



The Newsletter of Valley Manor · Barry's Bay, ON · October 2018

A MESSAGE FROM THE CEO – Trisha Sammon

It is always so rewarding to share the Valley Manor newsletters with you. I am always so proud to keep you up-to-date on all of the exciting things happening here at the Manor. Fall is here and the trees are about to show us how amazing it is to let things go. I know that I have stated it before but fall is my favourite time of the year. I am sure you will enjoy the beauty of the colours as you look out at all of the amazing landscape around Valley Manor.

We have had a very busy summer. We have an excellent education partnership with Loyalist College in Bancroft and have hosted several students this year for their practical training as PSW's. Thank you for welcoming these students with open arms. There is no better place to do their training then at Valley Manor. We will continue to share our facility with Loyalist College to train and educate their students in an effort to recruit for our home on a go forward basis.

I am also very proud to share that Valley Manor has won first prize for best Community Garden in the Madawaska Valley with Communities in Bloom this year. Special thanks to the residents' council for donating money towards our flowers and the beautification of our grounds. Randy Burchat, our gardener, and Martin Yaraskavitch in Maintenance, went the extra mile this year to make sure that the fountain in the courtyard was refurbished and the grounds were perfect. I look out of my office window every day at the beautiful surroundings at Valley Manor and it continues to make me grateful to work in such a beautiful place.

We are in the process of redeveloping our website. There will be many wonderful photos of our staff and residents on the website and I cannot wait to share this with you. The website will be chocked full of very valuable information for our families, residents, stakeholders and staff. We will also feature a section designated just to redevelopment on our website to ensure that we are keeping you all abreast and top of mind with our communications.

Of special note, we say goodbye to Sharon Chippior- Restorative Care Co-ordinator . Sharon has worked for us for several years and is now beginning a new chapter of her life in retirement. We wish her the best in this well-deserved chapter and thank her for her years of dedication to Valley Manor. Sharon is being replaced by Brandy Dombroskie who is perfectly suited for this position and is eager to work alongside all of our staff and residents to ensure the best restorative care possible here at Valley Manor.

Mary Blank and her activities team have received national recognition with AdvantAge Ontario for her country diner activity. Valley Manor nominated her activity with AdvantAge Ontario and it was one of the few chosen to be featured in the AdvantAge Ontario education for the International Healthcare Organization Conference this summer. We are very proud of Mary, Nancy, Darlene, Melissa, Julie and Karelia for all of the fabulous work that they do here at the Manor. The activities at the Valley Manor far exceed many of the other homes in Ontario and this is worth so much recognition. They do a fabulous job and I am very proud of the team.

The St. Francis Valley healthcare foundation and our internal fundraising team at Valley Manor continue to raise funds for the Valley Manor redevelopment while we wait patiently for the MINISTRY OF HEALTH to review all of our submissions to plan for next steps of our redevelopment. I will be updating our website with the latest news as we continue on our redevelopment journey.

Please enjoy our fall newsletter. We try hard to touch on all of the key topics from the last few months to keep you in the know and provide you with what matters most in Valley Manor Matters.



A MESSAGE FROM THE DIRECTOR OF CARE – Gail Yantha

What is a Substitute Decision-Maker (SDM)?

A SDM is a person who has the legal power to make decisions and give consent for medical treatment for a resident who cannot make those decisions for him/herself. The resident lacks what we call “decision-making capacity”. This means the resident:

- Does not understand the decision they have to make (such as treatment choices) and all the information about it.
- Does not understand what could happen after they make that decision, including the risks and benefits to themselves.

It is very important to know that “decision-making capacity” can change based on the decision that needs to be made, and the resident’s condition. A resident may be able to make one decision and not able to make another at the same time. Doctors and nurses assume that residents are capable unless there are reasons to think otherwise.

To be a SDM, you must:

- Be at least 16 years old
- Have decision-making capacity yourself
- Be legally able to be with the resident (no court order to stop you)
- Be available to take on this responsibility
- Be willing to take on this responsibility.

SDMs make decisions only about treatment, placement in a hospital or other health-care facility, and personal assistance services (such as washing, dressing, eating or drinking).

A Power of Attorney (POA) for personal care is a legal form that allows someone to choose one person who they want to act as their SDM. A POA for personal care (POA-PC) is not the same as a power of attorney for property and finances. If a resident has a signed POA-PC, the person named will be asked to be the SDM. If there is no POA-PC, the SDM is assigned according to the Health Care Consent Act. The highest ranking person on the following list will be appointed. In some cases, more than one person might be the SDM (such as two or more children, or two parents).

- Guardian named by a Court
- POA-PC designated
- Someone Appointed by the Consent and Capacity Board
- Spouse/Partner
- Child/Parent
- Sibling
- Any other relative
- Public Guardian & Trustee (PGT)

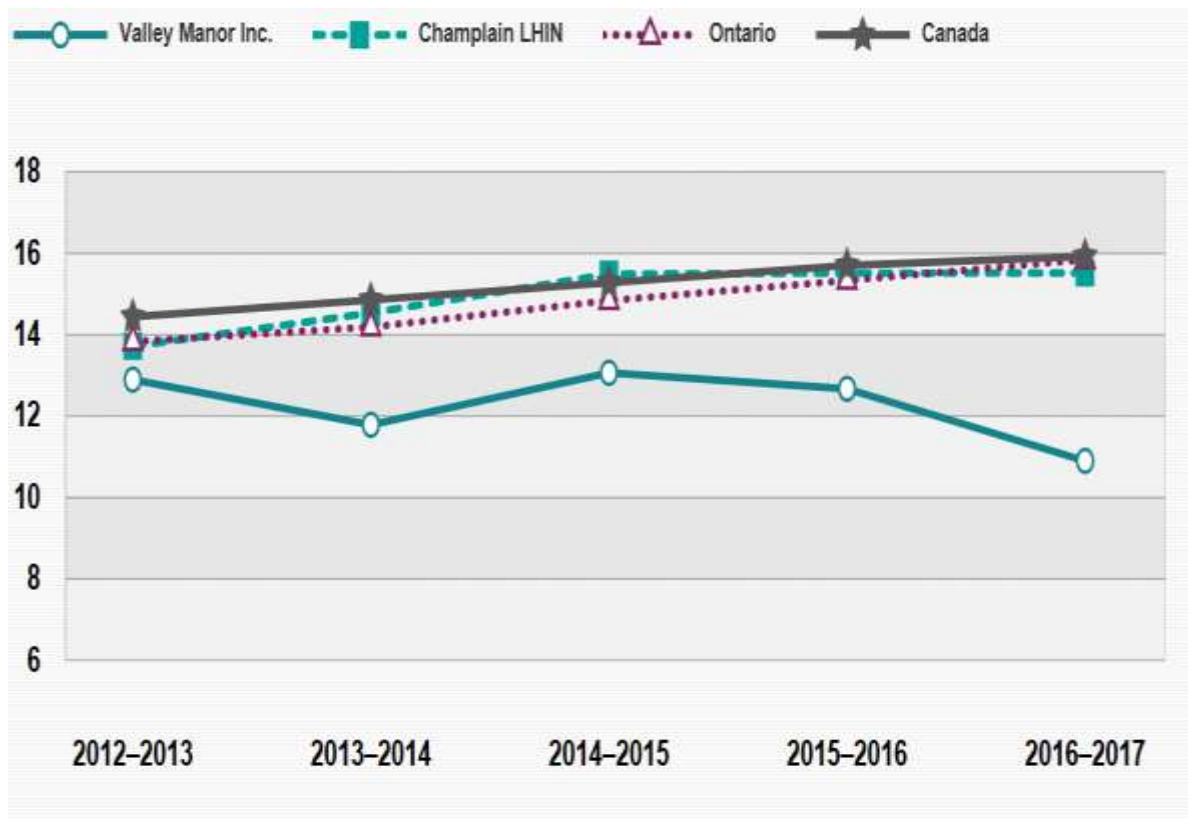
If there is more than one SDM (such as three children), they all have equal standing to take part in making decisions. If the group is agreeable, they could decide that one person will be the main contact. If the group is not able to agree on a decision, the Home could contact the Office of the PGT, which will make the decision.

Decisions made by the SDM are made according to known wishes of the resident. If there are no known wishes, decisions are to be made in accordance with the resident's values, beliefs and best interests. Decisions are not to be made in the best interest of the SDM. If necessary, physicians and nurses can assist the SDM to make decisions.

CMI – Case Mix Index - UPDATE

Trend Over Time: Falls in the Last 30 Days in Long-Term Care (Percentage)

Falls are a common source of serious injury and death among the elderly. Falls result in fractures and soft tissue injuries. Most elders are afraid of falling and this fear can limit their activity level. It is important to identify residents who have fallen and those who are at high risk of falling. Valley Manor has many measures in place to ensure resident safety and to prevent falls. Fall prevention is part of our daily work environment.



"It's A New Day!"

We are building for our future at Valley Manor and need **YOU** for our tomorrow!

Why should we have a Family Council?

- ~ Allows families to give each other ongoing mutual support and encouragement. Sharing thoughts and feelings with others who are in the same situation can help family members cope.
- ~ Provides a forum for learning
- ~ Gives an opportunity to become knowledgeable about the Home's operations, policies and rules and provide input.
- ~ Can help families and the Home form a positive partnership aimed at providing resident care.
- ~ Gives a "united voice" supporting a "united effort" for positive changes.
- ~ Can benefit residents who are physically or mentally unable to voice their needs and concerns as well as those without family.
- ~ Administration and staff may use the FC as a sounding board for new ideas.
- ~ Family Council does not fundraise.
- ~ A Family Council handles group concerns, not individual concerns. Family members with specific concerns should speak to the LTC staff and Administration.
- ~ Provides an outlet for new policy and practices for the LTC home discussions and implementation.

Come on Board and join our Council Campaign – First Meeting:

Nancy Cybulskie, Family Council Liaison 613-756-2643 ext 225

Wednesday, October 24, 2018 at 7:00 p.m.

Valley Manor Board Room

"Getting So Close To Our Year End!"

School bells have rung, summer vacations are over and it's time to take in our gardens! Sounds like we should be starting to hibernate, however, activities are just gearing up for the fall and early winter shenanigans.

New News!

- ~ We have had increases in the number of our **"music"** and **"home sense"** programs and events in line with the requests and suggestions from our recent residents and family surveys. Through our Quality Improvement Program (QIP), we have established more frequent and new foods, smells and events to our events. Our "Country Diner" Program itself has been a huge success!. Fresh fruits and vegetables – watermelon, ice cream sodas, corn on the cob, fresh tomatoes, yellow beans, strawberries, cucumbers from local farmers and our own farmers – Nelson, Charles and Alfie have stimulated the taste buds and flavours of our summertime. Music and parties are at least twice a week with added singing, music and entertainers coming in including the local "Square Dance" Group. Music for the heart and soul of all!
- ~ We love Volunteers – come join us and also take the time to come out to the Family council Meeting in October. We need you!
- ~ We rejoin our Sherwood Public School friends with the return of the "My Buddy" program!
- ~ Welcome new clergy to our fold – Fr. Dobec and Bishop Michael Bird. Looking forward to their faithful service.
- ~ Residents will be voting in the local Municipal Election here at the Manor on Monday, October 22 from 10:00 a.m. to 2:00 p.m. in the board room
- ~ Thanksgiving, Hallowe'en, Remembrance Day, Hunters Ball, Residents Christmas Photos, Christmas Decorating, Baking and parties and Bingos and Games are all lining up nicely. So much for hibernating!
- ~ Check out our monthly calendar on our website!



Josephine is measuring up for baking.



Eileen & Genny enjoy the PJ BINGO!



Nelson's harvest from his onion garden