



January

Entertainment Line Up

**January 6th
Vicki @ 2:00pm**

**January 15th
Kathy @ 2:00pm**

**January 16th
Garry @ 6:30pm**

**January 22nd
Darlene @ 2:00pm**



Message from the Administrator

Welcome to 2025! I hope that you've been able to ring in the New Year in style, comfort and health. We are looking forward to another year of providing high quality care and services to you and your loved ones at Moira Place. We have a fabulous team here and our Mission focuses on the people who live in our Home. Our Mission states: "AON Long-Term Care Homes are dedicated to creating a 'new tradition of long term care' by combining a comfortable environment with flexible programs tailored to individual needs. We will provide a supportive, home-like environment that ensures the maximum independence, dignity, safety, and wellness of every one of our residents."

On December 11th we had our 7th Indoor Santa Claus Parade. Our thanks go out to all of the Moira Place staff – particularly our Life Enrichment staff – and Management who put together floats to entertain our residents. The parade was a great success and was extremely well received by our residents, visitors and staff. A special thanks to Santa Claus for taking time out from his busy schedule to join in on the fun.

Continuous quality improvement is a journey that we undertake daily and if you have any suggestions for helping us along this journey, please don't hesitate to share with us. One forum for assisting here is the Family Council. This is a council that the Ministry of Health & Long-Term Care encourages in all long-term care homes across the Province. A few of the duties of the Family Council as laid out in the Long-Term Care Homes Act are: "1. Advise residents respecting their rights and obligations under this Act. 2. Advise residents respecting the rights and obligations of the licensee under this Act and under any agreement relating to the home." There are a number of other duties / obligations of the Family Council as specified in the Act and we would ask that you consider volunteering to sit on this Council. As we have not had an active Family Council for some time, we will be holding meetings twice per year to see if people would be interested in joining and assisting us. Look for information posted in the Home and in the next newsletter regarding a meeting in February that you are welcome to attend.

All the best of 2025,

Michael O'Keeffe,
Administrator



Bob enjoying Pet Therapy with Hannah.

For the Health of our Residents

With flu season upon us it is important that you do not visit if you are not feeling well.

Although 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.

January Joke of the Month

What do you say on the 1st of January?
Last year just seems like yesterday!



Don, enjoying a specialty coffee at Coffee Club.



Joyce enjoying the weekly newspaper delivery.

Alzheimer's Awareness

The Alzheimer's Society can offer a variety of unfunded programs and services.

Understanding dementia and its progression is vital to ensure both you and the person living with dementia can live as well as possible.

The Alzheimer's Society has supports like

- Client Support Coordinators
- Individual and group support groups
- Dementia education and resources
- Public education

You shouldn't ever have to navigate dementia alone!

Local Alzheimer's Societies:

- Alzheimer Society of Hastings-Prince Edward
- Alzheimer's Society of Peterborough, Kawartha Lakes, Haliburton and Northumberland

Bell Lets Talk Day

January 22nd, 2024

Wear BLUE TODAY

Bell Let's Talk Day! We are encouraging everyone to take meaningful action to create real change while also highlighting Canadian mental health organizations who are providing Canadians with access to mental health care in their communities across the country. These organizations are working to create real change for so many Canadians who are struggling with their mental health.

In long term care, there are many resources to support your mental well-being. There are social worker services, behavioral support services and Life Enrichment to all support your every day well-being, purpose and enjoyment.

*Never feel afraid to speak up and speak out!
There is always someone to help you.*



Annetta, ready to strike the bullseye in Axe Throwing!

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



Dianne and Starr holding some donations from staff going to the Salvation Army. This year Moira Place staff helped 4 children in need.



Aut and Tiff enjoying Entertainment in the Fireside Lounge.



"BEAUTIFUL THINGS are never perfect, nor the same, kind of like snowflakes..."



Jane reminiscing while wrapping gifts.

Tips For Making Your New Year's Resolutions

* **Make SMART goals**

Specific
Measurable
Achievable
Relevant
Time-Based



* **Start with just one goal**

Having more than one goal can be overwhelming and lead to failure.

* **Have fun**

Finding ways make things fun can increase your chances of succeeding.

* **Celebrate your success**

If you reward yourself for the wins, big and small this helps to motivate you to reach your end goal.

Cheers to an incredible New Year!



Teamwork makes dreamwork! Kim and Deb, Dietary Aide's teamed up for the 2024 Christmas Dinner.

Time To Beat The Winter Blues

Now that the holidays are over, it's time to talk about the Winter Blues. Most of us experience them in one way or another. The excitement of the holiday season let the cold winter sneak upon us. We get so caught up in enjoying some of the holidays that we often don't realize the air is colder, the sky is darker, and the trees are bare. Then, January rolls around and everything slows down.

It's cold, it's flu season, it can feel BLAH! There is that long stretch of winter from January to March, which is really hard for many people to deal with. Some people may have a touch of the blues in these dark winter months, but others truly suffer from what is called Seasonal Affective Disorder (SAD).

Everything may be gray outside, but there are many **fun ways to BEAT THE WINTER BLUES.**

Did you know that studies have proven the happiest people in the world live in the Nordic countries despite having some of the longest, darkest winters? They practice something called Hygge, and are able to beat the winter blues.

Hygge, pronounced "Hue-guh," is a Nordic way of life that celebrates coziness, warmth, kinship, and appreciation for the little things.

The translation loosely means well-being and mindfulness, however, it can't really be translated into one word.

Hygge is more of a mindset of how you embrace life.

Some Examples of Hygge are:

Sitting in a cozy chair, enjoying a rich hot chocolate and reading a great book, enjoying looking out the window watching the snow fall.

It's those little moments that make us feel warm and cozy. Mindfully enjoying the things you enjoy.

Other ways to beat the Winter Blues:

- Get Outside
- Eat Nutritious
- Light Therapy
- Start A Gratitude Journal
- Enjoy time with friends and family

Vitamins for Winter Immunity

Vitamins are essential during the winter months. There is less sunlight and most garden-fresh foods are not in season or as easily available. Given that it is flu season, Vitamins can also boost immunity.



Vitamin D

Without being exposed to the daily sunlight, every person is prone to vitamin D deficiency, especially in geriatric care. Vitamin D deficiency can lead to many unwanted illnesses including auto-immune disorders and has a large impact on the immune system.

Vitamin C

Is another winter essential. It is beneficial in fighting off nasty colds that spread in the winter months. Vitamin C can be found in many food sources, especially fruits. It is also essential in iron absorption.



Cheers Reta!



Nice smile Eugene!



Family Council

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 Care Home.




Keep CALM
AND WASH your
HANDS

Philosophy for Providing services and Care at Moira Place

Moira Place promotes the provision of services and care within a philosophy known as “Hush, No Rush”. This philosophy promotes providing care in a calm, quiet and unhurried environment while optimizing individual resident choices, independence and dignity. Staff focuses on the positive aspects of residents abilities and promotes these abilities within the provision of their care and providing residents as much choice as possible during their day.

The entire home is structured to provide an environment that is as calm and quiet as possible – there is no overhead paging; staff carry portable phones that call bells ring to so that there is not the sound of buzzers in the halls of the home area.

All staff is also trained in “Gentle Persuasive Approaches” (GPA) – a program that promotes staff using a person-centred compassionate and gentle approach. Staff is to respond respectfully and with confidence to all resident interactions. GPA gives staff permission to “leave the resident be” and come back at another time if this is what suits that resident at that moment; to move away from being “task focused”; and to put staff “in the shoes” of someone who lives in long-term care.



Thank you to the legion members of the local Tweed branch for their visits and Christmas gifts for our veterans.



Bill and Hannah hanging out.

2024 Christmas Luncheon & Entertainment to Follow!

