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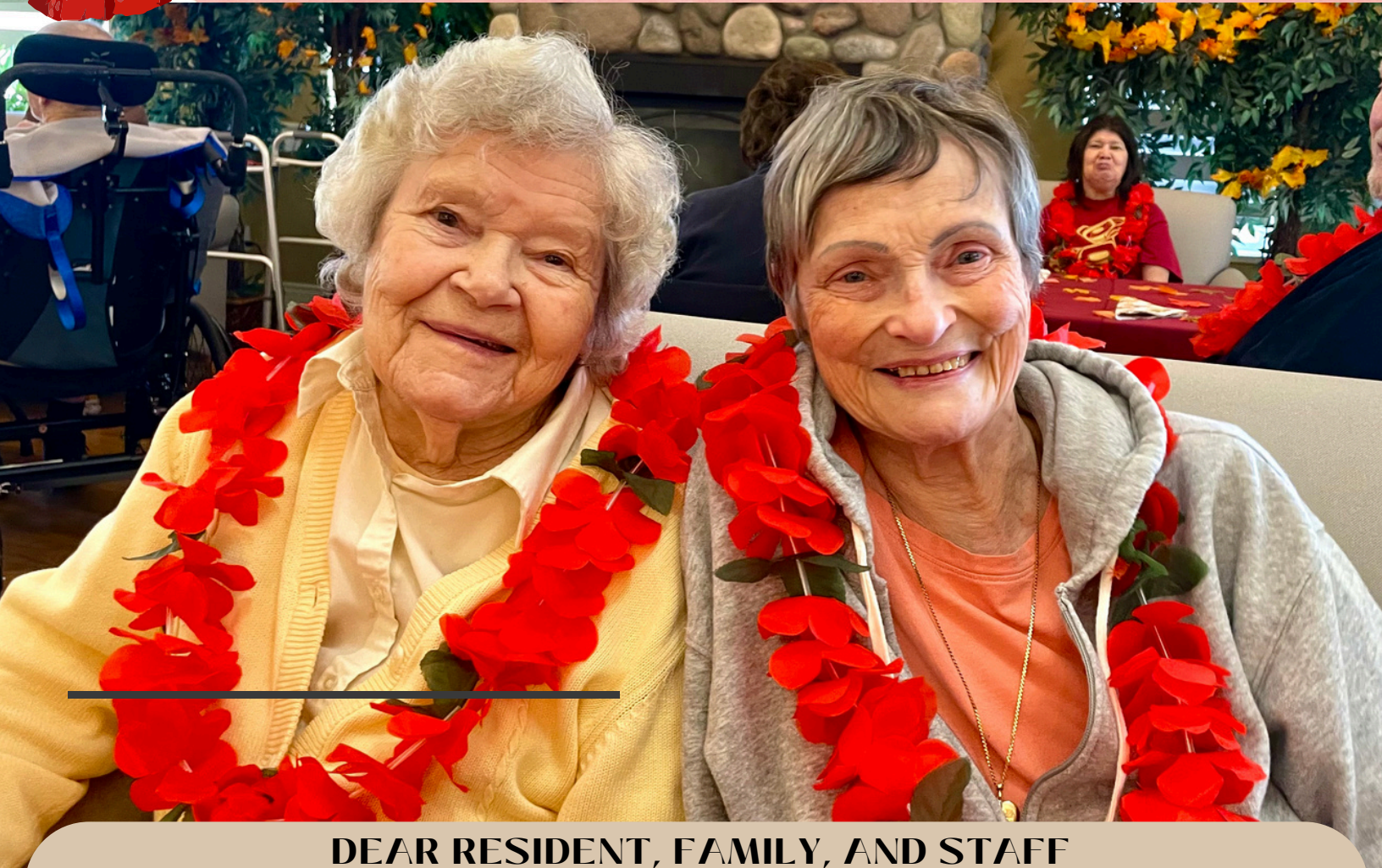


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>REMEMBER</p>					<p>1</p> <p>8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Neighbourhood Visits Daily Chronicle</p>	<p>2</p>  <p>REMEMBER</p>
<p>3</p> <p>Daily Chronicle</p> <p>2:00  Sunday Church Brae Rd Gospel</p>	<p>4 </p> <p>8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Giant Crossword  Daily Chronicle</p>	<p>5</p> <p>8:15 Morning Greetings 11:15 Catholic Mass 2:00 Bingo  Bonanza Daily Chronicle</p>	<p>6 </p> <p>9:30 Walk The Block 10:00 Balloon Volleyball  2:00 Just Jim  performs</p>	<p>7</p> <p>8:15 Morning Greetings 10:00 Resident Council Meeting 2:00 Creative Corner </p>	<p>8 </p> <p>8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Remembrance Day Service   Daily Chronicle</p>	<p>9</p> 
<p>10 </p> <p>Daily Chronicle</p> <p>2:00  Sunday Church St Andrew's Presbyterian</p>	<p>11   </p> <p>8:15 Morning Greeting 10:00 Remembrance Day Broadcast 2:00 Neighbourhood Visits Daily Chronicle</p>	<p>12 </p> <p>8:15 Morning Greetings 10:00 News & Views 2:00 Bocce Ball  Daily Chronicle</p>	<p>13</p> <p>8:15 Morning Greetings 9:30 Walk The Block 10:00 Sit & Dance 2:00 Word In A Word </p>	<p>14 </p> <p>8:15 Morning Greetings 10:00 Mindful Meditation  2:00 See You Thursday </p>	<p>15</p> <p>8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Wheel Of Fortune  Daily Chronicle</p>	<p>16</p>  <p>REMEMBER</p>
<p>17</p> <p>Daily Chronicle</p> <p>2:00  Sunday Church New Life</p>	<p>18 </p> <p>8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Where In The World  Daily Chronicle</p>	<p>19</p> <p>8:15 Morning Greetings 10:00 Do you Recall? 2:00 Bingo  Bonanza Daily Chronicle</p>	<p>20 </p> <p>8:15 Morning Greetings 9:30 Walk The Block 10:00 Balloon Volleyball  2:00 </p>	<p>21</p> <p>8:15 Morning Greetings 10:00 Mindful Meditation  2:00 Creative Corner </p>	<p>22 </p> <p>8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Jukebox Favourites  Daily Chronicle</p>	<p>23</p> 
<p>24 </p> <p>Daily Chronicle</p> <p>2:00 Church ShareWord Global 3:00 Children's Choir</p>	<p>25</p> <p>8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 No Bake Bake-off </p>	<p>26 </p> <p>8:15 Morning Greetings 10:00 News & Views 2:00 Target Shoot  Daily Chronicle</p>	<p>27</p> <p>8:15 Morning Greetings 9:30 Walk The Block 10:00 Sit & Dance 2:00 Serenade  performance</p>	<p>28 </p> <p>Decorating The Fireside </p>	<p>29</p> <p>8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Islanders  Performance</p>	<p>30</p>  <p>REMEMBER</p>



Sunridge Place

Enriching The Lives Of Seniors



DEAR RESIDENT, FAMILY, AND STAFF

Welcome to Park Place 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

IN THIS ISSUE:

Education
-Fall Management
-Hip Protectors
Recreation News
Around The Home
Lest We Forget

FINDING BALANCE: FALLS MANAGEMENT

FALLS CAUSES & RISK FACTORS

All people live at risk of falling and sustaining a fall-related injury. Falls are a common occurrence in elderly people regardless of where they are living. Approximately 30 to 50 percent of people age 65 or older will fall each year.

The reasons people fall are complex and are the result of the interaction between many factors. There has been a lot of research done to identify what those causes and risk factors are. Identified risk factors include things like:

- Chronic, long-standing illness
- Physical weakness or movement problems
- Medications
- How people use their wheelchairs or walkers
- Loss of vision or hearing
- Individual residents' ability

Some risks specific to our residents can be modified like medication, footwear and wearing hip protectors. The combination of risk factors differs between individuals and hence, the need for a resident specific assessment and care plan.

FAST FACT

FOR MANY SENIORS, THE USE OF A RESTRAINT CAN CAUSE FEELINGS OF LOSS OF DIGNITY AND SELF RESPECT, LOSS OF IDENTITY AND INCREASE ANXIETY



UNDERSTANDING EACH RESIDENT

We want our residents to feel safe and to be able to participate fully in the life of this Care Home. This cannot be done if a restraining device is used. For each resident, we need to understand the specific issues that will reduce the chances of their falling and harming themselves.

We are not able to prevent all falls, just as you are not able to prevent all falls or accidents in your own home. However, with your help and cooperation we can work together to make this a safer home for our residents

COMMUNICATION IS KEY

If you or a family member is fearful of falling, it is important to talk with your nurse about reducing the chance of falls. Often, residents or their families request restraints or bed rails placed in the upright position because they are afraid of fall-related injuries

LEAST RESTRAINT APPROACH

Recent research shows that side rails and restraints do not help keep people from falling; in fact, a restraint may contribute to a more serious fall. Best practice in the care of older adults requires that we have a "Least Restraint" approach to care for our residents and we have made great progress in this area

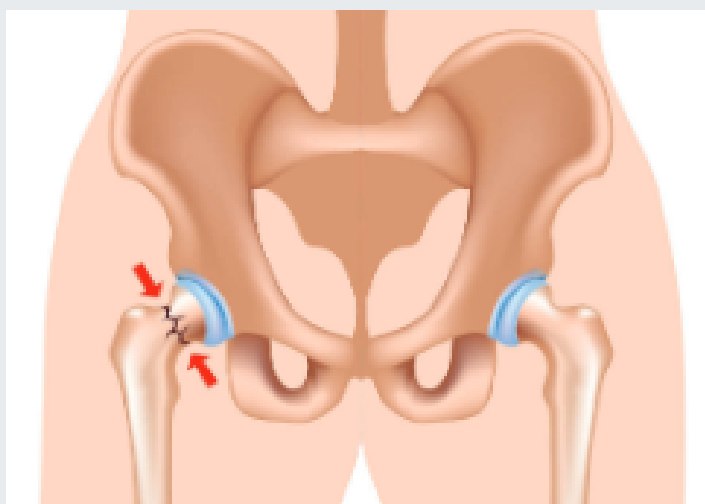
REVIEW MEDICATIONS

Keep in mind that certain medications might also be considered restraints. The reason the medication is being used generally determines if it is a restraint. If the medication is used to control residents by sedating them or making them sleep more, these medications may also be restraints. Most of these types of medications have serious side effects, including increased risk of falling, sedation and movement disorders

HIP PROTECTORS

HIP PROTECTORS ARE ALWAYS ON YOUR SIDE

A hip fracture can cost you your independence, your well-being, even your life. The following picture shows a hip fracture, which is a break at the top part of the femur bone where it connects to the pelvis



ALL ABOUT HIP FRACTURES

What is a Hip Fracture?

A hip fracture refers to a break of the top part of the femur bone where it connects to the pelvis

What are the Consequences of Hip Fractures?

Hip fractures result in poor health, pain and hardship. The majority of people suffering hip fracture never regain their previous mobility and permanently lose their independence

Can Hip Fractures be Prevented?

YES! The chance of sustaining a hip fracture can be greatly reduced by wearing a hip protector. Hip protectors are comfortable and convenient, and they reduce risk of hip fractures by more than 50%



**FAST
FACT**

ALL ABOUT HIP PROTECTORS

What are Hip Protectors?

Hip protectors are special garments (underwear, shorts, or pants) containing soft pads specifically designed to protect your hips during a fall.

How do they Work?

Hip protectors absorb the force of a fall and divert this force away from the hip bone.

How do I use a Hip Protector?

Hip protectors can be worn like an underwear or on top of underwear (depending on the model).

If unsure, ask for assistance.

When should I wear Hip Protectors?

Hip protectors can only help when you are wearing them. They should be worn 24 hours a day as falls can happen anywhere, any time

IN CANADA APPROXIMATELY 80% OF FALLS RELATED ADMISSIONS TO HOSPITALS BY SENIORS ARE DUE TO FRACTURES

RECREATION NEWS

NEWS



HALLOWEEN FUN



Pumpkin Decorating

Turkey Shoot

Around The Home

QUALITY IMPROVEMENT

Quality Improvement is a main focus at Sunridge Place. With regularly scheduled Audits, we collect data and review how to improve in each of the areas. Some examples of the Audits we conduct include Meal Service, Hand Hygiene, Restraints, Team Function, Nutrition Care Plans, Lift & Transfer, Medication Administration, Communication, Laundry, Recreation Programs, and Clinical Practice.



BLANKET DONATION

Thank you to Marjorie Gumarson for the lovely, quilted lap blankets. The will come in handy as the cold weather approaches.



STAFF RECOGNITION

In October, we celebrated RCA day and Support Services staff with treats and goodies. As well, Care Corp Senior Services, our care provider at Sunridge Place recognized staff who have worked 10 years with a certificate and 10-year pin



Sunridge Residents had the opportunity to Vote on October 11th

PROVINCIAL ELECTION



Lest we forget



**Remembrance Day Service
will be held on
November 8th at 2:00pm
in the Fireside Lounge**