

February 2024

# DELHI GAZETTE

peopleCare Delhi | 750 Gibraltar St Delhi | 519-582-3400 | www.peoplecare.ca



## January Events

### Catholic Church Service

Thursday February 1<sup>st</sup> 2:00pm

### Groundhog Day Movie night

Friday February 2<sup>nd</sup> 6:30pm

### Chinese New Year

Saturday February 10<sup>th</sup>

### Chinese New Year Diners Club

Monday February 12<sup>th</sup> 5:00pm

### Community Bingo

Tuesday February 13<sup>th</sup> 6:30pm

### Valentines Day Social

Wednesday February 14<sup>th</sup>  
2:00pm

### Melody Makers

Thursday February 15<sup>th</sup> 2:00pm

### Resident Council

Tuesday February 20<sup>th</sup> 10:00am

### Happy Hour with Ken

Thursday February 22<sup>nd</sup> 2:00pm

### Birthday Party

Wednesday February 28<sup>th</sup>  
2:00pm



**HAPPY  
VALENTINE'S  
DAY**

©DESIGNALIKE

# Welcome Home

Fred  
Bev  
Ken

## Happy Birthday

### To All those born in February!

Jean Brown	Feb 20 <sup>th</sup>
Jean Francis	Feb 20 <sup>th</sup>
Kathy Gegeny	Feb 27 <sup>th</sup>

Flower: Carnation  
Birthstone: Violet



### February Birthdays

In astrology, those born between February 1–19 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members. Those born from February 19–28 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. These deep emotions also make Pisces talented artists and good friends



## Council Corner Residents Council

The next resident's council will be held on February 20<sup>th</sup>, 2024, at 10:00am. The council is an opportunity for all

### Bill of the month:

21. Every resident has the right to have any friend, family member, caregiver or other person of importance to the resident attend any meeting with the licensee or the staff of the home.

### Family Council

The next family council will be held March 28<sup>th</sup>, 2024, at 2:00pm, in the small dining room. All families are encouraged to attend the meeting!

## *In Memory Of*

*Lois Baker  
Mike Sloat  
Jean Jackson  
Sandy Gee*

*Our deepest thoughts and sympathies go out to the family and friends*

"He spoke well who said that graves are the footprints of angels."

~Henry Wadsworth Longfellow

## Report from the Medical Team

As we enter 2024, there is a sense of great optimism in the air. PeopleCare Delhi Long Term Care is embarking on a most ambitious revitalization that will entrench its presence and rich contribution to the Delhi Community for many years to come.

It has been a great honor to serve this unique community and its residents for the last ten years. This period has seen many changes including streamlining practices, developing new policies, and reducing the medication burden for residents, where possible eliminating medications felt to be of limited potential benefit or potential harm. Many other projects and programs have been introduced and will be addressed in coming contributions to this important publication.

The truth is that the residents have allowed me and Anna (Nurse Practitioner) into their home. We met family and learned of each resident's past, all with a goal of enhancing their present. Many homes do not have the support of a nurse practitioner, so I am most grateful to Anna for all her work and dedication to this team.

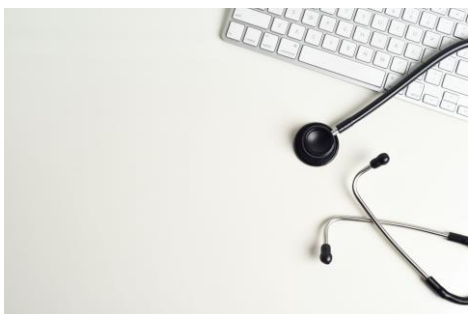
I cannot take credit for the current state of this home. We, the medical team, are but a small part of a large wheel with our residents and family at its center or core. From those who keep our home clean, prepare meals with love and heart, to those providing direct care, our administration, social work, rehabilitation staff and our very important recreation and program staff, all have worked day in and day out, though many recent tough years.

I have personal experience with several long-term care homes over many years. Without a doubt, DELHI provides the highest degree of quality, care, and support throughout our entire region and beyond. For this, I am very proud.

Our work is not done. As noted in the first paragraph, our challenge remains to maintain and build upon the attributes that make PeopleCare Delhi Long Term Care so great and ensure that these are only enhanced as we grow. From the perspective of medical support, it is clear that I cannot sustain a long-term commitment to such a large home. I have started the process of recruiting a few new physicians. This has not been easy. Quite frankly, there are not many interested in picking up extra responsibilities at this time. Further, I am seeking only colleagues that share mine, and Anna's dedication, love, and respect for all our residents and staff alike. Again, I will keep you all posted with updates in future editions of the new letter.

Thank you again for the privilege of trusting us to provide care for you

William Thorogood MD CCFP CAC Anesthesia



# Groundhog Day Word Search

L K Y E N W A T U S X N U P W E V E  
P J P N F O Y R A U R B E F T Q I L  
G X F L W D K W Y D U O L C S T W A  
H R O C I A Y O B M U M W P A T J M  
P Z O M R H D I O L P M W E C B P M  
G L U U P S U G S P R I N G E W V A  
D O E J N U Q T R E S G L Y R K L M  
A W D U N D E R G R O U N D O S S S  
Y A D I L O H E M E R G E E F T B S  
S Y A D Q L L O P R E D I C T I O N  
I S S F V Y K H G K C V W O R R U B  
X B E A W I Z M R O D E N T X D N P  
T E T A N R E B I H A R E T N I W L  
E E P W E E U E I F W E A T H E R I  
J S P E N N S Y L V A N I A M J V H  
S E H L G O E Y E O Y Z F R T S Y P  
X K B I T J R Y V X H J P X C Y G U  
L K S I H K O P O B Q E X Z Z O H C

burrow  
cloudy  
cold  
day  
emerge  
February  
forecast  
groundhog

hibernate  
hole  
holiday  
mammal  
Pennsylvania  
prediction  
Punxsutawney Phil  
rodent

shadow  
sign  
six weeks  
spring  
underground  
weather  
winter



# Therapeutic Recreation Awareness Month

February 2024

*Have you heard of Therapeutic Recreation? It's a health profession that uses meaningful participation in recreation and leisure as a process to help individuals with disabilities and/or limitations achieve quality of life, optimal health, and to maximize their independence and improve functioning.*

## Definition of Therapeutic Recreation

*Therapeutic Recreation is a process that utilizes functional intervention, education and recreation participation to enable persons with physical, cognitive, emotional and/or social limitations to acquire and/or maintain the skills, knowledge and behaviours that will allow them to enjoy their leisure optimally, function independently with the least amount of assistance and participate as fully as possible in society. Therapeutic Recreation intervention is provided by trained professionals in clinical and/or community settings.*

## What do TR Professionals do?

- Work with persons who may benefit from assistance to improve their quality of life
- Use recreation and leisure to help maximize an individual's independence
- Make necessary adaptations to recreation and leisure opportunities to allow for full participation
- Educate individuals about the skills and resources required to participate in recreation and leisure

## TR Professionals use Recreation and Leisure to help people to...

- Improve physical and cognitive abilities
- Increase confidence and self-esteem
- Foster greater involvement in the community
- Strengthen interpersonal skills and relationships
- Improve coping and adaptation skills
- Enhance wellbeing
- encourage a greater sense of accomplishment
- realize the benefits of a healthy leisure lifestyle

## Your Recreation Therapy Team is:

*Please take a moment this month to recognize the Recreation Therapy team at Delhi for their continued dedication in providing meaning and purpose in our resident's lives.*

**From the Desk of the Executive Director**

Hello to all our Residents, Families, and Staff.

We have been very fortunate so far when it comes to the winter weather, and it looks like some warm fronts are to come for a bit, however as we move into the remainder of winter, I want to wish everyone a safe winter.

Public Health Ontario is reporting that we are starting to see a rise in influenza outbreaks in the region. I do want to take this moment to address that there are still multiple pathogens in the community such as influenza, rhinovirus, covid, and RSV, and we are still considered in our 'flu / respiratory season'. Due to these multiple pathogens circulating we request that all our families remain vigilant with hand hygiene practices when visiting their loved ones and request that anyone exhibiting symptoms should reschedule visits to the home to times when they are well. This will help us to keep our residents safe from these illnesses.

As we are in a new year the Leadership Team has begun discussion and planning for our Quality Improvement Plans for this year. We truly appreciate all the responses from our family and resident satisfaction surveys. These surveys, along with our Continuous Quality Improvement Committee, support and guide our quality improvement ideas. Please it is very important that during your annual care conference you take the time as a loved one to complete the satisfaction survey so we can continue to improve our services for our residents in areas that have meaning based on results from these surveys.

I am looking forward to seeing the amazing activities planned for our residents throughout the month of February and recognize that we have two amazing holidays to celebrate with our residents here in the home this month, Valentine's Day, and Family Day. We encourage anyone that would like to spend time with their loved ones during these events to reach out and let us know if there is anything extra, we could support to ensure these celebrations are a success for our residents and their loved ones.

Our redevelopment project is still on schedule with the target of May of 2025 for the move in date. The leadership team has started working through creating our human resource plan to support our current team members with this transition, and to begin planning for hiring our new team members to support the staffing needs for our larger home. We are also looking for a new nursing staffing manager that will have a unique and integral part to play with our redevelopment.

-Jeff Willson

**News and Notes****Valentines Day Roses for MEDA**

We are selling \$5.00 tickets to enter for a chance to win a dozen handmade chocolate roses! Please see any manager for an opportunity to purchase a ticket! All proceeds will go towards the 2024 MEDA goal!

**Diners club**

We will be hosting a Chinese new year's dinner on Monday February 12<sup>th</sup>. This is a sign-up event, please register with recreation if you are interested! Chinese will be from Yu's Delhi!

**March Excursion**

We will be going on a lunch excursion on Wednesday March 13<sup>th</sup>, the destination has not been chosen yet. Families of residents that have indicated that they are interested in the outing will be contacted!

**Save the Date**

**Bazaar:** our winter bazaar will be held on November 23<sup>rd</sup> at the polish hall, from 9:00-12:00pm. Donations will be accepted closer to the date.

**Rummage sale:** June 29<sup>th</sup> at the Delhi Polish Hall, from 9:00-12:00pm. Donations will be accepted closer to the date and volunteers are welcome!

Living the peopleCare Values

# GROWTH

**Embrace Change, maximize  
Opportunity**

Are you the best you can be?



<https://www.facebook.com/PeopleCareCommunities/>

## HEARTbeats

Congratulations to our January  
Draw Winners!

Name of winner: Tanya Burtch

They have received a \$25 gift  
card for displaying the  
peopleCare Values!

Thank you for all you do



## Winter Humor

Q: What do  
snowmen eat for  
breakfast?

A: Frosted Flakes  
or Ice Crispies.



### PEOPLECARE IS HERE FOR YOU

peopleCare recognizes that we cannot thrive without the hard work and dedication our employees make every day in our Homes. Please remember all of the programs that peopleCare has to assist you in your personal lives, educational pursuits and Employee Recognition! If you are unfamiliar with any of the following,

- please speak to your manager
- Employee Assistance Program
  - Education Assistance Program
  - HEARTbeats rewards and recognition Program