

THE WEXFORD Communicator

MARCH / APRIL 2014



*Sandy Bassett
Executive Director
& CEO, The Wexford
Residence*

I WANT to take this opportunity to update everyone on our Fire Safety Plan given the tragic events at a Quebec nursing home earlier this year.

The Wexford Residence was built in 1978 and met all the required building codes in place at that time. Our Home has sprinklers on the main floor and basement level only. There are no sprinklers in long-term care or in the tenant apartments. A few years ago, we had to replace our 30+ year old fire panel and the Board of Directors made the decision to upgrade the entire fire alarm system rather than just replace the fire panel. So we now have in place what is called a 'fully addressable' fire system. This means that when the fire alarm is triggered/pulled it gives staff the exact location, eg: Rm 236 and not just the floor eg: 2 East. This saves valuable time as our staff will know exactly where the fire alarm was triggered. In addition, every unit has a panel that will visually tell them where the fire is,

Fire Safety

even before an overhead announcement is made. Staff can then attend to the fire immediately.

Last fall we made the decision to use some of our fire safety money from the MOHLTC for fire training. This was completed in February and early March of this year. Over 150 staff each had 8 hours of fire training,



Lance Clark (Janitor) practicing fire extinguisher training, with Mark Orett (Instructor), with Suzanne Kunczi and Teresa Ferrara (Dietary Aides) and Fe Batista (PSW).

which included fire prevention, fire safety awareness and hands-on practice. The course was taught by our own Fire Captain, Mark Orett, who provides this training through his

company, First Responders. The hands-on practice included use of a fire extinguisher, how to conduct a fire drill and how to do lifts and carries. Our staff was very enthusiastic about this training and learned important fire safety lessons for both work and home safety.

In addition to this, we have purchased walkie-talkies to use during an emergency to ensure clear communication between all members of the team. We practice fire drills three times a month, once per shift and these drills are documented and can be requested by the fire department at any time.



*More from Sandy Bassett –
Please see page 2*

**SEE INSERT FOR
GOLF TOURNAMENT
DETAILS &
REGISTRATION FORM**



> Sandy Bassett –
Continued from page 1



Annual RQI

ANOTHER main discussion topic is the annual RQI - (*Resident Quality Inspection*).

The Hon. Deb Matthews, Minister of Health and Long-Term Care made a commitment on June 10, 2013 to complete a RQI in every long-term care home by the end of 2014 and annually thereafter.

This is an unannounced inspection and as of this date we have not yet had our annual RQI.

We are actively preparing for this review and welcome the inspectors, as we believe in and practice continuous quality improvement.

The RQI is a two stage inspection process, completed by a team of three

inspectors who typically will be on-site for 5 to 10 days.

- **Stage 1** is a preliminary inspection conducted using interviews, records and observations of 40 randomly selected residents to target in-depth inspections. No areas of non-compliances are determined at this stage.

- **Stage 2** includes an in-depth inspection in care areas targeted based on Stage 1 to determine compliance with the Long-term Care Homes Act, 2007 and Regulations.

The results of the RQI are a public document and will be shared with families once it is available. Copies will be available, at no charge, from our main office.

Coming Soon...

2 New Dining Rooms



I AM HAPPY to say that the new 5th and 6th floor dining rooms are scheduled to be built this year.

This project is expected to start June 1st with a completion date of September 30th. To achieve our goal of maintaining 166 long-term care beds and freeing up the necessary rooms to meet the MOHLTC standards, the project required a number of resident moves. A big thank you goes to the residents, staff and departments who were relocated to allow this project to take place.

Also, the new resident lounge on the 5th floor will be in Rm 543 and on the 6th floor in Rm 643.

The new dining rooms will greatly enhance the quality of the residents experience and will free up valuable staff time for the provision of resident care. It's a win-win situation for all involved.



Great News!

The long awaited new GAZEBO for the back garden will be officially opened this summer.

More details will be available at the Residence as they become available.

If you have any specific questions re these items or other issues, please contact Sandy Bassett at (416) 752-8879

THE WEXFORD RESIDENCE INC.

Board of Directors

Hello Everyone,

My name is Jared Bettridge and I am the Chairman of the Board of Directors for the Wexford Residence Inc. My goal here today is to give you some insight into the Board of Directors of the Wexford.

The role of the Board of Directors is to provide a level of oversight and governance for the organization as a whole. This is very similar to the role that a Board of Directors plays within any corporation; only our organization is a not-for-profit. We work closely with David Barker and the Board of Directors of the Wexford Foundation Board. Their role was outlined in the last edition of The Wexford Communicator.

The members of the Board of Directors are a diverse group who bring different perspectives and backgrounds to the different discussions and decisions that occur at our meetings. Some of our members have backgrounds as accountants, doctors, bankers, engineers, program managers, nurses and as participants across the field of health care. Each of us is a volunteer who donates their time and skills to the Wexford community. In addition to a number of members from the local area, we also have three tenants and one resident from the Wexford who are members of the Board and its committees.

The one thing that unifies us is the goal of making the Wexford a great

community that consistently provides for the needs of the people who come through our door every day.

To supplement the Board of Directors, there are different committees with specializations that support the management team of the Wexford.

This is done to ensure there is a forum for key discussions and that decisions are made in a timely fashion.

There are four key committees within the Board that contribute to the overall function of the organization; The Finance Committee is responsible for monitoring and managing the financial health of the Wexford, and to ensure that the limited budget we have is spent on the most beneficial projects. The Finance Committee works to make sure funding is available for projects and then will work with the Foundation Board to determine if there is a fit with the

funding they are able to provide. The Property Committee is responsible for our physical premises, making sure that it is safe and well maintained so it will be able to serve our community for years

to come. The Continuous Quality Improvement Committee is in place to ensure that the organization is fulfilling its mission, vision, values, in alignment with the Strategic Plan and

Accountability Framework. The CQI committee does this by continually measuring and monitoring the organization for the appropriate quality, risk, safety and utilization management processes and indicators in place. Finally, the Bylaw Committee assists with the overall governance and oversight of the Board by consistently reviewing and amending the corporation's bylaws as required.

There are also external events or activities that the Board will

engage in to help represent the Wexford in our local community. Recently, I had the pleasure of attending a meeting along with our Executive Director, Sandy Bassett, with our MPP Brad Duguid. The goal of this meeting was to express to Mr. Duguid our belief that the funding model for facilities like ours has to drastically change in order to care for the members of our community and that without increases in funding for institutions like The Wexford, we will not be able to provide the level of care that is required.

I want to assure you that we have a very committed and engaged Board of Directors. Over the next few months, we will share our new draft Mission, Vision, Values and Strategic Plan for your input and comment. It is an honour to be your Board Chair, and I want to thank you for entrusting your family member to our care and for calling The Wexford home!



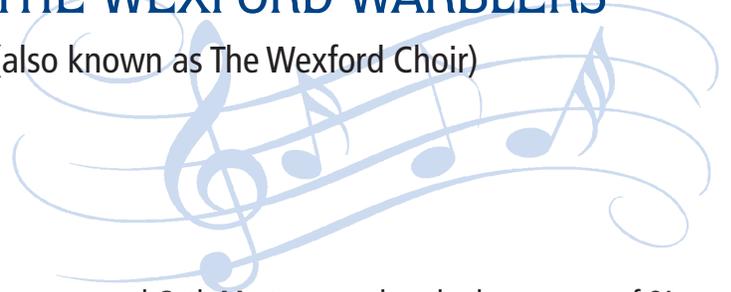


*Evelyn Fitzakerley
Director, The Wexford
Choir/WexfordWarblers*

Down Memory Lane

WITH THE WEXFORD WARBLERS

(also known as The Wexford Choir)



ONCE UPON A TIME, many years ago...

Well, actually only 35 years ago... In September 1978, The Wexford officially opened its doors, and the first programs began. Cathy Adair and I waited in the Activity Room for the first choir members to show up, but only Sophie Morris arrived (it was through Sophie that I became a volunteer). We waited and waited, and then a group of people on the other side of the room, who were preparing to play shuffleboard, came over to find out what we were waiting for. They felt sorry for us standing so forlornly that they volunteered to become our first choir members – seven fine Scots people; Peg and Bill Smith, Betty Gamble, Ella Lambert, Molly McCalden, Dot Owlter,

and Cath Morton – and we had our group of 8!

After 4 months, Cathy had to take up full time work, and I took over the leadership.

Our numbers grew, and soon we had 45 members, including Marjorie Beales in her wheelchair. Our motto is "Life begins at 80" which seemed humorous to us as the members then were all between 60 and 70. Now with most of the members 80 and 90+, it does seem a little bit too real. We started to entertain, both in the Wexford and out in the community, with songs, and instruments (teapots, kazoos, tambourines, bells), and with our jokes – a regular party as we always thoroughly enjoyed ourselves. The audiences were drawn into the fun too.

We started to add skits to our performances:

1. A UNIQUE FASHION SHOW

- A can-can skirt (pop cans sewn at the bottom of skirt)
- A black and white pleated print skirt (a newspaper)
- A plunging neckline (a bright pink bathroom plunger)
- A 14 "carrot" necklace (made of course, out of carrots)

2. STANDING ON THE CORNER (Watching all the girls go by)



- Wow, we treated our 6 men with TLC (we still do!!!)
- Hawaiian dancers were in several shows (Rose

Harrison, Marie Reid, Cathy Hodge, Jean Gamoff and several others

- Just a minute... who is that in the flowered bra and green Hula skirt? It looks like Fred... it is Fred!!
- Chiquita Banana (Bessie Bourne)
- Two clowns (June Crombie and Dolly Prince)
- The pearly Queen (Elsie Salisbury)
- "Our Queen" (Mabel Williams)



3. HOLLYWOOD WANNABEES

- Carol Burnett (Aileen Stirling) wanting to be a big movie star
- Fred Astaire and Ginger Rogers (Ron Lessor and Ella Lambert)

- Chiquita Banana (what again?)
- Liberace (Ted Grey)

4. KLONDIKE DAZE

- My mother (Harriett Edgeler)
- An old miner dragging in her *** (That stuffed donkey travelled everywhere on the buses with us).
- The Sheriff (Alvin Cook – the mildest man until he became "one of the boys")
- Jeanette McDonald (Fred Bourne) singing "When I'm calling you..." to an RCMP officer (Bill Smith)



- A refined English lady, lost in the Yukon (Sophie Morris)

continued on next page...

5. OUR OWN SPICE GIRLS

- Miss Garlic (Edna Lawton)
- I'm a lonely bit of garlic in an onion patch
- Miss Cinnamon... Miss Sin With a Man (Barbara McQueen)
- Miss Nutmeg (with 2 half coconuts worn in strategic places (Marion Page)



I have included only a few of the characters in a few of our skits – there were so many more! I appreciated them all for their enthusiasm, their inspired performances, and their willingness to always clown around. I wish there was space to name them all!

One of our best impromptu laughs occurred when I asked people to return promptly to enjoy our newest show (somehow my mind raced thinking it is not a show, it is a skit), and I asked people to return promptly to enjoy our newest "%#&@".

6. BRING IN THE CLOWNS



- Ringmaster (Ray Gauthier)
- Tight rope walker (Betty Hornyak)
- Farmers outstanding in their fields (Helen Mark and Helen Papania)
- Barbie on her 50th anniversary (Barbara White)

In one of our skits, we had a trio of ballerinas... (I forget which skit) Doreen Cuttell, and Bessie Bourne in traditional apparel, and Ben Bower in white undershirt, white long johns, pink tutu and pink tiara.

I have always enjoyed Wednesday afternoons, our performances, and trips out to other audiences. My hope has always been to share music and fun with the people in the choir, and then to everyone we meet along the way. I am thankful for their loyalty, to myself and to our group.

Because of the support from my husband, my family, my friends, my church and especially the Wexford Residence, I am privileged to have been awarded:

- The Queen Elizabeth Diamond Jubilee medal by Roxanne James, M.P.
- The admission to the Order of the Diocese of Toronto at St. James Cathedral by Archbishop Colin Johnson for long service to the church and to the community.
- The Governor General's Award for Caring Canadians at Queen's Park by Lieutenant Governor David Onley

To be a volunteer is very rewarding, and I pray that more people come forward to spend a few hours sharing experiences with others in seniors' residences, schools, and hospitals or wherever your God given talents take you.

In the meantime, on with the party!

SOME STATISTICS:

- Our oldest performing member: Olive Worth at 96 years
- The longest member: Rose Harrison at 34 years
- Performances to date: 419 including two at the CNE
- Three important people: Doreen Cuttell, Ruth Hughes, and Sharon Zagrodney – our pianists who were challenged to follow my leadership!



NEW LIFE at the Wexford

I MOVED to The Wexford in 2004 from Brampton. I had suffered a stroke and ended up at Scarborough General Hospital in a room shared by a tenant of The Wexford. Her daughter convinced my daughter that it was a good place to live, on top of being very close to her home.

After a tour and then filling out some paperwork we were on our way, but had to wait for a vacancy. Luckily it was just 3 months before I got a call to view Apartment 609. The couple that lived there were moving to another seniors home. Great! Now I could plan my move! However, about 2 weeks before I was scheduled to move in, I received a call saying that the apartment was not available anymore as the tenants had changed their minds and didn't want to leave The Wexford. A good sign I guess, but what about me? I had handed in my notice at my condominium in Brampton, but luckily it had not been rented again and the owners let me stay on. Approximately two months after I received another call to view Apartment 204, the tenant had moved to long-term care, so I really knew that it was vacant. Within two weeks I was moved in and am still here today.

It took me about 6 months to adjust to this type of living and by then I had been approached to take on a position on The Wexford Board. I accepted and did three full terms of three years. I completed nine years of



Margaret Strachan

service last year. I have kept busy since the beginning with the Tenant Association, first as Treasurer, then as vice President, then as President. I am also active on the Active Seniors Centre Committee as Membership Chairman.

Given my previous career as a Bank Manager before I was forced to retire after suffering a stroke, I haven't been able to get away from the financial side of things! I did some time on the Volunteers Committee, counting cash each month in the cash office as well as in the gift shop and sorting mail.

At present, besides the Tenants Association and Active Seniors Centre, I run Tenant Dining on the Mezzanine on Mondays and Thursdays with the great help of Katherine Ribes - couldn't do it without her. Another little job for me is running day trips. It is quiet right now but will start up again in April. I hope this year more people will sign up to get away from their apartments for a day.

As you can see I don't have time to get lonely. My children ask me if they can make an appointment to see me!

To end my story, I must tell you that I have met the most wonderful gentleman right here in the building and we now spend a great deal of time together dining out, theater, movies and even travelled together down to Daytona twice.

As you can see the Wexford is a great place to live and to make good friends. Don't know how I was able to fit all this into my retirement years.

Thank you for making this a happy home.

Margaret Strachan

MANY THANKS

The Wexford Residence Foundation would like to thank The ROYAL CANADIAN LEGION Ontario Provincial Command Branches and Ladies' Auxiliaries Charitable Foundation



For their grant of \$3,770 which enabled the Wexford Residence to purchase 2 Shower/Commode chairs.

THE WEXFORD'S Active Seniors Centre (ASC) IS A FUN PLACE

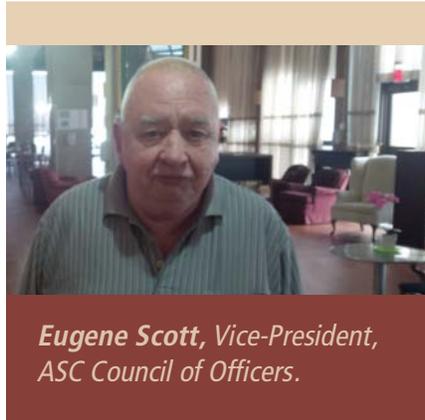
I'M EUGENE SCOTT, a tenant at The Wexford Residence. I have been living here for over 4 years. Just a Junior!

I like to keep busy so I volunteer and help with activities associated with the Wexford's Active Seniors Centre (ASC). The Centre offers several programs not only for tenants and residents of The Wexford, but seniors from the local community as well.

I mostly volunteer at the coffee kiosk in the morning and at the tea room in the afternoon.

With Pearl Hirst, a tenant, I also coordinate bingo and euchre, which are played twice a week (however, more players are needed!). My favourite activities are helping with the BBQ in the summer and the spring Bazaar which gets me involved in the bake sale. Arranged bus excursions and the weekly shopping bus trips are very popular, handy and convenient for the tenants. Members of the Active Seniors Centre also enjoy our new pool table. I really enjoy taking part in activities and volunteering with the Centre.

Besides what I do at the Centre, there are so many other programs that make life interesting and fun for the seniors. Chair yoga, fitness, ceramics and scrap booking classes are a few paid programs that are run 3 times a year for 9 week long sessions. These are very popular with tenants, residents and seniors from the community. Many can't wait to join the next session!



*Eugene Scott, Vice-President,
ASC Council of Officers.*

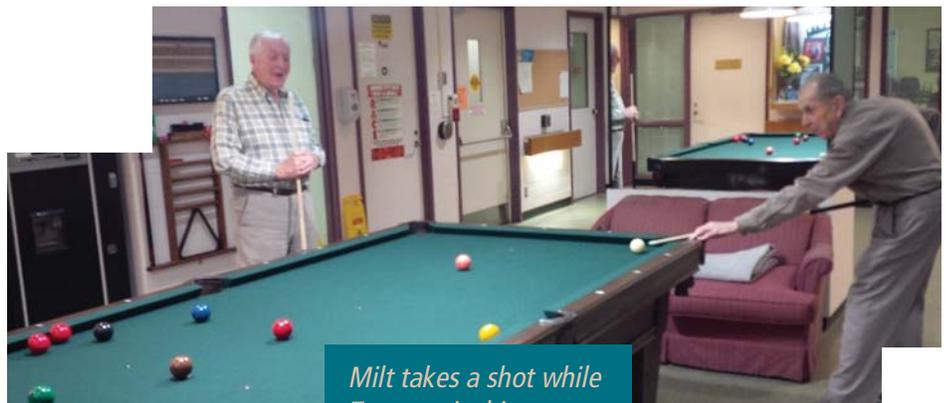
Cribbage, bridge, bingo, euchre, pub night, Tai Chi, shuffle board, the Warblers choir, games night, darts and ping pong are some of the free activities the ASC members enjoy.

In addition to all the paid and free programs, in support of the Ministry of Health and Long-Term Care, exercise classes and fall prevention classes have been running 4 times a week. The objectives of the exercise classes are to improve and maintain functional performance, strength and balance, thereby preventing injury and falls. The fall prevention classes focus on specific

interventions to reduce falls in seniors. Both classes are free and open to all seniors, and participants are thoroughly enjoying and observing the improvement in their physical and mental status.

Quite a few people besides myself volunteer at the ASC for the many activities being offered. For instance, some like bingo calling, or taking part in the ASC council of officers, being a chairperson, or just being friendly, social, and to motivate existing members like Nesta, who used to be a piano teacher. She plays the piano at birthday parties, at the New Year's Eve party, at church and any other functions we ask for.

The Wexford is not only a place to live but also a place to contribute our skills and help other people in the process. This is a place that offers us a sense of community, belonging, self-esteem and perhaps most importantly, helps eliminate loneliness. I thoroughly enjoy living here. The Wexford is my home.

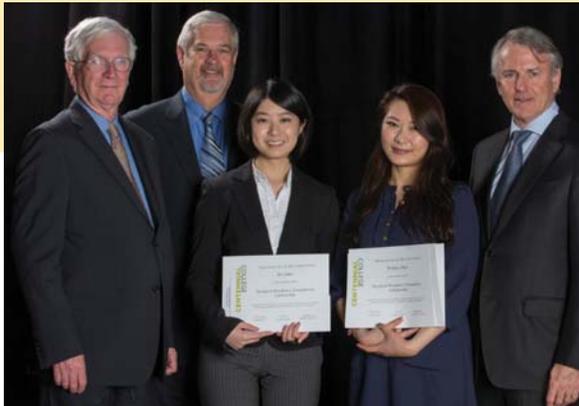


*Milt takes a shot while
Tom awaits his turn.*

Ross Hillis, Treasurer and **David Barker**, Chair represented The Wexford Residence Foundation at the annual Student Awards Night at Centennial College on February 20th. The event turns the spotlight on the students who have won scholarships and bursary's and gives them an opportunity to meet their benefactors.

The Wexford Residence Foundation provides 3 scholarships each year to students enrolled in Health and Wellness programs at Centennial.

Many of the graduates of these programs choose to work at the Wexford Residence.



This year's scholarship winners (left) Ke Guo and Wenjie Zhao proudly show off their Certificates while Brad Chapman, Chief Financial Officer & Vice-President Business Development at Centennial College looks on. Absent when the photo was taken was recipient Kinza Makik.



Christmas Mailing Outcome

The Wexford Residence Foundation would like to thank all of our donors who participated in this year's Christmas Mail Campaign. Your kindness is very much appreciated.

JUST OVER \$10,000 WAS RAISED for the two new dining rooms to be built this year on the 5th and 6th floors. Thank you all so very much.

David Barker, Chair
Board of Directors
The Wexford Residence Foundation

ITS & BITS ITS & BITS ITS & BITS

Wexford Mailing List

While every effort is made to keep our mailing list current, sometimes we have a slip up.

Such was the case with our Christmas mailing campaign. Our active list contained the names of a few of our donors who had passed away.

We apologise for this oversight and are truly sorry for any aggravation to family and loved ones of those involved. Our mailing list will be thoroughly reviewed in the near future so that this does not happen again.

Auction items needed for Golf Tournament

If you wish to donate an item for our Golf Tournament's Silent Auction on June 17th, please contact the Foundation office at (416) 701-2509. Most popular items are Gift Cards and Electronics, but we have a wide variety of people coming to the Golf Tournament and we'd like to have a variety of items - something that appeals to everyone.

The Wexford Communicator

Our thanks to all contributors, and to Howard Attewell of Electric Design Co. for your help with this issue.

We welcome ideas and suggestions for future issues. Please call the Wexford Residence Foundation at: (416) 701-2509 or Email: foundation@thewexford.org

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