

**Resident, Family, Friend and Responsible Party** **Newsletter – Oct. ‘16**

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

1. **Annual Influenza (Flu) Shot**

[](https://www.google.ca/imgres?imgurl=https%3A%2F%2Fgermguy.files.wordpress.com%2F2015%2F01%2Fget-your-flu-shot.jpg%3Fw%3D736&imgrefurl=https%3A%2F%2Fgermguy.wordpress.com%2F2015%2F01%2F04%2Fexperiments-in-scipop-of-flu-vaccines-and-nhl-teams%2F&docid=wBUJ46jzVkg2TM&tbnid=KrqG680bDUVtDM%3A&w=210&h=259&bih=855&biw=1280&ved=0ahUKEwjo--m1zPPPAhUJPz4KHWkGAe0QxiAIAg&iact=c&ictx=1)

It is that time of year again…

Resident flu shots will be done on November 9th and 10th.

Family members/friends/visitors are also asked to seek the annual flu shot in the community (e.g., family physician office, pharmacy, clinic) in order to protect the health of our residents.

The flu can lead to complications such as pneumonia, hospitalization, and worse, especially among the elderly and those with long term health issues.

Please pass this information along to other family members/friends/visitors who do not receive this newsletter mailing.

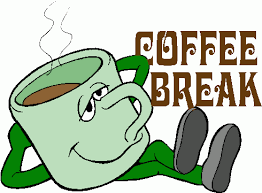
1. **Front Gardens**

[](https://www.google.ca/imgres?imgurl=http%3A%2F%2Fpreviews.123rf.com%2Fimages%2Fgkatz%2Fgkatz1603%2Fgkatz160300031%2F54890391-architectural-drawing-rock-garden-1--Stock-Photo.jpg&imgrefurl=http%3A%2F%2Fwww.123rf.com%2Fclipart-vector%2Frock_garden.html&docid=FFQg4i5g1rTNYM&tbnid=IbflO0pY_8twHM%3A&w=1300&h=922&bih=855&biw=1280&ved=0ahUKEwi6-ork-vPPAhVp4YMKHYBTD7gQxiAIAg&iact=c&ictx=1)For those of you who visit regularly, you will have noticed that we recently re-did our front gardens, adopting more of a “maintenance free” garden.

Unfortunately, our government funding does not include anything specifically dedicated to garden upkeep, leading to the need for a more maintenance free approach.

A huge “Thank You” to our Ladies’ Auxiliary for the financial contribution toward our new garden look.

1. **Annual Alzheimer Coffee Break Held On September 27th**

[](https://www.google.ca/imgres?imgurl=https%3A%2F%2Fs-media-cache-ak0.pinimg.com%2Foriginals%2Fcc%2Fd6%2F33%2Fccd63322022001bc4743d189a014df5a.jpg&imgrefurl=https%3A%2F%2Fwww.pinterest.com%2Fapacheswoman%2Fcoffee-anyone%2F&docid=7Y5Ofg7UAVStcM&tbnid=2UTOcb1AgwUocM%3A&w=490&h=361&bih=855&biw=1280&ved=0ahUKEwiPhv6Y-_PPAhXjyoMKHTSzDwIQxiAIAg&iact=c&ictx=1)

Our Annual Alzheimer Coffee Break Day (held on September 27th) raised $365 for the Alzheimer Society of London and Middlesex.

Thank you very much to all that supported this great cause. And, a “Special Thank You” to our Ladies’ Auxiliary for hosting this successful event.

1. **TV Service in Resident Rooms**

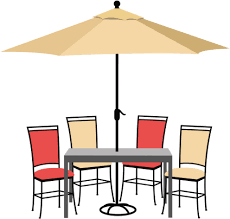
[](https://www.google.ca/imgres?imgurl=http%3A%2F%2Fwww.clipartlord.com%2Fwp-content%2Fuploads%2F2016%2F06%2Ftelevision30.png&imgrefurl=http%3A%2F%2Fwww.clipartlord.com%2Fcategory%2Fhome-clip-art%2Fappliances-clip-art%2Ftelevision-clip-art%2F&docid=NbeZ6osWtieQbM&tbnid=G3FgEPfijWgA6M%3A&w=1234&h=1280&bih=855&biw=1280&ved=0ahUKEwi1k8W_-_PPAhWIz4MKHQkrCHcQxiAIAg&iact=c&ictx=1)As you know, residents/families may opt for cable TV service in their room for a monthly fee. Such service is provided by a third party TV service provider called “Hospitality Network”.

Due to feedback received concerning the cost of the current TV package provided by Hospitality Network, we are currently exploring the notion of switching to a less expensive TV package, which would offer fewer channels.

Only one TV package can be offered. But, as is the case currently, additional desired channels may be available - at additional cost.

At this point, we would like to hear from residents/families about resident TV services. In particular, if you have any feedback as to “must have” channels, please let me know (Brent Kerwin, 519-245-2520, ext. 222, or via email at [bkerwin@middlesex.ca](mailto:bkerwin@middlesex.ca)).

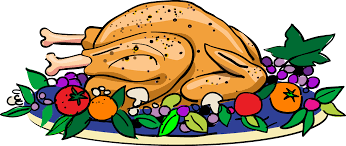
1. **Doors to Resident Home Area Patios/Balconies**

[](https://www.google.ca/imgres?imgurl=http%3A%2F%2Fmedia.istockphoto.com%2Fvectors%2Fpatio-furniture-set-vector-id165587800%3Fk%3D6%26m%3D165587800%26s%3D170667a%26w%3D0%26h%3DYfk9miV9OLvNcW216yEygu3ZQtdrHlbcMAQ7t5__L1g%3D&imgrefurl=http%3A%2F%2Fwww.istockphoto.com%2Fin%2Fillustrations%2Fpatio&docid=OIUbOM-3QZiskM&tbnid=j8iDpMi64h4nyM%3A&w=424&h=404&bih=855&biw=1280&ved=0ahUKEwjB1o2P_PPPAhUJ7oMKHRCNBMQQMwhQKCswKw&iact=mrc&uact=8)In keeping with our provincial legislation, we keep our patio/balcony doors unlocked during the day, during the good weather, to give our residents access to the outdoors.

When the weather turns cold for the season, we keep the doors secured at all times such that key pad entry is necessary to gain access to the patios/balconies.

Please note that the doors have been secured for the season. The key pads can still be used to gain entry to the patios/balconies, or the staff can be called upon to assist.

1. **Annual Family Christmas Meal**

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For those of you who would like to partake in a Christmas meal with your loved one, please note that our Annual Family Christmas Meal (lunch or supper) is taking place on Wednesday, December 7, 2016.

For more information on the Christmas Meal (including price and menu), please refer to the related insert in this month’s billing mailing, or contact Reception (519-245-2520).

Bookings are taken on a first come-first served basis (space is limited).

1. **Meals With Residents**

[](https://www.google.ca/imgres?imgurl=http%3A%2F%2Fwww.clipartkid.com%2Fimages%2F31%2Fdinner-plate-clipart-Lm2EhR-clipart.jpg&imgrefurl=http%3A%2F%2Fwww.clipartkid.com%2Fclip-art-of-dinner-meals-cliparts%2F&docid=vgj7a_SmCTG59M&tbnid=ZLRRXPB6HXzZ7M%3A&w=300&h=207&bih=855&biw=1280&ved=0ahUKEwiR4Onu_PPPAhXr64MKHUwHBzoQxiAIAg&iact=c&ictx=1)Family/friends are welcome to join their loved one for a meal (lunch or supper) year round.

For those joining a resident at meal time, we would ask that you advise staff at least one (1) hour before lunch (noon) or supper (5pm), so that we can get the right quantity of food to the applicable resident home area.

For information on visitor meal prices or related matters, please contact Reception (519-245-2520).

1. [](http://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0CAMQjRxqFQoTCMrB__3ehcgCFZO2gAodK0IAOQ&url=http://www.seton.com/universal-graphic-signs-and-labels-caution-m7459.html&psig=AFQjCNFRAfvITa8WGSYYhsvdB-jXywxqwQ&ust=1442842951544088)

**8. Recreation Calendar / Important Events**

[](https://www.google.ca/imgres?imgurl=http%3A%2F%2Fcliparting.com%2Fwp-content%2Fuploads%2F2016%2F06%2FNovember-clipart-bilder-november-clip-art-vektor.jpg&imgrefurl=http%3A%2F%2Fcliparting.com%2Ffree-november-clipart-10919%2F&docid=6ETxURve15nUUM&tbnid=zmiUdlb7bYFgZM%3A&w=300&h=115&bih=855&biw=1280&ved=0ahUKEwjb17Xj5vPPAhUJ4oMKHUNdD9UQxiAIAg&iact=c&ictx=1)Please pick up and check out our monthly Recreation calendar (available in each Resident Home Area, and also posted on our website) for events that you may find of interest and would like to attend.

Our upcoming Special Events for November:

1. Wednesday, November 2nd at 2:00pm (in the Rose Room) – Wayne Gaudon entertains
2. Wednesday, November 9th at 6:30pm (in the Rose Room) – Music with Dan Skeltcher
3. Thursday, November 10th at 3:00pm (in the Rose Room) – Remembrance Day Service
4. Tuesday, November 15th at 2:00pm (in the Rose Room) – Uptown Dixieland Band entertains
5. Friday, November 25th at 2:00pm (in the Rose Room) – Happy Hour with Jentleman Jim

Looking ahead to December … Please plan to attend the Ladies’ Auxiliary Annual Christmas Bizarre on Saturday, December 3rd, from 9:30pm to 1:00pm.

**9. In Conclusion ….**

[](https://www.google.ca/imgres?imgurl=http://cdn.grid.fotosearch.com/CSP/CSP994/k16311669.jpg&imgrefurl=http://www.fotosearch.com/clip-art/book-end.html&docid=VKKKK_-pYepByM&tbnid=jE0epHvfJrbOgM:&w=180&h=180&ved=0ahUKEwigwsO5_IvLAhWjnYMKHScKCjgQxiAIAg&iact=c&ictx=1)

Please let me know if you would like to see certain issues addressed in future newsletter editions (contact me at 519-245-2520, ext. 222, or via email at: [bkerwin@middlesex.ca](mailto:bkerwin@middlesex.ca)).

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

Electronic back copies of our newsletter can be found on our website. Hard copies are compiled in binders at both our Reception desk and the staff lounge, and are available for your review.

You can find additional copies of this newsletter edition on our Public Information Board in the main lobby (near the Chapel).

**Brent Kerwin,**

Administrator

Distribution: Responsible Parties, Auxiliary, Information Board, Resident Home Areas (5), Website, County Council, Staff, Other Stakeholderst