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www.jubileeresidences.ca

“Your Care Matters to Us!”

<http://facebook.com/JubileeResidences>

In the event you have any questions regarding your care please direct them to the Registered Nurse. If they are unable to assist you, please contact Val Hnatuk, Director of the Care Team at Stensrud Lodge and Laurie Brown, Director of the Care Team at Porteous Lodge.



Jubilee JOURNAL



November 2019

EDEN ~ From The Garden

The Eden Philosophy has seven primary elements of well-being: identity, growth, autonomy, security, connectedness, meaning, and joy. This month we will look at the element of **“security”** to measure well-being among **all** members of the care partner team.

SECURITY— freedom from doubt, anxiety, or fear; safe, certain, assured; having privacy, dignity, and respect.

Human beings are motivated by a hierarchy of needs and certain lower needs must be satisfied before higher needs can be fulfilled. For example, safety needs — the security of home and family, freedom from fear and anxiety — must be satisfied before we can grow toward self-actualization.

Human beings everywhere have the right to feel secure in their ability to express themselves freely, to define their own unique relationship with spirit, to feel financially stable, and to be free from fear. Security also expands beyond the basic need for safety to also include right to privacy, dignity and respect. A person receiving support services often finds their space becoming public space, forcing them into involuntary, intimate situations with strangers.

Another aspect of security involves ensuring that our commitment to safety doesn't infringe on someone's rights and choices. This is where autonomy and security are closely related domains. Consider “surplus safety” when optimizing, rather than maximizing, security for another. Our healthcare system is risk averse. Once an individual relies on the support of others on the care partner team, they find their safety maximized and opportunities to take risk diminished, if not removed entirely. To take away all risk and chances to make mistakes is to take away the right to be human. Maximizing safety actually creates insecurity. While safety is important, there is a range of risk tolerance. Optimizing safety with the individual, based on their risk tolerance, creates security.

Jubilee Residences Mission:

To meet the needs of residents so they may live with dignity, companionship, and the assurance of excellent care and service.

Don't be impressed by money, followers, degrees and titles. Be impressed by kindness, integrity, humility and generosity.

**Jubilee Residences
Executive Team**

Yvonne Morgan, CEO
306 955-0234 ext 106

Tyrone Okrainetz
VP Quality Care
306 955-0234 ext. 108

Jessica Medernach
VP Corporate Services
306 955-0234 ext 105

Robin Wolfe, Executive Asst.
306 955-0234 ext 109

Management Team

Director of Safety /
Maintenance
306 373-5580 ext 222
306 382-2626 ext 222

Gloria Wall, Interim
Director of Human Resources
306 955-0234 ext 103

Ben Doucette, Interim
Housing Coordinator
306 955-0234 ext 107

Bev Jacobson
Manager Support Services
306 382-2626 ext 237
306 373-5580 ext 225

Caroline Yang, Manager
Accounting Services
306 955-0234 ext 101

**Please note that ALL
Offices will be closed
Monday,
November 11th for the
Stat holiday.**

Porteous Lodge

To celebrate Seniors Week we held our 14th annual Porteous Lodge Olympics. Our Olympic flame was brought in by Sherry H. Our medal winners were as follows:

Target Game: Gold— Freda G.;
Silver—Phil H. Bronze— Fay A.

Disc Golf: Gold—Alex W.; Silver—
Osborne T. Bronze— Leona H.

Javelin: Gold—Russell W. Silver—
Laurie B. Bronze— James M.

Ring Toss: Gold—Don C. Silver—
Marie J. Bronze—Sharon W.

100 Yard Dash: Gold—Jenn D.
Silver—Ron F. Bronze—Adeline F.

Thanks to everyone who participated and everyone who helped make the Olympics another huge success. On Oct 7 we took a scenic country drive to Warman. Residents enjoying this trip were Lawrence K.; Ron F.; Bernice W.; Vicky A.; Mary M.; Anthony D.; Sheila F.; Lena H.; Tony S. and Joe S. On Oct 16 a small group went shopping at Market Mall. Marie H. and Marie J. who was accompanied by her daughter Cheryl.. On Oct 17 we tried our luck at the Dakota Dunes Casino. Residents on this trip were Lloyd M.; Pat H.; Osborne T.; and Darlene F. Thanks Chantelle, Rose Anne, Brian and Sharon for helping with this outing. On Oct 18 we attended the 5th annual Oktoberfest fundraiser at the German Cultural Centre. The meal was fantastic and the entertainment was top notch! The residents who enjoyed the evening were James R.; Laurie B.; Sherry H.; Alex W.; Grace F. and Nick R. Thanks to Karie for helping on this trip. Special thanks to Board Member Tim Turple for sponsoring a table for us to be able to attend this event!



Wreath Wars

Let the decorating begin! Get in the spirit and hang a wreath! Let's be festive and show our creativity. Please pick up your contest entry form from Rae in the reception office. Contest runs from December 1 through December 20th. Winners will be announced on December 20th. People's choice ballots and the ballot box will be available outside the main office beginning December 1. **Cast a vote for your favorite wreath!**



Everything we hear is an opinion, not a fact.

Everything we see is a perspective, not the truth.

Porteous Lodge

Contact	
306 382—2626	Ext:
Director of Care Team	
Laurie Brown	223
Facility Assistant/Receptionist	
Rae Gamble	221
Recreation Coordinator	
Brad Lavoie	234
Recreation / Volunteer Coordinator	
Cheryl Clarke-Chorney	234
Dietary Team Lead	
Carmene Doucette	232
Maintenance	235
Lodge Nursing	228
Villa Nursing	230
Physical/Occupational Therapy	238

Good-bye's & Hello's

With heartfelt sorrow we say goodbye to Residents who have left this world. We say farewell to: Fern Fitzpatrick; Kathleen R. Rusling and Frank A. Sackville.

Welcome to our new Residents who have decided to make Porteous Lodge their home. Our commitment is to ensure that every individual is treated with dignity, respect and kindness. Please feel free to express any concerns or questions you may have to our staff. We welcome: Walter J. Douglas; Alexandra Rebryna and Robert Stevenson.

Important Dates to Remember

Friday Nov 1	R.C. Mass	2:00 pm
Tuesday Nov 5	Fiddle Express/Newcomers Tea	2:00 pm
Wednesday Nov 6	St Thomas Wesley United	6:15 pm
Friday Nov 8	Community Association meeting	2:45 pm
Monday Nov 11	Remembrance Day	
Wednesday Nov 13	Birthday Tea	2:00 pm
Wednesday Nov 27	Music with Mo + Doug	2:00 pm
Thursday Nov 28	Memorial Service	2:00 pm

Porteous Lodge Reception Office cannot process any payments to accounts after 2:00 pm on the last business day of the month to allow for month end procedures. Please make arrangements to conduct your business prior to our month end cut off.

Message from Bistro 33

In our home the kitchen is the heart, we take pride in our home cooked meals and enjoy sharing our creations with you. If ever you have a recipe you would like us to try, please don't hesitate to bring it to our head cook Carmene. At this time we would like to offer a reminder that with every meal there is always a second choice available upon request. The alternate choice is always written on the menu board and if you would rather have that option, be sure to let the Bistro staff know. We will be getting a new menu board with a new layout with the hope that it will help make your meal selection more clear.

For daily maintenance concerns during the week for courts, please contact Rae at **306 382-2626** xt **221**.

Should you have any concerns on the weekends regarding minor maintenance issues, please contact the nursing station at **306-382-2626** ext **228**.

Forget the mistake,
Remember the
lesson.



The Porteous Lodge Salon will be closed Monday, November 11th through Monday, November 25th.

It will be open for business Tuesday, November 26th at 10:00 am.

Stensrud Lodge

Contact
306 373-5580 Ext:
Director of Care Team
Val Hnatuk 226

Facility Assistant/Receptionist
Cathy Stuchenko 221

Recreation
Lisa Loveridge & Lana Mulic 234

Volunteer Coordinator
Terry Renn 244

Dietary Team Lead
Michael Pszedwoyski 228

First Floor Nursing 230

Second Floor Nursing 233

Physical & Occupational
Therapy 236

For daily maintenance concerns during the week for courts, please contact **Cathy 306 373-5580 xt 221.**

Should you have any concerns on the weekends regarding minor maintenance issues, please contact your custodians.

Eamer Court
Richard Care
306 292-9597

Cosmo Court
Gary Pinkerton
306 291-4404

Stensrud Lodge Reception Office cannot process any payments to accounts after 2:00 pm on the last business day of the month to allow for month end procedures. Please make arrangements to conduct your business prior to our month end cut off.

Good-bye's & Hello's

With heartfelt sorrow we say goodbye to Residents who have left this world. We say farewell to: Sheila Neugebauer and Mary Swryda.

Welcome to our new Residents who have decided to make Stensrud Lodge their home. Our commitment is to ensure that every individual is treated with dignity, respect and kindness. Please feel free to express any concerns or questions you may have to our staff. We welcome: Lothar E. Bartz; Pearl Chudyk; Margaret J. Galvin; Joyce E. Lamb and Peter Paraszczynec.

Dates to remember:

Mon Nov 4	2:30 pm WDM Singers
Tues Nov 5	10:00 am Bishop Murray School—Cards to our Veterans
Tues Nov 5	2:00 pm Music with Heavenly Hash
Wed Nov 6	9:30 am Eamer Craft Sale
Mon Nov 11	Remembrance Day Recreation Dept. Closed
Tues Nov 12	10:30 am Slides with Jack
Wed Nov 13	2:00 pm Quilting Bee
Thurs Nov 14	2:45 pm Community Association Meeting
Fri Nov 15	2:00 pm Bingo
Mon Nov 18	2:00 pm Birthday Party Music with Wes
Tues Nov 19	10:00 am Bishop Murray School—Carpet Bowling
Tues Nov 19	2:15 pm Music with Doug
Wed Nov 20	10:45 am Saskatoon Symphony Players
Wed Nov 20	2:00 pm Remai Art Program
Thurs Nov 21	9:30 am Breakfast Outing
Thurs Nov 21	1:30 pm Christmas Decorating
Fri Nov 22	1:30 pm Christmas Decorating
Sat Nov 23	2:00 pm Saskatoon International Folkdance
Mon Nov 25	2:00 pm Music with the DEBOYZ
Tues Nov 26	1:00 pm Festival of Tree's Outing
Wed Nov 27	2:15 pm Gospel Music with Ralph
Thurs Nov 28	1:30 pm Christmas Decorating
Fri Nov 29	2:00 pm Table Games

Stensrud Lodge

Give the Gift of Time

Stensrud Lodge is looking for volunteers in the following areas:

Recreation

Meal Assistance

One to Ones

Etc....

If you are interested in becoming a part of the

Stensrud Lodge Volunteer team.

Please contact:

Terry Renn – Volunteer Coordinator

Office Hours : Monday, Tuesday & Thursdays

10:00am to 3:00pm

Phone: (306) 373-5580 ext. 244

Terry.Renn@saskhealthauthority.ca

Jubilee Residences has two social work students from the University of Regina.

We would like to introduce: **Christina Sumeraj.** She is completing her mini social work practicum at Stensrud Lodge. Christina and her husband have two dogs and they will be welcoming a baby girl near the end of December 2019. Christina enjoys road trips and hikes with her dogs. If she has time, she enjoys reading and quilting.

We would also like to introduce: **Caitlin Wall.**

She is also completing her mini social work practicum at Stensrud Lodge. She will be graduating in the spring of 2020. Christina adopted a puppy this past summer. Her six-month old puppy is named 'Tova' and she is a husky/shepherd mix. Between taking care of my puppy, working two jobs, and finishing my practicum, I don't have much time for anything else. In a moment of free time, I like to play sports, skate, and read.

First floor resident of the month is Eileen Hricz who moved to Stensrud in April 2019. She was born August 28th 1932 in Winnipeg. She was married in 1957 to Nick and their family grew to include two daughters and two sons. Eileen completed her grade eleven and then took a business course at Sask Tech College. Eileen worked as book keeper for years. She enjoys coloring, listening to music and reading the newspaper..

Second floor resident of the month is Iris Cook who was born May 2nd 1924. She has lived in Stensrud since July 2016. Iris completed grade twelve and furthered her education to become a teacher. She taught grades one through 12 until she married Ed Cook in 1948. They lived on a farm in Birch Hills and had a family of four daughters. Iris is a very gifted piano player and she also taught piano lessons.

Thoughtful Christmas Gift Giving

Ideas for Residents:

- Floating Shelf or Picture Rail (e.g: from Jysk or Michaels) to eliminate clutter in resident rooms
- Digital Photo Frame loaded with pictures
- I-pod or Shuffle loaded with music and earphones
- Big letter crossword or word search puzzle books
- Non-slip socks or slippers
- Velcro closure slippers
- Warm cardigan sweater
- Large print calendar
- Shawl or Lap Blanket
- Open-back Nighties and PJs
- **Door covering from 'True Doors'**
.....**please ask to see the catalogue!**
- Gifts of time are surely the basic ingredients of a truly Merry Christmas!

The 5th Annual Jubilee Residences Oktoberfest Dinner and Comedy Night, presented by Rubicon Health Solutions, Powered by; Earl's Pharmacy was held at the German Cultural Centre on Friday, October 18th. As guests walked through the doors, they were greeted by members of the German and Austrian Folk Dance Group "Concordia Alpenrose Schuhplattler Verein." As well, accordion music could be heard throughout the hall. Those who attended were also treated to some beer sampling during the cocktail hour. Local breweries provided samples of their latest beer offerings. Following the cocktail hour, everyone was invited to play "Heads or Tails," for a chance to win half of the 50/50 tickets.....\$900 cash was handed to the lucky winner! The evening also included a hearty mouth-watering traditional Oktoberfest buffet, complimentary wine, and a silent and live auction. The live auction with auctioneer Duane Heisler of Adesa Saskatoon offered three amazing packages. The highlight of the evening featured two comedians...Joel Jeffrey and Myles Morrison.

The total amount of funds raised over the course of the evening is still being tabulated. Thank you to EVERYONE for making this event so successful!

Stay tuned, as planning for next year's event is already underway!

On Wednesday, October 9, 2019, the JR Inc Board of Directors met at Porteous Lodge. The following is a summary of the meeting. The internal financial statements ended August 31, 2019 were reviewed. Infrastructure needs that were not in the budget and that occurred over the summer were discussed. The Board continues to advocate for appropriate funding for long term care and they remain focused to ensure delivery of quality care as well as safety of the residents in a caring community.

Jubilee Residences is committed to safety for ALL

OH&S Safety Remember workplace safety is everyone's responsibility. It is the responsibility of all staff to know what personal protective equipment (PPE) must be worn when dealing with chemicals (check WHMIS Binder) and when dealing with blood and body fluids (check Policy and Procedure Manual). It is also everyone's responsibility to wear hearing protection in places where hearing protection signs are posted. If PPE is not readily available or if it is defective, please inform your supervisor immediately.



Please use large measures of:

Humility Only the humble are able & willing to admit their mistakes.

Forgiveness is a funny thing. It warms the heart & cools the sting.

Patience is the art of waiting in calmness

The Eden domains of Well-Being:



Well-Being is defined as ‘a contented state of being’.

Well-Being is the path to a life worth living!

Security: Freedom from fear, anxiety and doubt; feeling safe; having privacy, dignity and respect.

What does this domain look like in the day to day service of Elders?

We make each interaction with elders one that will enhance their feelings of being well-known and enhance their trust in us.

We work to gain the trust of elders so they feel safe in their home. We believe that it is easier to place your trust in a friend than in a stranger.

We never, never force care.

We promote a feeling of calm in stressful situations

We lovingly support elders when they are ‘having a bad day’. We understand that all persons have a need to express feelings of sadness and anger that occur due to life’s challenges and experiences.

We only use words to describe elders that we would use to describe ourselves or someone that we love.

We respect the privacy and dignity of all elders in all situations. We know that this helps to build trust.

We always put the elder first and work flexibly within our team so that the relationships that care partners develop with elders is what determines who the elder’s care partners will be.

We ensure that environmental conditions of the elder’s home are guided by their needs and choices (ie: lighting, sound/noise, temperature).

Sometimes you will never know the value of a moment, until it becomes a memory.

What a great quote! It reminds us to be present in the moment as it maybe one of the best memories. When we are gone, it is the memories our loved ones have that keep us alive, YOU are worth being remembered! Have a Great Day!

Eamer Court

Attention ALL Eamer Tenants:

**IN CASE OF EMERGENCY, PHONE 9-1- 1
OR FAMILY MEMBERS.**

Exercises in Eamer lounge Thursdays—9:30 am

Eamer Court Social Club Executive:

Ron Wrishko- President

Ralph Underwood- Vice President

Marlene Eaton- Secretary

**There will be a Craft Sale in Eamer Court on
Wednesday, November 6, 2019 from 9:30
am to 3:00 pm. Come One! Come All!**

The **Jubilee Journal** is produced monthly for residents, families, tenants and staff. If you wish to receive this internal newspaper by e-mail, or have comments or suggestions for content, please let me know by e-mail, phone or regular mail.

We’d love to hear from you!

Telephone: 306-955-0234 xt 109

Jubilee Residences # 8- 2602 Taylor Street

East, Saskatoon SK S7H 1X2.

Robin

robin.wolfe@saskhealthauthority.ca

I wish I were a glow worm,

A glow worm’s never glum.

‘Cause how can you be grumpy, when
the sun shines out your bum!



Eamer Court & Cosmo Courts

Invitation from the Hairdresser in Eamer

Court: Sandra McDonald is the hairdresser in Eamer Court and she would like to extend an invitation to all newcomers to Eamer Court and Cosmo Court. To welcome new tenants 'Sandy' will offer 20% off her services!

The Power of a Gift

Almost like magic, apology has the power to repair harm—mending our relationships, soothing our wounds and hurt pride and healing our broken hearts.

When we apologize to someone we have hurt, disappointed, neglected or betrayed we give them a wonderful gift, a gift far more healing than almost anything else we can give. By apologizing we let the other person know that we regret having hurt them. Amazingly, this has the power to heal even the deepest wounds. Just as important, we let the person we have hurt know we respect them and that we care about their feelings. This then becomes one of the most effective tools for mending a relationship. Apologizing to another person is one of the healthiest, most positive actions we can ever take—for ourselves, the other person and the relationship. Apology is crucial to our mental and even physical health and well-being. Research shows that receiving an apology has an obvious and positive effect on the body.

The act of apology is not only beneficial to the person receiving it, but to the one giving it as well. The debilitating effects of the remorse and shame we can feel when we've hurt another person can eat away at us until we become emotionally and physically ill. By apologizing and taking responsibility for our actions we help rid ourselves of esteem-robbing shame and guilt.

Cosmopolitan Court

Welcome to New Tenants: Derrick Palmer #49; John Haffner #20; Myron Skoberne # 52; Abe Dyck #59; and Dianne Barrett #83

We say good bye to a tenant who has left this world: Bruce Jestin

Blood Pressure Clinic: Lona from Saskatoon Home Support will be here on **Tuesday, November 5th from 9:00 to 10:00 am.** Come and get your blood pressure checked!

Social Club meeting: Monday, November 4th at 7:00 pm in the lounge.

Tuesdays: November 5th; 12th; 19th and 26th:
Coffee mornings in the lounge—\$2 each.
Bring your cup!

Thursday, November 14th Bingo at 7:00 pm

Friday November 22nd Entertainment \$3.00 each

Thursday, November 28th: Movie "Breakthrough"

Cosmo Court Social Club Executive:

President—Linda B. phone 306 716—4152

Vice-President—Duane H. phone 306 249— 0381

Treasurer—Sandy P. phone 306 291-4405

Secretary—Brenda Z. phone 306 280— 1517

For after hours maintenance concerns please call Gary @ 306 291-4404.

It is Healthcare Providers week October 27 to November 2nd. Teamwork is the cornerstone of any high achieving organization. When a job is done well, you may feel it goes unnoticed. A week such as this reminds us that great work by our co-workers is not only noticed but it is highly valued and appreciated. Thank you for the great job that you do! We are grateful for YOU!

If one of us succeeds, we all do!

Mount Royal Court

For daily maintenance concerns during the week, please call: Rae Gamble at 306 382-2626 ext 221.

ATTENTION MRC Tenants:
Please DO NOT shovel your snow onto the street.

For emergency maintenance evening, weekends & holidays please call: the Porteous Lodge Nursing Desk at 306 382-2626 ext. 228.

ATTENTION ALL Eamer and Cosmo Court Tenants: Just a reminder to all tenants that bachelor suites are meant for one tenant. Occasional overnight guests are permitted but tenants **cannot** have family or friends staying with them for extended times. If you have any questions please contact Ben, Housing Coordinator at 306 955—0234 ext 107.

There is a Guest Suite in Eamer Court available at a cost of \$50. per night. Call 306 373-5580 ext 221 for reservations.

PLEASE PAY ATTENTION TO THE BINS LOCATED AT THE WEST END OF EAMER:

The RED bin is for yard and garden waste.

The GREEN bin is for household garbage.

The BLUE bin is for recycling of paper, cardboard that has been flattened, clean plastics, household tin and aluminum that has been rinsed, and household glass that has been washed with the lid removed.

Stensrud and Porteous Lodges

NOVEMBER highlights Emergency Preparedness Code Brown

DEFINITION: Code Brown is the term used to describe a situation where a hazardous chemical, biologic or radioactive material has been spilled or released into the air and poses a threat to the health and safety of the people, the community and/or the environment. NOTE: A Code Brown may be accompanied by a Code Green (evacuation) or containment in the area to prevent further contamination.

Thank you to staff for working safely!



My father’s hearing aid occasionally emits a brief high-pitched squeal that can be heard by anyone near him. One day my little niece was sitting on his lap when the device started to beep. Surprised, my niece looked up at him. “Grandpa”! she said, “you’ve got mail”!

Help Us be Flu Fighters!

Influenza vaccination for family members, visitors, volunteers & staff; A Duty of Care

Annual immunization provides safe & effective prevention. The two best ways to reduce influenza transmission in health care settings is through increased use of influenza vaccine and frequent hand washing. Almost everyone benefits from an annual influenza shot. Health care worker vaccination is a staff and resident health and safety initiative.

We **strongly** encourage family members, visitors and each and every staff member to get immunized this year. .



Growing Together! A forest can grow to become so big that it chokes out new growth. The taller trees take in all the sunlight and their deep roots absorb all the moisture in the ground while small saplings starve and die. Nature knows that new growth will help the forest grow stronger, but change must happen first. Rain begins to fall and lightning lights up the sky. The loud clap of thunder can be heard for miles and cause the timid deer to jump. The storm grows and a quick flash of lightning strikes the dry dead fallen trees. A spark starts and a roaring fire erupts in the forest. It does not take long and a large forest fire is underway. The large trees begin to burn, slowly the large forest shrinks in size as flames take over. The rain continues to fall and as the night goes on the fire is stopped but has destroyed 3/4 of the forest.

As sunny days shine over the ash covered ground eventually small sprouts begin to poke through. Small rain showers help feed the new growth and every day more sprouts begin to appear. After a year the forest has flourished and it is hard to notice that a fire ever occurred. That ash was filled with nutrients that fertilized the ground and promoted the sprouts to grow. Those sprouts became saplings and eventually large trees. Without the fire there would have been no ashes to fertilize the new growth. We are like the forest that can get overgrown and stuck in our ways. We become stagnant and desperately need change so we can have some new growth. Many times that change comes and we fear it, the fire scares us but also begins to ignite an inner desire to embrace the change. After we come out of change like the sprout coming through the ashes, we have started to grow.

Do you fear change, embrace it and let it feed you so you can grow?

Become the best version of you, you are worth changing for!

Starting as scattered seedlings, young trees hardly resemble the grand forest that they will become. Each plant's energy is focused on growing stronger and taller. As they reach for the sun, the space between them closes. Together the forest is stronger than each individual tree and it provides the perfect habitat for others to flourish.

Together, we are tree-mendous!

8 Things to Remember When Going Through Tough Times:

- 1. Everything can—and will—change.**
- 2. You've overcome challenges before.**
- 3. It's a learning experience.**
- 4. Not getting what you want can be a blessing.**
- 5. Allow yourself to have some fun.**
- 6. Being kind to yourself is the best medicine.**
- 7. Other people's negativity isn't worth worrying about.**
- 8. And there is always, always, always, something to be thankful for.**



November is Falls Prevention Month

Prevention of Falls and Related Injuries:
Five actions are highlighted. What can I do to prevent falls and related injuries?

Action 1: Observe for changes in the resident's condition.

Medical problems are often associated with falls. In addition, dehydration and infection can also contribute to a resident feeling weak, dizzy, confused, and unsteady and increase the resident's risk for falling. Observe and report any change in the resident's health status such as drowsiness, confusion or restlessness. Assist and report any resident who appears unsteady. Use your Gentle Persuasive Approaches (GPA) to assist residents in an unsafe situation. Promoting and maintaining adequate fluid and/or nutritional intake to avoid dehydration/malnutrition may prevent consequences such as confusion and dizziness. Remember a resident with a urinary tract infection may need more frequent help to the bathroom.

Action 2: Observe the resident's mobility.

Residents with impaired balance, unsteady gait and weakness of the lower extremities are at greater risk for falling. Report any changes in the resident's mobility. Ensure the resident uses assistive devices, such as a walker as recommended. Encourage the resident to change position slowly. Ask the resident about feelings of dizziness or light-headedness. Ensure that the brakes on the bed and chair are locked when transferring. Encourage the resident to wear proper fitting, non-skid footwear to decrease the likelihood of slips, trips, or falls.

Action 3: Observe the resident's eyesight and hearing.

Poor vision can cause falls. Encourage the resident to wear recommended eyeglasses and hearing aides. Ensure that eye glasses are clean and hearing aides are working properly. Report any concern about a resident's eyesight or hearing.

Action 4: Observe the resident for "fall-a-phobia."

Residents are often and understandably worried about the potential outcomes of a fall. Such fears may even result in the resident purposefully limiting his/her mobility to prevent falling. Observe if the resident appears timid or fearful when moving about. Promoting the resident's feelings of confidence, by ensuring use of assistive devices, as recommended and safety bars in bathroom and hallway railings. Reinforce how to use the call bell. Ensure the call bell is within the resident's reach. Orientate the resident to their surroundings.

Action 5: "Scan" the resident's environment for safety.

Falls are often attributed to environmental causes—such as inadequate lighting, glare, obstacles such as footrests and open drawers, or water on the floor. Ask the resident if they have trouble seeing in their room or in the halls. Ensure the resident's room is well-lit, free of shadows and personal care items are within the resident's reach. Monitoring that the resident's room is free from clutter, and that their bed is in a low position. Using a night-light or leaving the bathroom light on—if acceptable to the resident. Report any concerns regarding the resident's environment.

Thank you to all who help keep our residents 'on their feet'!

Address the P's of Fall Prevention: Pain—keep your pain managed; Personal Care—no rushing to toilet, take your time; Possessions—keep them within reach; Pills—regular med reviews by physician; Physically Active—keep moving; Purposeful Interactions—remain social, don't isolate; Blood Pressure—stop, stand, wait and then Go.

Have you seen Jubilee's website:
www.jubileeresidences.ca

Some of the most impactful lessons in life:

- 1.Accountability for my actions and thoughts.
- 2.Reflection on my day.
- 3.Everything was based on choices I made.
- 4.Understanding and having gratitude.
- 5.Action.

All of these things can change your life. Look at yourself objectively and have the courage to change. Let go and just live life.

Life is too short to argue and fight. Count your blessings. Love the friends & family that are always there. Smile more often. Make the most of everyday!

Did you make a difference today?



One of the best ways to keep up to date on what's happening at Jubilee is to "Like" our Facebook page. "LIKE" Us on Facebook! Check out pictures in the Oktoberfest gallery!

<https://www.facebook.com/Jubilee-Residences-1733128580295335/>

*Jubilee Residences Foundation accepts donations on behalf of Porteous and Stensrud Lodges
"Make a difference in the life of a resident...give today."*

Name (please print): _____

Address: _____

Postal Code: _____ Telephone: Home _____

Business _____ Email: _____

I wish to make a donation of: _____\$1000 _____\$500 _____\$250 _____\$100 _____\$50 Other _____

To donate online, please visit: www.canadahelps.org

Please make cheques payable to: Jubilee Residences Foundation.

Gifts of \$10.00 or more are tax deductible & a receipt will be issued.

Charitable registration # 893571810RR0001

Thank you for your support!

