



COMMUNICATOR



Tuesday June 18, 2013



8TH ANNUAL JOINT CHARITY GOLF TOURNAMENT

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Montessori for Dementia Programming



Over the next several months the Life Enrichment Team, led by Roland Arndt, James Forde and myself, will be rolling out a new program approach called **Montessori for Dementia Programming** on the 4th and 7th floors. "The person with dementia benefits from **Montessori Methods for Dementia** because these techniques focus on adding meaning and purpose to each and every day, based on the individual's personal history, including needs, interests, skills and abilities. The objective is to give each person a reason to get up in the morning, give them something to look forward to and give them something meaningful to do each and every day. When their memory is supported, and there are meaningful things to do, function is enhanced and quality of life is easier to achieve" (Dementiability 2012).

Montessori Programming is a change in philosophy from the traditional program delivery by Activation staff. Roland and James will now focus more on the social and physical environment of the residents by putting more emphasis on more frequent smaller group programs, using real life materials and programs, which have no right or wrong way of completing the task. So a former teacher might assist us in teaching a program, a former housewife might fold a basket of clean laundry, a carpenter could assist with fixing a broken chair and a gardener could help us weed our back garden to name a few new types of tasks that the residents could be involved in.

How will this be done? This will be accomplished through a number of strategies including changing the resident's living environment by adding labels to everyday items on both the 4th & 7th floors. This will include clocks, TV's and washroom doors to name a few.

Cont'd on page 3

FROM SANDY'S DESK



Spring is here at last and with the warmer weather, the resident's are all eager to get outside and enjoy the sunshine. This year we will be able to enjoy our **new backyard gazebo** which will be constructed later this spring/summer. We are awaiting the building permit from the City and once we

get that, we will be able to complete the project fairly quickly. This will be a welcome enhancement to our lovely backyard patio.

Also new this spring, is the BSO program. BSO stands for **Behaviour Supports Ontario**, a new program launched by the MOHLTC and the CE LHIN. All long-term care homes in the Province are admitting more residents with responsive behaviours and staff need to be able to respond appropriately to these behaviours. We launched this project officially on April 18, 2013 although staff have been attending educational events this past year.

Raj Paul, our evening Nurse Manager is the clinical lead for our team, along with **Fre Hadgu**, RPN, **Priyanka Luthra**, RN, and **Josie Ordenez** and **Lyra Lazaga**, PSWs. This project requires a multidisciplinary team and all departments will be actively involved. Statistics will be collected and submitted to the CE LHIN beginning April 1, 2013. One statistic that will be collected is the number of BAT assessments that are completed. In its Guide to Utilizing the BSO Behavioural Assessment Tool, it states:

“The **Behavioural Supports Ontario (BSO) Behavioural Assessment Tool (BAT)** is designed to promote a standardized approach, utilizing common language to document responsive behaviours in long-term care homes (LTCH).

It is also used as an interprofessional communication and planning tool by the **BSO Integrated Care Team** consisting of both the staff within the LTCH and members external to the LTCH such as NPSTAT Nurse Practitioners, Psychogeriatric Resource Consultants (PRC), Community Nurse Clinicians (CNC), and Psychogeriatric/geriatric physicians. This Tool was developed by front-line health care workers under the leadership of the Central East LHIN's BSO Design Team. It has been tested in a variety of LTCHs, and continues to evolve in response to your feed-back.” (CE LHIN BSO Teams, June 2012)

In addition, as part of this program, we are now doing monthly **Responsive Behaviour Rounds**, with members of the BSO Integrated Care Team, including our PRC. I want to thank the staff who volunteered to take on a lead role. This is a very important program and one that we are actively embracing.

Finally, we continue to uphold the highest standards of care in our home and are continuously committed to provide exceptional quality care and support to all of our residents. We have not yet received the MOHLTC's Report on the critical incident of March 13 (at the time of this writing); however, we will work closely with them to ensure that any concerns raised in their report are dealt with in a timely and appropriate manner. We consider the MOHLTC a valuable partner and welcome any and all advice they may have for improving the care provided at The Wexford. Again, once the report is public, I will make a copy available to anyone who would like one and will hold an **Open Forum** to discuss the report with you. Thank you for your continued support of The Wexford Residence!

Montessori for Dementia Programming cont'd from page 1

Also, we will be providing activity stations for residents, to allow them the opportunity to create their own leisure opportunities 24/7, when Activationist staff are not available.

This new approach will be reflected on the June monthly activity calendars that will incorporate the Montessori for Dementia Principles.

What are the Montessori Principles?

Montessori activities are planned in sequence, giving guidance and a programmatic perspective to their use. In addition, general principles of Montessori education guide the development of activities.

Some of these include the following:

- Use of real life materials that are aesthetically pleasing.
- Progress from the simple to the complex.
- Structure materials and procedures so participants will work from left to right and from top to bottom.
- These patterns parallel eye and head movements associated with reading (in western cultures).
- Arrange materials in order from largest to smallest, and from most to least.
- Allow learning to progress in a sequence.
- Ideally, this occurs through observation, followed by recognition, and then through recall or demonstration.
- Break down activities into component parts, and practice one component at a time.
- Ensure that participants have the physical and cognitive capability to manipulate materials and understand what is required to accomplish a task.
- It is important to minimize the risk of failure and maximize the chance of success.
- Use as little vocalization as possible when demonstrating activities.
- Match your speed of movement to the speed of the participants when presenting activities.
- Almost always use slow and deliberate movements, especially when demonstrating an activity.
- Make the materials and activities self-correcting.



I am confident that this change in programming philosophy will enhance the resident's physical, emotional, social and environmental well-being and provide meaningful, familiar activities for them to do.

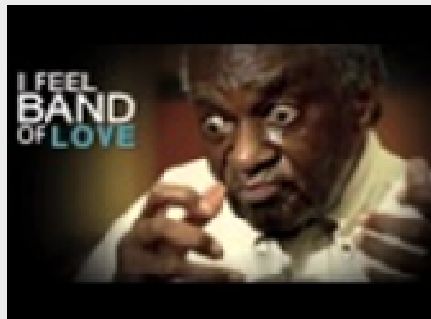
Wayne Connelly

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

“Alive Inside”

Watch an elderly man light up when he hears the music of his youth in this inspiring documentary



A few months ago I came across a YouTube video entitled “Alive Inside” It was a video clip that follows a gentleman named Henry who suffered from dementia and is a powerful story of how a music program involving an iPod and an individualized music play list affected his cognitive ability.

This wonderful story about the power of music and the potentially positive effects that a program similar to this could have on our residents has inspired The Life Enrichment Team to put a process in place to adopt this music program.

The program is quite simple to implement but does have some financial consideration as each resident will require their own individual iPod and headphones and customized music playlists.

The songs on the playlists will be individualized for each resident based on feedback from the resident and family, as to the type of music that the resident listened to in the past. Familiar songs and tunes will have the most benefit to the resident in the program.

We are asking family and friends to purchase an iPod as a birthday present or you may wish to donate your old or unused iPods so that we may begin the process of implementing this wonderful program. The iPod will belong to you and will be returned to you when it is no longer being used.

This program will be rolled out over the next few weeks and will compliment our Complementary

Service Program currently being offered to our residents.

If you have not seen this video or wish to obtain further information on this program I strongly encourage you to view the video titled “Alive Inside” on YouTube or stop by my office to view it.

You can also visit the website www.memoryandmusic.org for further information on this program.

Although this program is designed for residents with dementia, we believe that every resident can benefit from this type of music program.

Donations can be left with any member of the Life Enrichment Team

Reception Desk

Effective Monday, May 6th, the day reception position, Monday to Friday, has been eliminated due to budgetary constraints. There will be a receptionist from 4:00-8:00 pm, Monday to Friday and weekends from 8:00 am - 8:00 pm.

We are sorry for any inconvenience this may cause. We are taking all necessary steps to make this transition as smooth as possible.

Family Picnic **Saturday June 22nd**

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

Cheryl Rosell
Staff Development Coordinator/Quality Improvement Facilitator



Cheryl started her position at The Wexford in January 2013. She has a wealth of knowledge about long term care. She worked for MOHLTC and in 2006-2008

assisted in the drafting of the new Long-term Care Homes Act, 2007 and Regulations, was a Quality Improvement Instructor with the Resident's First program and has a strong clinical nursing background. Cheryl is passionate about staff development and education. Her office is located downstairs (beside the billiard table) and her direct phone number is 416 701-2520.

Richard Brooks
Environmental Manager



Richard started his position with The Wexford in February 2013. He has 12 years of experience in the health care field. He worked as a Maintenance Manager in a retirement home in

Peterborough and as Environmental Manager at a long term care home in Ajax. He is very active in his community and is an avid soccer fan and coach. Richard can be reached at 416-701-2502.

RESIDENT OUTINGS IN APRIL

THE BATA SHOE MUSEUM



Residents at the Bata Shoe Museum

Parimaladevi Manickavasagar, Kathleen Rippon, Colleen Siriska, Mary Currie, Elaine Mayers, Marion Henry, Ruby Rowan and Janis Rowan (Staff) Felicia Forbes and Meredith Thompson

HOCKEY HALL OF FAME



Residents with the Stanley Cup

George Zigomanis, Ken Phelps, George McNickle, Mary Forshaw, Daryl Singleton and Jack Singleton, (staff) James Ford, Roland Arnett and Felicia Forbes

Everyone had a great time !

JOINT CHARITY GOLF TOURNAMENT TUESDAY JUNE 18TH, 2013

Join us for our **8th Annual Joint Charity Golf Tournament Tuesday June 18th** with Chester Village, Mariann Home, Nisbet Lodge and Advent Valleyview Residence. The tournament takes place at **Remington Parkview Golf & Country Club** and the format is a full shot gun, teeing of at 8:30 am.

Thanks to all our sponsors:

Lead Sponsors: Achieva Health and Medical Pharmacies.

Banquet Sponsor: Shoppers Home HealthCare

Lunch Sponsor: Centric (Motion Specialties)

Golf Cart Sponsor: Medisystems. We are off to a good start, however, we need to fill the following sponsorships: Golfers' Prize(\$3000) and Silent Auction (\$2000).

Last year, we achieved our goals to have a full shot gun and raise \$100,000. Indeed we surpassed both goals as we raised \$107,000 and registered 175 golfers, thanks to our many supporters!

There are several ways that you can help us make this year's event another success. Be a sponsor, register to play or be a friend of the tournament.

Complete the following registration form and return to us early. Don't delay and miss the opportunity to have a great day for a good cause.



Golf Registration & Sponsorship Form

Yes, I want to be a Sponsor

Company _____

Address _____

Postal Code _____ Phone _____

Email _____

Golfers' Prize Sponsor \$3000

Silent Auction Sponsor \$2000

Hole Sponsor: \$500

I would like to be a Friend of the Tournament \$ _____

I would like to register a foursome Other _____

Golf Fees: Early bird rate before May 31st

Single: \$185.00 Foursome: \$740.00

May 31st & later:

Single: \$ 200.00 Foursome: \$800.00

1. Name _____ phone _____

Email _____ phone _____

2. Name _____ phone _____

Email _____ phone _____

3. Name _____ phone _____

Email _____ phone _____

4. Name _____ phone _____

Email _____ phone _____

Amount: \$ _____

Cheque (payable to The Wexford Residence Foundation)

Credit Card(Visa/Mastercard)

Exp date _____

SIGNATURE _____

THE WEXFORD RESIDENCE FOUNDATION NEWS

ROYAL CANADIAN LEGION

The Wexford Residence Foundation was recently the recipient of a grant of \$3,557 from the Royal Canadian Legion, Ontario Provincial Command Branches and Ladies' Auxiliaries Foundation. The grant was given for the purchase of a *Mobile Vital Signs Monitor* and a *Digital Blood Pressure , Oximeter and Sure Temp Thermometer*.

The *Vital Signs Monitor* offers non-invasive blood pressure, pulse rate and mean arterial pressure readings. Easy to use, it saves time and increases efficiency. It's portable and ready to go where it's needed. The *Digital Blood Pressure Device* is a small hand-held device that delivers consistent accurate blood pressure readings in 15 seconds. The small design makes the device easy to carry and capture readings on rounds. The Foundation thanks the Legion for this grant that enabled the Home to purchase this equipment.



Eric Reynolds, President, Royal Canadian Legion Branch 345, Sue Gilmour Board member The Wexford Residence Foundation; David Barker, President The Wexford Residence Foundation and Don Capallo, Past President, Royal Canadian Legion Branch 345

GOLF TOURNAMENT SILENT AUCTION LOOKING FOR ITEMS

Our **8th Annual Golf Tournament In Support Of Seniors** could use some more items for the silent auction tables. If you have an item to donate OR contacts and time to solicit some items for us, please call Mary-Ruth in the Foundation Office (416) 701-2509) for more details.

F. K. MORROW FOUNDATION GRANT

In March a Grant of \$5,300 was welcomed by The Wexford Residence Foundation from the F.K. Morrow Foundation. This generous gift was for the purchase of a *Sara Lift* complete with batteries and charger. The *Sara Lift* allows a caregiver to bring a resident from sitting to a supported standing position for dressing, toileting and transferring and it comes with a *deluxe sling* . The Foundation thanks the F. K. Morrow Foundation for their generosity for making it possible for us to purchase this equipment.

WINTER MEMBERSHIP DRIVE

From mid-January through the end of February we held a membership drive to expand our mailing list and as an incentive we offered 4 prizes of gift cards from Swiss Chalet. The winners of the gift cards were: Jared Bettridge, Anna Uza Fronda, Vijaya Raveendran and Thelma Scott. Our thanks to everyone who took the time to participate in this promotion. Your kindness is very much appreciated.



The Wexford Residence Foundation Board Members Kathy Frame -Adshead and Brenda Wong made the draw.

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.
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 Gauthier, Raymond
 Genovese, Bobby
 Giles, Brian
 Giles, Gary
 Giles, William
 Gilmour, Elizabeth
 Gilmour, Susan
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 Gilpin, John
 Gilpin, Linda
 Goliss, Diana
 Gonsalves, Carol
 Grace, George
 Graham, Lynda
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 Guerriero, Perry
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 Hardinge, Joan
 Haydon, Robert
 Helliwell, Margaret
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 Mcleod, Alan
 McMechan, Colin
 McQueen, Barbara
 McQueen, Grace
 Medico Pharmacy
 Mende, David
 Mocherniak, Suzanne
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 Onge, Jeanette St.
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 Precision Property Management
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 Staff Relief
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 Strachan, Margaret
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 Sunega, Susan E
 Szakal, Roza
 Taste of Lawrence
 Taylor, Helen
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 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