

MARCH 2019

SAINT LUKE'S NEWS

SAINT LUKE'S HOMES' QUARTERLY
NEWSLETTER

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Snowflake Project Success!

By Kelly Fry, Occupational Therapist & Krista Domino, Social Worker

This past Christmas we had our 3rd successful Christmas Snowflake Project here at Saint Luke's. You may have noticed it in the main entrance this past Christmas season. This is a project that allows us to help residents and tenants that may be in need of a little something for Christmas. Specifically, we try to ensure that those with limited financial and/or family supports get what they need for continued good health and wellbeing during their time at Saint Luke's. It is our goal with this project to make sure that everyone gets a meaningful gift for Christmas!

This year we helped over 35 people, all thanks to your generosity. In addition to specific gifts, we received so many donations of general personal care items and stocking stuffers that we were able to distribute extra items to many residents and tenants throughout the home.

We would like to extend a huge thanks to the families, community volunteers and staff that donated to the Snowflake Project this past Christmas. It was a huge success and we are already planning for next year!

HELP SAINT LUKE'S HOMES PREVENT SLIPS, TRIPS & FALLS

We ask that you assist us in ensuring we continue to offer safe and accessible access to our Long Term Care Facility and surrounding properties. All staff, residents and visitors are encouraged to report slippery or unsafe walking conditions by calling 752-8900 or reporting directly to our front desk attendant.



From The Administrator's Desk

Greetings! This is my first opportunity to greet you in this manner as Administrator of Saint Luke's Homes and CEO of Anglican Homes Inc. As the eighth person to hold this position since Saint Luke's opened its doors in February of 1965, I am quite appreciative of the efforts of all my predecessors, who together with others have helped to make Saint Luke's Homes the special place it is.

Saint Luke's Homes has a great reputation in this community for quality care. This is a trust that we value, are privileged to have earned and do not take lightly. Saint Luke's Homes is pleased to partner with Eastern Health in the provision of long-term care to 117 residents and the delivery of the region's only adult day program.

As an organization, Anglican Homes Inc. has a volunteer Board of Directors who provide oversight and governance advice. These individuals come from a variety of professional backgrounds, but all are committed to providing affordable housing to seniors. In addition to owning Saint Luke's Homes, AHI administers 155 rental units at Babb Manor, Bishop Meaden Manor and the Cottages.

I am extremely proud of our staff and volunteers. While there are times when mistakes occur, and individuals who sometimes need a bit of guidance, there is much good. In the short time that I have been here, I have observed numerous staff display their dedication to our residents, tenants and day program clients and their desire to work with families as partners in care. Compassion, respect, fairness and integrity are evident. There is a commitment to excellence, to cooperating with others and to celebrating mutual accomplishments. Truly we are living our values.

As Administrator, my role is essentially that of a good steward. My task is to take what has been entrusted to me, to honor it, and to strive to make it even better. Together with our management team, our staff and volunteers I pledge to walk with you on the journey of quality care.

If you should have a concern or a suggestion regarding any of the programs or services provided at Saint Luke's or AHI, I would be pleased to speak with you.

Sincerely,

Derrick G. Gullage

Administrator of Saint Luke's Homes & CEO of Anglican Homes Inc.



Therapeutic Recreation Month

By Krista Doyle, Recreation Development Specialist

February was "Therapeutic Recreation Awareness Month". The Therapeutic Recreation (TR) Services at Saint Luke's Home are provided by two Recreation Therapy Workers and a Recreation Development Specialist – our aim is to provide large/small group activities to meet the needs of our general population; while also providing goal-orientated one-to-one programs for residents who may show signs of mental health concerns, behavioral concerns or leisure interests unmet by program calendars.

To celebrate TR Awareness Month our Department displayed information in the main lobby for any staff/residents/families to read plus a variety of brain games to try and our self-care calendar. Our residents took part in a "Therapeutic Recreation Month Social" with music by the very talented Dennis Kendall!! Make sure you check out our unit boards for programming and special events!



(L-R): C. Costello, RDW; A. Carew, RTW; K. Doyle, RDS

UPCOMING EVENTS: Paddy's Day Celebration (March 15th 2019); Volunteer Appreciation Week (April 7th – 13th 2019)

OUTBREAK MANAGEMENT & VISITOR PRECAUTIONS

By Erin Tizzard, Infection Control Nurse & Denise Blyde, Social Worker

An outbreak of respiratory or gastrointestinal illness (GI) occurs when there are 2 or more residents on the same nursing unit who are experiencing the same symptoms of illness. Visitor precautions is a series of infection control measures that are put in place during an outbreak as a method to reduce the spread of infectious diseases. They are designed to help keep our residents, families, staff and visitors healthy and safe.

During an outbreak, there is a risk that visitors may acquire illness within the facility during their visit. To reduce this risk, please refer to visitor precautions signage information including:

- Do NOT visit if you are ill
- You must clean your hands before entering the unit and before you leave the unit
- Check with nursing staff before you visit
- Speak with nursing staff regarding any precautions that are necessary. This may include equipment that is indicated for a visitor to use during their visit (e.g.: gowns, gloves or mask).

The nursing staff can also instruct you on how to properly apply and remove this equipment.



Illness can spread easily in crowded places where people are in close contact. Respiratory illness is spread directly during coughing and sneezing and indirectly on unclean hands. GI illness is spread through contact with vomit or stool from an infected person and/or contact with items that are contaminated with vomit or stool (such as consuming food, water or ice).

Infection prevention and control will assess the status of an outbreak on a daily basis and lift visitor precautions as soon as the risk to residents, staff and visitors has been minimized. Hand hygiene is the best way to prevent infection and can be performed by using Alcohol based hand rub and/or washing with soap and water.

Provincial Government Introduces New Financial Assessment Process for Long-Term Care and Community Support Services

NEWS RELEASE – OCTOBER 1, 2018 – *REPRINT*

Executive Council Children, Seniors and Social Development: Health & Community Services

The Provincial Government is introducing a new and improved financial assessment process for the long-term care and community support services system.

On November 1, 2018, liquid asset testing {was} eliminated. When applying for long-term care and community supports, people will no longer have to provide proof of their liquid assets. A liquid asset means cash in the bank or investments that can be easily converted into cash, for example, a savings account or RRSP. Before this change, only people with liquid assets below a certain level would be eligible for financial assistance and significant documentation would have to be provided.

As of February 1, 2019, the needs test for specific programs [was] eliminated and income testing [was] expanded to all services offered by the regional health authorities. Eligibility will be determined through one single test, the Income Test. Income testing is widely used in other Canadian jurisdictions. It is an easily understood tool that will calculate a person's contribution based on their income. To qualify for financial support, the health authority will only look at your net income from the Canada Revenue Agency Notice of Assessment. New clients will be assessed with the Income Test. Existing clients will also be assessed with the Income Test when their annual reassessment date rolls around.

Some clients already in the long-term care and community support services system may have a higher contribution when they go through the Income test. To help minimize the impact on those clients, they will be grandfathered into the new program and will not see an increase in their personal contribution. In addition, a financial hardship policy will be developed for both new and existing clients. This will allow the health authorities to have some flexibility to adjust or waive the client contribution when clients show that significant financial hardship would occur due to the contribution calculated with the income test. The Provincial Government wants to ensure that clients in need of long-term care and community services are supported to the fullest extent.

MUSIC THERAPY SEEKS IPOD DONATIONS

Music can calm and sooth or it can stimulate and motivate. In Long Term Care, it can help to distract from the sameness of each day and allows for an escape into yesteryear so to promote reminiscence. Saint Luke's Homes Joyful Listening Project offers iPods personalized for residents and their musical choices.

Unfortunately, our Music Therapy program is experiencing a shortage of iPod Shuffles, as they are no longer available for purchase. Therefore, we ask our friends and families who have old iPods at home to consider donating them to our residents.

**COMMENTS? SUGGESTIONS?
EMAIL US!**

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