

# PIONEER RIDGE LONG TERM CARE AND SENIOR SERVICES NEWSLETTER

August, September, October 2024

## A MESSAGE FROM the ADMINISTRATOR

Welcome to our Fall Newsletter!

We have had a very busy fall at Pioneer Ridge and now preparing for our indoor activities and Christmas celebrations! It is hard to believe that we are closing out October and our Halloween fun, and we are already planning for Remembrance Day and Christmas. Stay tuned for more news on upcoming events!



With “Staff Appreciation” week just ending, I want to take this opportunity to extend my gratitude to all our dedicated staff. The commitment and compassion that is observed daily, does not go unnoticed. Every act of compassion and kindness you provide, makes a positive difference in the lives of those we serve. “Thank you for your outstanding dedication and care”.

As we welcome new residents, staff and families to our home, we continue to work together to ensure Pioneer Ridge is the best place to live, work and visit. We would like to encourage you to get involved with Resident and Family Council or on any one of our other committees, to the extent you are interested and able to do so.

As always, we want to hear from you if you have any concerns, suggestions or comments. Please don’t hesitate to reach out to a member of the management team. We value hearing from you!

Enjoy this edition of our newsletter.



## A MESSAGE FROM BARRY CALAND, ENVIRONMENTAL SERVICES SUPERVISOR



As we transition into from fall to winter, our team will be making adjustments throughout the building, changing the air temperatures from cooling to heating in resident rooms and the common spaces. Over the next six weeks, Resident Home Areas 2, 3 and 4 will be having damper systems installed in the ventilation system so we can better control temperatures, particularly in the far ends of the hallways. New motors will also be installed in our HVAC system to allow for more consistent airflow. This project was funded by the Ontario Ministry of Long-Term Care.

In October, we are expecting the arrival of new laundry machines, to replace our 12-year-old machines that were installed when the Home started doing laundry onsite. The life expectancy of our machines is 10 years and we have already replaced two of the three washing machines we have. Due to our preventative maintenance program, we were able to extend the life of our machines but it is time to replace the remaining machines to best serve our residents. One washing machine, capable of doing 135 pounds of laundry and 3 dryers (2 capable of 75 pounds and one capable of 120 pounds) will be arriving before the end of October. Our plan is to change one piece of equipment per day, during the evening so we don’t disrupt our laundry service. We are on pace to clean 525,000 pounds of laundry this year, so we need to ensure our machines are running in top condition!

Finally, as the temperatures start to drop, make sure to take your time and use caution as outdoor surfaces may be slippery with ice or frost. Remember to walk like a penguin!



## A MESSAGE FROM DENNIS MORETTIN, RESIDENT COUNSELLOR

Fall is a great time of the year with all the fantastic colours around us and cooler weather to enjoy. It’s a time where we might begin to think about pulling out those comfy sweaters or maybe going as far as locating our ice skates or skis to get ready for the upcoming months.

Are you the type of person who only drinks hot chocolate when the weather gets colder? It’s interesting how our senses, like the coolness of the Fall time will spark the thought to have a hot chocolate, or maybe seeing the colourful fallen leaves on the ground will prompt earlier memories of times with loved ones at the family home.



As Fall turns to winter, many will have their thoughts turn towards a life of celebrated traditions with family and friends, such as Thanksgiving, Christmas or The Winter Solstice, as examples. It’s a blessing to have those great memories and they are wonderful to cherish.

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However, many people around us might not have the opportunity to enjoy such wonderful memories. Some might be able to recall memories with some prompting or cueing and others not at all. Furthermore, for others, such holiday memories perhaps aren't always pleasant. For them, these holiday times might be accompanied by unpleasant thoughts and feelings that they would rather not remember. Either way, we all have different life experiences that make us who we are. If this time of year is filled with wonderful memories, enjoy them and share them. If this time of year is not, I encourage you to do your best. Holiday time might look a little different for you and your family this year. Do your best. For those who might struggle with the past, try to not let that past define your future. Find the strength and courage you need to redefine what you do from this time forward, one step at a time. Do your best!

All the best to our wonderful families and friends of Pioneer Ridge who visit us, to those from afar who call, and/or Facetime. Wherever you are and whatever your situation is, I wish you all joy and good health over the coming months.

Dennis Morettin  
Resident Counsellor



## A MESSAGE FROM THE PALLIATIVE CARE COMMITTEE - CODE BUTTERFLY

Long-term care homes are usually the last home a person will reside, and their passing should be meaningful and dignified. In reverence of respect and dignity for our residents and to allow staff, family and friends to pay their respect, our Code Butterfly has been established.

Code Butterfly is a process the Home follows when one of our residents journey has come to an end. This process includes placing a butterfly magnet on your loved one's door to notify staff and visitors that the resident in that room has passed away, and to allow family time to visit. Additionally, you will hear "code butterfly", announced on the overhead speaker when the Funeral Home arrives at the Home to escort the resident to their family resting place. Announcing this code notifies staff and visitors that your loved one will be leaving the Home shortly.

In preparation for your loved one's departure, we will place our butterfly blanket over your loved one and staff will gather together on the Home Area and at the exit to show their respect, by creating a walk of honour that acknowledges the life lived and lost.



Part of the latest change to the Code Butterfly guideline is the door your loved one will be exiting through. It is after careful consideration, conversations and input from residents, family and staff, that the decision has been made to have our residents I exit the Home through the doors that they entered, eliminating the "back door" process.

*"We welcome our resident through the front door when they are admitted and this is the same door we should be saying our farewells".- quoted by many.*



## UPDATES FROM B.S.O EMBEDDED SERVICES TEAM AT PIONEER RIDGE

*meaningful care matters*  
*Free to be me*

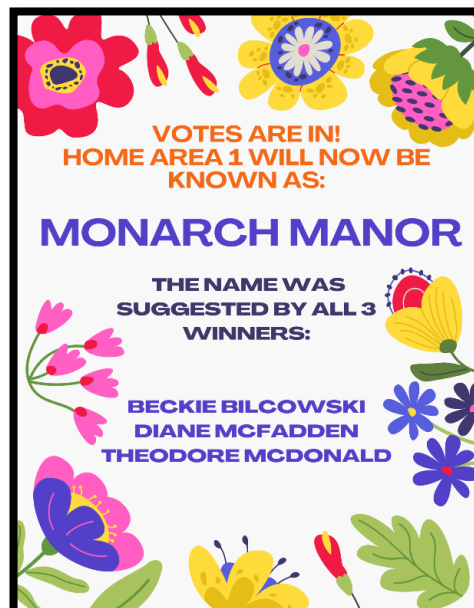
Our journey of change to an emotion based/person centered model of care has begun.

Mary Kneale, the consultant from MCM, visited September 10th-12th. During these three support days, we hosted "Pioneer Talks-The Butterfly Approach", for families and friends. Over thirty people attended the evening information session.



It's official! Residents, staff, families and friends chose names and later voted to name home area 1! We are pleased to announce that the new name is "Monarch Manor".

Over 80 staff have embarked on the "Butterfly Approach" training. Workshop #1 "It's all about being person-centered" is being delivered to 6 separate groups. You will recognize our Monarch Manor staff below in some of the pictures:



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During workshop #1, staff completed an exercise to experience what it's like to live with dementia by tracing the outline of a star without looking at the paper and only looking into a mirror. Some staff persevered and eventually were able to complete the task, although it was a strange looking shape, while others were stuck at the first turn. Staff provided feedback afterwards of what might it feel like to live with dementia. They also were able to talk about what it was like to be influenced by others.

Staff also watched a 13-minute video "Teepa Snow-A Changing Brain" <https://youtu.be/mkRvK26bkTQ> which all stated was very helpful to understand why persons living with dementia are behaving the way they do and the changes they experience. It would be most beneficial for all families, friends and volunteers to view as well.

There will be 8 workshops in total and training will take place over the next 18 months. Mary returns Oct. 8th and 9th to offer onsite support day and facilitate workshop #2 "Facing the truth is the start of culture change".

Thursday Sept. 12th was our media launch of our "Butterfly" Project. Councillor Etreni, Acting Mayor Pasqualino, Meaningful Care Matters Consultant Mary Kneale, Alison Denton, Regional Manager Northwest Seniors' Care Program, families, residents and staff of Pioneer Ridge attended the event. See article below:

<https://www.cbc.ca/news/canada/thunder-bay/pioneer-ridge-thunder-bay-butterfly-approach-1.7321790#:~:text=Thunder%20Bay-,Long%2Dterm%20care%20home%20in%20Thunder%20Bay%20to%20adopt%20new%20care,Sep%2013%2C%202024%201%3A47%20PM%20EDT%20%7C%20Last%20Updated%3A%20September%2013,-A%20staff%20member>

Thank you to Doris Dungan, Co-Chair, Thunder Bay Quilters Guild Placemat Committee who along with other members have made and donated many placemats, both bright colours and patterned, for our residents on Monarch Manor.

If you have any questions/suggestions, please call or email

The BSO Embedded Services Team:

Behavioural Support & Butterfly Lead, Judy Walters (807) 629-7181 or email [judy.walters@thunderbay.ca](mailto:judy.walters@thunderbay.ca)

Resident Wellness Worker, Crystal Wark (807) 632-9108 or email [crystal.wark@thunderbay.ca](mailto:crystal.wark@thunderbay.ca)

## WELCOME TO THE TEAM JANE PEARL - NUTRITION AND FOOD SERVICES SUPERVISOR



Hi everyone! My name is Jane Pearl, and I am very happy and excited to be joining the team here at Pioneer Ridge as a Food Service Supervisor. I am a new resident of Thunder Bay, having previously lived in Ottawa and the Niagara Peninsula. I am passionate about food and foodservice, with experience cooking, and supervising in a variety of places including hospitals, Long-Term Care, and teaching at Algonquin College.

When I am not working, I can be found hanging out with our dog Millie, and our two cats, Moose and Bear. I am really looking forward to getting to know both Pioneer Ridge, and Thunder Bay.

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## A MESSAGE FROM THE THERAPEUTIC RECREATION DEPARTMENT

Happy Fall Ya'll

September is a special month for many of us...depends on what is happening in your own home...maybe back to school...maybe close camp and head back to the city, what ever it may be I believe most of us love this time of year. The smell of decaying leaves and the cold mornings reminds us of walking to school when young. I grew up in Southern Ontario and would always go for drives to the county to see the fall leaves change colours. For us, here at Pioneer Ridge we change focus from getting everyone outside as much as possible to thinking about baking with apples and pumpkin spice, making autumn crafts and of course Halloween.



Every September begins a new year with our Grand Friends from Pope Jean Paul Middle School. The grade 7 students join us monthly for intergenerational programming. The residents really enjoy getting to know the kids, learning about their interests and participating in activities together.

For the last 5 years The Ontario Association of Resident Councils has promoted Resident Council Week. An initiative to help residents get to know and showcase the Resident Council Leadership Team. We took part in this event by having Marcella, Mike and Alice help sell perennials from our garden along with a 'get to know you' – 2 truths and 1 lie guessing game for the residents to participate in. Lots of fun was had figuring out whether Mike had an eagle tattoo or Marcella drank wine from a plastic bottle while in Paris or if Alice really has visited 13 different countries. Resident Irena Maki won the purple orchid raffle prize and all the bingo prizes that week were sponsored by the Resident Council.

Later in the month we hosted a Neighbour Day with Jasper Place and the Grace Remus Daycare. We lucked out with a beautiful weather day, so the Road Worn Chaps Band took to the outdoor stage to entertain all 96 participants. Mauri our maintenance man fired up the BBQ and cooked up some delicious hot dogs for everyone. The kids danced on the grass and stole the show. A lovely day had by all!



The next coming weeks will bring some yard clean up and putting the lovely potted plants and gardens to rest for the winter. I would like to give a huge THANK YOU! to our garden committee volunteers who have made our outdoor spaces

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absolutely gorgeous this year. We could not have done it without you Barb McFarlane, Terry Marcon, Marguerite Gagnon, Liz Powlowski and Carolyn Laatu – we thank you!

Some special events in October...

Outings to Vanderwees, Sprit Halloween, Intercity Shopping Mall and the Easter Seals Hockey Game.

Our own Therapeutic Recreationist Simson (who also works PT by day) has been bringing in his own remote-controlled cars for the residents to race...check it out Saturday October 19th in the auditorium.

Halloween is a fun time for our residents and staff to get together for a costume contest. They work together to decorate the floor in a theme and create costumes based on the theme for a chance to win – ‘best dressed floor’. The prize will be a cookie tray from Bennett’s Bakery.

Chris will be setting up the haunted hallway link the week before Halloween. Please feel free to bring your grandkids or family members through for a spooky good time. Pumpkin carving will happen a couple days prior to the big day.

The daycare kids will parade through the floors about 10:30am, If interested, come out and see, then our Halloween festivities commence with a staff parade while the K&C band perform in the afternoon of the 31st.



**We Want to Hear From You!**  
**Your input is valued.**  
**Business Office**  
**Tel: 684-3913**



## GREETING FROM THE NURSING DEPARTMENT

We hope that everyone had a happy and restful summer. We would like to share some accomplishments from August and September.

We interviewed more than 20 candidates for the nursing department and welcomed one Home Support Staff (HSS), six Personal Support Workers (PSWs), two Registered Practical Nurses (RPNs) and three Registered Nurses (RNs). We are excited to have these new members join our team.

Corporate Staff Appreciation Week took place from October 21-27. During the week we celebrated the hard work, dedication, and contributions of City of Thunder Bay employees with various activities and a luncheon provided to the staff of Pioneer Ridge.

We have noticed that some family members assist residents with wander guards when visiting. For the safety of our residents with wander guards, we would like to ask families to refrain from assisting any residents not in your care. To ensure the safety of all of our residents, please do not assist other residents out of the facility or off the home areas.

We’re busy working on our annual flu and covid vaccine campaign. Our staff are busy planning for our flu and covid vaccine clinic and will be reaching out to you requesting for consent and notifying you of our vaccine clinic.

Finally, it is with mixed emotions that we bid farewell to Grace Jang, Clinical Manager to Monarch Manor and Home Area 2. We’re very sad to see Grace leave, she will be missed by many. Grace will be exploring another leadership opportunity and her final day at Pioneer Ridge will be November 22, 2024. We wish her success in her new role.



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## SPECIAL EVENT A PIONEER RIDGE

On Thursday October 24, we had a special guest in our home, Toronto Maple Leafs Ambassador and former Captain, Darryl Sittler. Chosen 8th overall in the 1970 NHL Amateur Draft by Toronto, he played with the Leafs until being traded in 1982, serving as the captain from 1975 until his departure. He finished his career with nearly 1,200 regular season and playoff points combined and was inducted into the Hockey Hall of Fame in 1989. In 1998 Darryl was honoured by being named one of the 100 Greatest Hockey Players by The Hockey News. In 2016, the Toronto Maple Leafs retired his number 27 and he was also inducted into the Canadian Walk of Fame. He is the only player with 10 points in one NHL game, accomplishing the feat on February 7, 1976.

With a backdrop of his 5-goal performance against Philadelphia being played on the big screen in the Auditorium, Darryl graciously spent 45 minutes at Pioneer Ridge with our residents and families, taking pictures, signing autographs and telling stories about his career.

This could not have been possible without the co-operation of Jackson Events and the Easter Seals, who brought him to Thunder Bay for their 7th annual Thunder Bay Celebrity Hockey Classic.

Thank you to Darryl Sittler for spending time in our Home and making a dream come true for many of our residents.

