

HJ McFarland Monthly Newsletter



To our residents, families, and staff:

March is shaping up to be an exciting and energizing month in our home. As the days grow brighter, so does the activity within our community. We have a full calendar of events planned, including themed activity weeks, live entertainment and special celebrations that bring residents, families, and staff together. Be sure to watch for our monthly recreation calendar, there truly is something for everyone to enjoy.

I would also like to take a moment to recognize our incredible team for the meaningful ways they are putting their DementiAbility training into practice each day. Across all departments, we are seeing staff connect more purposefully and focus on residents' strengths and abilities. Whether it's adapting an activity to encourage success or simply engaging in more meaningful one-to-one moments, the impact of this approach is evident. Families have shared positive feedback, and most importantly, we see the difference in our residents' engagement.

Thank you to our team for embracing this model of care with such dedication and heart.

March will also bring opportunities for community involvement and collaboration. We are strengthening quality improvement initiatives and continuing to refine our processes to enhance the overall resident and family experience. Behind the scenes, important planning continues as we prepare for the redevelopment, ensuring that we are building not only improved spaces but also strengthening the exceptional care and services we provide.

As always, our focus remains on creating a vibrant, supportive, and person-centered environment. The energy and teamwork throughout the home have been inspiring, and I am confident that the months ahead will continue to reflect the passion and commitment that make HJM such a special place.

Dione Mills
Director, Long Term Care

In this newsletter you can expect:

Need to Know Information

Upcoming Events

Departmental Updates

Education Information

IPAC & Code Info

Family & Resident Council



Pet Visits

A friendly reminder to all family members that if you are bringing an animal to visit the home, we require an updated immunization record from your veterinarian. Please ensure this documentation is submitted to Danielle, Resident and Volunteer Services Supervisor. We also ask that owners promptly clean up after their pets while on the property. Thank you for your cooperation in helping us maintain a safe and welcoming environment for all residents, families, and staff.



Redevelopment

We are pleased to share that construction of our new home is progressing steadily.

Structural steel erection is underway for Resident Home Areas, marking an exciting and highly visible milestone in the building process. Significant progress has also been made below ground, with basement walls, waterproofing finalized, and basement backfilling well underway. Each of these steps brings us closer to seeing the full structure take shape.

While construction continues, important planning work is happening behind the scenes. The Operational Readiness Team is currently preparing the draft Initial Occupancy Plan in close collaboration with the Human Resources Department and the H.J. McFarland Memorial Home leadership team. This document will guide transition into the new space and help ensure a smooth, safe, and well-coordinated move for residents, families, and staff.

In parallel, procurement planning has begun. Colliers has circulated the Draft Procurement Bundle, which includes discussions around potential purchasing groups that align with PEC's established procurement processes.

These coordinated efforts from construction milestones to operational and procurement planning ensure that we are thoughtfully preparing every aspect of our new home. We look forward to sharing further updates as this exciting project continues to move ahead.



Recreation Updates

February was all about celebrating connection and fun. Residents enjoyed a festive Dirty Soda Bar with lots of drink options, celebrated Mardi Gras, took part in creative activities, and joined many other meaningful programs throughout the month.

As we look ahead to March, there's lots to be excited about. Our recreation team brings a wide range of skills, interests, and preferences, allowing us to offer diverse programs that reflect the unique needs and personalities of the residents we support.

Did You Know?

Not every resident experiences recreation the same way. Some prefer lively group programs, while others benefit more from small groups, quiet activities, or one-to-one engagement.

Recreation staff intentionally adjust how programs are offered including group size, environment, and level of support so residents can participate in ways that feel comfortable, meaningful, and enjoyable to them.



MONTHLY BUS TRIP

We are grateful to Quinte Access for providing opportunities to take our residents on adventures!

If you would like to sign up for a bus trip please speak to a Recreation Team Member or contact Danielle

Tuesday March 3
Quinte Mall Shopping Trip

Monday March 23
Walmart Shopping & McDonalds
Lunch



MARCH EVENTS

Wednesday March 11 at 2pm
Music With Peter Rea

Tuesday March 17th at 2pm
St. Patrick's Day Party

Wednesday March 25th at 2pm
Music With John Sharkey

Monday March 30th
March Birthday Party at 2pm
Intergenerational Paint Night With Baxter Arts
at 6:30pm

New Musicians This Month

Stuart on Wednesday March 4th at 2pm
Rustic Strings on Saturday March 28th at 2pm

Environmental Update



Fighting Cold & Flu Season: How We Stay Ahead This March

As we move through March and continue navigating cold and flu season, our team is staying focused on the simple but powerful steps that help keep everyone healthy. One of the most effective tools we have is also the easiest: proper handwashing. Public Health continues to emphasize that handwashing is one of the best ways to prevent the spread of respiratory illnesses because it removes germs before they have a chance to spread. Our Housekeeping and Laundry teams also play a crucial role in the fight against seasonal illness. Every day, they work diligently to maintain a clean, sanitized environment from high-touch surfaces to fresh linens. Their attention to detail helps reduce the spread of germs, creating a safer space for staff, residents, and visitors alike.



Environmental Update

To help keep our home safe, comfortable, and running smoothly, families and visitors are asked to let a staff member know if they notice a maintenance concern or have a request.

Staff should record all maintenance requests on the maintenance sheets located on each home area or in the laundry hallway, and submit them directly to Maintenance staff, Joe, Environmental Supervisor, or place them in the maintenance box located in the laundry hallway. This process helps ensure concerns are tracked, prioritized, and followed up efficiently.



Code White: Threatening Communication

To keep our workplace safe, here's a quick reminder of what to do if you receive any threatening communication whether by letter, email, social media, phone, or voicemail.

Treat all threats seriously.

Contact the Director or Manager in charge immediately.

- **Written threats:** Don't handle the letter unnecessarily, don't write on it, and keep the envelope.
- **Email threats:** Do not forward report it right away.
- **Social media threats:** Take screenshots, note the date/time, and do not engage.
- **Phone/voicemail threats:** Write down details, don't argue, and report using a different phone line.

Any threats involving harm to self, others, or the environment should be reported to police (non-emergency line unless urgent). These steps support timely response and workplace safety.

Common Types of Texture Modified Foods

Soft & Bite Sized	<ul style="list-style-type: none"> ✓ Foods are cut into bite-sized pieces ✓ Pieces are 1-1.5 cm in size ✓ Soft enough to mash with a fork
Minced	<ul style="list-style-type: none"> ✓ Foods are minced, grated or mashed ✓ Pieces are 4-6 mm in length ✓ Moist and mashable with a fork
Minced Meat	<ul style="list-style-type: none"> ✓ Meat has been chopped or ground ✓ Pieces are no more than 4 mm in size ✓ Moist and mashable with a fork
Pureed	<ul style="list-style-type: none"> ✓ All food items are pureed ✓ Smooth, thick, and consistent texture ✓ No liquid separation or lumps
Liquidized	<ul style="list-style-type: none"> ✓ All foods are in a drinkable format ✓ Smooth in texture ✓ May require thickening



Texture Modified Foods - What are they and why do they matter?

Texture modification is changing the consistency of certain food items, making it easier for individuals to chew or swallow. This may include softening, dicing, mincing, pureeing, or blending food items.

Some Residents have difficulty chewing or swallowing because of physical, medical, or cognitive conditions. These may include dysphagia, stroke, muscle weakness, poor or missing teeth, dry mouth, dementia, Alzheimer's, or Parkinson's. Texture modification helps make food safer and easier to eat. It lowers the risk of choking and food going into the lungs (aspiration) and helps residents to better enjoy their mealtimes.

Information Provided by:



Menu Updates

We are now well into our Fall and Winter menu for 2026.

Residents have enjoyed cozy winter inspired meals, some of the residents' favourite meals include Alfredo Ravioli, Spaghetti and Meatballs, Pizza Casserole, Homemade Stew's and Chili's and Chicken Drumsticks.

Any suggestions are always welcome!



Theme Meal

Our theme meal in February was a lover's themed dinner including grilled steak with mushrooms & onions, lemon roasted potatoes and garlic green beans, with Strawberry Shortcake for dessert.

For March we will be offering a Greek-inspired meal for the theme dinner as requested by the Food Advisory Committee, it will be held on Thursday March 19th, 2026, at 5pm in the Auditorium. Guest sign-up sheets will be available on each home area, and the cost is \$10 per guest. We look forward to sharing a fun Mediterranean coastal night!



Social Services Update

In Long-Term Care, we provide a palliative approach to care, as many residents live with life-limiting illnesses that do not have a cure. This approach focuses on quality of life, symptom management, and comfort. End-of-life care specifically emphasizes comfort during the final weeks, days, and hours of life. We use an assessment tool called the Palliative Performance Scale (PPS) to help guide this care. The PPS is a validated 11-point tool that measures functional decline and overall physical status, ranging from 100% (fully functional) to 0% (end-of-life), decreasing in 10% increments. It supports consistent communication among the care team and helps identify changes in condition to adjust care planning.

The PPS assesses five areas: Ambulation, Activity Level/Evidence of Disease, Self-Care, Intake, and Level of Consciousness. When scores differ, greater weight is given to ambulation and activity level.

- 100%-80 % (Stable): Residents are generally active, able to walk, and can perform most or all self-care.
- 70%- 40% (Transitional): Residents require increased assistance with activities of daily living. They may be mainly sitting/lying down, with significantly reduced activity.
- 30% - 0% (End-of-Life): Residents are requiring total care, are often experiencing fluctuating or reduced levels of conscious and may have minimal to no oral intake.



Family Engagement

March 23rd from 2-3pm please join us our topic this quarter will be on Food and Nutrition at End of Life with guest speaker Robyn Collins.

If you are interested in attending please RSVP to Rachel.



Education Updates

Cohort 4 Living Classroom students will be starting March 2nd

6 PSW students will be completing their 2nd and 3rd placements with us, please say hello to Rohman, Rebecca, Harjeet on days, Anu and Mohkam on evenings and Rinae on days and evenings!!

The students will be wearing burgundy scrubs

Nursing Department

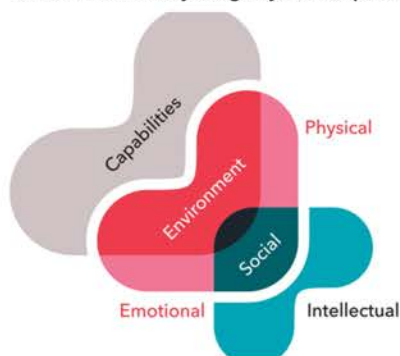


Information about PASDs and Restraints

A restraint is a device used to limit a resident's movement to a specific location only when there is a significant risk that the resident or another person could experience bodily harm without it.

A Personal Assistance Service Device (PASD) is used to support a resident's mobility, positioning, comfort, or independence. PASDs are intended to assist residents in maintaining function and safety, not to restrict movement.

Whenever a restraint is used, it involves a thorough assessment, informed consent, ongoing monitoring, and regular reassessment. Our team carefully reviews whether the restraint remains necessary and whether the potential risks of keeping it in place outweigh the risks of removing it. Our commitment is always to use the least restrictive approach possible while protecting each resident's safety, dignity, and quality of life.



PIECES Education

Our nurses continue to participate in PIECES education, a framework that supports person-centred care. PIECES focuses on:

- Building on each person's unique strengths
- Promoting optimal health
- Early detection of changes

It encourages us to consider the whole person, their physical, intellectual, and emotional health, their abilities, their environment, and their life story, relationships, culture, spirituality, sexuality, and identity. This approach helps us better understand and respond to each resident's individual needs.



Staffing Update

We are excited to share that since December, we have welcomed many new part-time Personal Support Workers (PSWs) to our team. This strengthens our staffing complement and supports consistent, quality care for residents. Thank you to our team members who have supported orientation and mentorship.



COVID-19 Outbreak Update

We are pleased to share that the COVID-19 outbreak declared on January 6, 2026, was officially declared over on January 27, 2026.

Fortunately, symptoms experienced by residents were mild, highlighting the effectiveness of vaccination in reducing illness severity and duration.

We sincerely thank our residents, families, and staff for your patience, cooperation, and understanding throughout this challenging time. A special thank you to the HJ team, whose compassion, teamwork, and dedication ensured residents continued to receive excellent care every day.

We remain committed to maintaining a safe and healthy environment for all.



Family Council

Families play an important role in the lives of Long Term Care (LTC) residents and the LTC Home community as a whole. The Family Council is comprised of family members and friends of residents living at the HJ McFarland Memorial Home (HJM). We are independent from the Home and are self-governed. As a group, we meet monthly to assist and support families through the sharing of information and our experience in navigating the long term care system (understanding legislative requirements) and more specifically the operation of the home. We also investigate educational opportunities on topics related to aging/age related diseases and potential behaviours/conditions/strategies that can assist us in supporting our loved ones.

Family Council raises concerns/issues of a collective nature arising at the home and works proactively with the management and staff to find mutually acceptable resolutions. We advocate on behalf of residents with a view to improving the overall care and quality of daily life on their behalf. Representatives of the HJM Management Team are invited to attend our meetings to provide updates and seek our input regarding changes/proposed changes in the operation of the Home, as well as any changes to programs or activities that impact residents.

Our meetings are held on the second Monday of the month and new members or those interested in finding out more about our Council are always welcome to attend and participate. Please email us at HJMFamilyCouncil@gmail.com to learn more about how you can get involved.

Next meeting: Monday, March 9th, 2026 at 1:30 in the Family Dining Room at H.J. McFarland.

Resident Council

Our Resident Council meets on the third Thursday of each month in the auditorium, providing residents with a voice in decision-making and activities within our home. The goal is to help residents understand their rights, share their lived experience, and inspire a better tomorrow. Next meeting date: Thursday, March 19th, 2026 at 1:30pm

Food & Activity Advisory Committee is a sub committee of Resident Council and also meets Monday to discuss any suggestions or updates related to Food & Activities.

Next meeting date: Tuesday March 10th 2026 at 10:30am

Fundraising Initiative



We are excited to share our first fundraising initiative being led by our very own Kim Woodcock! Kim is creating a community cookbook in support of our fundraising campaign, and we would love your involvement. This cookbook will celebrate the recipes, traditions, and stories that make our home and our County so special. We are inviting staff, families, residents, volunteers, and community members to submit their favourite recipes whether it's a cherished family classic, a holiday favourite, or a simple comfort dish. Please email your recipe to Kim at kwoodcock@pecounty.on.ca, or drop off a copy to Hannah Bonin, Executive Assistant in the Administration Office. Let's fill these pages with the flavours and memories that make our community feel like home!

Connect with our Team

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