

Woodingford Lodge Resident and Family Newsletter November 2019



GREETINGS!

The changes at Woodingford Lodge are continuous by nature, but I think we can all agree that the past year has brought unique changes to the foundation of our Homes. With the retirement announcement of Corrie Fransen in early September, we have lost a knowledgeable, caring and empathetic long term care professional. Our wish to Corrie is that she enjoys much happiness and life fulfillment in her retirement. At Corrie's request, there will not be any further events planned. If you wish to drop of a card at the Front Office of any of our Homes, we will ensure that she receives it.

I am honoured to have been appointed as the Acting Director of the Woodingford Lodge Homes. Together with the dedicated Leadership Team and staff combination, I assure you that we will strive to provide the effective, efficient and compliant operation of our facilities, as well as the extraordinary attention to resident centred care to which you have become accustomed.

Many of you may already know me as a Registered Practical Nurse from the resident home areas and more recently as the Supervisor for Behavioural Supports Ontario (BSO). I am pleased to advise that in the interim Sandra Howe is available to support residents and family with the BSO services and that Volunteer Services are returning to Patricia Godfrey. In addition, Christina Rutherford has taken an interim leadership role for the delivery of the Housekeeping and Laundry services.

I am committed to the health/mental well-being of and best care practices for our residents and, by extension, their families and our community at large. For our residents and their families, life at Woodingford Lodge will continue as usual. If you have any questions, please feel free to reach out to me at mdager@oxfordcounty.ca or 519-421-5556, ext. 2001

Mark Dager

RECREATION AND VOLUNTEER SERVICES

With the retirement of Joan Simpson in January, and a little shuffling around of Coordinator duties, Residents and families can now contact Patricia Godfrey, Coordinator of Programs and Volunteer Services, should you have any questions or comments regarding these two Departments.

We'd love to send out our heartfelt thanks to the Wells family of Woodstock, for their kind donation of an upright piano for our Ingersoll site! We'll be tickling the ivories in style on this great old-style piano. It's sure to bring back some wonderful memories for many of our residents who will be able to access it in our Oakdale neighbourhood lounge, by the fireplace.

Be on the lookout for some fun décor renovations at our Tillsonburg site! With all the great renos happening at our Woodstock site in the foyer area, Tillsonburg is now following suit and perking things up in their front foyer too. It will be fun to see what they come up with for everyone to enjoy!

Annual Christmas Parties: The different home areas are in the process of confirming their plans for their Annual Christmas Parties. Invitations will be extended to residents, staff, family members and friends to join in on the festivities. Please watch for posters advertising the dates and times for each home area. Donations of sweets and treats are greatly appreciated (and enjoyed).



Patricia Godfrey
Coordinator of Programs and Volunteer Services

NURSING:



Safety Checks are beginning in November for those Residents assessed as high risk. They are a systematic, proactive nursing intervention designed to anticipate and address the needs of our Residents. It will be a structured means of promoting Resident-centred communication between staff, Residents and their loved ones to ensure safety and Resident best outcomes. The goals are to reduce falls, reduce responsive behaviours, reduce skin breakdown, improve Residents perception of their care and

assess safety needs on admission.

If you have any questions about this program please ask the Resident Care Coordinators or any of the nursing staff.

Flu Season! Please consider the flu shot for you and your family if you are planning to visit your loved one at Woodingford Lodge.

Information about flu clinics can be found on the Southwest Public Health website at <https://www.swpublichealth.ca/flu>. The website does provide the option to book an appointment online or call the toll free information line at 1-800-922-0096.



The residents and staff of Woodingford Lodge
thank you for your efforts to keep us all safe
during the flu season.

Stephanie Jones
Acting Manager of Resident Services

SOCIAL WORK



Grief & Coping with Loss

Coping with the loss of someone close to you is a difficult challenge and grief can be intense. Loss is understood as a natural part of life, but we can still be overcome by shock and confusion, leading to prolonged periods of sadness or depression. The sadness typically diminishes in intensity as time passes, but grieving is an important process in order to overcome these feelings and continue to embrace the time you had with your loved one. Everyone reacts differently to death and employs personal coping mechanisms for grief. Research shows that most people can recover from loss on their own through the passage of time if they have social support and healthy habits. We are all naturally resilient, and can endure loss. But sometimes we may struggle with grief for longer periods of time and feel unable to carry out daily activities.

Grieving Strategies:

- Talk about the death of your loved one.
- Accept your feelings.
- Take care of yourself and your family.
- Reach out and help others dealing with the loss.
- Remember and celebrate the lives of your loved ones.

Social Work Support:

- Social Workers are trained to help support your journey through grief by helping you build resilience and coping strategies for fear, guilt or anxiety that can be associated with the death of a loved one. If you or a loved one need grief support please contact:

Sandra Howe
Registered Social Worker,
Phone: 519-421-5556 ext. 2004,
Email: showe@oxfordcounty.ca

(American Psychological Association. (2019). Grief: Coping with the loss of your loved one. <http://www.apa.org/helpcenter/grief>)

MAINTENANCE

This is a reminder that Maintenance continues to use a **green sticker** to identify work that is in progress, but for a variety of reasons, the issue has not yet been resolved.



If you see the **green sticker**, you can be sure that our Maintenance Team is addressing the problem, but perhaps they are waiting for “parts” or for the Contractor to arrive before the fix can be completed.

NUTRITIONAL SERVICES

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 Monday November 25th until Monday December 16th 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.

Robert Targaszewski
Supervisor of Nutritional Services

At Woodingford Lodge, we wear our poppies proudly to demonstrate our respect to our residents and families.



It is their sacrifice that enables us to live our lives in Canada, a country of freedom and opportunity.



Notice of New Prices for Hairdressing and Barbering Services for all Woodingford Lodge Homes

The last adjustment in our price list for Hairdressing and Barbering took place in September of 2017. Please be aware that due to increased costs relating to supplies and services, new pricing will take effect January 1, 2020.



The new pricing will be as follows:

Shampoo	\$ 3.00
Cut/Barber Services	\$17.00
Cut and Style/Set	\$28.00
Style/Set	\$17.00
Permanent	\$55.00
Colour Application	\$16.00
Dry	\$ 6.00

All prices include HST