

# Heron Terrace Long Term Care Community

Meadows Point ~ September 2019

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**BIRTHSTONE** - Sapphire • **FLOWER** - Aster

## OUTINGS

- Sep 12 We will be going on a *Scenic Drive*. We will return before lunch.  
Sep 26 10:00am *Meadows Point Outing* - returning for lunch

## SPECIAL EVENTS

- Sep 06 6:30pm *Happy Hour* in the community room *with Paul Carter*  
Sep 08 12:00pm-2:00pm *Grandparent's Day Family BBQ* in the community room. Please RSVP if more than 2 guests are coming.  
Sep 09 *Food Talk with Annette* at 10:00am in the Hillman Marsh dining room  
Sep 14 2:30pm in the Library - *'Pip & The Squeaks'*  
Sep 17 *Pubnite* at 6:30pm in the community room *with Ernie Miller*  
Sep 19 6:30pm *Southern Gospel Concert with 'The Golden Heirs'* in the community room  
Sep 21 2:30pm *Residents Council* in the community room  
Sep 25 *Café Social with Karen Morand* at 2:30pm  
Sep 27 5:00pm *Diner's Club* in the community room - ordering from *Franco's Pizza*. Cost is \$5.00.  
Sep 30 2:30pm *Celebration of Life* in the community room



## BIRTHDAYS

Sep 17 Bernice Chevalier

Sep 27 Paula Siedlecka

## RESIDENTS RIGHTS #15

EVERY RESIDENT 'who is dying or who is very ill has the right to have family and friends present 24 hours per day.'

In other words... You have the right to have your family with you when your health is critical. If you want them there, they can be with you day and night and can stay as long as they want.

## FYI

- Our nursing and personal service envelopes have been impacted for this fiscal year therefore; we were required to make some adjustments. At this time it will not influence our staffing.
- The government has also made a modification to physiotherapy services which will now come out of our Personal Service envelope (Programs) which makes an impact as well.
- Emergency Department pressures - the city has developed contingency plans to off load pressures to meet Patients' health care needs in a timely manner. To do this they are utilizing Leamington Hospital ER. This greater distance of transportation back to our home will be an additional cost to the Resident or family. If you have any questions please contact the RN, MRCs or Sandra in the front office.
- Our Foot Nurse, Pam Garrod has retired. We wish her all the best!
- Thank you to those of you who participated in the Flash Mob. We will let you know when the final video is ready to view!
- When a resident deceases in the hospital we will call a Code Pink and gather on their home area to remember them
- New team members are being hired which means new faces! Please welcome them.
- Accreditation is coming in 2020! We are preparing and have not stopped our quality endeavors and working towards our strategic directions. Stay tuned for more information and dates! If you would like to be part of the accreditation process, talk to Sandra in the front office.

## LIFE STORY

My name is Bernice Chevalier and this is part of my Life Story. I was born in Windsor, Ontario. I have 7 children - Geraldine, Dan, Ron, Don, Doug, Robert and Ken. I am the very proud Grandma of 9 grandchildren and 5 great grandchildren. I am a homemaker, seamstress, baker and I enjoyed canning. My favourite dogs were "Dolly" and "Peanuts". I love grapes, oranges and bananas. I listen to Country Western music and I watch I Love Lucy and General Hospital on TV. My family is very important to me and I love spending time with them. Something interesting you should know about me is that I am afraid of water.

**Happy Fall!!**  
Lori George  
Manager, Life Enrichment

## 'A POSITIVE NOTE'

*(To help stop the 'Stinkin Thinkin'!)*

Just a little something uplifting for the day.

- ▶ On a positive note I've learned that no matter what happens or how bad it seems today, life does go on and it will be better tomorrow.
- ▶ I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights.
- ▶ I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life.
- ▶ I've learned that making a 'living' is not the same thing as making a 'life'.
- ▶ I've learned that life sometimes gives you a second chance.
- ▶ I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back.
- ▶ I've learned that if you pursue happiness it will elude you. But if you focus on your family, your friends, the needs of others, your work and doing the very best you can, happiness will find you.
- ▶ I've learned that whenever I decide something with an open heart, I usually make the right decision.
- ▶ I've learned that even when I have pains, I don't have to be one.
- ▶ I've learned that every day you should reach out and touch someone. People love that human touch - holding hands, a warm hug or just a friendly pat on the back.
- ▶ I've learned that I still have a lot to learn.
- ▶ People may forget what you said, people may forget what you did but people will never forget how you made them feel!
- ▶ I've learned that you should pass this on to someone you care about. I just did. Sometimes they just need a little something to make them smile.

