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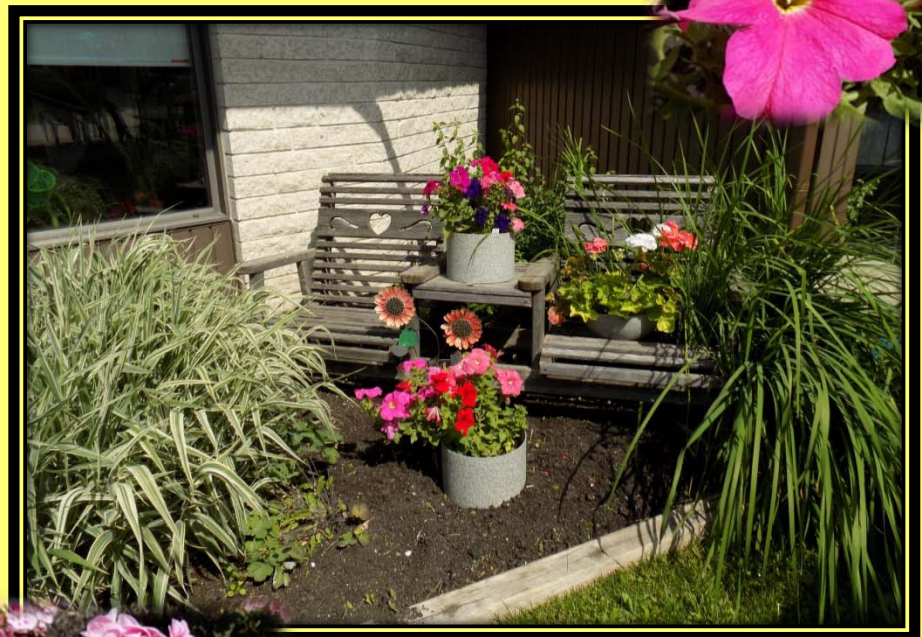
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Wishing everyone a wonderful summer!

**Hope that you get a chance to enjoy the
patio and all the hard work that went
into it this year!**

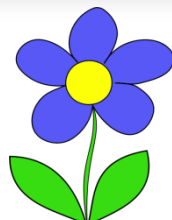
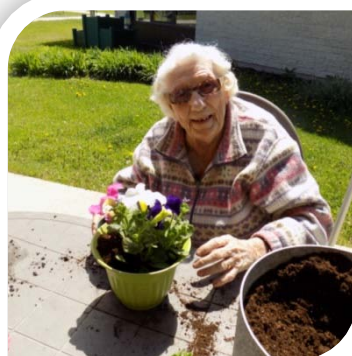


A look back at some past events.....

Thank you to everyone who attended our Mother's Day Tea back on May 6th. Here are a few pictures of the event.



Gardening -
Planting flower
pots



A visit from
the Grade 5
class from
Prince Edward
School



SUMMER IS FINALLY HERE.....



There are lots of reasons why people usually pick summer as their favorite part of the year. It's a time when many of us can finally pack our bags and get away with our families... We look forward to our summer holidays during many long, cold winter months.

Many of our staff are looking forward to summer this year and vacation with their family. This can be a difficult time for our Elder's and families as unfamiliar faces are used to cover shifts in our Home. Elders and families can assist during this time by giving staff time to get to know you or your Elder's needs.

Many of you know we have had a recent switch of staff to different neighborhoods. The reason for this was to give our staff a change and for our Elders to meet some of the other wonderful staff in our Home. Staff can become burnt out and in turn morale and sick time can become a concern. Many of our staff were excited by the change although it was upsetting to some of our Elders and families. I want to thank you for your patience and understanding as we continue to make improvements in our Home.

This past June we completed our annual education skills review with our staff. The focus for Safe Elder Handling was the review and use of sliders in our Home. Our policy indicates that Elders who have no bed mobility or limited bed mobility require a slider for repositioning/turning in bed. All Elders who need to use a slider will require their own. Elders and families will be notified in the coming weeks of the cost of sliders. Our Rehab will be able to order and supply sliders to those in need. If you should have any more questions please contact myself or Donna the Rehab aide.

Wishing you a safe and fun summer!

Kristen Maneluk, Director of Care



Liberalized Diets in Long-Term Care: Phasing out the Carbohydrate Controlled/ “Diabetic” Diet

Recently the controlled carbohydrate diet otherwise known as the “diabetic diet” was reviewed to determine current best practice guidelines. As per the Diabetes Expert Review Group Executive Summary it has been noted that in the long-term care setting, there is a high risk for weight loss, sarcopenia (muscle loss) and functional decline in the elderly population. After the review the group has determined new recommendations for the long term care setting and elders on therapeutic diets.

A therapeutic diet is defined as a diet intended to treat a disease or help manage a medical condition. Some examples include low sodium, diabetic, and renal diets.

The recent review concluded many of these diets may not be appropriate for those living in long-term care. In Canada and worldwide, malnutrition is a pervasive issue in long-term care facilities and the elderly population suffers from malnutrition at a rate of 40 to 85 percent. Sometimes, elderly are admitted into a long term care facility in malnourished state, other times, multiple medical conditions contribute to nutritional decline in the elderly. The focus for elders should be based on quality of life, quality of care, as well as elder rights. The new recommendations allow us to liberalize diets and relax dietary restrictions used to manage or treat a disease like diabetes, high blood pressure, congestive heart failure, or renal disease. As well a move toward liberalized diets has been shown to result in improved intake and a decrease in the malnutrition and unintended weight loss that often occurs when elders are served food they don’t want—and consequently won’t eat. Preserving quality of life is at the forefront in long-term care. The diabetic diet can be liberalized in long term care based on the following:

- 1) Prevalence of malnutrition is already high and we want to avoid unnecessary food restrictions
- 2) Carbohydrate portions of meals are already small and consistent at each meal
- 3) Meals and snacks are evenly spaced out throughout the day
- 4) Elders are likely on insulin or a medication regime for additional diabetes management.

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In many cases, a regular diet improves meal intake, minimizes struggles over dietary compliance, and improves elders' quality of life. With assessment and monitoring by a registered dietitian, a regular diet (with texture modifications) can be appropriate for many living in long-term, even those with a diagnosis of diabetes or hypertension. Regular menus in long-term care facilities are reviewed by the dietitian and follow the Canada's Food Guide to ensure there is a proper balance of nutrients therefore, are generally consistent in calories, served at consistent times, and portions are controlled.

One must consider the functional age of a person, quantity versus quality of life, presence of other risk factors such as dementia, terminal illness, and elder's wishes (advanced directives).

In the next few weeks our Home will be reviewing all of our elders receiving a therapeutic diet, in particular diabetic diet. If an elder meets the appropriate best practice guideline our registered dietitian will be phasing out the diabetic diet. Our dietitian will be contacting families to discuss and inform of this change in the coming weeks.

We will continue to carry some artificially sweetened items for elders who do prefer these items. Feel free to come and speak to me if you have any questions regarding this change.

Dina Daniello-Santiago
Registered Dietitian
River East Personal Care Home

"Did You Know?" – Fruit Facts

<http://www.fruitsinfo.com/did-you-know.php>

- ~ An average strawberry has around 200 seeds
- ~ Kiwi contains twice as much Vitamin C as an orange
- ~ There are over 7000 different types of apples grown all over the world.
- ~ You can speed up the ripening of a pineapple by standing it upside down (on the leafy end).
- ~ Dried fruits contain more calories than fresh fruits. Since drying process takes out water and volume
- ~ About 71% of grapes are used for wine. 27% are used as fresh fruit, and 2% are used as dried fruit.
- ~ A watermelon contains 92% water.
- ~ Strawberries are the only fruit which grows seeds on the outside.



Highlights of Upcoming Life Enrichment Programs

Friday, July 27th

2:00pm



-A Beach Themed Happy Hour

Wednesday, July 26th

2:00pm

-Ice Cream Floats on the Patio

Tuesday, August 1st

& Wednesday, August 2nd

2:00pm

-Celebrating the Canada Games with Sports and Trivia

Wednesday, August 9th

10:45am - 1:30pm

-Outing to the Olive Garden for Lunch

Thursday, August 10th

2:00pm

-Camping Trivia and Reminiscing

Thursday, August 10th

6:30pm

-Camping Sing Along

(with Cal Wookey on Guitar)



Tuesday, August 15th

11:30am - 2:30pm

-Outing to Half Moon for Lunch

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

A reminder that families may access our monthly neighbourhood calendars on our website.

www.rivereast.ca

Save the Date

Elder Clothing Sale

By Family Tree Clothing Company

Tuesday, October 3rd

11:00am – 3:00pm In the Gathering Room

~Adaptive and Regular Clothing and Footwear available

~Payments accepted: Cash, Cheque, Debit, Visa or Mastercard

www.familytreeclothing.ca



In June we welcomed two new members to our River East Team.

A big welcome to Catherine Klos, our new Social Worker!

Also, a big welcome to Bernie Friesen to our Maintenance team!



Thank you to those who made a donation to the Alzheimer's Memory Walk!

Members of the Leadership team from River East joined up with the other Extencicare Homes for the Walk on June 13th.

It was a great evening for a great cause!



Elder Spotlight

Adalbert Groll was born and raised in Germany where he grew up with 1 brother and 2 sisters. He was named after his dad, Albert.

His favourite childhood memories were when he was helping farmers and driving horses. They would bring him sandwiches and cold milk to enjoy while he was working.

Bert met his wife Thea at a movie theater in 1948. He said that it felt like it was meant to be and that he was drawn to her like a magnet. He bought a motorcycle in 1952 and together they travelled to Austria, Italy, Switzerland, France, Holland, and Belgium. In 1955, Bert sold his motorcycle and immigrated to Canada in June of that year. Shortly after, he sponsored Thea to come to Canada in October. They got married a month later in November. Together they raised four boys.

Bert doesn't have a favourite singer, but he does enjoy old time music. His favourite movie star is John Wayne, and for television, he enjoys watching action shows and alien science fiction.

His favourite sports are hunting and fishing. He's always enjoyed shooting and was named best in Canada for shooting, 2 years in a row. He also enjoys watching football, especially the New England Patriots.

When asked if he has any advice to share with us, Bert said "Do the best you can, fly straight".



You may have seen Bert's artwork around the Home. Here is a picture that he drew of the Neighbourhood BBQs.

Our Photo Album

River East Personal Care Home

1375

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We're on the Web!

See us at:

www.rivereast.ca



*Neighbourhood
BBQs*

