

June 2021

# West Park

West Park Health Centre. 103 Pelham Road, St. Catharines ON L2M 5A1



## Celebrating June

**June is Seniors Month!**

**Pride Toronto Month!**

*June 1 – 30*

**Family Council Week**

*June 5-11*

**Father's Day**

*June 20*

**25<sup>th</sup> National Indigenous Peoples Day**

*June 21*

**Brad Boland in Concert**

*June 8 & 29*

**Welcome Back Families!**

**Outdoor general visits are now permitted in all LTC homes in Ontario.**

**If you would like to book an appointment, please email**

**Irene –**

**[icarter@southbridgecare.ca](mailto:icarter@southbridgecare.ca)**

## Tips When Visiting Your Loved Ones

There are many ways that we can support our loved ones. The website, *DailyCaring.com*, provides some wonderful tips on engaging people with neurocognitive impairments.

Special thanks to **Cindy Little** for sharing these tips with our community.

<u>Top 5 Do's</u>	<u>Top 5 Don't</u>
1. Introduce yourself, even if you are sure they must know you. "Hi mom. It's Irene, your daughter"	1. Say, "do you remember?" This may cause anger or embarrassment
2. Enter their reality – Go with the flow of the conversation, even if they talk about things that are not true or do not make sense	2. Argue. If they say something that is not correct, just let it go
3. Validate feelings – allow people to express sadness, fear, or anger	3. Point out misstates. It just makes people feel badly about the conversation
4. Share and discuss memories from the past. They are more likely to remember things from long ago (when they were young adults)	4. Assume they do not remember anything. Many people have moments of clarity.
5. Come prepared with activities – like something to read-out-loud, a photo album to look at, or their favorite music to listen to	5. Take things personally. Neurocognitive impairments tend to twist words, or make people react badly out of confusion, fear, or anger.

## Celebrating Seniors Month!

This year's theme is "**Engage in Every Way – the 5 Domains Explained**"

Each week, the recreation team delivers recreation programs designed to promote independent functioning within the five domains of health: Physical, Intellectual, Emotional, Social, and Spiritual – while also educating individuals about the skills and recourses required to participate in recreation and leisure.

**Intellectual Domain of Health** – this domain highlights engaging in creative or mentally stimulating tasks to expand your knowledge or skills

**Physical Domain of Health** – this domain highlights the importance of maintaining physical wellness, through diet, nutrition, exercise, sleep, and preventative health practices

**Emotional Domain of Health** – this domain highlights awareness of, and the connection to, positive or negative feelings. It also reflects your approach to managing stressors.

**Social Domain of Health** – this domain highlights creating and maintaining healthy relationships with your family, friends, colleagues, and other members of your social circle.

**Spiritual Domain of Health** – this domain highlights connecting to your inner self, your values and beliefs, and any spiritual relationship you may have



## Connecting Residents - Seniors' Centre Without Walls



Seniors' Centre Without Walls is a new telephone-based program run by the City of St. Catharines. It offers community members aged 50-plus the opportunity to enjoy socialization and programs from the comfort of their own home.

This is a great way for you to stay connected, socialize and learn a new skill! All you need is a telephone. Programs are interactive, telephone based social and educational programs, that are offered free of charge.

Participants are able to connect, on a toll-free call, with up to 15 other people, allowing you an opportunity to socialize and learn about a variety of topics, including local history, some interactive games, and more. These programs are led by staff from the City's Older Adult Centre, and often have guest speakers.

Registration is NOW OPEN!

If you would like to try something new, please see Irene for help on how to get started.

## West Park Resident's Council

Meets the 3<sup>rd</sup> Monday of the month – June 17<sup>th</sup>

## Ontario Mandates Immunization Policy in LTC Homes, effective July 1<sup>st</sup>, 2021

A new Minister's Directive requires all homes in Ontario to have a COVID-19 immunization policy in place, as an additional tool to promote high vaccine uptake.

At a minimum, the policy must require staff, student placements and volunteers to do one of three things:

1. Provide proof of vaccination against COVID-19; or
2. Provide a documented medical reason for not being vaccinated against COVID-19; or
3. Participate in an educational program approved by the licensee.

If you have any questions about the vaccination policy, or would like more information on scheduling your vaccination appointment, please contact Madison Tedesco:

[mtedesco@southbridgecare.ca](mailto:mtedesco@southbridgecare.ca)

## Outdoor visitation Guidelines

West Park is happy to host outdoor visits for general visitors! Friends and family members who wish to visit their loved ones are encouraged to schedule their visit. Visitation hours are from 10 a.m. to 11:30 a.m., and again from 1:45 p.m. to 3 p.m. daily.

Please contact Irene Carter to schedule your family visit: [icarter@southbridgecare.ca](mailto:icarter@southbridgecare.ca)

A reminder that family and friends must sign in with the door screener before their visit and pass the questionnaire.

## Book Club



The St. Catharines Public Library hosts a Monthly Adult Book Club. Normally, the group meets monthly in person, but they are currently meeting virtually through Zoom.

Participants must have a St. Catharines Public Library card to borrow the selected books. If you would like a library card, please see Irene

- Meets every 3<sup>rd</sup> Tuesday Evening at 6:30 p.m.
- Registration is required. Please speak with Irene for details
- Computers are available to facilitate this meeting

## Friends in Care: Celebrating Family Council Week 2021

### Family Council Evening Social is Now Open

**Thursday, June 10th (7:00 – 8:30 pm)**

The Family Council of Ontario wants to provide essential and chosen family caregivers with a chance to connect, laugh and listen to live music in a care-free and safe space.

Join the Zoom call as we all raise a glass in a toast to recognize our unique personal experiences over the last year and a half.

Similar to our holiday function, you are encouraged you to leave the rules at the door and join us with your beverage of choice for a special evening social. Attendees are welcome to pop in for a few minutes to say hello or stay for the full duration!

To register for the Event, please email Irene – [icarter@southbridgecare.ca](mailto:icarter@southbridgecare.ca)