

## Muskoka Landing Care Centre

65 Rogers Cove Drive  
Huntsville, ON  
P1H 2L9

Phone# (705) 788-7713  
Fax# (705) 788-1424

March/April  
2019

*Spring  
is  
Coming*

We're on the web.  
Come and visit us  
at

[www.jarlette.com](http://www.jarlette.com)



Family Council is  
held the last  
Thursday of the  
month @ 1:30 pm.  
Meeting  
dates/locations are  
posted outside the  
RFSC office in the  
lobby along with  
minutes from the  
previous meeting.

# The View From Here



### **From the Administrator's Desk.....**

This newsletter brings us closer to Spring. I am sure you are all tired of the shoveling and snow. Just a reminder that with the change in seasons to take a look in your loved ones closest to ensure they have the proper clothes for the weather.

You have probably noticed the activity that has been taking place at the corner of Rogers Cove Drive and Helen Street. This is the first steps in the Retirement Home build that will begin in the spring. The area that was cleared will be a parking lot and I anticipate that

has the ground thaws we will see more trucks and diggers to start this exciting addition. As we receive updates, I will be sure to communicate them to both Residents and Families. The Ontario Long Term Care Association continues with their **Better Seniors Care Campaign**.

The purpose of this campaign is to raise awareness of the issues facing the long term care and highlight the solutions that we are bringing forward to government. The priorities highlighted in this campaign include:

More care with more Staff.

Better care with Behavioural Supports in every home.

More care with more beds

Better care by modernizing long term care homes.

Muskoka Landing is asking you to visit **BetterSeniorsCare.ca** and submit a letter to our MPP on behalf of your loved one. If you are not able to access via computer there is a list at the main entrance and we will submit on your behalf. The more letters the more we have a chance to affect change. Pass this on to your other family members and friends and have them submit as well. Thank you in advance and please let us know if you have any questions.

**Carrie Acton**  
Administrator



Carrie Acton  
Administrator

### **Need a hand to prepare your tax return?**

Muskoka Landing is once again sponsoring a free tax clinic on  
**Friday March 15th 2019 from 10am-4pm**

See Wendy Thompson in the office to schedule an appointment.

To qualify for this program, your income level should be around \$30000(individual) or \$40000(family) and your tax situation should be rather straightforward (ie, no self employment income).

Please remember to bring all of your tax slips and, if possible, a copy of last year's tax return (2017) when you come to your appointment.



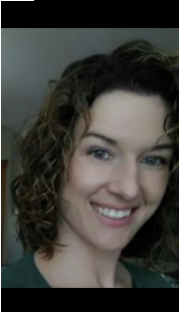
### **5 Ways to fight WINTERTIME cravings**

Cold weather can trigger those cravings for warm rich foods that are often high in calories, but you don't have to let them get the best of you. Here are some winter specific tips to beat the cold weather cravings

1. Eat full meals If you skip meals out of fear of gaining weight or out of the hope you'll lose faster, you are more likely to overeat at meals you do eat and even more likely to fall prey to mindless snacking in between.
2. Don't cut out dietary fat, your inclination may be to cut the fat out as much as possible that helps you lose, wrong, you need fat in the cold months more than ever. Healthy fats, you can find them in olive oil, safflower oil, cold water fish and nuts.
3. Lightened up: Light deprivation leads to depression in some people and depression can fuel food cravings.. So if you feel blue in the winter try getting outside for a walk during the sunniest part of the day.
4. Tame your temptations. Allow yourself to enjoy a few low calorie treats.
5. Prioritize exercise. If you can get outside get a month to month membership at a gym. Working out is an effective means of fighting mild depression and a great way to conquer emotional cravings.



**Tracey Middlebrook**  
Food Services Supervisor



Congratulations to our very own Breena Bladon Registered Dietician for your award in excellence! Breena works with Seasons Care and is recognized for her professionalism, caring nature and her ability to help residents achieve their goals.

### **Resident Storage area Clean Up**

The afternoon of Friday March 8/2019 we will be cleaning out and organizing the Resident Storage rooms on each unit. If your loved ones have items stored in these locations, we ask you come in to see if those items still are required. These areas are becoming over crowded and causing a health and safety risk to the staff. Some of these items are not labelled and we do not know who they belong to.

Please contact any staff member to help you look in these areas to help us identify the items.

On March 8th, we will be getting rid any unlabeled / unclaimed items and donating them to the re-store. Thank you for your cooperation and assistance with this Spring Clean up.



**Pamm Reain**  
Resident & Family Services  
Coordinator



### **How to Beat the Winter Blues at Muskoka Landing!**

Let's be honest. This winter seems like it will never end. It feels like forever since we've seen the sun! While some people are off to the south to enjoy the warm weather, the rest of us here at Muskoka Landing wait patiently for spring to arrive. Even the groundhog didn't give us much hope.

At this time of year people tend to feel sad, tired and simply blah. Interestingly, enough women are two to three times more likely to feel depressed in the winter than men. It is often referred to as the "winter blues". While there is no medical consensus as to what causes the winter blues, most medical professionals conclude it is due to the lack of daylight. The lack of sunlight affects the hypothalamus in our brain which in turn affects our neurotransmitters. But for simplicity sake let's just say the chemicals in our brain are out of whack. There are many strategies available for beating the winter blues but for our residents at Muskoka Landing these are the most realistic.

1. Avoid sugar and refined carbohydrates. Ask staff for more vegetables and proteins and don't forget fruit for dessert
2. Ask your RPN about vitamin supplements. Fish oil is the most common as well as Vitamin D. Other options include St. John's Wort and SAM-e
3. Find Amy, Wendy or Esther and ask them to host a meditation or a yoga class
4. EXERCISE – Join Wendy, Amy and Esther in any one of their exercise programs. Or seek out Jodi, she can also help to get you up and moving!
5. Plan something to look forward to - a visit with family or friends, an outing, or a special meal. Anticipation of an event is often a greater boost than the actual event. Check our event calendar and find something to look forward to!
6. Purchase a SAD light. This is the easiest way to get a therapeutic amount of light. You can be absorbing the light while you read, chat, eat, or do a puzzle. Make sure you ask the doctor to be sure it is safe for you to use.

Have no fear, the days are getting longer and it is still light out after 5 pm. This is a good sign that we are on our way to sunny days and warmer temperatures.

**Hang in there Muskoka Landing, together we can beat the winter blues!**

**-Marilyn Bell-Director of Care**

There's a new program for Muskoka Landing Residents!

### **Better Late Than Never!**

Do you have a dream of doing something grand? We are here to make your wishes Come true! If you want to go for a ride in a classic car? Learn how to ballroom dance? Take a trip? Learn something new? Let us know what your dream is and we will work hard to make it a reality. Information about this program is available from our Life Enrichment Department.

Contact Esther Murphy-Life Enrichment Coordinator

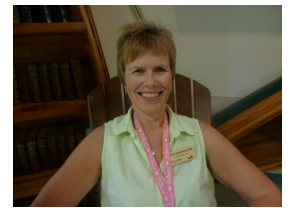


**Esther Murphy**

Life Enrichment/  
Volunteer Coordinator



Hand hygiene is the key to health of our residents, our staff and you, our family and visitors. We encourage hand hygiene using soap and water or hand sanitizer before and after visiting your loved one. Hand sanitizer is available at the front entrance, on entry to units and in each residents room. Let's keep the germs away!!!!



Janice Launchbury  
Unit Coordinator

SILVERT'S WILL BE HERE ON TUESDAY MARCH 5, 2019.

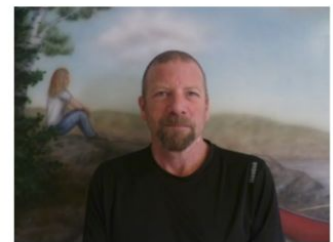


Silvert's is a provider of adaptive clothing and footwear. They will be on site during the day from 10 am to 2 pm . If you have any questions or would like to see a catalogue please see Esther in the Life Enrichment office. Or go online to [silverts.com](http://silverts.com).

**Contact Information:**

Wendy Thomson	Administrative Assistant	0
Carrie Acton	Administrator	201
Tracey Middlebrook	Food Service Supervisor	202
Tracy Howard	Co-Director of Care	205
Pamm Reain	Resident & Family Service Coordinator	206
Jeff & Bonnie	Hair Salon	207
Esther Murphy	Life Enrichment Coordinator/ Volunteer Coordinator	208
Jodi Campbell	Restorative Care Coordinator	210
Rebecca Phillips	Co-Director of Care	221
Calvin Middlebrook	Environmental Services Manager	214
Sandra Wedgewood	Staffing Coordinator	215
Marilyn Bell	Director of Care	220

Do you have questions or concerns regarding housekeeping or laundry?  
Please feel free to contact Calvin at ext. 214!



Calvin Middlebrook  
Environmental Services Supervisor