



Message from the Administrator

We're making our way through the winter season and soon we'll see if Wiarton Willie (or Nova Scotia's Shubenacadie Sam and the many others) sees his own shadow on February 2nd to predict another six more weeks of winter, or if he does not and spring is around the corner. Let's hope for the latter, although – at time of writing – we've been fortunate with the weather this winter ... to date.

Flu season is full upon us and if you have not had your flu shot yet, I want to strongly encourage you to do so. This year the Ontario government is also offering a vaccine for RSV, which we've seen circulating through the province this season. The vast majority of our residents have received their flu and RSV shots, which is very impressive. So, thank you very much to everyone who has decided to get immunized against the flu and we're doing all that we can to keep that bug out of our Home. As well as getting your flu shot, we ask that you not visit when you are ill, which has become the norm with Covid screening. This can be a challenging task for some; however, we ask that you consider those who are most at risk from Influenza and RSV: young children and the frail elderly.

Falls prevention is top of mind for us every day here at Moira Place, and although we realize that we will never be able to completely prevent all falls, our goal is to prevent *injuries* from falls. We have an active "Falls Prevention" committee that meets monthly and carries out a number of duties, including: reviewing the incidence of falls and the severity of falls within the Home relative to Continuous Quality Improvement indicators; providing education to residents and family members regarding risk reduction tips; providing education to staff on risk identification, the implementation of risk reduction strategies, and emergency response to residents who have fallen. We do several assessments and involve our Physiotherapist in strategies to help increase your strength, and to hopefully prevent the fall in the first place. If you have any questions or concerns in regard to falls for yourself or your loved one, please don't hesitate to talk to the Charge Nurse in each Home Area, or Linda Facey, our Director of Care.

Michael O'Keeffe,
Administrator



FEBRUARY

Special Upcoming Dates

**Vicki Spurrells
Entertainment
February 1st**

**Ground Hog Day
February 2nd**

**Art Lajambe
Entertainment
February 2nd**

**Jake Whalen
Entertainment
February 8th**

**Valentines Day
February 14th**

**Murray Francis
Entertainment
February 14th**

**Gary Cassibo
Pub Night
February 15th**

**Family Day
February 19th**

**Lon Palmer
Entertainment
February 29th**

**Random Acts of Kindness Week
February 13th - 19th, 2024**

Being kind doesn't have to cost anything — a gesture of kindness can seem insignificant to you, but can make someone else's day.



Let us welcome
February &
take EVERY chance
to show love
to all WE meet.

[fb://livinglife2thefull/curturalife](https://www.facebook.com/livinglife2thefull/curturalife)



Imogene always knows how to celebrate!



LE Aide Tiff taking Gayle for a walk around the home.

February Joke of the Month



*"Did the person who put
the first R in February
also decide how to spell
Wednesday?"*



Brenton and Glenda challenging their memories playing a game of match it.

Valentine's Day Dinner Menu

Beef tenderloin with Buttermilk Mashed Potatoes and Roasted Fresh Vegetables

Or

Heart Shaped Ravioli tossed in a Browned Butter Lobster Sauce served with a Crisp House Salad.



Jeannette rolling it out during therapy



Pink Shirt Day!



On Wednesday, February 28, 2024 wear your Pink Shirt and take a stand against bullying. Pink Shirt Day falls on the last Wednesday of February every year. The mission is to create a more kind, inclusive world by raising awareness and funds for anti-bullying initiatives. Bullying is a major problem in our schools, workplaces, homes, and online.



Shelia soaking up some snuggles with her cat.



Clifford enjoying iPad fun.

Snowman's Valentine

I have a jolly snowman,
The best I've ever had.
I'm giving him a valentine
That ought to make him glad.
I made him very carefully.
He looked good from the start,
But I noticed only yesterday
He hasn't any heart.
So quickly with my scissors
And paper red and fine
I've made a fancy little heart.
My snowman's valentine.



Health Canada Recognizes February as Preventative Health Awareness Month

Should I be taking Vitamin D?

Receiving sufficient vitamin D from dietary sources alone may prove a challenge and vitamin D insufficiency is a common occurrence among Canadians - hence Health Canada recommends a vitamin D supplement of 400 IU/day in addition to consuming vitamin D-rich foods (e.g. eggs (yolk), fatty fish such as salmon) to achieve the required daily allowance for individuals 50+.

Recommendations for vitamin D (includes diet and supplementation) are as follows:

- Males and females age 51 - 70: 600 IU/day
- ♦ Males and females age 70+: 800 IU/day

Swallowing Difficulties

What can cause swallowing difficulties?

- When you get injured (i.e. head/neck injury)
- Chronic conditions such as Parkinson's Disease, Cerebral Palsy
- If you have had a stroke

What are some tips to manage eating/ drinking with swallowing difficulties present?

- Sit upright at meals
- Eat smaller, more frequent meals
- Avoid straws as they can increase the risk of aspiration which is when food/drink goes into the airway
- Monitor for signs of dehydration:
 - Dry mouth
 - Skin that seems dry
 - Feeling dizzy
 - Feeling confused
- Adapt your food consistency:
 - ♦ Adding thickeners can ease swallowing
 - Softening or moistening dry foods can assist



Sharon reading a card sent to her.



Bessie stretching it out with some yoga.

Life Enrichment Month

What is it and Why is it Important in LTC?

Life Enrichment is the practice of using purposeful recreation and leisure to address the specific needs and goals of individuals living in long-term care homes. These needs may include but are not limited to mental health, physical rehabilitation, effective social skills, and community integration.

In long-term care, Life Enrichment is utilized to maximize the well-being of each resident in the home by providing activities that target a variety of different domains. The 5 focused domains are; cognitive, physical, emotional, social, spiritual; and the goal is to provide a variety of programs and activities that meet individual needs within these domains.

February is Life Enrichment month. We are sending a **BIG** "Thank You!" to our Life Enrichment Staff for their enthusiasm, creativity and efforts put forward to keep our residents happy and healthy! Check out our monthly calendar or our Facebook page to see what is going on in the home.



Good hit ladies! Francis and Vivian playing balloon badminton.

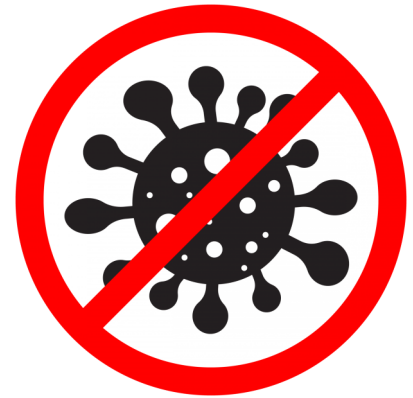


Fran, a bowling champ!

News From Infection Prevention and Control: February 2024

We would like to take the opportunity to highlight our Environmental Services Team and the importance of their work in the prevention and control in stopping or minimizing the spread of bacteria and viruses in our Home.

Maintaining a safe, clean and hygienic environment and minimizing microbial contamination of surfaces, items and equipment within the health care environment is increasingly recognized as an essential approach to reducing the risk of infections for all residents, visitors and staff within our Home. Our Environmental Services Team works hard on a daily basis, to clean and disinfect not only the high touch areas, but ALL areas of our Home. Our Environmental staff are trained, skilled individuals who care about their work and know the importance of the jobs they perform.



Fun Fact!

Conversation hearts first began as medical lozenges, used for sore throats and other illnesses. The inventor Oliver Chase, shifted his focus from making lozenges to candy instead shortly after they were made. It wasn't until 1866 when they started sweet printed messages on the conversation hearts. Now more than 8 billion conversation hearts are manufactured in a year.



Beautiful bracelet Sharon!

New Calendars, New Year, New Experiences!

