



Message from the Administrator



Special Upcoming Dates

***New Years Day
January 1st***

***Kathy Whalen
Entertainment
January 10th***

***Manning Brothers
Entertainment
January 17th***

***John Peck
Pub Night
January 18th***

***Rick Tasson
Entertainment
January 24th***

Welcome to 2024! I hope that you've been able to ring in the New Year in style, comfort and health. We are looking forward to another year of providing high quality care and services to you and your loved ones at Moira Place. We have a fabulous team here and our Mission focuses on the people who live in our Home. Our Mission states: "AON Long-Term Care Homes are dedicated to creating a 'new tradition of long term care' by combining a comfortable environment with flexible programs tailored to individual needs. We will provide a supportive, home-like environment that ensures the maximum independence, dignity, safety, and wellness of every one of our residents."

On December 13th we had our 6th Indoor Santa Claus Parade. Our thanks go out to all of the Moira Place staff – particularly our Life Enrichment staff – and Management who put together floats to entertain our residents. The parade was a great success and was extremely well received by our residents, visitors and staff. A special thanks to Santa Claus for taking time out from his busy schedule to join in on the fun.

Continuous quality improvement is a journey that we undertake daily and if you have any suggestions for helping us along this journey, please don't hesitate to share with us. One forum for assisting here is the Family Council. This is a council that the Ministry of Long-Term Care encourages in all long-term care homes across the Province. A few of the duties of the Family Council as laid out in the Long-Term Care Homes Act are: "1. Advise residents respecting their rights and obligations under this Act. 2. Advise residents respecting the rights and obligations of the licensee under this Act and under any agreement relating to the home." There are a number of other duties / obligations of the Family Council as specified in the Act and we would ask that you consider volunteering to sit on this Council. As we have not had an active Family Council for some time, we will be holding meetings twice per year to see if people would be interested in joining and assisting us. Look for information posted in the Home and in the next newsletter regarding a meeting in February that you are welcome to attend.

We continue to follow guidance from the Chief Medical Officer of Health, who has directed all staff in all long-term care homes to wear masks in resident areas, and strongly suggests that all visitors do the same to help prevent the spread of these viruses. Please consider getting a flu shot along with a Covid booster shot, if you're eligible. And, as always, please do not visit if you are not feeling well.

All the best of 2024,

Michael O'Keeffe,
Administrator



Michael and Ruth in the holiday spirit.



Kristie is full of cheer receiving a lovely card from St. Carthagh's school.

January Joke of the Month

What do you say on the 1st of January?



Last year just seems like yesterday!

For the Health of our Residents

With flu season upon us it is important that you do not visit if you are not feeling well.

Although the Holiday Season is a special time and people enjoy visiting, help us keep everyone safe. If you are ill, send your good wishes with a call or a card. Kindly visit when you feel better. Thank you for your understanding.



Rella enjoying card group.

Alzheimer's Awareness

The Alzheimer's Society can offer a variety of unfunded programs and services.

Understanding dementia and its progression is vital to ensure both you and the person living with dementia can live as well as possible.

The Alzheimer's Society has supports like

- Client Support Coordinators
- Individual and group support groups
- Dementia education and resources
- Public education

You shouldn't ever have to navigate dementia alone!

Local Alzheimer's Societies:

- Alzheimer Society of Hastings-Prince Edward
- Alzheimer's Society of Peterborough, Kawartha Lakes, Haliburton and Northumberland



Carol enjoys BINGO with her daughter and granddaughters.



Eugene and Dolly's BINGO cards are filling up!

Jolly St. Nick



Tips For Making Your New Year's Resolutions

- * **Make SMART goals**

Specific
Measurable
Achievable
Relevant
Time-Based



- * **Start with just one goal**

Having more than one goal can be overwhelming and lead to failure.

- * **Have fun**

Finding ways make things fun can increase your chances of succeeding.

- * **Celebrate your success**

If you reward yourself for the wins, big and small this helps to motivate you to reach your end goal.



A great action shot of Sharon bowling.



Phyllis out and about enjoying the décor around the home.

New Years Ball Drop

The first New Years ball drop in New York City started in 1908





Brenton kicking back and sipping on a coffee.



Taylor and Roberta enjoying pub night.



Keep Calm
AND WASH your
HANDS

News From Infection Prevention and Control: January 2023

Germs are microorganisms that can live everywhere and anywhere.

It is important to know where hotspots for Germs are:

- Computer keyboards
- Phones
- Doorknobs and handles
- Gas pump handles
- Shopping carts
- Escalator handles

Hand hygiene is the most effective infection prevention and control measure to prevent health care associated infections, such as RSV, Influenza, COVID-19 or Norovirus.

Hand hygiene can be conducted using an AHBR - Alcohol-Based Hand Rub (70 to 90% preferred) or washing hands with running water and soap for a minimum of 15 seconds. Hand washing with soap and running water should be performed instead of the use of an ABHR if the hands are visibly soiled as alcohol is less effective when organic material is present on the hands.

Take the test: Did you know that Moira Place has a Germ wise hand kit that you can try and see just how effective your hand hygiene is. If you would like to take the test, please call in to speak to the Infection Prevention and Control Lead, Jeanette.

Philosophy for Providing services and Care at Moira Place

Moira Place promotes the provision of services and care within a philosophy known as “Hush, No Rush”. This philosophy promotes providing care in a calm, quiet and unhurried environment while optimizing individual resident choices, independence and dignity. Staff focuses on the positive aspects of residents abilities and promotes these abilities within the provision of their care and providing residents as much choice as possible during their day.

The entire home is structured to provide an environment that is as calm and quiet as possible – there is no overhead paging; staff carry portable phones that call bells ring to so that there is not the sound of buzzers in the halls of the home area.

All staff is also trained in “Gentle Persuasive Approaches” (GPA) – a program that promotes staff using a person-centred compassionate and gentle approach. Staff is to respond respectfully and with confidence to all resident interactions. GPA gives staff permission to “leave the resident be” and come back at another time if this is what suits that resident at that moment; to move away from being “task focused”; and to put staff “in the shoes” of someone who lives in long-term care.



Beautiful quilting Schyler!

Crafty for the Holidays



Residents helped spruce up the home. Crafting stockings for our seasonal display board and helping our LE Aides decorate the doors in the home areas.

Good job to those that helped!

