



A message from our Administrator

SUMMER IS COMING TO A GENTLE CLOSE...



I have had a wonderful time getting introduced to River East. My start last fall, it's hard to believe that almost 1 year has passed. I am grateful for the warm welcome that I have received by our Elders, family, and staff. I am especially grateful to be in the company of our staff who try their absolute best to make a difference in the lives of those we care for.

I am thankful for being able to meet a multitude of Elders along with the families who are so closely attached to them. If I have not had opportunity to meet you yet, please accept my apologies with an open invitation to please introduce yourself.

We have had an exceptionally warm summer and appreciate everyone's patience as we try to undertake improved cooling in our home. Additionally, there are many endeavors planned for over the next year, some of which include continuing to work on our air conditioning units, the creation of a Café type sitting area beside the Fireside Lounge, and new landscape design. We appreciate your feedback and welcome any further suggestions that you may have. Please stay tuned for an Elder/Family Satisfaction Survey in October that will request you to provide comments on the care received in our home. Your responses are very appreciated.

As summer is fading, we welcome the arrival of fall and a bountiful harvest, especially when it has been such a great growing season. I look forward to the changing colors of fall and I'm excited to continue to grow with our home. I will continue to look forward to meeting with you and hearing your treasured stories.

Jean Foster
Administrator



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It's A Team Effort

Flu season is just around the corner... Infection prevention in our Home requires a team effort and we are asking everyone who lives, visits and works in our Home to do their part this flu season. Everyone can make a difference in the lives of protecting our Elders in the Home.

Remember hand washing is the most effective means of preventing the spread of infection. Alcohol dispensers are available throughout our Home for your use. Please wash your hands often. We ask if you are not feeling well please consider postponing your visit until you are feeling better. Lastly and most importantly get your flu shot to protect your elders from serious illness and possibly death.

In order to ensure our Home is protected from possible exposure, River East will be having its annual "Flu Shot Program" this fall. It is recommended that all Elders, staff and visitors receive their "Flu shot". Posters will be placed throughout the Home to advise you of when flu clinics will be held.



Do I have a Cold or the Flu??



SYMPTOM	COLD	FLU
Fever	Rare	Often high, 3-4 days
Headache	Rare	Usual
General aches and pains	Slight	Usual, often severe
Weakness	Mild	More severe and can last 2-3 weeks
Extreme exhaustion	Never	Early and noticeably
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Cough	Mild to moderate hacking cough	Common, can become severe

INFLUENZA

Common Myths about the Flu

MYTH #1

I am not at risk of getting the flu because I am healthy.

FACT

Even if you are healthy, it is important to get the flu vaccine every year. You could be at risk of getting the flu and passing it to others because of your close contact with elders.

MYTH #2

I work in a large health care organization where many Elders and staff members get the flu vaccine. One less person who gets vaccinated won't make a difference.

FACT

The Centers for Disease Control and Prevention's (CDC) Advisory Committee on Immunization Practices (ACIP) recommends that everyone should get a flu vaccine every year. In past years, flu infections have been reported in health care settings and studies have shown that visitors and health care workers were a potential source of these infections. According to the CDC, getting vaccinated against the flu every year is the most effective method for preventing the flu and its complications.

MYTH #3

I don't have any flu symptoms so I cannot pass the flu to others.

FACT

The flu is contagious and can be deadly. Even if you don't show symptoms of having the flu, you can still pass the virus to others. This is dangerous for many elders as they are at high risk for complications from the flu that can lead to serious illness and even death. The flu vaccine can also help keep health care workers stay healthy and avoid missing time from work.

MYTH #4

The flu vaccine is not safe.

FACT

You cannot get the flu from a flu vaccine. Occasionally people will experience side effects of a result of having the vaccine. These include: A sore arm at the injection site, redness at the injection site or a small hard lump (generally goes away in 3-7 days), low grade fever, some mild aches and pains.

MYTH #5

The flu vaccine does not work

FACT

The ability of a flu vaccine to protect a person depends on the age and health of the person receiving the vaccine. In addition, the similarity or "match" between the viruses in the vaccine and those in circulation can affect the vaccine's ability to protect a person against the flu. Each year there is a new vaccine to protect against the influenza virus strains that are expected in the coming influenza season. Even if the strains have not changed, getting the influenza vaccine every year is necessary to maximize protection.

MYTH #7

Antibiotics can work just as well as the flu vaccine.

FACT

Antibiotics do not fight infections caused by viruses, such as the flu. Antibiotics cannot be used to treat the flu and will not prevent the spread of flu. Antibiotics are not a substitute for the flu vaccine.

Elder or Family Requested Products

What you need to know by October 2016



In accordance with WRHA and Manitoba Health Policy and Standards of Practice for Long Term Care, all medications prescribed by a practitioner must be packaged by pharmacy in a monitored dose system for administration by a nurse.

- No medication (including herbal, vitamin, mineral, creams, and ointments) will be provided to the facility prior to receipt of a signed payment approval form at the pharmacy.
- Elder/Family requested products not authorized by the facility doctor or nurse practitioner will not be packaged by pharmacy and should not be administered by a nurse or stored on site at the facility.

If the product can be obtained by the pharmacy and is a scheduled medication in pill form:

- Payment approval must be signed by the Elder or their designate.
The medication will be provided at cost plus a \$2.00 per week dispensing fee.
- Product will be incorporated into the regular strip packaging once payment approval has been received.
- Product will appear on the Elder's Medication Record and will be reviewed quarterly.

If the product can be obtained by the pharmacy and is a PRN (as needed) medication or non-pill product:

- Payment approval must be signed by the Elder or their designate.
The medication will be provided at cost plus a 40% upcharge.
- Product will be dispensed in unit dose packages, blister packs or original bulk packaging once payment approval has been received.
- Product will appear on the Elder's Medication Record and will be reviewed quarterly.

If the product cannot be obtained by the pharmacy:

- Payment approval must be signed by the Elder or their designate.
Products will be subject to a dispensing fee of \$10.95 plus a packaging fee of \$2.00 per blister pack.
- The Elder/Family shall arrange for a supply of the product to be brought in to the facility for forwarding to pharmacy for packaging.
- The product must be provided to pharmacy in an intact, sealed, labeled original container.
- The entire contents will be packaged in blister cards and returned to the facility.
- Product will appear on the Elder's Medication Record and will be reviewed quarterly.
- If the product cannot be packaged for any reason, for example size, integrity etc. it will be returned to the facility in the original packaging.

Elder/Family requested products will not be considered as "urgent" medications. Items will be picked up on the facility's regular delivery day by Pharmacy. The packaged product will be returned to the facility at latest on the next regularly scheduled delivery day. This may be up to 7 days.

If the product cannot be obtained by pharmacy or the Elder/Family does not wish to pay the dispensing / packaging fee:

- The product may be brought in by a caregiver on a daily basis for administration by said Caregiver. Storage of these products is not permitted in the facility or Elder's suite.
- Product will appear on the Medication Record and Quarterly Review form as "resident supplies".

Health Care Providers need to be informed of all products being used so medical records are accurate for planning best care.

RESIDENT/FAMILY Satisfaction Survey



We need your feedback!

By participating in this survey, you will help us:

- Understand what really matters to you and your family.
- Improve the care in your home.
- Contribute to the growing body of knowledge.

Need assistance in completing the survey? We will have someone available to help you from October 4th to 31st.

Questions about the Resident/Family Satisfaction Survey should be directed to the Administrator or Dementia Program Manager.

End-of-Life Care for Elders with Advanced Dementia

I recently read a document prepared for the Alzheimer's Association on end-of-life care for people with Dementia in residential care settings. I found it very interesting and shared some of the key points in a mini newsletter I prepare for the staff. I thought I'd share one or two points with everyone as I think there are some things we really need to think about.

The author advises us to have discussions about end-of-life care shortly after we or a loved one is admitted to a personal care home, before a critical moment when we might be feeling overwhelmed and emotional. In this discussion he recommends we talk about our goals of care and the priority order of these – survival, maintenance of function, and comfort. The article reviews the ineffectiveness of CPR in people with advanced dementia, the negative effects of transfer from the nursing home to hospital, and the need for good end-of-life care. If you are interested in reading the document, it is on the internet at <http://www.alz.org/national/documents/endoflifelitreview.pdf> I would be happy to discuss it with you if you'd like.

Each year at our Elders' Path Meetings we review the Advance Care Plan, this is a review of the goals of care, but we do not need to wait until then. If you would like to review this sooner or in more depth please talk to one of the team (nurse, social worker, or nursing management.)

Karen Loch, Dementia Program Manager
kloch@extencare.com (204)668-7460 ext. 264

TRICK OR TREATING AT RIVER EAST PERSONAL CARE HOME



Join us for our annual
Children's Costume Parade & Candy Collection
Wednesday, October 26th at 6:30pm
In the Gathering Room



All staff and Elders' families are encouraged to bring their little ones in costume on this evening.

You must **RSVP by October 19th** to the Life Enrichment Team 668-7460 ext. 230 or email jzabudny@extencare.com to let us know how many children you will be bringing.

Donations of Candy are gratefully accepted and can be dropped off at the front office or the Life Enrichment office.

Upcoming Life Enrichment Programs

**Monday, September 26th
to November 21st
10:00am – 11:00am**

- Jack Be Nimble

(River East is host to this program offered for preschoolers and their parents through the River East Transcona School Division. Elders of River East can attend the program to watch the children)

**Wednesday, October 5th
11:00am – 1:45pm**

-Outing to Boston Pizza for Lunch

**Thursday, October 6th
1:30pm – 3:00pm**

-Visits with the Grade 5 class from John DeGraff School

(Elders are paired up with the students for the school year. Activities with the students change each visit)

**Friday, October 7th
2:00pm – 3:00pm**

-Thanksgiving Day Tea with entertainment by Leo Gosselin

(join us for a piece of pumpkin pie)

**Tuesday, October 18th
1:45pm – 4:00pm**

-Outing to Perkins for Coffee and Dessert

**Wednesday, October 26th
6:30pm - 7:30pm**

-Trick or Treating for the Kids

(bring the little ones in costume for Trick or Treating at River East, RSVP to Julie 668-7460 ext. 230)

**Monday, October 31st
2:00pm – 3:00pm**

-Halloween Party

(Trivia and Games, Costume contest at 2:45pm)

(For more information on any of these programs, please contact Julie: jzabudny@extendicare.com or phone 204-668-7460 ext. 230)

**Please pay special attention to our October calendar as we have moved a few of our programs to different days of the week.

We have also added regular Saturday programming.

Also, in the coming months, Neighbourhood calendars will take place of our general facility calendar. Stay tuned for more information.



We say farewell to two of our team members :

Cari Simpson, our Social Worker and

Dawn Neufeld, from the Life Enrichment team.



Cari Simpson has left for an 8month term position. Cari has done an excellent job in her role here for the past eight and a half years and we thank her for being part of the River East Team. We wish Cari the best in her new position!

Dawn Neufeld has been in her role at River East since November 2008. We'd like to thank Dawn for her years of dedication. We also thank her for all of her help with caring for the pets of the Home. We wish you all the best Dawn!



A warm welcome to new Social Worker, Salina Dookheran, who started with us on September 20/16. Salina is a very warm, friendly, and compassionate individual. She brings with her a calmness that assists her in her day to day role of caring for our Elders. We are very thankful to have Salina join our Team and are confident that she will be a great addition to our home.

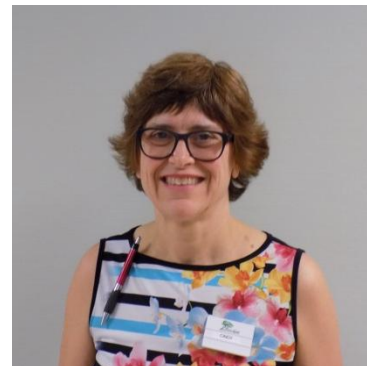
Welcome Salina!

We Welcome Cindy Goranson to the Life Enrichment Team!

Cindy joined the team on September 20th.

Cindy may be a familiar face to some as she completed her Red River Community College Recreation Facilitator's Practicum at River East in April of 2015.

Welcome Cindy!



Our Photo Album

River East Personal Care Home

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(204) 668-7460**

**FAX:
(204) 668-7459**

Got an idea for our
Newsletter?

Forward it on to Julie
from the Life
Enrichment team.

jzabudny@extendicare.com

We're on the Web!

See us at:

www.rivereast.ca



Fun at our
summer
BBQs



A farewell tea was
held for Cari on
September 14th.

