



Victoria Minor Connection

May 2, 2024

Welcome to the May edition of our Connections Newsletter! As we step into the blooming month of May, we are excited to celebrate a few special occasions: Mother's Day, Nursing Week and PSW Day. This month, we honour and cherish the love and care of mothers everywhere, and we extend our heartfelt gratitude to our dedicated nursing and care teams for their unwavering commitment and compassion. Join us as we embrace the spirit of love and appreciation during this beautiful month.

Message from our Executive Director

As we continue to focus on improving the resident's quality of life, we have been focused on planning the launch of the following initiatives and programs:

- Upgrading the coffee program with new coffee machines
- Increasing the number of resident selected food theme meals
- Implement the Socialize program
- Implement the Stimulate program

We have also been working on completing the following projects:

- Painting all resident washrooms in MacMillan House.
- Purchasing new tables and chairs for several dining rooms (new chairs will arrive in May, new tables in June)
- Purchasing outdoor furniture for Bob Mark's Garden to be installed by the end of May
- Purchasing wardrobes for Victoria House rooms

Many of these initiatives were planned as a direct result of the feedback received from both the resident and family satisfaction surveys. Thank you for your support as we continue to enhance the resident and family experience.

Warmest Regards,

Pamela Kulas, Executive Director

You're Invited

We look forward to connecting with you at our next virtual town hall where we will share updates and answer your questions.

We will be meeting on Tuesday May 28 at 6:30 pm

To join the meeting, please [Click Here](#) and use the following:

Webinar ID: 810 7576 2103

Passcode: 411865

What's happening around the Community

Welcome!

In the month of April, we welcomed some new residents to our community. If you see them throughout the home, please introduce yourself to

- Shirley A
- Pauline T.
- Wally B
- Gary B
- Jonathan J.
- Marie T.
- Robert J.
- Sharon S
- Vera C
- Dorothy D

May Birthdays!

Don't forget to wish our Taurus and Gemini's all the best on their special day. We will celebrate them at the May birthday celebration May 13^h at 2pm in the auditorium with entertainment by Keith Kirkpatrick.

Events and Activities

We have so many exciting programs and activities being offered this month, here are just a few highlights.

- May 1/22 – Music Therapy
- May 3 – Baked Potato Luncheon, Eford House
- May 5 – Cinco De Mayo Celebration
- May 6 – Men's Brunch Outing
- May 8 – Gospel Hour with Rev. Ed Call
- May 8 – McHappy Day Luncheon
- May 8 – St. Paul's Anglican Church Service
- May 9 – Bingo
- May 10 – Mother's Day Celebration
- May 13 – Birthday Party with Keith Kirkpatrick
- May 14/28 – Bible Reading with Jehovah's Witness
- May 14/28 – 2 Brews Pub
- May 15 – Food Committee Meeting

- May 15 – Wellness Fair
- May 16 – St. Mary's Catholic Church Service
- May 16 – Resident's Council
- May 17 – Baked Potato Luncheon, Victoria House
- May 21 – Community Crew Meeting
- May 22 – Baked Potato Luncheon, Vaga House
- May 24 – Walk for Alzheimer's Society
- May 28 – Diner's Club – MacMillan House
- May 29 – Garry's Garden Greenhouse Outing – Eford Vaga House
- May 31 – Baked Potato Luncheon, MacMillan House

Resident & Family Surveys

Each month, we reach out to a small group of residents and family members to ask you to share your experience with our community and the care, services, and programs we provide. The survey is just two questions, and your feedback is confidential.

How do I participate?

If you live here, we will provide everything you need to participate. Family members and friends, please keep an eye out for an emailed invitation from ShareYourThoughts@feedback.senneliving.ca. Everyone will be invited to participate twice a year; the month you receive your invitation will be randomly chosen through our automated system.

We use your feedback to support quality improvements and sincerely value your opinions and suggestions. Speak to any of our team if you have questions, and THANK YOU for sharing your thoughts.

Cultivating Happiness!

This month, we want to recognize Brooke Lovering for the extraordinary work they do to cultivate happiness in daily life for our residents. Madison, started at Victoria Manor as a PSW in 2017 and currently works as an RPN helping to run the BSO team.

Brooke goes above and beyond to assist residents during their worst times, bringing a sense of calm to every situation. Her attention to detail and follow-through do not go unnoticed. She works hard day after day to improve the quality of lives for all our residents. Brooke is a wonderful leader and team member and we truly appreciate everything she does.

Looking to connect with another member of the team? Check out the **How can we help you** section of the newsletter to find our contact information.

Welcome Team Members!

In the month of April, we welcomed several new team members. If you see them throughout the home, please introduce yourself to

- Angela D, Dietary Aide
- Rebecca R, Dietary Aide
- Sheryl Willis, Registered Nurse
- Danny G, Personal Support Worker
- Crysten K, Personal Support Worker
- Meghan D, Registered Practical Nurse

Welcome Ken Kitamura!

It is with excitement I announce that Ken Kitamura has accepted the role of Manager of Building Services at Victoria Manor, effective Monday May 6, 2024. Ken brings more than 25 years of extensive experience in the health care, property management, airline, accounting and telecommunications industries. Ken is proud of his many achievements that have dramatically improved system stability, security, cost savings, efficiency & performance.

Ken holds a diploma in computer programming and system analysis and a diploma in technician process measurement and control. Ken describes himself as adaptable with excellent interpersonal and communication skills, welcoming challenges and taking on additional responsibilities in other work-related projects and activities.

In his spare time, Ken enjoys running, going to gym and most importantly, a big part of his life is spending time with his grandson.

Please join me in welcoming Ken to Victoria Manor.

Momorable Moments





Re mi nder: Vrtual V sits

Vrtual V sits conti nue to be offered by the Life Enri chment Team at V ictori a Manor.

Vrtual v sits are avail able from Monday- Fri day and occur usi ng Faceti me, Zoom, or the Facebook Messenger V deo fundi on. There is some flexi bility wth days and we will endeavor to accomodate request s wher ever possi ble. Thank you in advance for your pati ence.

If you are i nterested in setti ng up a vrtual v sit wth your loved one, please send an email to Life Enri chment Supervisor Rachel Edmondson:

redmondson@awarthaakes.ca and she will assist you wth setti ng up a call wth our Life Enri chment Team

Leisure & Wellbeing Updates from our Life Enrichment Team

At Victoria Manor, we understand that recreation and leisure pursuits are a critical aspect of our residents' wellbeing. We also understand that the transition period involved with moving into a long-term care setting can be a challenging time for families.

We strive to help ease the stress of this transition and make it as seamless as possible. We would like to remind all family members that we are available to connect if you have any recreation or activity-based questions or concerns.

Please feel free to contact Life Enrichment Supervisor Rachel Edmondson, if you would like to receive an update.

E: redmondson@kawarthakes.ca or T: (705) 324-3558 Ext: 1417

LEA Extensions:

Bford House LEA: Ext. 1465

Vaga House LEA: Ext. 1466

MacMillan House LEA: Ext. 1467

Victoria House LEA: Ext. 1468

Family Council

The Council plans to meet next on May 7th at 11am

The Family Council will be looking for a new chairperson for the next period. Generally, we take the summer off, the next meeting would be in September. If you are interested in this position, please contact Holly Speede, hspeede@kawarthakes.ca

Our Family Council is always looking for new members to help make our community a great place to live, visit, and work. Please reach out to Holly Speede, hspeede@kawarthakes.ca if you are interested in joining this engaged group.

Want to learn more about Family Councils in long-term care? You can sign up to receive Family Councils Ontario's weekly e-bulletin for updates and news about long-term care by [clicking here](#).

Residents' Council

The next Residents' Council meeting will be May 16th at 2:00 in the auditorium and all residents of our community are welcome.

Scenes from our Volunteer Appreciation Brunch







Teddy Bear Fun at our Teddy Bear Picnic

Thank you to RPN Sandra J. for bringing in this Giant Teddy for our residents to enjoy!









Nutrition Nugget: Celebrating Menu Fest

The month of April marked a bustling time for the culinary teams across Senna as we wrap up Menu Fest, a cherished tradition occurring every March across all of our communities. Menu Fest is more than just a culinary celebration – it's an opportunity to share recipes, indulge in taste tests featuring a variety of foods, and collectively decide which delightful dishes will make their way into our upcoming menu cycle. Whether these newfound recipes become staples or are featured on Residents' Choice or Theme days, Menu Fest sets the stage for culinary innovation and delight.

Our menu planning programs have played a pivotal role in crafting our eagerly anticipated Spring/Summer menu, which will debut on May 13th. Our dedicated culinary leaders will work tirelessly to ensure that every aspect of this new menu resonates with the unique preferences of individuals living in our communities. Drawing from insights gathered at events like Food Fair, Close the Loop, and, of course, Menu Fest, our culinary operations team has curated an array of dishes that capture the essence of the seasons.

We're particularly excited to showcase our LTC Executive Chef, Kiri's fabulous recipes, including a mouth-watering Tilapia with Tomato Lemon Caper sauce. Furthermore, with the arrival of spring and summer, we're delighted to incorporate a diverse selection of seasonal fruits and vegetables, sourced locally whenever possible.

We are excited to confirm the new menus that will be launching in May.

Community Connections Corner

COMMUNITY CONNECTIONS

This month the Community Crew hosted a "Pet Adoption Day" for the residents at Victoria Manor. We sold dog treats and cupcakes and raised \$125 for the Kawartha Lakes Humane Society. Corinna Campbell, the Fundraising Manager of the Humane Society stopped by to say hello. The Community Crew also donated the left over dog treats and three blankets that were collected at the event. A huge thank you to all who donated stuffed animals that made this event such a success for the residents!

In May, the Community Crew will be showing their appreciation for all the wonderful team members of Victoria Manor and they are also planning and hosting Victoria Manor's Walk for Alzheimer's with the Alzheimer's Society. More information to come for how to participate in the Walk For Alzheimer's

Family Resources Corner



Who can make decisions about care?

Have you ever wondered about the differences between Power of Attorney and Substitute Decision Maker? Or what it means to be a Power of Attorney (often abbreviated to

POA) for Care as opposed to POA for Finance? Can people living in long-term care make their own decisions or is that something they give up when

they move in? If you are the Substitute Decision Maker (SDM) of someone living here, does that mean you decide everything for them?

Everyone has a Substitute Decision Maker for care, even if they have not formally designated someone to act in the role. [Provincial regulations](#) define a hierarchy of who can be your SDM - generally your closest living relative. A SDM or appointed POA for personal care can only make decisions about healthcare - they cannot make decisions about someone's property or finances. By the same token, an appointed POA for Property cannot make healthcare decisions on someone's behalf.

It's important to us that the people living here and their loved ones understand that our team will always approach the affected individual first, when it comes to making decisions about their care. Every person has the right to make their own treatment decisions as long as they are considered capable to do so - and "capable" can be a fluid state of being. Being capable means that a person has the ability to both understand the information they are given about the decision to be made (ex. why a treatment is being recommended) and understand what could happen if they say yes or no to the treatment.

Capacity to make decisions is **decision-specific**, meaning that even if a person is not capable of making one decision, they might still be capable of making a different decision. It is also **time-specific**, meaning that someone might be capable of making a particular decision at one time, and not another. Even if an individual is not capable of making all treatment decisions at all times, they have the right to make whichever decisions they are capable of making whenever they are capable of making them.

What all this means is that our team will not automatically approach a SDM or POA for all treatment decisions, but on a case-by-case basis where the affected individual has been found not capable. Designating a loved one as POA for care decisions does not make someone incapable, and does not give them an automatic right to make all decisions on the person's behalf. It's also helpful to understand that substitute decision making is related to healthcare and treatment decisions - not all of the decisions one might make on a day-to-day basis. This means your loved one can choose what they want to wear, eat, watch on television, etc. They can decide whether they want to participate in a program or sleep in. As we value your partnership in the care of your loved one and the deep knowledge and history you bring from your experience with them, we seek to support that

balance of learning on your experience and making sure people living here are honoured according to their [rights](#) as individuals.

In our community, the people living here are respected as experts in their own lived experience. Regardless of physical or cognitive impairment, individuals have the right to autonomy, flexibility, and choice in every area of life, with full collaboration in their life and care decisions. If you have questions or would like to learn more, please contact our Manager of Resident and Family Services, Holly Speede, hspeede@awarthalakes.ca, who will be able to assist you or direct you.

Additional Resources for you

Check out some of these resources to support emotional and physical well-being for you and your loved ones.

Dying With Dignity Webinar Series for Families and Caregivers

Family Councils Ontario and Dying With Dignity welcomed families for a three-part webinar series discussing death in long-term care. The webinar recordings were published in support of families and caregivers navigating these tough discussions in the future.

- [Advanced Care Planning](#). This session empowers families and caregivers by helping them plan for injury, illness, and end-of-life, including the what, why, when, and how of Advance Care Planning.
- [Discussing End-Of-Life Options in LTC](#). In a society where end-of-life care is becoming increasingly complex, this session will provide you with an overview of your choices.
- [Medical Assistance in Dying \(MAID\) in LTC](#). This session will provide a brief history of how MAID came into law, outline eligibility criteria and process; and describe what is next for existing legislation.

How can we help you?

Phone Number: 705-324-3558

Executive Director Pamela Kulas	Ext. 1414	Office Manager Ncdie Esper	Ext. 1415
Director of Care - Interim Kim Ryley	Ext. 1413	Manager of Resident & Family Services Holly Speede	Ext. 1427
Associate Director of Care Danielle Lohnes	Ext. 1420	Associate Director of Care PAC Jordan Fawns	Ext. 1424
Associate Director of Care Soroya Yule	Ext. 1484	Manager Building Services Ken Kitamura	Ext. 1416
Manager of Dietary Services		Life Enrichment Supervisor	

Thank you for reading our Latest Connections Newsletter. If you have suggestions about how we can improve, please feel free to email them to hspeede@awart.halakes.ca