Administrator’s Message

Summer, is finally here. Soon, there will be more outdoor activities for the residents. The back patio is now opened and the gardening program will begin soon. It is also the time to bring in the summer clothes. While doing that we ask you to please take the time to personalize the rooms by using the boards that are placed in the residents’ rooms above the side tables. Simultaneously, we remind everyone 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/reach areas.

Just recapping from the last newsletter; that home is once again, working on the Quality Improvement Plan (QIP) for the Health Quality Ontario. Home has to report on the number Emergency Department (ED) visits and “home of choice” as was not able to meet the provincial averages. However, home did meet the other indicators – antipsychotic use; worsening bladder; reducing falls; use of restraints and worsening pressure ulcers. Home met the provincial target and for some of the Extendicare targets too (which is higher than the provincial target). Home has access to the Nurse Practitioner Stat called NPStat during weekdays from 10 am to 6 pm. Registered Staff are to consult with the NPStat if needed prior to the transfer to the hospital.

Durka, our daytime receptionist clerk is our “Guardian Angel” for our residents in the home. She tends to follow-up and help with transition of the new residents to the home. 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 resident BBQs to some great trips planned in the months ahead! Remember, family and friends are more than welcome to attend any programs and events! Hope to see you there!

Eric Lo – Resident Program Manager
From The Desk Of.....

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 2015 BEFORE June 30th, 2016, in order to receive the rate reduction as per the MOHLTC.

Please note that MOHLTC stipulates that “This reduced rate is effective from the first day of the month in which the application is completed until the deadline stated”. 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.

Gowry Muthu - Office Manager

Richard Sequeira – Dietary Manager

There are many signs and symptoms that can indicate diabetes. Signs and symptoms can include the following:

Unusual thirst
Frequent urination
Weight change (gain or loss)
Extreme fatigue or lack of energy
Blurred vision
Frequent or recurring infections

It is important to recognize, however, that many people who have type 2 diabetes may display no symptoms.

Hazel Ann Frank – Director of Care

According to the CDC, heat stroke is the most serious, but preventable heat-related illness. Senior citizens (aged 65 years and older) are particularly more vulnerable to hot weather. Seniors with heart disease, for instance, might find it more difficult for their body to circulate blood properly and dissipate heat. Also, certain blood pressure and heart medicines, allergy medications, thyroid pills, or diuretics (water pills), might also find it hard to keep cool in extreme heat. As such, prevention relies on making efforts to stay cool and comfortable by taking precautions such as sponging off with a cool towel, rubbing ice cubes over wrists, face, and neck - even a pack of frozen veggies will do!

Drink plenty of fluids while avoiding alcohol and caffeine, make use of portable, battery operated fans, stay in a cool place and avoid strenuous activity, keep shades drawn, stay in an air-conditioned environment or keep windows open for air circulation and wear loose, light colored clothing and enjoy the rest of the summer!

Celyne Wong - Assistant Director of Care

Notable News
7 Summer Safety Tips for the Elderly

The summertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips that the elderly, as well as their caregivers, can use to make sure they have a fun, safe summer.

Reduce strenuous activities
Keep hydrating
Avoid too much of sun
Wear a cool dress
A time for ice cream

Wear lightweight, loose-fitting clothes. Opt for lighter colors, which reflect heat.
Use sunscreen on exposed body parts, including the face and ears

Alan Hui - Social Worker

First and foremost, I would like to thank the entire environmental department for the hard work and dedication of each staff in a daily basis. We all know that Summer is around the corner. Our team is taking an initiative to make some changes inside and outside of the home. We have completed the outdoor clean up and thank you for the compliments from the residents, family members and staff. We have more upcoming outdoor projects such as expanding the concrete pad for the garbage bins and filling the cracks on the other half of the parking lot. During a transition of a season we also make few changes in the home, switching from Winter to Summer by turning on the chiller so that the home can be nice and cool.
In like manner, I would like to ask everyone to play a role in this process by keeping the windows closed and keeping the thermostat setting on auto at 22°C or 72°F. We are open to new ideas and recommendations to make the home better please feel free to contact me if you have any concerns or questions.

Yimaj – Support Services Manager

In Memoriam

We are saddened at the loss of some very dear and precious residents:
Mrs. Meszaros, Ms. Ha, Ms. Mangaliman, Ms. Kanagasabathy, Ms. Nesadurai, Mr. Gilson, Mr. Ougler, Mr. Narayana Samy Pullege So, Mr. Braham

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

Residents’ Council Corner

Congratulations to Katherine Dempsey as President of Residents’ Council. There will be an election for Vice-President in the upcoming months.
On a separate note just a friendly reminder Residents Council & Food Committee meetings are held together once a 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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Circle Your Calendar!

**Upcoming Events This Summer!!!**

- June 19th: Father's Day with Friends of Jake
- June 30th - Resident & Family Mexican Party & Seniors Month
- July 1st: Canada Day with TBA
- July 10th & July 21st: Yoga Exercise Group
- August 29th: Birthday party with The Westenders
- Watch the calendar for our resident BBQ's!!

**Please refer to monthly activity calendar for more scheduled events!!**

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Reminder to Family and Friends of Residents:

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

We thank you for your continued cooperation in this!

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Have a yummy recipe? We would love to try it out and share in the newsletter for all to enjoy!!
What’s Happening @ Extendicare Scarborough!

- Valentine’s Day
- Mother’s Day
- Family & Residents
- Outing to Mandarin – Rock & Roll Party
- Activity Appreciation Day
- Winner of Activity Appreciation Day Draw – Congratulations Sumathini!