Administrator’s Message

Nice and warm weather is on its way now. Summer! and the gardening program will begin soon. As advised during the Resident Council and Family Council Meetings, Extendicare Scarborough will be going “smoke-free” next Spring. Thereafter, “smoking” will not be allowed on the property. Friendly reminder to practise hand-hygiene and hand washing at all times to keep the home free from “outbreaks”. The hand-sanitizers are placed in the rooms and along the hallways and all reach areas.

Updates on the changes in the staffing and office re-locations; Dr. Kapil Kohli is now the Attending Physician for 2 East. Celyne Wong, Assistant Director of Care has moved on to another home due to family obligations. Social Worker, Ayesha Jabbar’s office is now located on the first floor near the Meeting Room for easy access. The MDS RAI team has moved across the elevator in the basement. Priyanka, Quality Risk Management Coordinator’s office is in the basement Education Room.

It is Resident Satisfaction Survey time. Please do take the time to fill out the survey as your feedback is important to us.

The home values its open door policy at all times. Please feel free to approach the staff on the floors or stop by at any of the management offices if you have any questions or concerns.

“We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses.” - Abraham Lincoln

Have a wonderful summer.

Pinky Virdi-Administrator

From The Desk Of…..

Put on your sunscreen, shorts & hats as Summer has arrived and we could not be more excited about it! Keep your eyes open for many exciting things that will be happening in the Activity Department from Ice Cream Truck Day to some great trips planned in the months ahead! Remember, family and friends are encouraged and more than welcome to attend any programs and events! Hope to see you there!

Eric Lo – Resident Program Manager

In order to get ready for the new rate increases, all basic accommodation paying residents must hand in their Notice of Assessment for the tax year of 2018 BEFORE June 30th, 2019, in order to receive the rate reduction as per the MOHLTC.

Please note that MOHLTC stipulates that “This reduced rate is backdated only 90 days from when the application is completed”. Also, according to the Long Term Care Act, all new residents will be
charged from the date you accepted the bed and not from when you move into the home. If you require any more information please don't hesitate to contact me.

Jasmin Reid - Office Manager

**Prune Juice**

The most obvious benefit of prune juice is that it can help to relief constipation. Laxatives often had the side effect of becoming addicting, but prune juice is a natural way to help regulate your digestive system at any age. The high amount of dietary fiber in prune juice helps to relieve constipation symptoms while also adding water to your diet. As a bonus, prune juice also offers a boost in energy as it softens the stool so that you can experience more frequent bowel movements. The best results are try to drink at least one serving of prune juice a day.

Hans Schaefer – Dietary Manager

**Influenza**

Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions, are at high risk of serious flu complications. There are two main types of influenza (flu) virus: Types A and B. The influenza A and B viruses that routinely spread in people (human influenza viruses) are responsible for seasonal flu epidemics each year.

The best way to prevent flu is by getting vaccinated each year.

Hazel Ann Frank – Director of Care

Hello family, friends and residents,

Hoping that you are now enjoying the sun.

I would like to inform you that the social work office has been moved to the main floor. I am more accessible to residents and families. Please drop by and say hello.

As of January 2020; Extendicare Scarborough will be going smoke free. What this means is that there will be no smoking on the premise. Those who wish to continue to smoke will have to be off the property while smoking.

Finally I would like to continue to encourage all family and friends to be involved in the family council. It helps you remain up to date with what is occurring in the nursing home. It is also an opportunity for you to meet other members.

I look forward to continue seeing you all at the nursing home. Please continue to let me know if there is any supports that you or your loved ones may need.

Ayesha Jabbar – Social Worker

Summer is around the corner. Our team is taking an initiative to make changes with in and out side of the home to bring welcoming environment to residents and family members. We have had started the outdoor clean up at the front of the home and back, and we have organized the patio for residents and family members unfortunately the weather hasn’t been promising, we also have a few upcoming projects such as filling some of the pothole in the parking lot and trimming branches at the back. In the mean time, we’ve started the process for switch over from Winter to Summer but we have not turned the chillers on due to the weather. How ever, Mother Nature has not been on our side in order to turn the chiller on to cool the home. In like manner, I would like to request staff and family members in case the room is hot just open the windows and turn off the thermostats in the bed rooms. If you have any concerns or question please feel free to contact me I will be happy to clarify.

Yimaj – Support Services Manager

Notable News
8 Summer Safety Tips

1. **Drink plenty of fluids:** Aim to drink 6 to 8 glasses of water per day. By the time you are thirsty, your body is already dehydrated. For seniors, the feeling of thirst decreases as we age, so be sure to increase your water intake if you are exercising or doing any type of prolonged physical activity. Of those fluids you are taking in, be sure they are non-alcoholic and decaffeinated. Carbonated sodas and pops may taste good, but they will only further your dehydration.

2. **Pick the right outfit with accessories:** When possible, wear loose, lightweight, and light-colored long sleeves to help protect your skin from sun, while also allowing your skin to breathe. Use wide brimmed hats to keep the sun off of your face and neck, as well as full coverage (wrap around) sunglasses for the best eye protection. Glasses that block UVA and UVB rays can help reduce the cumulative effect of damage linked to cataracts and age-related macular degeneration.

3. **Be an early bird or night owl:** The sun is strongest between 10 am and 4 pm. If you must be outside during a summer heat wave, limit your outdoor activity to the morning and the evening, when the temperature is lower and the sun is less intense.

4. **Watch for heat stroke:** It is extremely important to watch for signs of heat stroke, especially for seniors. Some signs to look for include confusion, disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, and a rapid pulse.

5. **Wear sunscreen:** Sunscreen is a major component to preventing sunburns. Look for a sunscreen that blocks both UVA and UVB rays, and also have a sun protection factor (SPF) of 15 or more. Be sure to apply it about 15-30 minutes before exposure. If you’re enjoying water activities, be sure to reapply your sunscreen frequently.

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**In Memoriam**

We are saddened at the loss of some very dear and precious residents:

Mr. Belcher, Mr. Charles, Ms. Joyce, Mr. Navaratnam, Mr. Spencer

Our thoughts and prayers go out to the family and friends of these residents. They will forever be missed.

**Residents’ Council Corner**

A friendly reminder Residents Council & Food Committee meetings are held together every first Wednesday of the month. Tamil Food Committee is held every quarter on 2nd Floor East.

See you there!
**Something Summery to try....**

**Ingredients:**

- 15 1/2 ounces canned Alaska salmon
- 1/3 cup plain non-fat yogurt
- 1/3 cup chopped green onions
- 1/3 cup chopped celery
- 1 tablespoon lemon juice
- Black pepper, to taste
- 12 slices bread

**Directions:**

Drain and flake salmon. Stir in remaining ingredients except pepper and bread. Season with pepper to taste. Spread salmon mixture on half of bread slices; top with remaining bread. Cut sandwiches into halves or quarters.

Serves 6 sandwiches.

**Source:**

http://www.summerrecipes.net/alaska-salmon-salad-sandwich

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Have a yummy recipe? We would love to try it out and share in the newsletter for all to enjoy!!

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**Circle Your Calendar!**

**Upcoming Events This Summer!!!**

- June 17th: Father's Day with Music Box
- June 27th –Senior Month Celebration with Fit as a Fiddle
- July 14th & July 18th: Yoga Exercise Group
- August 23rd: Social Treat Night w Yohanna

**Reminder to Family and Friends of Residents:**

Please ensure you sign in at the black binder in reception every time you visit.

We thank you for your continued cooperation in this!
What’s Happening @ Extendicare Scarborough!

Valentine’s Day

Alzheimer’s Society

Islamic Lunch

Ice Cream Truck

Birthday Party

Sponsored By & In Loving Memory of Ms. Kanagasabi