

Newport Harbour News

Choosing To Be The Best!



Message from the Administrator Margot

Our summer has quickly passed us by. We have had great weather which has allowed us to utilize the Duet Bike based on good air quality days. We will continue to use it into the fall as weather allows. The feedback on this initiative continues to be so positive from the residents that enjoy the bike ride and the families who appreciate that their loved ones are getting this opportunity.

Newport Harbour Care Centre continues to foster and nurture a threefold relationship. In order for us to give the best quality of care it is important that the resident, the family and the staff are all working together. Each has a different perspective and a different insight and it is so important to try and understand the different perspectives to make decisions that are optimal. We encourage open dialogue and communication on a regular basis. Each resident has a Case Manager and that individual should be in touch with the family/resident on a regular basis with any updates. We have a variety of other communication forums and tools available. Please take advantage of them.

September 5th, 2017 @ 6:30 pm is our next Townhall Meeting. This meeting is open to all residents and family members. It takes place in Harbour Hall. It is a relaxed casual environment where we give an update on activities and events over the last few months and we open the floor to questions and/or concerns. Please mark your calendars to join us.

Each year the Resident Council in conjunction with the Leadership Team have worked together to add a new initiative to the Newport Operations. This year we would like to fundraise and purchase Multi-Sensory Equipment for our residents. We would like to use our 2nd floor quiet room to be home to a sensory cart with equipment on it. The cart can then be used specifically in that room and it can also be moved to a different area of the facility as may be needed. Recently we trialed some of the equipment and it was exciting to see how well our residents reacted to it. For more information please go to the website www.ahs-multisensory.com.

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Therapy Department



After a very nice summer we are ready to welcome in Autumn!

Therapy Department services at Newport Harbour Care Centre are provided based on assessed needs and available resources. We work together to ensure the interventions needed are identified and addressed in all aspects of the care and rehabilitation we provide.

The Therapy team helps our residents do as much they can for themselves when possible; this may include recommendations for assistive devices or supplies and developing treatment plans and goals. We will help our residents to maintain or improve strength, balance, coordination and mobility following assessment from our Occupational Therapist (OT). This may include a recommendation for individualized program or participation in appropriate group programs. Our programs include Bike, Balance, walking between the bars, Passive and Active ROM, Groups Exercises, Wax treatment and Motor Control and Pulling Exercises. The OT will evaluate the progress and effectiveness of the treatment every three months. If a residents' condition/status changes at any point in time, a referral will be made to the OT for re-assessment to determine that residents' current needs.

The Therapy Department also provides assessments for walkers and regular and manual tilt wheelchairs. These assessments will be conducted by our contracted Occupational Therapist (OT) which is provided at no cost to the resident.

The Therapy Department is celebrating "**Therapy Week**" this year from September 18 through September 22, 2017. If you have any questions do not hesitate to contact me or one of our Therapy Aides and we will be happy to help you.

Elva, Therapy Department Manager

Laundry & Housekeeping

Summer has almost come to an end, and as fall comes near to be soon followed by winter, I am asking if Residents Family can help us prepare winter clothes for their loved ones and to keep all summer clothes aside to help keep enough room for clothes in the residents closet.

We do require that all new residents have their personal clothes and/or linens labeled upon admission. Laundry labeling forms are provided in both nursing stations, let us know if you need assistance in filling one out.

If a clothing item is missing, please kindly fill out a lost and found form at the nursing station as soon as possible so we can look for the item as soon as possible.

Rodora, Housekeeping and Laundry Department



Recreation

On behalf of the residents, staff and resident council we would like to thank everyone who came out to support the annual garage sale this year. Also a thank you for all of the donations, this year was such a success. We hope next year will be just as much fun!

A reminder to families there are Grab and Go boxes on the neighbourhood to use while visiting your loved one. There are a variety of cards, puzzles and other activities. The Grab and go box is blue and located on the book shelf in every neighbourhood. Please use it and return it back to the shelf when you are finished having fun.

The Annual Car show was a wonderful time and the residents were sure happy to see the variety of cars. We are looking forward to next year when we can see the beautiful cars again.

Please give a warm welcome back to Tamara who will be the Director of Recreation, after a year of Maternity leave. Her son Nash will miss her but we are sure glad to have her back at Newport Harbour. Please see her for all your recreation needs. Say "Hi" to me in my new role in the ADP office.

Meghan, Director of Recreation

Newport Harbour Annual Christmas Bazaar

November 24th, 2017

1:00pm-4:00pm



We are looking for

- Donations of gently used Christmas Items
- Donations of Baked Items
- Help set up and take down
- Helping your loved ones shop for Christmas
- Purchasing raffle tickets

Donated Items can be dropped of at Reception

All proceeds go tot the Resident and Family Council Social Foundation.

Podiatrist Visits

September 29- Fountainview,
Northside & Oakbay

October 2- Portside &
Southport

October 13- First Floor



Cleaning up around the house.....why not donate some items to the recreation department?

- We are always looking to expand our DVD and our CD collections
- CD players in good condition that you are no longer using
- Bread makers

DATES TO REMEMBER!!

September 4th Labour Day

September 5th Townhall Meeting

September 10th Grandparents Day

*September 18th Resident and Family
Council Meeting @ 10:30am*

October 9th Thanksgiving Day

October 16th Resident Council

*November 11th Remembrance Day
Ceremony at 10:45am*

*November 24th The Annual Christmas
Bazaar 1:00pm- 4:00pm*

Nursing

As the new Director of Care for Newport Harbour Care Centre, I would firstly like to extend my sincere thanks to all of you for a very warm welcome. I feel truly honored to be leading the nursing care team at Newport in ensuring that we deliver care in a kind, compassionate, respectful and timely way using competent and skilled staff. I am a strong believer in motivating, encouraging and inspiring our staff to be the best they can be and in providing a supportive and collaborative environment that promotes the delivery of high quality nursing care.

I would like to take this opportunity of thanking both Margot and Barb for supporting me in these early weeks of my orientation to Newport Harbour Care Centre.

I very much look forward to meeting all of you and in becoming part of the Newport family.

Irene, Director of Care

Social Work

Planning for the Future

It is no secret that a lot of people have done a great job ensuring that they have a **Will** stipulating who gets what of their estate. Meaning what you have left, what you wish, and what is most important to you.

But what kind of plans have you put in place for managing that estate during your lifetime if something unforeseen and tragic happens? Dementia or serious accidents can happen, leaving you unable to make your own decisions about your life and unable to assist those dependent on you.

A lot of people think that if they are ill or in a coma, suffer a traumatic brain injury in an accident or develop Alzheimer's their spouse, children or other family members will be allowed to step in and speak for them. This is not what will happen unless you have in place the proper documents naming the person or persons you would like to act for you, a proxy if you will. The person or persons you pick can help to make decisions about your life and assist those dependent upon you. This is when a Personal Directive and Enduring Power of Attorney comes in.

A personal directive is a legal document that allows you to choose someone you trust to make personal decisions on your behalf if, in the future, you lose your ability to do so because of illness or injury. If you prepare this document, there is no need for your family to apply to be your guardian in the event you lose capacity.

An Enduring Power of Attorney is a legal document you can use to appoint someone to make financial and legal decisions on your behalf. A Power of Attorney is "enduring" if it states its power continues after mental incapacity or it can be written to only take effect when mental capacity is lost. If you prepare this document, there is no need for your family to apply to be your trustee in the event you lose capacity.

I just would like to assist any families with the process for completing Enduring Power of Attorney and Personal Directives if you have not done so. If you require any information, please contact me as I have handouts available. If these documents are already on the chart, please accept our thank you for ensuring we have them. (Information obtained from Alberta Human Services and Sebreelaw.ca).

Patricia, Social Worker



RESIDENT FAMILY COUNCIL CORNER

After summer break Resident Family Council meetings will resume again on the third Monday of each month at 10:30am. Our meetings consist of a one hour session where we discuss existing projects such as our pet and music programs and explore other ways of enhancing the lives of our loved ones. We help to raise funds to support these initiatives through our spring and fall garage and bake sales as well as silent auctions which we have had every second year at our annual Christmas dinners. I want to extend a huge thank you to all who volunteer to help support our initiatives. Without your help we would not be successful in our fund raising efforts. I also want to thank Jean Morrissette and her knitters who provide the lovely afghans that are donated to our residents. Donations of yarn are always welcomed! I hope you will feel welcome to attend our next meeting on September 18th at 10:30am.

Lennie, Resident and Family Council Secretary.



Education

Organic, recyclable, hazardous, household, toxic; who knew that we needed to be concerned about all the different types of waste (garbage) that we generate. In the last several years the movement to “clean up our garbage” has led many individuals, groups, companies and even cities to re-evaluate how waste is disposed of.

Here at Newport Harbour the waste we generate is no more hazardous than household garbage you have at home, we dispose of normal garbage just like you do. Over the past several years we have also recycled paper, cardboard, cans, bottles and containers. The next step for us in being as environmentally conscious as we can is moving to recycle our organic waste from the kitchen. Details of how that will look are not yet finalized but well on the way to implementation.

There are also categories of human biomedical waste that we at times must deal with. Newport Harbour has Policies and Procedures in place to ensure that any biomedical waste is disposed of safely and in accordance with local, provincial or federal laws.

Barb, Staff Educator



Nutrition and Food Services

Your Guide to Diet Terminology

In the medical field we often throw around jargon, which can make things quite confusing. In terms of diet, there is specific jargon that you may hear being used, but what does it mean?

Diet Consistency or Texture

Diet consistency, or diet texture, refers to how the food is presented to an individual. There are a few different diet consistencies that we offer at Newport, they include:

- Regular: no changes to the texture or presentation of food. It looks like a typical meal.
- Cut-up: we take our regular meal and cut it into bite sized pieces so it is easier to eat. This is helpful for individuals when their hands don't work quite right and they are not able to cut up their own food due to pain, immobility or confusion.



Nutrition and Food Services

- **Easy-to-chew:** This diet is the same as a regular diet, except things like large pieces of salad, raw vegetables and hard candies are not included on this diet. Meat is also cut up into diced sized pieces and should be tender. This diet is typically used for people who have weaker chewing ability, but no major swallowing concerns.
- **Minced:** All food is ground so that it is the size of a Tic-Tac or smaller. It is moist and easy to chew. Hard foods such as nuts and seeds are not allowed on this diet. It is used for people who have weak chewing ability, no dentures, tend to pocket their food and/or present with swallowing difficulties. Toast and other moist bread products, such as cake, are okay on this diet.
- **Pureed:** All food is one smooth consistency like mashed potatoes or applesauce. There are no seeds or hard pieces in the food. This diet is used for people with significant chewing or swallowing difficulties.

Fluid Consistency

For people who have difficulty with swallowing, thickened fluids may be implemented. Why is this?

Imagine spilling a glass of thin water on the table, it will run quickly off the sides. If you spilled something thicker, like honey, it would slowly spread over the table. The same thing happens in someone's mouth. When they have difficulty swallowing and controlling muscles in their mouth, the thin fluids tend to escape to the back of their throat and can run down the wrong way. Something thicker will move slower and is more likely to be controlled down into the esophagus instead of going into the lungs. The three consistencies of fluids we offer are:



- Nectar (a little thicker than tomato juice, like a fruit nectar)
- Honey (the same thickness as honey)
- Pudding (thick like chocolate pudding. It will sit on a spoon)

If you decide to bring food or drink in for you family member, it is important to know what diet consistency they are on and what is safe for them. If they are on thickened fluids, let the nurse know if you are bringing them a regular drink as we have thickening powder available on each neighbourhood. If you are wondering if the food and/or drink that you brought in is safe for your loved one, please ask the nurse or Dietitian. If you have further questions or want to learn more about diet consistencies as how to thicken fluids, please contact the Registered Dietitian.

Courtney, Dietitian

