



Message from the Administrator



April 3rd
Kathy Whalen
Entertainment 2:00pm

April 4th
Vicki Spurrells
Entertainment 2:00pm

April 10th
Art Lajambe
Entertainment 2:00pm

April 11th
Hal Allison
Entertainment 2:00pm

April 18th
Jay Middleton
Pub Night 6:30pm

April 23
Dayspring Choir
Entertainment 7:30pm

April 24
Wayne Scott
Entertainment 2:00pm

On Wednesday April 17th, we will recognize our volunteers again during the evening with a celebration of their effort, time and devotion in the enhancement of our residents' lives. We will have a "Cheers to You!" theme this year. It will be our first in-person volunteer appreciation since the beginning of the pandemic, which we're quite excited about. Over the course of 2023, volunteers put in 1,315 hours, with an additional 595 hours from residents volunteering with us. This is an impressive number that speaks to the quality of our volunteer program and the dedication and devotion that individuals have toward both our resident population and the overall Home.

When we volunteer, we may see real changes as a result of our efforts. We may even witness the effects that our efforts have on others in our community. When we volunteer, we know that we are helping others by giving our time and resources. People volunteer for many reasons. It may be to support a cause they are passionate about or to engage in their community. We often volunteer to help groups or individuals who need it the most without expecting any reward. Most of us want to help those less fortunate than ourselves. We do not volunteer, for the most part, because it benefits us. We volunteer because it makes a difference. The next time that you see someone volunteering in our Home, take a moment to thank them for their efforts, as we all benefit from this with increased quality of life for our residents and Moira Place as a Home of choice for people in the area.

As mentioned in our March 2024 Newsletter, our 9th Annual Easter Egg Hunt will have just gone by on March 30th, prior to writing this newsletter and a bit earlier than Easter's that occur in April, such as many of our previous hunts. If you were able to come out, we hope that you had a great time, and we look forward to planning our 10th in 2025!

Michael O'Keefe
Administrator

**National Volunteer Week
April 14th-20th, 2024**

Moira Place has a fabulous group of volunteers who regularly share their time and talents with the home and for that we say:

Thank You!

If interested in Volunteer Services at Moira Place please contact our volunteer coordinator, Rachel at 613-478-5524.



Bob trying out some Theraputty.



Dietary staff ready to serve at the Food Tasting provided to residents.

Friends and Family Dining Did You Know?

Moira Place Visitors are able to dine with their loved ones' in the home.



Friends and Family Dining only requires reservation and payment 24 hours before visit. If interested, please call front desk for more details 613-478-5524.



Beverley enjoying a yummy cupcake for dessert.



**Don't Forget to Like us
on Facebook!**



Moira Place Long-Term Care
Home



A Reminder for our Four Legged Visitors

Many of our Residents enjoy when family pets come to visit. It lifts their spirits, brightens the day and the benefits of spending time with an old family friend are immeasurable. We ask that when bringing in a pet for a visit, that you bring in with you a copy of their up-to-date immunization that can be kept on file with Life Enrichment. This is a policy of the home that ensures everyone is safe and well looked after. We also would like you to be aware that not everyone is comfortable with pets and that you keep your pet with you at all times and on a leash. Pet therapy is also encouraged, if you have a well-trained dog that you would like to bring in and schedule please contact Volunteer Services at 613-478-5524.



April is Oral Health Month

Oral Health for Seniors: Tips and Information

Keep your mouth clean use a soft bristle toothbrush and fluoride toothpaste. Wait 20-30 minutes after eating before brushing your teeth. If it's difficult to hold the toothbrush, ask your dentist for other options that can help you.

Floss once a day to clean between teeth.

Get regular dental checkups, even if you have dentures.



Eat a well balanced diet and Limit intake of starchy snacks, sugared candy, and sugary drinks. Rinsing your mouth with water after snacks can reduce the risk of decay.

Good Snacks – cheese, nuts, vegetables

Manage dry mouth symptoms. Some health conditions and many medications can cause dry mouth. Drink extra water to moisten your mouth.

Check your mouth regularly: Signs of gum disease: red, shiny, puffy, sore or sensitive gums; bleeding when you brush or floss; bad breath that doesn't go away. If you notice any unusual lumps, bumps, or sores that don't resolve within two weeks, see your doctor or dentist.



Giving gives great joy. Imogene decided to give her handmade bracelet to nurse, Brianna.



Don really enjoyed the Swiss Chalet Dinner!



FROM ALL OF US AT MOIRA PLACE!

Earth Day | April 22nd

Global warming is still a very prominent issue that is rising in the world. Have you thought of ways you could contribute to attempt to conserve our precious mother earth?

Here's some simple GREEN tips to help with the carbon footprint that is left.

Always remember the three terms;

Reduce, Reuse & Recycle..

- ◇ Use cloth bags instead of plastic
- ◇ Use face cloths and towels to wash and dry instead of paper towels
- ◇ Avoid Styrofoam products use washable containers, plates and cups
 - ◇ Buy a reusable plastic water bottle
 - ◇ Use cloth napkins



RNAO

Registered Nurses' Association of Ontario
L'Association des infirmières et infirmiers
autorisés de l'Ontario



AON Long-Term Care Homes – Moira Place and Centennial Place – have implemented Best Practice Guidelines (BPGs) from the Registered Nurses Association of Ontario (RNAO) over the past six years. These guidelines assist us in analyzing how we are currently providing care in a specific area of resident care (for example Falls Injury Prevention and Delirium / Depression / Dementia) and guide us to meet standards that are established by RNAO and implemented around the world.

In June 2023, we achieved RNAO Best Practice Spotlight Organization (BPSO) designation for our work in 2020 to 2023. We will be having a celebration, in June 2024, to recognize this significant achievement by our homes and staff. As we continue our journey to maintain our BPSO Designation we will be implementing BPGs for

Person and Family-Centered Care, Palliative Care in the Last 12 months, and End of Life Care in the Last Days or Weeks. You may be contacted to assist us in providing information related to your resident as we personalize and develop their plans of care.



Social Services

Social Services focuses on the social and emotional impact of physical and mental illnesses or impairments and helps people living in long-term care and their families with mental health and well-being. Preservation and enhancement of physical and social functionality is a main focus to help residents live well and maintain / achieve optimal quality of life, based on individual circumstances.

What Social Services can offer to our residents and families:

- ◆ Individual counselling support
Transition to long-term care help for new residents and family members
- ◆ Help understanding the goals of care, both long and short-term
- ◆ Dementia care and education
- ◆ Palliative and end of life support
- ◆ Grief and loss support
- ◆ A neutral point of contact to discuss your situation and assistance that you may require
- ◆ Acts as a liaison between management / staff / service providers and residents / family members
- ◆ Advocacy on your behalf, should you require someone to help you advocate for something that you require as a resident of a long-term care home in Ontario

Our Social Service Worker is Cortni Buchholz. Please do not hesitate to reach out to Cortni at 613-478-5524. Or ask at our Front desk to see Cortni and either drop in or set up an appointment for a time that works for you.

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion– Dali Lama”



Kerttu and Reta enjoy sipping on punch and visiting at Birthday Party.



Cleon and his wife Gene have fun at a theme day together.



Why was the donkey annoying his friend?

It was April Mules' Day.



Roberta posing with handmade sock bunnies.



Blanch keeping busy folding, helping with Montessori based activities.

Residents Tax Returns for 2023

Dear Family Members,

It is tax season again and time to file 2023 tax returns!

We are pleased to have provided you with a Summary of Accommodation Charges for the calendar year of 2023 for all accommodation charges as well as some tax tips for 2023. The tax receipt and the tax tips sheet were mailed out on **January 29th, 2024.**

The Summary of Accommodation Charges represents the qualifying payments made in 2023 in respect of your or your family member's residency at Moira Place Long-Term Care Home. It is supplied to assist you and/or your accountant in preparing and filing the 2023 income tax return, including claiming eligible tax credits.



Please do not hesitate to contact me if you have any questions or require further information.

**Thank you,
Cassie Tebo
Office Manager**

That First Taste of Spring Enriches the Soul

