



**July 2022**

# **Grand Viewpoints**

## *Administrator's Message*

Hello Everyone,

I hope you are finding ways to safely enjoy the warm summer months and utilize the outdoor spaces at Grandview Lodge. The gardens are blooming and look beautiful – thanks to our maintenance team Sherry, Jim, Steven and Shaunasy for their efforts to keep the grounds looking great despite the extremely hot and dry days we have all experienced in the recent weeks!

For many living and working outside the walls of long-term care, pandemic measures seem to be a waning memory as society slowly transitions back to pre-pandemic ways of life. For the GVL community we are still following ministry mandated measures and keeping infection prevention and control practices in place to keep our residents and staff safe. We are hopeful that an end to the pandemic is in sight and that further easing of mandates will follow for the long-term care sector.

Often with the easing of restrictions, the MLTC affords homes the opportunity to develop their own home specific policy related to infection prevention and control measures. This results in LTC homes having different approaches to care and services with a common goal of doing what is determined to be in the best interest of those living and working in the home. Your voice matters to us as we begin to plan our individual approach toward more relaxed pandemic measures such as universal masking in LTC homes. We anticipate an eventual easing of this measure but we want to know what your thoughts are on the matter.

A quick survey has been developed for residents, families, visitors and staff. It is available on the Grandview Lodge website, can be completed by clicking here [Masking in Long-Term Care Survey](#) or a hard copy can be provided to you upon request at the screening desk. Please take a moment to complete the survey before August 1, 2022.

## **Message from the Ministry of Long Term Care**

### **COVID-19 vaccine: fourth dose**

Although the rate has significantly slowed, outbreaks of COVID-19 in long-term care homes continue to occur. Vaccines continue to provide the best defense for you and your loved ones.

Based on the recommendation of the Chief Medical Officer of Health, Ontario is encouraging residents to receive their fourth dose as soon as they are eligible.

### **Why a fourth dose is important**

Vaccine effectiveness wanes over time. Your fourth dose restores protection against severe illness and outcomes, such as hospitalization and ICU admission. It is critical for residents to receive their fourth dose as soon as they are eligible for maximum protection.

### **When to get your fourth dose**

Long-term care home residents are eligible to receive their fourth dose three months after receiving their third dose — or three months after having had COVID-19 (or a positive test result). This is because a vaccine booster protects against waning immunity and decreases the likelihood of symptomatic infection and severe outcomes.

If you are eligible but have not yet received your fourth dose, you should get this vaccination before the end of June 2022 to maximize your protection over the summer.

**\*Currently 84% of GVL residents have received a fourth dose of a COVID-19 vaccine.**

***Jennifer Jacob,  
Administrator***

## ***Welcome***

We are pleased to welcome our new Associate Director of Nursing (ADON), Mary Roberts. Mary joined us at the beginning of June, and some of you may have already had a chance to meet her during her first few weeks here at our wonderful Home.

Mary comes to us with a valuable amount of experience in a wide range of clinical and supervisory areas. Most recently, Mary completed a contract with Public Health as a case manager during the COVID outbreak response. Prior to that, Mary was a Care Coordinator at the LHIN in the Norfolk area.

Mary started her nursing career as a front-line nurse in Emergency and the ICU and, also gained valuable long-term care experience as a RN Supervisor at a Home in the Peterborough area.

Mary grew up in the Norfolk/Brant area and currently lives in Port Dover.

We are very glad to have Mary join our amazing Nursing/Admin team, and we are convinced that her experience will be an asset to our Home.



## ***Programs and Support***



I want to thank everyone who attended our Resident Memorial Day Planting ceremony on June 2<sup>nd</sup>. Thank you to all the families who donated flowers to this event and to all the staff who assisted with the planting. I want to send a very special thank you to Shelby Wolfe who created a beautiful slideshow to commemorate those that we have lost over this last year.



A BIG thank you goes out to the Dunnville Fire Department who re-routed their Decoration Day Parade (June 5<sup>th</sup>) so they would come by Grandview Lodge. The residents really enjoyed it!





## Exciting News!

Grandview Lodge is well known for its vision of a social model of care. By utilizing the principals of our DementiAbility and Butterfly philosophies we feel that live animals; such as, chickens will be a great addition in supporting our residents' social and emotional needs. We know that many of our residents were past farmers and most probably raised chickens. We want to bring those memories back to life and we want to continue with making GVL more and more like home. Residents and families may want to come on out and watch the chickens, assist with cleaning, feeding the chickens and/or picking up the fresh eggs daily. The chickens will be with us in the spring/summer and into the early fall. Our hatching program was a great success this year and we want to continue with that and raise one or two of those chickens.

We want to make you all aware that we will ensure that we are following any and all public health guidelines. The chickens will live in a small chicken coop that is meant to house up to two – four chickens at a time. The sole premise behind the program is to support the emotional and social needs of our residents. No commercial activities related to the sale of the eggs will happen. Daily cleaning of the chicken coop will prohibit flies and odors. Residents will not be able to eat the eggs and/or cook them as they are not graded eggs (public health requirement). We will however have a spot for anyone wishing to take the eggs home with them; if they wish.



Please help me in welcoming our latest team members! We will be having a naming contest...look out for more details from your recreation team.

If you have any questions or concerns regarding the chickens please do not hesitate to contact me: Amy Moore [amoore@halidmandcounty.on.ca](mailto:amoore@halidmandcounty.on.ca) ext. 2233.

***Amy Appel,  
Supervisor, Programs and Support***

## ***Nursing Department***

### **Heat and Older Adults**

People aged 65 years or older are more prone to heat-related health problems. If you're an older adult or a caretaker, review this page for information on how you or the person you're caring for can stay safe during the heat.

Why are older adults more prone to heat stress?

- Older adults do not adjust as well as young people to sudden changes in temperature.

- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat.

### ***Tips for Preventing Heat-Related Illness***

- **Stay Cool**
- **Wear Appropriate Clothing:** Choose lightweight, light-colored, loose-fitting clothing.
- **Stay Cool Indoors:** Stay in an air-conditioned place as much as possible. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
- **Keep in mind:** Electric fans may provide comfort, but when the temperature is in the high 90s, they will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off. Use your stove and oven less to maintain a cooler temperature in your home.
- **Schedule Outdoor Activities Carefully:** Try to limit your outdoor activity to when it's coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.
- **Pace Yourself:** Cut down on exercise during the heat. If you're not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.
- **Wear Sunscreen:** Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.
- **Tip:** Look for sunscreens that say "broad spectrum" or "UVA/UVB protection" on their labels—these products work best.



**Do Not Leave People or Pets in Cars:** Cars can quickly heat up to dangerous temperatures, even with a window cracked open. While anyone left in a parked car is at risk, children are especially at risk of getting a heat stroke or dying. When traveling with children, remember to do the following:

- Never leave infants, children, elderly adults or pets in a parked car, even if the windows are cracked open.
- When leaving your car, check to be sure everyone is out of the car.
- **Avoid Hot and Heavy Meals:** They add heat to your body!

## Stay Hydrated




**Drink Plenty of Fluids:** Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink.

**Warning:** If your doctor limits the amount you drink or has you on water pills, ask how much you should drink while the weather is hot.

**Stay away from very sugary or alcoholic drinks**—these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.

**Replace Salt and Minerals:** Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat.

HEAT-RELATED ILLNESSES	
WHAT TO LOOK FOR	WHAT TO DO
<b>HEAT STROKE</b>	
<ul style="list-style-type: none"><li>• High body temperature (103°F or higher)</li><li>• Hot, red, dry, or damp skin</li><li>• Fast, strong pulse</li><li>• Headache</li><li>• Dizziness</li><li>• Nausea</li><li>• Confusion</li><li>• Losing consciousness (passing out)</li></ul>	<ul style="list-style-type: none"><li>• Call 911 right away—heat stroke is a medical emergency</li><li>• Move the person to a cooler place</li><li>• Help lower the person's temperature with cool cloths or a cool bath</li><li>• Do not give the person anything to drink</li></ul>
<b>HEAT EXHAUSTION</b>	
<ul style="list-style-type: none"><li>• Heavy sweating</li><li>• Cold, pale, and clammy skin</li><li>• Fast, weak pulse</li><li>• Nausea or vomiting</li><li>• Muscle cramps</li><li>• Tiredness or weakness</li><li>• Dizziness</li><li>• Headache</li><li>• Fainting (passing out)</li></ul>	<ul style="list-style-type: none"><li>• Move to a cool place</li><li>• Loosen your clothes</li><li>• Put cool, wet cloths on your body or take a cool bath</li><li>• Sip water</li></ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"><li>• You are throwing up</li><li>• Your symptoms get worse</li><li>• Your symptoms last longer than 1 hour</li></ul>
<b>HEAT CRAMPS</b>	
<ul style="list-style-type: none"><li>• Heavy sweating during intense exercise</li><li>• Muscle pain or spasms</li></ul>	<ul style="list-style-type: none"><li>• Stop physical activity and move to a cool place</li><li>• Drink water or a sports drink</li><li>• Wait for cramps to go away before you do any more physical activity</li></ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"><li>• Cramps last longer than 1 hour</li><li>• You're on a low-sodium diet</li><li>• You have heart problems</li></ul>
<b>SUNBURN</b>	
<ul style="list-style-type: none"><li>• Painful, red, and warm skin</li><li>• Blisters on the skin</li></ul>	<ul style="list-style-type: none"><li>• Stay out of the sun until your sunburn heals</li><li>• Put cool cloths on sunburned areas or take a cool bath</li><li>• Put moisturizing lotion on sunburned areas</li><li>• Do not break blisters</li></ul>
<b>HEAT RASH</b>	
<ul style="list-style-type: none"><li>• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)</li></ul>	<ul style="list-style-type: none"><li>• Stay in a cool, dry place</li><li>• Keep the rash dry</li><li>• Use powder (like baby powder) to soothe the rash</li></ul>



If you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions, talk with your doctor before drinking a sports beverage or taking salt tablets.

**Keep Your Pets Hydrated:** Provide plenty of fresh water for your pets, and leave the water in a shady area.

**Jelte Schaafsma**  
Director of Nursing



## ***Dietary Services***

BBQ season is here! Starting in July until the end of August, we will be hosting monthly BBQs for each home area. Residents and staff are welcome to enjoy a grilled lunch with entertainment under the pavilion in Centennial Gardens. BBQs will take place on Tuesdays on a rotational basis for the home areas, please check your events calendar to find out the date of your designated BBQ.

### **Our Food Supply Chain**

It's no secret that in 2022 we are experiencing constraints on the global supply chain, which has affected the cost and availability of products. As a result, this has created an impact on menu planning for LTC homes. Several factors contributing to this issue include:

#### Weather & Climate Change

- Droughts and floods destroy our crops
- The cost of ingredients has risen due to increase in demand and shortage of supply
- Products have been streamlined due to decreased availability of ingredients

#### Labour Concerns

- Less people to bring food from farm to table
- Labour shortages have made it difficult to produce and distribute products and ingredients
- Physical distancing and shut downs related to COVID-19 have caused delays
- Variety has decreased in order to maintain efficiency in production

#### Travel

- The cost of moving products (both on water and land) has increased
- The cost to ship containers overseas has increased by 500%
- Driver shortages continue to occur adding delays in deliveries
- Increased fuel costs have affected the price of food and non-food items

Good news is, the Ontario government is providing a 15% increase in food budget from \$9.54/resident per day to \$11.00/resident per day to help support the rising cost of food and improve quality of meals and snacks. By following best practices (e.g. observing resident food preferences, minimizing food waste and leftovers, monitoring acceptance of nutrition interventions, etc.), we can help ensure our residents are being offered quality menu options that promote adequate nutrition and quality of life in face of these global challenges.

***Taryn Lynn  
Supervisor, Dietary Services &  
Brooklyn Seal,  
Registered Dietitian***



Welcome

Leonard Johnson  
Angelo Loro  
Wanda Chivers

HAPPY  
BIRTHDAY

Norm Adams  
Margaret Black  
Patricia Black  
Lawrence Cheese  
Nick Dykstra  
Gary Godden  
Ken Kittel  
Joan McEachern

Walter Noonan  
Neal Page  
Lori Spadafora  
Maurene Tweedle  
Lori Vanderbeek  
Thelma Ward  
Doretta Wolfe

### *Support Services*

With the most recent facility funding approvals we have engaged our Engineering design team to begin the initial HVAC assessment to work toward a more consistent solution to our overall temperatures throughout the home. As we continue to receive funding approvals from Infrastructure Canada please stay tuned for updates on additional facility improvements!!

*Kellen Mowat,  
Supervisor, Facility Operations*



Canada Day is essentially our Independence Day. Canada Day was originally called **Dominion Day** and officially became a statutory holiday in 1897. It was re-named in 1982 to Canada Day. The word Canada comes from the Huron-Iroquois word "kanata".

Canada Day celebrates the day Nova Scotia & New Brunswick, Ontario (then Upper Canada) & Quebec (then lower Canada) came together on July 1, 1867 to form our Constitution Act. The rest of the provinces soon followed suit. However, Nunavut only joined in 1999 after it split from NWT.



## GRANDVIEW LODGE

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Fax: 905 774-1440

Web: [www.haldimandcounty.ca](http://www.haldimandcounty.ca)

### Mission Statement:

"With comfort, compassion and care,  
Grandview Lodge Community supports  
a meaningful life for residents."

Contact us:

#### Administrator

Jennifer Jacob Ext 2224

#### Supervisors, Dietary Services

Taryn Lynn Ext 2228

Kristen VanKuren Ext 2237

#### Dietitian

Brooklyn Seal Ext 2240

#### Director of Nursing

Jelte Schaafsma Ext 2234

#### Associate Director of Nursing

Mary Roberts Ext 2226

#### Supervisor, Facility Operations

Kellen Mowat Ext 2241

#### Supervisor, Programs & Services

Amy Moore Ext 2233

#### ADMINISTRATION:

**Resident Services Clerk** Ext 2221

**Accounts Clerk** Ext 2222

**Administrative Assistant** Ext 2223

#### NURSES STATIONS:

Bridgeview Ext 2238

Creekview Ext 2262

Hillview Ext 2247

Marshview Ext 2261

#### RECREATIONISTS:

Nicole Leeney, MV Ext 2303

Bev Little, BV Ext 2300

Gayle McDougall, HV Ext 2302

Megan Herkimer, CV Ext 2301

With heavy hearts we  
said goodbye to:



Edna Esselment  
Walter Noonan  
Charles McKay

## Physicians

Dr. Kamouna      Attending Physician/  
Medical Director

Dr. Ezzat      Attending Physician

Upon request, the Director of Nursing may attend  
Physician appointments held at Grandview Lodge.  
Please see the registered staff in your home area.

## The following services are available at Grandview Lodge:

Khurram Khan	Physiotherapist
Bobbi-Jo Biggley	Hairdresser & Barber
Lisa Mederios, RPN	Foot Care
Rosanne Turenne, RDH	Dental Hygienist

For more information regarding the above services  
or to book transportation for an off-site medical  
appointment (we have a van, fees apply), please call  
905 774-7547, ext. 2221.

