

March 2024

Meadow Park Chatham News

Contact Us | 519-351-1330 | [lswant@jarlette.com](mailto:lswant@jarlette.com)

## In This Issue...

Administrator's Message

Meadow Park News

Nutritional News

Social News

Remembering and  
Recognizing Friends

Resident and Family  
Council News

Upcoming Events

Good News Stories

Director's Message

Jarlette Health  
Services News



*The residents had a fantastic  
Tailgating Party for the Super Bowl!  
They enjoyed games, snacks and  
cold beverages.*

## Administrator's Message

Well March is here and that only means one thing, Spring is around the corner! This Spring will hopefully bring with it some beautiful weather, warmer temperatures and signs of new life as we watch this new season unfold.

We look forward to residents being able to get outside once the warmer weather arrives and we also look forward to doing some Spring Cleaning and decluttering. This is a great time to look around your loved ones room and declutter as you are able and look at clothing and start thinking of the warmer weather and what might be needed.

We are hoping that with the Spring we will be able to eliminate the masking requirement but this is something that we are awaiting direction from the MOH. We anticipate always having to screen/sign in and we appreciate everyone's cooperation with this task. Masking too will always be an option for those who prefer to mask. We have had a really good Winter with regard to outbreaks and illness and this is a result of everyone working together. Thank-you for following IPAC protocols such as Hand Hygiene, avoiding visiting when not feeling well or after being exposed to illness and of course masking during visits.

As always, if you have any questions or concerns, please reach out at any time.

This month we will be visited by our Little Green Leprechauns and of course the Easter Bunny since Easter is so early this year.

I would like to leave you all with An Old Irish Blessing that I stumbles upon;

***May Love and Laughter light your Days,  
and Warm your Heart and Home.  
May Good and Faithful Friends be Yours,  
wherever you may roam.  
May Peace and Plenty Bless your World  
with Joy that long endures.  
May all Life's passing Seasons  
bring the Best to  
You and Yours!***

Happy St. Patrick's Day & Wishing you the Blessings of a Beautiful Easter too!



**Anne-Marie Rumble,  
Administrator/RN**



## Meadow Park Chatham News

### Message from the Director of Care

It's hard to believe that we are already heading into the month of March! There will be lots to celebrate including St. Patrick's Day on Friday, March 17 and National Common Courtesy Day on March 21st. This day brings awareness to how crucial common courtesy is in our lives and provides examples to help us improve. Live life to the fullest and enjoy the month!

In regards to televisions in resident rooms, there are a couple of courtesy rules that we ask that you abide by. Please keep in mind that if you are sharing a room with someone else, headphones must be worn while enjoying your favourite program. As well, we ask that you are mindful when it comes to shutting your tv off for the night. The light may be a for your roommate and could keep them up later than they want. If able, please communicate with one another and find out what is acceptable and what's not. If this is not able to occur, the staff can assist you with a suitable time to turn your television off. If you have any questions, please do not hesitate to reach out to any manager for further clarification.



*Susan Vaneh,  
Director of Care/RN*

## Meadow Park Chatham News

### Message from the Director of Care Continued...

We are also pleased to share with everyone that our home was able to purchase nine Paraglide Repositioning Systems. This device is a wheelchair accessory intended to reposition an occupant from a slouch to a proper upright seated position, operated by a staff member or if possible, the wheelchair occupant themselves. Currently, all nine systems are in place and have been attached to resident chairs after careful consideration, ensuring that they are the most appropriate recipients of this system. Staff report the positives of using this system while one of these systems is operated by a resident themselves. This resident is thoroughly satisfied and likes the fact that while they could not properly re-adjust themselves alone in their chair, they have been educated to use it themselves and readjust whenever they feel it is necessary. A good news story for sure!

As always, if there are ever any questions or concerns, please reach out to any of the managers and we would be happy to assist.

*Susan Vaneh,  
Director of Care/RN*





## Meadow Park Chatham News

### IPAC Update:

Friendly reminder that for infection control purposes that all family and visitors are to use visitor washrooms and not their loved ones washrooms. These washrooms are located in the west hallway, south hallway, and the east wing area by the nurses station. If you are unsure the location of a washroom is please ask any of the staff and they will assist you

With spring just around the corner, it is being recommended that all residents within long term care have a COVID vaccine booster. We have not heard much as of yet but it is recommended 6 months post vaccine or infection. Keep an eye out for a "one call now" coming soon for more information.

We are getting closer to the end of the cold and flu season but we still must remain vigilant and continue to use hand hygiene, respiratory etiquette and stay home when feeling unwell or if someone in your household is feeling unwell. We will continue to facilitate virtual visits in order to keep interaction with your loved one.

A huge shout out to all our residents, families, loved ones and friends for keeping all our residents safe and healthy this winter season.

With the warmer weather approaching please remember if you are bringing in a fan for your loved one it must be one that can be disassembled for proper cleaning. Dave Moore will make sure the fan is within the regulations of LTC homes. Please let the Registered staff know you are bringing in a fan and they can direct the fan to Dave for inspection.

*Lizzi Fryer IPAC Lead,  
BScN, RN*



Happy Easter!

## Nutritional News

Last month the Dietary Team at Meadow Park celebrated “Pride in Food Services Week” with a full week of treats and appreciation for our people behind the scenes creating and serving delicious meals 365 days a year; did you know that our cooks produce over 79, 000 meals per year and our Dietary Aides proudly serve just as many?! They are all very much appreciated, and I always pass on a compliment when it is received.

In March the party continues with Nutrition Month, which began in the late 1970s as “Nutrition Week” in Canada and evolved into a full month to focus on the importance of healthy eating and the role of a Registered Dietitian as an expert source of information for food and nutrition information Stephanie Yao, RD is an excellent source of nutritional advice for all of our residents, and can be found at our front desk Wednesdays and Thursdays if you have any questions about your loved one’s nutritional status.

Of course, March is also the home of my favourite holiday, St. Patrick's Day – which we will be celebrating in traditional style with a dinner of corned beef and cabbage, and some other themed treats along the way. Easter follows quickly behind, which again allows our Dietary team to show off their culinary skills with a traditional dinner of ham and scalloped potatoes. Looking forward to a fun and festive month – Slainte! (Cheers!) to all families, residents and staff.

*~Joanna McCaughley,  
Culinary Manager~*





## Social News



*~Karen Doherty, Life Enrichment~*

*Happy Easter!  
From the Residents  
and Staff at Meadow  
Park Chatham!*

### Magical Month of March!

We are bringing some Magic to Meadow Park this March!

We have decided to bring the magic of the leprechauns this month to Meadow Park.... Be sure to mark your calendars and join us for our Meadow Park Magic shows this month! On March 6th, we have Magician Brad Toulouse making his debut at 2pm and on March 20th, Magician James Alan returns for a performance at 2pm.



March is a busy month for our program department. Be sure to keep your calendars close and join your loved one anytime at our programs! Program calendars are located in the front entrance or upon request. You can also view our calendar from the comfort of your own home by visiting our website: [www.jarlette.com](http://www.jarlette.com).

**Next Resident Council Meeting: Thursday March 7, 2024 at 2pm**  
**Next Resident Food Committee: Thursday March 7, 2024 after Resident Council.**



## Social News

### A Heartfelt Thank-You!

We wish to extend a huge, heartfelt thanks to Dean Muharrem and the kind folks at **Maple Mutual Insurance** for their recent donation to our programs department. We are very excited to be able to provide some extra special entertainment to the residents due to their very generous donation!



Thank you for thinking of our home during the holidays and providing the gift of music to our residents! Our residents appreciate your thoughtfulness!

Stay tuned for photos from these special events!

**Maple**   
MUTUAL INSURANCE

*March 10th*

*Old Time Fiddling with Nick*

*March 26th*

*Leavin' Tracks*

*May 21st*

*Leavin' Tracks*

*All performances at 2pm*

*Thank-You!*

### **MORAL CLAUSE**

Maple Mutual Insurance Company is dedicated to supporting the communities it serves.

As part of this commitment, Maple Mutual supports organizations that enhance the lives of our policyholders and the communities in which they work and live\*.



## Meadow Park Chatham News

### A Message from the Administrative Assistant: 2023 Notice of Assessment

A reminder that all residents who reside in a basic accommodation with a reduced rate: Please ensure you are bringing in a Last Notice of Assessment as soon as you receive it. Lesli will use this information to re-apply for a rate reduction each year for your loved one.

If you have any questions, do not hesitate to reach out to Lesli Jeffrey at your soonest convenience.

*~Lesli Jeffrey, Admin. Assistant~*



### Musical Guests this month...

Jeremy Smith	March 1	2pm
Dan Sweetcorn	March 2	6:15pm
Hayley Doucet	March 3	2pm
Ted Bachmeier	March 8	2pm
Old Time Fiddler	March 10	2pm
Timeless	March 15	2pm
Stuart Wicks	March 17	2pm
Leavin' Tracks	March 26	2pm
Alan Delaet	March 27	2pm
Ron Bolohan	March 28	2pm



## Remembering and Recognizing Friends

### *March Birthday Wishes*

Dianie R.	March 5
Anne C.	March 15
Debbie C.	March 15
Monica B.	March 17
Betty S.	March 23
Carol S.	March 31



### *Single White Rose...*

Losing a resident affects us all. Our residents, their family, and our staff become a part of a larger extended family.

A single white rose is a symbol of this interconnectedness - an acknowledgement of each life we are privileged to have known and cared for...





## Resident & Family Council News

### Residents' Bill of Rights Review:

Each month we will share with you a section of the Residents' Bill of Rights.

The Bill of Rights tells staff at the home that they must respect your rights while you live in the long-term care home. It tells them to remember that you are in your home and it reminds everyone that residents of long-term care homes are valued members of the community. ~**Source: Cleo (Community Legal Education Ontario February 2023~**

### Section 1: Right to Be Treated With Respect

1. **Respect & Dignity:** *"Every resident has the right to be treated with courtesy and respect and in a way that fully recognizes the resident's inherent dignity, worth and individuality, regardless of their race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, gender expression, age, marital status, family status or disability."*



*"Life is a matter of choices, and every choice you make, makes you."*

*~John C. Maxwell~*



## Resident & Family Council News

### Family Council

Please consider joining us for the next Family Council Meeting on Thursday **March 14, at 11:00am**. Family Council is intended for family members and friends of residents living here at Meadow Park. In fact, all Family Members of our residents are considered members of the Family Council and are welcome and encouraged to attend meetings held in the home.

Please reach out to Lydia to learn more! Family Council meetings can be attended in person or via telephone.

### Town Hall

The next Town Hall meeting will take place on **Wednesday March 13, 2024 at 2:00pm**.

Do you have a question or topic you would like us to cover on the next Town Hall meeting or Family Council meeting? Please reach out to Lydia Swant. We would be happy to provide education or feedback to residents, family members or staff.



*~Lydia Swant,  
Resident & Family Services~*



## Good News Stories



## *Super Bowl Tailgating Party!*

Residents had a great time gearing up for the Super Bowl this past month. They enjoyed games and a delicious treat of chili-cheese fries and cold beverages.





## Good News Stories



### *A Special Valentine's Gift...*

A heartfelt thank-you to Reece and his Grade 3/4 class at George P. Vanier School in Chatham. The class made beautiful Valentine's to share with our residents.





## Director's Message

Dear Residents, Families and Staff

Long-term care (LTC) homes have many obligations related to the continuous quality improvement initiatives and in particular, the resident and family/caregiver experience surveys in the Fixing Long-Term Care Act, 2021 and the Regulation.

The highlights include:

### **Resident and Family/Caregiver Experience Survey**

- Survey executed at least annually to measure the resident and family/caregiver experience with the home and the care, services, programs and goods provided.
- Home must seek the advice of Residents' Council and Family Council (if any) in carrying out the survey and acting on its results.

### **The Continuous Quality Improvement (CQI) Program: Each LTC home must**

- Establish an interdisciplinary quality improvement committee, which must include at least one member from the Residents' Council and Family Council (if any);
- Ensure the home's CQI initiative is coordinated by a designated lead (who is a member of the home's staff);
- Prepare a report on the CQI initiative for the home each fiscal year;
- Publish the CQI initiative report on the home's website and share a copy of the report with the Residents' Council and Family Council (if any);
- Maintain a record of the names of the people who participated in the evaluations of improvements in the CQI report.

## Director's Message

The Resident/Family/Caregiver Essential Caregiver survey results for our family of Jarlette Health Services LTC homes are published and ready to be shared with stakeholders in the homes.

This year we experienced one of our highest return rates with 768 people taking the time to complete a survey. Of note, is of the 768 respondents, 418 were residents themselves. The valuable information that the survey results provide is essential to the CQI initiatives in each of our homes and ensures the active engagement of many in improvements in *your* home.

My sincerest thanks to everyone who took the time to complete a survey and I look forward to the great planning work being undertaken to address areas of concern and interest in each home.

Kind regards,

Jill Knowlton  
Director, LTC Operations  
Jarlette Health Services



## Jarlette Health Services News

Welcome to March! We will see how it arrives and how it departs; like a lion, or a lamb? In either case, hopefully there will be more sunshine to look forward in the month ahead.

There is plenty to celebrate during March. As part of our Employee Recognition and Engagement Program, **March is Maintenance Month and we celebrate the essential role of our maintenance team members!** These dedicated people work often behind the scenes to ensure our family of long-term care and retirement homes are kept in good condition and remain clean and safe to live and work in! If you see them in your home, please reach out to them to thank them for all they do!

We also want to wish all the women in our homes a **Happy International Women's Day (IWD) on March 8th!** We thank them for their unique contributions, many of them ones we couldn't do without, and we look forward to considering some of their remarkable achievements and what more we can do – at any age – to become a more inclusive society. The theme for IWD 2024 is *Inspire Inclusion!*

We also remind you that team members, residents and family members are invited to step forward as diversity representatives! Your home has **Diversity Cafes**, managed by a Diversity Lead, and at the meetings everyone may come together to explore diversity, and share our own experiences, while considering actions that may be taken to break down social and cultural barriers and build stronger relationships. For more information, reach out to your community's Diversity Lead or your community's administrator today!