

May-June 2023

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Mother's Day Monday May 14th



Victoria Day Monday May 22, 2023



Father's Day Sunday June 18th



Director's Updates

All of us continue to work toward promoting and strengthening our culture of safety, quality, and best practice for our residents, visitors, and staff. A few examples of work underway:

As you may have noticed, one of our parkade stairwells is currently out of order and has been closed off until repairs have been completed (scheduled for the near future). Thank you so much for your patience. Please let us know if signage is torn down or is not enough to assist staff in navigating around the parkade.

Preparation is also underway for our *Partners in Injury Reduction* audit, which will be held in June, and the additional provision of ongoing Health & Safety education for our staff as well.

Fanning now has a new Carewest Education Center, which is available for various staff training, including new hire orientation, staff in-services, and other important unit education, to ensure our staff are up to date in all of their required care practices.

Several of our Fanning residents participated in a national research study sponsored by Health Canada on a revolutionary healing technology called **NanoSalv**. We are so grateful to our residents for their participation; as the information gathered through research on this product helps, research scientists understand when is the best time to use this treatment, for how long, and which types of wounds are most responsive. This research will mean better treatment for our residents at Carewest, as well as across Canada. The wound treatment technology will be approved in January 2024 for broad use, but we will continue to treat any of our residents who are currently on it, until their wounds are healed.

Again, thank you so much for advancing knowledge and helping to improve resident/client care through research. In addition, we truly appreciate the support of our care team who assisted the residents to be participants in this research.

Food services staff also continue to work behind the scenes with ongoing menu improvements and changes for our residents and clients, including the introduction of new menu items, ingredients, and presentation. Changes have also been made in the Cafeteria and you may have noticed changes in presentation and packaging of items as well. These are all part of Food Services' initiatives to continue to provide quality meals and efficient service, while trying to reduce packaging costs and using environmentally friendly products.

Over the next upcoming months, you can also expect to see some upgrades throughout the building as we prepare for the launch of **Connect Care** (the name given to the project involving implementing our **electronic health record [chart]**). Computers will be installed, med carts will be replaced and upgraded, some rooms will be renovated to make space for this new equipment, etc. The most exciting aspect of the electronic health record for our residents and clients is that they and family members (with consent) will have access to their electronic health record. Fanning is expected to be fully operational on Connect Care Spring 2024. More information will be shared in subsequent issues.

Happy Spring!

Shelley Bannister

Fanning Activities

EQuaL Open

Activities:

(Please check unit whiteboard for daily activities).

Monday:

Physical or Cognitive Games @ 1:15 in the Coliseum

Tuesday

Physical or Cognitive Games @ 1:15 in the Coliseum

Wednesday

Physical or Cognitive Games @ 1:15 in the Coliseum

Thursday

Physical or Cognitive Games @ 1:15 in the Coliseum

Friday

Physical or Cognitive Games @ 1:15 in the Coliseum

1st Floor Resident

Forums:

Forums are held on the 3rd Thursday every other month. Families and visitors are welcome to attend as well.

2nd Floor:

** 2 East and 2 West Clients are encouraged to check with their unit Recreation Therapists for scheduled events, outings and activities.

Did You Know?

As we head into summer and warmer weather, May celebrates a lot of summer themed holidays including National Barbecue Month, National Hamburger Month and National Salad Month. What a great way to start the summer! May is also national Foster Care month, National Lupus Awareness month, National Bike Month, National Mystery month, and National Photograph Month.

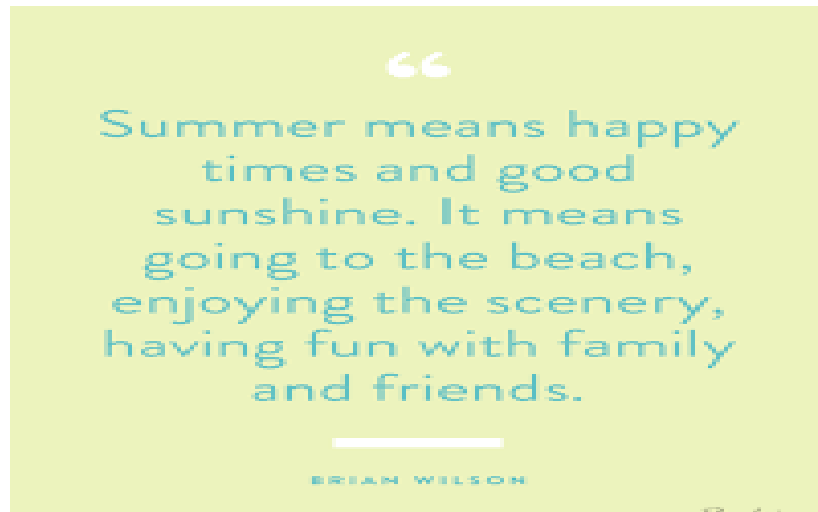
May 8th to 14th also marks National Nurses' Week, so please take a moment to acknowledge our nursing staff and thank them for all their hard work that they do, not only this week, but also all year round. May 14th is also Mother's Day, where we celebrate our mothers, grandmothers, aunts, stepmothers, adoptive/foster mothers, and any other important parental figure or mentor that helped support us throughout our childhood growth and development.

May 22 celebrates Victoria Day, which celebrates the birthday of Queen Victoria, who ruled from 1837-1901. Queen Victoria's birthday was on May 24 and was declared a Statutory Holiday by the Canadian Legislature in 1845. Victoria Day is celebrated on the Monday that falls closest to May 24th. The Jewish holiday, Shavuot begins at sundown on May 25th. It is a two-day holiday that commemorates the date when God gave the Torah to the Jewish people at Mount Sinai over 3,000 years ago.

June is the official start of summer, as well as the arrival of Summer Solstice, which is the longest day of the year. June is also Alzheimer's Month, Brain Awareness month, as well as National Aphasia Month, Great Outdoors Month, Rose Month and Aquarium month.

June is also an important month for the LGBTQ+ community as it is Pride Month, which focuses on fostering alliances, advocacy and equal opportunities for LGBTQ+ individuals. Pride month also focuses on raising awareness around some of the struggles that LGBTQ+ individuals face, which can include suicide and homelessness.

June 1st is International Children's Day and is celebrated around the world to raise awareness around children's rights and well-being, ending child abuse and making efforts to improve the rights of children around the world. June 18th is Father's Day, celebrating fathers, grandfathers, uncles, stepfathers, adoptive/foster fathers and any other individuals or mentors that played an important role in our childhood lives. June 21 is National Indigenous People's Day, celebrating the unique heritage, culture and contributions of our First Nations, Inuit and Metis people.



Fanning Activities (Cont'd)

3rd Floor LTC units recurring monthly activities:

Monday

Gardening
Bingo

Tuesday

Baking

Wednesday

Java Music Club
Book Club

Thursday

Bingo
Creative Arts

Friday

Baking
Creative Arts

*Please check Calendars posted on each unit for times and additional information.

3rd Floor Resident Forums:

3 East- Forums are held on the 3rd Tuesday every other month at 11:00 in the Resident Dining Room. The next forum will be Tuesday May 16, 2023. Family Members and visitors are always welcome to attend.

3 West- Forums are held on the 3rd Friday every other month at 11:00 am in the Resident Dining Room. The next forum will be Friday May 19, 2023. Family Members and visitors are always welcome to attend.

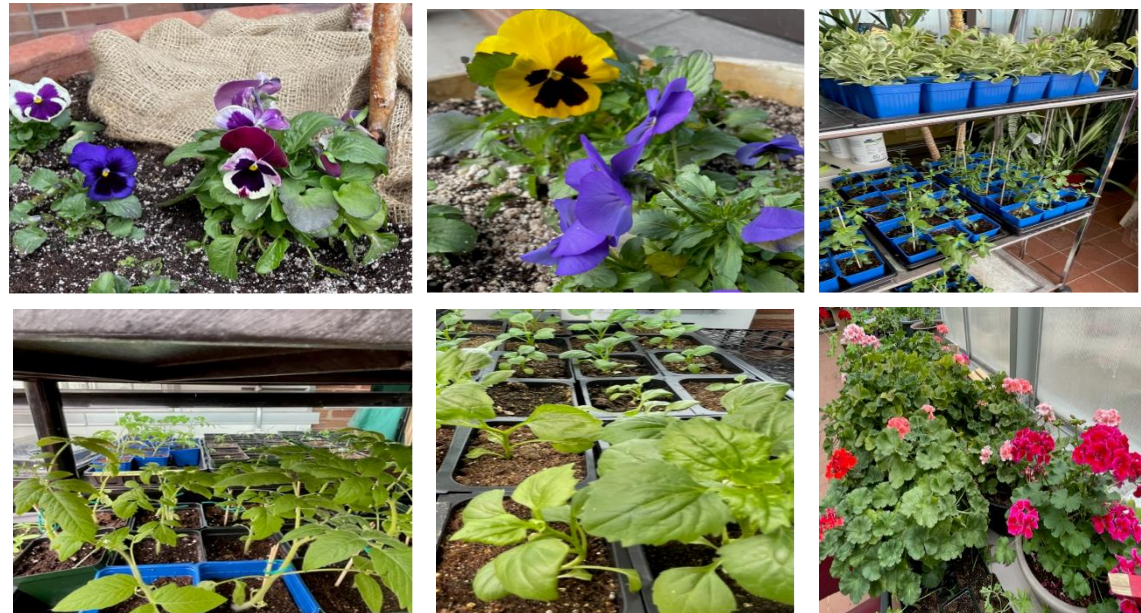
Photo Gallery



Before & After (Top Photos): Fanning 2 West Therapy staff came across an Easter themed photo of them that was taken back in 2020 when we didn't have mask mandates and only required social distancing.

Staff decided to have some Easter fun this year and re-enacted the photo, but with masks on this time.

Masks or no masks, it looks like they had lots of fun both years. What a great team!



Photos Above: Spring has sprung at Fanning and residents, clients and staff are ready for it! The front entrance pots are planted with pansies, which make everyone smile this time of year! The greenhouse is bursting with snapdragons, asters, zinnias, marigolds and many varieties of tomato plants all started by seed by residents and clients. These will fill the rooftop garden late in May. Bring on the sunshine – bring on the warmer temperatures! Fanning gardeners are ready to go!

Oh, yes – there will be tomato plants for sale very soon for all the staff that have been asking!!

Update & Photo Credits: Shelley Rutledge

Spiritual Care Services:

Christian Hymn Sing:

1st Wednesday at 1:30 p.m. in the Chapel.

Roman Catholic Service:

2nd and 4th Wednesday at 1:30 p.m. in the Chapel.

Christian Hymn Sing:

3rd Wednesday at 1:30 p.m. in the Chapel.

Muslim Prayer Service:

Every Friday from 1:30 p.m.-2:00 p.m. in the Chapel.

Upcoming Entertainment:

Crystal Belles- June 27th at 1:30 p.m. in the Coliseum.



Photos Above and to the Left: Fanning staff took part in N95 Fit Testing Training on April 25, 2023 in Conference Room 2.

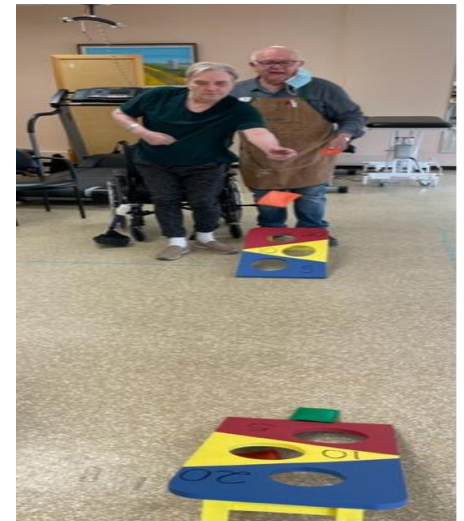
It was a great turnout, and even the trainers had an opportunity to learn new things!



Photo Credits: Amber McDonald, Employee Health & Safety.

“We might think we are nurturing our garden, but of course it’s our garden that is really nurturing us.”

—JENNY UGLOW



Photos Above: The Neuro Rehab Woodworking Group meets weekly in the Craft Cabin at Fanning Centre. Clients usually work on independent projects in the therapeutic group to explore adaptations that may be helpful after having a Stroke but, Recreation Therapist (Shelley) has wanted Bean Bag Toss boards and crafty volunteer John Beal said, “Hey, you know, I think we could make some of those here!” Using some scrap wood, volunteer John took it home to his shop and created the toss boards. The fellows in Woodwork Group worked together to sand and paint boards and they turned out terrific! Steven and John challenged each other to a game once the paint dried! Great teamwork guys!

Photo Credits: Shelley Rutledge.



What's New

Quality of Life Working Group



The last few years of pandemic have taught us a lot of tough lessons. As the pandemic restrictions are lifting, I am reflecting on the things that I have learned through the pandemic.

- Don't take things for granted, we need to appreciate the now!
- The joy of community and meeting and sharing with others cannot be underestimated.
- Isolation is lonely, there is value to participating in life.

With those lessons in mind, I wanted to think of ways to refresh the happenings at Fanning and see if we can bring some more life, joy, activities back to the site.

I think this work would also be a good opportunity to also celebrate the cultural diversity that is represented by residents and staff in the building and work on creating an inclusive community.

There is no one group of staff or residents who are solely responsible for creating this change. Rather, a collective effort by many will help bring about a positive change. Bringing back activities that were common prior to the pandemic, or looking at how we can incorporate new ideas.

So far there have been suggestions of:

- A resident led Clothing Store, to distribute gently used clothes for residents who are in need.
- Setting up a patio hour on the rooftop
- Creating some excitement around watching sports together
- Resident involvement in helping with watering plants or delivering the mail around the site.
- Learning about and celebrating the various cultural events throughout the year

If you are interested in participating in this project, PLEASE be part of the action.

The first meeting will happen May 5 at 2pm- 4pm in Conference 2. We will work on brainstorming for quick wins that we can start right away.

Please email Lara, CSM on 2 west so she can get an idea of numbers of participants.

Lara.fowler@ahs.ca



EQuAL & Complex Care Recreation Therapy Reminder:

Outdoor gardening is just around the corner. For residents living on 1E, 1W, 3E & 3W, if we haven't already asked you if you want a planter for the summer, please see your Recreation Therapist or Therapy Aide by May 8th. We will be assigning planters to individuals shortly and will notify you of your confirmed spot. There will be a variety of flowers and tomato plants to choose from, and we will be coming to see you to complete your order form. We will do our best to provide you with the plants you choose; however, we cannot guarantee that you will get everything you ask for. You are welcome to purchase your own plants and if you would like to plant seeds, you will need to purchase them.

Everything will be ready to be planted on June 1st & 2nd. Family and friends are encouraged to come if you require some help, and there will be staff available to assist on those days. Watch for posters on your unit's bulletin boards for more information closer to the dates. If you have any questions or concerns, please speak to the Rec. Therapy staff on your unit.



DONATIONS NEEDED!

Fanning Centre is developing a clothing program for residents/clients who are in need of clothes.

The program will be run by residents/clients, volunteers and facilitated by Recreation Therapy.

Clothes that are donated will be first organized to fill a "closet" and will be available to those who need. The remainder of the clothes will be sold once a month with the proceeds going towards resident activities.

Clothing that does not sell will be donated to Goodwill monthly.

If you have gently used, clean clothes that you would like to donate, please drop them off at reception.

THANK YOU!

Parking

The Parkade is available for physicians, visitors, staff and volunteers. Although parking is not assigned, there are designated areas reserved for disabled parking and for physicians.

Visitors can pay for parking at the Indigo parking machine located inside the building by the Main Entrance. Volunteers requiring parking passes are asked to see Front Reception.

Newsletter Credits

This newsletter has been compiled by Kate Ramirez, Admin. Secretary.
Edited by Judy Dravucz, Rec. Therapist.

Carewest Frame of Reference, Philosophy of Care is:

“To provide our residents and clients with quality care in safe, comfortable and supportive environments.”

The guiding principles include working together to:

- Preserve and promote **dignity** through respectful, individualized approaches to care;
- Provide **kind** and **compassionate** care and service;
- Foster **supportive relationships** between all staff, clients, families and communities;
- Foster an environment of **learning** to promote excellence in care and service.

Pet Visitors

While Fanning welcomes pets to visit in the building, we would like to remind everyone that pets are not allowed in the Cafeteria or in unit dining rooms. Pets should also be in good health, fully vaccinated and on a leash during the visit.

Owners are also asked to pick up/ clean up after their pets should your pet have an “accident”.



Newsletter Electronic Distribution

Residents and family members interested in receiving an electronic copy of the Fanning Flyer are asked to send their email to katherine.ramirez@ahs.ca to be added to the electronic distribution list. If you no longer wish to receive emails, please email the above email address to be removed from the distribution list as well.



Smoking

It is a privilege and a special bylaw that allows Carewest to operate Resident Smoke rooms and allocate resident designated outdoor smoking area (s). These Resident Smoke rooms are for resident use only, and residents are required to adhere to all Smoke Room Rules and follow the posted signage. Visitors, companions, and caregivers are not permitted in resident Smoke Rooms.

A reminder to all staff, visitors, companions, and caregivers to follow the smoking guidelines and posted signage. Smoking is **NOT** permitted on Fanning property, including the Parkade or bus shelter and the lower back parking lot. If you are smoking in the park perimeter or on the sidewalk adjacent to the building for visitors and staff, **please respect our environment and dispose of your cigarette butts appropriately and do not throw them on the ground or use a temporary container.**



Carewest values all of our staff, residents, families, and volunteers and believes everyone has the right to a safe and respectful living and working environment.

We value our collective diversity which includes but is not limited to, Indigenous Peoples, those from the LGBTQ2+ (lesbian, gay, bisexual, transgender, queer, two-spirited) community, those living with disabilities, and all visible minorities.