

# Oakcrossing News

October 2019

peopleCare  
communities

1242 Oakcrossing Rd. London, ON. N6H 0G2 \* (519) 641-0023 \* [www.peoplecare.ca](http://www.peoplecare.ca)



## OCTOBER

### Celebrating October

**Tuesday October 2<sup>nd</sup>- Welcome Tea-**  
2:00pm in the Café

**Friday October 4<sup>th</sup>- Oktoberfest Party-**  
2:00pm in the Café

**Tuesday October 8<sup>th</sup>- Music with**  
Sandy- 2:00pm in the Chapel

**Thursday October 10<sup>th</sup>- McDonalds**  
Lunch- 12:00 in the Chapel (Sign up  
by October 3<sup>rd</sup>)

**Friday October 11<sup>th</sup>- Scarecrow**  
Making- 2:00 in the Chapel

**Tuesday October 15<sup>th</sup>- Country Drive-**  
10:00am (Sign up by October 8<sup>th</sup>)

**Tuesday October 15<sup>th</sup>- Music with**  
Randy- 6:15pm in the Chapel

**Tuesday October 22<sup>nd</sup>- Apple Picking**  
Outing- 2:00pm (Sign up by October  
15<sup>th</sup>)

**Friday October 25<sup>th</sup>- Bday Party with**  
the Ozark's- 2:00pm in the Café

**Tuesday October 29<sup>th</sup>- Make Your**  
Own Pizza Lunch- 10:00-1:00 in the  
Café (Sign up by October 23<sup>rd</sup>)

**Thursday October 29<sup>th</sup>- Trick or**  
Treaters- 6:15pm in the Lobby/Cafe

**Thursday October 31<sup>st</sup>- Halloween**  
Party- 2:00pm in the Café



## The Resident's Had A Great Time Supporting Tim Horton's Smile Cookie Fundraiser!

Children of Oakcrossing staff are invited to  
dress up in their Halloween costume and come  
in on Tuesday October 29<sup>th</sup> at 6:15pm.

Donations of candy for the residents to hand  
out to the children participating in the trick or  
treaters are appreciated. Your donations can  
be dropped off with Cassy, Director of  
Programs, 3<sup>rd</sup> floor.



# Welcome Home

We Welcome

**Renee S, Emil S, Emily W.**

Happy Birthday to  
All those born in October!

Resident Name	Date
Roberta T.	1 <sup>st</sup>
Laureen C.	2 <sup>nd</sup>
Betty Coulter	3 <sup>rd</sup>
Mary M.	6 <sup>th</sup>
Bernie M.	6 <sup>th</sup>
Margaret B.	7 <sup>th</sup>
Bill R.	7 <sup>th</sup>
Sybil B.	11 <sup>th</sup>
David M.	15 <sup>th</sup>
Irene H.	23 <sup>rd</sup>
Betty J.	28 <sup>th</sup>
Tim G.	29 <sup>th</sup>
Mary M.	31 <sup>st</sup>

Stone: Opal

Flower: Calendula

## October Birthdays

In astrology, those born between October 1–22 balance the scales of Libra. Libras epitomize fairness and balance, often striving to minimize conflict and seek compromise. They achieve this with their charming, sincere, and lovable personalities.

Those born between October 23–31 are Scorpions of Scorpio. Scorpions are passionate and assertive yet are known to keep cool and calm. This composure makes them good, steadfast leaders and loyal and honest friends

## Accreditation Update

As you are aware, accreditation is taking place from Monday, November 4<sup>th</sup> through to Friday, November 8<sup>th</sup>, 2019.

Accreditation assesses an organization against standards of excellence to identify what is being done well and what needs improvement with the goal of enhancing quality and safety, reducing risk and increasing efficiencies. This involves all members of peopleCare team from owners, staff, residents, families, and community partners.

Dion Mouland will be the Team Lead for the Accreditation; he is surveying with Lori Turcotte. Dion works in continuing care system in Halifax, Nova Scotia, while Lori works in long term care in the Niagara Region.

Please help us in welcoming Dion and Lori to the peopleCare Homes.



## In Memory Of

*Lorraine G, Joan P, and Bruce  
E, Benjamin C, Andy G.*

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

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

~Henry Wadsworth Longfellow

**Message from the Executive Director...**

Hello Everyone,

I would like to update everyone on a few things going on within the home...

Oakcrossing has started to prepare the budget for 2020. The budget year runs from January to December of each calendar year. If you have suggested changes for the Home to consider in the 2020 budget, please share your suggested changes with a member of the Management Team, so the suggested change can be brought forward for consideration.

The Ministry of Labour paid the Home a visit on September 3rd, 2019. Representatives of the Home's Joint Health & Safety Committee, Julie, Cassy, Liesje and I, met with the Ministry of Labour reps to respond to questions about a workplace risk assessment. While the Home did complete the workplace risk assessment, the Home has committed to making further changes to improve.

There continue to be many changes going on at the Home. An area of flooring in the White Pine Home area servery needed to be repaired at the end of September. Thank you to the residents for your patience, as some meals were offered a few minutes earlier or later than usual. Thank you to the staff who supported a pleasurable dining experience during the flooring project.

Accreditation is fast approaching in early November (4<sup>th</sup> to the 8<sup>th</sup>). Residents and their families will be asked to participate. A long stay resident, a new admission, a resident with a wound, a resident who has experienced a fall, a resident who has been transferred to hospital (and returned from hospital) and resident with responsive behaviors will be invited to meet with the Accreditors.

Have a Happy Thanksgiving and Happy Halloween,

Respectfully, Lynda Monik

**Message from the Chaplain...**

***"I'm so glad I live in a world where there are Octobers."***

***-L.M. Montgomery  
Anne Of Green Gables***

Happy Fall... and Happy Thanksgiving! Did you know that practicing gratitude, and thankfulness, is one of the best things we can do for our spiritual/emotional health? We should "count our blessings" every day, but October gives us that extra reminder and opportunity to reflect on what we're thankful for. I'm thankful for many things, and my list includes YOU.

We have some updates in our Spiritual Care programming to tell you about. Rosary Group for the second floor has been moved from Tuesdays to Mondays. That is held in the larger TV lounge on Red Oak, called Red Oak Lounge West, and all are welcome.

Devotions has a time and location change... It will still be on Thursday afternoons, but instead of beginning at 3pm, it will move back to its old timeslot, and begin at 3:30pm. In the last couple of months, the location has moved in tandem with where Bingo was happening, and therefor would sometimes be on 2nd floor, and sometimes 3rd. However, beginning this month, Devotions will be held every week in the dining room of Red Oak, located on the 2nd floor. Hope you can join us for an encouraging word, and some singing.

Finally, starting this month, the Chapel will be designated as "Sacred Space" on Sundays. If you would like a quiet place to meditate, reflect, or pray, you are welcome to come down to the main level, and use the Chapel. Let me know how you use the space, and if this is an opportunity you value.

Grateful for you,

Ellen Bueso - Chaplain  
Interfaith Spiritual Care



★ ★ ★  
**You're Invited**

**To a Screamin' Fun**

**HALLOWEEN**

**COSTUME PARTY**

★ ★  
**Thursday  
October 31st  
2:00-3:00PM**

**PALLIATIVE CARE IS HOSTING  
A FUNDRAISER DURING THE  
PARTY!**

**LOTS OF TREATS,  
GOOD MUSIC & MORE!**

**Everyone Welcome!!  
Including Staff and  
Families**





Oakcrossing Long Term Care Presents

# HOLIDAY BAZAAR

SATURDAY NOVEMBER 23RD

1-4PM

EVERYONE WELCOME!

A Variety of Vendors, Silent Auction, Bake Table, Door Prizes and more!!  
Contact Cassy at [cborth@peoplecare.on.ca](mailto:cborth@peoplecare.on.ca) for any inquiries

## Why Getting the Flu Shot Matters

*This year more than ever before*



Every autumn we hear the same message: Get the Flu Shot! And every year too many of us do not. Some think “oh I never get sick.” Others question the effectiveness of the vaccine. But did you know that statistics show one flu shot can save up to 8 lives?!

That’s because when we get our flu shot, not only do we protect ourselves from getting sick (or at least reduce the severity of symptoms if we do get the flu), we also help stop the spread of the virus to others. This includes seniors, children, and anyone with chronic health conditions that puts them at

increased risk for serious complications – or even death – from the flu.

Based on the experience of countries in the southern hemisphere, where flu season occurs earlier than here in Canada, experts are warning our upcoming flu season could be a rough one. In fact, Australia’s flu season started early this year and was the worst on record: 254,000 confirmed cases as of mid-September, with 587 deaths, the majority of which were elderly people. By comparison, in 2018 there were only 52,000 confirmed cases and 73 deaths. Seems getting our flu shot this year is more important than ever.

Throughout October, residents and staff will receive their flu shot at the Home, supporting our goal to improve the immunization rates at every peopleCare Home. Families, volunteers and other visitors have lots of convenient options for getting their shot including local pharmacies and Public Health flu shot clinics (watch our bulletin boards for dates, times and locations).

Flu viruses spread quickly through coughing, sneezing and touching contaminated surfaces like doorknobs or unwashed hands. So, in addition to getting your flu shot, you can also easily help reduce the spread of influenza and other viruses like colds if you:

- Wash your hands often with soap and warm water, or use an alcohol-based hand sanitizer
- Cough and sneeze into your sleeve or a tissue that you use only once before discarding
- Postpone visiting the Home if you are sick, or wear a mask if you feel unwell

This year, join us in staying healthy and stopping the spread of influenza – get your flu shot. Do it for us all!

## Get your Flu Shot!





## **Palliative Care at Oakcrossing**

### **What is Palliative Care?**

Palliative care aims to relieve suffering, while improving the quality of living and dying. Palliative care can and is provided in long-term care homes, including Oakcrossing. The Home's philosophy is to provide palliative care in the resident's room in comfortable surroundings with staff known to the resident and their family/friends.

### **How does the Home Accommodate Family/Friends during Palliative Care**

Families/friends are encouraged to stay as long as they wish to be with their loved one and to call the Home for regular updates. The Home has a palliative care cart that is brought to the resident's room. The cart has tea and coffee pods for a Keurig machine, a soft light lamp, snacks, fresh fruit, gingerale and a CD player to play the residents favorite or preferred music. Meals are provided to family members if the Home can accommodate the request.

### **How are the Staff Involved in the Process of Palliative Care?**

- To support palliative care at the Home, the Home has a Pain and Palliative Care Committee.
- The Home has established a relationship with Kelley Phillips, Palliative Care, Pain and Symptom Management Nurse Educator/Consultant for St. Joseph's Healthcare London. Kelly has travelled to the Home to provide on-site education for the registered staff, including Registered Nurses and Registered Practical Nurses.
- The Pain and Palliative Care Committee in collaboration with the physicians who care for residents at the Home have developed/revised policies and procedures to reflect current best practices to standardize care procedures for residents who are deemed palliative. These policies and procedures are reviewed annually as part of the Pain and Palliative Care Program to ensure that they remain current as new approaches are adopted as best practice.
- To support staff to meet the resident's needs through accurate documentation, the Home's electronic medical record vendor PointClickCare (PCC) has implemented a module on pain. "Pain Level" can be charted in PCC under the Weights/Vitals tab of the Resident's Electronic Chart. Pain Levels can be charted using the Numerical Scale (0-10) or PAINAD Scale. The PAINAD Scale can be used for residents with cognitive impairment that cannot communicate their pain level using the Numeric Scale. The PAINAD uses 5 categories: Breathing, Negative Vocalization, Facial Expression, Body Language, and Consolability. This allows the assessor to rate the level of pain based on these 5 categories which further supports our residents that cannot communicate pain levels effectively..
- The PPS (Palliative Performance Scale) is a useful tool for measuring the progressive decline of a palliative resident. This scale allows for a common language among health care facilities when transferring a resident to the hospital, talking with families about changes in condition or developing a care plan. Oakcrossing utilizes this scale.
- CAPCE (Comprehensive Advanced Palliative Care Education) was started in the Home to provide high quality palliative care education to registered staff. Several registered staff have taken the CAPCE and the fundamental palliative care course since that time. These staff bring their knowledge and passion back to the Home for the benefit of all our residents.

***A fundraiser is being planned to help support the Pain and Palliative Care Committee's efforts. The fundraiser is planned for October 31<sup>st</sup>, 2019. Please come dressed in a Halloween costume to work/Home or dress in black, orange and white.***

Living the peopleCare Values

# INTEGRITY

**Dare to be transparent**

Are all of your decisions made with  
integrity?



Check us out, and like us on  
Facebook!

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

**Newsletters and calendars can be accessed  
online at [www.peoplecare.ca](http://www.peoplecare.ca) under the  
specific peopleCare Community location**

## HEARTbeats

Congratulations to our August Draw  
Winners!

Name of Giver  
Name of Receiver

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



## Spiritual Programming Available

### **Non-Denominational Church Services**

Sundays at 1:30pm - Facilitated by members of  
Community Churches - Chapel (1st floor)

### **Sacred Space**

Sundays from 8am - 6pm with the exception of the  
1:30pm Church Service - Chapel (1st floor)

### **2nd Floor Rosary Group**

Mondays at 11:15am - Led by our Chaplain - Red  
Oak Lounge West (2nd floor)

### **3rd Floor Rosary Group**

Thursdays at 11:15am - Led by our Chaplain -  
Norway Spruce Lounge West (3rd floor)

### **Devotions**

Thursdays at 3:30pm - Led by our Chaplain - Dining  
Room of Red Oak (2nd floor)

**Catholic Communion Service or Mass** - open to all  
2nd Tuesday of the month at 1:30pm - Led by  
Eucharistic Ministers and/or Priests from Holy Family  
Parish - Chapel (1st floor)

**Anglican Communion Service** - open to all  
3rd Wednesday of the month at 2pm - Led by  
Anglican Priest, Rev. Anne Jaikaran - Chapel (1st  
floor)

*As always, you and your families are welcome to  
attend ALL programs that interest you!*

**End of Life Care by a Community Minister is  
available upon request at the Nurses Station**

## **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