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*A message from our Administrator*

December is all about traditions. This year, my family started a new tradition. Our little Elf "Tuts", short for Tutti Frutti started visiting our home during the month of December. The joy it has brought to our family, especially my son Logan, has been priceless. It has very helpful getting him out of bed in the morning. Some things our Elf has done: fishing, taking a bath in marshmallows, playing hide and seek in toilet paper rolls, and covering our tree in toilet paper. I am sure there will be many more interesting Christmas' to come.

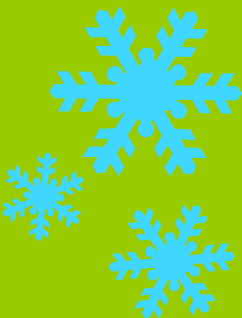
Another tradition that has been popular over the last few years, offering the opportunity for each neighbourhood to host their own Christmas Dinner, inviting friends and loved ones to celebrate the season and partake in a feast, reminiscent of when our Elders would celebrate with their families at home. Over 5 nights this past December, we provided over 350 meals (including volunteers and team members). The comments were very positive about the delicious meal and the how it provided the opportunity for some families and Elders to sit down and get to know their neighbours. Thank you to our Life Enrichment team who organized the evening; to the Dietary team who prepared the sumptuous meal and the Leadership team and volunteers who helped serve and create a beautiful evening.

I would like to also thank, our pharmacy, Alentex Pharmacy Systems who donated the gifts for each Elder.

This fall, we received a very generous donation from an Elder and her family with the purchase of a blanket warmer. This blanket has and will continue to provide our Elders the benefit of a warm blanket for the cold nights; alleviate arthritis pain, comfort during difficult times and make you fell all warm and fuzy all over.

From my family to yours, I want to wish everyone a happy, prosperous and a 2015 filled with memorable moments.

~Ron Parent



# Eden Alternative Events ~A look back at 2014~

## January

~Changes made to Elder birthday celebrations. Birthdays are now celebrated on the Neighbourhoods.



## February

~Annette and Hazel, 2 long time team members, retire and are honored for their commitment to River East Personal Care Home for many years.

## March

~Cancer Society Daffodil Sale – River East PCH gives back to the community.



~Leadership team members attend an Eden Education Session at Grunthal Home.

~Ernie, the Budgie passes away.

## April

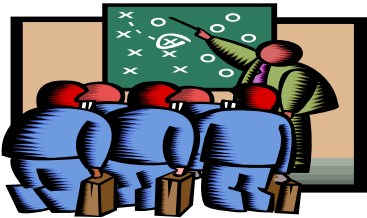
~Family members attend an information session on Manitoba Health Standards.

~Manitoba Health Standards Visit takes place.

~Joy, the Budgie, makes River East her home.

## May

~Leadership team members attend an Eden Education Day.



## June

~Elders and the Life Enrichment team go shopping for flowers and vegetables for our gardens.

~The Life Enrichment Team organizes a Gardening Day. Elders, Family and Staff assist with planting in our flower and vegetable gardens.

~Members of the Courage Bay Neighbourhood participate in the Alzheimer Society Memory Walk at the Forks.

## July

~Parking lots are power swept and lines touched up.

## August

## September

~Elders decide on what type of meal they want for their Neighbourhood Christmas dinners (all choose turkey!).

~Fall Town Hall Meeting called.

~Preparation starts for renewed landscaping for our yard

## October

~Blanket warmer arrives for all Elders to use.

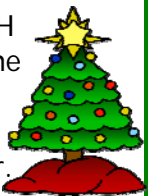
## November

~Christmas lights and decorations go up outside.

## December

~Neighbourhood Christmas Dinners enjoyed by Elders and families.

~River East PCH gives back to the community  
-Mitten Tree & Food Hamper.



~photos with Santa.

~Family members participate in a Feeding and Swallowing Education session.



## P.I.E.C.E.S



December 8, 2014

As I write this there is Christmas music playing in the background. I am reminded of the power of music and its affect on the people who hear it.

Last year an Elder who was no longer able to communicate verbally walked into my office and sat down; Christmas music was playing. She began to clap her hands and sway to the music, when I started to sing along with the CD she joined me. It was beautiful! I heard a similar story just last week from one of my fellow team members. We know that long term memory lasts longer than short term memory so it is no surprise that people still remember the words to songs they would have sung as youth. But it does surprise me that someone who can no longer put words together in a way that makes sense to the listener can still sing the words to a song – but as I said before it is beautiful when you witness it or better yet when you experience it with them.

I have often advised team members who are providing care to sing as they work, especially if the person receiving care is prone to responsive or reactive behaviours. It is calming for the Elder and the team member.

Music is also a way to connect to the Elder when conversation has become difficult or impossible. There is a clip from a video on YouTube that demonstrates this beautifully; I encourage you to take 5-6 minutes to watch it. You can find it by searching Gladys Wilson and Naomi Feil or going to

<https://www.youtube.com/watch?v=CrZXz10FcVM>

I encourage you to share music that the Elder enjoys with them.

*~Karen Loch RN, BN*

Dementia Program Manager



## *Eden Inspiration:*

*“Let’s Talk About Language” – by Virgil Thomas* [ChangingAging.org](http://ChangingAging.org)

I was visiting the doctor yesterday where I was told I had a “markedly deviated septum.” I will also be “prescribed a medical option.” If this does not “resolve the difficulty,” I will be “recommended to undergo nasal septal reconstructive surgery, as well as undergo bilateral partial turbinectomy.” To all the medical professionals out there, I might have to explain my frustration.

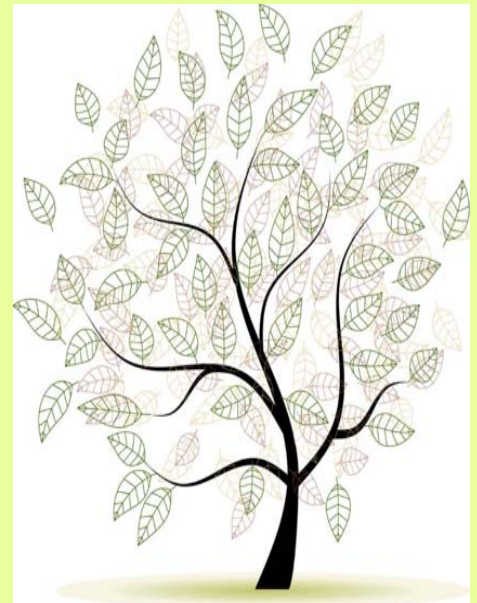
It took about 5 minutes of prying to get the doctor to simply explain that I have an old broken nose that is making breathing difficult.

Language is like a computer. It is extremely powerful. We rely on it every day, often without even realizing it. But most of us have really no idea how it works. In fact, the only time we really become aware of how computers work is when they break down or function inconveniently. After all, how many non-IS majors use computers? And how many non-linguists speak everyday?

I find it fascinating that we can understand so little about something that has had, some would argue, the greatest impact on humanity. Language can bring us together, drive us apart, it defines everything in our world, and can even change something’s meaning.

In our world, the world of The Eden Alternative, we see that few things are as powerful as language. Consider for a moment these phrases and words juxtaposed:

Senior Citizen – Elder  
Facility – Home or Community  
CNA/Caregiver – Care Partner  
Resident – Care Partner  
Skilled Nursing Care – Person Directed Care  
Meal Time – Lunch



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If the institution is what we are trying to fight, we will never succeed, as long as it is reinforced by institutional language. To describe a person as a “dementia patient” or “someone who is demented” we have effectively condensed that person to one condition, one dimension. By changing just a few words and saying instead, “a person living with dementia,” you have managed to convey to everyone (yourself, other employees, and the Elder) that they are a person, so much more than a diagnosis, by putting the person before the disease.

The state of language is in constant flux. We change it, and it changes us. We have the power to create new words or phrases, like “to google,” and to change old ones, like “peruse” (it probably doesn’t mean what you think it does). But in a similar way, language changes us. For proof of this, you need look no further than the prominence of euphemisms in our culture.

Another list:

Food Insecurity – hunger/starvation

Force Depletion – Number of soldiers dying

Income Inequality – People have more money than you

Enhanced Interrogation – Torture

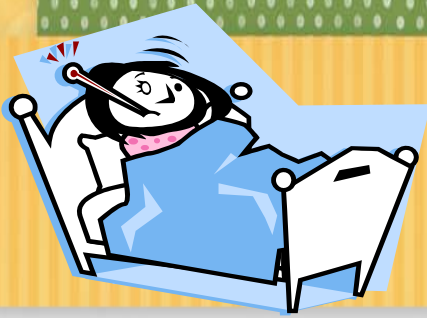
In every example, we see phrases that move us away from the humanity behind these concepts by burying it in jargon, the essence of institutionalism.

None of us have the power to change the system overnight, it takes time and practice. When I first started working for The Eden Alternative, I had to practice the language on a daily basis.

At my doctor’s appointment, I was dealing with a person who was clearly well-trained and well-versed in her jargon. She just suffered from an inability to connect the language to the person. Next time you speak, think not about the definition of the words, but of their meaning.

<http://www.edenalt.org/lets-talk-language/>





## IT'S HERE....

Recent reports from WRHA have confirmed there have been 37 Influenza-like illness (ILI) outbreaks in the LTC sector, 31 of which have now been confirmed as Influenza A since the season began.



Even though we have officially wrapped up our 2014-15 Influenza campaign in the Home if anyone is still interested in receiving a flu shot they may still do so, any nurse in the Home can administer it to you. A consent form still is required to be completed. Consent forms can be located in the Friendship Center.

This year was a success for us at River East. We vaccinated 108 Elder's who live in the home, 114 team members and 64 visitor/volunteers/family members.

Just a reminder to everyone that if you are feeling unwell please refrain from visiting your loved one. Also a reminder to wash your hands often! Hand washing is the best means of preventing the spread of infection.

Thank you to everyone who received their flu shot...you have made a difference in your Elder's lives, your family and the community you live in!

*~ Kristen Maneluk, ADOC*





Thank you to those that made donations to our  
Mitten and Scarf Tree as well as  
our Winnipeg Harvest Bin!

**WINNERS OF THE  
LIFE ENRICHMENT RAFFLE BASKETS**

Movie Night – Sue Krakatovich

Chocolate Lovers – Sue Krakatovich

Spa – Gail Dyck

Coffee Lovers – Michelle Wryha

Congratulations to all the winners and a big  
Thank You to everyone who bought tickets!



## Upcoming Life Enrichment Special Events

**Thursday, January 29<sup>th</sup> at 6:30pm**  
**-Performance by the Braemar Scottish  
Dancers**

**Wednesday, February 11<sup>th</sup> at 1:30pm**  
**-Valentine Card Delivery from  
Kent Road School Students**

**Friday, February 13<sup>th</sup> at 2:00pm**  
**-Valentine's Day Happy Hour**

**Tuesday, February 17<sup>th</sup> at 2:00pm**  
**-Mardi Gras Party with Fire and Ice**

**Thursday, March 5<sup>th</sup> at 7:00pm**  
**-Irish Concert by the Flatland Ceili Band**

**Tuesday, March 17<sup>th</sup> at 2:00pm**  
**-St. Patrick's Day Irish Pub**

**Thursday, March 19<sup>th</sup> at 1:30pm**  
**-Daffodil Sale for Canadian Cancer Society**



(Please see Julie from the  
Life Enrichment Team if  
you would like more  
information on any of the  
upcoming Special Events)



We say good bye to Reverend Simon Blaikie from St. Saviour's Anglican Church. We wish him all the best in his new role at St. Georges Anglican Church.

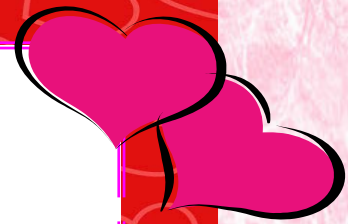
We look forward to meeting the new Reverend from St. Saviour's Church at our Anglican service on February 26<sup>th</sup>.





## Valentine's Day Fun Facts :

- Hallmark produced its first valentine in 1913.
- One billion valentines are sent each year worldwide, making it the second largest card-sending holiday of the year behind Christmas. Women purchase approximately 85 percent of all valentines.
- Teachers receive the most valentines, followed by kids, mothers, wives and sweethearts.
- Over 50 percent of all Valentine's Day cards are purchased in the six days prior to the holiday.



## Red Velvet Cake Recipe

- 2 cups all-purpose flour
- 1 teaspoon of baking soda
- 1 teaspoon of baking powder
- 1 teaspoon of salt
- 2 Tablespoons unsweetened, cocoa powder
- 2 cups sugar
- 1 cup vegetable oil or canola
- 2 eggs
- 1 cup buttermilk
- 2 teaspoon of vanilla extract
- 1-2 oz. red food coloring, depends how deep you want the color
- 1 teaspoon of white distilled vinegar
- ½ cup of prepared plain hot coffee (don't skip this ingredient)



### Instructions

- ~Preheat oven to 325. In a medium bowl, whisk together flour, baking soda, baking powder, cocoa powder and salt. Set aside.
- ~In a large bowl, combine the sugar and vegetable oil. Mix in the eggs, buttermilk, vanilla and red food coloring until combined. Stir in the coffee and white vinegar.
- ~Combine the wet ingredients with the dry ingredients a little at time, mixing after each addition, just until combined.
- ~Generously grease and flour two round, 9 inch cake pans with shortening and flour. Pour the batter evenly into each pan.
- ~Bake in the middle rack for 30-40 minutes, or until a toothpick inserted in center comes out clean. Do not over bake as cake will continue to cook as it cools. Let pans cool on a cooling rack until the pans are warm to the touch. Slide a knife or offset spatula around the inside of the pans to loosen the cake from the pan. Remove the cakes from the pan and let them cool.
- ~Frost the cake with cream cheese frosting when the cakes have cooled completely.



# Our Photo Album

## River East Personal Care Home

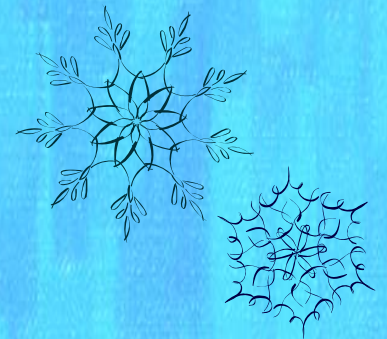
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Got an idea for our  
Newsletter?  
Forward it on to Julie  
from the Life  
Enrichment team.  
[jzabudny@extendicare.com](mailto:jzabudny@extendicare.com)

We're on the Web!  
See us at:  
[www.rivereast.ca](http://www.rivereast.ca)



Visits with the  
Grade 5 Class  
from  
John DeGraff  
School

