



# OMNIway

Every Day is Seniors Day  
at OMNI. . . pg. 3

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Burnbrae Gardens resident Jean Shaw is pictured here with her son, Mike, just before taking off on her first motorcycle ride on Sept. 15. Jean says riding on the back of a motorcycle is something she has always wanted to do.

## 88-year-old Burnbrae Gardens Resident Strikes 'Motorcycle Ride' off Bucket List

Jean Shaw gets on the back of son's bike and heads into town

By Deron Hamel

Jean Shaw has proudly taken "go for a ride on the back of a motorcycle" off her bucket list.

The 88-year-old Burnbrae Gardens resident strapped on her protective glasses and helmet and jumped on the back of a motorcycle with her son at the helm on Sept. 15 to take a shopping trip in Campbellford.

Jean, who turns 89 later this year, says she has always wanted to ride on the back of a motorcycle, so when her son, Mike, recently bought a two-wheeler she was chomping at the bit to get on the back.

And Jean and Mike could not have picked a better day to go for motorcycle ride.

The day was sunny and warm and perfect for motorcycling, Jean tells The OMNIway, shortly after returning home.

"We went to the dollar store and went shopping and drove around town," she says. "It was a nice day; a beautiful day."

The resident then breaks into laughter. "I had the most enjoyable — but frightening — ride," she chuckles.

It may have been "frightening," but riding on the back of a motorcycle was also liberating, Jean says.

"There was just a feeling of being free," she says. "I

didn't have to worry about anything because I knew my son would be careful."

Jean, who has had recent knee operations, says the most challenging part of the ride was getting her leg over the seat to get on the back of the motorcycle.

But once that was done, it was all downhill.

Jean says some of Campbellford's residents took notice of her on the back of Mike's motorcycle and wanted to talk with her about her experience.

"So, I told them what it was like, and I told them who Mike was and that I was a resident (of Burnbrae Gardens)," she says.

## West Lake-hospice Partnership Launched to Enhance Prince Edward County Palliative Care

By Deron Hamel

West Lake Terrace and Hospice Prince Edward formally launched a partnership Sept. 10 during a meeting leaders from the long-term care home and hospice had with West Lake Terrace's family council.

West Lake Terrace life enrichment co-ordinator Janie Denard, along with Hospice Prince Edward service co-ordinator Jane Moon and executive director Karen Moore, sat down with the home's

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## Riverview's Inaugural Open House Engages Families, Staff and Suppliers

PETERBOROUGH, Ont. – Riverview Manor hosted an open house Sept. 22 to connect the Peterborough long-term care home's family members, staff, suppliers and organizational partners.

Life enrichment co-ordinator Sherry Baldwin came up with the idea, but organizing the event was a

full-scale team approach, says Riverview Manor administrator Mary Anne Greco.

While this is the first open house of its kind hosted at Riverview Manor, the home plans to continue these events, Mary Anne says.

There were six suppliers and partners attending the

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## Burnbrae Gardens Resident Phillip Ash Recognized for Distinguished Military Career

CAMPBELLFORD, Ont. – Burnbrae Gardens resident Phillip Ash was presented with the Campbellford long-term care home's Lifetime Achievement Award for his military service and dedication to Canadian soldiers.

During an Aug. 29 ceremony at Burnbrae Gardens, a fellow soldier and longtime friend of Phillip's,

Joe Aitchison, along with the Phillip's grandson, Rhys Robb, presented the award to the 91-year-old veteran.

Phillip, dressed in his military uniform adorned with his numerous medals, sat proudly as his many achievements were highlighted.

Phillip was born in Madoc, Ont., one of 10

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Burnbrae Gardens resident Phillip Ash (right) is seen here with his longtime friend, Joe Aitchison. Phillip was one of two recipients of Burnbrae Gardens' 2017 Lifetime Achievement Award.

## Longtime Friend and Grandson On-hand to Present Award to Phillip

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children in his family. Phillip's 25-year army career began in 1945, at the tail-end of the Second World War. In 1946, Phillip enrolled at Queen's University, where he studied languages. After graduation, he trained to be an officer in the army. In 1949, he went to Petawawa as a training officer. From there, Phillip volunteered as a full-time officer in the Korean War, serving many posts.

*"I am very honoured to be here to receive this award."*

— Phillip Ash, resident, Burnbrae Gardens

After his service in Korea, Phillip went back to Petawawa and trained as a parachutist. He was eventually stationed at a base in Soest, West Germany, during the post-war period. Phillip would later go on to serve another peacekeeping mission in West Germany as well as in Vietnam.

After his distinguished military career, Phillip went to work for Veterans Affairs Canada for 17 years. Phillip also became a high-ranking member of the Korea Veterans Association of Canada (KVA).

During his tenure with the

KVA, Phillip helped establish the Korean War Memorial Wall at Meadowvale Cemetery in Brampton.

"My grandfather had served for quite a long time with the RCR (Royal Canadian Regiment), helping soldiers after and during wars," Rhys said, during his presentation. "He was able to travel to 18 different countries in his working career. (Burnbrae Gardens) has nominated Phillip for all of his commitment, duties and bravery within the military."

Like his grandfather, Rhys is also involved with the military, serving in the 1st Canadian Parachute Battalion of the Royal Canadian Army Cadet Corps.

Following the ceremony, Phillip expressed his gratitude to Burnbrae Gardens.

"I am very honoured to be here to receive this award," he said.

Lifetime Achievement Awards are presented to people living in OMNI Health Care long-term care homes who have demonstrated commitment to other residents, their home and country.

Determining this year's Lifetime Achievement Award recipient at Burnbrae Gardens was so challenging the team decided to present the award to two residents, Phillip Ash and Julie Hallett. — DH

## Victor Dawkes says Volunteering is 'In My Blood'

*Helpful, community-minded Woodland Villa resident receives home's Lifetime Achievement Award*

LONG SAULT, Ont. – Volunteering has been an important part of Victor Dawkes' life for 50 years. In fact, when The OMNIway recently spoke with the Woodland Villa resident, he was volunteering at the Cornwall-area long-term care home's annual Country Fair on Aug. 16.

*"It was a surprise, but it was a pleasure, it was the very first time I received an award, so I was very, very pleased."*

— Victor Dawkes, resident, Woodland Villa

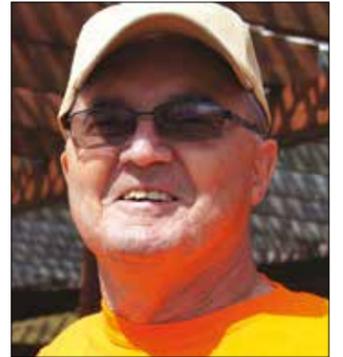
And it's because of Victor's passion for helping others that he was nominated for and received Woodland Villa's 2017 Lifetime Achievement Award.

"I was overwhelmed with the amount of volunteer experience he has; Victor has been involved with the Catholic Church, with schools and with libraries — he just loves to help out," says administrator Janna Sabourin, who nominated Victor for the accolade.

"Since he has been a resident here, that's what he has been doing — helping out all the other residents — and that has been really nice." Victor says volunteering gives people a chance to make a positive difference in other people's lives. Knowing he can make a difference to others has been the most exciting part of volunteering for 50 years, he says.

"If anybody asks me to volunteer, I will say, 'sure, I'll help.' It's in my blood," says Victor, who moved into Woodland Villa in 2016.

Victor says that while he was surprised to learn



Victor Dawkes

he was this year's recipient of Woodland Villa's Lifetime Achievement Award, he is honoured to have his work recognized.

"It was a surprise, but it was a pleasure, it was the very first time I received an award, so I was very, very pleased," he says.

Lifetime Achievement Awards are presented to people living in OMNI Health Care long-term care homes who have demonstrated commitment to other residents, their home and country. — DH



Frost Manor residents are seen here departing for Camp Cherokee on Sept. 6.

## Frost Manor Residents Treated to Annual Outdoor Experience at Camp Cherokee

*Even cool weather didn't put a damper on fun three-day outing*

A group of 26 residents and staff members from Frost Manor and Extencicare Kawartha Lakes enjoyed three days of outdoor life at Camp Cherokee Sept. 6-8, as part of an annual outing that has become a flagship event for the two long-term care homes.

Located in Keene, Ont., on the shores of Rice Lake, Camp Cherokee provided the residents and accompanying staff members with everything they needed for three days of fun. Some of the activities residents enjoyed included

a boat ride, two barbecues and entertainment.

Even with cooler weather, the residents still experienced a fun three days, notes Frost Manor life enrichment co-ordinator Vi O'Leary. When it became too cold outside one day, everyone packed into one of the cabins for dinner.

"We ate together and there was music and the residents danced and had a ball," Vi tells The OMNIway. "When it was cold outside, some of the residents were happy just to stay inside and play cards

and have a beer."

For 13 years, Frost Manor and other long-term care homes in the region have collaborated to create outings for residents that are both meaningful and cost-effective. This year the Frost Manor group was joined by residents and staff members from Extencicare Kawartha Lakes.

Some years Frost Manor has collaborated with as many as four other long-term care homes in the region to make the outing possible. — DH

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Riverview Manor's suppliers and partners gathered for an open house event at the Peterborough long-term care home on Sept. 22. The event served as an opportunity to educate people on the services provided to residents and staff.

## Event Serves as Educational Opportunity for Families, Staff

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event, which was held from 1:30 p.m. to 4:30 p.m.:

- Peterborough Regional Health Centre's psychiatric assessment services for the elderly (PASE) program
- The Heart and Stroke Foundation
- Comstock-Kaye Life Celebration Centre
- Achieva Health
- Medigas
- Riverview Manor family council

Staff and family members, who received invitations to the event in the home's monthly newsletter, came through the home's dining room to meet with suppliers and partners throughout the afternoon.

The event was aimed at educating families and staff about some of the resources Riverview Manor's partners offer residents and the home's team members.

"It was meant to achieve both of those purposes, and in addition to meeting with people, (the suppliers and partners) are teaching people — it has become an educational day as well," Mary Anne says.

Environmental services manager Crystal Post says Riverview Manor plans to host future open-house events. She says the next event will be aimed at engaging the local community. —DH

## 'It Turned Into a Little Support Group'

Continued from page 1

family council to learn what family members wanted to see from the collaboration and to chart a course.

*"...we now can make that phone call to hospice and set up a friendly visiting program with one of their volunteers, which is going to be a huge asset for us..."*

—Janie Denard, life enrichment co-ordinator, West Lake Terrace

Janie says a highlight of the meeting was that it spawned "really great conversation" about grief and bereavement and how every person handles these things differently.

The discussion then

turned to how Hospice Prince Edward is aiming to connect with family members to help them work through the challenges that come with having a loved one in long-term care — and specifically how the hospice and families can connect long before a loved one enters the end-of-life stage.

"(The meeting) went very well and was very well-received," Janie tells The OMNIway. "It turned into a little support group. We had some discussion about grief and bereavement and the different stages people go through, and how some of the spouses of our residents, especially those affected by dementia, are already in the grieving process."

The foundation of the partnership is based on ensuring West Lake Terrace residents with no outside support from friends or family

can receive a hospice volunteer to come to the home to tend to their emotional needs.

"When we have residents who have been identified as somebody who is not participating in a lot of activities, somebody who is not getting outside support, we now can make that phone call to hospice and set up a friendly visiting program with one of their volunteers, which is going to be a huge asset for us here at West Lake Terrace," Janie says.

West Lake Terrace and Hospice Prince Edward began talks in July to create a way to enhance the quality of palliative care in Prince Edward County.

Given that West Lake Terrace is always striving to improve the quality of its palliative and end-of-life care practices, the interest from the hospice was great news, Janie says.

## EDITORIAL

### Every Day is Seniors Day at OMNI

National Seniors Day was recognized across Canada on Oct. 1. The day, which is endorsed annually by the Government of Canada, is aimed at honouring older adults and celebrating their achievements and gifts.

Prime Minister Justin Trudeau chimed in to share his thoughts on Seniors Day.

*Every day, OMNI's people learn about residents' lives and achievements. Conversations are had and friendships are made and grow stronger as a result of people sharing stories.*

"On National Seniors Day, we celebrate seniors across Canada and honour their invaluable contributions to our country," the prime minister said in a statement.

"Canada's seniors hold a unique and cherished place within our families, our workplaces, and our communities."

At OMNI Health Care, of course, celebrating seniors is something we do every day in our 18 long-term care homes. It is as much a part of our culture as providing high-quality care.

Most people living in OMNI homes are seniors. Each person has a unique life story with unique experiences. OMNI homes celebrate residents' achievements each year by nominating people living in our homes for Lifetime

Achievement awards.

We have heard some outstanding stories this year from Lifetime Achievement Award recipients. From the military service of residents like Phillip Ash (Burnbrae Gardens) and Marnie Burke (Streamway Villa) to the community volunteering Victor Dawkes (Woodland Villa) has dedicated much of his life to, there is no shortage of amazing stories to tell.

Sharing their stories is one of the wonderful ways The OMNIway contributes to the bigger picture of quality within OMNI. Celebrating residents' achievements and contributions makes us stronger and enhances the character of our organization.

But the remarkable stories of Lifetime Achievement Award recipients and the stories of other residents that get published in The OMNIway only scratch the surface. There are more than 1,400 residents living in OMNI long-term care homes, and they all have stories to tell.

Staff members hear these stories every day. They learn about each person's life when residents move into an OMNI home. Having this knowledge helps team members create meaningful, individualized, high-quality programming for residents.

Every day, OMNI's people learn about residents' lives and achievements. Conversations are had and friendships are made and grow stronger as a result of people sharing stories. Because at OMNI, every day is Seniors Day.



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## Streamway Villa Residents Have a 'Rib-tastic' Saturday with Family and Friends

*10 residents enjoy outing to annual event celebrating all things barbecued*

A group of 10 Streamway Villa residents joined family members and staff on Aug. 19 to attend the 11th annual Northumberland Ribfest and Music Festival in Cobourg.

Upon arriving at the event, which was held at nearby Victoria Park, residents ordered two full racks of ribs to split among themselves. Residents also enjoyed beer and lemonade to accompany their meals. After lunch, everyone dug into funnel cakes and ice cream for dessert.

"The residents thoroughly enjoyed their day," life enrichment aide (LEA) Lynette Sandercock tells The OMNIway, noting there were even some leftover ribs.

"Some of the residents went back to the ribs when they got back home and declined dinner," the LEA chuckles.

Aside from the good food, Lynette says a major highlight of the day was the fact that so many family members were able to attend Ribfest with their loved ones.

"One (family member) who is only able to get here once a year was able to bring her dad down and spend some time out," Lynette says.

Life enrichment co-ordinator Christina Doughty says having easy access to major community events like Ribfest is a benefit of Streamway Villa's location in downtown Cobourg.

She adds that having family members on hand for the event made the day extra special for everyone.

"We are so fortunate that our home is located in the heart of downtown Cobourg and that we are able to participate in all of these incredible community events with our residents," she says.

"We are also very lucky to have such amazing families, staff and volunteers that come to our home to strive to bring hope, love and understanding to all of our residents and that are eager to provide extra hands during these outings.

"Streamway Villa would not be the comfortable, fun and hopeful home it is without our families, staff and volunteers."

Ribfest events are held in communities throughout Ontario every July and August. During the events, teams cook up barbecued ribs, chicken and pulled pork and compete against each other in a variety of categories. — DH



*Springdale Country Manor RPN Sam Coleman (centre) has been named the home's 2017 Everyday Hero. Sam is seen here receiving her award from director of care Kathy Shewell (left) and nursing administrative service manager Wendy Logan (right).*

## Everyday Hero Described as an Advocate for Residents Who Takes on All Challenges

*Springdale RPN Sam Coleman has been a positive force at the home for 10 years, co-workers say*

SPRINGVILE, Ont. — Since she began working at Springdale Country Manor in 2007, registered practical nurse (RPN) Sam Coleman has been a positive force who works well with residents and helps team members, her co-workers say.

It's for these reasons and others that Sam was nominated by her colleagues for the Peterborough County long-term care home's Everyday Hero Award.

"(Sam) has been known to be an advocate for the residents and she is willing to take on any challenge," director of care Kathy Shewell said, during an Aug. 31 awards ceremony at Springdale.

"The staff members have described her as being very positive, great with all residents, and helps staff in all departments."

After receiving her award, Sam spoke with The OMNIway and shared her thoughts on receiving Springdale Country Manor's 2017 Everyday Hero Award.

"I was honoured, but shocked," she said, adding that when her co-workers suggested she might be this year's Everyday Hero she downplayed their suspicions.

But Sam said she's grateful that her colleagues nominated her for the award.

"I do work with great people, and I am happy that they recognized me for (the

award)," she said.

The Everyday Hero Award is given out annually by each of OMNI Health Care's 18 long-term care homes to recognize staff members who demonstrate extraordinary dedication to residents and co-workers.

OMNI announced this year's recipients of the Everyday Hero, Inspired Leadership and Elisabeth Hinton Memorial awards at the Quality Forum in Calabogie, Ont. in May. Managers from OMNI's long-term care homes were presented with the names of the award winners. Homes are presenting the awards during their own ceremonies. — DH



### Did You Know November is Fall Prevention Month?

For information and resources, please visit the Fall Prevention Month website:

[fallpreventionmonth.ca](http://fallpreventionmonth.ca)

## Willows Estate to Open Tuck Shop

*Residents can treat themselves to candies, goodies*

By Natalie Hamilton

The convenience of the corner store will soon be within residents' reach at Willows Estate.

For those who don't go venture out often and even for others who do, the Aurora long-term care home is offering a tuck shop.

Residents requested the tuck shop as one of their suggestions stemming from the home's residents' council.

The tuck shop will be of a travelling kind, with items being stocked on a cart with wheels and pushed by a staff member to each resident's room, explains Teddy Mazzuca, life enrichment co-ordinator for Willows Estate.

The shop will be stocked with candies and snacks, tissues, stationary, greeting cards and other convenience items.

To include all residents,

there will be no money exchanged on the spot in case one doesn't have cash at hand. Teddy hopes the cost of the items will be able to be tallied and added to the resident's monthly bill instead. She's still working out the particulars.

Her hope is to have the shop up and running in October and anticipates a staff member will make the rounds with the cart every other week.