

INFECTION CONTROL & PREVENTION

This Season (FALL) we need to be aware of:

- 1) Is it allergies or is it COVID19?
 - a. Get tested!
 - b. Reminder please don't visit while you are not feeling well
 - c. Reminder to wear your mask at all times.Sorry, this means no visitor will be allowed food or drinks while visiting West park (So you don't have to remove your mask)

2) Cold and Flu season is upon us

Believe it or not those 'old school' infections still exist... its not JUST Covid! So don't forget to get your flu shot to help fight against the flu. Local pharmacies and your family MD will be able to provide you with the shot. Essential caregivers will also be able to obtain flu shots at West Park along with our residents, after staff and residents clinic dates are completed

3) Visitor Policy

This is located in our front lobby upon entering West Park. We have included the guideline document at the end of this package for your convenience

4) Applying to be an essential caregiver for your family member??

Information on this can be obtained by reaching out to one of our members of the management team. They can help coordinate the application, and how to become designated. This status allows those who are essential caregivers to be present, even during an outbreak to assist the resident. Your application must be on file to be designated, please contact West Park for more information

DID YOU KNOW?!?

That hand hygiene can prevent up to 50% of avoidable infections acquired during everyday activities? WOW!



FALL BIRTHDAYS

Rudolph D- September 4th, 1933
Nancy L- September 4th, 1948
Jane M- September 15th, 1935
Marion C- September 15th, 1947
Neil B- September 22nd, 1938
Doug B- September 27th, 1951
Mary J- September 29th, 1943

Genoveffa D- October 14th, 1933
Jean Guy A- October 15th, 1932
Lynda G- October 24th, 1962

Brian G- November 7th, 1961
Madeleine R- November 8th, 1961
Martha D- November 11th, 1923
Roseanne B- November 14th, 1933
Evelina Z- November 20th, 1931
John J- November 23rd, 1969
James S- November 30th, 1958

How can I access more information?

Scan below to view IPAC Visitor Education Package!

SCAN ME



<https://rb.gy/wrlhnu>

Fall 2022

West Park Health Centre

103 Pelham Road, St. Catharine's ON, L2S 1S9 | (905) 688-1031 |



Celebrating Fall

World Alzheimer's Month

September 1- 30

Grandparents Day

September 11

National Day for Truth & Reconciliation

September 30

Thanksgiving

October 10

National Coffee Day

October 1

National Hospice & Palliative Care Day

October 8

National Pasta day

October 17

Halloween

October 31

Daylight Savings Time Ends

November 6

Remembrance Day

November 11

National Kindness Day

November 13

National Men's Day

November 19

Leafs are falling, autumn is calling!

It is with such excitement that I share with you that we will be undergoing renovations on the 2nd floor in the month of November to replace all flooring within the corridors. We are also looking to see if we can accomplish the 2 dining rooms on both 1st and 2nd floor. This is such great news for the safety of the home as well as the appearance. I am so thankful to Southbridge for approving this project within the budget year. More details will follow as we are sharing our operational plan on this project with the Ministry.

In addition I have shared with the Resident Council that we will be having a generator installed at West Park. This will allow us to completely adhere to the Emergency Preparedness legislation under the Fixing Long Term Care Act and also allow West Park to completely function within our surroundings if we lose power due to a storm or other community essential service disaster. All items of this project are under way and I am hoping for this to be completed as well by mid November. Again the investment on this project is very much a substantial one and I am grateful for the approval from Southbridge.

Lastly I am currently working on next years budget which is adhering to the downsizing of beds given the directive set forth by the Ministry to abolish the 3 and 4 bed ward rooms. This means that we are officially moving from a licensed 96 bed home to a downsized 73 bed home. Changes have been put forward by the government that have freed up beds we were keeping for isolation purposes so this will be something I share with you in more detail in our next Newsletter.

Enjoy the colours, your friends & be kind to one another!

- Sara
Rooney, E.D



GRAPE & WINE 2022

Here in St. Catharine's, ON, the yearly Grape & Wine Festival was held in Montebello park during the month of September. We at West Park, of course had to have our own celebration as well!



We crowned our Grape & Wine – King and Queen during a wine and cheese social hour!



BOWLING TRIP

On a chilly fall afternoon, we gathered up some excited residents and headed to Parkway Lanes to bowl.

Lots of laughter, memories, and strikes were made!



HAPPY THANKSGIVING!

West Park residents celebrated thanksgiving all weekend long! From warm apple fritters and tea social, themed photo booth fun, a yummy thanksgiving dinner with some wine, and lastly by acknowledging what we are each thankful for this year. Some popular answers were: Health, Happiness and Friends!



HALLOWEEN PARTY

In the afternoon of Halloween day, we celebrated by hosting a "Monster Mash" party! From spooky music, Halloween themed deserts and even a staff & resident costume contest award ceremony!

We ended the Halloween night with some "trick or treating" where program staff delivered some treats door to door



BOOSTER CLINIC

Beginning on November 3rd, Covid-19 booster shots will be available and administered to all residents and staff who are eligible. The booster shot will continue to be available every Thursday during the month of November

WEST PARK FLU-FIGHTERS CAMPAIGN

In the spirit of the Flu season, West Park nurses took to the floor to administer the flu shot to residents and staff!



2022 RESIDENT/FAMILY SATISFACTION SURVEY

Please see the QR code below to participate in this year's Family Satisfaction Survey. The survey will be live from October 31st- December 9th. We encourage all families to complete the survey to better the quality of life and experience for your loved ones

Please reach out to Sarah, Program Manager at (905) 688-1031 for any further questions

QR Code For 2022 Family Satisfaction Survey



WELCOME, SUSAN!

Hello, I'm Susan Stuart & your newly appointed—**Director of Care**. I have more than 20 years of extensive international nursing experience in both hospital & community based sectors that have brought me to this new & exciting role, permitting me to return to one of my greatest professional interests; long-term care. I look forward to working with the great West Park Team to evolve & serve you!



What are some of your goals for your role moving forward to 2023?

Help our team provide safe, effective, holistic care to our residents

What are 3 things on your bucket list?

- Travel to India
- Hike the entire Bruce Trail
- Take some photography courses to pursue photography as a hobby

Phone: 905-688-1031, ext. 202

Email: Susan.Stuart@southbridgecare.ca

NEW FALL MENU



To kick off the fall season, we are introducing a new fall/winter menu starting on October 24th. The new menu will offer some delicious and comforting dishes such as pumpkin & bacon harvest soup, apple & sausage French toast, seasoned cowboy steak and many more new and delicious items

In addition, there will be an extra choice of snack offered at snack times. The menu will be on a 2 week rotation and all residents are encouraged to attend the monthly Food Committee meetings to provide their feedback on the new dishes!