



Champlain Enhancing care Newsletter

Summer 2008

**For Day Programs, Homes and Residences Serving People with Dementia
in the Champlain region**

Champlain wide...

The purpose of this newsletter is to highlight the many goals that Enhancing Care teams throughout the Champlain region have accomplished as well as share information and resources related to dementia care.

Enhancing Care

Is an Assessment Tool to help you evaluate your programs and services and develop a plan that serves to improve the quality of life of the person with dementia.

For More Info...

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The Project "Oasis Garden"



Joanne Atkinson, HTT, Recreation Technician, Villa Marguerite*

Here in Ottawa we really have only 3 seasons - Fall, Winter and Summer. What a better place to spend some of the time in the summer, but in the Garden. Everyone knows that sunlight is good for helping to make our gardens grow. At the Villa Marguerite, living on the 6th floor of a downtown building can at times make doing this simple act

challenging. Luckily for us we have a garden that blooms each year on the rooftop. The programs runs throughout the morning before the sun and heat are directly above us. And on those rainy days we can bring pieces from the garden inside to create anything from a bookmark to a BLT, depending on where in the season our garden is in developing. A living garden also allows us to prepare things during the summer months to use throughout the winter months in creative projects and savour the taste of through the making of jams and other preserves.

For the residents on our Alzheimer's floor this activity it is a non-threatening activity that they can become engaged in as a group or by themselves. It offers opportunities for them to do something physical or purely passive and not be judged by how they choose to participate with their surroundings. Being in a garden offers many opportunities for every sense to be stimulated, and who does not connect with something as primal as gardening.

There is a wealth of information out there regarding the benefits of gardening and gardens for our senior population. As Mitchell Hewson (one of Canada's horticultural guru's) has said "There is something magical and curative about the powers of nature as seen in the growth of a plant. Flowers perpetuate themselves in their seeds, constantly repeating the cycle. Nature is forgiving: if a plant dies, another can be grown in its place."

*The HTT is a registered horticulture therapy technician designation.

Miramichi Lodge Enhancing Care Committee



(L to R): Sonia Elliott, Resident Care Coordinator; Ian Johnson, Recreation Assistant; Jena Benton, Nurse Practitioner; Lois Pilot, Family Member; Gladys MacDonald, Volunteer; Brenda Gaudette, Registered Nurse; Connie Roesner, Health Care Aide; Mike Blackmore, Director of Care; Margaret Lundy, Housekeeping Aide.

Mike Blackmore, Director of Care, Miramichi Lodge

The Enhancing Care program continues to evolve at Miramichi Lodge. The program remains an integral component toward improving quality of life for residents with dementia. **The multidisciplinary Enhancing Care Committee** meets on a quarterly basis exploring and evaluating dementia care improvement initiatives. Standing agenda items address improving the physical environment, staff education, meaningful activities and understanding responsive behaviours.

The committee's most recent undertaking is the

creation of the **Miramichi Lodge Dementia Care Family Support Group**. Meeting on a monthly basis the group provides an opportunity to interact with others caring for loved ones afflicted with dementia. The group is facilitated by laypersons experienced with living with loved ones with dementia. The Alzheimer Society also plays an important supporting role.

Everything's Coming Up Broccoli and Beans...Build the boxes



*Catherine Cuthbert,
Manager, Carefor Carling
East & West Day Program*

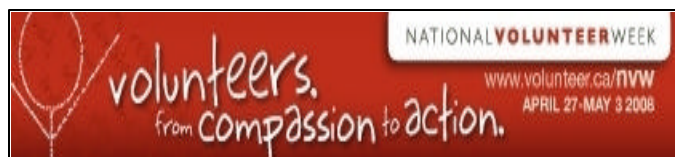
At the Carefor Carling Day Away Program the Enhancing Care Committee recognized that many of their clients were serious

gardeners in their day, growing vegetables and herbs that provided food on the table for their families. **So, the Committee decided to graduate from flower boxes to veggies and herbs for their Day Away clients.** With that in mind, the Enhancing Care volunteers (Bud - helped to build, Marg the gardener and Roger who designed the boxes) built two raised boxes allowing the clients to stand and work at them with ease. So it is not an unusual sight to see Day Program participants "going out to check on the crops". Clients helped with the planting, weeding and picking of such items as beans, broccoli, peas, tomatoes and lettuce and then helped to prepare the produce into tasty dishes. Carefor generously provided funds for the project.

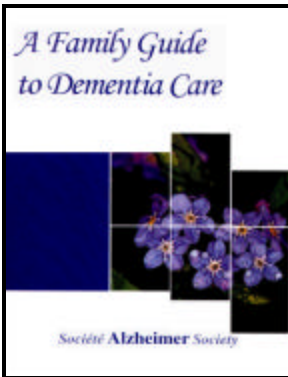
Hats off to Volunteers

Tatiana Vavrova, Psychogeriatric Resource Nurse, Perley and Rideau Veterans' Health Centre

As we celebrated National Volunteer Week from April 27 to May 3, it was only appropriate to recognize people who are enriching the lives of residents living with Alzheimer's Disease or related dementia at The Perley and Rideau Veterans' Health Centre. The volunteers on our special approach units have become valuable members of the team and have created their own positions based on their talents and interests. They are here as friends for our residents during breakfast clubs and birthday parties and even fill in as dancing partners on occasions. **Volunteers are an important part of our enhancing the lives of residents living with dementia.** Without volunteers there is no possibility that staff alone can create an environment that meets the needs of residents with dementia. Thank you for bringing joy to the lives of our residents.



Resources



Family Guide 2nd Edition!

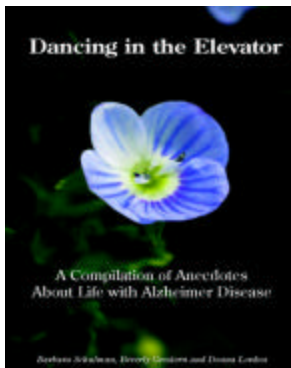
This valuable resource for families includes information on dementia and specific care issues. Each of the 12 chapters also contains commonly asked questions and a list of additional resources

such as websites, books and videos for each particular topic.

Cost: \$15.00

To order, contact the Alzheimer Society of Ottawa and Renfrew County at 613-523-4004 or info@asorc.org

“Written Right from the Heart”



This warm, gentle and attractive little book will bring pleasure, comfort and insights to persons with family or friends who have coped with Alzheimer's disease. It contains nearly 70 humorous anecdotes. In most of them, persons with the disease are the central

focus, illustrating their retention of familiar character, the emergence of hitherto unknown traits, their efforts to adapt to their deficits, and their enjoyment of the moment.

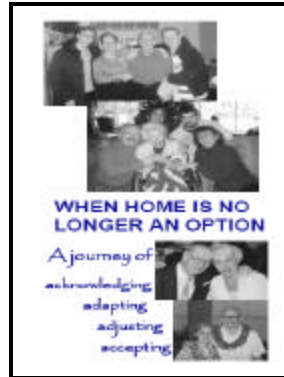
What readers have shared with us:

“I couldn't put your book down – written right from the heart.”

“Thank you for writing this book. It brought on ‘the good tears’, causing me to remember some tender and loving moments during an otherwise difficult time.”

This book is dedicated to the mother of one of its authors, and is produced entirely through volunteer contributions.

Sales revenue goes to the Alzheimer Society of Ottawa and Renfrew County.



When Home is No Longer An Option

The words and suggestions in this booklet offer information and support to people who are thinking about or have already made the decision to move to a long-term care home. It offers a starting point, and tells you about

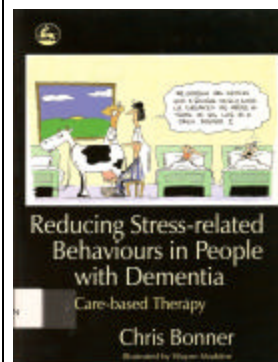
people and organizations that can help.

This 28 page booklet, written with the help and experience of many loving and caring people who have traveled this journey, was produced by the *Champlain Partnership in Transition Planning Committee* thanks to a generous grant from the Harold Crabtree Foundation. Special thanks to the Community Foundation of Ottawa, and the Kiwanis Club of Bytown for making the 2nd printing possible.

Families can get a copy of this booklet at their local Alzheimer Society office.

Also available under the title: *Lorsqu'il n'est plus possible de rester à la maison*

What's New in the Resource Centre



Visit the Alzheimer Society of Ottawa and Renfrew County's resource centre to borrow one of our many books on “Caregiving”. **“This book is an invaluable manual for care workers and the families and carers of people with dementia”**. It offers a comprehensive

checklist of simple and imaginative ways to reduce and prevent stress-related behaviours in people with dementia and keep them comfortable in their environment. To borrow this book, call 613-523-4004.