

Life at 2080



Fall 2018

Changes to the Hair Salon

An internal change in the operation of the hair salon is being made effective December 1st. As the population of residents entering Saint Vincent's changes we see fewer appointments and there is not enough revenue to sustain the salon as is. In order to mitigate our liability, we are moving to a chair rental system. Catherine, our current stylist, will rent the space from Saint Vincent's. She will work on commission giving her more flexibility with her hours and an increased efficiency.

Overall, the change will have little impact on residents. Booking and billing remains the same. Catherine is still responsible to meet the needs of any resident requesting her service. We are happy Catherine has agreed

to take on this new challenge.

"Gray hair is a blessing — ask any bald man"

Author unknown

Besides reviewing our business model, we also looked at our prices. We have managed to maintain our existing prices since 2014 but we are undercharging for some services. Effective December 1st you will see an increase in fee for service. We based the pricing on what other nursing home

salons charge.

We are committed to keeping the salon affordable and accessible to residents.

Please see Scott Bell if you have questions or concerns.

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On Sunday, November 11th,
a **Remembrance Day Service** will
be held at 1:30
in the Chapel.
Everyone is
welcome to
attend.



Staff Appreciation 2018

Friday
November 16th

McVinnie is back by popular demand! Breakfast sandwiches will be served by the leadership team on Friday, November 16th, in the Windsor Room.

Join us for hashbrowns, juice and an English muffin sandwich made to order just for you. If you have a food allergy please let your manager know.

Long service awards will be presented at 2:00 PM in the Chapel. Hope to see you on the 16th.



Breakfast will be served from 6:45-8:45 AM in the Windsor Room.

Long Service Awards will be presented in the chapel at 2:00 PM.

Long Service Awards will be presented to many staff for their milestone years of service. Of special note are the following who will celebrate among their peers:

Debbie Leavens — 40 years of service

Cindy Maxwell—35 years of service

Kathy MacDonald—25 years of service

**Congratulations to all celebrating a milestone year
5-10-15-20-25-30-35-40**

Be Safe: Get your Vaccination

Influenza is highly contagious and is spread from one person to another mainly by droplets when someone with the flu coughs or sneezes. The virus can live on surfaces for up to 48 hours, making it highly important that all high-touch areas, both at Saint Vincent's and at home, are cleaned daily. The most effective way to prevent influenza and/or severe outcomes from influenza is through vaccination and practicing good hand hygiene.

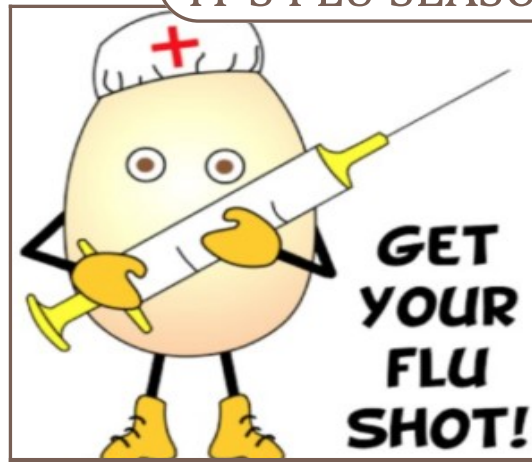
All of the residents at Saint Vincent's will be offered a high dose influenza vaccination which has been specifically designed for adults 65 years old and older. This vaccine is stronger and more effective than the regular vaccine offered to those under age 65.

All resident vaccinations will be complete by mid November. Vaccinations will be

offered to staff at various times throughout the month. If staff have received a vaccination elsewhere, let Debbie Coombs know at ext. 136 so that you can be included in our statistics and be entered to win a \$100 gift card to Sobey's.

Make sure you are washing your hands frequently with soap and water or alcohol based hand rub to help protect your loved ones and yourself.

IT'S FLU SEASON

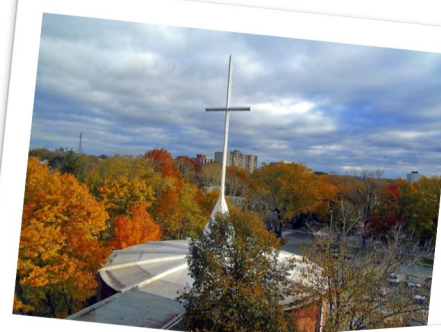


Protect yourself and
our residents

Photographer on the Loose

Debbie Townsend is a very familiar face at Saint Vincent's, having worked here for 33 years in NS & ES Departments. You will often see Debbie hiding behind a camera lens and her photos are frequently featured on the Saint Vincent's Facebook page where you may recognize some of your family members in her work. Debbie has always loved photography stating "I've always had a camera in my hand". Her first camera was a Fisher Price toy that she received as a child at Christmas. Debbie's work often focuses on graveyards and nature. She has started to branch out into different photographic genres, most recently shooting pictures at a fellow staff member's wedding. If you see her coming your way, be sure to strike a pose.

"My first camera was a Fisher Price toy."



Resident Pauline M with her granddaughter

Dress Code

Get ready for a wave of uniform checks this month. The Leadership Team will be searching out those who meet the dress code for special recognition.



A draw for Sobey's & Lawton's cards and *Your Outfit Rocks* cards will be distributed. Look your best and get rewarded.

Our annual

Fall Fair

Will be held on

Friday, Nov. 30th



Gift from the Heart 2018

Annual Fundraising Campaign

This year we are focused on our garden space. With the support of the Foundation we installed a new fence and last year's Gift from the Heart campaign allowed for the purchase of a platform swing. We did some planting this year in the front of the building; but it will need more work in the spring. The big outstanding project is our garden walkway.

The original pavers have shifted making them a potential tripping hazard. The slope of the path can make pushing a wheelchair difficult to maneuver. Most of the garden space is out of reach for residents; seating areas like the

picnic tables cannot be reached by anyone unstable on grass. This restricts the ability to add raised flower beds and create usable space off the path for residents to enjoy.

Meaningful time outside is key for all of us. Residents have very little opportunity to leave the property and therefore finding a way to improve our outdoor space to meet their needs is key to providing quality of life.

Our donors are always so generous; we hope you will consider Saint Vincent's once again with the launch of our 2018 Gift from the Heart campaign this month.



Crafty Cronies



Crafty Cronies 1st Annual Christmas Craft Fair was held on October 19th and 20th. We sold Christmas cards and crafts we created over the past year. We raised over \$1100. All monies raised will help with improvements to our outdoor space. Thanks to everyone who supported our craft fair. We are still in shock with how much money we raised. The Cronies also want to thank the volunteers who come out to help

us on Tuesday evenings and the staff who make certain we all get to the unit hosting the event. We continue to meet each Tuesday evening rotating between units so all residents have the opportunity to participate. We will not be meeting the month of December however, but will start up again in January. Look for us on SVNH's Facebook page.

We will have a table at the Fall Fair on Friday, November 30th as well selling special stocking stuffers. All money raised will be donated to the Resident Fund on behalf of the Cronies.

Submitted by the Crafty Cronies' Executive:
Hilary Wellard, Emma Boudreau, Julie Lombardo,
Bernie Allen



In the spring of this year, The DHW gave us the funding to purchase new ovens for our kitchen. Our old “deck” ovens were 20+ years old and in need of replacing. After much research, two “combi” ovens were purchased this summer. The timing was perfect as we were already in the process of renovating our kitchen. These state of the art “combi” ovens (meaning combination convection and steam) are fully automated and programmable. They have the capability to fry, roast, steam, grill, poach and bake. They can set the temperature, humidity and cooking time and monitor the cooking climate and browning. Recipes can also be programmed into their data base, making cooking as simple as calling up that particular food item and pressing the button! The ovens can also be programmed to cook foods (such as roasts) overnight and hold the food at a warming temperature for slicing the following day. These ovens have significantly improved the quality of the meals we serve and the efficiency of the cooking process itself.



Memorial Service

On Thursday, November 29th we will host a Memorial Service to remember residents who have passed away. This semi-annual service provides residents, staff, volunteers and family members an opportunity to come together to collectively remember those who have died. Often there are close bonds formed with families and it allows everyone an opportunity to meet again. This service will take place at 1:30 pm in the Chapel. All are welcome.

Have you ever wondered why we have visitors sign in and out?

After a review of the practice it appears there isn't a great answer to this question. In the past 14 years there have only been a handful of times it was referenced and those were all before we installed our security system. We now have a video recording of all entries and exits.

With no significant purpose, the use of the sign-in book was discontinued.



Congratulations go to staff members from the 5th floor **Cheryl Douglas Cunningham, Anthony Cunningham and Safia Cunningham**, who have all recently obtained their Canadian Citizenship. You must be so proud and we are happy that you chose to call Canada, and in particular, Halifax, your home.

Christmas at Saint Vincent's

The **Christmas Day dinner** will be served at noon on December 25th for residents and their family. Tickets (for family members) will be \$15 and available for purchase from December 1st from the Nutrition Services Supervisors. Up to four tickets may be purchased per family and will be sold on a first come first serve basis.

As in the past each unit will hold their Christmas party on a different day. Please note the following dates for your unit. All parties will be at 2:00 PM.

Resident Parties

Unit 2—December 6
Unit 3—December 11
Unit 4—December 13
Unit 5—December 17
Unit 6—December 18



Part of the Christmas magic here at Saint Vincent's comes from a variety of musical visitors during the month of December. Our special guests this year include Saint Theresa's Church choir, The Halifax Burns Club, a troop of Girl Guides, and a group of students from LeMarchant Saint Thomas Elementary School.

We also have an array of other activities planned this year to help our residents get into the Christmas spirit. We will be going on a bus trip around the city to see the twinkling Christmas lights, we have an afternoon of egg nog & Christmas cookies planned, and of course a shopping trip so the residents have the opportunity to buy gifts for their loved ones.

Lastly, we will have the musical stylings of Melanie Breen in on the 31st of December to help us ring in the New Year.

In the News

It seems that long-term care issues have been in the news often over the last six months. The most recent topic was licensing; I offer the following as information on Saint Vincent's.

As a nursing home, we are licensed by the Department of Health and Wellness. Licensing inspections are completed by an Investigation and Compliance Officer who measures against applicable legislation, policies and standards such as the *Homes for Special Care Act (1989)* and the *Long Term Care Program Requirements (2016)*. There are outcomes and specific requirements under the areas of fundamental requirements, resident care, administration, service quality, service continuity, information management, human resources management, and physical space.

There are usually two inspections per year, one announced visit in late winter and one unannounced visit in the fall. The officer does a walkthrough of the facility, reviews documentation and talks with residents, family members and staff.

Based on the results, directives are issued for deficiencies or non-compliance of the standards. We must submit an action plan before our license will be renewed;

confirmation that action plans have been successfully completed must be provided.

We view the licensing process as a learning opportunity. It is reassurance for us that our policies and practices continue to allow for the provision of safe, quality care and service. We also voluntarily participate in accreditation

through Accreditation Canada which measures us against internationally developed standards. This additional

program ensures we are not only meeting standards but continually trying to improve.

There has been a call to release the results of licensing inspections to the public. Whether that occurs or not, Saint Vincent's is committed to being transparent with residents and families. I would be happy to review the document with anyone interested in our latest results. Please see Nancy Maguire to set an appointment.

Angela Berrette
Executive Director

Fundamental Requirements

5.0 FUNDAMENTAL REQUIREMENTS

5.1 Resident Respect, Dignity and Right to Privacy

Outcome:

Residents are respected and their dignity and right to privacy are preserved.

The licensee shall ensure:

1. A privacy and confidentiality policy and procedures, that reflect the Long Term Care Principles and align with legislation, are developed and implemented.

