

Grand Viewpoints

DECEMBER

2022

Message from the Administrator

Rogers migration to IGNITE.

My sincere apologies to any residents and family members who were frustrated while attempting to register for the IGNITE bundle agreement. I understand the difficulties you encountered, having experienced them first hand while posing as a resident trying to navigate the transition process. My sincere thanks to everyone who advised us of the challenges they faced so that I could communicate those concerns directly to our account manager. At this time Rogers has postponed the migration and is looking for a solution that will ensure the next attempt at the migration is successful.

Increase in Fees for Service

Please be advised that in the new year there will be increases for additional services offered at Grandview Lodge above and beyond what is covered by your accommodation fees. These services include and are not limited to; hairdressing and grooming, foot care, transportation costs, meal tickets and the nightly rental of the Overnight Suite. The details of the increases are being finalized and will be posted in the January newsletter. Please be aware that these are optional services and residents are not required to utilize them and may make their own arrangements should they wish to do so.

Holiday Memories

The holidays are filled with flavours, scents, sights and sounds that trigger our memories of holidays past. For many our memories will conjure up feelings of joy and contentment but for some the holiday season can be a reminder of difficult times or heighten our sense of loss. We love a good celebration here at Grandview Lodge and we have many activities planned throughout the month of December.

The hustle and bustle, the decorations and lights and the increase in people around us increases the level of activity throughout the home and it is important to acknowledge that we all respond differently to this type of stimulation.

As we age, our responses to situations may change and the person who was a quiet observer may now be the life of the party and our lampshade wearing uncle may now prefer to sit alone with the lights off.

It is ok to celebrate the holidays in a way that is meaningful to you. Let us know what we can do to assist you in making the very best of your time during this season.

Wishing all your family and friends the best of the Holiday Season!

***Jennifer Jacob,
Administrator***



Facility Operations

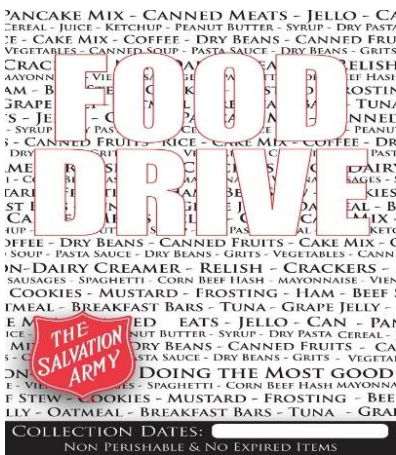
On Monday November 21, 2022 Dunnville experienced a power outage that affected Grandview Lodge. During this power outage, the back up generator failed to start due to low voltage on the generator battery.

Although we complete monthly preventative maintenance tests including a test run of the generator, this can happen.

This loss of essential service was not expected to last more than three (3) hours and as such a report to the Ministry of Long-Term Care was not initiated. The main power was restored to the home within forty-five (45) minutes. Maintenance staff responded quickly to restore power to the generator within a one (1) hour time frame. The battery was replaced and the generator was confirmed to be fully functional.

Grandview Lodge staff responded to ensure the care and safety needs of the residents were met and our recreation team continued to run programs to keep residents occupied, if they chose to engage.

Our generator service contractor was on site for a scheduled annual inspection Wednesday November 23, 2022. There were no concerns identified during the inspection.



In partnership with the local Salvation Army our Food Drive Collection at Grandview Lodge begins on December 1st with the last day being December 20th. We are looking for non-perishable food items and items that have not expired. Our collection box will be located at the main entrance as in years previous for staff, family, friends and all visitors' donations.

This year's focus is on Food donations, given all of the uncertainty we have faced throughout the pandemic, coupled with the economic changes we face today, families are challenged daily to provide for their children and themselves.

Please take the time to read the message below from the Salvation Army with some perspective for all of us at this time of year.

People are struggling. The combination of on-going economic uncertainty, inflation and impact from the pandemic is being felt acutely on the front line of social services. The Salvation Army has seen a 30 percent increase in families with children who need our help and are concerned this need will continue to increase over the winter months.

"We're seeing more and more families asking for our assistance for the first time."

"It's a tough time for many and those hardest hit include families with children. We're seeing more and more families asking for our assistance for the first time. With the threat of a recession, we anticipate this number will continue to grow," says Lt-Colonel John Murray, territorial secretary for communications for The Salvation Army. "Now more than ever before, we are here for people who need us."

Thank you in advance for any contributions you are able to make this year and let's make a difference for families in our Community!!!

Kellen Mowat,
Supervisor, Facility Operations



Mark Your Calendars!

- ❖ The **Christmas Gala** for both **Marshview & Creekview** will be on Thursday, December 8th at 7:00 p.m., featuring the music of Brad Boland.
- ❖ The **Christmas Gala** for both **Bridgeview & Hillview** will be on Thursday, December 15th at 7:00 p.m., featuring the music of Ken Lightheart & Northshore Ramblers.

All family and friends are invited to join us as we celebrate the holiday season together.



to our newest Residents

Ralph Houser

Marian Pickle

Howard Bassindale

Marjorie Wighton

Myrtle Dares

James Smith

Constance Bronson



Patricia Alfieri

Meagan Booth

Dorothy Har

James Lofstrom

Phyllis Marr

Jean McCann

Marie O'Hagan

Ruby Ricker

Grace Thatcher

Programs & Support

We are very excited to be able to have our Christmas Galas back again! We will be having Creekview and Marshview Galas on December 8th at 7:00 p.m. and Hillview and Bridgeview Galas will be on December 15th at 7:00 p.m. Both Galas will be in the Auditorium where we will be having light refreshments. Families are welcome to attend but please call the recreation team member on your loved one's home area to confirm your attendance. Please see the attached poster in this newsletter for contact information. That evening you will also have an opportunity to visit our Annual Winter Wonderland in Centennial Gardens. Please dress for the weather and/or bring in some warmer clothes for your loved one.

One of our volunteers Beth Rowland has been working very hard behind the scenes with our Annual Christmas stocking program. If you would like to donate items for this amazing program, please contact Beth Rowland at 1-905-701-2453 or myself at ext. 2233.

We look forward to seeing you at our Galas!

Amy Moore,
Supervisor, Programs & Support

Nursing Department

Staff, Students, Visitor, Friends and Family:

Please remember the importance of adhering to our IPAC Best Practices. Prior to entering Grandview Lodge, please ensure that you are not experiencing any influenza-like, COVID-19 or gastro-intestinal illness symptoms.

RSV?

December is the month to gather with friends and family however ensure to be on the precautionary side as the spread of RSV is on the rise.

What is RSV?

Respiratory syncytial virus (RSV) causes infections of the upper and lower respiratory tract. It's so common that most children have been infected with the virus by age 2; the younger when infected, the higher the risk, however, older adults, people with heart and lung disease, or anyone with a weak immune system may also be severely affected.

Signs and Symptoms?

Signs and symptoms of RSV infection most commonly appear about four to six days after exposure to the virus. In healthy adults and older children, RSV usually causes mild cold-like signs and symptoms. In severe cases, RSV infection can spread to the lower respiratory tract, causing pneumonia or bronchiolitis (inflammation of the small airway passages entering the lungs.)

Transmission?

RSV is spread through both respiratory particles and direct or indirect contact. You can get virus droplets from a cough or sneeze from an infected person in your eyes, nose, or mouth. Direct contact can occur when you, for example, kiss the face of a child infected with RSV. Indirect contact occurs by touching surfaces contaminated by the virus and you touch your face before washing your hands.

RSV vs. COVID-19?

Because RSV and COVID-19 are both respiratory viruses, the symptoms may be similar and can only be distinguished with a microbiological test.

Treatment and Prevention?

The medication palivizumab can help protect certain infants and children 2 years old and younger who are at high risk of serious complications from RSV. This medication only helps prevent RSV infection and does not help treat it once symptoms develop. Staying home when sick and avoiding exposure, good hand washing, having a clean environment and masking in a healthcare setting can reduce the spread of RSV.

BIVALENT BOOSTER CLINIC

Please be on the lookout for our upcoming COVID-19 Booster Clinic. This clinic will be offering the Bivalent Booster. It is recommended that COVID-19 booster doses be administered at an interval of 6 months (168 days) after a previous COVID-19 vaccine.

***Jelte Schaafsma,
Director of Nursing***



Dietary Department

With the exciting holiday festivities among us, so is the cold and flu season.

The festivities can have many benefits to our well-being. As per Canada’s Food Guide (CFG), celebrations allow us to:

- Eat with others
- Enjoy our food
- Share and learn food skills
- Share cultural and food traditions



Healthy Diet & Viruses

- A healthy diet is important for a strong immune system, however, to date there is no single food or supplement that can prevent or treat viruses such as COVID-19
- A good course of action would be following Canada’s Food Guide recommendations. Specifically, a diet rich in fruit and vegetables; protein and whole grain foods can help you consume the many essential nutrients recommended

Let’s take a look at some nourishing ideas to help support our immune system and overall well-being to get us through the holiday season!

Nutrient		Can be found in...
Vitamin C	Can help protect the body from infections. You need about 2000 mg per day to help fight or reduce the symptoms.	Fruits and vegetables
Zinc	A mineral essential I for the development and functioning of the immune system. The recommended dose is not yet known. It is not safe to take more than 40 mg of zinc per day.	Seafood, beef, beans, lentils, seeds, peanut butter
Selenium	An antioxidant that works with Vitamin E to keep you healthy. There are currently no recommendations for use of supplements.	Seafood, whole grains, meats, nuts
Vitamin D	Can help protect the body from infections. Recommended intake is 600IU daily if between 19-70 years of age, >70 years of age 800 IU daily. You can visit your doctor to find out your levels.	Cow’s milk, fatty fish, egg yolks, fortified items (orange juice, soy/rice beverages)
Probiotics	Are good bacteria that can support good gut health and keep your immune system healthy. At this time, more research is required for the recommendation for the amount and type of supplement required that may be helpful.	Fermented milk/foods, some yogurts
Remember: It is always recommended to talk to your doctor before taking any supplements to know what the right fit is for you. If you do take supplements make sure they have a Natural Product Number (NPN) from Health Canada.		



Enjoy your Holiday Meal at Grandview

If you are planning to join us for the
Christmas and New Year’s meals at 12:00pm
remember to book with Sarah MacNeil @ ext. 2221
by **December 16th**.

**On behalf of the Dietary Department, we would like to wish you a
happy & healthy Holiday Season.**



**Taryn Lynn & Kristen VanKuren,
Supervisors Dietary Services**

GRANDVIEW LODGE

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Dunnville ON N1A 1V9

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Fax: 905 774-1440
Web: www.haldimandcounty.ca

Mission Statement:

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

Contact us:

MANAGEMENT:

Administrator

Jennifer Jacob Ext 2224

Supervisors, Dietary Services

Taryn Lynn Ext 2228
Kristen VanKuren Ext 2237

Dietitian

Kaitlyn Myles Ext 2240

Director of Nursing

Jelte Schaafsma Ext 2234

Assistant Director of Nursing

TBD Ext 2229

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, HV Ext 2303

Bev Little, CV Ext 2300

Gayle McDougall, BV Ext 2302

Megan Herkimer, MV Ext 2301

With heavy hearts we said goodbye to,

Mary Middler

Wava Hoover

Babette Sepp

John Patterson



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 Sarah MacNeil, 905 774-
7547, ext. 2221.



**Happy
Holidays**



2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2 9:30 MV Denny 1:45 Movie Christmas Vacation	3
4 1:30 Grace United	5 Karen Traver MV @ 2:00	6 10:00 Hymn Sing MV/CV	7 6 pm HV/BV Light Tour outing	8 7:00 MV/CV Family Gala Brad Boland Auditorium	9 9:30 BV Denny 1:45 Movie Santa Claus	10
11	12 Karen Traver CV @ 2:00	13 10:00 Hymn Sing HV/BV 6 pm CV/MV Light tour	14	15 7:00 BV/HV Family Gala Ken Lightheart & Northshore Ramblers Auditorium	16 9:30 HV Denny 1:45 Movie Miracle on 34th	17
18 1:30 South Cayuga United	19 Karen Traver BV @ 2:00	20 10:00 Hymn Sing MV/CV 6 pm Grinch Movie & Hot Chocolate	21 Lunch outing HV/ MV	22 10:00 Resident Council	23 9:30 MV Denny 1:45 Movie White Christmas Christmas Sweater Day	24
25 	26 Boxing Day 	27 10:00 Hymn Sing HV/BV	28	29	30 9:30 BV Denny 1:45 Movie New Year's Eve Wear Pjs	31 