



# MANOR BANNER

Volume 1, Issue 1

FALL ISSUE



## The Senior/Adult Day Program of Bonnechere Manor is pleased to bring the benefits of **Snoezelen**

Our Snoezelen room provides a stress free environment for stimulation and relaxation. Sensory stimulation has been identified as being beneficial in bringing regressed older people back in touch with their environment. This program uses environmental interventions that stimulate the primary senses. Multi-sensory stimulation is achieved by combining textured objects, soft music, colored lighting and aromatherapy.

tion Staff have received training in the use of all Snoezelen equipment. All programs are individualized to each resident.

We believe that this program will prove to be beneficial to a number of residents and it is our desire to add even more equipment to this program as funds become available.

We invite you to come and experience the benefits of our Snoezelen Program during our Open Doors event October 1, 2006.

Proven benefits of the Snoezelen Program are:

“We invite you to come and experience the benefits of our Snoezelen Program during our Open Doors event October 1, 2006.”

- Stimulates the senses
- Provides an alternative to medication and isolation
- Increases functionality, awareness, attention, and happiness
- Improves appetite, memory, cognition, and speech
- Encourages movement, range of motion, and posture
- Improves relationships
- Decreases aggression, anxiety and wandering

Snoezelen slowly focuses the mind and draws the individual into the environment. It is a sensitive, caring and indirect approach in which the enabler and client will share a common, positive emotional experience. Sensory stimulation is achieved by combining textured objects, soft music, colored lighting and aromatherapy.

There is no formal focus upon therapeutic outcome other than to provide the users a method to gain maximum pleasure from the activity they are experiencing.

Our Snoezelen room is located in the Pinnacle Home Area; in addition, we have some equipment on a portable cart available for use at the bedside. Referrals can be made for any resident or client who would benefit from sensory stimulation. Day Program and Recrea-



### Bonnechere Manor Family Council

Bonnechere Manor is pleased to have a Family Council comprised of resident's family members who strive to support and meet the needs of the residents. One of their goals is to become more educated about Bonnechere Manor and they in turn can help other family members with their questions and concerns.

The Council works in harmony with the Manor and is here to be a support to all family members, advocate for residents and provide a safe forum where concerns can be heard. For more information you can contact chairperson Barbara Bristow at 613-432-6147.

“**MAKE A DIFFERENCE DAY**” is a program whereby our residents perform a task to assist local organizations. To date we have assisted the Rotary Club with their Bingo Cards and provided a school classroom with over the chair handmade book holders. If you can think of a way in which our residents can assist your organization then please feel free to contact Nellie Kingsbury or Gladys Bennett @ 613-432-4873.



*"Caring for the Long-Term"*



# The Bonnechere Manor Foundation

Bonnechere Manor Foundation Board was incorporated in 2003. Our mandate is to fundraise to provide additional financial support enhancing the well being and quality of life of the residents of Bonnechere Manor.

The Foundation is a vehicle to support Capital Projects that are not funded through existing Ministry of Health and Long Term Care mechanisms.

Here are some of our achievements:

- We have assisted the Pinnacle Home Area in the purchase of materials and games for the residents.
- We have installed large screen TVs in the resident lounge areas. This brings

residents out of their rooms and initiates socializing.

- We have assisted in funding the painting class. This class held once a week has proven very successful and the residents are hoping to have an art auction in the fall.
- We gave financial support to the production of a Christmas CD/tape by the resident choir. These activities involve residents in very positive ways.

**We can only accomplish these programs by fundraising.**

How can you be involved?

**Memorial Gifts.**

- Give a memorial gift to celebrate the life of a relative or friend.

- Include the Foundation in your will or estate plan.
- Donate a gift of life insurance and receive a tax receipt for premiums. Life insurance is a relatively inexpensive way to share a major gift.
- Establish a corporate giving program.
- Transfer share of stock to the Foundation.
- Memorial cards are available at all local Funeral Homes or at the front desk at the Manor.
- Cash Donation.

**For further information please contact:**

Dave Shields Community Relations Coordinator at 613-432-4873

## Bonnechere Manor Tuck Shop

- Operated by the Bonnechere Manor Auxiliary.
- Many different volunteers share their time to sell treats, crafts and other goods.
- Open everyday 1:30 pm to 3:30pm.
- Proceeds are used to support resident programs.



## Upcoming Events



**September 15 was Western Day. It was a great hoe down!**



Preparations for October Events are already underway beginning with **OPEN DOORS** 2006

- Be sure to celebrate with us October 1, "International Day of Older People". Bonnechere Manor opens its doors to the public to demystify living in a Long Term Care Setting by creating awareness of our residents and our Home.
- See the Fall Colors on a trip through the county side. Join gracious hosts Barb and Gary Hutchingson for lunch before returning home.
- Remember our POW WOW? Well we are having another! Come join the circle, listen to the drums, learn and be enriched by our Native People.
- Halloween ends the month – Look for creatures, goblins and ghouls galore as we have our annual Halloween party.



In compliance with the new Smoke Free Ontario Act prohibiting smoking or holding lighted tobacco in any enclosed public place or workplace, Bonnechere Manor has closed its interior resident smoke rooms. We are committed to promoting a healthy and safe environment in addition to prevention of smoke related diseases.

A smoking cessation program is offered to assist those who are interested. Welcome to an environment of



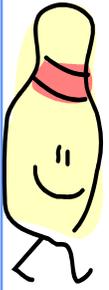
## Home Health & Medical Supplies

*Sales \* Rentals \* Repairs \* New & Used Equipment*



*200 Bruce St. Renfrew 613-432-3846*

*\*\* Located One Block From Bonnechere Manor \*\**



**Attention Sports Enthusiast**

The Bowling League starts up again this September. Once a month we bowl at the Opeongo Bowlodrome. Last bowling season, residents were awarded trophies, ribbons and certificates at the Bowling Banquet. Team spots are filling up fast.

So if this would be of interest to you,

Please let a staff member know.

**RESIDENT FORUM**



**"GIRLS JUST WANT TO HAVE FUN"**

**Do you believe this?** If so you should consider joining the **Red Hat Groupies**. Come and meet Red Hat Society ladies from our community as well as other residents for an afternoon social event. The Red Hat Groupies meet once a month to bring cheer and laughter. All you need to be a part of this group is a red or purple piece of clothing. If you don't have a red hat, our groupies will help make one with you. As our mascot DALE sings, the Red Hat Groupies are all about having FUN! If you wish to join, please watch for the next meeting date on the event calendar or ask a staff member.



**THE AMAZING CANADIAN RACE**



The Amazing Canadian Race began the end of May 2006. A number of residents are racing their way across Canada (by exercising 15 minutes they move 100 kilometers down the track). Congratulations to all participants, with Romeo Godin in the lead, Gary Enright and Peter English are close behind, all three have made it to Alberta. Moving out of Ontario we have Sadie Abel, Pamela Kennedy/Sloan, Margaret Briscoe and Willie Dean. John Munn seems to be lagging behind as he enjoys spending most of his summer outdoors.

Vera Munding, who is presently in Saskatchewan, told me an interesting story as a result of her participation in The Amazing Canadian Race. A former friend, from about 20 years ago, saw a newspaper picture in the Mercury and realized that a long lost colleague (Vera) lived at Bonnechere Manor. This prompted her to visit Vera. The two reacquainted and spent an afternoon reminiscing about family, friends and days gone by. Isn't participation a wonderful thing!

***We urge you and your family to become part of our resident safety team.***

Remember what our parents used to tell us before crossing the street? Before you proceed: "stop, look and listen." Our parent's aim was to involve us in making the right decision. They didn't want us to be harmed because we were caught off guard.

Resident safety can be that simple for you and your family...

- **Stop** and learn the facts about your condition and your medications.
- **Look** carefully through your care plan with us so that we all fully understand and concur on its course. Have a member of your family or a friend attend your care conference.
- **Listen** closely to what you'll need to do to continue or improve your care plan.

Above all, be proactive! Let us know if you feel the need to vary your care plan. Explain why. We'll listen.

**Bottom line? As a well-informed resident, you can help us create a safer healthcare system.**





## ADMINISTRATOR'S MESSAGE

Greetings and welcome to the first issue, and rebirth of the Manor Banner. We are very excited to get this newsletter revitalized to provide information about activities, news, views and current updates as our health care system continues to evolve. We hope to provide not only some important facts, but entertaining reading as well.

This first issue is dedicated to Big Jim Bristow, who was instrumental in reviving the Newsletter at Bonnechere Manor and who provided us with many insights and ideas as first drafts were considered. In remembrance: James Bristow November 26, 1940 to March 2, 2005.

This is a great opportunity to give special thanks to everyone involved at Bonnechere Manor. To our wonderful Residents and Families, thank you for entrusting us with your care; to our dedicated and hardworking staff, thank you for being here providing daily care; to our Volunteers, Auxiliary, Family Council and Foundation, who enhance the quality of life for our Residents in so many different ways; to the Health Committee and County Council for their continued commitment to long term care in the County.

Future issues of the Manor Banner will provide education related to how we are funded by the Ministry of Health and Long Term Care, and of course continue to highlight the many activities and programs we offer to our Residents.

We are very proud of the Snoezelen program we have established on our Pinnacle Home Area and that it can be provided at the bedside if needed. The Activities department has been enthusiastic in making sure this vital intervention was provided to our Residents, especially those with Dementia.

Your ideas and interest in our Newsletter is most welcome. Please feel free to provide us with your feedback and suggestions.

I hope you have enjoyed the renewal of our newsletter and will look forward to reading the Bonnechere Manor news through the Manor Banner on a quarterly basis.

Happy Reading!

*Judith Gilchrist*



### "Always an Idea In Hand."

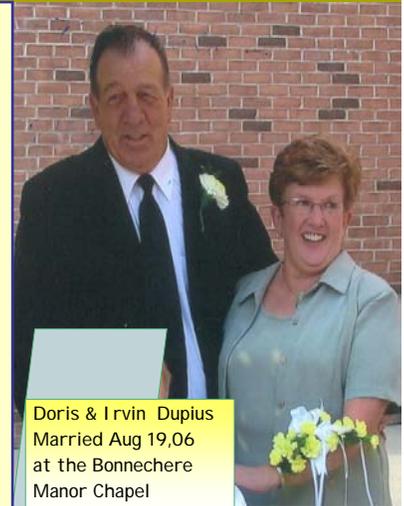
That was one of James Franklin Bristow's self-proclaimed talents. Jim was known to many of us here and I'm sure that we can agree that he was indeed an idea man. This newsletter was just one of the recommendations he came up during his time spent here at Bonnechere Manor.

"Big Jim" he called himself, left us at an early age of 64; however, he was more fortunate than most as his life was packed so full of incredible experiences. He joined the military at a young age in 1957; afterwards, he worked for the United Nations Peacekeeping Corp. He then became a well-known broadcaster for CFMO and CFRA. He retired from radio and carried on as a freelance writer, photographer and producer.

He traveled to more than 55 countries in his lifetime taking dozens of cruises, which he claimed to be his favorite method of travel. He was absolutely one of the best storytellers around and he loved to share his most favorable memories with many of us.

He became an active member of OCPM (Our Chronic Pain Mission) and was indeed an inspiration to many through this avenue. He was always willing to put his weight and whit behind something he truly believed in. He aided a number of local organizations by volunteering his talent and service at fundraising events such as the Sunshine Coach Telethon.

He believed in recognizing value, expressing appreciation, opening his heart and life, sharing his wisdom and compassion with everyone he knew. He was always articulate, caring, compassionate, considerate and productive up to the end. To me he was an idea man of which there are too few. He has enriched so many lives in so many ways that he will surely be missed by all those he touched.



Doris & Irvin Dupius  
Married Aug 19,06  
at the Bonnechere  
Manor Chapel

Would like to extend a BIG  
THANK YOU to all the  
staff that helped them with  
their special day.

### BONNECHERE MANOR

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