

PIONEER RIDGE LONG TERM CARE AND SENIOR SERVICES NEWSLETTER

September, October, November 2023

A MESSAGE FROM THE ADMINISTRATOR – LEE MESIC



The signs around us tell us fall has quickly arrived and the temperatures have let us know the snow is on its way. Where did summer go!?!

We have had a very eventful fall already and have tried to capture some of these events in this edition of our newsletter.

At this time of year, we like to put out some seasonal reminders. This is a good time of year to go through your family members' clothing and ensure they have everything they need. We always recommend sorting the clothing by season, that way it gives you a chance to see if your loved one needs any new articles of clothing and also may provide some good ideas for Christmas gifts. Slip and Fall season is also approaching and although we do our best to ensure driveways and pathways are clear, there is always the chance of slippery areas. Always remember to "walk like a penguin" during slippery season. With the flu season upon us we urge everyone to be proactive when it comes to winter preparedness. Get vaccinated! The flu or COVID-19 can aggravate preexisting health conditions and even require hospitalization. So, before the winter sets in, get the required shots.

At our last resident council meeting and since, we have received concerns from residents that they are watching individuals (co-residents, families, visitors etc.) allow garbage to fall from their vehicles, leave garbage on tables and outside furnishings, and throw butts on ground. We have assured resident council that we would communicate this concern in our newsletter, and that internally we will focus on reminders to residents and closer attention to the front entrance appearance. If we all do our part, we can assist in rectifying this concern from the residents regarding their Home.

September 11th – 15th, 2023 marked the 4th annual Residents' Council Week in Ontario. The Residents' Council is intended and designed to form the collective voice of all residents who reside in the LTC home, whether they attend meetings or not. Residents' Councils meet to exercise several powers including, but not limited to sponsoring and planning activities, collaborating with community groups, reviewing and contributing to the operations of the LTC home and collaborating and sharing concerns and ideas with administration. Pioneer Ridge is very proud of our active Residents' Council and the positive change they bring to the home. Their insight, ideas and opinions are valued day in and day out.



Lest we forget

Pioneer Ridge held the City's first virtual CTB Recruiting Hour on Oct. 18. This was a great opportunity for the management team at Pioneer Ridge to showcase the various employment opportunities available in our home. The Recruiting Hour featured presentations on the services provided by Nursing & Personal Support Workers, Therapeutic Recreation & Volunteer Services, Food & Nutrition Services, as well as Training & Quality Improvement. During the question-and-answer portion of the event, attendees gained further insight on the necessary qualifications, workplace culture, and opportunities for further professional development.

Christmas is around the corner and very soon we will be watching the staff and residents decorate for the season. For many people Christmas is a special time for making memories and sharing love, but it can also be a difficult time for others. At this time of year, we think of the aging, the homeless and infirm, and know they often face the pain of isolation and loneliness. Together we can be the "glad tidings" that the angels sing of – when we visit these individuals or show our love to them. This season it may be the smallest effort that is the key to bringing the Spirit of Christmas alive in someone's heart. Let the Greatest Gift we give this year, be the gift of ourselves to someone who is lonely or in need. Be the gift that brings the greatest smile, by taking time to share this Christmas with an elderly friend, neighbor, stranger, parent, or grandparent. Not only will the spirit of Christmas be felt by those we are sharing with but will also come alive within our own hearts.

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As always, I hope this edition of our newsletter find you happy and well. Thank you for your ongoing collaboration and support as we continue to work together to ensure a safe and secure home for all those who live, work and visit here.

A MESSAGE FROM ENVIRONMENTAL SERVICES – BARRY CALAND



With the winter approaching and cooler temperatures, everyone's safety is on our minds. Our team will be diligent in keeping walkways clear of snow and ice but please exercise caution while outdoors so nobody has a slip and fall accident. Use maintained pathways and avoid taking shortcuts that may not be maintained with salt and sand. The keys to the penguin walk are simple: Extend your arms (er, wings) out to your side, bend your knees, and shuffle side to side as you move forward (rather than taking big steps). All of this will help maintain your center of gravity in a treacherous climate — the type of environment that penguins have existed in for centuries.

Our gazebos are complete in the Therapeutic Garden and those who have spent time out there have really enjoyed it, much to the delight of our staff. The flooring in the tub rooms will be complete on November 10 and then we will be doing some further updates to those rooms to make the bathing experience more enjoyable.

The upgrade to the air supply on Home Area 1 with new dampers to balance the air flow and temperatures is nearly complete, then soon we will be continuing to the next three home areas. Once complete, the temperatures should be more consistent throughout the home areas.

For the remainder of the year, we will be changing out over 100 pot lights throughout the building to a more efficient and effective flush mount LED lighting system.

Very soon, we will be starting our decorations for 'Lighting up the Ridge' and we are off to a good start with the over 1,500 coloured LED lights in the gazebos. We all enjoy the movie Christmas Vacation, so we will do our best to make our home look like Griswold Ridge!

EASTER SEALS CHARITY HOCKEY TOURNAMENT

On Friday October 27, a star-studded hockey event took place at the Tournament Centre in Thunder Bay, benefitting the Easter Seals. We were able to bring three residents to watch some hockey and mingle with some former National Hockey League players, including Wendel Clark, Doug Gilmour, Mike Krushelnyski (who brought his Stanley Cup rings), Rick Vaive and Thunder Bay's own Carter Hutton. A huge thank you goes to Rhonda from the Easter Seals for being so accommodating, the players for taking the time to spend with the residents and Traci Fisher-Zaiser, our Clinical Manager, for planting the seed to make this happen.



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A MESSAGE FROM OUR BEHAVIOURAL SUPPORT DEPARTMENT

We are pleased to welcome 2 new members of our embedded Behaviour Supports Team:

BSO Resident Wellness Worker – Crystal Wark

BSO Resident Care Assistant – Nancy Carswell

Crystal's hours are 8:00 am - 4:00 pm and Nancy's hours are 8:00 am – 1:00 pm, with occasional evenings and weekends, as required. The positions are for a temporary 6-month position at this time.

Did you know that the Responsive Behaviour Committee was nominated for a "Team Spotlight" during the City of Thunder Bay "Employee Appreciation Week"? The team was nominated for their collaborations on transitioning to a person centered/ emotion-based model of care.



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THE LAST TWO
YEARS OF LIFE
ARE JUST AS
IMPORTANT AS
THE FIRST TWO
YEARS OF LIFE
”
— — —
DENNIS MORETTIN
RESIDENT COUNSELLOR

CITY OF THUNDER BAY
**EMPLOYEE
APPRECIATION WEEK**

TEAM SPOTLIGHT
Pioneer Ridge Responsive Behaviour Team

CITY OF
Thunder Bay
Superior by Nature

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The Responsive Behaviour Committee is seeking “nearly new” items in order to design a “baby” nursery area for our residents on home area 1. The nursery will provide a meaningful and nurturing experience, for our residents living with dementia.

- Baby dolls that appear life like
- Baby clothing
- Stuffed animals
- Small change table
- Matching baskets for the baby clothing
- Receiving blankets
- 2-3 pictures for the wall-example “Anne Geddes pics of babies”
- Small tub & towels for bathing the baby dolls



If you require additional information call Judy at (807) 629-7181 or Donna TR at (807) 684-3941.

Future wish list:

A “Do it yourself” car dashboard upcycled sensory board:

- A steering wheel
- Old car stereo
- Odometer
- Speedometer
- A gearshift



Join Lynda DePiero for a fitness class for all mobile devices!

Dancing with Wheels

Disability is not inability

**Mondays, November 27
December 11**

Thunder Bay 55 Plus Centre Auditorium

3:30 - 5:00 pm

Free! Drop in!

Call Corinne at 684-3276 for more info

Ontario 



Please join us for another

Pioneer Talks

This month's topic: “Behaviour Change in the Older Adult”

When: **Tuesday, November 14, 2023**
from 6-7 pm

Where: Pioneer Ridge Auditorium (3rd floor)

Please RSVP to Judy at 807-629-7181 or email judy.walters@thunderbay.ca

Refreshments will be served!



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NUTRITION AND FOOD SERVICES UPDATE

Family Christmas Dinner

We are happy to announce that this Christmas, we are going to hold a Christmas Family Dinner for family and friends of residents at Pioneer Ridge. Prior to covid, we held three big dinners a year to give families and friends a chance to enjoy a nice meal with their loved ones over the holidays. These dinners were held in our auditorium. We are going to continue with that tradition with this Christmas being our first one!



Dinners will be held on December 22 & 23 with tickets going on sale December 4. They are on a first come first serve basis.

Watch out for more announcements later in November.

We look forward to seeing you there.



A MESSAGE FROM OUR BEST PRACTICE CLINICIAN

Now that summer has ended sadly, we have been busy in the best practice clinician office with all of our teams and committees to ensure we are up to date with best practices and ensuring the best care and education is integrated into the Home.

In September, Darcie (BPC) and Laurel (RD) attended and presented at the RNAO BPSO (Best Practice Spotlight Organization) Symposium in Toronto where we presented on our innovative education series for families and caregivers "Pioneer Talks". Our idea of "Navigating a palliative approach together: enhancing family involvement and support" was very popular amongst the crowd and RNAO, that the RNAO has asked Darcie to present our team's ideas again at the RNAO Best Practice Guideline Institute, an education series for Nurses across the province.

9 members of the Palliative Committee attended the NWO Palliative Care Conference this week, with a focus on "hoping for the best, planning for the rest", tender conversations, equity orientated approaches, caring at the bedside and palliative care post-covid. The members who attended plan to share with the rest of the committee and offer education to all staff.

The oral health committee has also been busy at work on improving oral health care with the expertise of dental hygienist Lynda McKeown. The team has identified gaps by completing a GAP Analysis with our RNAO coach who has heavy experience in creating the Oral Health Best Practice Guideline. We are implementing change with education this month from Lynda and other interventions coming soon! Please check out the updated BPSO board downstairs on your way out to the butterfly garden.

Scheduled education for staff in the next few months includes Wound Care for registered staff, Skin care education for all nursing staff, CPAP education for all nursing staff and Restraint Education for all staff.


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Keep your eyes open for future “Pioneer Talks” posters, the topics are endless and we cannot wait to share with you what is coming next.

My brain is still flowing with ideas from the past two conferences, and I cannot get them down on paper quick enough! I love to talk about change and best practices and am happy to discuss any time with family members and caregivers. We could also talk about how family members can become Champions in the Home.





Ministry of Health

Respiratory Syncytial Virus (RSV) Fact Sheet for Vaccine Recipients

Version 1.0 – October 25, 2023

This fact sheet gives basic information only. It must not take the place of medical advice, diagnosis, or treatment. Always talk to a health care professional about any health concerns you have before you make any changes to your diet, lifestyle, or treatment.

1. What is Respiratory Syncytial Virus?

Respiratory syncytial virus (RSV) is a common respiratory virus that is a major cause of illness among Ontarians. RSV can cause infection in the upper (e.g., nose and throat) and lower (e.g., lower airways and lungs) parts of a person's respiratory system.

2. Who is at risk of getting RSV?

RSV can be passed from one person to another through respiratory droplets (such as from a cough or sneeze), as with other respiratory viruses. RSV usually leads to a mild illness with cold-like symptoms (e.g., runny nose, coughing). However, some groups are more likely to have severe illness or complications, including children younger than two years of age, older adults, individuals with heart or respiratory conditions, and immunocompromised individuals.

3. What RSV vaccines are available for use in Canada?

Arexvy (manufactured by GSK) was authorized for use by Health Canada on August 4, 2023. This vaccine can be used in adults 60 years of age and older to prevent lower respiratory tract disease (LRTD) caused by RSV.



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A MESSAGE FROM OUR QUALITY IMPROVEMENT AND EDUCATION LEAD

Pioneer Ridge staff Darcie and Laurel recently attended the RNAO Best Practice Spotlight Symposium in Toronto, where they shared learnings from our initiative to enhance family and caregiver involvement in a palliative care approach to more than 50 attendees from LTC homes across Ontario!



Members of our Palliative Care committee attended the NWO Palliative Care Conference where they were able to add more knowledge and skills to their repertoire and share their experiences with others!



FUN FACT

The oldest person ever to have lived was a French woman who was 122 years old when she died in 1997.

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FAMILY & FRIENDS COMMITTEE WELCOME EVENT WAS A SUCCESS



The Pioneer Ridge Family & Friends Committee hosted a welcome event for new residents and their loved ones in early October. Thank you to those who came out to meet our wonderful Leadership Team.

If you are interested in joining the Family & Friends Committee, please contact jaime.rizzo@thunderbay.ca. Meetings take place five times a year.



EMPLOYEE APPRECIATION AT PIONEER RIDGE

In late September the Corporation planned a week of events for employees and their families to participate in as a Thank you for being employed by the City of Thunder Bay. Pioneer Ridge hosted an Indoor BBQ for our staff. Thank you to ALL Pioneer Ridge staff for everything you do here in our home.



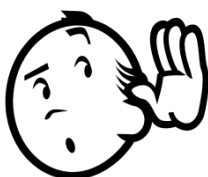
We Want to Hear From You!

Your input is valued.

Administrative Office

Tel: 684-3913

Or email jaime.rizzo@thunderbay.ca.



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A MESSAGE FROM OUR THERAPEUTIC RECREATION DEPARTMENT

Happy Fall Ya'll,

The Therapeutic Recreation staff would like to say so long to Summer and hello to Fall. This season brings with it warm memories of returning to school, spending time on the farm, apple picking and hayrides. The leaves are changing colour and almost all have fallen. How fun were those days - raking leaves into piles, watching the kids (or being the kid) jump in and scatter them about again, only to return to raking again and again.

The weather held out for our first day of Autumn - a staggering 23 degrees Celsius. A City of Thunder Bay initiative - Neighbour Day was held and we invited the folks from Jasper Place and little tykes from Grace Remus Daycare. Mingling was had between neighbours with jokes and good times until the kids came and stole the show.



November will bring the return of our favourite Grand Friends program to Pioneer Ridge. The grade 7-8 class from Pope John Paul School will come in monthly for the remainder of the school year -befriend a resident, read stories, do crafts, and maintain communication. Dates for these visits are scheduled for an hour between 12:30- 1:30 **November 7 & 21, December 12, January 16, February 13, March 26, April 23, and May 14.**

A travelling musician named Trevor Baker will be passing through Thunder Bay November 14 and is stopping off to play a gig in our auditorium between 2-3pm. Dusty Roads play November 29 if interested in attending.

Save the date(s) for **December 1 – our annual Helping Hands Auxiliary Bazaar is back!** – This is a fun day where residents and staff can go shopping for baked goods, nearly new clothing and jewelry, amazing basket raffles and there will be a cake walk! – cash only please. All proceeds go to Pioneer Ridge's Helping Hands Auxiliary which supports our residents' outings, musical entertainment, social functions, and Christmas presents.

Helping Hands Auxiliary is always looking for donations of gently used items to re-purpose and sell at these bazaars. If you have a donation, please contact me at shannon.whale@thunderbay.ca or by text at 807-632-7812.

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December 12 at 6pm - Fort William Male Choir return to our auditorium. The calendar is booking up fast with schools and church groups looking to come in to sing Christmas Carols (dates to be determined)

Helping Hands Auxiliary is looking for new members.

Are you a social person who enjoys planning events, fundraising, and working with seniors?

Well, here is an opportunity for you...

Membership entails a relatively small commitment to attend monthly meetings with discussions on planning events and fundraising, hosting yearly penny auctions, bake sales, or Christmas Bazaar's. Possibly selling raffle tickets and putting together gift baskets to draw on your creative side.

If interested in joining a fun and exciting group of individuals who work for the residents' interests of Pioneer Ridge Long Term Care Home, please contact: Shannon Whale Therapeutic Recreation Supervisor at shannon.whale@thunderbay.ca or by phone 807-632-7812

RESIDENT AND STAFF HALLOWEEN FUN

