

Oakview Place

"...helping people live better"

2395 Ness Ave Winnipeg Manitoba R3J 1A5

Fall 2016

Over the last several months, we have found several cans/containers of hair spray, air fresheners and other products that contain the following symbol:



This symbol states that the **container** can explode if it is heated or punctured. Under the Manitoba Health regulations, these products must be stored in a special cabinet that would minimize any injury or damage if compromised. If you choose to purchase products, such as hair spray, air fresheners, they must not have this label. These items will be removed and discarded. Thank you for your understanding.

Coming up this fall, we will be undertaking renovations to improve the Spa room on the 2nd floor. The work will include a new longer tub with a special lift to accommodate Residents who are over weight and/or have difficulty sitting up in our other tub chairs. We will also be replacing another tub chair lift with a newer lift. Lastly, we will be repainting the room, adding new decorations and eventually new flooring.

The elevator repairs to elevator number 3 will be shortly over, with a projected date of completion before the end of September.

As many of you know, Inez Lilies retired at the end of June following a 40 year plus career in nursing. We are proud to welcome Tatjana Koslenko as the new Unit Coordinator for the 2nd floor. Tatjana has been with us since 2010 in various roles such as a HCA, LPN and Resource Nurse. Her email address is Tkoslenko@extendicare.com.

Influenza Update

As we have done in the previous years, in October and November, we will be providing Residents with the influenza vaccine. Over the next month, you will be receiving information by mail regarding the vaccination campaign, along with consent forms. Kindly return these to the neighbourhood nursing team, front desk, or via mail by the due date listed on the form. Please reply as soon as possible to get the process in motion. Should you have any questions, we encourage you to speak with the Unit Coordinator, or Nivian Alexander our Infection Control Practitioner. We strongly encourage all residents to receive the appropriate vaccinations, along with their family members. Watch for posters for flu clinic dates.

6 Ways Families Can Help Reduce Fall and Injury Risk

1. Reduce clutter in the room and bathroom

- Take home items no longer needed by the Resident
- Keep pathways clear at all times
- Watch for telephone and electrical cords in the walking areas
- Promptly alert staff of fall or safety hazards (e.g., spills, loose rails, poor lighting, broken equipment)
- Address the 4 Ps (pain, possessions, positioning and prompted toileting). Before you leave the Resident, ask the following 4 questions:
 - *Do you have any pain or discomfort?*
 - *Do you need anything before I leave?*
 - *Are you comfortable?*
 - *Do you need to use the toilet?*



Take a quick look around. Do you see any clutter, cords, furniture or other items in pathways? Are call light and personal items within easy reach?

Minuk Denture Clinic

Minuk Denture Clinic is offering a 1 hour discussion with FREE oral health assessments on October 6, 2016 from 1:00 – 5:00 pm in the Oakview Place Harmony Room.

Please speak to the nursing staff if you are unavailable to attend but wish your loved one to have the free assessment.

Halloween at Oakview Place

Please come and share Halloween with our Residents on October 31st. Bring your children and grandchildren to Trick or Treat with the other ghosts and ghouls. Come one, come all and brighten a Resident's evening.

HALLOWEEN CANDY WANTED



We are now accepting Halloween candy donations from businesses and families. If interested in donating, please bring donation to MPR until October 27th.

Candy without wrappers will not be accepted.

Thanksgiving and Halloween Facts

Thanksgiving and Halloween are soon here. This is a time of festivities and often overindulgence of fatty and sugary foods & beverages. Enjoy smaller portions of treats and incorporate some low fat recipes into your Thanksgiving appetizers and main meal. Instead of handing out the traditional candies at Halloween try giving healthy options or even non-food items (e.g. small. tubes of toothpaste or pens/pencils).

Here are some fun facts about Thanksgiving and Halloween.

Did you know...

- The first Canadian Thanksgiving was in 1578 celebrated by English navigator Martin Frobisher giving thanks for surviving his long journey.
- The cranberry has many health benefits including being an antioxidant to help fight cancer. Canada produces 5,000 metric tons of cranberries annually, mainly in Quebec, Ontario, Nova Scotia and British Columbia.
- Thanksgiving was made a holiday in Canada in 1931 to be celebrated on the second Monday in October.
- In the United States, it is a Presidential tradition to pardon one turkey each year.
- Thanksgiving brought about the creation of the T.V. dinner. In 1953, "Swanson" needed to find something to do with 260 tons of turkey that were left over so they sliced up cooked turkey and added accompaniments and sold as a quick frozen meal.
- Candy became widely available 130 years ago. Before that, people made their own.
- Candy accounts for only 6% of added sugar in the American diet. Soft drinks and juices account for 46%.
- Halloween is based on ancient Celtic customs brought to America by Irish immigrants.
- On "Hallows Eve" the Celts would leave food on their doorsteps to keep hungry ghosts from entering their homes thus began "trick or treating".
- Orange and black are Halloween colors because orange represents the fall harvest and black is associated with darkness and death.
- The first Jack O'Lanterns were made from turnips.
- Ireland is believed to be the birthplace of Halloween.



HELP SPREAD THE HOLIDAY CHEER

The holiday season is a time of giving.

Some of our Residents do not have family/ friend support to bring them the holiday spirit. We appreciate donations of items to share with these residents.

Some Suggestions include:

SOCKS

MINTS

TRINKETS

HANDBAGS

PUZZLE BOOKS

SWEATERS

COOKIES

ROOM DÉCOR

CHOCOLATES

LOTION

PICTURES

SPORTS MEMORIBILIA

LARGE PRINT BOOKS



If you would like to contribute a Christmas gift for a resident, please drop off unwrapped gifts in the front lobby in the bin provided. We would also accept financial donations in order to purchase gifts for them.

CANDY CANE SINGAGRAMS

Recreation staff will be providing singagrams on Dec 19th, 20th and 21st. Singagrams are \$2.00 and will include a song and candy cane. Please help to make our Resident's holiday season extra special. All proceeds will go towards the Resident entertainment

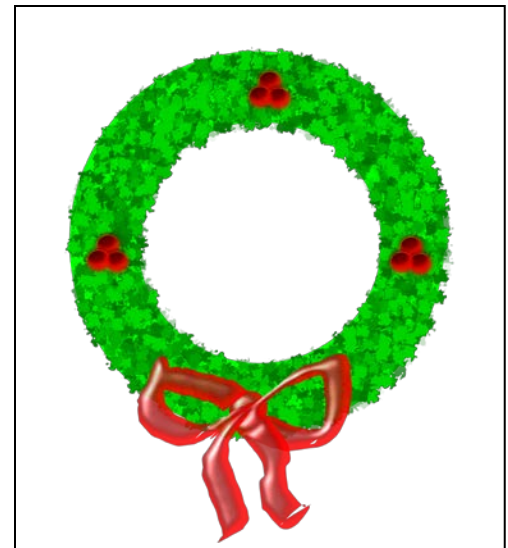
MEMORY TREE



This Christmas we need your help with decorating the tree in the front lobby. We would like to honor Residents, Family and staff past and present. As a fundraiser for the Residents, the Family Advisory Council (FAC) will provide ornaments for you to purchase. Craft supplies will be provided to enable loved ones to personalize the ornaments and then hang on the tree. More details to follow. Feel free to contact FAC or Recreation Department if you have any questions. Remember the FAC is an advocate for you. Please contact one of us if you have any questions or concerns.

Christmas at Oakview

In hopes of accommodating more of our Residents and their family members for Christmas this year we will be trying something a little different. We will be hosting 3 traditional Christmas dinners. One will take place for each floor. The Dinner will include turkey, potatoes, vegetable medley, soup or salad and dessert. Dates and Pricing to follow. Tickets will be available at the front office



Our Oasis Just Got Even Better

Right now Oakview Place has one of Winnipeg's nicest gardens. Oakview is a personal Care Home with one of the largest green spaces. Our outdoor space is a beautiful oasis for many of our Residents, staff and families. Families have complimented the space and mentioned how serene it is out there and how much they love to spend time out in the garden. The gardens have maintained their beauty for years. They are cascaded by lovely trees, a water fountain, pond, 5 large flower beds, a large walking pathway and two canopied patio areas. Recreation staff utilize the space all summer long; gardening in the raised flower beds, holding outdoor concerts and BBQs for the Residents and families.

Our beautiful space just got better. In 2005 one of our family members donated a very generous amount to help continue to beautify our remarkable space and Oakview Place will add to that donation to make the patio and garden space glorious. We have engaged the help of St Mary's Nurseries to assist us in planning for these enhancements to our courtyard. Some Criteria for these enhancements was to Attract more butterflies, have some fruit bearing trees/ shrubs for birds, add plants that are native to Manitoba, flora that bloom at different times of the year (early spring, summer and fall, and multiple colors and textures. We believe that their plan meets all these aspects. They have set up a beautiful landscaped design. We welcome your comments and ideas as these changes will be happening the early fall and early spring, 2017.

Pictures of the beautiful new layout and flowers is displayed in our front lobby



TAKE ME OUT TO THE BALL GAME

Take me out to the ball game take me out to the crowd. For it's one, two three strikes and your out at the old ball game. Oakview place Residents enjoyed a wonderful and exciting outing at the Goldeyes Baseball game on July 3rd. They were escorted around by a greeter at the shaw park field and lead to the birthday room where they enjoyed a wonderful meal and met Goldie the mascot. The Residents had a great time watching the Goldeyes play one resident even came home with a fly ball



