



Message from the Administrator



This Month's Entertainment Line Up

**August 1st
Jake @ 2:00pm**

**August 7th
Murray @ 2:00pm**

**August 8th
Vicki @ 2:00pm**

**August 15th
Jay @ 2:00pm**

**August 19th
Hal @ 2:00pm**

**August 21st
Art @ 2:00pm**

**August 22nd
Wayne @ 2:00pm**

**August 27th
Dayspring Choir @7:30pm**

**August 29th
Mike @ 2:00pm**

One of the biggest challenges that elders face in our society is an injury sustained as a result of a fall. Moira Place has a Falls Injury Prevention Committee that meets monthly and some of the objectives of this program include decreased falls; decrease in severity of injury; decrease the number of fractures & hospitalizations; increased endurance; improved functional mobility; increased muscle strength; improved balance; increased range of motion; the provision of social support; and confidence gained in ambulating ability. This is an area where a great amount of time and attention is spent attempting to minimize injuries to our residents. If you have any questions about our program, please speak with Linda Facey, Director of Care.

You'll read inside of an International Youth Day initiative where we're asking children and grandchildren of the community to donate a painted rock to help dress up our gardens and other areas around the property. We have many residents who enjoy painting and a few who've painted rocks for us. This is a wonderful opportunity for an intergenerational program to help connect our youth with our elders through a common passion in art. The painted rocks can be dropped off between August 12th and 19th here at Moira Place.

Speaking of our grounds, I want to thank a few people for helping to make the grounds of Moira Place look beautiful: Matt & his son Dominic Robinson have been our contracted provider of landscaping services since we opened in 2009 and they are a big reason as to why our grounds look so good; Linda Van Will, a neighbour of ours, has been instrumental in choosing the flowers that we have throughout the grounds and she has provided sage advice regarding the layout and floral choices for our gardens, and has weeded each and every garden since we opened as well; and, Sandra Coates, whose mother used to live with us, has volunteered for the past couple of years and is a big help to Linda in keeping the place looking as beautiful as it does. Thank you again to each of these folks and if you can't see our grounds in person, have a peek at our Facebook page, as there are many pictures showing off their work.

Michael O'Keeffe,
Administrator

Roku TV



Just a friendly reminder to family members that have loved ones with Roku Tv's. Some residents have difficulty with the remotes so maybe a universal one would be beneficial.



Imogene excited for the Municipal Canada Day Parade!



Annetta loves the courtyards blooming.



Celebrating Lefties

August 13 is International Lefthanders Day. About 10% of the population is left-handed. From scissors to bikes, lefties live in a world built for right-handedness. However, left-handers make do and are thought to be an especially dynamic lot, including many leaders, artists, and other creative thinkers, such as Oprah Winfrey, Lewis Carroll, Joan of Arc, Jimi Hendrix, and Neil Armstrong.



Pat, looking beautiful with a fresh perm done by our hairdresser, Johanna.

Dehydration in Seniors

Dehydration can occur in any healthy person regardless of age or gender. Dehydration in the elderly can sometimes be more difficult to manage and prevent. The reasons why include dulling thirst sensations, water and sodium balance changes and the need for medications.

It becomes increasingly important to maintain proper levels of hydration as we get into older ages. When our bodies do not have the necessary water and fluids, we become dehydrated.

Numerous bodily functions rely on being well-hydrated. Dehydration in the elderly can cause cells and organs to be less optimal. During warmer periods, it is important to remember that fluids can be lost at a faster rate.



Dorthea rolling it out during our TheraPutty program.

International Youth Day Initiative Paint a Rock for Moira Place

International Youth Day falls on August 12th Moira Place has been eager to dress up our courtyards with painted rocks.



We are encouraging grandchildren of residents and children of the community to donate a painted rock to moira place to dress up our gardens.

We will be collecting rocks at the Life Enrichment office from August 12th-19th.

Keep an eye on our Facebook Page for your creation!



**LIKE US ON
FACEBOOK!**

Family Dining

Private dining areas are available in each home area to allow an opportunity to share a meal with their loved one.

You are welcomed to bring in anything you would like in terms of take-out or you have the option to purchase a meal provided by our dietary team.



All meal tickets must be purchased at the front desk and we ask for at least 24 hours notice. Prices are \$10.00 for lunch and \$15.00 for dinner.



Axe throwing, a common resident favorite!
Bev is ready for her turn.



Gwen was a pro when it came to making homemade jam!

Invite to Form a Family Council

*Wednesday, August 28th
at 10:00am in the fireside lounge*

RESOLUTIONS exchange *networking*
activities quality of life **QUALITY OF CARE**
FAMILY COUNCIL
engagement *sharing* **SUPPORT**
improvements



AON Long-Term Care Homes - Moira Place and Centennial Place – obtained their designation as a Best Practice Spotlight Organization in June 2023. We celebrated in June 2024 at Centennial Place with a great gathering. Janet Chee the Associate Director of the LTC Best Practices Program. Our program continues with implementing an additional 3 Best Practice Guidelines – Person-and-Family-Centred Care, a Palliative Approach to Care in the last 12 months of life, and End- of-Life Care in the last days and hours.



Utilizing a Palliative Approach assists us in ensuring that we are providing a care path that meets the wishes of the resident. All of our residents have made the decision to reside in long-term care. This decision is usually based on changing health needs and declining abilities to manage personal care. We are discussing a Palliative Approach and End-of-Life with all residents / substitute decision makers over 2024, to ensure that we are aware of all wishes as residents health status continues to change. This allows the resident, family and the home to be prepared for the future.



Hugging is Healthy



It helps the body's immune system, it keeps you healthier, it reduces depression, it reduces stress, it induces sleep, it's invigorating, it's rejuvenating, it has no unpleasant side effects, so hugging is nothing less than a miracle drug. Hugging is practically perfect. There are no moveable parts, no batteries to wear out, no periodic checkups, low energy consumption, high energy yield, inflation-proof, non-fattening, no monthly payments, no insurance requirement, theft-proof, non-taxable, non-polluting and of course, fully returnable!



Marion and Fran enjoying the sun.

Be A Volunteer at Moira Place!

*"The best way to find yourself is to lose yourself in the service of others."
- Mahatma Gandhi*

Are you a family member or retired and looking to give back to the community? Are you a student trying to obtain experience with the elderly?

Moira Place is always looking to expand its volunteer services and programming!

We have a variety of programs and needs for volunteers to help with throughout the home. In the summer months, we are searching for additional volunteers to help with weeding the gardens out front; and, outdoor walks and visits with residents to enjoy the warm weather, sunshine and our beautiful grounds.



Contact Our Life Enrichment Coordinator Rachel to fill out an application form and start the process to make a difference in your community: 613-478-5524 ext. 3026.



Rella, showing off her handmade card from a local daycare.



Rose and Irene lounging in the upper Patio.

Restorative Care

Moira Place has a healthy Restorative Care Program. The program is organized and interdisciplinary and assists in enabling each resident to maintain or improve their functional and cognitive capacities in all aspects and Activities of Daily Living (ADL's).



The Care Department activities within the Restorative Care Program are called "Nursing Rehabilitation" (or Nursing "Rehab") and include a set of identified activities intended to improve resident independence and function in day-to-day ADL's.

All residents are assessed during the admission process to determine if they would benefit from being involved in any of the activities of Nursing Rehab. A resident can be referred for Nursing Rehab at any time, during their stay, because:

1. The resident believes themselves to be capable of increased independence in some ADL's.
2. Staff believe the resident is capable of increased independence in some ADL's.
3. The resident can perform tasks or activities, just not as quickly as they used to.
4. There is a difference of self-performance in ADLs from day to evening.

Resident's participation and achievements are reviewed monthly and, their goals may be revised, or new goals set for interventions to assist the resident in this journey.

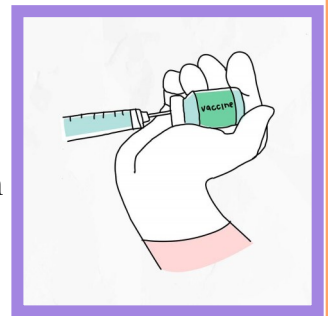


Eileen focusing on colouring.

News From Infection, Prevention & Control (IPAC): Shingles and How to Get Vaccinated

Shingles is a viral infection that causes a painful rash.

People get shingles when the varicella-zoster virus, which causes chickenpox, reactivates in their bodies after they have already had chickenpox. Vaccines help lower the risk of shingles and may shorten the length of the infection and decrease complications.



The infection follows nerve pathways. Shingles can occur anywhere on the body. Most commonly there will be a rash around the trunk of the body – usually across the side. The rash is usually painful, itchy, or tingly. Shingles can lead to serious complications. The most common shingles complication is long-term nerve pain.

Protect yourself and your loved ones by getting the vaccine. For our residents this is how it can be done. There is a cost to the vaccine, depending on the age of the patient, that will be the responsibility of the resident/POA. Speak with the Charge Nurse on the home area indicating an interest in receiving the shingles vaccine. The doctor will prescribe the vaccine if appropriate and the order will be sent to our pharmacy to supply. The Charge Nurse / IPAC Lead can then administer the vaccine here in our Home.

For costing or questions please call in and speak to our IPAC Lead, Jeannette.

Moira Place Garden Party

