



The County
PRINCE EDWARD COUNTY • ONTARIO

H.J. MCFARLAND GAZETTE

February 2019

**H.J. MCFARLAND
MEMORIAL
HOME**
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A MESSAGE FROM THE ADMINISTRATOR



2019 is off to a magnificent beginning. Our home's leadership team has been busy preparing their individual work plans for their departments for the next 12 months. These plans will guide them in leading their employees and departments through positive changes, new ideas and innovative concepts. These plans are based on goals which have been identified by supervisors, as they look for improved ways to provide the very best resident experience, improve the work atmosphere of our employees and continue to maintain compliance as mandated by our regulatory bodies. These work plans will also be a guiding path and create a template for the next Strategic Plan for our home, which will encompass the years 2020-2023. Input from our residents, their families, visitors and of course....our wonderful employees are ALWAYS most welcome.

eCONSULT

We are excited to announce we have partnered with Connecting Ontario in the Putting Patients First Initiative 'eConnect-eConsult'. This new project allows for physicians, nurses and nurse practitioners to have increased access to specialized clinicians and allows access to health care information where and when it is needed most. Referrals and consults can be made online and/or via face-to-face technology. Clinicians can quickly access and share lab results and diagnostic imaging and they will be able to tap into a database for current information related to health-related issues (eg: double-checking drug interactions and side effects of medications, diagnosing skin disorders etc.). There is no cost at present and moving forward the cost will be extremely minimal.

*Kim Mauro
Administrator*



*Happy
Birthday!*



Hilda Hillard—February 5th

Doreen Lipsett—February 15th

Grace Macey—February 8th

Angelo Stellatos—February 8th

Marguerite Teskey—February 8th

Joan Young—February 13th

Church Services

February 2nd 10:30am—Bible Study with Eunice

February 3rd 11:00am—Hymn Sing

February 3rd 6:30pm—Salvation Army Church

February 6th 10:00 am—Roman Catholic Mass

February 6th 11:00am—Bible Study with Helen

February 8th 10:30am—Anglican Church

February 9th 10:30am—Bible Study with Eunice

February 10th 11:00a—Hymn Sing

February 12th 6:30p—Pentecostal Church

February 13th 11:00am—Bible Study with Helen

February 16th 10:30am—Bible Study with Eunice

February 17th 11:00am—Hymn Sing

February 20th 11:00am—Bible Study with Helen

February 23rd 10:30am—Bible Study with Eunice

February 24th 11:00am—Hymn Sing

February 27th 11:00am—Bible Study with Helen

February 27th 2:00pm—Church Service

February 27th 6:30pm—Joyful Noise



Calling all Volunteers!!

“One of the great ironies of life is this: He or she who serves almost always benefits more than he or she who is served.” - Gordon Hinckle



Are you or someone you know looking for a special way to spend your time?

We are always in need of volunteers to come and spend time with the residents, assist with programs and enrich our home.

- There is no minimum time commitment
- You will receive orientation to the home and our staff
- We will pair you up with someone and activities that you enjoy
- Build meaningful relationships that last a lifetime

IMPORTANT DATES



- February 1st 2pm—**Happy Hour**
 February 1st 6/5pm—**Friday Night at the Movies**
 February 2nd 3pm—**Saturday BINGO**
 February 3rd 2pm—**Super Bowl Party**
 February 5th 2pm—**Chinese New Year**
 February 6th 2pm—**Music with Al Powis**
 February 8th 2pm—**Happy Hour**
 February 11th 1:30pm—**Family Council**
 February 15th 2pm—**Music with Peter Rea**
 February 14th 2pm—**Valentine's Social**
 February 15th 2pm—**Happy Hour**
 February 16th 3pm—**Saturday BINGO**
 February 17th 2pm—**Sundae Social**
 February 18th 2pm—**Outing to Belleville Senators Game**
 February 18th 2pm—**Family Day Social**
 February 20th 2pm—**Music with Richard Tasson**
 February 21st 1:15pm—**Resident Council**
 February 21st 7pm—**TV BINGO**
 February 22nd 2pm—**Happy Hour**
 February 23rd 3pm—**Saturday BINGO**
 February 24th 2pm—**Social**
 February 25th 11am—**Swiss Chalet Outing**
 February 28th 7pm—**TV BINGO**

Why Choose Not-for-Profit?

In long term care, not-for-profit means that any extra dollars that may be available are put back into the organization to enhance and expand programs and services for residents/clients.

Not-for-profits have a very rich history of supporting seniors in communities across the province. They have been leaders in providing culturally-sensitive care, creating homes, housing projects and community services to meet the specific religious, ethnic, and cultural needs of the people in their communities.

Service clubs may be the catalyst behind a not-for-profit, or it may be that the municipal government is the managing body (in fact, every municipality in the province is required to maintain a not-for-profit home for the aged, and they are also mandated to oversee many other housing and social service agencies for the benefit of local citizens).

Not-for-profits are truly developed by local people for local people.

The providers that are members of AdvantAge Ontario represent a dynamic and innovative not-for-profit social services sector that is at the heart of our cities, towns and villages. They are dedicated to providing the services that help people make the very most of their lives. Every year, over 140,000 seniors in Ontario benefit from the care and support provided by AdvantAge Ontario members.

There are many things that set not-for-profits apart:

- ◆ Direct accountability - local people, either appointed or elected, sit on the boards and committees of management that govern not-for-profits, and their books are open to the public.
- ◆ Re-investment in care - not-for-profits re-invest millions in donations and municipal contributions in new services and improvements to care homes.
- ◆ Strong volunteer base - tens of thousands of people - young and old - volunteer their time to help others and to support the trained professionals caring for seniors in not-for-profits.
- ◆ Spectrum of services - together, AdvantAge Ontario members provide the broadest range of housing, support services and home care for seniors in the province.

The unwritten rule that generally exists for not-for-profits is to expand the services they provide and to expect that all programs will be of the highest quality, responding to local needs in supportive environments. The focus is to reflect their community's wishes with the services they undertake.

*Karen Reddick
Financial Officer*

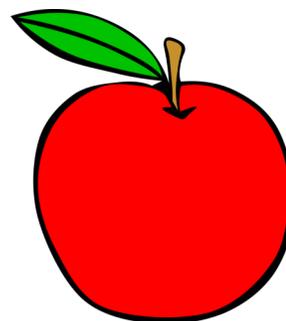
From the Kitchen of the Nutritional Supervisor

Improving your Heart Health

Eating a healthy, balanced diet is one of the most important things you can do to protect your heart health. A healthy diet can help lower your risk of heart disease and stroke by improving your cholesterol levels, reducing your blood pressure, helping you manage your body weight and controlling your blood sugar. A healthy diet is made up mostly of whole or natural foods and includes:

1. Eating lots of vegetables and fruit.

Many vegetables and fruit are particularly rich in vitamin C and in beta-carotene, which is a form of vitamin A. These work as antioxidants in your body, helping to slow down or prevent atherosclerosis by reducing the buildup of plaque from cholesterol and other substances in the arteries.



2. Choosing whole grain foods more often.

A heart-healthy diet includes foods that are high in fibre. Good sources of fibre can be found mainly in two food groups: grain products, including whole grains such as wild and brown rice and oatmeal, and vegetables and fruit. Meat alternatives such as beans and lentils also provide a high source of fibre.

3. Eating a variety of foods that provide protein.

Protein is essential for building muscle, but it's also vital to your brain and heart. Protein provides the amino acids that make up our neurotransmitters, which carry signals from brain cell to brain cell. If you don't get enough protein in your diet, your memory and mental agility can decrease.



4. Avoid highly processed foods.

Eating fewer highly processed, is one of the best things you can do to achieve a healthier diet. This is because nutrients are often removed from processed foods while salt is added in. Eating foods with too much salt can increase the amount of blood in the arteries, raising blood pressure and increasing the risk of heart disease and stroke.

5. Avoid sugary drinks.

Consuming too much sugar is associated with heart disease, stroke, obesity, diabetes, high blood cholesterol and cancer. Heart & Stroke recommends you consume no more than 10% total calories per day from added sugars. Reduce the risk and prevent premature heart disease and stroke through your life choices and habits, by eating a healthy diet and being physically active.

Dione Mills
Acting Nutritional Supervisor



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Did you know?

We host the Alzheimer's Society Caregiver Support Group the first Monday of every month here in our family dining room. Please join us February 7th at 10am!!



WOUND EDUCATION

In Autumn of 2018, PSW's and Registered Staff received Wound Care/Pressure Injury Prevention education from Medline.

Understanding what is involved in detailed assessments including what to look for and then documenting it is such an important aspect for nurses to be successful in their role as a caregiver to our residents.

Therefore, I'm excited to announce that Monika Stanfel from Medline will be returning to HJ McFarland on Feb. 6, 2019 to provide more education to the Registered Nurses and to the Registered Practical Nurses.

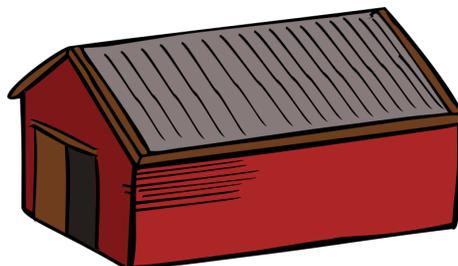
The education session will be focused on Wound Assessment as well as documentation that is required to provide the necessary care in the process of treating and healing wounds.

Stay tuned for the concluding newsletter containing what exactly was discussed!

Natasha Williams
Director of Care



**From the Shed of the
Environmental Services Supervisor**



Keeping your resolutions on track

New Year, New Me; we've all heard it or said it at point or another. It's one thing to make resolutions, but it's a whole other thing to keep them. If you already feel like your resolve is starting to break or you've wandered off track; here are some helpful hints to get you focused before you throw in the towel, grab the donut and wallow in self-defeat.

Begin by documenting your goals.

This is an approach financial planners embrace throughout the wealth management process. Documenting your goals not only makes them "real" but creates a greater sense of motivation and accountability for pursuing your goals. In fact, according to a recent study, those with a written financial plan, where goals and strategies are documented, are also more likely to have a budget, a rainy day fund, and a monthly savings goal. That's because positive steps in one direction tend to encourage other positive behaviors. It makes sense. Once you develop a budget, it's easier to identify opportunities to cut spending and save more. Similarly, once you begin an exercise program you may be more incented to clean up your diet, so you don't sabotage your hard work at the gym.

Reflect on the importance of your goals.

Remind yourself why each goal is important to you. In other words, why is it deserving of your time, attention and hard work? Is it an end in itself (such as saving to pay for a wedding) or a building block to the life you want to live (a healthier, stronger you). Once you've established the meaning and importance of each goal, it's time to develop a strategy to pursue it.

Develop a strategy.

Without a strategy in place to pursue your goals, your chances of falling short increase exponentially, whether it's weight loss, saving for retirement or planning more date nights with your spouse. Keep in mind that your strategy doesn't have to be complicated. In fact, the simpler you make it, the more successful you may be in achieving it. Let's take date night for example – mostly because it's a lot more fun to think about than losing weight. Once a month, get out the calendar, sit down with your spouse and circle the dates that work for both of your busy schedules.

Regularly trade off responsibilities for making dinner reservations, arranging for a babysitter or buying tickets for movies or special events, so one spouse is not disproportionately burdened with planning duties.

Establish a reasonable time frame.

Let's say you resolve to pay off all of your outstanding debt in the coming year. While paying off debt is a positive goal, sometimes even the most noble goals can be overly restrictive, setting you up for disappointment or failure. First, consider how realistic your time frame may be. How will paying off all of your debt in a 12-month period impact your current cash flow or ability to meet other financial goals and obligations, such as building up emergency or retirement savings? If it doesn't derail your other goals, or limit cash flow for essential living expenses (food, housing, clothing, medical care), go for it! However, if paying off debt becomes so restrictive that it adversely impacts your lifestyle, you may want to re-frame your goal. Maybe you extend the number of months you intend to pay down debt from 12 to 18 or 24 months to keep you motivated and continue the momentum without removing all enjoyment from your lifestyle.

Acknowledge your progress along the way.

If your goal is to lose 25 pounds this year, you might get frustrated if you lose six pounds the first month, but only four pounds the second month on the same exercise and nutrition program. Meanwhile, most medical professionals consider a loss of one to two-pounds per week to be a healthy approach for most adults.

Instead of focusing solely on how far you still have to go to meet your ultimate goal, take time to acknowledge your progress along the way. Do you feel healthier? Do your clothes fit better? Then analyze what's working and what's not and don't be afraid to make changes and adjustments along the way.

Joe Chapman
Environmental Services Supervisor