

Grand Viewpoints

Grandview Lodge's Resident & Family Newsletter August 2018

A Message From The Administrator

Changes to Accommodation Rates

As of July 1st accommodation rates have changed in long term care. The private bed is now \$86.82/day and the standard bed is \$60.78/day.

I am sorry there was a delay to inform you of these changes, changes are directed by the Ministry of Health and Long Term Care and not by Grandview Lodge or Haldimand County. This was my error and they should have been put into the July newsletter. If you have any questions about the rate changes please contact me.

Email Updates

Just a reminder to all families that we would like you and all your family members to give us your email addresses if you would like to receive electronic updates from Grandview Lodge. Presently this newsletter is mailed to one family member, the Power of Attorney, but there may be others within your family that would be interested in receiving the same newsletter (as well as other information) electronically. Please touch base with Karli Pottruff or Lori Beale in the front office at Ext 2223 or 2221 respectively.

Mark Your Calendars

Sunday, September 9th is our Family Day Picnic, rain or shine. Please mark it on your calendar and bring your family; possibly make it a family reunion on this Grandparents Day! Please be sure to bring your own table and chairs and your own food and drinks and we will supply the hotdogs, hamburgers, and cold drinks.

The National Order of the Legion of Honour



The Government of France is awarding a Special Medal to Veterans of the Second World War. Canadian veterans of the 1944 campaign to liberate France may be eligible to receive the National Order of the Legion of Honour. Since 2014, the Government of France has been awarding their highest medal, the Legion of Honour to veterans that participated in the liberation of France from June 6, 1944 to August 30, 1944. This is a very significant official award and it is equal to the Order of Canada. It cannot be purchased or ordered and is not given posthumously. This coming year will mark the 75th Anniversary of D-day and the liberation of France, and it is hoped that many more veterans will receive this great honour.

If you are a veteran that fought in this campaign or directly supported it, and it includes members of the Army, Navy, Air Force and Merchant Navy, you may be eligible, so please apply. There is no fee or cost involved. If you would like to find out more about this award or would like to apply, please contact Mr. Guy Black. I am a recipient of the Minister of Veterans Affairs Commendation and I am an unofficial volunteer who has been helping veterans with their medal applications for the past 4 years.

Email: korea19501953@yahoo.com and use the subject, "Canadian Veteran"
or send me a letter addressed to Legion of Honour C/O 515:
95 Moody Street, Port Moody, BC V3H 0H2.

Upcoming Presentation

For 2 weeks in July I was fortunate to travel to the Yukon and Alaska with 2 other couples. This was my first trip to the Yukon and Alaska and I would love to share my pictures and experience with you on Wednesday, September 19th. Your recreational staff will have it marked on the unit calendars. Not only was the scenery beautiful and hiking below the largest Mountain in North America, Mt. Denali but I had the opportunity to sight see in a helicopter, paraglide in the mountains, visit the largest gold mine in Dawson City that was established in 1898, came within 10 feet of a moose and her cubs, met up with Marmots in the mountains and had to be trained on how to wear and use “bear mace” to protect ourselves when hiking in the wilderness. The stories are endless, the Alaska people toting guns in their holsters and a woman we met who settled in Alaska in the 70’s to work in the oldest profession of our time. Hope you can join me as I take you back to the hey days of the Klondike and to the wilderness of the North.

Joanne Jackson, Administrator

Maintenance Knows Best!

Grandview Lodge offers many shaded outdoor areas with beautiful flower gardens for residents and families to enjoy.

11 Scientific Benefits of Being Outdoors

Being outdoors is fun, but even more importantly, it’s good for the brain, body, and soul. Here are some scientific reasons why you should get up close and personal with Mother Nature.



1. BEING OUTDOORS BOOSTS YOUR ENERGY.

Craving another cup of coffee? Maybe you should skip the caffeine and sit outside instead. One study suggests that spending 20 minutes in the open air gives your brain an energy boost comparable to one cup of joe.

2. IT FEELS EASIER TO EXERCISE OUTDOORS.

Does it seem noticeably easier to exercise outside? This might be thanks to your verdant surroundings. In one small study, researchers had cyclists pedal in front of green, grey, and red video footage. The bikers who exercised in front of the green reported feeling less physical exertion and more positive moods—meaning that grass, trees, and plants might add a psychological energy boost to your workout.

3. THE OUTDOORS IS GOOD FOR YOUR VISION.

Research shows that elementary school students who spend more time outdoors are less likely to develop nearsightedness.

4. NATURAL SUNLIGHT HELPS MITIGATE PAIN.

In one study, surgery patients who were exposed to high-intensity sunlight reported less stress and marginally less pain, and therefore took less pain medication.

5. THE OUTDOORS BOOSTS YOUR IMMUNE SYSTEM.

Scientists think that breathing in phytoncides—airborne chemicals produced by plants—increases our levels of white blood cells, helping us fight off infections and diseases.

6. THE OUTDOORS PROVIDES YOU WITH FREE AROMATHERAPY.

According to science, you really *should* stop and smell the flowers. Research shows that natural scents like roses, freshly cut grass, and pine make you feel calmer and more relaxed.

7. THE OUTDOORS ENHANCES CREATIVITY.

If you’re struggling with writer’s block, you might want to ditch your laptop for the great outdoors. Psychologists found that backpackers scored 50 percent higher on creativity tests after spending a few days in the wild.

8. THE OUTDOORS HELPS WITH SEASONAL AFFECTIVE DISORDER.

In the winter, shorter days and lower light levels can trigger Seasonal Affective Disorder, or SAD—a reoccurring condition that's marked by symptoms of anxiety, exhaustion, and sadness. Doctors say spending time outside can lessen SAD's severity—even if the weather's cold or overcast.

9. BEING OUTDOORS GIVES YOU YOUR DAILY DOSE OF VITAMIN D.

Vitamin D is essential for a well-functioning body. It helps us absorb calcium, it prevents osteoporosis, and it reduces inflammation, among other things. Although vitamin D is present in some foods, like salmon and fortified milk, we get more than 90 percent of our vitamin D from casual exposure to sunlight.

10. THE OUTDOORS RESTORES YOUR FOCUS.

Can't concentrate at work? Leave your office for a few minutes and go stroll in a nearby park. Studies show that walking in nature helps restore our focus.

11. THE OUTDOORS MAKES US BETTER PEOPLE.

According to psychologists, exposure to nature helps us shrug off societal pressures, allowing us to remember and value more important things like relationships, sharing, and community.

Steve Schwoob, Facility Supervisor

From Your Friendly Nursing Department

Tips for Staying Healthy in Your 70s, 80s, 90s...

Aging can be defined as: "progressive changes related to the passing of time."

While physiological changes that occur with age may prevent life in your 70s, 80s and beyond from being what it was in your younger years, there's a lot you can do to improve your health and longevity and reduce your risk for physical and mental disability as you get older.

So how do you give yourself the best possible chance for a long, healthy life? Although you aren't able to control every factor that affects health as you age, many are in your hands. Some keys to living a long, healthy life include:

- Make healthful lifestyle choices—don't smoke, eat right, practice good hygiene, and reduce stress in your life
- Have a positive outlook
- Stay as active as possible—mentally and physically
- Take safety precautions
- See your health care provider regularly and follow his or her recommendations for screening and preventative measures

One of the most important things you can do to stay healthy in your golden years is to **maintain your sense of purpose** by staying connected to people and things that matter to you.

Spend time with other people—a family member, friend or neighbor in the home—every day. Volunteer in Grandview, we have many jobs that could use some help. Attend the scheduled activities or take up a new hobby.

Stress and Aging

Stress can have an enormous impact on your health and your quality of life at any age—and even more so as you get older.

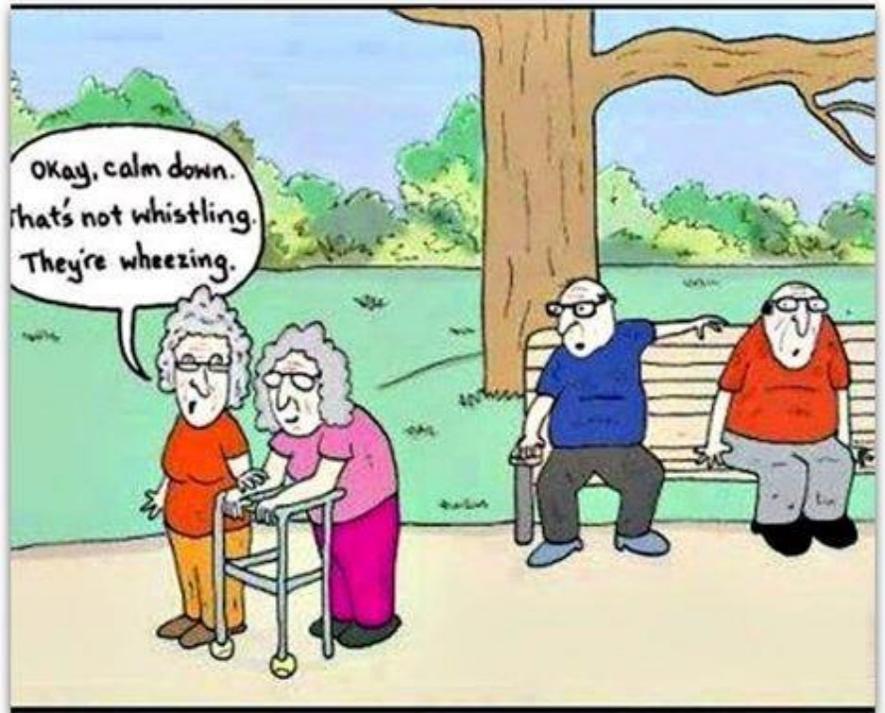
You're also more likely to experience emotional trauma associated with loss, the deaths of people close to you (friends, family members, spouse), your own health, and/or your independence. For many seniors, dealing with the loneliness caused by multiple losses can lead to a diminished investment in life, especially when combined with other issues.

Tips to help deal with difficult changes:

- Focus on being thankful. Appreciate and enjoy your life and don't take people or things for granted.
- Be kind and accepting to each other
- Acknowledge your feelings and express them. Talk to a friend, family member or member of the Grandview Lodge Staff

- Start a journal.
- Embrace your spirituality.
- Accept that some things are out of your control.
- Try to keep your sense of humor.

Seniors are at increased risk for depression. If you're feeling overwhelmed, or unable to cope or deal with stress, it's important to inform your caregivers and health care providers.



Tips To Be Your Best Self!

Use Your Assistive Devices / Walkers, Lifts Many older people experience problems with balance and dizziness (vertigo).. which could lead to falls and fall-related injuries (including hip fractures), serious concerns that can have a significant impact on your life and your independence.

Adequate Nutrition As you get older, it's more important than ever to eat right to stay healthy and maintain energy levels. Our dietary department works with your specific needs in mind to ensure your nutritional needs are met.

Get Some Sleep Many older adults do not get enough sleep. Insomnia (difficulty falling or staying asleep) and excessive daytime sleepiness are common problems. If you're having problems sleeping, talk to your nursing staff. These good sleep hygiene tips might be helpful:

- Make sure your bedroom is dark and quiet and that it's not too warm.
- Adjust your bedtimes. Go to bed when you feel tired and get up at the same time each day.
- Turn off the TV at least one hour before going to bed.
- Wind down before bed by taking a bath or listening to soft music

Participate, Get Moving Exercise is an important part of a good health at every age; Staying active can boost vitality, help maintain strength and flexibility, improve mental function, reduce your risk for health problems, and even help relieve chronic pain. Our Physio team and recreation staff are here to assist, motivate and encourage you, offering endurance activities, strengthening exercises, stretching and balancing exercises.

There are many departments and services at Grandview Lodge who are committed to assisting you in meeting all your needs and promoting the best possible lifestyle suitable to your way of life. We are always open to suggestions and are willing to work with you so that you may have a purposeful and meaningful stay at The Lodge.



Jennifer Jacob, Director of Nursing

What's Cookin' in Dietary?!

The courtyard BBQ's have been very successful so far! We encourage all residents to join in on the fun as we enjoy lunch outside on the patio. Special thank you to all the staff who work together to make it so enjoyable for our residents. **Looking ahead to September, we want to remind all our Residents & Families about our Annual Family Day Picnic on September 9th.**

Although the Summer menus were just started in June, we are already working on the Winter menus, which will be started in October/November. In last month's newsletter, our Dietitian Melanie reviewed some of the long term care menu requirement regulations from the Ministry of Health. This month we'll discuss the regulations for snack menus. A beverage must be provided for each resident mid-morning and snacks must be offered to all residents at mid-afternoon and at bedtime, unless otherwise indicated in their plan of care. Snack menus also have a 3 week rotation, and are also modified to meet all diet types and textures provided in the home. The snack menu must be reviewed and approved by the Registered Dietitian and by the Resident's Council.

Fruit in Season For August - Blueberries

These might not be the most popular berries but they're definitely one of the healthiest. Those dark blue skins are full of antioxidants, which help keep your body healthy inside and out.

Blueberry season extends into September, so if you go berry picking while they're in season, feel free to freeze them — wild blueberries hold on to their nutritional benefits if frozen fresh, which means you can enjoy them year round.

*Pauline Grant, Food Services Supervisor
Maria Vanderhorst, Food Services Supervisor*

Programs and Supports

ABBY has arrived! The new Ambient Technology, known as "ABBY" was installed in the BV unit on July 18th. ABBY is readily available for Residents and families to initiate activity that can be either personalized or general in nature. This interactive technology can stimulate sight, sound, tactile/feel and reminiscent/physical activity. Your area recreationist is available to provide you and your resident with more information as to how this new technology can be utilized in the most meaningful way.

Our cat Montey has recently been experiencing some health issues and although we have him on the road to recovery, it's a good time to remind everyone that we need to control his food intake specifically what types of food and treats he consumes. Although we know everyone means well by providing him some treats now and then, it does accumulate to the point where it may cause him some health issues. Montey continues to appreciate your love and attention. Thanks for your understanding.

Look forward to this!

SAVE THE DATE

- August 8th - Horticulture Therapy, 10:30 Boardroom
- August 9th - CV/MV – "Sandy & Gary" are performing, 2:00 p.m.
- August 15th - BV/HV – "Kendra" is performing, 2:00 p.m.
- September 4th - Rescheduled date for "Giddy Up Farms", 1 – 3, Centennial Gardens
- September 9th - Family Day Picnic – 12 – 2:00 p.m., Centennial Gardens (invitations are being mailed week of July 23rd)

Please refer to the area calendars for a complete list of resident activities and outings.

Kim Tamburri, Programs Supervisor

Recreational Highlights

What's Happening in Creekview?..... 2 things!

First, The Creekview Social Tea!

The ladies in Creekview enjoy socializing with each other. What better way to make the every day special, than to use some of our bone china! Preparing for the tea creates anticipation and the residents are involved in the whole process, start to finish. Selection of the patterns, washing cups prior to use, (and of course afterwards) and setting the table are important rituals that enhance memories, a sense of purpose, and deepen bonds between friends.



And Second.... A New ABBY!

Our new ambient activity aid did not go unnoticed! Edwin happily tried the new machine and is quite pleased with the new model!



Patti Mino, Recreationist, Creekview

Welcome to Grandview!

Please welcome our new residents:

- Floyd Smelser
- Myrtle Case
- Gwen Makkai
- Albert Wilmore

WELCOME

Resident Feature

Beverley Allen, Hill View

Beverley was born August 14th 1925. She grew up on Hutchinson Road along with her 5 sisters. She was the youngest aside from their brother. Beverley was very close with her siblings and they loved to laugh together. Her father's side of the family, the Clark's; are well known in Dunnville. Beverley and her family have many friends in town including some who live and work at Grandview Lodge.



Beverley married her late husband, Fred in 1947. They were married for 56 years and had 5 children together: Bob, Jim, Dennis, Sherry and Tom. She also has many grandchildren.

She was an Optimist member along with Fred and helped with lots of the cooking. Beverley loves all food (except black licorice!) and her children remember delicious home cooked meals growing up. They would also help their parents can pickles and other foods. However, Beverley would treat herself by going to the Chinese buffet with her sisters and friends. Bob and Sherry remember good times at their family cottage in Algonquian Highlands where they would enjoy their dad's Freddie French fries. Beverley liked to sun bathe on the beach but now and then would partake in a ski doo adventure!

Beverley went to hair dressing school in Hamilton and found her passion for it. Her children say that she was so good, that people would walk through snow storms to make their appointment with her, and that their friends in high school asked her to cut their hair like The Beatles. Beverley is a very creative person and in her younger days enjoyed painting and crocheting doilies and afghans. She also enjoyed bowling and playing dice games, euchre and hoss defer, especially with her sister Nita. Now she likes to pleasantly observe.

Beverley has always had a big family and she taught her children the importance of spending time together and embracing life. She always took the time to meet up with her sisters and girlfriends and celebrate her children's birthdays. She loves Christmas and always gets so excited and grateful for any gifts.



Beverley has been at Grandview Lodge for 11 years. She's a very cheerful woman and will often shoot you a smile. Beverley, we thank you for your motivation and positive outlook on life. We know that you continue to bring laughter and joy to your family and friends and to those at Grandview Lodge. It's also Beverley's birthday August 14th!

Happy Birthday!

Please celebrate our August birthdays:

- Barbara Christie
- Raymond Hogue
- Barbara Stirtzinger
- Gloria Young
- Anne Weaver
- Beverley Allen
- Joyce Haslam
- Floyd Smelser
- Donna Culp
- John Miles
- Gloria Fleming
- William Hewlett
- Hans Niendorf



Happy Belated Birthday to Doretta Wolfe who's birthday was July 12th!

Resident's Bill of Rights

#6 Citizens' Rights: "Every resident has the right to exercise the rights of a citizen."

You keep all your rights as a citizen. These include:

- Your democratic rights, including the right to vote
- Your equality rights, including the right to be protected against discrimination
- The right to practice your religion
- The right to express yourself
- The right to meet with anyone you wish, or to join any organization or group
- The right not to have your possessions looked through or taken without your permission, except as allowed by law

As a citizen you also have responsibilities, for example, you are expected to respect other people's rights and freedoms and obey Canada's laws.

Farewell

With heavy hearts we say goodbye to:

- Marion MacKeigan
- Madeline Oxford
- Massey Kubota



Staff Contact List

Joanne Jackson, Administrator	Ext. 2224
Jennifer Jacob, Director of Nursing	Ext. 2234
Steve Schwoob, Facility Operations Supervisor	Ext. 2241
Pauline Grant, Dietary Supervisor	Ext. 2228
Maria Vanderhorst, Part Time Dietary Supervisor	Ext. 2237
Melanie Kippen, Dietician	Ext. 2240
Kim Tamburri, Programs Supervisor	Ext. 2233

Nurse's Stations:

Hill View	Ext. 2923
Bridge View	Ext. 2922
Creek View	Ext. 2924
Marsh View	Ext. 2925

Recreationists:

Bev Little, HV	Ext. 2300
Judy O'Neill, BV	Ext. 2301
Megan Herkimer, CV	Ext. 2303
Patti Mino, MV	Ext. 2302

Other Services:

Hairdresser	Ext. 2239
Physiotherapist	Ext. 2232
Doug Maloney, Massage Therapist	289-684-9746
Vicki Lance, Dental Hygienist	905-741-4735
Dr. Conor McDonough, Dentist	Ext. 2221 (book with Lori)
Dr. Hu, Physician	Ext. 2221 (book with Lori)
Dr. Kazemi, Physician	Ext. 2221 (book with Lori)

Physician appointments held at Grandview Lodge and can include Jennifer Jacob, Director of Nursing

To book the private dining room and/or overnight suite:

Lori Beale, Residents Clerk	Ext. 2221
Pamela Bonnett, Accounts Clerk	Ext. 2222
Karli Pottruff, Administrative Assistant	Ext. 2223

Grandview Lodge, An Accredited Home

657 Lock St. W Dunnville, ON N1A 1V9 T: 905-774-7547 F: 905-774-1440 W: www.haldimandcounty.on.ca