



Long-Term Care & Services for Seniors Division

Hillsdale Estates Newsletter

Issue 2, June 2022



Supported by

Ontario

Central East Local Health
Integration Network

Mission

Strong People...Caring Communities...Our Future!

Vision

Provide a community that embraces excellence in person-centred care

We Value

Innovation, Collaboration, Accountability, Respect, Excellence

LTC and Services for Seniors Division news



Director's message

June marks Seniors Month in Ontario. The theme for 2022 is Stay Active, Connected, and Safe. This is a time to recognize our seniors and the contributions they make to our communities. Across our homes, various activities will take place to celebrate and show our seniors how much they are appreciated.

The division and all four homes have created business plans for 2022. Our focus is to reconnect with residents and families. The management of this pandemic required numerous rounds of resident isolation, the curtailing of many social activities and restrictions on visiting. We are striving to strengthen the sense of community in our homes and are finding ways to re-engage. I encourage you to get involved in Resident and Family Council to the extent you are interested and able to do so. If you or anyone you know is interested in volunteering their time, please contact the Coordinator of Recreation and Therapy for more information.

We continue to welcome new residents, staff, and volunteers to our homes, and if you have any concerns or suggestions, please speak to a member of the management team.

I wish you a healthy and happy summer, and I hope you enjoy this edition of the newsletter.

~Laura MacDermaid, Director, Long-Term Care and Services for Seniors.



**If you require this information in an accessible format, please contact
Tammy Clarke, Administrative Assistant at 905-579-1777 ext. 6314**

Quality

Accreditation

In January of 2023, our Long-Term Care Homes and Adult Day Programs will be surveyed from Accreditation Canada. Accreditation is a process where we review our processes and compare them to national standards in leadership, long-term care, community support services, infection control and medication management. This helps us to identify areas where we are doing well and areas where improvement is needed. In the next year, we will be working with staffing groups, Resident and Family Councils, and community partners to review areas of the standards and provide input and feedback on our current operational processes.



New Regulations in Long-Term Care

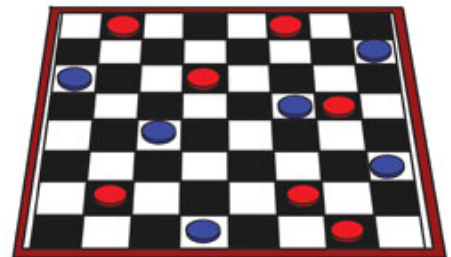
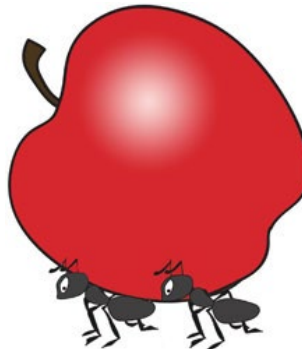
As of April 11, 2022, the Fixing Long-Term Care Act, 2021 (FLTCA) will regulate Ontario's long-term care home sector. The new Act lays the foundation for long-term care residents to receive enhanced quality of care and enjoy a better quality of life by improving staffing and care, improving accountability and enforcement; and building modern, safe, and comfortable homes for residents.

These regulations, and the policies and processes that will define them, will be implemented in a phased-in approach, and will focus on areas such as emergency planning, infection prevention and control, resident well-being and quality of care, staffing, palliative care, quality practices and accountability.

For more information regarding the FLTCA, please visit bit.ly/3NVFBbU

Adult Day Programs

Due to the pandemic, our Adult Day Programs have been closed. In the next few months, the Adult Day Programs at Hillsdale Estates, Lakeview Manor and the Lakeridge Health Port Perry site will be opening. We look forward to welcoming back clients from the community.



Hillsdale Estates news

Family Council

The next Family Council meeting is scheduled for June 4 at 10 a.m.

Erika Gilbert, Social Worker, will be taking on the role of Family Council Assistant. Tammy Clarke will continue to support the Council with administrative needs.

Residents' Council

Meeting times have changed to 1 p.m. on the fourth Tuesday of every month. Membership of this meeting includes all residents of Hillsdale Estates.

Sherin Surenthiran, Social Worker, will be the new Residents' Council Assistant and will help the Council move from a structured executive to a leadership team.

A special thank you to Alicia Sluggett for her many years of support and service to the Residents' Council!

Volunteer Corner

Thinking of becoming a volunteer?

Visit durham.ca/LTCvolunteer and email your completed volunteer application form to receive an interview. Summer is a great time to get involved in your community and have a rewarding experience. We are currently looking for volunteers to help with:

- Special events/outings
- Daily Program Assistant
- Mail delivery
- Walking
- One-to-One visitors
- Mealtime Assistant

If you have any suggestions, questions or concerns, please email Cladell Rock at cladell.rock@durham.ca or call 905- 579-1777 ext. 6332.

Recreation and Therapy

Interested in recreational outings?

Follow these three steps to register for an outing offered on the monthly calendar:

- 1) Choose an outing you wish to participate in.
- 2) On the first day of the month, call Alicia Sluggett at 905-579-1777 ext. 6337 (an employee or family member can assist if needed).

- 3) Be sure to leave a message stating your name and the order of preference of the outings you wish to participate in.

We will do our best to accommodate your first choice and all other requests will be placed on a wait list. These steps will help to ensure that the sign-up process is as fair and equitable as possible.

Residents will be notified prior to the outing to allow time for arranging funds.

Families are welcome to join us, however we ask that if a resident leaves the home as part of the outing, they must return as part of the outing.

If you have any questions about the outings, please contact Alicia Sluggett at 905-579-1777 ext. 6337.

June is Seniors Month in Ontario

2022 marks the 38th annual Seniors Month. This year's theme is Stay Active, Connected and Safe. This is a time for us to recognize our amazing older adults and the contributions they make. Throughout June, there will be opportunities to celebrate seniors living in our home with the events on the monthly calendar. We encourage you to start something new!

Hot weather illness prevention and management program



During the warmer weather, each department in the home implements a contingency plan for hot weather in accordance with established procedures.

Residents in long-term care, and seniors in general, are more vulnerable to hot weather illness than the general population.

The purpose of the Hot Weather Illness Prevention and Management Program is to prevent and/or manage hot weather-related illness and to maximize the comfort level for residents, volunteers and staff during extended periods of hot, humid weather. The program also aims to identify the factors that may place residents at increased risk of developing heat-related illnesses and conditions.

Hillsdale Estates is fully climate controlled through its Building Automation System, which helps keep the temperature consistent and comfortable during these hot periods.

Tips for staying hydrated in the warmer weather

Did you know that, as we get older, we:

- have less water in our body, so we get dehydrated faster?

- have a lower desire to drink, even when active or sweating?
- may be taking medications that make us lose water?



What can we do?

1. Stop frequently throughout the day to have sips of a drink.
2. The recommended intake of fluids is eight full glasses a day.
3. Aim for two glasses of fluids at each meal.
4. Eat fruits that contain a lot of water, such as watermelon. These can be cut up or pureed into smoothies if needed.
5. Try to remain cool in heat waves or heat alerts. Stay in air-conditioned spaces.
6. Wear a hat outside to reduce exposure to the sun.

Nursing

Nursing Week (May 9 to 15)

The Registered Nurses' Association of Ontario theme for 2022 is "Nursing through crisis." All nursing staff are recognized for the quality of care they provide to patients, clients and long-term care residents. From the bedside to the classroom and the boardroom, nurses make Ontario, our country and the world a healthier place.

Nursing leadership

Please welcome Dion John from Fairview Lodge as temporary Resident Care Coordinator of the 3rd floor and Jean San Luis as the temporary Manager of Nursing Practice.

Environmental Services

Earth Day



Earth Day was held on April 22 and is a day of hope over fear, and of action over inaction. Let's #InvestInOurPlanet and work towards a more sustainable Canada.

Reducing greenhouse gas emissions is an economic, social and environmental priority for Durham Region, which is why we want to make it as convenient as possible for our staff and families to make green choices, such as driving an electric vehicle. Providing access to conveniently located electric vehicle charging on a revenue neutral basis by the Region of Durham supports these goals.



Hillsdale Estates now has two fully functional electric charging stations located in the rear half of the parking lot. Please speak to an environmental service manager or supervisor for further information.

Fire alarm triggers

Aerosols, baby powder, mist producing vapours, humidifiers and air purifiers will cause the smoke detector to be set off, activating the fire alarm. None of these items should be used within the home area or in a resident room.

A humidifier gives off a fine mist of atomized water particles that float in the air and, while the vapour that comes off the unit may disappear to the naked eye, the particles still circulate in the air and can be detected by the smoke detector.

Same can be said about baby powder, deodorant sprays, hair spray, air freshers or heat producing items that will cause the smoke detector to be triggered in a resident room.

All staff have been advised if they come across these items, they are to inform the resident in the moment and advise that they are required to remove the item immediately. Staff will then label the item with the resident's name and room number and advise the RN for further follow-up with the family if necessary to have the item picked up at their earliest convenience.

Spring/summer cleaning

Over the next few weeks, please consider packing away clothing articles that are no longer needed for the new season. We encourage residents to have these items stored with their families.

Please remember that all new clothing items need to be labelled to ensure they are returned to their proper owner after being laundered.

Hillsdale Estates pond

Hillsdale Estates is fortunate to have a pond to enjoy throughout the summer season. The pond is home to fish, turtles, plants and birds. It also has a decorative fountain, which aerates the water to keep everything healthy.

We encourage residents, families and staff to enjoy this water feature, however we also remind you to be cautious. The pond should only be viewed from the windows or the sidewalk outside. We do not allow any person without a life jacket near the pond. Thank you for your co-operation

Food Services

Spring/Summer Menu

The New Spring/Summer 2022 menu began on Monday, April 25.

With the expansion of homecooked meals, food services is pleased to announce they will be increasing home cooking from five days a week to seven days a week. With this, the menu has been expanded to include even more homecooked menu items and freshly made soups.

Some of the new homecooked menu items residents can look forward to are:

- Freshly baked cheddar garlic tea biscuits
- Vegetable lasagna
- Chicken a la King
- Homemade spaghetti and meatballs
- Homemade Swedish meatballs
- Veggie burger
- Sweet and sour chicken
- Ham cobb salad
- Three cheese pizza
- Red pepper lentil pasta bake
- Homemade Salisbury steak
- Roasted local turkey (featuring dark and white meat)
- Pork cutlet with mustard sauce
- Chicken mandarin salad
- Garden quiche
- Homemade vegetarian shepherd's pie
- Bacon mac and cheese
- Butter chicken



Administration

Adult Day Program

Carolyn Douglas, Adult Day Program (ADP) coordinator, retired in late April. Carolyn has been a sound advocate for community support services and the ADP at the Region of Durham. We wish Carolyn well in her new chapter of life.

The Estates welcomes Rob Clayton to the role of ADP coordinator. Rob leaves the position as Coordinator of Recreation and Therapy at Lakeview Manor. During his time at Lakeview Manor, Rob was responsible for the delivery and care of the ADP at Lakeview Manor and Lakeridge Health Port Perry. Rob will now be responsible for the ADP at Hillsdale Estates, Lakeview Manor and Port Perry, as well as taking an integral role in enhancing community support services for seniors.

Students returning

Hillsdale Estates once again welcomes the summer students from May 1 to Labour Day!

Business Planning Day

The leadership team met on April 29 to discuss and set goals for this home for 2022. More information will be shared at a later date.

Resident COVID-19 vaccines

Thank you to everyone who helped prepare and administer the COVID-19 vaccine for our residents on April 29; our pharmacy partner administered 87 doses. We have seen first-hand the effectiveness of the COVID-19 vaccine, which decreases the likelihood of severe symptoms amongst our residents. Thank you for all your efforts to help protect our residents.

Social Work supports

If you feel anxious and/or overwhelmed by your caregiving responsibilities, you're not alone. We all face challenges on our caregiving journey. The Social Work and Occupational Therapy team at Hillsdale Estates are planning to launch support groups this year for our residents and caregivers. Support groups provide an opportunity to connect with other caregivers, share your experiences, receive the direct support that you need, and navigate this journey together.

We would love to hear from our caregivers:

- 1) If you have interest in joining a support group.**
- 2) Any topics of interest based on your experiences.**

Please reach out to the Social Work Team via phone or email to share any suggestions:

Sherin Surenthiran, BA, MSW, RSW | Social Worker, 3rd Floor, Pineridge Place and Trillium Trail Hillsdale Estates Sherin.Surenthiran@durham.ca | 905-579-1777 extension 6441

Erika Gilbert, BA Psych., MSW, RSW | Social Worker, 4th Floor, Apple Blossom and Moonlight Bay Hillsdale Estates Erika.Gilbert@durham.ca | 905-579-1777 extension 6323

Celebration of staff


During the second week of May, we celebrated all staff during Health and Safety Week. Staff have worked tirelessly every day to support the most vulnerable and are the heroes in the fight against COVID-19. Despite the challenges this year, our teams continue to provide exceptional person-centred care, going above and beyond in supporting residents and bringing smiles to their faces.

The teams work hard to ensure the best quality of life to those entrusted in our care in an increasingly challenging environment. Thank you to all staff for their dedication and commitment to the residents of Hillsdale Estates.

The Regional Municipality of Durham
Social Services Department
Long-Term Care and Services for Seniors Division

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