



## Long-Term Care & Services for Seniors Division

# Fairview Lodge

## Issue 3, September 2025



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### Mission

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

### Vision

We will create a diverse, equitable and inclusive community that embraces person-centred care and meaningful connection for all

### We Value

Individuality, Collaboration, Accountability, Respect and Dignity, Excellence

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## LTC and Services for Seniors Division news

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### Director's message

Welcome to the cooler days of fall.

With the change in seasons comes the launch of our Let's Get Flu-less campaign. In the coming months, we'll be sharing more information about the availability of influenza vaccinations for residents and staff.

Fall also marks the rollout of our annual Resident and Family Satisfaction Survey. I encourage you to take a few moments to complete the survey and to share your feedback – both on what we're doing well and where we can improve.

On September 30, the Region of Durham and our long-term care homes will observe the National Day for Truth and Reconciliation. We invite you to join us in remembering and honouring the survivors of residential schools, along with their families and communities.

I'm also pleased to share that the construction of Seaton Village, the 200-bed long-term care home in North Pickering, remains on schedule. We anticipate substantial completion in 2026.

If you are new to one of our homes as a resident, family member, staff or volunteer – welcome! Should you have any questions or concerns, don't hesitate to reach out to any member of our leadership team.

We 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  
Amy Mitchell, Temp Administrative Assistant at 905-668-5851, Ext. 5911.

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## Policy and practice update

### Preceptor Appreciation Week — September 22 to 28, 2025

We're recognizing the essential contributions of preceptors who support student placements and help grow the next generation of healthcare professionals.

Are you passionate about sharing your knowledge and helping others grow? You may be interested in our LTC Preceptor Program. Your experience is invaluable in shaping the future of care at our Long-Term Care homes.

As a Preceptor, you'll play a vital role in shaping the next generation of healthcare professionals while enhancing your own leadership and teaching skills. You'll build meaningful relationships, reinforce professional standards, and develop your expertise—all while contributing to a collaborative and supportive workplace where every team member is celebrated.

We've made applying simple! Just enroll in the **Preceptor Application** course through Learnici's course catalogue and find out if you qualify!

Join us in empowering future caregivers. Your experience can change lives!

For more details, contact your supervisor or Manager of Nursing Practice. Together, we nurture excellence in long-term care. For further information, simply scan the QR code below to visit the Preceptor Hub.



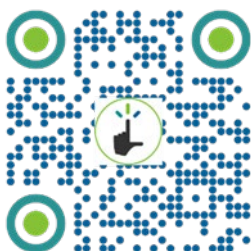
### Training

Thank you to all staff who completed mandatory training early – your commitment supports high-quality resident care.

Optional learning is available in the library for LTC staff. Log in to Learnici to explore!

**New!** Footrest Training optional micro-course: <https://learnici.durham.ca/catalog/info/id:308>

Ready to learn? For tips on logging in and navigating the platform, simply scan the QR code below. Let's keep the momentum going!



## Wound Healing Month (June)



Our Skin/Wound teams led education sessions and celebrations across the homes. We have the Seymour Wound Care Model to train staff on different pressure injuries. Interested in targeted training? Please connect with your Skin and Wound Clinical Lead or MNP.

## Palliative Care Program Enhancement

The Region of Durham's Palliative Care Program Enhancement Project is underway across all four LTC homes.

Hillsdale Estates and Fairview Lodge have successfully completed Collaborative Palliative Care sessions with the Ontario CLRI (Centres for Learning, Research & Innovation in LTC).

To date, we have trained 20 Champions (Palliative Approach to Care Champions and Grief & Bereavement Support Champions).

Clinical Leads and MNPs continue to provide the palliative approach to care training for the interdisciplinary teams.

Want to learn more? Click this link to a short video, [https://youtu.be/HvguLSL-AJU?si=1JhKZ0Q\\_khV-Z-Ko](https://youtu.be/HvguLSL-AJU?si=1JhKZ0Q_khV-Z-Ko) or contact your Pain & Palliative Care Lead, your MNP, or a member of your home's Palliative Care Committee.

## Research Collaboration: Virtual Reality Reminiscence Therapy (VRRT)

In partnership with Ontario Tech University, we are collaborating on the development of VRRT to pair personal photos, music, and videos with immersive environments – supporting memory, calmness, and connection for people living with dementia.

In Phase 1, Recreation and ADP people leaders identified strong potential for cognitive stimulation and emotional connection and provided essential feedback.

**What's next:** Broader consultation with frontline staff and support teams across LTC and ADPs, plus testing a conversational AI guide to make VR easier to navigate. This person-centred, non-pharmacological approach aims to enhance well-being for residents while supporting caregivers and care teams.



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## Infection Prevention and Control

We hope you had a wonderful summer season! Spending time outside during these warm summer months helps to decrease the presence of infections that we often see in the cooler months. Our homes encourage residents to get fresh air with loved ones and enjoy the sunshine. We use this time to prepare for the upcoming respiratory illness season, review and refine policies and procedures, and provide education and audits on IPAC best practice. In the coming months communication will be shared from each home regarding the upcoming influenza, RSV, and COVID-19 immunization campaign. Please keep an eye out for future communication and if there are any questions, please reach out to the IPAC Practitioner in your home.

### Measles

As measles cases continue to rise in the community and province, we want to remind you of the importance to protect yourself and those around you. The risk of measles to long-term care residents is currently low as most people born before 1970 have natural immunity from widespread circulation of measles. However, the current risk is to unimmunized staff, family members, visitors, and residents born after 1970.

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- Adults who have 2 doses of MMR vaccine are considered up to date
- **Health care workers** who have only received 1 dose of MMR are eligible and encouraged to receive a 2<sup>nd</sup> dose

**Please ensure you are up to date with your vaccinations!**



To find out how you can find out your immunization record, please visit the Durham Region Health and Wellness page at

### IPAC Canada week

IPAC Canada week will be October 20 to 24 where homes will share and promote IPAC practices.

### Visiting LTC

A gentle reminder that should you develop symptoms, please refrain from visiting until symptoms have resolved or are greatly improved for 24 hours. We then ask that a surgical mask is worn when visiting for the remaining 10 days from the onset of symptoms. Please reach out to your IPAC practitioner with any questions.



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## Quality

### Annual Resident and Family Satisfaction Survey

In September, we will administer the annual Resident and Family Satisfaction Survey. It is very important that residents and family provide us with feedback on the care and services received in the homes. The information we receive helps us to make improvements and to guide operational plans.

Residents who are capable will be approached to complete the survey and will be assisted by third party volunteers to complete if needed. Families who are identified as the “first contact” will be sent the survey and asked to respond. Watch for more details on the survey this fall.

### Annual Influenza Campaign

In October, we will be kicking off our annual influenza campaign for residents, staff and visitors. We encourage everyone to get vaccinated against the flu. Living in a long-term care home, along with advanced age and chronic conditions, puts most of our residents at a very high risk for developing complications from the flu. Flu shot clinics will be available in the homes for residents, staff and volunteers.

Family and visitors are requested to stay home and postpone their visits if unwell. Symptoms might include fever, feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, unusual tiredness, nausea, vomiting or diarrhea. Please also ensure that you wash your hands or use an alcohol-based hand sanitizer when entering and leaving any of our homes.

### Staff Health and Wellness Fairs

The health and wellness of our staff is very important, and we will once again be holding our annual health and wellness fairs for staff in November. This year's theme is **Holistic Approach to Well-being: Discover Wellness in Every Opportunity**. This fall, all four of our LTC homes are having a Health Fair at their location. The goal of the Health Fair is to promote a holistic approach to health by educating our staff on healthy living, promoting a healthy lifestyle, and providing beneficial resources. All health fairs will run between 9 a.m. to 5 p.m. Please stay tuned for more information on the dates for each location this fall.



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# Fairview Lodge news

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## Family Council

Family Council recently held a raffle for three baskets, raising \$1,100 to go to the purchase of resident equipment. Thank you to everyone who purchased tickets.

Simone Perreira, FVL Family Council Chair, continues to explore ways to connect with residents' family members for support and information sharing. She is committed to a model of community "where every voice is valued, and together, we find ways to make a positive difference." If you would like to reach out and connect with Simone, please email her at [fairviewlodgefamilycouncil@gmail.com](mailto:fairviewlodgefamilycouncil@gmail.com)



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## Residents' Council

Residents' Council is a vital part of the culture and experience of residing at Fairview Lodge, where residents can support one another in their questions, and quality initiatives. Over the summer the members took a break to enjoy the outdoors and have started up once again in September meeting the third Tuesday of every month at 10 a.m. In December we will take a break and not meet during the holidays.

Residents' Council donated \$420 to the Alzheimer's Society in memory of the residents we have lost in the last quarter. They also wanted to acknowledge Whitby's Emergency Response Departments, so they purchased cookies from the Village Bakery and hand delivered them with a card to show their appreciation for the work they do in our community.

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## Volunteer Corner

We are so grateful to the volunteers here at Fairview Lodge that give their time. As of the end of June, we had 88 active volunteers who contributed over 2,700 hours in the first six months of 2025! Volunteers continue to assist in the gift shop, with almost all shifts being filled, and the gift shop being open 9:30 a.m. – 7 p.m. every day of the week. Volunteers also assist with recreation activities, special events, pet therapy, hairdressing, spiritual care and one-on-one visits. If you see a volunteer, please take a moment to thank them for their service and dedication!

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## Recreation and Therapy

This summer has been spectacular as our home and community came together to celebrate, explore, and enjoy the summer season in full swing!

### Summer Celebrations

We hosted a Summer Kick off Event including a barbecue and Games Day, complete with a petting zoo and plenty of family fun. Residents and families gathered to enjoy delicious food cooked by the Leadership team and hosted by the Recreation Department and Volunteers.

Throughout the summer months, we celebrated Seniors Month to honour the wisdom and contributions of our residents, Pride Month by embracing diversity, and inclusion, and Men's Health Week by promoting friendship and wellness through a well-balanced breakfast. In addition, on June 19, we acknowledged June tenth that promoted reflection on freedom and history. World Elder Abuse Awareness Day also occurred, and posters and display boards were put up in the front lobby to promote dignity and respect.

### Programs and trips

Our gardening programs flourished, bringing colour and calm to our outdoor spaces. Recreation team launched a Walking Club, encouraging everyone to stay active and soak up the summer sun while tracking their steps and enjoying the great outdoors.

We also travelled the world, without leaving home! Our cultural celebrations and travelogues took us to Italy, Canada, and Poland, while documentaries introduced us to the lives of Marilyn Monroe, Nelson Mandela, Elvis, and the wonders of sharks, coral reefs, and Florida Keys wildlife.

Our trips included the Farmers Market, local churches, lakes, Nebs, and Port Perry for ice cream. And as summer winds down, we're excited to resume our ever-popular Walmart outings. Campfire Nights were a glowing success, complete with live music and smores surrounded by friends, family and staff!

### Breakfast Club and Pen Pal Program

Our Breakfast Clubs started our day off with good food and great friends. We also started a new initiative for a Pen Pal Program with our residents and we wrote letters to King Charles on his birthday, and we received a letter back from Buckingham Palace thanking us for our kind gesture. We also partnered with our regional community partners for a writing program and received beautiful letters from our new friends through Community Growth and Development. We will be sure to respond to them shortly.



We are happy to congratulate Brandon from Recreation with his new role as an Adjuvant and for Laniece for furthering her studies. We wish our three summer students, Paige, Emilie and Mackenzie all the best for the coming year.



## Nursing

### Footcare

We are excited to welcome **Sole Renewal**, beginning in September, to provide professional footcare services for our residents. Information packages and consent forms will be available at Reception and at the nursing stations in the Resident Home Areas.

### NOD approach

The Nursing Leadership team continues to reinforce the importance of using the NOD approach when engaging with residents:

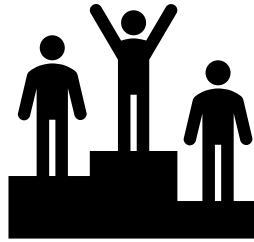
<b>N</b>	<b>Name</b>	<b>Introduce yourself by name</b>
<b>O</b>	<b>Occupation</b>	<b>State your role</b>
<b>D</b>	<b>Duty</b>	<b>Explain what you're here to do</b>

Using NOD, along with other communication strategies, helps foster stronger connections and trust with our residents.



## Preceptor Appreciation Week

Mark your calendars for Preceptor Appreciation Week commencing September 22, 2025. Let us extend our sincere appreciation to our exceptional preceptors for their invaluable mentorship and guidance.



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## Environmental Services

We hope you enjoyed the summer weather and hope it continues! When cooler weather comes, we will be closing the balconies and patios. Signs will be posted at that time.

As we head into the fall and cooler weather, please ensure any additional clothing you bring in gets labelled. The drop box for labelling is in the main floor front lobby.

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## Food Services

### Exciting Update: Menu Photos Now Available in MealSuite!

The Nutrition Leadership Team has recently undertaken a project to photograph our menu items and upload them into MealSuite. As a result, staff taking resident orders can now present show plates directly on their iPads to our residents! Sample menu photos below.



This enhancement has made mealtime selection more engaging and enjoyable for our residents. Being able to see images of the dishes has not only made it easier for them to choose their meals but improves satisfaction in their selections.

In addition, the menu photos have been distributed to the food service team to maintain consistency in the presentation of our dishes. We hope this quality initiative further improves our resident's satisfaction at mealtimes.

Thank you to everyone involved in making this improvement possible!

## New Did You Know? Posters now on display on resident tables

To further enrich the dining experience, we have reintroduced our **Did You Know?** posters, which are now displayed in our dining areas. These informative and visually engaging posters share fun and helpful facts with our residents. For example:

- **Fresh fruit is always available** at every meal and snack service.
- **Whole eggs are freshly cracked** right here in our kitchen for dishes like scrambled eggs, fried eggs, poached eggs, boiled eggs, etc.
- **Residents are encouraged to drink water regularly and often** especially during the hot summer months to stay properly hydrated and healthy.

This initiative helps highlight the quality and care that goes into every meal and encourages residents to make informed, healthy choices while enjoying their dining experience.



## Administration

I hope everyone had a great summer. The Home has been busy behind the scenes preparing for the conversion of Cullen Gardens into a secured unit. In collaboration with family council, we held a family information night with the main topic being the conversion. We are currently waiting for a new entrance door to the unit, as well as extending our camera system to cover all areas of the home area. Once we have confirmation on these installs we will be reaching out to residents and families to discuss the process for moving residents on and off the unit.

We want to say a big thank you to all our summer students this year, as they return to academic learning centers to further their education. We hope to see them back over the Christmas holidays.

Influenza season is almost upon us. We ask that all visitors continue to follow our IPAC process to ensure the safety of the residents.

As always, if you have any questions, concerns or even just want to pop in to say hello, my door is always open (as is any member of the leadership team).



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

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