



### Notable Quotable

“Lighthouses don’t go running all over an island looking for boats to save; they just stand there shining.”

~ Anne Lamott, novelist

## July/August Birthdays

### July

Bill L.	July 3 <sup>rd</sup>
Jerome R.	July 9 <sup>th</sup>
Frances G.	July 14 <sup>th</sup>
Bob L.	July 21 <sup>st</sup>
Jackie K.	July 22 <sup>nd</sup>
Kenny N.	July 25 <sup>th</sup>

### August

Maria L.	August 3 <sup>rd</sup>
Lynda R.	August 17 <sup>th</sup>
Eunice R.	August 21 <sup>st</sup>



## Lights in the Darkness *cont. from pg. 1*

condition: the sea of collective humanity consists of drops, individual and unique. We, like lighthouses, exist to shine our light upon others.

Throughout history, no light has shone brighter than the lighthouse known as Pharos of Alexandria. Egypt’s lighthouse was both the first and largest of its kind ever built. Rising 330 feet tall, a massive mirror reflected the blazing sun by day, while raging

bonfires lit its apex by night. Sailors could spy its light from 30 miles away. Modern lighthouses act as warnings of rocky coastlines, but Pharos acted as a grand entrance marker to Alexandria’s port. Built in 280 BC, Pharos stood for 1,600 years, earning renown as a Wonder of the World. In a sense, all the world’s lighthouses are descendants of Pharos, and those who study lighthouses today are called *pharologists*.

## My First Rodeo

“Arizona Charlie” Meadows owned a ranch in Payson, Arizona, during the Wild West era and was a big fan of Buffalo Bill’s Wild West Show. Some sources suggest that Arizona Charlie was such an accomplished showman and sharpshooter that he even performed with Buffalo Bill. It was likely this spirit of showmanship that inspired Arizona Charlie, in August of 1884, to corral the cowboys of the surrounding ranches for the first Payson Rodeo, a rodeo that has taken place every year since, making it the longest continuous rodeo in the world. That first rodeo was little more than a few ranchers and cowboys gathered together to show off their roping and riding skills, but it was an honest-to-goodness rodeo with fees charged to the spectators. The Payson Rodeo may have evolved with the times over the years, but Arizona Charlie’s creation has influenced every rodeo to come after it. May at 1/62 1.61. Our Pain Lead completes pain audits weekly and referrals are made to services to support our residents in pain management. We continue to explore preventative

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*Are updates from your Quality Coordinator on our Quality Indicators, Health & Safety and Reach.*

# Newsletter Title

## July/August 2021

# Extendicare Kawartha Lakes



### Extendicare Team

#### Administrator

Deborah Woods

#### Director of Care

Nicole Jarvis

#### Office Manager

Ruth Locke

#### Quality & Risk Management Coordinator

Michelle Gavin

#### Dietary Manager

Jessica McIver

#### Program Manager

Erin Broderick

#### Maintenance Supervisor

Gary Laurin

#### Clinical Coordinator

Tiff



## Lights in the Darkness

The romantic allure of lighthouses has endured for centuries. Our love of lighthouses runs so deep that we have preserved and protected 700 in the United States, and even designated August 7 as Lighthouse Day. Our affinity for lighthouses amounts to more than nostalgia for a simpler, bygone era or our attraction to picturesque rocky coastlines. As beacons of light in the treacherous darkness, lighthouses are steadfast symbols of safety and reliability, characteristics that we crave and value above all else.

One cannot appreciate the lighthouse without appreciating the solitary lighthouse keeper. Indeed, the lighthouse and its

keeper are so interconnected that we cannot help but imbue the tower itself with human characteristics. Virginia Woolf, the author of *To the Lighthouse*, may have put it best when she said, “Lighthouses are endlessly suggestive signifiers of both human isolations and our ultimate connectedness to each other.” For Woolf, lighthouses are monuments to the human

*cont. on pg. 4*



## Smooth Sale-ing

Highway 127 runs from Addison, Michigan, to Gadsden, Alabama, and, at almost 700 miles long, it hosts the World’s Longest Yard Sale from August 5–8. The 127 Yard Sale, as it is known by locals, was invented in 1987 by a Tennessee city official named Mike Walker. In an effort to encourage drivers to avoid interstate travel, take local scenic routes, and thereby support local

businesses, Walker suggested that local residents line their front yards with goods for sale. Each year, thousands of motorists drive the route, perusing the wares for sale and catching the unique attractions found in the six participating states. Route 127 doesn’t just offer the world’s longest yard sale but also provides the backdrop for America’s strangest road trip.





*5th Marine Division signal officer Major Howard Connor declared, "Were it not for the Navajos, the Marines would never have taken Iwo Jima."*



*Pink packing peanuts are treated so that they resist static electricity, important when shipping electronics.*

Worsening Pressure Ulcers – Corporate Benchmark – 2%

Kawartha Lakes – Our Pressure Ulcer goal for May was achieved. We closed the month of May at 1/56 1.79%. Our Wound Care Nurse continues to monitor residents for wounds and use prevention strategies to support our resident's needs.

Antipsychotics without Diagnosis – Corporate

Benchmark – 17.3%

Kawartha Lakes – The Antipsychotics goal for May was achieved. We closed the month of May at 0/51 0.00%. There has been a steady decrease in antipsychotics usage over the past months. The decrease is contributed by the close monitoring of antipsychotics by our Antipsychotic Lead.

*Six of the last 12 American presidents have been left-handed, including Barack Obama and Ronald Reagan.*



*The lure of the Klondike was so great that the mayor of Seattle retired to search for gold.*

## Health & Safety

Our Joint Health & Safety Committee continue to regularly meet each month on the third Tuesday of each month to address Health and Safety concerns. All inspections of our homes are up to date. If you ever have any concerns about Health & Safety, please reach out and we will be happy to help.

REACH – Resident Experience Action Council for Home

The REACH National Council just completed the annual review accreditation policy review with family and residents for 2021. It was a huge success. On behalf of REACH we would like to thank all our families and residents that participated. The Reach Team continues to meet monthly on

the third Wednesday of every month. We continue to look for residents and family's members to join. Please contact Michelle Gavin at the office if you're interested in more information.

Thank you,

Michelle Gavin, Quality & Risk Management Coordinator

**From Program Manager:**

Happy July and August everyone! Please check out all the wonderful programs on the calendars. We have a calendar made for Lakeland and Extencicare Kawartha Lakes (Balsam) and (Cameron). Some programs we are having are: strawberries and ice cream, summer drinks, lots of programs on the patios, bingo, different exercise classes, 1-1 visits, Resident's Council Meetings, Food Committee Meetings, Rendevar-Virtual Reality, manicures, visits from family/friends, games, spiritual music, crafts, and much more! Please check out our Facebook Page (Extencicare Kawartha Lakes and Lakeland Village). We love to capture everything our home is doing. Please come and see me for idea's/feedback on the programs. Until next time, Thank you, Erin Broderick

