



ALEXANDER PLACE

March 2024

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Administrator's Message

Hello Alexander Place!

I would like to share a last message with you all as my last day was in February. I would like to thank you – our residents, their family members and our team members – for honouring me with the privilege of working in this long-term care home. I have enjoyed getting to know each of you and sharing this journey together, through milestone anniversaries, a global pandemic and the launch of an incredible model of emotion-based care: the Butterfly Approach. I wish you all the best, and know that the next Administrator will feel just as lucky to be a member of our community as I do!

Sincerely,

Jenn Sipos, Administrator



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Resident Birthdays

Joan K.	March 2nd
Eunice I.	March 5th
Marilyn M.	March 6th
Martha M.	March 10th
Jan Z.	March 14th
Elsie M.	March 15th
Stephen W.	March 18th
Philippe L.	March 21st
Betty M.	March 24th
Jackie B.	March 25th





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Residents' Bill of Rights - Two Rights will be featured monthly

15. Citizens' Rights

"Every resident has the right to exercise the rights of a citizen."

In other words: When you move into a long-term care home, you keep all of the rights you have as a citizen.

- Your democratic rights, such as the right to vote
- Your equality rights, including the right to be protected against discrimination
- The right to practise your religion
- The right to express yourself
- The right to meet with anyone you wish or join any organization or group

You also have the right to decide if someone can:

- Open or read your mail
- Look through or take your belongings

This is true unless the law says that they **can do this**.

As a citizen, you also have responsibilities, such as:

- Respecting other people's rights and freedoms
- Following the law

Rights.

The Residents' Rights have been quoted directly from the Residents' Bill of



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Residents' Bill of Rights - Two Rights will be featured monthly

16. Proper care and services

"Every resident has the right to proper accommodation, nutrition, care and services consistent with their needs."

In other words: You have the right to get the care and services that you need.

For example, this includes a safe and clean room, nutritious food, and clean clothes.

The staff should give you whatever help you need to:

- Dress,
- Eat,
- Bathe,
- Use the washroom, and
- Move from place to place in the home.

You should also get any special services you need, like physical therapy, nail cutting, or hairdressing.

The Residents' Rights have been quoted directly from the Residents' Bill of Rights.



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Friends of Alexander Place (FOAP) News

Diane Bajzik, our FOAP board member engaged grade 8 students from St. Thomas the Apostle to create beautiful Valentine's Day cards and letters for the residents at Alexander Place.

Not only were the students excited to participate in this social justice initiative, but we also received exciting feedback!

"Wow this is so beautiful."

"Thank you, this is sooo cute"

"Ooh La La"

"This must be from my secret admirer" accompanied by a wink, wink

"Beautiful artwork, thank you."





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Friends of Alexander Place (FOAP) News

Join Friends of Alexander Place at the Royal Coachman as we collaborate to raise awareness and fundraise for Alexander Place resident programs, activities, and the surrounding senior community!

Mark your Calendars for these upcoming FOAP Fundraising and Community Events...

- Visit us at the Cannon's Winter Market, March 2nd, 2024.
- March 26th, The Royal Coachman Trivia Nights (50 / 50 draw)
- April 11th Boston Pizza Waterdown, Spirit Night – 10% of the proceeds from the dining room, take away and delivery goes to FOAP!
- May 11th, Yogashala Wellness Centre, all class fees will be donated to FOAP (excludes SUP Yoga).
- Waterdown Farmers Market – August (date to be finalized)
- September 12th, Cruise Night at Alexander Place
- November 17th – December 1, Online Holiday Auction



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Friends of Alexander Place (FOAP) News

Where do your donations go? In 2023 Friends of Alexander Place supported or covered costs associated with:

- Monthly Ladies Lagoon and Man Cave Pizza Lunch
- Valentine's Day Cupcakes from Fortino's
- National Potato Chip – favorite chips for all!
- Earth Day, plant, and gift card to support the Gardening Club
- Waterdown Theatre Tickets for residents and family/friends to attend.
- Igor's Spa Days
- Purchase of Keurig Machine to support Friendship Fridays
- Financial uplifts to the arts and craft program.
- Gingerbread cookies from Sierra's Sweets
- Purchase of kitchen sideboard and shelving for Home Area 3, known as White Pine Village.

In addition FOAP participated or supported the following community events and/or sponsorships; Yogashala Annual Family and Friends Day, Golf Tournament, Waterdown Farmers Market, Butterfly Launch (AP), September Cruise night with antique cars and motorcycles, Flamborough Santa Claus Parade and Flamborough Connects Holiday Campaign.

Donations are always welcome throughout the year at donations@friendsofap.com



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Social News - Staff Luncheon kindly provided by family in Memory of Eleanor “Cecilia” B.





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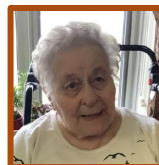
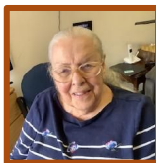
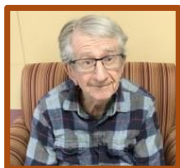


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Remembering and Recognizing Friends

*In Loving Memory of Residents we have lost, but
will always remember:*

Marion M., Brian M., Judy M., Irene W., Leona S.





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Resident Council News

The next Residents' Council Meeting is scheduled for Wednesday March 13th at 1:30pm with Jessica N., our Infection and Prevention Control Lead (IPAC) joining us as a guest speaker.

Food Committee is scheduled on Friday March 1st at 2pm with our Culinary Manager, Rucha in the Large Activity Room.



Family Council News



The next Family Council Meeting is scheduled to meet virtually on a **Tuesday, in March 19th at 3:00pm.** **Stacey will join us to talk about our Butterfly Approach Journey, we will be talking about our Nurse Practitioner Program, and share the results of our Resident/Family Satisfaction Survey.** If you have any questions or would like to receive an invitation to join the virtual meeting please contact Heather at ext. 4610 or hdaly@jarlette.com



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Upcoming Events

Aiden Strolling Guitarist	March 1st & March 15th
Food Committee Meeting	March 1st
Timmy's Social	March 13th
Resident Council Meeting	March 13th
Drum Circle	March 18th
Palm Sunday Service	March 24th
Brad Boland	March 27th
Holy Thursday Service	March 28th
Easter Sunday Service	March 31st





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Good News Stories - Pet Therapy & Valentine's Day Craft



*Marley and Teddy,
our Pet Therapy Dogs*





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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.



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Director's Message (Continued)

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



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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!



Let's stay connected!

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