

**Resident, Family, Friend and Responsible Party** **Newsletter – Dec. ‘24**

Dear Strathmere Lodge residents, family members, friends/responsible parties:

1. **Residents Who Smoke**



Given a recent fire in a London-area long-term care home resident room, we have taken proactive steps to mitigate the possibility of a similar event at Strathmere Lodge.

As of November 18, 2024, residents are not permitted to maintain lighters on their person or in their room. Instead, The Lodge has provided multiple stationary lighters affixed to new pedestal cigarette butt waste containers outside, in the designated smoking area (30+ feet from the entrance as required by the municipal bylaw).

Residents who smoke are expected to abide by the following (we have called upon relevant family members to assist The Lodge):

1. Abide by our No Lighter Policy (in favour of outdoor stationary lighters), in order to prevent fires;
2. Smoke in the designated smoking area (i.e., away from entrance); and
3. Dispose of cigarette butts responsibly using the pedestal cigarette butt waste containers (i.e., refrain from littering Lodge grounds with cigarette butts).
4. **Upcoming Events at The Lodge**



1. Strathmere Lodge Video Shoot with Students from SDCI: Dec. 4, 9:00am-2:00pm in the Rose Room. Residents, families and staff are invited to participate.
2. Resident, Family and Friends Christmas Open House: Dec. 5, 1:30pm-4:30pm in the Rose Room. Join us for Christmas Treats and Complimentary Family Photos.
3. Strathmere Lodge Annual Christmas Parade: Dec. 17, 2:00pm in the Rose Room (All Lodge Departments encouraged to represent)
4. Pierce Family Band: Dec. 21, 2:00pm in the Rose Room. Residents, Families and Friends are Welcome
5. Christmas Eve Entertainment With Marie Bottrell: Dec. 24, 2:00pm-3:00pm in the Rose Room. Everyone Welcome
6. New Year’s Eve Happy Hour with Randy Grey: Dec. 31, 2:00pm in the Rose Room
7. **Resources for Residents and Families**
8. Advance Care Planning Guide: Advance Care Planning Canada has launched the **(web link:)** [new Advance Care Planning Canada Guide](https://advantageontario.informz.ca/z/cjUucD9taT0xNTE4NjgxJnA9MSZ1PTkwMDAxMTc4NCZsaT0zNTA5MTIzMA/index.html). This guide is designed to help as many people as possible, regardless of health status or ability, start meaningful conversations about future care; and
9. The Ontario Caregiver Organization (OCO): The OCO has developed a list of resources about free caregiver programs and services (e.g., helplines, support groups, webinars, etc.). You can access it **(web link:)** [here](https://advantageontario.informz.ca/z/cjUucD9taT0xNTE4NjgxJnA9MSZ1PTkwMDAxMTc4NCZsaT0zNTA5MTIzMg/index.html).
10. **Influenza E-Module Course for Older Canadians:** The International Federation on Ageing (IFA) has a free three-part e-module course entitled, "Demystifying Influenza Vaccination in Canada: Understanding the language of influenza”. This e-course will provide knowledge and resources on influenza and vaccination, which will enable more older adults to become more empowered in their health decisions. Learn more **(web link:)** [here.](https://advantageontario.informz.ca/z/cjUucD9taT0xNTE0NTA5JnA9MSZ1PTkwMDAxMTc4NCZsaT0zNDg4MzY3NA/index.html)

1. **Free On-line Palliative Care Resources**

Residents and families may wish to avail themselves of free on-line education sessions hosted by the Ontario Centres for Learning, Research & Innovation (CLRI) in Long-term Care. The CLRI is hosting education sessions focused on Palliative Care in Long-term Care. Each session will run from 1:00 to 2:30 PM, and session materials will be provided to registrants. The session schedule is as follows:

* Oct. 31, 2024: Palliative Approach to Care **(Over)**
* Nov. 21, 2024: Navigating & Advocating **(Over)**
* Dec. 12, 2024: Advance Care Planning & Goals of Care Conversations
* Jan. 9, 2025: End-of-Life Nutrition
* Jan. 30, 2025: Talking About Medications
* Feb. 20, 2025: Grief & Bereavement
* Mar. 13, 2025: Caring for Yourself

You can register for these palliative care sessions using the link below.

**(web link:)** [Register today](https://advantageontario.informz.ca/z/cjUucD9taT0xNTExNDA0JnA9MSZ1PTkwMDAxMTc4NCZsaT0zNDY4MTY4Ng/index.html) to learn more about these important topics in Long-term Care.

1. **Labelling of Residents’ Clothing**



To prevent missing clothing … This is a reminder that new clothing needs to be labelled with the resident’s name before a resident begins to wear it (this also includes items such as shoes/slippers and personal blankets/throws). Please ensure that you use the Clothing Bin near the main entrance to deposit clothing requiring labelling, after inventorying the clothing items on the form provided at the bin (further instructions are provided at the clothing bin).

For inquiries regarding missing clothing and the like, please contact Jeff Turnbull, Lodge Environmental Services Manager, at (519) 245-2520, ext. 6244 (or, via email: jturnbull@middlesex.ca).

1. **Labelling of Other Personal Resident Items**

Apart from clothes labelling noted above, residents/families are encouraged to label other personal resident effects (including new items brought to The Lodge from time-to-time), notably items that are more portable in nature, such as TV remote controls.

1. **In Conclusion ….**

Please let me know if you would like to see certain issues addressed in future newsletter editions (contact Brent Kerwin, Administrator, 519-245-2520, ext. 6222, or via

email at: bkerwin@middlesex.ca).

Please share a copy of this newsletter with other family members and friends, or direct them to our [web page](http://www.middlesex.ca/departments/long-term-care): <http://www.middlesex.ca/departments/long-term-care>.

Hardcopies of our newsletter are also maintained at our Public Information Board near Reception. Copies of older newsletter editions are compiled in binders at our Reception desk, and are available for your review.

**Brent Kerwin,** Administrator

