

ISSUE: 9
OCTOBER
2023

The Senior Star

...News from Maynard Nursing Home

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GIVE THANKS

FAMILY • FRIENDS • GRATITUDE

Thanksgiving Day is a day to celebrate family, If we sit back and reflect on what is truly important in our lives, we would come to the realization that the most important things in life are not those of material value; rather, our health, and the love and respect of loved ones that help to carry us through each day.

Please remember that our with the cooler weather comes the flu season. Our world has changed and we are all being asked to do our part so that we may keep one another safe and healthy.

To all Resident's, Family Members, and Friends we wish you a very happy Thanksgiving Day filled with health, love, and laughter. .



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PHONE: 416-533-5198 FAX: 416-533-3531

<http://www.schlegelvillages.com/maynard-toronto>

RESEARCH MATTERS

RIA FEATURE

OCTOBER 2023

Spotlight on Laura Middleton

Laura Middleton, Schlegel Research Chair in Dementia and Active Living, has been enhancing the lives of those living with dementia for years. Now, as one of our newest Schlegel Chairs, Middleton's work will benefit even more Canadians. We spoke with Middleton to hear about her drive, her research, and the difference she's making in the lives of older adults with dementia.

What inspired you to pursue your research?

When my aunt was diagnosed with early-onset Alzheimer's Disease at 46, it significantly affected our family, especially my cousins who were just 12, 14, and 16 at the time. Seeing her experience, along with that of our family, motivated me to identify strategies to reduce the risk of dementia. Over time, this evolved to focusing on improving their supports so they can live as well as possible.

What is the main focus of your current research?

I aim to identify strategies to reduce the risk of dementia, and improve the health and well-being of those living with dementia. I focus on physical activity, along with other lifestyle strategies such as nutrition, social interaction, leisure and mentally stimulating activity.

How do you ensure older adults and their care partners are involved in your research?

My research is rooted in community engagement. People living with dementia and their care partners, as well as broader community partners, are involved

with the research team from the beginning stages. Their insights shape everything we do from research objectives to how we do the research, and the outcomes we strive for.



Four years ago, I had the privilege of presenting a talk alongside Roger Marple, a person living with dementia. His quote has since been a guiding beacon for my research: "The learning process for dementia needs to include hope for living well and practical ways to achieve this. This should be taught first."

What real-world impact has your research had on older adults and care partners?

Many participants in our exercise trials and programs, have experienced improved mobility, and some even started walking without walkers. They're feeling more confident. They found a supportive community among fellow participants and group leaders.

We've also seen a shift at the community level through a recent project (the [Dementia Inclusive Choices for Exercise project](#)) that aimed to train fitness leaders and community organizations to understand dementia and meet the needs of people living with dementia in their programming. You can really see a difference in the perspective of the fitness leaders - they now proactively plan for inclusion. To date, this training has reached over 1,000 individuals globally.

Subscribe to updates from the RIA at www.the-ria.ca/enews to stay up-to-date on the latest news, events, and helpful resources.

YOU'RE INVITED TO A

HALLOWEEN Costume CONTEST

TUESDAY OCTOBER 31

2PM IN THE RECREATION ROOM

COME DRESSED AS YOUR INNER MONSTER, RESIDENTS WILL JUDGE AND GIVE OUT PRIZES FOR THE 2 BEST COSTUMES ON EACH NEIGHBOURHOODS!



Maria de Melo
October 4th

Van Cam Nguyen
October 15th

Happy Birthday from everyone at Maynard!

Beat the
COLD & FLU
season



Fall is upon us which means it is that time of year again: respiratory illness season. This includes, Covid, Flu, Cold and RSV. Please note that under the direction of Public Health, Flu and Covid vaccines will soon be available for your loved ones. RSV vaccine for individuals 60+ will also be available later this year.

We kindly ask that you are familiar with the following steps to prevent the spread of germs while visiting:

- Monitor for symptoms prior to visiting. If feeling unwell, do not visit.
- Wash your hands often using an alcohol-based hand rub or soap and water.
- Cough or sneeze into your elbow or use a tissue. Throw the tissue in the garbage and wash your hands.
- Medical masks are not mandatory at this time, but continue to be recommended.

Additional information will be shared as the season progresses.

If you have any questions, please do not hesitate to reach out to IPAC Lead, Jessica, at extension 241, or email: jessicaelizabeth.richert@schelgelvillages.com



Nossa Senhora da Saúde
Dia 7 de outubro



*Numa eterna harmonia
Havia a procissão
Da Senhora da Saúde
Até a Rosa Maria
Com a alma e o coração
Tem uma grande virtude*

*Colchas ricas nas janelas
Pétalas brancas no chão
Almas crentes, povo rude
Anda a pé pelas vielas
É dia de procissão
Da Senhora da Saúde*

*Após um curto rumor
Profundo silêncio pesa
Lá para os lados da Guia
Passa a Virgem no Andor
Tudo se ajoelha
Até a Rosa Maria*

*Com a sua alma inundada
De profunda oração
Numa fé que não ilude
A rosa já desfolhada
Com uma grande razão
Tem uma grande virtude*

*Do Rosário, Virgem Pura
Mãe de Fátima, Mãe querida
Tu serás por toda a vida
Nossa Paz, nossa Ventura*

*Penitência e oração
Se fizesse, lhes pedia
Do Rosário que trazia
Fosse a Nossa Devoção*

*Qudesceste lá dos céus
A falar aos pastorinhos
Inocentes, pobrezinhos
Mãe dos homens, mãe de Deus*

Nossa Senhora das Dores
Dia 15 de setembro



*Ave Maria sagrada
Cheia de graça divina
Oracao tao pequenina
Mais de uma beleza elevada*

*Nosso senhor e convosco
Bendita sois vos Maria
Nasceu nosso filho um dia
Num palheiro velho e tosco*

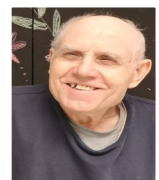
*Cheia de graça infinita
Bendito que deste a luz
Do vosso ventre Jesus
Amor e graça bendita*

*Santa Maria das Dores
Mae de Deus se for do vosso agrado
Pelo vosso filho amado
Hogai por nos pecadores*

*Se o povo vive sem sorte
Aparainos virgem Mae
Agora e sempre e tambem
Na hora da nossa morte*

*Amem dizemos com alegria
Ajudai-nos virgem Maria
Sois Mae de Deus
E nossa Mae*

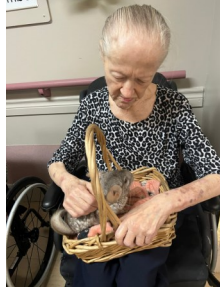
**By Joao Engenheiro,
Maynard Nursing Home
Resident**





Album of the month

September at Maynard was full of exciting and fun activities. We celebrated Labour Day, Grandparent Day, Hands on Exotics, Dogs Visit. We also spent time enjoying the sun at Trinity Park.





| <u>Position</u> | <u>Extension</u> | <u>Name</u> | <u>Office Location</u> |
|--|------------------|-------------------------------|------------------------------|
| General Manager (GM) | 231 | Julie Music | Basement/Main Street, East |
| Director of Nursing Care (DNC) | 232 | Elise Howe | 1 st floor, West |
| IPAC Lead/ADNC | 241 | Jessica Richert | 2 nd floor, North |
| PERT/ ADNC | 227, 404 | Marlene Da Costa | 1 st floor, South |
| Neighborhood Coor. (NC) | 242, 405 | Sandra Correia | 2 nd floor, North |
| Director of Recreation (DR) | 238 | Kelly Almeida | Basement/Main Street, West |
| Volunteer Coordinator (VS) | 402 | Allison | Basement/Main Street, West |
| Kinesiologist (KIN) | 401 | Cesar Noriega | Basement/Main Street, West |
| Admin. Coordinator (AC) | 222 | Renju Johnson | Basement/Main Street, North |
| Admin. Assistant (AA) | 221 | Esther Samaroo / Akilah Davis | Basement/Main Street, North |
| Director Food Services (DFS) | 225 | Diana Kania | Basement/Main Street, East |
| Director of Quality and Innovation | 403 | Daniel Bedard | Basement/Main Street, North |
| Environmental Services Manager (ESM) | 230 | Evelyn Molina | Basement/Main Street, South |
| Resident Support Coordinator (Social Worker) | 406 | Samuel Leite | |
| 1 st Floor Nursing Station | 226 | | |
| 1 st Floor Nursing Office | | | |
| 2 nd Floor Nursing Station | 228 | | |
| 2 nd Floor Nursing Office | 235 | | |
| Kitchen | 223 | | Basement/Main Street, East |
| Bellwoods (1 st floor) Cellphone | 437-213-9616 | | |
| Trinity (2 nd floor) Cellphone | 437-214-1977 | | |
| Fax No. Admin. Office | 416-533-3531 | | |
| Fax No. – Nursing Office | 416-533-3492 | | |

Success Awards

WINNERS

For many years, Schlegel Villages has recognized the dedication of our exceptional team members through our annual **Success Awards** where residents, families and fellow team members nominate someone for recognition based on their natural ability to connect with residents.

CONNECT the DOTS is Schlegel Villages Customer Experience program which consists of five values that make up our service credo: Know Me; Walk in My Shoes; Be Present; Earn Trust; and Follow Through. As our customer experience focus evolves, so, too, does our recognition of success.

CONGRATATIONS!!

IMRAN KHAN- Food services Walking in my shoes

VIVIANE PINA- Recreation Know Me

SEBASTIAN MCTAVISH- Housekeeping Be Present

ROSYLIN BALLOVAR– PSW Earn Trust

ANNIKA BROWN -PSW Follow through



Know Me

This **team member** demonstrates the meaning of true connection and takes the time to know each person's unique life story. The natural, memorable moments these connections create make the Village a more vibrant place to live, work and visit.



Be Present

In every interaction, this **team member** gives others their full attention and understands what it means to be present in that moment making every connection meaningful.



Walk in My Shoes

This **team member** practices true empathy through connection; they listen with an open heart and has capacity to understand what another person is thinking or feeling.



Earn Trust

This **team member** creates a sense of safety and comfort by delivering on our promises and taking that responsibility seriously, earning the trust of others and making them feel valued.



Follow Through

This **team member** follows through all the way, earning a deep sense of gratitude, respect and loyalty from a happy and engaging community.



Missing in photo Annika Brown



Looking for meaningful way to spend your time??

Volunteer with us and bring smiles to our seniors!

Call Aline, the volunteer coordinator
@416-533-5198

Or

Email:

maynard.volunters@schlegelvillages.com



Family Council seeks to improve the overall quality of life and care for all residents by promoting an environment of unity and support amongst staff, friends, and residents families.

Maynard's Family council is seeking a president and vice president representative.

All family members are welcome to attend or join the family Council.

For any interest or information in joining please e-mail

samuel.leite@schlegelvillages.com

IN MEMORIAM

The Board of Directors, Management and Team Members were saddened by the passing of

Adrienne Prokop



The Family Quality of Life Survey

interRAI has undertaken a program of research to develop a new Family Survey instrument to measure family member experiences and expectations. The new interRAI Family Quality of Life Survey is now available to be used with your LTC family members on the QoLPro platform. This instrument contains 25 items, half of which are core items that are also on the Resident Self-Report QoL Survey and half are new items that are unique to the family experience in LTC.

Family members play a critical role in resident's quality of life while living in Long Term Care. They provide vital information and collaboration in shared decision-making to support person-centred care planning. They support residents with their physical and psychosocial needs and can provide insight into the operation of the LTC home. Therefore, family members have unique perspectives that can inform approaches to improving quality of care and quality of life in long-term care.

Visit <https://schlegelvillages.qolpro.com/surveys/family> or use the QR Code to complete your survey

