



# October

## Entertainment Line-Up

- October 3rd-  
Rob @ 2:00pm
- October 7th-  
Kathy @ 2:00pm
- October 9th-  
Mike @ 2:00pm
- October 10th-  
Vicki @ 2:00pm
- October 16th-  
Art @2:00pm
- October 17th-  
Jay @ 6:30om
- October 21st-  
Hal @ 2:00pm

All performances occur  
in the fireside lounge.

## *Message from the Administrator*

Fire safety is one of our top priorities at Moira Place and there are several aspects to our fire safety program, starting from the design of the building (including a state of the art fire suppression system and sprinklers throughout), our Fire Plan that's approved by local Fire Authorities, staff training upon orientation and annually thereafter, fire drills, evacuation drills, monthly Health & Safety inspections of the entire building and grounds, and participation in exercises involving the entire Municipality and emergency responders. As a resident of the Home, we ask that you only use appliances that are CSA (Canadian Standards Association) approved to ensure that we minimize the risk of fire through faulty appliances. As well, if you discover a fire, pull the nearest fire station, or alert another person to do so. After that, take direction from our staff as to what you should do and where you should go. Should it come to the point where we need to evacuate, we will give you direction as to where to go and let you know if we will be taking you down the stairs (for our second floor residents only) or simply moving you to another area of the building behind some fire doors. We take fire safety very seriously, and you will know that by the fire alarm going off each month, which, while annoying with the noise and commotion, is a key part of our Fire Safety Program.

We have a membership with Audible.ca whereby we can download audio books from their website to be played on one of our MP3 players that we have available for our residents. Please let me know if there are any books that you would like us to add to our library for your enjoyment.

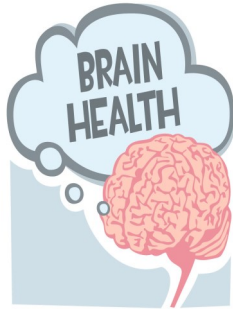
Michael O'Keeffe  
Administrator



## Brain Healthy Tips

Your abilities and interests should be taken into consideration when making brain-healthy choices. If you have questions, speak to your doctor or health care provider; get in touch with Life Enrichment or Social Services for additional support.

- ⇒ Be Physically Active
- ⇒ Be Socially Active
- ⇒ Follow a Healthy Diet
- ⇒ Make Conscious and Safe Choices
- ⇒ Manage Stress
- ⇒ Challenge Your Brain



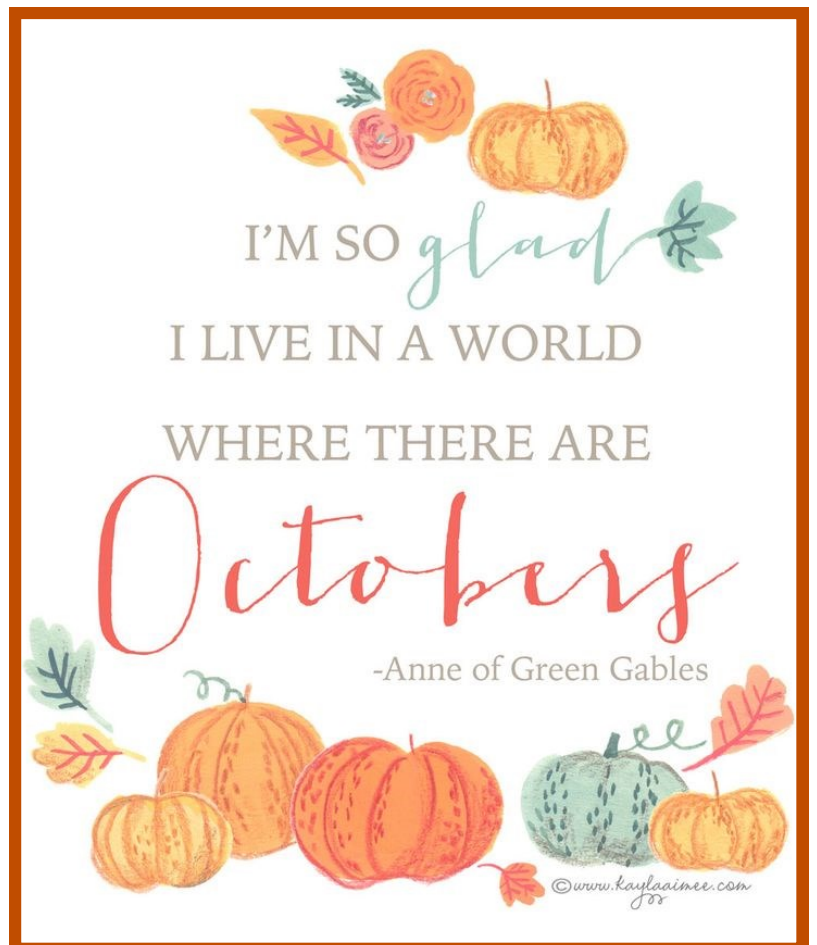
By taking care of your brain health you are not only preventing risk factors of dementia or memory loss but you are also reducing the risk of contracting other cognitive and chronic diseases and you are protecting your overall health and well-being.



**Jean sipping away on a tasty specialty coffee during monthly coffee club.**



**Sharon and Tiffany striking a pose.**



## Spiritual Health

Spiritual Care aims to meet the spiritual needs of residents in the best way possible. The goals and objectives of the Spiritual and Religious Care Program include:

- Ensuring that services and programs are available to residents across a variety of religious and spiritual beliefs
- Optimizing participation and a sense of inclusion regarding the spiritual and religious beliefs of all residents in the home
- Enhancing the relationship between the Home and the local spiritual community



Sending a big thank you to our amazing team providing excellent Spiritual Care within our home. This comes from the assistance of our spiritual care Volunteers who visit and lead each spiritual program offered.

We are fortunate to have two Chaplains, Barbara Goode and Marion Dolan who hold Chapel services on Sunday afternoons at 2:00pm as well as visit with Residents offering support and comfort. Shirley Kehoe has been leading rosary every Tuesday at 10:30am. Shirley Sills, Bob Sills and Wendy Anstey run a hymn sing in the chapel at 2:00, occurring the first and third week of every month. As well, local Catholic Priest Father Aiden from St. Carthagh's parish provides a monthly mass at 10:30 am, which falls on the 2nd Wednesday of every month.

Our Life Enrichment Coordinator Rachel, is qualified in yoga and meditation which is offered in a variety of group and 1:1 settings.

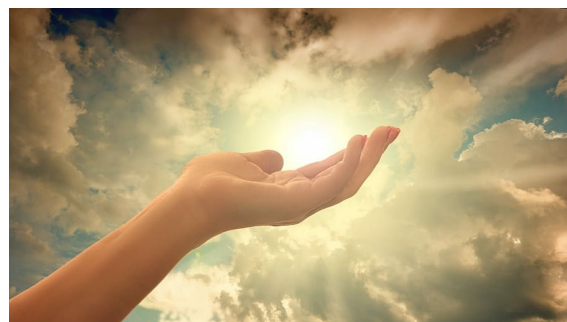
If you have any questions or suggestions regarding the Spiritual programs, feel free to contact any of our Life Enrichment Department staff anytime.



**Dorthea loves to lighten the mood for others.**

### **Benefits of Engaging with Your Personal Spirituality**

- ◆ Finding Purpose
- ◆ Reduces Depression/Anxieties
- ◆ Deepen social connections and relationships
- ◆ Forgiveness
- ◆ Improved Emotional State
- ◆ Stronger Immune System
- ◆ Lack of Fear
- ◆ Practicing Gratitude
- ◆ Restoring Hope and Optimism
- ◆ Ability to Make Sense of Life
- ◆ Stress Management
- ◆ Developing Resilience



## 5 Tips for Being Socially Active

1. Make the most of your daily opportunities to socialize – chat with your table mate, stop and talk to someone in the hallway, call a family member
2. Practice a random act of kindness - smile at someone in passing, hold a door for a friend, share with someone
3. Get Involved – find something you like and try to engage with it once a day
4. Combine social interaction with an activity – ask a friend or a family member to join you in playing a game or going for a walk.
5. Maintain old friendships and make new ones – reach out to family and friends, don't forget to also get to know your table mates and co-residents around.



Staying connected socially helps you stay connected mentally. Research shows that regularly interacting with others may help reduce your risk of dementia or advanced aging symptoms.

Having an active social life can also reduce stress, brighten your mood and keep your relationships strong. Being socially active can also reduce depression and social isolation with someone who lives with dementia.



**Reta and Pauline baking away.**



**Nice smile Mary.**

*A Thanksgiving Treat For  
Residents and Staff*



**Beaver Tail Truck  
Tuesday, October 15th  
12:30pm-3:30pm**

**Randy the Magic Man  
Is Coming To You!**



**Wednesday, October 2nd  
at 2:00pm  
In The Fireside Lounge**



**Entertainer Vicki puts on one heck of a show by having residents sing along with her.**

## **2025 Moira Place Cook Book**

Life Enrichment bakes on a regular basis with residents to bring purposeful and Montessori based activities into their everyday lives. This allows residents to engage in something familiar and something meaningful to them.

This upcoming year, we would like to make a cook book of simple recipes to utilize for our baking program and share with families & residents abroad. We will be collecting recipes for the month of October.

***Please share your favorite family recipe in the month of October for us to create our book. Submit recipes at our Front Desk for Life Enrichment staff.***



**Annetta is ready for her next bowling strike with the help of LE Aide, Kelly.**



## Putting a Stamp on History

World Postcard Day on October 1 celebrates the invention of this delightful little piece of mail. In truth, the postcard wasn't so much invented as it evolved over many decades. The need for reliable communication resulted in the founding of national post offices and postal stamps. The postcard evolved from a desire to reduce the costs and materials of sending a short message through the post. Emanuel Herrmann, a professor of Economics from Vienna, Austria, convinced the Austrian Post to develop the first postcard, a small, stiff rectangular card with room for the address on the front and a short message on the back. First put into circulation on October 1, 1869, the *Correspondenz-Karte* cost half the price of a normal letter.



## Support of Social Services in the Home

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.



**Helen admiring the growth of the outdoor planters this year!**

## Halloween Dress Up Day! Thursday, October 31st



## Best Practice Guidelines



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.

As we continue our journey to maintain our BPSO Designation we are 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. In order to develop resident plans that are individualized to their wishes, staff will be contacting family members to assist us as we develop their plans of care.



**Cortni and Joyce were impressed by the participation for "Paint a Rock for Moira Place"**

## Fire Prevention Month

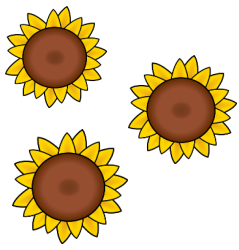
October is fire prevention month at Moira Place and we have many safeguards, and fire prevention programs in place to make our Home safe. If you discover a fire, pull the nearest fire station, or alert a staff member to do so. After that, take direction from staff as to what you should do and where you should go. Should it come to the point that we need to evacuate, we will give you direction as to where to go and let you know if we will be taking you down the stairs (for our second floor residents only) or simply moving you to another area of the building behind the fire doors.



A reminder to families: take the time to change the batteries in your smoke detectors and to ensure safe operation by pushing the test button. Fire prevention is important to everyone.

**Have a safe and happy fall season!**





# September Blooms!

