

The View From Here



Muskoka Landing
Care Centre



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September
& October
2019



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.

From the Administrator's Desk.....

I have a couple of exciting announcements to share!

First, I am happy to announce that Pamm Reain will be assuming the Acting Administrator role here at Muskoka Landing effective August 19. Pamm has been with Muskoka Landing for 15 years and has held the Life Enrichment Coordinator and, currently Resident and Family Services Coordinator. Pamm has been a mentor to others in Jarlette Health Services and has been instrumental in our successful Health and Safety Programs and many other initiatives in our Home. Please join me in welcoming Pamm to her new role.

Secondly, I will be moving on temporarily. I will be taking on a Care Services Coordinator role with Jarlette Health Services starting August 19/19. So I will still be around but in a new capacity. Muskoka Landing is where my heart is and I will be back.

I know this is all happening quickly so if you have any questions please do not hesitate to chat with Pamm or any other members of the Management Team.

Take Care,
Carrie Acton



Carrie Acton
Administrator

Weighing In on Weighted Blankets: Why Our Residents Should Use Them

You may have heard about weighted blankets in social media recently. They are advertised on television, facebook, radio and in almost every magazine. They have become quite popular over the last few years and are usually associated with conditions such as ADHD and Autism. However, research has now shown the benefits of weighted blankets for those who suffer from dementia.

Most practicing nurses try to avoid recommending medications to reduce anxiety and responsive behaviours, as this leads to other risks such as falls, and potential serious side effects. A weighted blanket can provide a non-pharmacological, safer intervention for reducing anxiety and behaviours. It is a win-win situation as weighted blankets not only reduce anxiety but they can calm nerves and promote deep sleep. This is perfect for all of our residents not just those with dementia.

In theory, the weighted blankets provide "deep pressure therapy". When the body feels the gentle pressure it produces serotonin, which improves mood and promotes calm, that being the physical effect of the weighted blanket. The psychological effect is a little different. Residents with dementia (who have no short term memory) draw from their long term memory bank. We all had a favourite blanket, stuffed toy or doll when we were younger that we depended on to provide comfort and a soothing feeling. These long term memories are triggered by that soothing comforting feeling that they get from a weighted blanket, thus reducing anxiety and promoting a deep sleep.

As stated previously, it is a win-win situation. Most residents would benefit from a weighted blanket, because not only are they useful with dementia residents they have also proven to be successful for people that suffer from insomnia, restless legs and fibromyalgia.

Typically a weighted blanket weighs 15- 30 lbs, but it all depends on your weight and physical condition. They are sized to fit the user, not the bed. They are not cheap but are reasonably priced on certain websites.

If you think your loved one would benefit from a weighted blanket, feel free to talk to staff about it. We can help you determine the weight required and direct you to a number of websites that offer the blankets.

Thanks,
Marilyn Bell - Director of Care



Marilyn Bell
Director of Care



Reducing caregiver stress

As a caregiver, you need to take care of yourself. You are the most important person in the life of someone with Alzheimer's disease. There are things you can do to help maintain your health and well-being.

1. **Learn about the disease.** Knowing as much as you can about the disease and care strategies will prepare you for the Alzheimer journey. Understanding how the disease affects the person will help you comprehend and adapt to the changes.
2. **Be realistic...about the disease.** It is important, though difficult, to be realistic about the disease and how it will affect the person over time. If you can be realistic, it will be easier for you to adjust your expectations.
3. **Be realistic...about yourself.** You need to be realistic about how much you can do. What do you value most? A walk with the person you are caring for, time by yourself, or a tidy house? There is no "right" answer; only you know what matters most to you and how much you can do.
4. **Accept your feelings.** When caring for a person with Alzheimer's disease, you will have many mixed feelings. In a single day, you may feel contented, angry, guilty, happy, sad, embarrassed, afraid and helpless. These feelings may be confusing. But they are normal. Recognize that you are doing the best you can.
5. **Share information and feelings with others.** Sharing information about the disease with family and friends will help them understand what is happening and better prepare them to provide the help and support you need. It is also important to share your feelings. Find someone with whom you feel comfortable talking about your feelings. This may be a close friend or family member, someone you met at an Alzheimer support group, a member of your religious community, or a health-care professional.
6. **Be positive.** Your attitude can make a difference to the way you feel. Try to look at the positive side of things. Focusing on what the person can do, as opposed to the abilities lost, can make things easier. Try to make every day count. There can still be times that are special and rewarding.
7. **Look for humour.** While Alzheimer's disease is serious, you may find certain situations have a bright side. Maintaining a sense of humour can be a good coping strategy.
8. **Take care of yourself.** Your health is important. Do not ignore it. Eat proper meals and exercise regularly. Find ways to relax and try to get the rest you need. Make regular appointments with your doctor for checkups. You also need to take regular breaks from caregiving. Do not wait until you are too exhausted to plan this. Take time to maintain interests and hobbies. Keep in touch with friends and family so you will not feel lonely and isolated. These things will give you strength to continue providing care.
9. **Get help.** Support: You will need the support that comes from sharing thoughts and feelings with others. This could be individually, with a professional, or as part of an Alzheimer support group. Choose the form of support with which you are most comfortable.
Practical help: It can be hard to ask for and accept help. But asking for help is not a sign of inadequate caregiving. You cannot care for a person with Alzheimer's disease alone. Ask family and friends for help. Most people will be willing to assist you. There may also be programs in your community that offer assistance with household chores or caregiving tasks. Your local Alzheimer Society can help you access these.
10. **Plan for the future.** Planning for the future can help relieve stress. While the person with Alzheimer's disease is still capable, review his or her financial situation and plan accordingly. Choices relating to future health and personal care decisions should be considered and recorded. Legal and estate planning should also be discussed. As well, think about an alternate caregiving plan in the event that you are unable to provide care in the future.

The Alzheimer Society has information and support programs. Find and give them a call. [This information is also available in a brochure from your local Alzheimer Society or you can download the brochure from this site.]

You can also visit VON ["Caregiver-connect"](#) portal for more information.



Pamm Reain
Resident & Family Services
Coordinator



CARE ACCREDITATION This Fall

We are excited to share that the Long Term Care Sector of Jarlette Health Services is in the process of preparing for CAREF Accreditation that will take place this Fall. At Jarlette, we take part in this Accreditation process every 3 years. All long term care homes are currently planning and preparing for this process but only a few homes will be chosen by CAREF Canada to have the process implemented within their home. At this time, we do not know if Muskoka Landing is one of the chosen Homes. If our beautiful home is chosen, I will be sure to communicate with all members of our Community here at the Landing.

What is CARF?

We are an independent, nonprofit organization focused on advancing the quality of services you use to meet your needs for the best possible outcomes.

CARF provides accreditation services worldwide at the request of health and human service providers. Whether you are seeking rehabilitation for a disability, treatment for addiction and substance abuse, home and community services, retirement living, or other health and human services, you can have confidence in your choice. Providers that meet our standards have demonstrated their commitment to being among the best available.

If you have any questions, please see a member of the Management team.

Wow, it is September already and flu season will be soon be upon us! Let's protect ourselves and our residents.



Janice Launchbury
Unit/RAI Coordinator

We are encouraging all residents, families and staff to get their flu shot when they become available.

During the months of September and October, consent forms will be available on the units for you to sign or you may email me consent. Once the vaccination becomes available, we will begin immunizations.

Thank you for helping to keep our residents healthy!

Alzheimer's Coffee Break!

Come in and enjoy a cup of coffee or tea to help raise money for our local Alzheimer's Society.

Come and purchase from our baked goods table as well.

Wednesday September 25, 2019

9:30 am -12:30pm

Muskoka Landing Library/Front Entrance



Esther Murphy

Life Enrichment/
Volunteer Coordinator

Silverts Sale

Wednesday September 18, 2019

Silvert's is a leading name in specialized and adaptive clothing. They will be here on Wednesday September 18. If there is anything your loved one needs, this is a great time to purchase for them.



If you have any questions please see Esther - Life Enrichment Coordinator

Volunteers!

We NEED you!

Come and make an outstanding difference in the lives of others!



If you are interested in volunteering in any way, please see Esther - Volunteer Coordinator



Family Council~ We Need New Members

We would like to have an active Family Council at Muskoka Landing. We will be offering ongoing information sessions to help get this up and running.

Why should we have a Family Council? What are the benefits?

- Allows families to give each other ongoing mutual support and encouragement. Sharing thoughts and feelings with others who are in the same situation can help family members cope –e.g., when experiencing difficulties in adjusting to having a loved one in Long-Term Care.
- Provides a forum for learning – e.g., regarding residents’ rights, the health issues affecting residents (e.g., Alzheimer’s disease), or other relevant topics
- Provides an opportunity to become knowledgeable about the Home’s operations, policies and rules. This can be especially helpful for families of new residents
- Can help families and the Home form a positive partnership aimed at improving resident care
- Offers family members a chance to express their collective concerns – a “united voice” supporting a “united effort.” In this way, a Family Council can be a catalyst for positive changes in residents’ daily lives, families’ experiences and in the Home in general
- Can benefit residents who are physically or mentally unable to voice their needs and concerns as well as those without family
- Can benefit the Long-Term Care Home by providing a means for staff to deal directly with families as a group and establish meaningful ongoing lines of communication. For example, staff may be able to use the Family Council as a sounding board for new ideas
- Ultimately, improves residents’ quality of life and supports families of residents

Please visit www.fco.ngo - Family Council of Ontario, for more information about Family Councils

Contact Information

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| Wendy Thomson | Administrative Assistant | 0 |
| Pamm Reain | Acting Administrator Administrator | 201 |
| Tracey Middlebrook | Food Service Supervisor | 202 |
| Michelle Krolick | 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 |
| Kate Shoebridge | Staff Educator | 220 |
| Janice Launchbury | Unit Coordinator | 211 |
| Calvin Middlebrook | Environmental Services Manager | 214 |
| Sandra Wedgewood | Staffing Coordinator | 215 |
| Marilyn Bell | Director of Care | 221 |

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



Calvin Middlebrook
Environmental Services
Supervisor