

West Park Health Centre



103 Pelham Rd, St. Catharine's ON, L2R 1S9 | (905) 688-1031 | <https://www.facebook.com/westparklhc/>



Christmas Festivities

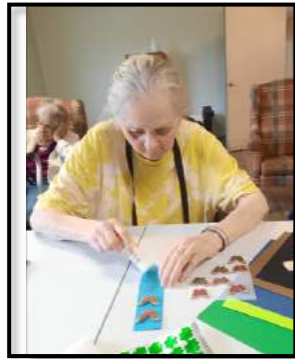


Resident Black Tie Dinner to kickoff the Christmas Holiday!

Resident Council generously sponsored all our residents with a personalized 2023 wall calendar



Crafting hour this season consisted of some bookmark making!



2nd Place in Southbridge's Christmas Contest!

Our "IPAC Friendly" Santa won us the 2nd place prize of \$200 that we used towards putting together a wellness gift basket that included a throw blanket, candle, chocolates, mug, masks, and even a message gift card. We raffled the basket off to staff and our PSW, Jane, went home with the prize!



WINTER BIRTHDAYS!!

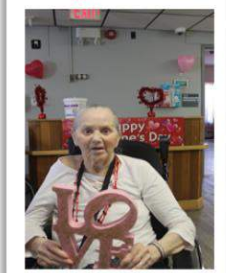
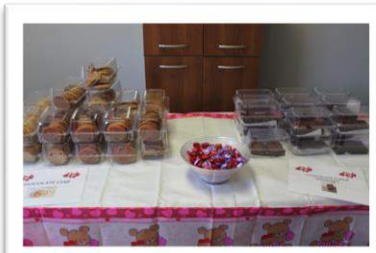
Jacqueline R – December 9th, 1926
Robert W – December 13th, 1950
Johannes V – December 17th, 1936
Walter W – December 27th, 1946
Karen L – December 30th, 1955

Joyce B – January 2nd, 1942
Mark S – January 4th, 1956
Evelyn P – January 17th, 1936
Robert T – January 23rd, 1974
Karl P – January 25th, 1933

Dennis H – February 1st, 1965
Alson M – February 4th, 1938
Jack T – February 18th, 1942
Colin E – February 27th, 1944
Adeline W – February 28th, 1949



Valentine's Day Bake Sale



On February 14th we celebrated love day with a Valentine's Day bake sale to raise some money for Resident's Council!

Celebrating Winter

Hanukkah
December 18-26

Christmas
December 25

New Year's Eve
December 31

New Year's Day
January 1

Martin Luther King Day
January 16

Groundhog Day
February 2

Super Bowl LVII
February 12

Valentine's Day
February 14

World Human Spirit Day
February 17

Mardi Gras
February 21

"Winter is a time to slow"

As the seasons change, we welcome a familiar face to the West Park Executive Director position – Kaitlyn Pearson. Kaitlyn is excited to continue her career with West Park in this new role!

With change also comes improvement – The new generator is now functioning and leaders and maintenance are just waiting on the education required by the Electrician as well as testing in person the transfer switch. This generator will allow the home to completely function while a power failure is occurring in the community with fridge, freezer, server fridges, hot wells, laundry equipment, fire panel, call bell system, phone system, various plugs for charging lifts, maintaining air mattresses, oxygen concentrators, lighting, photocopier, printing, main computers. This will be a huge safety asset to the home

In addition all residents should be aware that after auditing 2022 the home was 100% compliant in code training and we continue to provide an excellent platform for our staff to maintain safety for you and themselves

We wish everyone a safe and healthy winter season!



IPAC Updates

Here at West Park we take our IPAC Program very serious. As West Park's IPAC Lead, I want to share with you all the information you need on our IPAC Program, and helpful tips to keep you, our residents, and all those you care about safe and healthy

Our IPAC Program:

West Park has an organized Infection Prevention & Control Program that's main goal is to keep residents healthy and safe and protect them from infections. It includes our IPAC Lead, Melanie & the rest of the team; evidence based policy and procedure; routine practices & additional precautions: surveillance; outbreak management; Quality improvement and so much more. If you want to know more about our specific Program please see Melanie

Did you know?!? That Hand Hygiene can prevent up to 50% of avoidable infections acquired during everyday



Whether you are a resident or a visitor, do your part to prevent germs from spreading. Think about the times that you would usually clean your hands at home. Make sure you clean your hands at these times and even more often when you are in a long-term care home

Immunization:

Immunization is another great way to prevent infections by increasing your immune system and reducing symptoms if you do get sick. If you wish to have your loved-ones immunized please contact Melanie to provide consent

How can I access more information?

Scan below to view IPAC Visitor Education Package



WINTER TRIVIA!

1. About how many snow crystals fall from the sky each winter?
2. What is the persistent fear of snow called?
3. What place holds the record for the most snow angels at one time?
4. What is the coldest temperature ever recorded?
5. How tall is the largest snowman ever?
6. What animal changes their fur colour to white during the winter?



Answer Bank: (1) One septillion (2) Chionophobia (3) Bismarck, North Dakota (4) -123 C (5) 113 ft. (6) Arctic fox

Accreditation 2023



West Park is preparing for our 2023 Accreditation in April, our last survey occurring 4 years ago. We will be visited by 1-2 surveyors in April for 1 day and they will have already reviewed all of our policies and procedures as well as our own evidence based folders to meet all standards put forward by Accreditation Canada. We will be asking residents through the program department to speak to the life at West Park if asked and also to show off our brag book that we are busy putting together. We are very proud of our successes in the last 4 years!

Leadership Directory (905) 688-1031

- ❖ Kaitlyn Pearson – **Executive Director** – ext. 201
- ❖ Susan Stuart – **Director Of Care** – ext. 202
- ❖ Kim York – **Director of Clinical Services** – ext. 204
- ❖ Melanie Lamoureux – **IPAC Lead** – (289) 668-8815
- ❖ Angela Morrison – **RAI/Quality Lead** – ext. 209
- ❖ Taida Marczak – **Nursing Clerk** – ext. 206
- ❖ Sarah Masonovich – **Program Manager** – ext. 212
- ❖ Maria Andrei – **Environmental/Dietary Manager** – ext. 203
- ❖ **RN in Charge** - 289-241-0761
- ❖ **Office Manager** – *Pending*

“Bridge To Dreams” Program

In the Fall of 2017, Southbridge Care Homes launched the Bridge to Dreams program which is an internal program designed to give our long-term care residents the ability to relive some of their dreams

Located on “Bridge To Dreams” board on 1st floor, there is the “dream application” forms that are required to be filled out and submitted to Sarah, Program Manager, to ensure your dream is recognized- also on the board are additional resources regarding the program itself

All West Park families, friends, and residents themselves, are more than welcome to reach out for all questions that they may have pertaining to this amazing program!



sarah.masonovich@southbridgecare.ca

(905) 688-1031 ext. 212

Meet our new Director of Clinical Services – Kim!

Hi everyone,

My name is Kim and I was born and raised in Inverness, Scotland and came to Canada at the age of 13. I have 2 incredible sons and a sweet little dachshund named Tilly. I am a seasoned nurse of 27 years. I have many years experience in the hospital, but have always found my way back to the geriatric population. I am very passionate about my career and would love to continue to grow with the West Park Health care team, residents and families. In my personal time you can find me on exciting new adventures with my family or any where near the water in the summer months... I love to stay busy!



- Kim

Interested in joining West Park's Family Council?



If you are interested in joining, but don't know exactly what the council entails, then here is a short break down...

As the name implies, “family councils” are groups organized and run by families (or close friends or representatives) of LTC home's residents', instead of the residents themselves. These family members then join with other families and speak for residents in advocating for policy and procedure changes that improve daily care and quality of life!

Please reach out to Sarah, President Program Manager to join or for any further questions ☺