



## Grand Viewpoints 2023

### Administration Message

#### Notice of Management Changes at Grandview Lodge

We would like to advise all families, and loved ones of residents, that Grandview Lodge is currently undergoing a change in management. Please be advised that Amy Moore is the Acting Administrator of the home and can be reached at [amoore@haldimandcounty.on.ca](mailto:amoore@haldimandcounty.on.ca) or 905-774-7547. The new Director of Nursing for the home is Kim Eros and can be reached at the same number, or by email at [keros@haldimandcounty.on.ca](mailto:keros@haldimandcounty.on.ca). Kim and Amy have a wealth of knowledge and experience in various aspects of long term care. Please reach out to Kim for any direct care matters pertaining to your loved one. Grandview is currently recruiting for an Acting Supervisor, Programs and Support Services and an Associate Director of Nursing to join its management team. Although this is a change for Grandview Lodge management, please be reassured that the quality care and services being provided to your loved one will not be affected. We would like to thank Jelte Schaafsma and Jennifer Jacob for their past commitment to Grandview Lodge.



#### February is a great month to “share the love” and appreciation!

We started a new 2023 staff recognition and appreciation program at Grandview Lodge. This is an opportunity to celebrate staff in the moment by acknowledging them as they exemplify GVL’s core values while performing their work routines.

Residents and visitors are encouraged to participate by handing out Recognition and Appreciation stickers to any staff who have made a difference in your day. Stickers are available upon request from any supervisor in the home, registered staff, and from Sarah at the front desk.

Let them know how amazing they are!

## **Research Opportunity for Caregivers:**

Research is what propels humanity forward. It's fueled by curiosity: we get curious, ask questions, and immerse ourselves in discovering everything there is to know. Learning is thriving. Without curiosity and research, progress would slow to a halt, and our lives as we know them would be completely different.

From time to time our Grandview Lodge community is presented with an opportunity to participate in research studies. Some of the work for such studies is done behind the scenes while others call for active participation of staff, residents and/or caregivers.

Recently, we were approached by McMaster University to participate in a research study focusing on **Dementia, Caregiver Burden, and Swallowing Impairment**. This study has been funded by the Alzheimer's Society of Canada and Canadian Institutes of Health Research and has been cleared by the Hamilton Integrated Research Ethics Board.

This study is focused on better understanding caregiving experiences associated with caring for a person living with dementia, with the goal of developing and carrying out a dementia caregiver support group.

The research team from McMaster is looking for caregivers of people living with dementia across the country to complete the 10-minute online survey and they will compensate participants with a \$20 e-gift card. Caregivers do not need to be living with their loved one with dementia in order to participate. Presence of swallowing difficulties is not necessary to participate in their study.

A diagnosis of dementia includes the following: Alzheimer's disease, Creutzfeldt-Jakob disease, Frontotemporal dementia, including Primary Progressive Aphasia, Huntington's disease, Korsakoff syndrome, Lewy body dementia, Mixed dementia, Normal pressure hydrocephalus, Parkinson's disease dementia, and Vascular dementia.

Please refer to the last page of this newsletter for further details.

## **Summary of Accommodation Charges, for 2022 Income Tax claims**

A summary of Accommodation Charges for 2022, was sent out with the February billing. Please note this document is printed in the same format as the invoice and comfort trust statement you currently receive. The accommodation amount can be claimed as a Medical Expense when filing your income tax, as Grandview Lodge is a Municipal Home.

If you did not receive the Summary of Accommodation Charges with the February billing, or have misplaced it, please contact Pamela Bonnett, Accounts Clerk, at (905) 774-7547 ext. 2222 or email [pbonnett@haldimandcounty.on.ca](mailto:pbonnett@haldimandcounty.on.ca).

## *Dietary Services*



As we move into February and celebrate the love of this month it's important to remember to spread the kindness always - not just in the month of February. You just never know how much someone needs it.

It's amazing to think how quickly time passes and that we are already busy looking at the Spring and Summer menus for 2023. Taryn will review and incorporate residents' preferences and feedback from the food committee meetings to finalize the Spring and Summer menus. The menus will then be given to Registered Dietician, Kaitlyn Myles, who will review to make certain they are meeting the nutritional needs of our residents, follow Canada's Food Guide and also meet ministry standards for nutrition.

This past month, on January 22<sup>nd</sup>, we had a Chinese New Year Menu which was delicious and loved by our residents.

We look forward to celebrating our Dietary Services department during Food Service Awareness week February 6<sup>th</sup> to 10<sup>th</sup>, make sure you let the dietary staff know how much they are valued!!

On February 14<sup>th</sup> love will be in the air as our cooks have a special menu planned, made with - you guessed it - **LOVE**! Keep an eye out to see what our special menu has in store for everyone. One week later on February 21<sup>st</sup> we will be celebrating Pancake Tuesday... bring on the maple syrup!!



Our Tuck Shop continues to be the meeting place for many residents and family members thanks to our dedicated volunteers!! Come in browse the shelves, have a beverage and some treats or just come in and chat with a friendly face.

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

## *Programs & Support*

FEBRUARY is Therapeutic Recreation Awareness Month!

Are you familiar with Therapeutic Recreation?

It's a process that uses functional intervention, leisure education and recreation participation to enable all persons with limitations in any domain to gain the skills, attitudes and behaviours that will allow them to enjoy their leisure optimally, function independently with the least amount of assistance, and participate as fully as possible in society. Recreation therapy is provided by trained professionals in clinical and/or community settings. It enables all individuals to achieve quality of life and optimal health through meaningful participation in recreation and leisure.

Our recreation team at GVL strives to continuously offer meaningful and innovative programs that meet the needs of our residents. If you feel that we are not meeting those needs please reach out to me or any recreation team member.

Look out for a new design to our recreation calendars coming out in March. We will be looking for feedback on how you like them. We want the FONT to be a larger and have the whole month on one page. We can always print larger ones for people that may require it.

I want to personally thank our recreation team for providing such wonderful programming for all our residents. We truly have one of the best jobs out there and we are committed to ensuring that life here at GVL will be a memorable one for all. Help us celebrate TR week from February 13<sup>th</sup> – 17<sup>th</sup>, 2023.

Take a look at the attached February calendar for a list of activities that you can try daily. You never know you might find a new interest!

### **Haldimand County Wellness Dogs are here and we are loving it!**

We are very excited to be one of the visiting locations for Haldimand County Wellness Dogs. Take a look at a couple of our pictures from January. The Haldimand County Wellness Dogs will be back February 4<sup>th</sup> & 5<sup>th</sup>! We can't wait to see them again!



Here are the dates for Breakfast Club in February:

February 2<sup>nd</sup> – Marshview

February 9<sup>th</sup> – Creekview

February 16<sup>th</sup> – Bridgeview

February 28<sup>th</sup> – Hillview

Wear Red, White or Pink on Valentine's Day (February 14<sup>th</sup>) and enjoy our socials in the afternoon starting at 2:00p.m.

Don't forget to help us celebrate TR week – February 13<sup>th</sup> – 17<sup>th</sup>. There will be a giant colouring poster in the main hallway for everyone to COLOUR!

Next Resident's Council Meeting – February 23<sup>rd</sup> 10:30 a.m. in the Gathering Room

Family Council meeting – TBD

WE ARE BEGINNING TO  
DISCOVER THAT THE  
MEANING OF LEISURE IS  
REALLY THE MEANING OF  
LIFE, LEISURE IS FREEDOM  
AND FREEDOM IS LIVING.

Douglas H. Sessoms

**Amy Moore**  
**Supervisor, Programs & Support**

## **Facility Operations**

As we look forward to a New Year and what 2023 will bring to Grandview Lodge, we begin by announcing the project for our Heating, Ventilation and Air Conditioning replacement project has been awarded to Superior Boiler Works. Founded in 1962, Superior Boiler Works has become one of the area's largest General contractors specializing in the HVAC field for our area. Below is the Vision and Mission Statement for Superior Boiler.

### **Our Vision**

*Superior Boiler Works & Welding will be recognized and respected in the international steel industry as top manufacturer and mechanical contractors by consistently providing top rated engineering products and high-quality service to our customers.*

### **Our Mission**

*Our mission is to become and operate as the most dominant global player as fabricators and contractors of the steel industry by providing engineering innovations and designs as well as manufacturing, installation and services to a wide variety of mechanical and electrical applications. We will accomplish this by supporting the Health & Safety and Training and Development of our passionately committed team who will share their knowledge and expertise to always exceed our customers' expectations.*

### **Our Core Values**

#### **Stimulation**

*We believe strongly in the power of motivation. Our staff consists of driven, experienced individuals who are focused on maximizing contributions to produce the highest level of value and quality for all our partners.*

#### **Unity**

*We consistently promote and support diversification amongst our various roles and trade specialties and strive to collaborate as one unit to meet and exceed our common goals.*



**Passion**

*We exude pride, enthusiasm, and dedication in everything that we do. Our passion is exemplified in our commitment to delivering exceptional products and services.*

**Excellence**

*We are constantly working towards exceeding industry standards and as such are committed to consistently improving processes and procedures to attain total quality management.*

**Respect**

*We treat our employees, customers, and suppliers with mutual respect and sensitivity, recognizing the importance of diversity. We respect all individuals and value their contributions.*

**Innovation**

*We are committed to delivering value and quality to our esteemed customers and partners. We are consistently and proactively anticipating changes prior to their occurrence and enjoy seizing the many opportunities that may arise.*

**Occupational H&S**

*Our commitment to health and safety is unwavering. Providing and maintaining a healthy and safe working environment for all employees, contractors, customers, and visitors is one of our top priorities.*

**Responsibility**

*We accept accountability through ownership and initiative and support each business decision with expertise and sound judgement.*

Preliminary Construction of our project has begun and we will continue to plan and communicate the phases of construction and how the project will impact resident day-to-day routines as plans are confirmed. The project will begin with replacing all Resident Home Area rooftop HVAC equipment and all of the respective controls.

This is an exciting project for Grandview Lodge and if there are any questions regarding our project details, please feel free to reach out to me.



**Kellen Mowat**  
**Supervisor, Facility Operations**



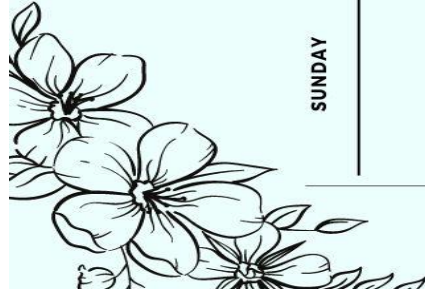
WELCOME

*Linda Vickers*

Happy  
Birthday

*Doris Burley  
Emma Coverdale  
Valerie Eckersley  
Mausara Faraj  
Angelo Loro  
Jean Menzel  
Beverly Moore  
Amy Nadeau  
Barbara VanFleet  
Eric Weston*





# FEBRUARY 2023

THERAPEUTIC RECREATION:  
LET YOUR PASSIONS FLOW!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 Keep your brain sharp by doing a word search or crossword puzzle	6 Enjoy listening to your favourite songs and podcasts.	7 Try a new exercise routine! Check out a local fitness class or search YouTube for something you can do at home.	8 Treat yourself to a warm drink from a coffee shop on your way in to work today.	9 Order in or make homemade pizzas for National Pizza Day!	10 Practice Gratitude. Write down at least 3 things that you are grateful for today.	11 Bundle up and go for a mindful walk with a cup of hot chocolate, coffee, or tea.
12 Make a yummy snack and watch something on TV that you enjoy.	13 Love yourself first. Do your favourite type of self-care today.	14 <b>Valentines Day</b> Celebrate by calling someone that you love...a friend, parent, child, partner.	15 Spend at least 15 minutes reading something that you enjoy.	16 Nominate a fellow TRO member for a TRO Award!	17 Do a random act of kindness for World Kindness Day.	18 Make a mocktail or cocktail from scratch. Cheers!
19 Colour a mandala to express your creativity and help reduce stress.	20 <b>Family Day</b> Happy Family Day! Do a fun activity with your loved ones.	21 Make time for yourself. Spend 1 hour alone doing something that you enjoy.	22 Declutter your space by donating at least 1 item you don't want or need anymore.	23 Social media break. Don't log in to check your socials today.	24 Wear your favourite outfit today!	25 Compliment an unexpected stranger.
26 Try cooking a new and healthy recipe today!	27 List 5 things you love about yourself.	28 Make a point to see the sunrise or sunset today.	1	2	3	4





# Happy Valentine's Day!

Candle Light  
Cards  
Chocolate  
Cupid  
Date  
Dinner  
First Kiss  
Memories  
Movie  
Pink  
Poem  
Proposal  
Red  
Romance  
Roses  
St. Valentine  
Sweetarts  
Teddy Bear  
True Love



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

Chicken Scratch NY

What flower gives  
the most kisses on  
Valentine's Day?



What did the farmer  
give his wife for  
Valentine's Day?

Hogs and kisses.



**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:****Acting Administrator**

Amy Moore Ext 2224

**Supervisors, Dietary Services**

Taryn Lynn Ext 2228

Kristen VanKuren Ext 2237

**Dietitian**

Kaitlyn Myles Ext 2240

**Director of Nursing**

Kim Eros Ext 2234

**Associate Director of Nursing**

TBD

**Supervisor, Facility Operations**

Kellen Mowat Ext 2241

**Supervisor, Programs & Services**

TBD

**ADMINISTRATION:**

**Resident Services Clerk** Ext 2221

**Accounts Clerk** Ext 2222

**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

**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:**

Khurrum 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.





# Do you provide care for a loved one with dementia?

**We want to learn how to better  
support you.**

If you are at least 18 years of age and caring  
for a loved one with dementia, please  
consider completing our survey to better  
understand your caregiving experiences.

**Your participation would involve a 15-  
minute online survey and you will be  
compensated \$20.**

You can access the survey here:

<https://redcap.link/dementiacaregivers>



Or contact us: [macasrl@mcmaster.ca](mailto:macasrl@mcmaster.ca) or  
(289) 426-0843.