

March is Nutrition Month

You have probably heard that soy sauce, canned soups, dill pickles and fast food usually contain a lot of sodium. However, sodium can be found where you least expect it. Healthy adults only need 1500 mg of sodium per day. Healthy children only need 1000 to 1500 mg of sodium per day. Good news! There are lots of lower sodium alternatives to some of our favourite everyday foods.

Start by making wise food choices from the four food groups in Canada's Food Guide.

Vegetables and Fruit:

- Buy fresh or frozen vegetables whenever possible.
- Look for canned vegetables that are low in sodium. Buy low sodium vegetable juice and tomato juice.

Grain Products:

- Choose breads, breakfast cereals and bakery products that are lowest in sodium.
- Enjoy a variety of grains such as barley, quinoa and rice which are naturally sodium free.

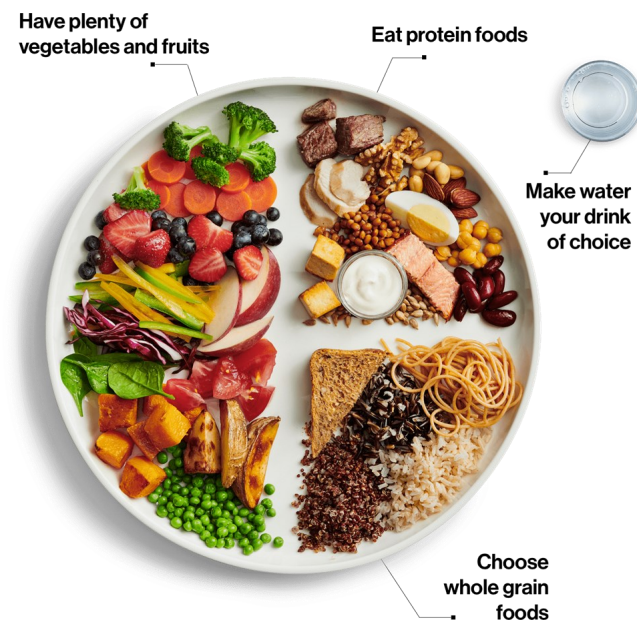
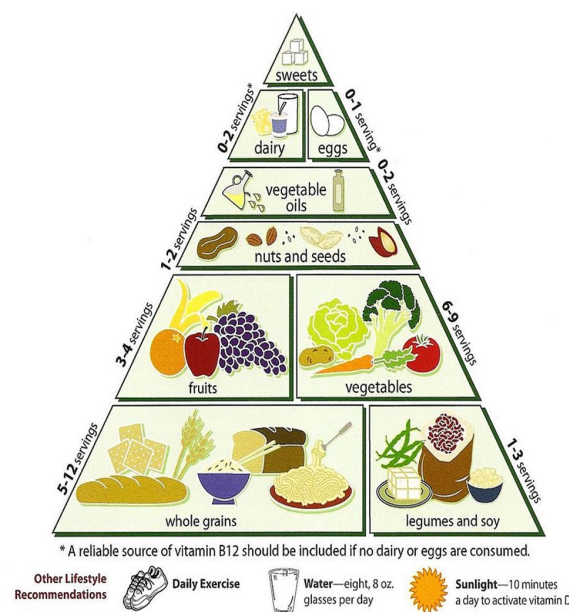
Milk and Alternatives:

- Enjoy milk, fortified soy beverages and yogurt because they are low in sodium.

Meat and Alternatives:

- Buy unseasoned meat, poultry, fish, seafood and tofu.
- Choose unsalted nuts.
- Buy low sodium canned beans or try dried beans, peas and lentils.

For information on the health effects of sodium, check out Cut out the Salt. To learn how to identify salt and sodium on the label, read Get the Scoop on Salt. Visit: <http://www.unlockfood.ca/en/Articles/Heart-Health/Top-10-lower-sodium-choices>



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MISSION

Helping people live better

VISION

To be the best provider of senior care and services in Canada

WE VALUE

Courtesy, Attitude, Responsibility, Excellence



Message from Susanne Babic, Administrator



Hello Everyone! February has certainly been cold and dreary and I know we are all looking forward to spring!

Do you want to make a difference? Ontario's long-term care homes and staff members across the province are dedicated to meet the growing needs of our seniors, but more needs to be done. In order to ensure seniors living in long-term care continue to receive high-quality care they deserve now and in the future.

Seniors' needs matter. The Ontario Long Term Care Association (OLTCA) has identified a plan to address growing waitlists and years of unaddressed challenges within long-term care. Help better seniors' care become a reality.

Ontario's long-term care staff need your help. Understaffed homes, overworked staff and rising rates of dementia and clinical complexity are putting a strain on today's long-term care workers. Please, support our #LTC workers.

Did you know that almost half of Ontario's long-term care homes were built to design standards dating back to 1973 and need significant renovations or to be rebuilt for the comfort, security and health of residents?

Learn more and help advocate for these changes by submitting a letter to your MPP online at:

www.BetterSeniorsCare.ca



In Memory of Our Residents February 1-28, 2019

Giuseppe Fiorino
Walter Kopera
Viola Kopera
Sittampalam Kanapathipilli

Welcome New Residents!

Marjorie MacKinnon
Darrell MacKinnon
David Robertson
Margaret Murray

Message from Rosanne Bulat, Social Worker

I wanted to remind everyone that we have a national ethics program at Extendicare and many resources available. I will be sharing more information in the coming months.

Do you know what ethics are? Everyone brings their own interpretation, based on their values and beliefs. Essentially, ethics aims to answer one big question: 'What ought I to do?' when faced with a challenging situation or choice.



In a setting such as a long-term care home, ethics are standards of conduct that tell us how we ought to act when faced with difficult choices and we want to do the "right thing".

Health care staff and volunteers make ethical judgments constantly in the course of their working day. Health care staff, working with residents, have a duty:

- To protect their safety
- To protect their privacy and confidentiality
- To preserve and promote residents' physical, psychological and emotional health
- To ease pain and suffering
- To listen and receive feedback from residents and their families and incorporate this into their care
- To create an environment in which every resident can enjoy a flourishing existence

We encourage staff, residents and families to learn more about ethics at Extendicare Guildwood. I am available to help so please let me know if you have any questions or concerns.



SOCIAL WORK WEEK MARCH 4-10, 2019...Celebrating the 18,000+ Social Workers in Ontario for their value and expertise as the largest regulated health profession providing counselling and psychotherapy services in the province. From health care system navigation to complex mental health and addictions needs, Social Workers have a unique ability to anticipate, address and facilitate practical solutions. #SocialWorkWeek2019 is a great time to recognize the valuable contributions. Thanks for all you do!



Business Office & Employee Updates

~Lisa Warner-Roberts, Office Manager

Happy Retirement and best of luck to Elva Owen, (18 years of service) and Carmen Gryciuk, (23 years of service) two of our dedicated evening PSW staff.

Do you know what **FLOW** is? If you don't, You are missing out of valuable communication. This is how you access your pay stubs and T4 slips. All employees are encouraged to use **FLOW** as a communication tool.

Here are some reasons to use **FLOW**:

- You can see events happening at our home and at other homes
- Learn about new programs and policies
- See the Employee Perks of the Week for discounts and deals
- You can get reminders for Health and Safety Training
- Get instruction on how to get T4's
- See or share Remarkable Moments!

Your manager/supervisor can assist you to log into FLOW (Epay ID). Please see me as I can also assist with logging onto **FLOW**.

Together we can increase how many staff are accessing **FLOW** and we can help our staff to get connected to get their T4's before the mass panic.

Please remember if you moved or your personal information is incorrect on your pay stub you must update your information at the front office.

TV TOURS

You may have noticed the new TV's in the Staff Room and Main Lobby! These TV's will be used to share valuable information and communication to keep everyone in the loop, so be sure to take a look!



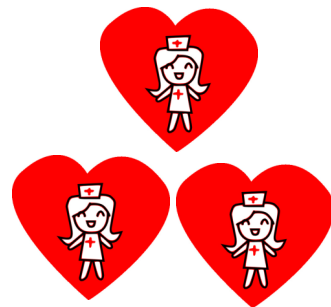


What's new in Nursing?

~Christina Kursatte, DOC

~Mary Jaswal, DOC

We currently have three Registered Practical Nurse (RPN) students from Centennial College here until April. Please make them feel welcome and supported!



We are continuously looking for reliable RN's, RPN's and PSW's who are qualified, experienced and who demonstrate a positive, person-centred approach, to join our team. If you know someone who wants to make a difference in the lives of long-term care residents please let us know!



Staff Education & Training

Dear residents, family members and staff! Our home has many exciting things happening in 2019! Our management team has developed a detailed education plan based on feedback from our staff, residents and families as well as gaps that have been identified through ongoing monitoring. We will be having many external partners spend time with us and further educate us on topics such as emergency responses, skin and wound care, pain management, palliative care, positioning and transfers, sprains and strains, medication management, continence management, falls prevention and more.

A reminder goes out to everyone that while we are doing a fantastic job at looking after our residents and ensuring that they are safe and their needs are met, there is always room to grow and improve. It is up to all of us to identify our learning opportunities and take advantage of the education that is offered to us. Cheers to a productive year!

If you have any questions please contact me and I will be happy to assist you. ~Susanna Lyagusha, Quality Risk Management Coordinator



Programs/Recreation Services

Recreation Professionals
Awareness Week is March 3-9!



Recreation Professionals
of Ontario
Educate ~ Engage ~ Evolve

What does it mean to work in Recreation?

It is a profession which recognizes recreation, leisure, and play as integral components of quality of life. Service is provided to individuals who have physical, mental, social and emotional limitations which impact their ability to engage in meaningful leisure experiences. We as professionals aim to improve the quality of life, functioning, and health status of residents through recreation & leisure activities. We provide emotional support and comfort and individualized person-centred care.

What are the Benefits of Recreation?

- improve physical, social, cognitive, emotional, and spiritual abilities
- build confidence
- promote self-reliance; increase independence
- reduce behaviours, agitation, and anxiety
- manage stress
- enrich life through growth and development
- strengthen interpersonal skills
- ease fear
- express feelings
- learn new skills, maintain/strengthen current abilities
- use leisure time well



What do Recreation Professionals do?

- **Assess** each residents' functional/mental abilities, leisure interests, needs and wishes.
- **Plan** and set short term and long term goals including meaningful activities based on resident interests and needs of clients. We gather necessary information and tools needed to help residents achieve their goals.
- **Implement** and facilitate participation of individual and group activities and monitor progress.
- **Evaluate**, review and revise resident care plans and goals.



Volunteers Needed

We are always looking for more dedicated volunteers to join our team. For more information on how to become a Guildwood Volunteer, please contact Sandy Griffin at: sgriffin@extendicare.com or call (416) 266-7711 Ext. 233



Food Services

March is Nutrition Month. This year's theme is "Unlock the Potential of Food." In March 2019, we plan to feature a Residents' Choice Luncheon. We welcome your feedback. If you have any food issues, concerns or compliments, or suggestions for the March Luncheon please contact Teresa Ferren, Dietary Manager, Ext. 231.

March is Nutrition Month...Choose Healthy Food Choices

- Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often
- Limit highly processed foods. If you choose these foods, eat them less often and in small amounts
- Prepare meals and snack using ingredients that have little to no sodium, sugar or saturated fat
- Choose healthier menu options when eating out
- Make water your drink of choice...Replace sugary drinks with water
- READ food labels
- *Be aware that food marketing can influence your choices*



St. Patrick's Day Dinner Menu March 17, 2019 5:00 p.m.

\$10.00 per guest ticket available
at Reception



Irish Stew (Lamb)
Warm Tea Biscuit
or
Corn Beef Brisket
Boiled Dinner
(boiled potato, cabbage,
carrots and turnip)

Chocolate Mint Pie
or
Lucky Irish Jello

Tea or Coffee



Quality Improvement & Risk Management

At Extendicare Guildwood, we evaluate our programs and many clinical and administrative indicators and assess our performance against Extendicare, provincial and national standards. We are currently working on our annual QIP (Quality Improvement Plan) due to Health Quality Ontario by April 2019.



Accreditation 2020

In 2020, we will have Surveyors coming to the home to evaluate how we are meeting or exceeding the standards in Leadership, Infection Prevention and Control, Medication Management and Long-Term Care. Participating in the Accreditation Canada program means we are committed to excellence and continuous improvement. Watch for more information on an ongoing basis.

Surveyors will assess priority processes and these include: Emergency Preparedness, Principle-Based Care (Ethics), Resource Management, Planning and Service Design, Integrated Quality Management, Patient Flow, Physical Environment, Episode of Care, Clinical Leadership, Competence and Decision-Making, Infection Prevention and Control, Medication Management, Communication, Medical Devices, Human Capital and People-Centred Care.



ENVIRONMENTAL SERVICES (Housekeeping, Laundry & Maintenance)

Please make sure that all new clothing is sent to Support Services for labelling. If you are missing any article of personal clothing after staff have looked on the unit, you must complete a "Missing Clothing" form at reception. The laundry staff and the Support Services Manager will their best to find the misplaced item.

If you have any questions, suggestions or concerns please contact Shelley Kroepfl, Support Services Manager at Ext. 234.

