



Hamilton Continuing Care

125 Wentworth Street South, Hamilton, ON. L8N 2Z1
(905) 527-1482

November 2023 Issue



November

sun	mon	tue	wed	thu	fri	sat
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



IN FLANDERS FIELDS

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders Fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.

If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

LEST WE FORGET

Remembrance Day

November 11th

Remembrance Day Service

All residents from any
Neighbourhood are able to attend
this Remembrance Day Service
on the First Floor Neighbourhood.

Time: 10:30
First Floor Neighbourhood



THE GIVING TREE

THIS YEAR WE WILL BE DOING OUR GIVING TREE!

FOR THE MONTH OF NOVEMBER, WE WILL HAVE OUR TREE ON
MAIN STREET WITH HOLIDAY BULBS WITH GIFTS THAT OUR
RESIDENTS WOULD LIKE FOR CHRISTMAS.

EACH NEIGHBOURHOOD IS COLOUR CODED:

RED=FIRST FLOOR NEIGHBOURHOOD

GREEN=SECOND FLOOR NEIGHBOURHOOD

BLUE=THIRD FLOOR NEIGHBOURHOOD

ON NOVEMBER 12 PLEASE FEEL FREE TO TAKE AS MANY BULBS
AS YOU WOULD LIKE, THERE IS NO PRICE LIMIT TO WHAT YOU
PURCHASE, NOTHING IS TOO BIG OR TOO SMALL!

WE ASK THAT YOU DELIVER YOUR GIFT WRAPPED TO
ALEXANDRA AMEY, DIRECTOR OF RECREATION NO LATER THEN
DECEMBER 15TH!



HAMILTON CONTINUING CARE'S

HOLIDAY MARKET!

Have a jolly holly time at our Market Booth!

**NOVEMBER 25, 2022
10:00AM - 3:00PM
WENTWORTH HEIGHTS**

Admission is completely free, so bring the entire family!
All money raised at the Holiday Market
will go directly to our residents!



Resident Council

To our Residents,
We wanted to inform you that Resident Council Meetings will be held on the
Second Tuesday of every month.

All residents are welcomed to participate in Resident Council. Please feel free to bring up any issues or concerns related to your Neighbourhood to the meetings. If you do not wish to attend a Council Meeting, please let your Neighbourhood Representative know or the Resident Council President and they can bring forth your concerns during the meeting.

Meeting Minutes are located on each Neighbourhood in a binder if you wish to review what was discussed and the responses that were given.

Resident Bill of Right #20

- Every resident has the right to ongoing and safe support from their caregivers to support their physical, mental, social and emotional wellbeing and their quality of life and to assistance in contacting a caregiver or other person to support their needs.

Resident Bill of Right #21

- Every resident has the right to have any friend, family member or caregiver or other person of importance to the resident attend any meeting with the licensee or the staff of the home.

A decorative border of colorful confetti in various colors (pink, blue, yellow, green, orange, black, purple) and gold glitter circles surrounds the text.

Happy BIRTHDAY

Margaret ————— **November 13**

Anne Marie ————— **November 20**

Donald ————— **November 25**

Spiritual Corner

Spiritual Calendar for October

Legion of Mary

November 07 @ 2:00

November 21 @ 2:00

Bible Study with Connie

November 14 @ 10:30

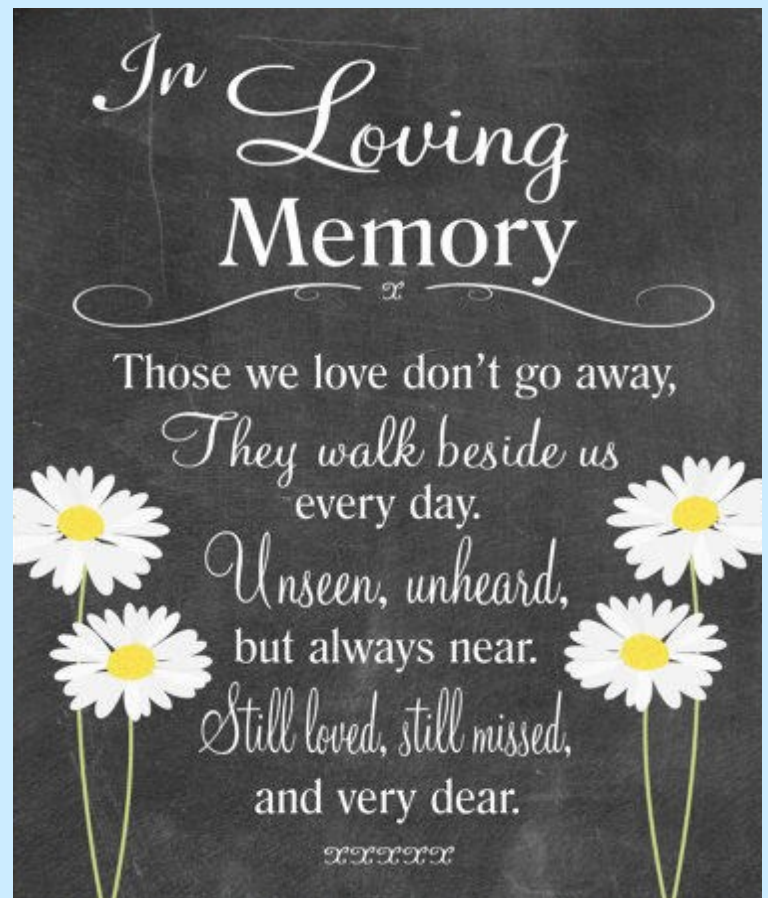
November 28 @ 10:30

If you have any questions
please do not hesitate to
speak to
Alexandra Amey-Director
of Recreation

Thank-you!

In Loving Memory

With great sadness,
we remember our friends
who are no longer with us:



RESEARCH MATTERS

RIA FEATURE

NOVEMBER 2023

Spotlight on Tejal Patel

Did you know that 50 per cent of older adults don't take their medications correctly? It might sound surprising, but older adults take 7-9 medications a day on average, and there are often special rules to follow, like taking pills with or without food, in the morning or at night, and once or several times per day, just to name a few. Some pill bottles are tricky to open, and some pills are hard to swallow.

All these factors and more can make it tough to take medications as prescribed.

This is where Tejal Patel, the RIA's new Schlegel Specialist in Medication Management and Aging, comes in. She's been a pharmacist for over 25 years, specializing in health conditions that affect older adults.

What inspired you to pursue your research?

Early in my career, I saw that there wasn't enough research on how pharmacists can best manage medications for older adults with conditions like Parkinson's, epilepsy, stroke, and dementia. This gap in knowledge inspired me to find solutions to common medication problems, such as taking too many medications, interactions between medicines, and using the wrong ones.

What is the main focus of your current research?

I'm working on ways to make it easier for older adults to take their medications correctly at home.

We know there are challenges, like finding the motivation to take pills, opening difficult pill bottles, and dealing with memory issues. With all these complexities, it's not always easy to stay on track.

We're developing strategies that help not only pharmacists and doctors but also older adults themselves manage their medications effectively at home.



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

Our approach emphasizes the involvement of older adults. I always ask if they're interested in helping with studies.

In one of our recent studies, we invited older adults with dementia and their care partners to help us come up with research questions based on their own experiences and needs. In one of our studies, two older adults are considered co-investigators and help with every part of the study, including interpreting results and sharing knowledge gained. We invited them to present the results alongside us at conferences.

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

RIA RESEARCH
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Charitable Registration # 841471212 RR0001

The General News!

On October 2nd 3rd and 4th, our leadership team along with Success Award winners, Stella, Regina and Katie, attended our annual Operational Planning Conference in Niagara Falls. “People, Care and Quality” was the theme this year and we truly appreciated the time spent together gathering feedback from team members our round our 5 key success factors: Family Culture-People-Village Life-Quality & Innovation and Financial Stewardship. We have a great start on our 2024 operational Plan!

Flu season is upon us and with it comes flu shots! Many thanks to Beberly and Anna for quick administration of flu vaccines to residents and team members. There will be opportunities for the Covid 19 booster in the coming weeks. Please remember that **HAND HYGEINE** is imperative in keeping infections from spreading.

Thank you so much to the entire HCC team for all your hard work during our most recent outbreak, your teamwork, patience and hard work have not gone unnoticed keep up the great work!

Julie Maidment
General Manager

Neighbourhood News

Family Council 101

Family (members) come together regularly, share a sense of purpose, and have common goals and objectives

Members abide by the principles of democracy by favouring social equality and giving every member a voice in decisions.

Family Council determines their own processes, goals, and activities (within the parameters of The Long-Term Care Homes Act) without interference by Village Leadership or Team members

Family Council is led by the members, not Village Leadership or Team members.

Goals of Family Council

Support: A Family Council can be a great source of mutual support to family members and offer guidance to new families during their transition to long-term care.

Education: A Family Council provides a mechanism for family members to learn and gain an understanding of the village and how it operates.

Problem-solving: Also called advocacy, Family Council advocates regarding collective concerns to improve residents' quality of life.

Communication: A Family Council provides an opportunity for families to be informed about what is happening in the home.

Impact of Family Council and how to start your own...

Family Council members across Ontario work to improve the experience of people living, working, and loving someone in long-term care. Together, they are improving the quality of life and culture of long-term care.

HCC Welcomes the opportunity for our residents to be represented and cared for in a much different way.

Please reach out to your **Neighborhood Coordinator** at HCC, **Heather Bell Livingstone** to assist you in the formation of Family Council.

Heather Livingstone
Neighbourhood Coordinator



Recreation Station

Hello everyone and Hello November!
The countdown is on for the holly jolly season!

Here is what we have in store for this month!

Village Special Events

Remembrance Day

Saturday November 11 @ 10:30
First Floor Neighbourhood

Holiday Market

Saturday November 25
10:00-3:00
Wentworth Heights

Village Wide Outings

Outing to Walmart

Wednesday November 15
11:00-1:00

Outing to Swiss Chalet

Tuesday November 21
4:30-6:00

Alexandra Amey
Director of Recreation

Hey! What's Cookin?

Hey!

We've got some exciting updates to share with you.

First off, we wanted to let you know that the fall/winter menu launch has been postponed to October 30th. We want to make sure we consider resident preferences and make any necessary changes to ensure everyone's satisfaction.

In addition to that, we're super thrilled to announce that we'll be serving fresh vegetables every single day for dinner! We have also included more of fresh fruits to the menu. We believe in the importance of providing nutritious and delicious options to our residents. But that's not all! We're also putting a major emphasis on the overall quality of our food. We want to make sure that every meal we serve is top-notch and exceeds your expectations. Your satisfaction is our top priority!

And guess what? We have something special in store for you. We'll be introducing special event dinners that will add a touch of excitement and variety to our menu. You can look forward to unique and memorable dining experiences. Make sure to keep an eye out for our upcoming newsletter, where we'll be sharing more details about these exciting changes and events. We can't wait to bring you the best dining experience possible. Stay tuned for more updates and get ready to indulge in some amazing meals!

Shaman Kaur
Director of Food Services



Falls amongst those 65 years or older can be a turning point in their quality of life and independence. It is important that we try to limit falls to prolong life and reduce injury and medical cost to both residents and family!

What conditions make you more likely to fall?

- Vitamin D deficiency
- Vision problems
- Use of certain medications
- Lower body weakness/ Decrease in balance and walking
- Medical Conditions (Diabetes, Heart Disease, Thyroid dysfunction)
- Overcrowded rooms/Excessive furniture (rugs, side tables)

Things we can do to prevent falls

- Ask your doctor to review your medicines
- Increase vitamin D supplementation/Bone sparing medication
- Fall proof your space (remove obstacles, adequate lighting)
- Physical Activity/Strength Exercises

If a fall were to happen here are some tips to keep you as safe as possible.

- Stay Bent (prepare to fall with knees and elbow bent)
- Protect your head (cover with your hands)
- Land on the meat (muscles instead of bone-back, butt or thighs)
- Try to let your body go limp (don't stiffen up)

Jonathan Manning
Pal Coordinator



Hamilton Continuing Care: The Heart of Hamilton



Schlegel Villages'
Volunteers

VOLUNTEER WITH US!

If you are interested in
supporting our village and
would like to Volunteer,
please visit our website
www.schlegelvillages.com/volunteer

or contact

Alexandra Amey
(Director of Recreation)
alexandra.amey@schlegelvillages.com

We  our
volunteers

Follow Us on Social Media!



@HCC_LTC



facebook.com/HamiltonContinuingCare

November Fun!

Zodiac Signs: Scorpio ♏ Sagittarius ♐

November Flower: Chrysanthemum 🌼

November Birthstone: Yellow Topaz 💎

⇒ November's full Moon is traditionally
called the **Beaver Moon**. This was
based on the month that beaver traps
were set before winter in the Colonial
era.

Q: Why was the music fan's ears ringing?
A: He just got through Rock-tober!

Village Team Directory



Name	Role	EXT	Email
Julie Maidment	General Manager	224	julie.maidment@schlegelvillages.com
Kaitlyn Wynnyk	Director of Nursing Care	227	kaitlyn.wynnyk@schlegelvillages.com
Beverly Agravante	Asst. Director of Nursing Care	236	beberly.agravante@schlegelvillages.com
Alexandra Amey	Director of Recreation	233	alexandra.amey@schlegelvillages.com
Heather Livingstone	Neighbourhood Coordinator	223	heather.bell.livingstone@schlegelvillages.com
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Recreation	Recreation Team		hcc.recreation@schlegelvillages.com
Randy Montour	Maintenance	237	randy.montour@schlegelvillages.com
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Crystal Beaudoin	Social Service Worker	508	crystal.beaudoin@schlegelvillages.com

