

THE WEXFORD Communicator

SEPTEMBER / OCTOBER 2014



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

New Diabetic Initiative FOR THE WEXFORD

THE WEXFORD RESIDENCE is adopting a new progressive program that will optimize the safety of our diabetes management practises through staff education, implementation of protocols and coordinated care with a multidisciplinary team.

This new initiative recommended by our Medical Director, Dr. Larry Bacher is being introduced in several Long-Term Care facilities in Ontario and across Canada. The Wexford is among the first to announce its participation.

Dr. Afshan Zahedi, BAsC, MD, the Program Lead has been working with the Canadian Diabetes Association on this program and it is acknowledged as the "newest thing" in diabetes treatment by the medical community. Drs. Larry and Tom Bacher approached Dr. Zahedi at a medical conference after hearing her speak and asked her to come to our home. She has worked with many homes across Canada as more specialists in senior medicine recognize that seniors need treatment for diabetes that is different from younger patients.

Also assisting with the program is Freda Leung, a graduate from the Fac-

ulty of Pharmacy, University of Toronto. After serving the hospital community for many years, she became a Certified Diabetes Educator, a Certified Geriatric Pharmacist and graduate of the Teacher of Adults program at Centennial College.

An initial meeting was held at The Wexford with Dr. Zahedi and Freda Leung for the purpose of accessing current policies and all relevant documents

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related to diabetes management. They identified residents with diabetes, analyzing their current treatment programs and developing a program that fits the specific needs of each senior in order to give them the best quality of life. Attending were the Wexford Physicians, the Nurse Practitioner, the Pharmacist, and the Evening Nurse

Manager. Another meeting for this group will take place in October.

The ultimate goal of this initiative is that by investing in education of staff, they will be better equipped to manage the residents who suffer from diabetes. At the Wexford, a third of our residents have a diagnosis of diabetes and this number is expected to increase over the years. Program participants will acquire evidence-based approaches to important topics in caring for elderly patients with this disease. This goal was implemented with an education workshop presented by Freda Leung and included the Wexford physicians and both registered and front-line staff.

Three all-day workshops focused on data collection and the analysis of current processes and protocols as well as a review of the current challenges faced in the treatment of residents with diabetes. Among these challenges were blood sugar control, management of hypoglycemia, capillary



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blood glucose monitoring and management of “sick days”.

After an analysis of this data, education was provided specifically to these issues and new policies and procedures were implemented to help deal with these challenges in the most effective manner.

With the program being multidisciplinary, the Personal Support Workers (PSW's) had a half-day program which covered basic pathophysiology of diabetes, signs and symptoms of low blood sugar, causes and steps to reduce blood sugar, signs and symptoms of high blood pressure and the do's and don'ts of foot care in diabetics. As well they learned about the basics of healthy living and food choices for diabetics. The nurses were educated on medications specific to management of diabetics residents and how to apply pattern management and when to perform glucose testing.

Participants were given pre and post tests to measure the learning achieved as well as to measure potential follow-up training that might be needed.

The benefits of this training will be significant as the quality of life for residents with diabetes will improve – they will be subjected to fewer blood samples to monitor blood sugar levels and hopefully have fewer hospital transfers due to high blood sugar levels.

Funding for this new diabetes initiative is being provided by The Wexford Residence Foundation and a pharmaceutical company.



More from Sandy Bassett

EXECUTIVE DIRECTOR & CEO

IT HAS BEEN a busy few months with a number of fun activities having taken place. The new gazebo finally opened and we had a wonderful celebration on Sunday August 10th. Shortly after we had the Autumn Fall Harvest dinner and entertainment in the activity room including a dinner of pulled pork and corn on the cob and last Saturday the tenants and the Active Senior's Centre held their annual bazaar which raised over \$1500 in just over four hours! Thanks to everyone who organized all these wonderful events. It takes a lot of work to organize them and it was great to see so much participation by the community which makes up The Wexford Residence!

After an unexpected delay of 3 weeks, the construction of the 5th and 6th floor dining rooms is set to begin on Monday September 29th and if all goes according to plan, it should be completed by early November. This will be a major change for the home but is one that will improve the quality of life for the residents and enhance the safety and security of both staff and residents. Our elevators will also require much

less maintenance as many of you have noticed that often one elevator is out of service, due to their age and the constant use.

Some of you may also have noticed that we have a large temporary generator located in the back parking lot. It will be there for about a year as we begin to plan for the replacement of our emergency generator which is now over 36 years old and passed its useful life. In the event of a power outage, the temporary generator will be our source of power as our old generator is now off line. The new temporary generator will provide the same level of emergency services as the current one. This is another major project which will begin once the 5th and 6th floor dining rooms are complete.

A few months ago, our Board Chair, Jared Bettridge, introduced you to our new mission, vision, values and strategic plan. The new plaques are now up around the building and by all the elevators. Our new tag line is “Enriching Lives Every Day” and our values spell EXCEL. Please take a look at the new plaques and join us in living our mission, vision and values everyday!

WHY I SUPPORT The Wexford

By Kathy Frame-Adshead



I HAVE BEEN CONNECTED to the Wexford Residence for many years. David Johnston, my stepfather, was a Chair of the Wexford Residence Board of Directors for several years in the 1990's. Jean Johnston, my mother, currently lives at the Wexford in Long-Term Care. She has been a Wexford resident since October 2003! Many of my parents' friends and neighbours have enjoyed living at the Wexford where they were able to continue their close community relationships well into their later years.

On a personal level, I have been a member of the Wexford Residence Foundation since 2004 and have been part of the Wexford Ethics Committee since its inception in 2008. I have volunteered my time at meetings, events, strategic planning retreats and at eldercare in-services. Participating in the life of the Wexford on this level is

both an important and rewarding endeavour for me.

I am also proud to support the Wexford Residence through financial donations.

The Wexford is a truly special place! Beyond the management of the medical and basic needs of the residents in Long Term Care, there is a consistent focus to provide a superior "quality of life." The Wexford Foundation is essential to this goal. Funds raised through generous financial donations contribute to the overall quality of life experienced by both residents and tenants.

Over the years, my financial contributions have helped to provide renovations to the dining room, a therapeutic garden, wheelchair accessible washrooms on the main floor, bedspreads and chairs for resident's rooms, and most recently, the Gazebo in the back garden. I am happy to know that my contributions have had

a direct impact on the quality of life for my mother as well as for all residents/tenants of the Wexford Family.

The Wexford Residence Foundation conducts two major fundraisers a year, the Golf Tournament and the Christmas Campaign, as well as managing memorial and legacy gifts. Please join me in making a generous charitable contribution to the Wexford Residence Foundation. Together, we can make a difference to the quality of life of our loved ones!



Jean Johnston with her daughter Kathy Frame-Adshead.

YES! I would like to support the Seniors of The Wexford Residence



THE WEXFORD RESIDENCE FOUNDATION
1860 LAWRENCE AVE. E., TORONTO, ON M1R 5B1

HERE IS MY DONATION OF:

\$150 \$100 \$75 \$50 OTHER \$ _____

NAME _____

ADDRESS _____

Cheque Visa MasterCard

(Make cheque payable to The Wexford Residence Foundation)

CARD NO. _____

EXPIRY _____

SIGNATURE _____

E-mail address optional

Thank you for your support!

For 36 years community support has made a difference in the lives of our Seniors!

A receipt for tax purposes will be issued to all donors.

CHARITABLE BUSINESS NUMBER #118820216RR0001





Great News!

OUR NEW Gazebo

IS OFFICIALLY OPEN!

The Official Opening of the new Gazebo took place on Sunday August 10th. It was a beautiful summer day, the sun was shining and there was a warm breeze. Residents, Tenants, Family Members, Guests and Staff enjoyed the music of Marty & Mony while being treated to various flavours of ice-cream with sprinkles and other fancy toppings, watermelon and cold beverages.

Sandy Bassett, CEO of The Wexford Residence welcomes everyone and thanks all those who donated to the Gazebo Campaign.



Family Member Souhaila Libbis was given the honour of Cutting the Ribbon to officially declare the new Gazebo open.



From the new Gazebo, entertainers Marty & Mony dazzled the audience with music from yesteryear. (TINA'S TALENT AGENCY)

A plaque was unveiled thanking donors to the Gazebo Campaign.



Out on the pathway, Robert Foot and Elizabeth Hornyak dance to the rhythm of the music.



WE HAD A GREAT TURNOUT – ALL THE TABLES WERE FULL!

Edith (left) and her daughter Lisa finishing their ice cream and enjoying the warm breeze.



The wonderful beat of the music drew an impromptu group dance (left to right) Elizabeth, Souhaila, Barbara, Lesley and Frank.



A GREAT DAY for Shades!



Behind the shades is Jared Bettridge, Board Chair of the Wexford Residence enjoying the sounds of music coming from the Gazebo.

Clement Lo of the Wexford's Accounting Department also sporting shades was on hand helping out where needed.



Wayne Connelly, Director of Programs and Services at The Wexford shows off his shades while overseeing the festivities with his son, Brayden.



Samina and her Dad, Dr. Ali, chose the ice cream with sprinkles while enjoying the festivities.

Foundation Board Member Janis Rowan and her Mom Anna joined the festivities and found a place away from the hot sun.



Mary-Ruth Flood, Director of Development for the Foundation stops to chat with Jack Tanaka (left) Peggy Beaver and Eugene Scott.

Living at the Wexford

MY NAME is Betty Gilmour and I have been a tenant at the Wexford for 16 years. The first year I was here I didn't think I would last another – the adjustment of coming into an apartment was tremendous and I am sure this was a feeling experienced by everyone living here.

Fortunately, I was asked to volunteer my spare time and decided to do so at the gift shop and with helping organize BBQs and other tenant activities. At the present time I am President of the Volunteers Association, Vice-President of the Tenants Association, the ever-popular Pub Night Social Evening, the Christmas Party and other social events throughout the year. The pub night is put on once a week where we have Pizza & Wings, and is open to all Active Seniors Centre members. With special thanks to Margaret Strachan and Sam



Betty
Gilmour

Pollock, whose help and assistance I could not do without, the Pub Night is a very successful and well-attended function. Much to our appreciation, the Executive gives us their full support in all endeavours.

The Wexford offers The Tea Room Kiosk to residents and tenants each

day where you can purchase milk, bread, sandwiches, tea and coffee. The Gift Shop offers a wide variety of gift items, snacks, greeting cards and beverages. These are run by volunteers whose help on these and many more areas is invaluable to the Wexford.

The Wexford Residence is kept immaculately clean and the apartments are comfortable and in most cases, requests for repairs are done within a reasonable time. This year a Gazebo was installed where residents and tenants can go to relax outside. It is truly a beautiful addition to the back garden.

Like all Seniors Homes there are many issues but all in all The Wexford is the best place to live. I have made many friends over the years for which I am very thankful and this has helped make The Wexford a place I'm happy to call my home.

NEW HIRES

Kris
Ciesielski



KRIS has been in the health industry for over 20 years, working in both retirement homes and Long-Term Care facilities. He began his career as a maintenance person and through his hard work in both the classroom and in a wide range of facilities he moved up to the management level.

Kris joined the Wexford in July as a Director of Environmental Services and with his extensive experience aims to make The Wexford the best environment possible for our residents and staff. He can be reached at extension 257 with any suggestions or concerns.

Felicitas
Bacos



FELICITAS migrated from the Philippines in 2006 where she worked as a Nutrition Science Research Specialist, a nutrition trainer and as a college professor. Since coming to Canada she has completed her post-graduate certificate in Food and Nutrition Management from George Brown College and joined the Wexford in July as Food Service Supervisor part-time. She also works for another long-term care facility part-time as Asst. Food Nutrition Manager.

The Annual Active Seniors Centre/Tenant Bazaar

was held on September 20th and was a great success.



A variety of items made shopping fun.

Something for everyone, as Henrietta Green Shows off her huge Teddy Bear while her grand-niece, Rose Green smiles her approval.

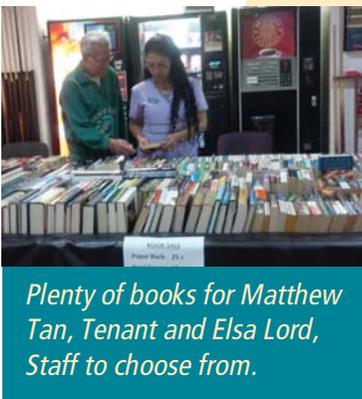


THANK YOU ALL for your spirit, time, energy, donations and hard work that made The Wexford Active Seniors Centre Bazaar a big success. We had 35 volunteers made up of tenants, their family members and friends, along with people from the community. From operating the tea room, to managing the stalls, running the 50/50 draw/raffle and shopping around, it was a great day and we raised \$1,560. Thanks again for joining hands together.

Bijaya Singh
Coordinator of Tenant Services & ASC



Margaret Strachan and Sam Pollock talk to a customer (Eman Ikhmais) from the Dietary Department at the 50/50 Draw and Raffle table as Eileen Albento from House-keeping looks on.



Plenty of books for Matthew Tan, Tenant and Elsa Lord, Staff to choose from.

Taking time out to enjoy lunch during the Bazaar was Ken Phelps, the Wexford's longest staying resident (22 years) and Rose Harrison, longest staying tenant (27 years).



Newsletter Survey

THANK YOU for taking time to complete this survey. Your participation will help us understand how we can improve The Communicator.

- **PLEASE MAIL** your completed survey to:
- The Wexford Residence Foundation
- 1860 Lawrence Ave. East,
- Toronto, ON M1R 5B1

- **OR LEAVE AT** the reception desk at
- The Wexford Residence,
- attention Foundation office.

1. How often do you read our newsletter?

- Always Frequently Sometimes Rarely Never

2. What is your overall satisfaction with the newsletter?

- Very satisfied Somewhat Satisfied Somewhat dissatisfied Very dissatisfied Neutral

3. How relevant do you find the content in the newsletter

- Very relevant Somewhat relevant Not at all relevant

4. What can we do to improve? _____

5. Would you be interested in providing content for the newsletter? Yes No

6. The Communicator is published four times a year – Spring, Summer, Fall and Christmas. Please select the answer that best describes how frequently you would like to receive The Communicator:

- Four times a year Three times a year Twice a year

7. Please select the answer that best describes how you would like to receive The Communicator.

- I like to receive it in the mail I would prefer to receive it electronically via email
 I would like to receive it in the mail and also electronically
 I would like to receive it electronically in a pdf format which I can send to friends and family

8. If you answered that you would like to receive the newsletter electronically,
 please provide us with your email address here: _____

Additional Comments: _____

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- Long-Term Care
- Independent Seniors Apartments
- Active Seniors Centre

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