

Sunridge Place

Enriching the Lives of Seniors



DEAR RESIDENT, FAMILY, AND STAFF

Welcome to the Sunridge Place Newsletter. We are partners in care and aim to keep you informed and invite you to provide input for our continuous quality improvement. We honor our relationships with all residents, family members, and staff through active listening, consistent follow-up, and quality service.

OUR MISSION:

Park Place Seniors Living strives to provide enriched life experiences to seniors through innovation and creativity.

OUR VISION:

At Park Place Seniors Living we are known for our unwavering commitment to enriching the lives of those we serve by providing a “voice and a choice” with dignity, respect and empathy

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August 2024

Care Conference

RESIDENT CARE CONFERENCE

Resident care and needs are very diverse and fluid. As these needs change, it is of utmost importance that the Sunridge staff and Interdisciplinary team communicate this with the Resident and their Family to ensure holistic and compassionate care is meeting the Residents needs and wants.

Resident Care Conferences occur after six weeks of a resident living in their new home, annually thereafter and if emergent needs are brought forth by the Resident or Family members.



The Care Conference team includes the Nurse Lead, Licensed Practical Nurse, Recreation, Pharmacist, Dietitian, Occupational Therapy, Social Work, Physician, Resident (if they choose), Family members and the Director of Care.

The first step in our Care Conference is for the Resident and Family to meet with our Social Worker to complete a Quality Questionnaire, review the Residents Day and to have any social and home concerns/needs addressed.

The Interdisciplinary team then provides updates to the Resident/Family regarding Care needs, Diet, Mobility, Recreation and to complete a medication review.

Discussion regarding what is working well and what aspects may need improvement creates a clear picture of the Residents needs and wants. Care Plans are adjusted and the Sunridge staff with inclusion of the Resident and Family create a Home environment conducive to holistic care.

~Jason Zoratti Director of Care



ETHICAL DECISION MAKING

KEEPING
YOU
INFORMED

AT PARK PLACE, WE RESPECT AND PROTECT OUR RESIDENTS' RIGHTS, THEIR DIVERSITY AND VALUES

WHAT IS AN ETHICAL DILEMMA?

Ethics is a system of moral principles or values. A dilemma occurs when a choice may need to be made that requires choosing between alternatives. Often times, conflicts arise based on differences in values, difficulties in communication, or due to the severe stress of critical illness. An ethics consultation can be helpful in these situations.

WHAT WE CAN DO TO HELP

1. Support the discussion with Residents/ Families when differences of opinion among caregivers and/or family members about care and treatment occur
2. Support a resident or family member in making decisions about what type of care the resident should receive or the goals of that care
3. Educate residents, families, and staff on policies affecting resident care, such as resuscitation or life-saving treatments
4. Work with residents, families, and staff to help include personal wishes, values, religious, and cultural traditions in decision making

TYPICAL ETHICAL DILEMMAS

The types of ethical dilemmas typically experienced by residents, family and staff may include but are not limited to:

- PAIN CONTROL
- CONFIDENTIALITY
- INFORMED CONSENT
- FAMILY CAREGIVER PARTICIPATION IN MEDICAL DECISION MAKING
- NON-ADHERENCE TO PLAN OF CARE/REFUSAL OF PRESCRIPTION
- END OF LIFE DECISIONS



POLICY OF LEAST-RESTRAINT

WHAT IS A RESTRAINT?

A restraint refers to the physical, environmental or chemical means to prevent injury and or manage behaviour that could cause harm to the resident or others.

Our Park Place Least Restraint Policy balances resident and family centred care, the resident's rights and the safety of others.

When all available alternatives have been unsuccessful, only then should a restraint be considered.

The decision to use a restraint requires careful consideration, planning, monitoring, and ongoing communication.

The resident, their family or the resident's chosen decision-maker, and the care team, including the physician, are all part of the decision-making process.



POTENTIAL RISKS OF ANY RESTRAINT

Research shows that restraints do not necessarily prevent falls and injuries and can increase the incidence and severity of falls.

The use of restraints can also lead to:

- SKIN BREAKDOWN
- MUSCLE WEAKNESS
- CONSTIPATION
- DEPRESSION
- AGITATION
- INCONTINENCE
- INCREASED CONFUSION

WHEN A RESTRAINT IS USED

When a restraint is used, ongoing care, observation and documentation of the resident's health and safety needs will occur by the care team.

BEFORE A RESTRAINT IS USED

Park Place Seniors Living's is committed to providing quality of care in a manner that maintains respect and dignity for our residents.

At Park Place, we follow the practice of Least Restraint, which means offering alternatives to maintain the safety of the resident and or others before considering the use of a restraint.

Family and friends have an important role to play. Please share all information you know about the resident to help the team better understand the behaviour. Before a restraint is used, the care team will:

- Complete an assessment of the resident and their environment to determine the behaviour and reason behind it
- Exhaust all available alternatives to using a restraint
- Discuss with the resident, family and or substitute decision-maker and obtain consent
- Obtain a doctor's order for the restraint

Recreation News

Annual Park Place Strawberry Tea



The Strawberry Tea is a Park Place initiative to recognize Seniors week. We enjoyed Strawberry Shortcake with fresh strawberries on top and enjoyed listening to our very own Dennis on guitar.

Drumming with Mylene



SUNRIDGE PLACE

AROUND THE HOME



Staff BBQ



Gardens in Bloom



You're welcome to tour the Facility and enjoy the patios.



Our Values

Together we **STRIVE** for Excellence

S	T	R	I	V	E
Safety & Quality	Teamwork & Partnerships	Responsibility & Stewardship	Innovation & Creativity	Voices that are Respected	Empathy & Trust
By providing safe and healthy environments where care and service is effective, efficient and person-centered with a focus on continuous quality improvement.	By supporting and committing to each other to create a connected culture that brings out the best in everyone while achieving common goals.	By doing our best work, seeking help when needed and ensuring we are good stewards of the organization resources to ensure a sustainable future.	By creating opportunities for open conversations that encourages innovation and the sharing or creating ideas to enrich lives.	By placing our residents and families at the center of all we do by listening, respecting and responding to their needs, values and preferences.	By fostering trusting relationships through welcoming diversity, practicing acceptance and seeking to understand the experience and feelings of others.

Park Place Seniors Living
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August 2024 ~Arbours



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>SUNRIDGE PLACE SENIORS COMMUNITY <i>A member of the Park Place family</i></p>			1  8:15 Morning Greetings 10:00 Neighbourhood Visits 2:00 Giant Crossword 	2  8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00  Daily Chronicle	
4  Daily Chronicle 2:00  Sunday Church Duncan United	5  8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Olympic Celebration  Daily Chronicle	6  8:15 Morning Greetings 11:15 Catholic Mass 2:00 Olympic  100 Meter Dash Daily Chronicle	7  8:15 Morning Greetings 9:30 Walk The Block 10:00 Olympics 2:00 Olympic Bocce Ball 	8  8:15 Morning Greetings 10:00 Fill In The Blank  2:00 Olympic Bullseye 	9  8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Olympic Bowling  Daily Chronicle	
11  Daily Chronicle 2:00  Sunday Church Nazarene	12  8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Ice Cream Sundaes 	13  8:15 Morning Greetings 10:00 Do you Recall? 2:00 Bingo Bonanza  Daily Chronicle	14  8:15 Morning Greetings 9:30 Walk The Block 10:00 Patio Time 2:00 Just Jim  Live in the Fireside	15  8:15 Morning Greetings 10:00 Balloon Volleyball  2:00 Geo Cache Search the Globe	16  8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Mbira Spirit  Daily Chronicle	
18  Daily Chronicle 2:00  Sunday Church New Life	19  8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Pet Visits Len & Snowy Daily Chronicle	20  8:15 Morning Greetings 10:00 Do you Recall? 2:00 Fireside Photo Shoot  Daily Chronicle	21  8:15 Morning Greetings 9:30 Walk The Block 10:00 Sit & Dance 2:00 K - Tones  Live in the Fireside	22  8:15 Morning Greetings 10:00 Word In a Word  2:00 Creative Corner 	23  8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Jukebox Favourites  Daily Chronicle	
25  Daily Chronicle 2:00 Church Brae Rd Gospel	26  10:00 Fun & Fitness In the Fireside 2:00 Popsicle Parade 	27  8:15 Morning Greetings 10:00 Do you Recall? 2:00 Bingo Bonanza  Daily Chronicle	28  8:15 Morning Greetings 9:30 Walk The Block 10:00 Sit & Dance 2:00 Patio Time	29  10:00 Balloon Volleyball  2:00 Wheel Of Fortune 	30  8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Shuffleboard In Dogwood 	

August 2024 ~ Meadows

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>SUNRIDGE PLACE SENIORS COMMUNITY <i>A member of the Park Place family</i></p>		1  2:00  Fill In The Blank	2  10:00 Fun & Fitness at the Arbours 2:00 Wheel of Fortune 		
4  2:00  Church Service Duncan United at the Arbours	5  10:00 Fun & Fitness at the Arbours  2:00 Circle of Friends	6  11:15 Catholic Mass @ Arbours	7  6:30 	8  2:00 Tai Chi with Dave 4th Floor	9  10:00 Fun & Fitness at the Arbours  2:00  Elvin Hedden	
11  2:00  Church Service Nazarene at the Arbours	12  10:00 Fun & Fitness at the Arbours 2:00 	13  9:30 Breakfast Bonanza 	14  2:00   Just Jim at the Arbours	15  2:00  Trivia Time	16  10:00 Fun & Fitness at the Arbours 2:00 Ice Cream Social 	
18  2:00  Church Service New Life at the Arbours	19   10:00 Country Drive	20  10:00 Council Meeting   6:30  Casino Night	21   2:00  K Tones at the Arbours	22  2:00 Tai Chi with Dave 4th Floor	23  10:00 Fun & Fitness at the Arbours 2:00 Karaoke Singalong	
25  2:00  Church Service Brae Rd Gospel at the Arbours	26  10:00 Fun & Fitness at the Arbours 2:00 	27  BBQ Lunch	28  2:00  Word In A Word	29  2:00 Rock Painting 	30  10:00 Fun & Fitness at the Arbours 2:00  Blackjack	