

Summer



A message from our Administrator

The leadership team recently spent a day with other Eden minded individuals to talk about refocusing our efforts and energy on Eden and Eden minded projects. The key message that I took from the day was to “SLOW DOWN”. I know what you are thinking: everything needs to get done right now as we don’t want our Elders and to a greater extent, society to wait. I also understand some tasks or aspects of care are time sensitive, e.g. medication must be given within a specific timeframe. In the City of Winnipeg, we need to tell people to slow down in construction zones because the workers and their workplace require it to be safe. We are told to slow down in school zones because, well, our children’s safety is important. But, do we need to be told to slow down, or should it come instinctively?

Assess the situation, think than act. If an Elder is lonely, don’t assume someone will comfort the Elder, take the time to alleviate their loneliness. Just recently, we celebrated Watermelon Wednesday. It was a nice break from completing tasks to spend time with our Elders and team members. So if you can, this summer, slow down and smell the roses!

To refocus our energy on creating a human habitat that leads to a life worth living, we are undertaking a few projects in the fall. First, our family matters for staff (orientation) will be extended to 3 days from 2 to allow for 1 full day on Eden. This will allow existing team members to attend Eden Training. The other benefit is that we provide so much education in these 2 days, the principles and philosophy of Eden get lost amongst all the other topics. Secondly, we will plan an Eden retreat with Eden Associates and other like minded individuals to immerse themselves in Eden topics to plan for the next couple of years.

Lastly, I wanted to share with you a course I recently took on Leadership. The instructor said that “Leadership is the combination of Character and Wisdom”. I have been thinking a lot about this and realize he was right! Someone who is honest, trustworthy and has courage (not to be mistaken for assertiveness which is a personality trait) coupled with wisdom (knowledge in their job and procedures) does lead the way for others to act. Everyday, I see those individuals who use their gut to tell them something is wrong and take the time to do it right. In a nut shell, Leadership, especially in health care is all about DOING THE RIGHT THING!

~Ron Parent

Inside this issue:

Page 2
~Our Eden
Journey

Page 3
~Eden Inspiration

Page 4
~Allergy
Information

Page 5
~P.I.E.C.E.S

Page 6
~Gardening
Pictures

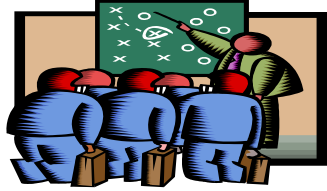





Page 7
~Life Enrichment
News

Page 8
~Our Photo
Album



Eden Alternative Events

~A look back at 2013~

| | | | |
|---|--|---|--|
| <p><u>January</u></p> <p>~First batch of Elder Satisfaction Surveys for the year mailed out.</p>  | <p><u>February</u></p> <p>~The Life Enrichment Team has their first Strategic Planning Day.</p>  | <p><u>March</u></p> <p>~River East PCH has a quarterly newsletter again!</p> <p>~The Leadership Team has a Strategic Planning Day.</p> | <p><u>April</u></p> <p>~Mail out of second batch of Elder Satisfaction surveys.</p> <p>~our Home's website gets a new look! Calendars, Menus, Newsletters and much more can now be accessed online!</p> <p>~Accreditation visit takes place on the 18th.</p> <p>~Team members receive new portable radios to enhance communication.</p> |
| <p><u>May</u></p> <p>~Spring Town Hall Meeting.</p> <p>~Family members participate in a Dementia focused education session.</p> <p>~Elders and the Life Enrichment team make dog biscuits to raise money for the Critter Club.</p>  <p>~2 new feathered friends are welcomed: Romeo & Sweetie Pie.</p> <p>~Back by popular demand, the Life Enrichment team puts on a Victorian Fashion show which showcases the work of 2 talented team members.</p> | <p><u>June</u></p> <p>~Charity Road neighborhood lounge renovation begins!</p> <p>~Stevie, the Bird, flies into our front window and decides to call River East PCH home!</p>  | <p><u>July</u></p> <p>~We lost our much loved Kitty, Shrinier.</p>  <p>~A Welcome Board is created to welcome our new Elders to their new Home.</p> <p>~The Cozy Corner Café reopens once a week, with the help of family members.</p> | <p><u>August</u></p> <p>~Elders give back to the community: Fundraiser for "Flash" the dog.</p>  <p>~Charity Road renovations are completed and Elders being use their neighborhood lounge for all meals.</p> <p>~Changes are made and each neighborhood has a Homekeeper.</p> |
| <p><u>September</u></p> <p>~Host "Coffee Break" fundraiser for the Alzheimer Society.</p>  <p>~The Home celebrates its 20th Anniversary and hosts a Service Awards presentation. Five trees are planted in the back patio to represent each of our neighborhoods.</p> <p>~Fall Town Hall Meeting called.</p> | <p><u>October</u></p> <p>~New furniture arrives for the lounge on Charity Road.</p> <p>~focus on the reduction of side rail use continues.</p> | <p><u>November</u></p> <p>~We lost our long time feathery friend, Paddy.</p> <p>~Christmas lights and decorations go up outside.</p>  <p>~Cake and slide show presentation to celebrate the grand opening of the Home in 1993.</p> <p>~review of Eden Principles added to neighborhood meetings.</p> | <p><u>December</u></p> <p>~Neighbourhood Christmas Dinners enjoyed by Elders and families.</p> <p>~REPCH gives back to the community – Mitten Tree & Food Hamper.</p> <p>~new window coverings for the Gathering Room, Courage Bay and Charity Road.</p> |

Eden Inspiration



You Are More Than Who You Were

By Jill Vitale-Aussem, Guest blogger on Changingaging Blog

Everything in our field of work seems to be focused on who people used to be. We do social histories and health histories and career histories. We share this information with staff and think we know the person.

Many years ago, as a new nursing home administrator, I was quite taken with myself for teaching my staff how important it was to find out who our residents were. “Mr. Smith was the CEO of a fortune 500 company! Don’t just walk by him and see an old man who can’t remember things anymore! Recognize who he was and honor him!” Fortunately life is a journey and we continue to grow and learn. I now understand that only knowing who someone “was” is just as damaging as not knowing them at all.

Is life history important? Heck yes! Where someone has been and what they have experienced shapes that person and helps us find common connections. But if all we are is our past, we’re done for. Stop growing, stop changing and you might as well hang it up. When we create environments where people are only who they have been, we are failing miserably.

If I described myself by telling you who I was 15 years ago you wouldn’t know me at all. You would think I was nothing more than the dope who thought that knowing Mr. Smith was a CEO was the answer to providing a great living environment for elders. How sad would that be? I hope that if you met me another 15 years from now, I would be a heck of a lot more than I am now. Like most of us, I intend to continue to grow and evolve.

At what age do we stop asking people about where they are going and instead ooh and ah only about where they have been? The past is important, yes. Our experiences make us who we are. But when we focus on that, and only that, we are basically saying there is nothing more. Everything you had of value is past. What a sad message we are sending.

The questions we should focus on are not “who were you” and “tell me about your history”, but “who are you becoming? Who will you be? Where are you going? What do you want to learn?”

There is a saying that “words create worlds”. What world are you creating with your questions? “Who were you?” promises nothing but a dead end. “Who are you?” is a bit better but breeds stagnation. “Who will you be?” opens up a whole new world of possibilities and growth.

<http://changingaging.org/blog/you-are-more-than-who-you-were/>

Andy noticed that little Jill was wearing a medical alert bracelet and asked her what it was for.

"I have to wear it because I'm allergic to nuts and eggs," Jill explained.

"Gosh, are you allergic to cats too?" asked Andy.

"I'm not sure," replied Jill. "I haven't eaten one yet."

Allergies

An allergy is a strong reaction by your body's immune system to something that would normally be harmless—a food, plant, or medicine.

Common reactions include a stuffy nose, itchy eyes, or a skin rash. Severe allergic reactions require immediate medical attention.

Many people who have allergies also have asthma. Allergic reactions may trigger asthma attacks, where a swelling and tightening of your airways that makes it difficult to breathe.

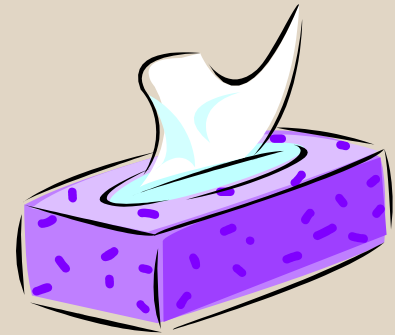
Signs of Allergies and Allergic Reactions include:

- Asthma, shortness of breath, cough, chest tightness or wheezing
- Itchy, watery eyes
- Itchy, inflamed or runny nose
- Hives or itchy rash on skin
- Dark circles under and around eyes
- Recurring headache
- Diarrhea or stomach cramps
- Anaphylaxis (a severe reaction) may be life-threatening.

Symptoms include: swelling, tingling in the mouth, and a red, itchy rash, as well as lightheadedness, shortness of breath, severe sneezing, stomach cramps, and loss of blood pressure. If these symptoms are present, seek medical treatment immediately.

What you can do:

- Avoid contact with things you know trigger allergies.
- Avoid being outside or having the windows open when pollen counts are high.
- Keep a clean room. Avoid clutter. Items not regularly dusted can lead to symptoms developing.



These are some of the most common allergens:

- medications, antibiotics (like Penicillin)
- insect stings
- dust or dust mites
- mold
- pets (most often animal skin flakes or "dander")
- pollen (from flowering trees and grass)
- mold
- milk
- citrus fruits
- eggs
- peanuts
- wheat
- fish & shellfish

P.I.E.C.E.S

A family member at River East recommended a book to me; it is called Creating Moments of Joy and was written by Jolene Brackey. I have started to read the book and have been giving thought to some of her suggestions. As I've read other documents on dementia and taught sessions on P.I.E.C.E.S. or part of our general orientation the ideas started to blend and I've had a realization of sorts that I want to share with you. I love Ah Hah moments!

When we perform acts of kindness or experience moments of joy our body releases a chemical called endorphin. Now it gets even better, in that every time we remember the experience the endorphins are released again. Endorphins affect us in a couple of ways; they are a natural analgesic (pain killer) and cause a sense of well-being.

So now we need to think about how this applies to our Elders with dementia. Too often I've heard people say that it doesn't matter if you visit someone with dementia because they won't remember anyway. This statement is wrong. They may not remember that you visited but if we create moments of joy, if we make them happy, they will enjoy that time and their brain will release the endorphins resulting in them having a sense of well-being for some time.

My experience interacting with Elders with dementia has led me to believe that although they can't provide details about past interactions they do have some emotional memory about the experience. Have you noticed that they seem to know that they like or don't like someone? They do recognize us as good or bad. Taking that further it seems reasonable to assume that the more often we are kind to someone, the more often we create moments of joy, that we will cause the feeling of well-being and that eventually just seeing us will bring about that release of endorphins and the resulting feeling of well-being and decreased sensation of pain.

~Karen Loch RN, BN

Dementia Program Manager

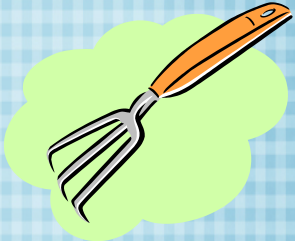




*Life Enrichment
News*



A big Thank You to everyone that came out on Saturday, June 7th to help work on our River East garden. Here are some pictures of the event as well as some pictures of our shopping trip to the garden centre.



Upcoming Life Enrichment Special Events:

~Outing to Boston Pizza
August 12th at 11:00am

~Hope Haven Neighbourhood BBQ
August 18th at 5:30pm

~Faith Lane Neighbourhood BBQ
August 19th at 5:30pm

~Outing to Assiniboia Downs
August 20th at 5:30pm

~End of Summer Party with Entertainment by Fire & Ice
August 27th at 2:00pm

~Outing to Half Moon
September 3rd & September 10th at 11:30am

~A Performance by the TJ Square Dancers
September 17th at 2:00pm

~Outing to Club Regent Casino
September 24th at 11:00am

**Just a reminder
to please talk to
Life Enrichment
team if you
would like more
information
about any of our
upcoming
Outings and/or
Special events.**

****Are you or someone
you know interested in
volunteering at
the Home?**

**Stop by the Life
Enrichment office and
speak with Julie, or
pick up a volunteer
application from the
front business office.****



Did you know?.....
The monthly Life
Enrichment
calendars can be
accessed on our
website.
Check it out at
www.rivereast.ca

Our Photo Album

River East
Personal Care
Home

1375
Molson Street
Winnipeg, MB
R2K 4K8

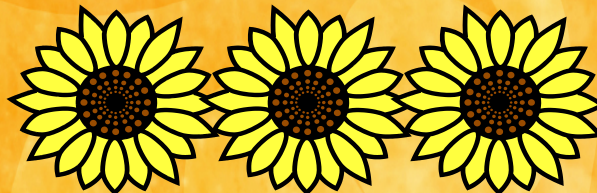
PHONE:
(204) 668-7460

FAX:
(204) 668-7459



*On Thursday, June 12th members from Courage Bay
Neighbourhood participated in the
Alzheimer Society's Memory Walk at the Forks.
Way to go!*

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

****Don't forget to check the
Elder and Family Information Centre
on a regular basis.****
(the bulletin boards located across from the Golden Touch Beauty Salon)
We use the boards as a way to communicate upcoming events
and to share new information.