

## Grace Manor Family Council Meeting MINUTES

<b>Date:</b>	<b>Wednesday, April 10, 2024</b>
<b>Time:</b>	<b>14:00-15:00</b>
<b>Location:</b>	<b>Virtual - ZOOM Meeting</b>

In Attendance	Representing
Michelle van Beusekom	Chair
Jenny Stewart	GM Director of Care
Danielle Farrell	Guest – Alzheimer Society Peel
Manpreet Jhita	GM Assistant Director of Care
Luyen Loc	GM IPAC Lead
Catherine Jotautas	Member
Diane Clark	Member
Lisa Stepanic	Member
Patricia Roelofsen	Member
Donna Simpson	Member
Gwen Veenstra	Friend

Minutes Items
<b>Welcome</b>
<b>Old Business</b>
<ul style="list-style-type: none"> <li>• <b>Approval of previous March 13, 2024 meeting minutes</b> – moved by Gwen and seconded by Lisa</li> </ul>
<b>New Business</b>
<ul style="list-style-type: none"> <li>• <b>Guest Speaker - Danielle Farrell from Alzheimer Society Peel Region</b> <ul style="list-style-type: none"> <li>○ Danielle has worked in the field of gerontology for 24 years and has been with the Alzheimer Society Peel for many years in different roles including Counsellor, First Link Coordinator, and currently the Public Education Coordinator. Her focus is on building awareness, education, service referrals, advocacy, and providing support, to people living with dementia, and their family members. Danielle also has lived experience supporting family members with Alzheimer's.</li> <li>○ Danielle's presentation focused on tips for successful visits and staying connected to your loved one with dementia. A copy of her presentation will be shared as a separate document with these minutes – See Appendix A.</li> <li>○ For residents in earlier stages of dementia, Danielle suggests asking the resident when that person would like to receive a visit (e.g. lunch time, morning, early afternoon).</li> <li>○ Don't just rely on conversation to be the centre of your visit – ability to participate in regular conversation (e.g. how was your day, what did you do) is one of the first things to go with dementia. Ask about old memories and stories – that's a memory function those with dementia can still tap into. Memories from childhood, teen years</li> </ul> </li> </ul>

### Minutes Items

- and early adult hood are typically the strongest.
- Suggests structuring visit around a treat, an activity or bring along an activity (puzzle, picture book, old family photo album, simple paint by number, etc. – lots of examples in the attached presentation PDF)
  - With activities, it's important to match them to the person's ability. Demonstrate each step, help them begin, give them time to complete and adapt if you see they are struggling. Choose activities based on the person's interest or things they did all their life (e.g. knitters will often like to roll up a ball of yarn; some people like to sort coins or buttons from a button jar; others may like to arrange flowers – see the PDF for more examples)
  - Suggested creating personalized activity kits which can be kept in a Rubbermaid storage container and available each time you visit.
  - For those with more advanced stages of dementia, activities can include simple adult colouring books; building blocks; dolls; robotic cats/dogs; simple reading; simple puzzles; simplified card games (e.g. each person takes half a deck and flips a card – higher card wins the trick); simplified dice game (e.g. buy giant oversized dice from dollar store, each person rolls a die – higher number wins that round); folding and sorting activities
  - Activities create a sense of empowerment and purpose. Purpose-giving activities can be structured around every day activities (some people like sweeping, folding, polishing, sorting, etc – people with dementia retain a muscle memory for things they've done their entire lives)
  - Sensory based activities are the most suitable for those in very advanced stages of dementia: people will respond to touch/massage, music, oil/perfume; facial expressions; reading aloud; getting outside in the fresh air. "Sensory blankets or aprons" are good options – blankets/aprons with tactile objects sewn on to them that the person can explore with their fingers.
  - Gwen suggested we use the money in our Family Council bank account to purchase items for collective activity kits for each home unit. They could be stored in the activity room and available to families when they come and visit.  
Acton item: Will be discussed at the next FC meeting with the aim to purchase activity kits.
  - Danielle also spoke briefly about Bill 121 – The Improving Dementia Care Act. This is a new piece of provincial legislation that is poised to be passed very soon. It requires anyone studying to become a health care worker and everyone working in Long Term Care receive core training on supporting persons with dementia. In the past, PSWs, RNs and RPN students would not necessarily receive any specialized training - now

### Minutes Items

they will. The “Gentle Persuasive Approach” is the gold standard approach in dementia care – it’s a person-centred approach to assisting people with dementia. As part of her work at the Alzheimer’s Society, Danielle teaches a 8 hour workshop (4 modules) to graduating PSWs in this approach to working with people with dementia. When Bill 121 passes it will be a requirement that all students and all current employees of Long Term Care have this training.

- **Family Council presentation on GM Annual Program Day**
  - Michelle asked if there were any questions about the Family Council presentation made at Grace Manor’s “Annual Program Review Day” which took place on Feb. 29, 2024. A copy of the presentation was recently shared by email with all Family Council members. No one had any questions.
  
- **Update on Grace Manor Resident and Family Experience Action Plan**
  - Michelle provided a brief update on the Acton Plan which is being developed by Grace Manor Administration in response to the results of the annual satisfaction survey of both residents and families.
  - Justine and Judy are finalizing performance measure targets for each section in the Action Plan which will be tied to performance results (% satisfaction) on the next survey (November/December 2024). Once the targets have been established, the final action plan will be shared with all Family Council members. It contains lots of tangible actions that people should see rolling out over the coming months.
  
- **Home Updates**
  - Manpreet (new Assistant Director of Care) introduced herself. She spoke of her passion for working in geriatrics and shared a story about her grandfather. As an example of person-centred care, she shared a story about a recent interaction with a resident whose first language is Punjabi. Manpreet was able to speak with the resident in Punjabi which was very meaningful to the resident. Manpreet has been working in geriatrics for the past 3-4 years. She has an MA in psychiatric nursing and is also certified as a Registered Practical Nurse and a Registered Nurse. Manpreet started as the Assistant Director of Care (working very closely with Jenny) in March
  - Luyen provided an update on the outbreak on 3S and 1S. 16 residents have tested positive on 3S. 2 residents have tested positive on 1S. Everyone is stable and they are being closely monitored. Staff are wearing N95 masks and face shields. Currently no visitors are allowed on 3S or 1S. Essential Care Givers are able to visit and are required to wear PPE. There is an extra nurse on 3S to support the team as well as an extra PSW in the evenings. House keeping staff have increased frequency of cleaning of high touch surfaces. A Peel Region IPAC observer came in to watch and provide

**Minutes Items**

- feedback to the team.
- Staff are being cohorted (i.e. staff on 3S or 1S will not work on the other units). Residents are not able to leave the unit.
  - Jenny provided an update on new funding recently received which has allowed Grace Manor to increase its staff cohort. For staffing on the floors there will be 4 PSWs/days, 3 PSWs/eves, and nights 7 PSWs (1 on 1S, 3 on 2<sup>nd</sup> 3 on 3<sup>rd</sup>). There will be an RN on 1S, RPN on 2nd and RPN on 3rd. There is a floater PSW on each floor as well as a floater RN during the day (10-6 on weekdays and 8-4 on weekends)
  - Benz Tran has been confirmed as the new BSO (Behavioural Supports Ontario) lead
  - Training related to the anticipated approval of Bill 121 (The Improving Dementia Care Act) is being coordinated. Benz will play a key role in helping train and coach other staff in the Gentle Persuasive Approach.

**FUNDRAISING / PROJECTS**

- No updates.

**CLOSING REMARKS/REMINDERS**

- Mark Your Calendar - Our next Meet and Greet is Saturday 27 April from 10am to noon in the Grace Manor Family Room (just to the left of the main entrance as you are coming in)– drop in to meet other family members and have some light refreshments
- We need your good ideas and observations to help improve the quality of life and care for the residents. Please consider volunteering for a role on the Executive Council.
- Next meeting: Wednesday, May 8 2024 at 2:00PM by Virtual Zoom.
- Send suggestions for new agenda items to: [gracemanorbramptonfc@gmail.com](mailto:gracemanorbramptonfc@gmail.com)

**MEETING ADJOURNMENT**

Appendix A – Danielle Farrell Presentation

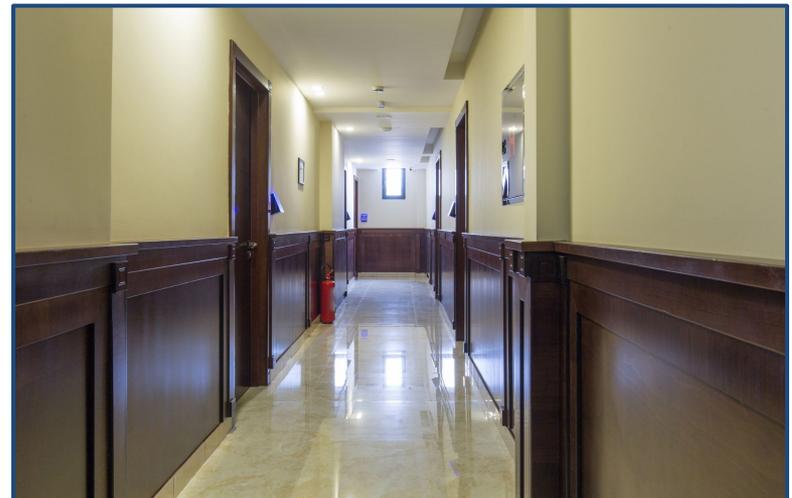
# Visiting Tips in LTC



*With Danielle Farrell*

# When Should I visit?

- If the person understands their move, ask when they would like a visit
- Try planning your visit for when the person is at their best; this may be during the morning or early afternoon



# Tips and Strategies

- Set out a plan for how long you will stay - short visits are often more successful - 20 minutes
- Bring an activity the person enjoys you can work on together
- Reminisce about old memories and stories
- Bring a treat that you and the person can enjoy together
- Check for any events taking place at the long term care you can attend with the person

## How to approach activities:

Break tasks into steps that match abilities

Demonstrate each step

Help the individual begin the action

Give the person time to accomplish each step

# Individual Activity Kits

- Sorting card deck
- Music
- Bead a necklace
- Paint
- Envelopes to stuff
- Rolling ball of yarn
- Family pictures
- Polishing silverware
- Sorting/counting money
- Twiddle muffs, blankets, or twiddle aprons

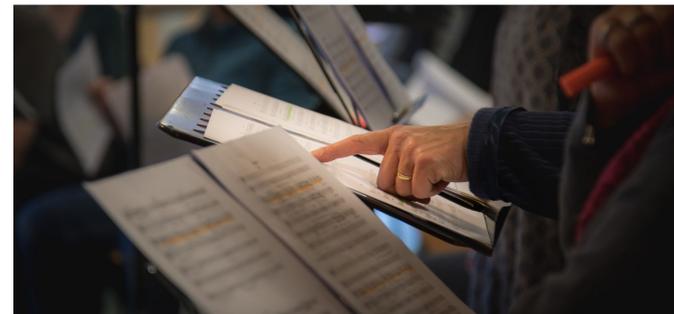
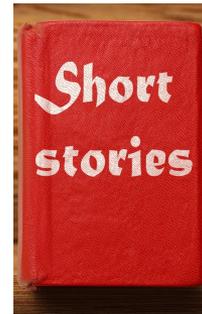
# Ideas for Care Partners

- **Rubbermaid container full of various activities:**
- colouring
- Crafts
- Building blocks
- Reading material, playdough, sorting activities, simple puzzle activities, cards
- CD player and CD's
- Therapeutic Robotic Pets/Therapeutic dolls



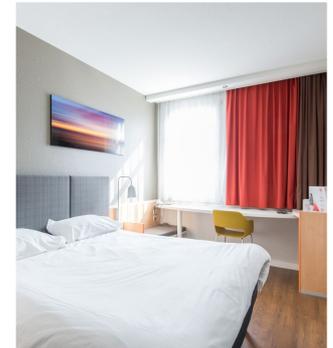
# Reading and Trivia

- Short Stories  
i.e Chicken Soup for the Soul, Reader's Digest
- Hymns
- Prayers
- Newspaper
- Math puzzles
- Word Finds



# Light Housekeeping

- Folding and sorting laundry
- Sweeping
- Dusting
- Making the bed
- Cleaning window



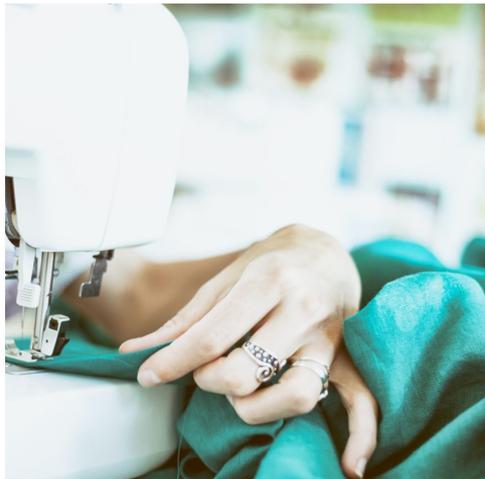
# Pattern Blocks



# Sorting



# Knitting and Sewing



# Lacing



# Dice Games



# Flower Arrangements

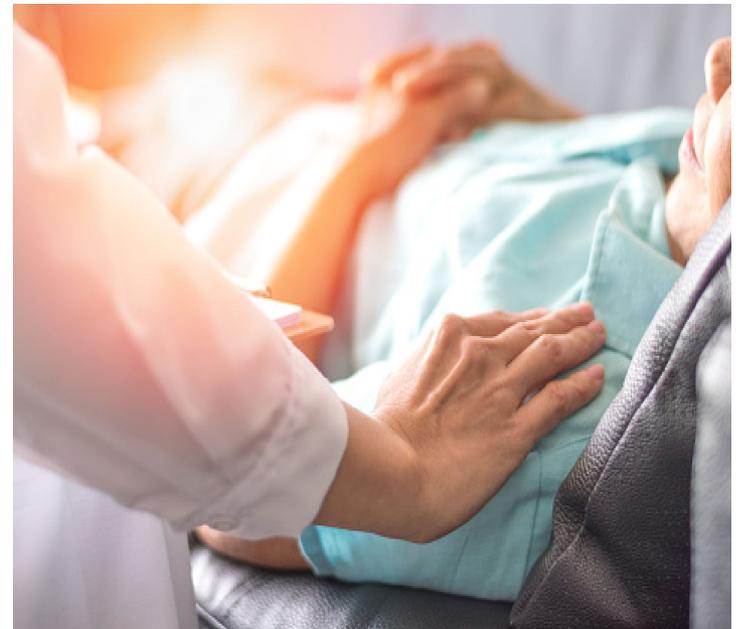


# Sensory Blankets, Aprons and Twiddle Muffs



# Late Stage Visiting

- Touch - textures, creams (massage)
- Sensory Stimulation - oils, perfumes
- Facial Expressions
- Music
- Reading aloud
- Walking - fresh air



# Alzheimer Society Peel



Alzheimer Society Peel Email Blast



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



<https://twitter.com/AlzPeel>



<https://www.instagram.com/alzpeel/>



[Alzheimer Society Peel - YouTube](#)

# Alzheimer Society Peel

## Contact Service Access

Phone: 289-632-2273 Extension 307

Online: [direct.support@alzheimerpeel.com](mailto:direct.support@alzheimerpeel.com)

Leave a voicemail or write an email explaining what service or services you are interested in and the right person will call you back.

*Help for Today,  
Hope for Tomorrow*