

April 2020

Meaford

Meaford Long Term Care* 135 William Street Meaford * 519-538-1010



Celebrating April

April 1st
Supper Club

April 2nd
Tim Hortons

April 8th
Easter Photo Shoot

April 11th
Bowling

April 15th
Supper Club

April 16th
Tim Hortons

April 22nd
Each Day Projects

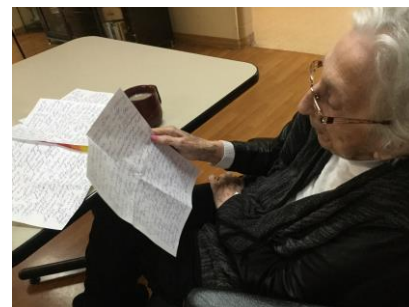
April 23rd
Resident Council

Stay Connected

peopleCare
communities

Staying in touch with your loved one and checking in with staff regularly is a great way to continue to partner with us to provide great care and quality of life for your loved one. Here are some ideas:

- Call the charge nurse at any time to talk about how your loved one is doing.
- Our Home has the technology to support virtual visits (Facetime, Skype). Contact reception and we can set that up for you.
- Scheduled phone calls are a popular pastime right now – including just outside our windows/ doors, where you can chat “face-to-face” while still respecting the need for physical distancing.
- Participate in #HeartfeltMoments by following @peopleCareCommunities on Facebook. You can post pictures, videos and messages that we will share with residents and staff. You’ll also see some familiar faces, as our residents have been eager to let families know they miss you too! If you need help posting, call the Home and speak to a member of our Programs team.



We look forward to seeing you again in person very soon!

Welcome Home

Pat H
Doris D
Marie P
Albert L
Joy M
Buck M

Happy Birthday
To All those born in April!

Erica P-3rd
Mary M-5th
Nan P-11th
George H- 16th
Fred C-24th
Albert L-24th
Joan B- 25th
Astrid S-27th
Virginia D-30th

Flower: Daisy
Birthstone: Diamond
April Birthdays

Self-Care Strategies: Ideas to Cope with COVID-19

Below is an excerpt from Family Councils Ontario. Full article, with helpful links- fco.ngo/resources

We understand many families are going through immense change with the escalation of the COVID-19 pandemic and newly implemented procedures to protect those in long-term care. Physical distancing and visitor restrictions have been implemented across the province to flatten the curve and decrease the amount of community transmission.

Self-care is a practice Family Councils Ontario often emphasizes in programming, resources, and presentations. Strategies for self-care while practicing physical distancing include:

- Set boundaries with your electronics
- Call and Facetime loved ones
- Take a virtual tour of a museum, aquarium or zoo
- Learn something new
- Keep moving
- Declutter
- Give yourself permission to do as much or as little as you want

We hope these strategies will provide you with ideas for maintaining your mental, physical, and emotional wellbeing. Self-care is a job that will never stop being essential, so let's not forget about it!

In Memory Of

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

Ken D, Murray C, Dawson S

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

~Henry Wadsworth Longfellow



Message from the Executive Director

Although visitor restrictions are a necessary measure to protect our residents and staff, we miss seeing our families and friends from the community in and around the Home. Until we can meet again in person, we want to share some information that we hope you will find reassuring.

We are completely focused on resident care. Our teams are following your loved one's care plan and keeping everyone active and engaged.

We are working hard to keep COVID-19 out of the Home. We have put enhanced infection control practices in place and are following all Public Health directives. To reduce the risk of exposure, we are limiting who can come into the Home and actively screening everyone before they enter. Residents have been asked to stay in the Home, except for essential medical appointments, and to go into self-isolation upon return as a precaution.

We are committed to keeping you informed. Since COVID-19 first emerged in Canada towards the end of January, we have communicated regularly about the evolving situation via phone blasts, memos and the newsletter. We will continue to keep you updated in the coming weeks:

- We will inform everyone if a resident or staff in our Home has confirmed COVID-19.
- We will contact you directly if your loved one becomes ill, if they are being tested for COVID-19, or if they are at high risk of COVID-19 exposure (per Public Health direction/criteria).
- You can find the latest info at peoplecare.ca – click on COVID-19 Updates from the top menu bar on any page. (Be sure to read the *Letter to Families* from Brent and Heather Gingerich.)
- If interested in communicating via email, check with our office team that we have an updated, accurate email address on file.

In recent days, my team and I have received an overwhelming response from our families and the community, including notes, cards and thoughtful tokens of appreciation. Thank you from the bottom of our hearts for your encouragement and support.

Please take care of yourself during this stressful time. Your loved one would be the first to say the same. We want you to stay well so you can visit the Home just as soon as we are able to lift restrictions.

Sincerely,

Jake Presseault



Living the peopleCare Values

INTEGRITY

Dare to be transparent

Are all of your decisions made with integrity?

Be honest, trustworthy, transparent and consistent in your work and home life



Find us on:
facebook®

Check us out, and like us on Facebook by typing in "peopleCare Communities"

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

Visit www.peoplecare.ca to download our latest program calendars and newsletters, and to learn what's new at peopleCare Communities

HEARTbeats

Congratulations to our March Draw Winners!

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

Thank you for all you do!



WE'RE
ALL IN
THIS
TOGETHER

peopleCare Is here for You

peopleCare recognizes that we cannot thrive without the hard work and dedication our employees make every day in 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



Earth Day Every Day

Find all of the Earth Day related words from the list below. The words can be up, down, forward, backward, or diagonal.

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

AIR
APRIL
CLEAN
CLIMATE
COMPOST
CONSERVATION
ENERGY

ENVIRONMENT
EXTINCTION
FOREST
GLOBAL
LAND
LITTER
NATURE

OCEAN
OZONE
PEOPLE
PLANET
POLLUTION
RECYCLE
REDUCE

RESOURCES
REUSE
SMOG
TRASH
TREES
WASTE
WATER
WILDLIFE

EASTER WORD SEARCH

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

Easter	Jellybeans	Spring	Bonnet
Basket	Celebration	Candy	Fun
Bunny	Decorate	Hunt	Sunday
Hide	Chocolate	Lily	Parade
Eggs	Flowers	Chick	Lamb

