



# The Messenger



415 River Street W. Tweed, ON. K0K 3J0, P. O. Box 200

www.moiraplace.com

Telephone: 613-478-5524

## *Message from the Administrator*

As mentioned in our November Newsletter, we will be celebrating Christmas for our Residents and their families on Wednesday December 4<sup>th</sup>. Dinner with all the trimmings will be served at 12:00 PM (noon) in our dining rooms on each home area. Cost of the meal will be \$15.00 with a choice of turkey or prime rib. Due to space constrictions, we are limiting a maximum of two (2) guests per resident for the meal. Tickets must be paid for at time of booking to guarantee the seats. The idea behind having an additional Christmas dinner is to allow families who can't attend on Christmas day a chance to celebrate the season early with your loved ones. Our residents will end up having two Christmas dinners!

And speaking of Christmas dinners, on Christmas day we will be having a traditional dinner (at 5 PM) for our residents. Family may join then as well; however, we are limiting guests to a maximum of eight (8) per Home Area on a first-come first-served basis and the tickets are on sale now.

At this time of the year, I usually take an opportunity to remind everyone of the policy regarding gift giving to our employees. The policy does not allow for staff or volunteers to accept personal gifts from residents or families, and any gifts that are given directly to staff or volunteers are brought forward to me and then discussed with the family / resident. It is ok to bring in chocolates or fruit baskets for all the staff in a home area, which is where we need to draw the line. If you have any questions in regard to our policy, please come and see me or give me a call and I will be more than happy to speak with you about this issue. Wishing you a Merry Christmas and all the best of the season from the entire Staff and Management of Moira Place.

Michael O'Keeffe,  
Administrator



### **Entertainment Line Up**

- ◇ December 2nd  
Stirling Citizen Band  
@ 7:00pm
- ◇ December 4th  
Gary @ 2:00pm
- ◇ December 5th  
Vicki @ 2:00pm
- ◇ December 9th  
Andy @ 2:00pm
- ◇ December 12th  
Hal @ 2:00pm
- ◇ December 16th  
Brian @ 2:00pm
- ◇ December 17th  
Dayspring Choir  
@ 7:30pm
- ◇ December 18th  
Wayne @ 2:00pm

## Annual Christmas Service

We're holding a Non-Denominational Service devoted to the Christmas Holiday.

Presented by Moira Place Spiritual Chaplains, Barbara Goode and Marion Dolan.

Music by Jackie Findlay.

December 10th @ 2:00pm located in the Fireside Lounge



Schyler and Gwyn baking.

## Gift Ideas

Gift giving for someone in a long-term care home can be a challenge. Here are a few ideas that your loved one may enjoy:

- Greeting cards, pens, and stamps
- Address book with addresses written in for family and friends
- Cardigan sweaters with large buttons; sweat suits; pajamas; and ladies' housecoats and dusters
- Firm shoes with rubber soles; enclosed slippers, non skid socks
- Magazine subscriptions, such as Woman's Day, Family Circle, Time, Sports Illustrated, Newsweek, etc. Also, large print magazines such as Reader's Digest
- Subscription to a local newspaper
- Digital photo frame with family photographs
- Purchase a gift certificate from the Salon for services
- Make arrangements with a floral store to deliver flowers once a month (613) 478-3819—local!!

## 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 between the months of January-February of 2025.

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



## Shoes for Health and Safety

*Here are some tips for buying shoes that protect your foot health:*

**Size.** Have both of your feet measured every time you buy shoes. Since your feet may not be the same size, choose shoes that are 1/2 inch longer than your longest toe. Blisters, ulcers and bunions are often linked to shoes that are too small. Buy shoes late in the day as feet tend to swell.

**Style.** Don't let style alone guide your choice of shoes. The inside of the shoe should be soft with no inside seams or rough areas that can cause blisters or sores to form.

**Material.** Leather and canvas shoes are the best choices for letting your feet "breathe." They also bend with your foot, so won't rub and make blisters.

*Here are some tips of buying shoes for safety:*

**Design.** Get shoes with closed toes and backs; they protect your feet from injury and provide support. The heel should be as wide as your foot, and no higher than 1.5 inches (3 cm), to keep your ankles from twisting and your back from aching. Running or walking shoes tend to be more comfortable and can make you more sure-footed.

**Sole.** Soles that provide grip are best.

***"If the shoes fit, buy it!"***



Jim, Jane and Roberta puzzling as a group.

## For the Health of our Residents

With flu season upon us (on top of the pandemic) it is important that you do not visit if you are not feeling well. Though the Holiday Season is a special time and people enjoy visiting, help us keep everyone safe. If you are ill, send your good wishes with a call or a card. Kindly visit when you feel better. Thank you for your understanding.



**Don't forget to LIKE us on Facebook!**



Jimmy, a proud veteran.



## MOIRA PLACE: DID YOU KNOW

### *Behavioural Supports Coordinator Role*

Our BSC is a member of the Behavioural Supports Ontario Embedded Team  
The role and responsibility of our Behavioural Supports Coordinator:

- ⇒ Dedicated and go-to Behavioural Supports Ontario resource within an organization.
- ⇒ Readily available for in-the-moment consultation, coaching, and modelling.
- ⇒ Support implementation, monitoring and evaluation of behavioural care plans.
- ⇒ Establish relationships within organization.
- ⇒ Liaise with internal and external partners.
- ⇒ Greater availability to influence organizational culture, procedure/ policy development.
- ⇒ Well-positioned to support transitions in and out of organization.

You can visit

[www.behavioursindementia.ca](http://www.behavioursindementia.ca) to explore a useful Toolkit where you can access over 300 resources. These resources will help you navigate and understand challenges compassionately to dementia-related changes in mood and behaviour.



Reta enjoying herself.



Thank you to the RCAF for their Remembrance Day visits with residents.

"Maybe Christmas," he thought, "doesn't come from a store. Maybe Christmas...perhaps... means a little bit more!"



## News From Infection Prevention and Control

Vaccines are safe and protect you and those around you from vaccine-preventable diseases. As we get older, the protection we had from previous vaccination can decrease for some diseases. Getting another dose (called a booster) can increase our immunity to provide the best protection. There are also diseases that are more common in adults, even healthy adults. This is why additional vaccines are needed as we get older. By keeping up to date with vaccines, adults can prevent the spread of disease to those who may be more likely to get sick from them, for example people over the age of 65 and immune-compromised individuals. Some vaccine preventable diseases are more common with age, as our immune system may not respond as well as we get older.

This puts us at a greater risk for certain diseases, and becoming more ill if we become sick with the virus, including:

- Influenza "flu"
- Shingles
- Pneumococcal disease
- COVID-19

Respiratory Syncytial Virus "RSV"  
Don't wait, get your vaccine today.

<https://www.canada.ca/en/public-health/services/vaccination-adults.html#a5>



Hedi engaging in OBIE.



Jim and Kelly enjoying a laugh.



## Annual Christmas Parade

**December 11th at noon**

## Happy Feet, Happy Heart!

### *Why is Footcare so Essential?*

- *Health & Hygiene*
- *Comfort & Performance*
  - *Aesthetic Appeal*

Initial Assessment	\$60.00
Basic Foot Care	\$50.00
Advanced Footcare	\$60.00

**Our foot care nurses provide preventative and corrective care to help ensure your feet are happy and healthy with every step you take.**

If you haven't filled out a form and would like to sign up for services contact Tracey McKichan at 613-478-5524.



Sam and Reta enjoying Western Day.



Eileen feeling confident after a beautiful haircut by Johanna.

Moira Place invites family members and friends to meet with them on:

**Tuesday, January 21st at 2:00pm**  
to inform individuals of their right to form  
a Moira Place Family Council.

A Family Council is an organized, self-led, self-determining, democratic group composed of family and friends of the residents of a Long-Term

## First Day of Winter

December 21, 2024



### ***Winter Solstice Blessing:***

*Now it is time to honor the rebirth of the sun, to remember light in the darkest part of the season with hope and good things to come, and the promise of a renewed life.*



AON Long-Term Care Homes – Moira Place and Centennial Place – received our designation as a Best Practice Spotlight Organization in 2023. Our journey to maintain this designation has us continuing to implement Best Practice Guidelines (BPG) from the Registered Nurses Association of Ontario (RNAO). The current guidelines being implemented are - 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.

For each resident in our home, we are developing a care plan to assist in providing them with their requested care as they head towards the end of life. If you are aware of specific processes or activities the resident would like to utilize, please let the Registered Staff on the home area know so we can individualize their care plan.

### December Joke of the Month

**Why doesn't Santa ever visit the hospital?**

Because he has private elf care.



### **Simply Beautiful....**

If you are wondering what to purchase for your loved one for Christmas, consider a Salon Gift Certificate.

Call the Salon for more information or to purchase a gift certificate.

**613 478 5524 ext. 3005**

**Or**

**416 276 6506**

*Johanna—Hairdresser*



Gwyn and Rose dancing away at Birthday Party.



# Thank You To Our 2024 Entertainers!

