



Valley Manor

Matters

The Newsletter of Valley Manor · Barry's Bay, ON · April 2019

A MESSAGE FROM THE CEO – Trisha Sammon

The days are getting longer, the nights are getting warmer and we can finally put our heavy coats and gloves in the back of the closet. Winter is on its way out and that means it's time for new beginnings, growth and a fresh spring update about Valley Manor. I am always eager to share new information with you about Valley Manor.

Valley Manor submitted their 2019 QIP (Quality Improvement Plan) to Health Quality Ontario. Chantel Brown worked diligently to complete it early this year. A link will be placed on the Valley Manor website as we have a special section dedicated to Continuous Quality Improvement and our Quality Improvement Plans. Please feel free to peruse the QIP at your leisure. Any feedback is always welcome.

The new "Coming Soon" sign has been installed at the new Valley Manor property as of last week. It is very exciting and creates a buzz of excitement about the new Valley Manor as we inch closer to our redevelopment dreams. Sunny Wiles from Colliers Project Leaders has officially put Valley Manor on the Market for sale. A large sale sign will be placed at the highway at the end of Mintha Street for the summer months to assist with the sales strategy and promotion. Sunny is working on the sign and approvals from the Ministry of Transportation as we speak.



The SFV Healthcare Foundation is working very hard to raise funds for the redevelopment of the new Valley Manor and will kick off the CATCH THE ACE LOTTERY on April 12th. The draws will take place at the Ashgrove Inn every Thursday at 4 pm with live Facebook feeds of the draw. Tickets can be purchased here at the Manor every Tuesday between 11 a.m. & 2 p.m. They are \$5.00 each.

I am very pleased to inform you that, collectively as a group, the leadership team is leading Valley Manor into 1 meal service prior to moving to the new building. We have created an action plan with key dates to have steps completed by these key dates. The goal is to have 1 seating for all meal service by July 1, 2019. This change is in direct response to the 2018 & Family Satisfaction Survey and our desire to provide our residents with the most "homey and comfortable dining experience" possible. Lastly, please welcome 2 new Board members to our Valley Manor Board of Directors this Spring. They contribute to the spring model of growth and new beginnings. Their names are Heather Poliquin and Jill Vermaire. Our Board is growing and these 2 ladies are a welcome addition to the Valley Manor family as we continue to plow forward with redevelopment.

I look forward to seeing you all out around the fountain this summer amongst the beauty of our glorious gardens. The countdown is on! See you there!

Keeping our Love for Animals Alive and Well

Submitted by Gail Yantha, Director of Care

Our residents and visitors have been well-entertained this winter with the frequent visits by the deer, wild turkeys and squirrels (black & grey). This brings a sense of peace and tranquility as we take time to observe the Blessings of nature in our midst. The winter has been long. The snow is deep. But the enjoyment brought forth by the presence of wildlife is awesome!

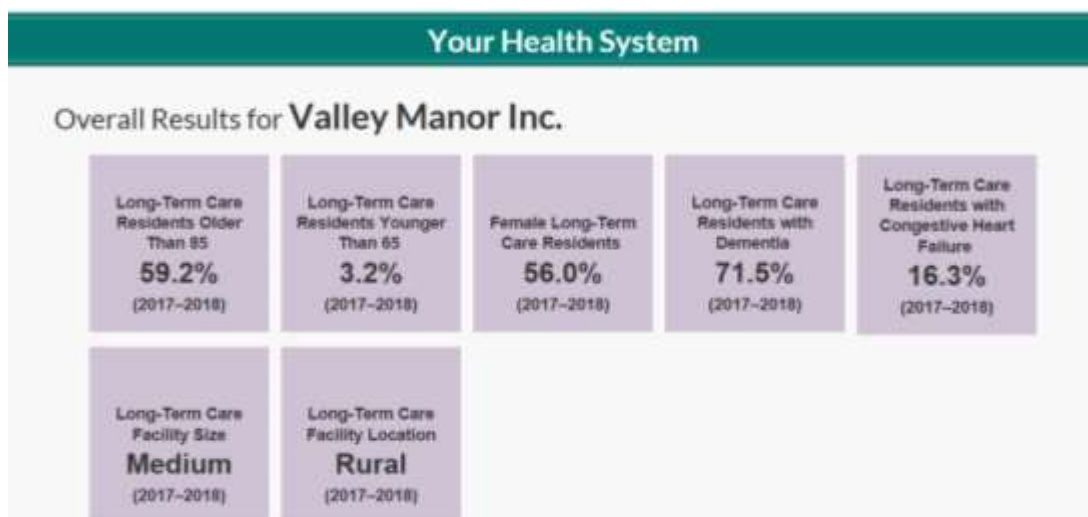
We have recent additions to the animal family that we would like to introduce. Have you heard the “Barking” of a puppy? Or, the “purring” of a cat? How many people have a pet at home? Have you thought about leaving your pet at home if you have to move? Many of our residents have made the move to Long Term Care. Many of our residents are afflicted with dementia. Many of our residents have been separated from their pets. It has been proven many times over that stroking (petting) a dog or cat has many health benefits. Pets can alleviate stress, provide companionship, decrease anxiety, lower blood pressure and pulse rate, make life meaningful, and improve general well-being.

Valley Manor has invested in robotic cats and dogs. To watch our residents interact with these “pets” is priceless. The robotic pets can mimic the real thing. We observe residents petting, talking to and engaging with these “pets”. This provides a pass-time, provides purpose and brings joy to the resident. The result of having robotic pets at Valley Manor results in many positive outcomes. The most obvious positive outcomes for our residents include increased communication, increased smiles, decreased stress and anxiety, tactile and emotional stimulation and relaxation. The quality of life has been improved – for residents and for staff.



CMI – Case Mix Index - UPDATE

The public website “Your Health System” offers you an opportunity to view the quality indicators for Valley Manor and compare them with other facilities. The website also gives generalized information about our resident population. Valley Manor’s CMI, as determined by Point Click Care, is 1.144 as of February 28, 2019.



Exciting times in our Dietary Department

Submitted by Amanda Pinto, Support Services Manager

Valley Manors' Dietary Department is very excited to introduce our new Spring menu. This menu is filled with new and fresh recipes. However, when working in an institutional kitchen, there are rules and regulations that come with the creation of a new menu. One of these regulations is to provide a standardized recipe for every item on the menu, as well as a sub recipe for all the texture modifications and dietary restrictions included in the menu.

A four week cycle menu, such as the one we created, includes three meals and three nutritional snacks a day. The province of Ontario currently requires Long Term care homes to provide recipes for 15 dietary modifications of a regular recipe, resulting in a plethora of recipes to print - in this case, it was 9580 pages.

In an effort to reduce Valley Manor's environmental footprint by decreasing the amount of paper we use, I decided to look at what other options were available to us to have a paperless recipe binder. After researching what other homes were doing and what services companies were offering in regards to menu building, I found that none of the options would fit our budget or current needs of the home. It was then that I decided to create our own PDF version of a recipe binder and request the funding to purchase an IPAD for the dietary department to use as a paperless recipe binder.

With a little help from our in-house IT professional, I created a recipe binder filled with the standardized recipes required for our new menu. One-on-one training with our cooks was completed in the use of the IPAD and recipe binder PDF and voila it works!

We now have a system that works for us, that reduces the amount of paper that we would normally use in the creation of a new menu and one that will grow with us as we continue to develop and improve the delicious meals the Valley Manor Dietary department creates for our residents.



Starting with the recipe.



Creating the delicious meal.



The beautiful final product!

New Addition to Activities!

Submitted by Mary Blank, Activities Director

What a great day February 14, 2019! We unveiled our newest addition to the Activities Department. Weighing in at 40+lbs with red hair and bouncy coloured eyes (75 of them) accompanied by 200 smiling healthy new bingo cards our most welcomed gift arrived safe and sound. The Valley Manor Auxiliary had some additional monies for residents and decided that the purchase of these three items would be the best bang for their buck! Luckily all residents of the home agreed!

Now you may think, so what, it's just a bingo machine - well bingo is the most popular of our programs and involves more than 40 residents each week as well as 10 - 15 volunteers and family members that come in to help us out. You haven't been to bingo till you've been to one of ours. There is no cost to residents and we also hold special bingos with different themes and cash prizes. Also some community groups come in to sponsor a bingo - for example, The VM Auxiliary, The Legion Auxiliary Branch #406 and The CWL are a few. We love to share the wealth! So when you hear the shout "BINGO", you'll know that we are at it again and loving every minute of it.

Residents Council Newest Gamble!?

Get in on the chance to win some cash prizes! The Residents Advisory Council is sponsoring a "fun-raiser" of sorts with their newest venture called "52-Pick-Up Draw".

A pack of 52 playing cards will be for sale at the Tuck Shop on Tuesdays and Thursdays. You can only purchase 1 card per player for \$2 each. You can purchase cards for others as well with a one card limit. Write your name on the Tally Sheet opposite the card you have picked and return the card. The prizes of 1st - \$50 cash and 2nd \$20 cash will be drawn for from the deck when they are all sold. The draw can take place weekly or bi-weekly depending on sales. Winners will be posted at the Tuck Shop. Get in on the fun! Proceeds go to the Residents Council events and activities for residents of the home.

Our "Buddies" Are Back!

After a break of one year The "My Buddy" visiting program is back. The grade 2/3 students from Sherwood Public School have been paired up with some of our residents for a reading and visiting program. This will be the 31st year and has an additional benefit. The Kindergarten Class is coming with them to visit and do crafts, singing and chatting with other residents in the Fireplace Lounge. Residents love this, as the smile and voice of a child is one of the most precious things in life. Thank you to the teachers Bonnie Ducker and Cynthia Wolfgram, the parents and bus driver for keeping us young and inspired!

April & May Programs and Events:

Easter programs and games of all kinds, Polish Day Party special bingos', individual programs & active games, Country Diner cooking program, 41st Anniversary celebrations, Maple Syrup Tyme and of course spring - fresh air and gardens! Music, Music! Music! and all the senses of home.

Check us out for the monthly calendars on line on our website.

We also welcome Renee St. Cyr, a Canadore College placement Student, to the Activities Department for 2 months. Renee is from the area and is in her final year of the Therapeutic Recreation Diploma Course in North Bay. Welcome aboard!



Charles tackling one of our many jigsaw puzzles.

Giving Tuesday !

This fund raising campaign held in November of 2018 was a huge success! We exceeded our expectations and surpassed our goal by over \$1,000.00! These funds are to enrich residents' lives here at the Manor with Christmas gifts, funds for trips and special events, birthday gifts and so much more! **Thank You Donors!**

You can be a supporter of our home at any time! Go to St Francis Valley Healthcare Foundation site and make a donation to our home - specify Valley Manor - our future depends on you! THANK YOU