



# MANOR BANNER

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**Special Points of Interest:**

- **Dr. Dick to retire**
- **Accreditation was a success**
- **Elvis was in the building**
- **Final Evaluation score of 89% the highest in the province.**

## "We Graduated RAI MDS 2.0 Early Adopter Project."

The (RAI) Resident Assessment Instrument and (MDS) Minimum Data Set originated out of the need to collect accurate information in a common format, in order to enhance the well being of an aging and frail population & the need to ensure an efficient and equitable distribution of public resources. Phase I began in June 2005 with 10 Homes and Phase II in September 2005 with 10 Homes. These Homes were selected to ensure a representation of Homes of various sizes, from different locations across the province and with diverse levels of RAI MDS & technology experience. Phase III began in March 2006 with another 69 Homes.

The use of this instrument improves & standardizes the clinical assessment &

care planning processes for the Residents. It also significantly enhances accountability through reliable information & enhanced standards of care & contributes towards quality care benchmarking.

**The RAI MDS 2.0 provides quality, comprehensive information to support quality of care improvement for Residents.**

This new documentation system allows us to provide a standardized assessment & care plan, that captures Residents' abilities, needs and preferences.

The RAI MDS 2.0 allows us to enhance the evaluation of the care we are providing. It's a team approach encouraging input from all the care team to

provide a truly holistic approach to our services.

We are doing all of this to provide improved data that is measurable and objective to help plan for and provide better care. This process will give us a more streamlined assessment process leading to simpler and smoother client experiences. And above all, it will enable us to have improved access to care services through a more integrated continuum of care.

**We were given a Final Evaluation score of 89%, the highest in the province.**



## Ceiling Lifts installed

Ministry of Health Initiative to decrease back injuries for employees in Long Term Care settings. Funding was provided to install 20 new lifts in November. Fifteen were placed into Henry Murdock II and five were placed into Pinnacle. These lifts allow staff to get Residents into and out of bed with little physical effort and with increased safety for the resident and the staff.

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**\*NEW ATTENDING PHYSICIAN\***

Dr. DiPaolo grew up just outside Toronto. He went to medical school in Halifax, N.S. where he met his wife, Allison Clarke.



Together they joined a group practice with Steve Radke, whom they befriended while studying family medicine in Ottawa. He focused his elective work around geriatrics. They have settled into Renfrew and are hoping to soon begin raising a family.

Dr. DiPaolo is looking forward to being part of the Bonnechere Manor community.

I would like to introduce myself. My name is Joan Hughes and I am very pleased to be the new Resident Care Coordinator for Bonnechere Manor.

I am originally from Renfrew but have lived in the Oshawa area for nearly 25 years. I relocated back home in January of 2006 when I transferred with Central Care Corporation to accept a position as a Continuous Quality Improvement (CQI) Director for a 203 bed Long Term Care Home in Ottawa.

I have been a Registered Nurse for 28 years and have worked in Long Term Care for more than 25 years. I have held various management positions such as Administrator, Director of Care and recently CQI Director. I was a Charge Nurse for sixteen years before making the transition to management. I have a strong belief in what I do and my priority is to make a difference in the lives of the people entrusted to us for care.

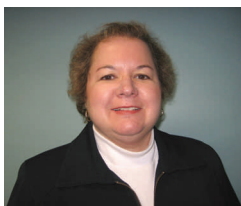
My office is on the Pinnacle Home area where I will be responsible for the care and services provided to the Residents living there. I will also be responsible for the staff on Pinnacle, as well as the education calendar, chairing various committees in the Nursing Department, setting up the accreditation teams and implementing the Continuous Quality Improvement (CQI) Program in the Home.

I look forward to meeting and working with the families, residents and staff of Bonnechere Manor.

Together everyone achieves more. (TEAM)  
Regards,

Joan Hughes RN

Resident Care Coordinator



**We are a people centered Home dedicated to maintaining our "Excellence of Care" tradition in a safe and progressive community.**

**Dr. Arthur Dick:**

Dr. Dick became an attending Physician at Bonnechere Manor in June 1996, not long after the new facility opened. Dr. Dick looked after approximately 35-40 residents of the 180 living in the Manor. Many of those residents were his previous patients from the community.

While an attending physician, Dr. Dick became the consulting physician for pain control and palliative care. In this capacity he spearheaded and supported the Palliative Care Committee with their groundbreaking work for the Manor. Dr. Dick will continue to provide this guidance and remains a member of the Palliative Care Committee.

Dr. Dick is planning on focusing his attention in providing care for the Renfrew Hospice Program and actively volunteers his time toward the endeavors with the Rotary Club in Renfrew. He is slowly reducing his practice as he plans for retirement.

**Retirees...**

Linda Guest began employment in June 1970.

Throughout her career she has been a GPN, RNA, RPN, and in 1994 she made the move to the Laundry Department. Her warm smile and hard work will be deeply missed.



Bev Ingram began her career with the Manor in April 1978. Throughout Bev's career she has been a RNA, RPN, Dietary Aid, & in 1994 she made the move to our Housekeeping Department. Her mothering nature and hard work will be deeply missed.



From the staff and Residents of Bonnechere Manor,

"We wish you all well, enjoy the next chapter of your lives."



**Farewell Tea for Administrator  
Robert Kingston presents Judith with parting wishes. The tea was held on April 23rd.**

**Words from our Dietician:  
3 Simple things you can do for Heart health.**

**What**

1. Eat More Fruits, vegetables, nuts and whole grains.
2. Eat more omega-3 fatty acids from fish oil or plant sources.
3. Use unsaturated fats and reduce the amount of saturated fats and trans-fatty acids in your daily diet

**How**

Have two vegetables with your evening meal.

No time for fresh? Use frozen.

Make your sandwich with whole grain bread

Try brown rice

Have small handful of walnuts, brazil nuts, almonds, or filberts as a snack

( 3 tablespoons/20g)

- ◆ Try different kinds of seasonal fruits.
- ◆ Sprinkle ground flax seed onto your morning cereal.
- ◆ Eat more fish such as salmon, tuna, mackerel, Omega-3 eggs
- ◆ Try using beans, peas, lentils and other legumes
- ◆ Choose smaller portions of meat (3 ounces after cooking)
- ◆ Choose low fat dairy products
- ◆ Avoid stick margarines, vegetable shortenings and commercial bakery and deep fried foods that contain hydrogenated vegetable oils
- ◆ Hydrogenated vegetable oils yield trans-fatty acids

**PAST AND FUTURE EVENTS...**

Our Christmas Dinners were held on Dec. 6 & 7th . Over 200 people turned out to enjoy a delicious Christmas dinner with family members at Bonnechere Manor.

Socialization and visits were done following dinner and everyone went home filled with turkey and more happy memories.

**Pancake breakfast with local Maple Syrup was enjoyed on April 24th.**

**Drumming Circle Tuesdays @ 10:30 in the chapel**



Drumming creates social unity, it requires perception, attention, and memory. It allows for purposeful transfer of ideas and is a non-verbal mechanism for affective modulation.

Above all of this... it's fun.

**Everyone Welcome!**



**Micki & Marilyn Show.**



**Tuesday January 30th.**

**We enjoyed this special musical entertainment in memory of Micki Roberts.**

**Everyone Welcome...**

**Living Life Drama**

We invite you to attend a heart warming drama production presented by Residents, Staff, and Youth of the community.

Including a selection of songs by the Bonnechere Manor Choir.

**May 10, 2007 @ 7:00 pm**

**This event is free of charge. Refreshments will be served.**

**Elvis was in the building...**

To celebrate what would have been Elvis Presley's Birthday. We held a "Elvis Mania Day". Elvis' music and a large guitar shaped cake helped us remember the King of rock n roll.

**Valentines Day**

Valentine party was held at 2:00 on Henry Murdoch II floor.

**Feel Good... Look Good**

All Residents who wished to have their pictures taken using props, hats, scarves, shawls were invited to join us for a day of Glamour Shots.



**National Nurses Week May 7-13**

**May 10th a one day workshop for nurses will be held at Groves Park Lodge, sponsored by Bonnechere Manor for all nurses of Renfrew County.**

**Register today by contacting Dianne Johnston @ 613-432-4873 ext 1243.**

**May 15- Acquired Brain Injury is presents Long Term Complications with ABI.**

**May 17-Hepatitis B in service for all staff**

**May 24- Anticipatory grief by Diane Caughey**

**May 29- Active Health Physio services**

**May 31- ARJO presenting on the Alenti lift and maxi slides.**

## Farewell from Administrator



This Spring copy of the Manor Banner gives me an opportunity to say my farewells to Residents, Staff, Families and Volunteers, who make up the 'family' of Bonnechere Manor. I thought a highlight of the Homes achievements for 2006 would be the most appropriate direction.

The full implementation of the new documentation system for the nursing department, RAI MDS 2.0 (Resident Assessment Instrument, Minimum Data Set) is providing an improved level of quality to our care. The Accreditation survey was a great success, with another Three Year Award.

A mock evacuation in the Spring of 2006, ensures we are able to respond quickly and efficiently to any emergency.

The Senior Adult Day Programs are now at five different sites, including Beachburg, Calabogie, Cobden, Eganville and of course our main site in Renfrew.

Following the tremendous success of last years' Christmas CD the residents produced an incredible calendar of artwork... thank you!

Special funding announcements throughout the year resulted in the purchase of enhanced lift equipment and our new ceiling lifts in certain areas of the Home.

The quarterly Newsletter, the Manor Banner is a welcome return to our ability to share information about the Home.

The Family Council has grown and works well with the Home's Administration. In 2006 they published a new brochure to provide valuable information to new residents and families.

The annual Christmas dinners returned in 2006 and we are pleased the response to this was very positive.

A new five-year strategic plan was developed, and we are most grateful for the input we received from all the participants.

The value of the Home is found in the people who live and work there and I am confident that Bonnechere Manor is set for a positive future. The Goals developed in the five-year strategic plan include:

- Quality Care. & Successful, Team Focused Staff
- Funding Effectiveness, & Communication Excellence
- Health & Safety, Professional Services, & Diversity Focus

Bonnechere Manor is a Home that can be very proud of the service and care provided to the Residents and Clients in the community. I wish all of you the very best as you move toward further enhancements. I may be departing from the Home but I remain an active part of the community and am sure I will be seeing all of you again.

With Bright Blessings to All!

*Judith Gilchrist*

### Caregiver Support Group

Program benefits for Caregivers:

- Understand that you are not alone
- Be with people who know what you are experiencing
- Enjoy the opportunity to meet with other Caregivers to discuss common challenges, interests, concerns, and solutions.
- Receive tools to cope with stress related to care-giving.

Everyone is eligible to attend and there is no cost to the caregiver or loved one to participate in this program.

For more information simply call the Senior/ Adult Day Program at **613) 432-4873 ext 1251**



### Bonnechere Manor Senior/ Adult Day Program

**Beachburg, Calabogie, Cobden, Eganville, and Renfrew sites available.**

Our Day Program provides structured and supervised activities for seniors and adults living within Renfrew County communities.

The people who benefit most from these programs reside in the community, are lonely, bored, isolated or living alone, as well as individuals who require restorative services.

The program also provides much needed respite support for individuals who are caring for a Senior or Adult at home. Application must be made directly to: **Champlain Community Care Access Centre (CCAC) Placement Co-ordination Service (PCS)** (613) 732-7007 or 1-888-421-2222

*"Caring for the Long-Term"*