to newer beds on or after July 1, 2012, but prior to July 1, 2013.	\$71.75	\$2,182.40
Residents occupying older beds, or residents admitted to newer beds prior to July 1, 2012.	\$70.70	\$2,150.46

Continued...

Private

Residents admitted to newer beds on or after July 1, 2015.	\$88.82	\$2,701.61
Residents admitted to newer beds on or after September 1, 2014, but prior to July 1, 2015.	\$86.96	\$2,645.04
Residents admitted to newer beds on or after July 1, 2013, but prior to September 1, 2014.	\$85.08	\$2,587.85
Residents admitted to newer beds on or after July 1, 2012, but prior to July 1, 2013.	\$83.22	\$2,531.28
Residents occupying older beds, or residents admitted to newer beds prior to July 1, 2012.	\$81.35	\$2,474.40

Short-Stay Resident (Respite Bed)

\$40.24 N/A

NOTE: "Newer beds" – beds classified as "NEW" or "A" according to ministry design standards

"Older beds" – beds classified as "B", "C", "Upgraded D" or "D" according to ministry design standards

Effective from July 1, 2019, the basic accommodation rate is determined using the following formula:

- 2018 basic accommodation rate x (1 + CPI Rate) = 2019 co-payment rate.
[i.e., \$60.78 x (1+2.3%) = \$62.18]
- The monthly rate is determined by multiplying the daily rate by 30.4167.
[i.e., \$62.18 x 30.4167 = \$1,891.31]

If you have requested a transfer from your current accommodation into a preferred accommodation bed, please call the LTC home administrator to confirm the rate that you will be required to pay. Preferred rates for semi-private and private accommodation in your current LTC home or in another LTC home may be different if you are offered a bed on or after July 1, 2019.

If you are currently paying less than \$60.78 per day because you are receiving a reduction in the basic co-payment, known as a "Rate Reduction", **then you should reapply for a rate reduction** as the current rate reduction expires on June 30, 2019. Staff at your LTC home will provide you with the application form and will help you to submit your application to the Ministry of Health and Long-Term Care.

For more information on co-payment rates or the changes to the rate reduction application process, please speak with your home's Administrator. Should you have any additional questions, please contact: LTC Homes Action Line at **1-866-434-0144**.

SHARE YOUR EXPERIENCE CAMPAIGN

Are you satisfied with the services we offer? Please share your experience with others.

We ask anyone who feels that we as a home do a great job of providing care and service to you or your loved one to write a short review online of your experience with Golden Years Nursing Home.

Online searches for Long Term Care are becoming an increasingly important part of a persons search for a Long Term Care home. We want anyone considering this transition to have the opportunity to hear first hand accounts of the positive experiences you have while living with us.

Although we feel we are a great choice for anyone looking for a Long Term Care Home, we also know we are not perfect, and we do not want anyone to provide false information in their reviews.

We believe that as a home, we treat residents with dignity, kindness and respect and we hope that you feel the same. Please follow the directions below if you would like to share you story.

1. Go to google and type in Golden Years Nursing Home
2. On the right hand side you will see our photo, name, and star rating
3. Click on “google reviews”
4. Click on “write a review”
5. Click the amount of stars that you want to give
6. Click below the stars and share your experience
7. Click post



Father's Day

CELEBRATION

JUNE 16TH

**LIVE MUSIC BY SHAKY D
& REFRESHMENTS**

STARTS AT 2:30PM

AMAZING!!

From this.....



To this....



And now this.....



A *VERY BIG* thank you everyone who gave their time to tend to our young ducks again this year....So many smiles and enjoyment from residents, families, visitors and staff during their time with us. We look forward to having them back next year!

Home Happenings in May....



Celebrating our great staff!



Prepping for planting



Celebrating Mother's Day with "ABBA"



Supporting McHappy Day!

Living the peopleCare Values

EXCELLENCE

Exceed Expectations

Do you do your best work, each
and every day?

Strive to be better than the rest



Check us out, and like us on
Facebook!

<https://www.facebook.com/PeopleCareCommunities/>

*Newsletters and calendars can be accessed
online at www.peoplecare.ca under the
specific peopleCare Community location*

HEARTbeats

Congratulations to our March Draw
Winners!

Name of Giver – Jen R.B. RN

Name of Receiver – Victoria K. PSW

They have received a \$25 gift card for
displaying the peopleCare Values!

Thank you for all you do!



MEDIA RELEASE CONSENT

Reminder To all Residents, Families, and Substitute Decision Makers:

From time to time peopleCare likes to display the activities and interactions of its residents on its display boards and in its training and marketing materials.

For instance, we may prepare a display board of a special event or we may want to include a photograph of group activities on our website or monthly newsletter, twitter or facebook feed.

If you would like to give consent for your loved one, please stop by and see the Director of Programs at Golden Years and complete the consent form.

peopleCare is here for you!

peopleCare recognizes that we cannot thrive without the hard work and dedication our employees make every day in all our Homes. Please remember all of the programs that peopleCare has to assist you in your personal lives, educational pursuits and employee recognition! If you are unfamiliar with any of the following, please speak to your manager:

- Employee Assistance Program
- Education Assistance Program
- HEARTbeats Rewards and Recognition Program
- Disaster Relief Fund

What Can I Do to Prevent Mosquito Bites?

When outdoors, use repellents containing DEET, picaridin, IR3535, some oil of lemon, eucalyptus or paramenthane-diol.

How often should repellent be reapplied?

Repellents containing a higher percentage of the active ingredient typically provide longer-lasting protection. Regardless of what product you use, if you start to get mosquito bites, reapply the repellent according to the label instructions.

Can I use an insect repellent and a product containing sunscreen at the same time?

Yes. People can, and should, use both a sunscreen and an insect repellent when they are outdoors. Follow the instructions on the package for proper application of each product. In general, the recommendation is to apply sunscreen first, followed by repellent.

What precautions should I follow when using repellents?

Always follow the recommendations appearing on the product label. EPA recommends the following when using insect repellents:

- Apply repellents only to exposed skin and/or clothing (as directed on the product label). Do not apply repellents under your clothing.
- Never use repellents over cuts, wounds or irritated skin.
- Do not apply to eyes or mouth, and apply sparingly around ears. When using repellent sprays, do not spray directly on your face—spray on your hands first and then apply to your face.
- Do not allow children to handle or spray the product. When using on children, apply to your own hands first and then put it on the child. Avoid applying repellent to children's hands because children frequently put their hands in their eyes and mouths.
- Use just enough repellent to cover exposed skin and/or clothing. Heavy application does not give you better or longer lasting protection.
- After returning indoors, wash treated skin with soap and water or bathe. This is particularly important when repellents are used repeatedly in a day or on consecutive days.

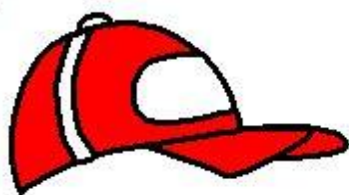
If you (or your child) get a rash or other reaction from a repellent, stop using the repellent, wash the repellent off with mild soap and water, and call a local poison control center for further guidance. If you go to a doctor, it might be helpful to take the repellent with you.



Father's Day Word Search

H L A I C E P S H I L K N A T
R E S P E C T H O N O R E P N
C L L A M T H A N K V O T P A
Y M R P Y E B O P J E W S R T
S T N E M D N A M M O C I E R
Y A D I L O H F I X C M L C O
U N D E R S T A N D I N G I P
M I N S T R U C T I O N C A M
E N I L P I C S I D X G Y T I
F O R G I V E N R A E L T E Y

appreciate
commandments
discipline
fix
forgive
help
holiday
honor
important
instruction



learn
listen
love
obey
respect
special
thank
understanding
work

