



This year it's a different flu season

The change in the weather to colder temperatures, windy days and rain signals that the season is changing. It is fall and the flu season has arrived. This year it is indeed a different flu season with two types of flu viruses circulating - seasonal flu and the new H1N1 flu virus. According to Health Ontario the symptoms of the flu viruses are similar and range from mild to severe. Symptoms include sudden fever, cough, sore throat, fatigue and muscle aches. Vomiting and diarrhea are more common in children.

As the flu season unfolds this fall and winter, there is much we can do to stay healthy. Health Ontario has published pamphlets and posted posters in public places to educate and help us take precautions to combat both the seasonal virus and H1N1 virus and prevent the spreading of the viruses. The flu virus spreads when someone with the flu coughs or sneezes and droplets come in contact with another person's nose, mouth or eyes; coughs or sneeze into their hands and contaminate things they touch and then other people can become infected if they touch the same object and then touch their face.

A person can be infectious until symptoms are gone. **If you think you have H1N1 or Seasonal flu, try to stay at home and get as much rest as you can. Please do not visit.**

The health slogan "practice the sleeve sneeze" is not just a catchy phrase, it is a good habit to adopt. Washing your hands often and thoroughly is highly recommended as well as keeping an alcohol-based sanitizer handy at home, work and in your car.

There are two flu vaccines available this fall - the seasonal flu vaccine and the H1N1 flu vaccine. A seasonal flu vaccine will not protect you against the H1N1 flu virus. Consult with your health care provider about these two programs.

Most of our residents (over 90%) have already received their seasonal flu shot. We will be obtaining consents from the residents/POA prior to beginning the H1N1 vaccination program in the coming weeks. Both Dr. Larry Bacher and Sandy Bassett have had the H1N1 vaccination and encourage others to do the same. Tenants are encouraged to see their family doctor for their flu vaccines.

This fall and winter take extra precautions to stay healthy and help prevent the spreading of the viruses. ***Remember the old adage ... an ounce of prevention is better than a cure.***

Reference: This year it's a different flu season publication. Ontario.ca/flu For more detailed information visit www.fightflu.ca (Public Health Agency).

INSIDE THIS ISSUE:

FROM SANDY'S DESK REMEMBERANCE DAY AT THE WEXFORD	2
MDS-RAI 2.0	3
NEW FACES AT THE WEXFORD	4
CELEBRATION OF LIFE	5
DONOR TREE UPDATE 2008 CHRISTMAS CAMPAIGN UPDATE - SNOEZELEN ROOM	6
OUR DONORS ARE SPECIAL PEOPLE	7
CHRISTMAS CAMPAIGN 2009	8

From Sandy's Desk



The last couple of months have been very busy and also very productive. We have completed a number of projects that will enhance the lives of the residents and tenants here at The Wexford.

A new Bible Study Program was introduced to the residents and I am happy to say that the 15 residents who are attending the four week study program are finding it to be quite inspiring and spiritually uplifting. The focus of the study is on *The Grace of God* and it is led by **Dr. Monica Hernandez**, an ordained minister who has graciously volunteered her time. We hope to run this program again as the feedback so far has been so positive.

We now have a dermatologist, **Dr. Bargman**, providing monthly consultations on site. Our Medical Director, **Dr. Larry Bacher** arranged this and it started this month. Our skin and wound care nurse, **Paula Rock-Cooper**, works closely with him to manage any skin care issues that may arise.

The 7th floor dining room was recently renovated from a donation made by a **grateful family member**. New flooring, lighting, paint and blinds have been completed and a new window treatment will be installed in a few weeks to soften the windows and to make the room more homelike.

You'll also notice new vinyl plank flooring on both the mezzanine and 2nd floor apartment hallways. We will gradually replace all the tenant flooring over the next few years as our budget permits. A special thank you to the **volunteers** for funding the 2nd floor apartment flooring. The volunteers continue to make a significant contribution to the upkeep of our home. The new cushions for the chapel should also be arriving soon thanks to the work of the volunteers!

A special **'thank you'** to the families and visitors who were inconvenienced during the recent paving of the parking lot. It was a bigger job than I realized but overall it went quite smoothly. The weather was perfect for the laying down of the concrete pads and the asphalt. You may not be aware but the paved walkway in the back garden was also resurfaced with asphalt and it is now smooth and much safer for wheelchairs and walkers. **Royal Side Paving** did a great job of working with us to ensure that emergency vehicles and transport buses always had access to the building.

Our Christmas Campaign this year is to continue to upgrade the resident's rooms. It is an on going challenge because as one project ends, another project becomes immediately

apparent. We plan to buy new privacy curtains which will coordinate with the new bedspreads. We also need to continue to replace closet doors and closet shelves. At some point we would like to redecorate the resident washrooms, upgrade the remaining resident lounges and remove all remaining carpet. These projects will cost a considerable amount of money and any donation, large or small, will be greatly appreciated. If you would like to designate your donation to one of these projects, please feel free to do so.

Wishing you and your family a blessed Christmas Season and thank you for your support over the past year!

Sandy

NOVEMBER 11: REMEMBRANCE DAY SERVICE



Horace Wheatley, Alex Bogdon Stanley Saunders, Meredith Moorhouse, Nesta Pougnet and Chaplain Greg Clinton

The Wexford Residence community of residents, tenants, family, friends and staff gathered together in the Activity Room on November 11. Our service offered a time to reflect on the sacrifices made by our veterans and to give thanks for the freedom that we enjoy today.

IN HONOUR OF OUR WAR VETERANS

RESIDENTS:

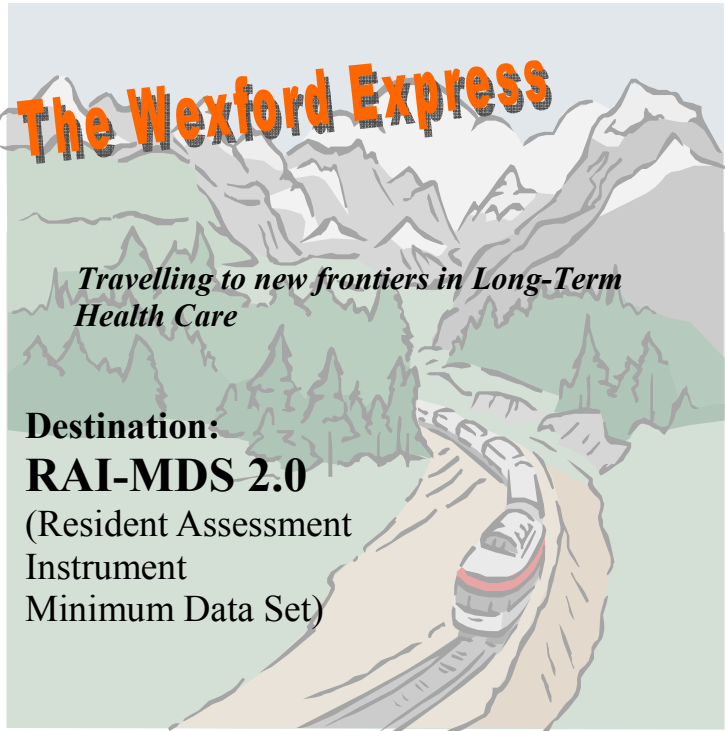
Alan Burchell	Betsy Heard	Elizabeth Brown
Elsa Bethel	Elsie Persson	Ethel Collier
Evelyn Summers	Jeanie Forbes	Lorraine Oakley
Luigi Guerriero	Norman Barker	Peter Murdoch
Stanley Saunders	Sybil D'Mello	Yvonne Turner

TENANTS

Alex Bosden
William Irwin
William Norris
Roger Vino

"Lest we forget"





On April 2, 2009, The Wexford began the transition to RAI - MDS 2.0 (Resident Assessment Instrument-Minimum Data set), which is a computerized assessment management tool, that is being implemented by the Ministry of Health in Long – Term Care Homes across Ontario.

The goal is to replace all other assessments with RAI-MDS 2.0 to facilitate individualized care planning and ultimately improve the management and quality of care, which means that there will be a common standardized approach to resident assessment that will enable benchmarking within and across all Long-Term Care Homes. According to ehealth Ontario, as of September 2009 100% of Ontario homes are engaged in the project and all Ontario homes will be submitting their assessment data by the summer of 2010.

The transition to RAI-MDS 2.0 requires comprehensive training for all our staff and the creation of a new position - RA-MDS Coordinator, who is responsible for preparing and training staff how to use the Assessment Management tool. **Fida Al Khatib** is our new RAI-MDS Coordinator and together with **Esther Spencer**, Director of Care and **Sandy Bassett** our Executive Director, took the home preparation training (How to prepare the Wexford for RAI-MDS 2.0.).

You may be asking what does all this mean and how is it going to benefit the residents at The Wexford. In this article we will attempt to give you an overview of the process and how this project can further enhance the excellent care that we currently provide.

How does RAI-MDS 2.0 work?

All the members of the Care Team assess specific aspects of each resident's health status, needs, strengths and preferences. The resident and their family are also involved in this process. Observations are monitored and assessed at regularly scheduled intervals and are sensitive to changes in the health and well being of the resident.

The assessment information is then gathered, checked and entered into the RAI-MDS system, where it is analyzed by the computer program and then made into a number of reports.

How will this new system benefit the residents?

It will help the Care Team:

- Identify each resident's needs and capabilities.
- Flag potential concerns and complex care needs in a timely fashion.
- Determine the root causes of needs/problems.
- Understand the best way to allocate staff and resources in the Home to meet the resident's needs.
- Monitor the resident's progress and well being more efficiently.
- Help build a care plan that is specific to every Resident.

As mentioned earlier, the transition requires comprehensive training for all staff. We are pleased to report that all our Personal Support Workers, Nursing Staff, Admin Assistant to the Nursing Department, Life Enrichment Staff, Dietary Staff, Physiotherapist and Social Worker successfully completed their training and we realized our goal for 100% full assessment by October 31st. We have successfully completed and submitted our Data Assessments reports to **The Canadian Institute for Health Information**.

There are several milestones to be completed by April 30, 2010, when we will be fully immersed in the RAI-MDS system. The transition is challenging but the patience and commitment of our staff makes it worthwhile. Our desire is to continue to engage the best proven health care methods that will enhance the quality of care that we already provide our residents.

During this transition, we encourage you to be patient and understanding as our staff get more adept with the new system. Your support will enable us to facilitate the transition over quickly.

A special thank you to everybody involved in making this first leg of our RAI -MDS journey happen!

Welcome to the..... **NEW FACES AT THE WEXFORD**



Activation Students:

Left to right: **Shannon Moore, Celia Cao and Naomi Tsegazab**

We are pleased to host a number of student placements in the **Life Enrichment Department** for the fall term.

Naomi Tsegazab is a grade 12 student who started her co-op placement with us in September and will be at The Wexford until mid January. She assists our Activationists with programs for our residents and carries out administrative activities within the department. Naomi is interested in pursuing a career in health care after high school and she is by nature, very well suited. She has very quickly developed a warm and caring rapport with our residents and is both eager to learn and to help out.

Students **Shannon Moore** and **Celia Cao** are university graduates with a Bachelors Degree in Psychology. They are furthering their studies in The Behavioral Science Technology Program at George Brown College. This is a specialized program that prepares graduates to work with individuals who have dementia, acquired brain injuries or developmental delays. They joined us at the beginning of November and will be with us until mid December. This is the first time that we have hosted students from this program and we are delighted to partner with them in their learning and development.

We will also be welcoming two PSW students from Medix to our department in mid November, and trust that their time at The Wexford will be of benefit to our residents.



John Rankin Manager Environmental Services

John started his new position with the Wexford on October 28. He has an extensive history in Long Term Care and seniors' housing. He worked at Parkview Nursing Home (Mennonite Home Association of York County) for the past 13 years. He was the Director of Facility Services for 128 long-term care residents and 250 tenants. He co-chaired the Joint Occupational and Safety Committee, oversaw the preventative maintenance program and coordinated a number of key projects. His knowledge and extensive experience will be an asset to The Wexford. His office is located on the main floor and he can be reached at ext. 257.



Wexford Staff enjoying a Tai Chi workout in the Activity Room. This takes place every Monday at 2:00 pm and 3:00 pm. for 9 weeks. Other staff health promotion activities include two educational seminars on Nutrition and Managing Stress.



What else is new? our New Website!!
Our website has been updated.

Please visit us at www.thewexford.org

A CELEBRATION OF LIFE



For most of our residents and tenants, a move to The Wexford Residence is seen as their final home. As they move in, most still have a family home which needs to be sold and they need to downsize significantly. The transition to long-term care or the apartments is often difficult but after four to six months, most of them are very happy to be here and are happy with their decision to call the Wexford home.

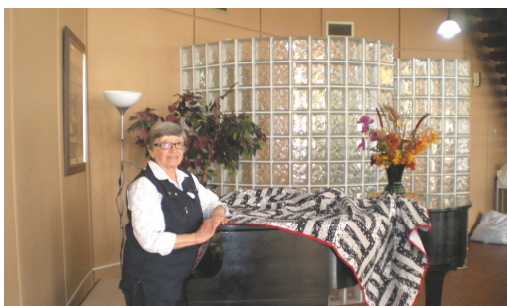
Death is a part of life at The Wexford. On average, we have about one death per week. The current procedure is for resident doors to be closed before the funeral parlor moves the deceased body to the hearse parked outside the main door. It is done quietly and ‘in secret’ as if no-one is aware that a loved resident or tenant has passed away.

We would like to change the current process to be more in line with the concept of *A Celebration of Life*. It is similar to the concept behind The Highway of Heroes along Hwy 401, where we honour those who have served and died in the Afghanistan conflict.

At The Wexford, everyone knows everyone else and we really are one big family. We know or would want to know when one of our friends has passed away and we would want to acknowledge his or her passing in a meaningful way.

We would like to offer this option to improve the current process:

The Funeral Director would come to pick up the body but instead of closing the doors, the residents who want to pay their respects, could come into the hallway or main lobby.



Kathryn Ribes and the *Celebration of Life* quilt.

The body would be covered with a lovely hand made quilt and those in attendance would bow their heads or say a private goodbye. A staff member would be in attendance and would announce the name of the deceased and ask for a moment of silence, prior to leaving the lobby through the front door.

Kathryn Ribes, one of our volunteers in the Wexford gift shop, has designed the *Celebration of Life* quilt that would be draped over the rails of the stretcher.

Many of our tenants and residents are not able to attend the funeral of the former tenant or resident for many reasons including physical limitations, lack of transportation to and from the service or inclement weather.

Many of the staff would also like to attend but it is not feasible to let staff off to attend during the day, when they are working. This new process would allow all residents, tenants and staff to pay their respects to their friends who have passed away.

There will be limitations to this process. It would only apply to people who pass away during the day or evening shift. At night, the bodies are quietly removed to the funeral parlor and this would continue. Also the resident/POA or tenant would be asked if they would like to participate in this *Celebration of Life* ceremony. The current process would be maintained for those who do not wish to participate.

This process is in place in a few other nursing homes and it is considered a beautiful expression of love and respect for a deceased friend.

This proposed new ceremony has been well received by the resident, family and tenant councils.

The Wexford residence
Annual Memorial Service
Sunday December 6

A special Memorial service will be held on Sunday December 6th at 2.00 pm in the Activity Room to celebrate and remember the lives of the residents of the Wexford who have passed away in the past year.

All family members of former residents will receive an invitation. To help us plan for our Memorial Service, please RSVP to Shelly Gorchynski at 416-752- 877 ext 264 by Friday November 27th.

To assist us in celebrating the life of your loved one, please provide a framed photo to be displayed on our Table of Remembrance.



THE WEXFORD RESIDENCE FOUNDATION NEWS

THE DONOR TREE



We are very grateful to you for your generosity. Your generous donations help to support our mission to provide the best quality of life for our residents in a safe and secure environment.

Saying thank you is very important to us and that is why we publish a special “thank you donors list” in our newsletter and have added special donor plaques to The Donor Tree as a special tribute to donors who have established a giving history in excess of \$500.00.

Donor Tree recognition is designated as follows:

- Wooden Plaque \$500.00 - \$2,499**
- Bronze Plaque \$2,500 - \$4,999**
- Silver Plaque \$5,000 - \$7,499**
- Gold Plaque \$7,500 - \$9,999**

This year we are pleased to recognize the following donors:

EXISTING DONORS MOVING TO:

SILVER PLAQUE
 Achieva Health
 Carlon Fire Equipment Ltd.

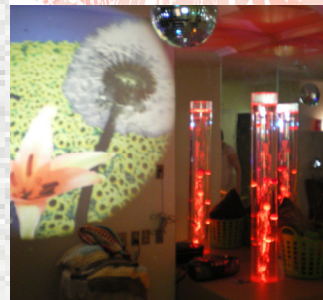
BRONZE PLAQUE
 Bordon Ladner Gervais LLP
 Interiors by Angela
 Medico Pharmacy
 The Benefits Trust

NEW DONORS:

WOODEN PLAQUE
 Corbit Floor Coverings
 Therapists Choice
 Brenda Wong
 Jean Wheatley
 Liz Fletcher

Medical Supplies Inc.
 Erika King
 In Memory of Ellen Lynch
 Kathleen Stubbs
 Phyllis Johnson

Update on Christmas Campaign 2008 Snoezelen Room



Last year we held a very successful campaign to introduce a Snoezelen Room to our Long-Term Care Home. Thanks to your generosity, it is now up and running. Over 28 residents use the room on a regular basis.

The Snoezelen Room has a very positive effect on the residents. The benefits for many residents are a feeling of calm and relaxation. Others become more alert and expressive. One of the tactile sensory components of the room is the fiber optics spaghetti type tubes which reflect an array of lights. Residents can hold them, be draped in them, sort or separate them.



Our Snoezelen Room

Other features in the room are the spectacular coloured balls cascading in the bubble tubes, the vividly colourful murals projected on the wall and the beautiful coloured lights that are reflected in the room from the globe in the ceiling.

Family members are welcome to take residents into the Snoezelen Room whenever it is not being used for a program. If you are interested in a tour of our Snoezelen Room, please check at the Reception area to locate one of our Activationists who would be happy to give you a tour.

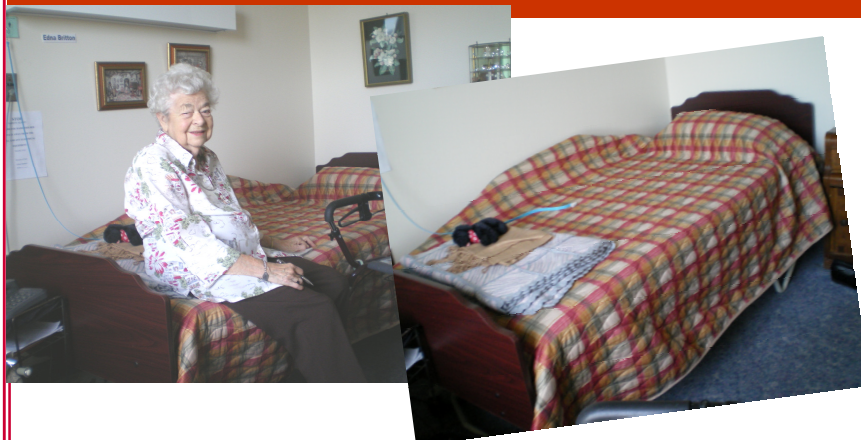
You have to see it to believe it's effect

A VERY SPECIAL THANK YOU TO ALL OF OUR DONORS!

The Wexford Residence Foundation would like to take this opportunity to extend a deep heartfelt thank you to all of our donors. We appreciate your continued support:

Absolute Air Systems Ltd.
 Absolute Alliance
 Accent Building Sciences
 Achieva Health
 Act II Landscaping & Snowplowing Inc.
 Adamson, Shirley
 Adshead, David
 Ajayi, Tokumbo
 Almec Mechanical Services Inc.
 Amiro, Burton
 Andrew, Elizabeth
 Angell, Judith
 Annesley, Janice
 Annetts, Wallace
 Aramark Canada Ltd.
 Askew, Ila
 Ataja Electrical Services Ltd.
 Axidata Inc.
 Bacher, Larry
 Bacher, Tom
 Bank Of Montreal
 Barker, David
 Barker, Tina
 Barnes, Kathleen
 Bassett, Sandy
 Bautista, Fe
 Beaver, Peggy
 Bell, Dorothy
 Bellamy, Ruth
 Belma Management Ltd
 Bennett, Janet
 Bilyk, Ronald
 Bishop-Ashe, Amanda
 Blake, Verna
 Bowers, Evelyn
 Boyd, Carol
 Branscombe, Susan
 Brimley Medical Centre
 Brown, Elizabeth
 Brown, Frank
 Burrows, Viola
 Burton, Paul
 C2C Construction Ltd.
 Campbell, Martin
 Campbell, Prince
 Capra, Stanley
 Carlon Fire Equipment Ltd
 Carson, Betty
 Case, Kathleen
 Cerqua, Dianne
 Chadwick, Rose Marie
 Chan, Wing Fai
 Chung, Allen
 Clark, Iris
 Clark, M.
 Cobean, Carol
 Codlin, William
 Collier, Ethel
 Collier, Linda
 Collins, Darlene
 Complete Purchasing Services Inc.
 Cooley, June H
 Corbit Floor Coverings
 Corcar Consulting Incorporated
 Corey, Mary
 Couvier, Dorothy
 Crawford, Karen
 D'souza, Naomi
 Da Vinci Flower Shop Ltd.
 Darraugh, Joseph
 Davidson, Helen
 Davidson, Roberta
 Day, Audrey
 Doney, Doreen
 Ezeard, Garol
 Farmer, Jane
 Fetherston, Vivienne
 Filodoro, Carlo
 Fitzakerley, Evelyn
 Fletcher, Liz
 Foulds, Margaret E
 Foxall, Paulette
 Frame, Peterson J.
 Frame-Adshead, Kathy
 Frith, Charles
 Frith, Doug
 Futuremed Health Care Products
 Gage, Marlene
 Galli, Onorina
 Gauthier, Raymond
 Genovese, Bobby
 Giles, Brian
 Giles, Gary
 Giles, William
 Gilmour, Elizabeth
 Gilmour, Susan
 Gilpin, Edward
 Gilpin, John
 Gilpin, Linda
 Goliss, Diana
 Gonsalves, Carol
 Grace, George
 Graham, Lynda
 Gray, Dave
 Guerriero, Perry
 Gunn, James
 Hardinge, Joan
 Haydon, Robert
 Helliwell, Margaret
 Henry, Margaret
 Hmt Sales Tax Consultants Inc.
 Hoffman, Carl and Lynette
 Holmes, Margaret
 Hub International Ontario Ltd
 Hughes, Lory D.
 Hurd, Janet
 Image Advantage Inc.
 Indus Systems
 Interiors by Angela
 Invacare Continuing Care Group
 Jamal, Al
 Johnson, Phyllis
 Johnston, David
 Kalajian, Araxi
 Kambanis, Maria
 Kimura, Rose
 King, Mary
 Kling, Erika
 Knapton, Barbara
 Kociumbas, Jennie
 Kroener, Ilse
 Kuwahara, Lillian
 Lanning, Irene
 Lazizzera, Mary
 Lew, Maureen
 Lewis, Melina
 Livingston, Ina
 Longworth, Jim
 Lootsteen, Harry and Rienie
 Lorne Miller & Associates Inc.
 Lynch, Leslie
 Malvern Contract Interiors
 Manherz, Nicholas
 Martin, Dennis
 Mathews, Dinsdale & Clark Llp
 Mcburney, Joan
 Mccabe, Irene
 Mccaughey, Betty
 Mccorrey, Patricia
 Mccuthcheon, Ron
 Mcdonell, Lyn
 Mckfarlane, Louise
 Mckibben, Margaret
 Mcleod, Alan
 Mcmechan, Colin
 Mcqueen, Barbara
 Mcqueen, Grace
 Medico Pharmacy
 Mende, David
 Mocherniak, Suzanne
 Moon, Derek
 Neilson, Anne
 Norton Mcmullen & Co. Llp
 Oakley, Mildred
 Onge, Jeanette St.
 Ontario Power Generation
 Ouhingwan, Gilbert
 Pantar Developmetns Inc.
 Paul O'connor Funeral Home
 Penno, Astrid W
 Persad, Rozanne
 Pesce, Angelo
 Pitson, Olive
 Porter, Eleanor
 Powers, Marie
 Precision Property Management
 Pringle, Grant
 Pringle, Patricia
 Rainforth, Louise
 Rankine, Anita
 Reed, Gordon
 Reeves, Marion
 Reid, Lois
 Reid, Robert
 Research House
 Responsive Health Management Group
 Richardson, Chuck
 Richardson, Edgar
 Richardson, Shane
 Rivers, Heidi
 Robbertsen, Judith
 Roberts, Ruby
 Robinson, Verna
 Simone's New Look Painting & Contracting Ltd.
 Sinclair, Williamina
 Siriska, Colleen
 Smith, Anne
 Smith, Beatrice
 Sodexho
 Solmon Rothbart Goodman Llp
 Soroc Technology Inc.
 Spalding, Donald
 Staff Liaison Committee
 Staff Relief
 Stirling, Carole
 Strachan, Margaret
 Struthers, Georgina
 Stubbs, Kathleen
 Sunbright Linen Services Inc.
 Sunega, Susan E
 Szakal, Roza
 Taste of Lawrence
 Taylor, Helen
 The Benefits Trust
 The BLG Foundation
 The Wexford Line Dancers
 The Wexford Tea Room
 The Wexford Volunteer Gift Shop
 Therapist's Choice Medical Supplies Inc.
 Thomas, Bonnie
 Thomas, Doreen
 Tierney, Larry
 Tinker, Gordon
 Tinker, Nellie
 Tomlin, Leanne
 Tozer, Sherman
 Trimble, Mary Ellen
 U.S.R.L.
 United Way
 Varelas, Helen
 Veitch, Mary Margaret
 Voituk, Clare
 Vousden, Patricia
 Ward, Patricia J.
 Watson, Steve
 Weinstein, Jo-Anne
 Wenn, Elaine
 Wexford Heights Business Improvement Area
 Wheatley, Horace
 Wheatley, Jean
 Whiffin, Eileen
 White, Barbara
 Wilcox, Mike
 Wilson, Gloria
 Wilson, Nancy
 Wirt, Roseanna
 Wong, Brenda
 Woods, Mildred
 Wright, Lorne And Linda
 Wright, Sandra
 Wynn, Emily
 Yeghyayan, Hary

THE WEXFORD CHRISTMAS CAMPAIGN 2009



These lovely bedspreads were purchased with the money raised from our **Fourth Annual Golf Tournament**, in June this year. One resident commented that she loves the bedspread because *“it is so easy to manage.”*

Our Christmas Campaign this year is to redecorate the residents living space to give it a fresh new look. The Wexford is home to our residents and we want to create an atmosphere that enhances their quality of life. The new bedspreads is just the beginning. Our plan is to purchase privacy curtains to coordinate with the new bedspreads, replace the closet shelves and closet doors. Our goal for the near future is to redecorate the residents washrooms and upgrade their lounges as well as remove all remaining carpet. This is a big undertaking and we need your help to make it possible. Any donation large or small is welcome.

Help us create a warm and cozy home for our residents by making a donation to our **Christmas Campaign**. Donations can be made by completing the form below and mailing to us. A self addressed envelope is enclosed for your convenience. You can also make a donation by telephone or in person at The Wexford.

All donations of \$10.00 or more are tax-deductible and can be paid by cash, cheque or charged to your Visa or Mastercard.



YES I would like to make a donation to **The Wexford Christmas Campaign** to redecorate the residents' living space.

Please accept my tax deductible donation \$ _____

Name _____ Address _____

Telephone: _____

Payable by: Cash Cheque

Credit Card _____ Exp. Date _____

Signature _____

THE WEXFORD COMMUNICATOR welcomes comments and announcements that would benefit friends and families of residents and tenants at The Wexford Residence Inc., and supporters of the Wexford Residence Foundation.

Our address is 1860 Lawrence Ave. East, Toronto, Ontario M1R 5B1
 T. 416 752-8877, F. 416 752-4350 Toll Free Number: 1-877-807-0810
 Website: www.thewexford.org
 CHAR REG. 118820216RR001