

Woodingford Lodge Resident and Family Newsletter

December 2016

Annual Quality Inspections:

The Ministry of Health and Long Term Care have been on site in Woodstock and Tillsonburg to complete our Annual Inspections. The purpose for these inspections is to ensure we are doing what we say we are doing, and that the residents who live at any of the Woodingford Lodge homes are receiving good care. A number of residents, staff and families were interviewed during the process. I am extremely pleased to report that Woodstock has been credited with “no findings” and Tillsonburg was noted with one finding. We can only accomplish these excellent inspection results with the collaborative efforts of everyone. The Ingersoll inspection is currently in progress.



Good Bye to Grace Forget:

It is with mixed emotions that we have accepted the retirement notification from our Nurse Practitioner and friend, Grace Forget. Grace has been with the County of Oxford since the fall of 2003. She began her career with Woodingford Lodge with a huge passion for enhancing the quality of life for residents and a strong vision of the future of geriatric care for Ontario’s ageing populations. A few highlights of Grace’s innovative career, include:

- Her leadership efforts to bring to fruition the PATH program. Grace encouraged residents to play a significant part in their health care decisions by giving the residents the right to choose treatments that they do or do not want;
- Her expertise assisted the South West Regional Wound Care Team that implemented a consistent approach to wound care throughout the health care continuum as the patient moves from one health care provider (Home Care/Hospital/LTC) to another;
- Her recognition of the importance of continued education to advance her skills in order to develop cutting edge solutions and tailors these “best practices” to meet the complex and unique needs of our residents in long term care; and
- Recipient of the County of Oxford ACE Award (Applauding Commitment and Excellence) for “innovation” in 2014 which honours staff members for achieving excellence through the demonstration of our corporate values.

[Watch for the announcement regarding Grace’s Retirement Tea at Woodingford Lodge Woodstock on December 21st at 1:45pm. We hope you can come.](#)

Welcome! Stacy Crown:

We extend a warm welcome to Stacy Crown, our new Nurse Practitioner. Stacy graduated from Conestoga/McMaster Bachelor of Science in nursing in 2009 and began working in the ICU at Stratford General Hospital. Subsequently, she moved to the Woodstock Hospital ICU in 2012. Her Masters of Nursing and Primary Health Care NP Program began in September of 2015 and she graduated in October 2016. You may

recognize Stacy, as she completed a placement at Woodingford for her education. She told us how much she enjoyed working with the residents, families and staff and we could see then, that Stacy was a good fit with our commitment to resident centred care. Stacy is excited to start her Nurse Practitioner career at Woodingford and she looks forward to taking part in the care of residents and their families and forming relationships with staff.

Music & Memories:

We are excited to report that we have completed another staff and resident collaborative video! Our Music & Memories team have created a promotional video to showcase the benefits of the music program at Woodingford Lodge. We will Premiere the video on December 6th at 2pm in the GPA. If you missed the posters for the December 6th showing, you can join us on:

- December 13th at 6:15pm in the GPA we will be reshowing “Alive Inside” followed by a second showing of the Music & Memories promotional video; or
- On our website <http://www.oxfordcounty.ca/Services-for-You/Long-Term-Care>

We hope you can join us to celebrate the successes of the residents and staff, as the joy of Music & Memories surpasses anything we could have dreamed.

Christmas at Woodingford:

We look forward to seeing you at the Resident Home Area Christmas Parties 2016. Come and be a part of the festivities that include sharing of favorite Christmas foods, entertainment and fellowship. The parties are planned for:

Lakewood – December 15 – 1:30 p.m.
Pinecrest – December 14 – 2:00 p.m.
Apple Grove – December 9 – 2:00 p.m.
Orchard Lane – December 14 – 2:00 p.m.
Peach Place – December 14 – 2:00 p.m.
Mapleville – December 13 – 2:00 p.m.

Ingersoll – December 15 – 6:30 p.m.
Tillsonburg – December 6 – 6:30 p.m.



Christmas Gift Giving Ideas:

At this time of year, we are often asked for suggestions for gifts that would be useful and beneficial for our residents. We have a number of suggestions that come from staff and/or residents that should help you with your holiday shopping!

Personal care items are often appreciated. Examples include favourite shampoo, conditioner or soap, lip balm and electric razors (if appropriate.)

The Skin and Wound Team have some suggestions for you regarding moisturizers. Many residents have very fragile skin that tears easily when bumped. Applying a good quality skin cream twice a day to arms and lower legs may help to keep that fragile skin moistened and strengthened. Skin creams that are unscented are best. Here are some suggestions for brands of quality skin cream:

Eucerin, Cetaphil, CeraVe, Curel, GlysoMed, Glaxal Base Cream, Lubriderm, Uremol

If you give a resident a skin cream, please let the nursing staff know so that we can be sure to apply it to arms and lower legs twice a day. Another effective protector against skin tears in the lower legs are leg warmers so consider this another gift suggestion. Please note that talcum powder is not suitable for use in our homes and we do not encourage any apparatuses that release scent.

Comfort gifts are also a great idea. A quilt, fleece blanket or comforter makes bedrooms more homelike. Cozy night gowns, night shirts or housecoats (adaptable if required), cotton undershirts (again, adaptive if required), warm slippers or socks with non-slip soles make residents cozy. Capes for residents in wheelchairs make outdoor trips more comfortable and enjoyable. If you are unsure whether or not the resident requires adaptive clothing, please do not hesitate ask one of the Resident Care Coordinators.

With our Music and Memories program in full swing, iPods, iTunes gift cards and headphones would be very much appreciated.

Arrangements can be made with Hairdressing for hairdressing/barber appointments.

Favourite family treats are always welcome, and evoke memories of Christmases past.

Small photo albums with family pictures, books, magazine subscriptions that are of interest to the receiver are all great gifts as well.

We wish everyone a great holiday season!

From the Residents and staff of
Woodingford Lodge – Ingersoll, Tillsonburg and Woodstock

The Flu is no gift!

Flu season will shortly be upon us, and influenza can be deadly to the elderly population. One of the best ways to protect our residents from influenza is for family members to get the flu shot. It is now easier than ever to get the flu shot by attending a Public Health Clinic, one of the many pharmacies that provide flu shots, going to your doctor's office or attending a clinic at your place of work.

Along with the flu shot, remember to wash your hands with soap and water or alcohol-based hand sanitizer when you are visiting. Stay home if you are sick. Cover your nose when you cough or sneeze. All of these actions will help to protect our residents from influenza.

Grace Forget, Nurse Practitioner

Resident Care Coordinator – Apple Grove and Orchard Lane

We are pleased to announce that Apple Grove/Orchard Lane Resident Care Coordinator – Randi Williams – has accepted the temporary position of “Acting Manager” at our Ingersoll location. Many of you may know Randi from her work with the

Behavioural Supports Ontario embedded team at Woodingford Lodge and her work with the Music & Memory program. We wish Randi much success in her new position.

Replacing Randi on the Apple Grove/ Orchard Lane Resident Home Area as the Resident Care Coordinator, we are happy to have Kristin Slager.

A short note from Kristin is below:

“Hello Woodingford Lodge! My name is Kristin Slager and I have been working as an RN here for the past two years; I worked at our Ingersoll location full-time for a year when I was first hired, and have been alternating between all three of our homes since then. I have recently taken over Randi’s position as RCC while she is covering the management position in Ingersoll for the next six months. I am familiar with the residents on the Apple Grove and Orchard Lane resident home areas, but look forward to the opportunity of getting to know the residents and their families on a more in depth level. While geriatrics was not my intended area of expertise, I have since grown to love working with this age population and have met so many wonderful individuals along the way.”

Christmas Meals:

The food services team is wanting to ensure as many residents as possible can enjoy a meal with their loved ones this festive season. The dinner meals, served at 12:30 PM, on Christmas Eve, Christmas Day, Boxing Day and New Year’s Day will all have a festive flare.

As you can imagine, there is limited space available in each dining room to accommodate guests. Therefore, in order to have as many residents as possible join their family for dinner, please be prepared to share a table with another resident and their family. The tickets for all of the festive meals will go on sale on Thursday December 1st until Monday December 19th unless we are sold out prior to that date. Only purchased (paid for) tickets will secure a spot. No advance sales!

If the tickets are sold out for all the above noted days you can always purchase dinner tickets for another day during the Christmas season and enjoy special time with your family, or you could purchase a ticket for supper time.

If you would like to have a private family functions, there are various rooms available for you to book and bring your own meals. Available rooms are in high demand during the holidays, and are often booked back to back so we ask that you adhere to your booking time and ensure that the room is cleaned up before leaving so the next family may enjoy it as well.

Helen Wharram – Supervisor of Food Service

Faith makes all things possible, Hope makes all things work, and
Love makes all things beautiful.
May you enjoy all three this Christmas Season, and in the New Year too!

Corrie Fransen