



OMNIway

Redeveloped Homes Will Help OMNI Better Serve Local Communities. . . pg. 3

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Future Planning

Architects from G architects, pictured above, will be working on designs for four OMNI long-term care homes. See story at right.

Province Funding Construction of New Riverview Manor, Additions to 3 OMNI Homes

These 4 projects, which will be completed by 2022, will add 102 beds and help smaller LTC homes better serve their local communities

By Deron Hamel

Exciting news came to OMNI Health Care this spring when it was announced the province will be funding the construction of a new Riverview Manor and additions to Pleasant Meadow Manor, Almonte Country Haven and Woodland Villa as part of Ontario's capital redevelopment program for long-term care homes.

These four projects will add 102 beds and help smaller long-term care homes better serve their local communities, says OMNI president and CEO Patrick McCarthy.

Through the funding, a new Riverview Manor will

be built in Peterborough's north end. OMNI is in the process of finalizing a land deal for the site of the new

"(A new site for Riverview Manor) will enhance the environment for residents and their care, and create a safer and more comfortable living experience."

— Patrick McCarthy, president and CEO, OMNI Health Care

160-bed home. The present home has 124 beds.

"(A new site for Riverview

Manor) will enhance the environment for residents and their care, and create a safer and more comfortable living experience," McCarthy says.

The province is also funding renovations to Pleasant Meadow Manor in Norwood, which will be adding 35 new beds; Woodland Villa in Long Sault will be awarded 17 beds; and Almonte Country Haven in Lanark County will be adding 14 beds.

The Ontario government introduced a long-term-care-home renewal strategy in 2014 as a multiyear plan to support the renewal of 30,000 beds by 2025.

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Redeveloped OMNI Homes Will Accommodate Present and Future LTC Needs

By Deron Hamel

Wider corridors and doorways, greater privacy and more home-like environments — these are among the improved features residents and staff members will first notice once the redevelopment of four OMNI Health Care long-term care homes is complete in 2022, says Matt Galvin.

Galvin, a partner at G architects, a mid-sized Toronto architecture firm that largely specializes in designing long-term care homes, says once redeveloped, Riverview Manor, Pleasant Meadow Manor, Almonte Country Haven and Woodland Villa will be state-of-the-art homes that

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Volunteer Laurie Brooks 'Brings a Lot of Life' to Frost Manor

LINDSAY, Ont. — Laurie Brooks says she "always wanted to look after people," so she decided to try her hand at volunteering at Frost Manor. Ten years later, Laurie is still a regular volunteer at the Lindsay long-term care home.

Laurie says some of her favourite work with Frost Manor residents is helping with activities. Bingo,

shuffleboard, bowling and the annual camping trip are some of the activities Laurie says she enjoys helping with most.

"I will help with whatever they need help with," Laurie tells The OMNIway.

Laurie says what has kept her volunteering at Frost Manor for a decade is the residents. The residents, she says, are fun to work with and

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Riverview Manor Resident Raises \$70 to Help Those Affected by Humboldt Broncos Tragedy

PETERBOROUGH, Ont. — Alan Simmons vividly remembers his days as a colour commentator at Peterborough Petes games for CHEX radio in the 1980s, often travelling between Ontario cities on the Petes' team bus.

When Alan, a resident at Riverview Manor, heard about the April 6 bus crash in rural Saskatchewan that killed 16

Humboldt Broncos players and staff as the hockey team travelled to a game, he felt a tremendous amount of sadness and camaraderie with those who had been on the Broncos' team bus, he says.

"It hurts," Alan says of the tragedy. "We used to go town to town on the bus, and I have a lot of memories of that. Memories of going to

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Village Green health-care aide Sylvia O'Brien (left) and RPN Denise Simpson (right) work on the home's BSO team.

Village Green BSO Team Stemming Responsive Behaviours, Sharing Knowledge

The referral process the home uses is making jobs easier and creating a stronger team

SELBY, Ont. – In the year and a half since Village Green was awarded funding from the South East Local Health Integration Network (LHIN) for a part-time registered practical nurse (RPN) and personal support worker (PSW) to add to the Behavioural Supports Ontario (BSO) team, the Greater Napanee long-term care home has been able to stem responsive behaviours and also share valuable knowledge.

Since then, health-care aide Sylvia O'Brien and RPN Denise Simpson have been attending educational sessions and sharing what they learn with other members of Village Green's BSO team and even with other homes in the area.

Initially, the LHIN asked Village Green to create one position with the funding, but director of care Debbie McTaggart insisted that having an extra team member would help spread information better. The LHIN agreed, and Debbie says the result has been "extremely successful."

Village Green has a referral process for staff members to go through if they notice responsive behaviours in residents affected by cognitive impairment.

"We look at referrals, we help with referrals to outside agencies (and) we work one-on-one with residents who are having responsive behaviours for one reason or another," Sylvia says. "We get down to the bottom of why that might be happening. We look at their past and

we look at any traumatic experiences they might have."

Denise says this process is making everyone's job easier and creating a stronger team at Village Green.

"We got tons of education in the first part of last year and we just went with it, and we have been able to expand it and teach a lot of our staff how to do things and they have been on board with it," she says.

In fact, other long-term care homes have approached Village Green's BSO team to ask about their approach to preventing behaviours so they can learn.

"So, we have set the path so they don't have to go through the challenges," Denise says.

Sylvia, who has worked at Village Green for 24 years, works four shifts per week on the floor in addition to her BSO team duties. This, she says, provides her with a unique perspective because she can see the results of the BSO team's efforts first-hand.

"It's the best of both worlds; I can see if what we're doing is helping and if there is something I see we haven't caught, and Denise also works on the floor as well, so it gives us insight from both ends," she says.

BSO is a provincial initiative to help enhance quality of life for seniors affected by dementia and other conditions that cause agitation. The funding, which is provided to long-term care homes through Ontario's 14 LHINs, is largely put towards staff education. —DH

Country Terrace Resident Keeps Busy Gardening and Making Sure Home is Looking Tip-top

Tracey Welles says these activities also help her mobility

Tracey Welles says she was once told that "being active is the best medicine for physical and mental health," and this is advice the Country Terrace resident has taken to heart.

"I did not want to just lay around in bed and give up... I like that it keeps me active and keeps my body moving; when I am still for too long I freeze up."

— Tracey Welles, resident, Country Terrace

Tracey keeps active at the Komoka, Ont. long-term care home by tending to its gardens, cleaning the walkways and doing her best to make sure Country Terrace keeps looking its best.

"I did not want to just lay around in bed and give up," Tracey says when asked what inspired her to take on chores around the home.

There are terrific social benefits to having created a job for herself at Country Terrace, Tracey says, adding she has made a name for herself among residents and staff members.

"People know who I am before I even know them because they know I am the one who is helping around the home," she says. "It's nice to hear good things about me."

Tracey particularly enjoys doing the gardening, noting she often helped her mother with her gardening and also mowed grass at home.

Tracey says her favourite part of gardening is pulling weeds. This, she says, is because she has Parkinson's, and pulling weeds involves

a lot of movement. Pulling weeds helps ease her condition and provides physical benefits, she says.

"I like that it keeps me active and keeps my body moving; when I am still for too long I freeze up," Tracey says.

Country Terrace administrator Karen Dann says Tracey has been a big help at the home and is a hard worker. Tracey has also helped with the Country Terrace team's infection-control initiatives.

"She works like a Trojan," Karen says. "During an outbreak, Tracey (sanitized) all the handrails in the hallways, doing one hallway a day."

And the front garden is looking its best, thanks to Tracey's efforts, Karen adds.

"It's looking gorgeous; she has all the weeds pulled, and she is starting on the backyard now." —DH

Laurie Has Been a Dedicated Volunteer at Frost Manor for 10 Years

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she enjoys their company.

"The residents are caring and they enjoy having me here," she says.

Asked what she would tell people who were considering a volunteer opportunity at Frost Manor, Laurie says she would highlight the residents.

"I would tell them the residents are nice and kind," she says.

Life enrichment co-ordinator Lyndsay Irwin characterizes Laurie as a "bright, bubbly personality who always brings a lot of life to the home."

She adds that Laurie is a fan-favourite volunteer among residents.

"The residents are always looking forward to her when she's coming in, and they are always asking about her," Lyndsay says. "We think of Laurie as staff, because she's a regular here and really a part of Frost Manor."

Frost Manor honoured its volunteers with a special



Pictured above, Laurie Brooks (right) has been volunteering at Frost Manor for 10 years. Life enrichment co-ordinator Lyndsay Irwin (left) says Laurie is a "bright, bubbly personality who always brings a lot of life to the home."

luncheon on April 19.

Nutritional care manager Zach Jarvis and his team prepared a lunch of pork chops with a rosemary-sage cream sauce, roasted potatoes and vegetables, with cheese-cake for dessert. Lyndsay gave a speech thanking all volunteers for their work and dedication to residents.

April 15-21 was National Volunteer Week 2018.

The week is marked by events nationwide that celebrate volunteers and all they do to enrich the lives of others. This year marked the 77th National Volunteer Week. —DH

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EDITORIAL

Redeveloped Homes Will Help OMNI Better Serve Local Communities

This spring, OMNI Health Care was awarded funding from the province to build a new Riverview Manor and renovate three of its other long-term care homes — Pleasant Meadow Manor, Almonte Country Haven and Woodland Villa. Construction on the four projects will start in fall 2019 and will be completed by December 2022.

don't have to move to larger centres, should they require long-term care. The funding announcements included a combined 102 additional beds to the four homes. The new Riverview Manor in Peterborough will have 160 beds, 36 more than it currently has. Almonte Country Haven, located in Mississippi Mills, will be increased from 82 beds to 96. In Norwood, Pleasant Meadow Manor will see an increase from 61 to 96 beds. Woodland Villa in Long Sault will go from 111 beds to 128.

But the renovations will provide more than just an increased number of beds.

Hallways and doors will be wider, and three- and four-bed wards will be replaced with one- and two-bed rooms. Once complete, these homes will also be divided into neighbourhoods, housing groups of up to 32 people. As a result, residents will be sharing dining, bathing and other common areas with fewer people to enhance their living experience.

To put it another way, the future of long-term care will be coming to these four homes. It's a future that will help ensure that the people who built these communities have access to the care they need with the amenities they require to have the best quality of life possible.

It's a future OMNI is excited about.

(Residents will be sharing dining, bathing and other common areas with fewer people to enhance their living experience.

What's especially exciting about these announcements — and welcomed by OMNI Health Care — is the fact that the four redevelopment projects will also help the smaller communities these homes serve.

The majority of OMNI's 18 long-term care homes are in small towns and villages. OMNI has always valued the fact that most of its homes are small and located in rural communities because having such homes creates a cozy environment for residents to live and staff members to work.

Having homes in these towns and villages also means people who have lived in these communities



Fit For a King

Elvis impersonator Bruce Stewart visited Forest Hill recently to entertain the Ottawa-area long-term care home's residents. His performance included a well-rounded list of musical genres Elvis performed during his career, including rock 'n' roll, country, gospel, and he even performed a couple of songs featured in Elvis movies.

More Home-like Environments Among Major Improvements

Continued from page 1 will meet the present and future needs of the residents, staff and communities they serve, while fully complying with the Ministry of Health and Long-Term Care's design requirements.

"People are entering long-term care homes much older and with much greater care needs," Galvin says.

"The homes, as they were built, aren't really meeting up to the tasks that are being asked of them today, which is why the province is going through a provincewide renewal of long-term care homes."

G architects has been commissioned by OMNI to design a new 160-bed home for Riverview Manor in Peterborough. The firm will also be designing renovations to add 35 beds to Pleasant Meadow Manor in Norwood,

14 beds to Almonte Country Haven in Lanark County and 17 beds to Woodland Villa in Long Sault.

Once redeveloped, these homes will have only one- and two-bed rooms. Doors and halls will be wider to increase accessibility. Turning circles in washrooms will be larger. All these improvements fall in line with new standards set by the ministry.

Another new feature for the homes is that they will be divided into neighbourhoods, housing groups of up to 32 people. As a result, residents will be sharing dining, bathing and other common areas with fewer people.

"The whole home model ... really creates a much more home-like, residentially scaled living environment, and the main goal is to deinstitutionalize (long-term care homes) and provide a

residential environment," Galvin says.

Technology integration in each of the homes will also be enhanced, he adds. Technology integration, Galvin says, has a "huge capacity to improve the experience of the family, the resident and the staff."

The new designs will allow for this technology, which will enhance communication, entertainment and care, to flourish, he says.

"For staff, there is a lot of technology coming out that will assist with care: medication dispensing and mobile charting technology," Galvin says. "These homes will be state-of-the-art modern facilities with technology integration."

Construction is slated to begin on the four homes in fall 2019 and they will be complete by December 2022.

'I See Brightness and Vitality'

Continued from page 1 The recent announcement of 5,000 additional beds, which includes the four OMNI homes, supports the viability of the renewal program, McCarthy says.

OMNI has long supported the goal of rebuilding and modernizing older long-term care homes in Ontario, McCarthy says. Rebuilding and renovating homes will provide more comfortable, home-like

rooms and amenities, enhance care and provide greater dignity for residents and families, he adds.

Newer homes will also offer wider hallways, smaller resident home areas, more storage and quieter, more home-like dining and lounge spaces. Privacy for residents will be improved through the elimination of three- and four-bed wards.

Pleasant Meadow Manor administrator Sandra

Tucker says she's "excited" about the opportunities expanding the home will have for the local community.

"I see brightness and vitality," she says. "We're going to be renovated, modernized with lots more room; more room for activities (and) more room for fine dining. I'm really excited."

Construction on the four projects is slated to begin in fall 2019 and will be complete by December 2022.





Riverview Manor resident Alan Simmons is seen here outside the Peterborough long-term care home with the memorial he created for the Humboldt Broncos hockey team. Alan also collected \$70 recently for a local fundraiser to help those affected by the April 6 bus crash that claimed the lives of 16 Broncos players and staff.

'They Were Just Kids'

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the games and realizing that they were kids; they were just kids, and all they wanted to do is play hockey. That's all they wanted to do. And they've now been denied that."

Since the bus crash, there has been an outpour of support for those affected by the incident from people across Canada and around the world. Alan wanted to do something to help, so he started a fundraising campaign at Riverview Manor.

Simply by asking residents and staff members one question — "You got a buck?" — Alan was able to raise \$70 that is being given to a local hockey club's fundraising initiative, with all money raised being sent to the Humboldt Minor Hockey

Association, which will then distribute the funds to help those affected by the tragedy.

Alan and Riverview Manor life enrichment co-ordinator Sherry Baldwin also made a small memorial which is adorning the fence outside the entrance of the Peterborough long-term care home.

The memorial is two crossed hockey sticks — one yellow, the other green, the Broncos' team colours — with the team name on a circle at the centre.

Alan says he had no trouble raising money; in fact, everyone was eager to help.

"If you want anybody to do anything, you just ask them," Alan says. "All I had to do was explain why (I was raising money) and the money started showing up." — *DH*

Volunteer Musical Trio Honoured with OLTCA Awards for Work with Forest Hill Residents

Gerry Armstrong, Andrew McWeeny and Pat Hennessey's music helps residents affected by cognitive impairment

Forest Hill on April 18 presented three of its volunteer musicians with Circle of Excellence awards from the Ontario Long Term Care Association (OLTCA) to honour their contributions to residents.

Gerry Armstrong, Andrew McWeeny and Pat Hennessey were led into the Ottawa-area long-term care home's chapel in the afternoon for a surprise ceremony to pay tribute to the trio and other volunteers.

Forest Hill life enrichment co-ordinator Craig Forrest says Gerry, Andrew and Pat have been valuable assets to the home, and their musical performances have made them fan-favourites with residents and staff members.

There's an interesting story about how the trio got together. After Gerry's wife, Becky, moved into Forest Hill in 2013, he began bringing his guitar into the home to play for her. In short time, Gerry noticed other residents were enjoying the music. Before long, Gerry was playing for larger



Left to right, Forest Hill volunteer musicians Pat Hennessey, Andrew McWeeny and Gerry Armstrong hold the OLTCA Circle of Excellence awards they were presented with on April 18.

groups of residents.

In March 2016, another family member, Andrew McWeeny, was recruited through an ad Gerry placed in the home's newsletter. Pat then joined Gerry and Andrew, and the musicians have become regular entertainers at the home on Wednesdays.

Much of the work Gerry, Andrew and Pat do is one-to-one visitation with residents affected by cognitive impairment, Craig says.

"They are so devoted and they are fantastic with the

residents, and they really do make quite an impact on the residents," Craig says. "If residents are agitated, the music they play tends to calm them."

Craig adds that family members will often visit the home when Gerry, Andrew and Pat are there. Family members will often sit with their loved ones while the trio plays, so the entertainers also provide a forum for residents and families to spend quality time together, the LEC says. — *DH*

Workshop Helps Ease NCMs' Concerns Around Implementing IDDSI

'I think everyone left feeling more comfortable with IDDSI, and I think that was a really big step forward for us'

PETERBOROUGH, Ont. — Chris Weber says the major successes stemming from a May 17 workshop focused on helping OMNI Health Care nutritional care managers (NCMs) implement the International Dysphagia Diet Standardisation Initiative (IDDSI) framework were that everyone left feeling less anxiety about the implementation process and managers got to see how IDDSI will look in their homes, once it's adopted in 2019.

Weber, OMNI's operations manager of nutrition and food service, says the workshop, which was hosted in Belleville by Seasons Care Inc., a dietitian company, lived up to its title of "Taking the Fear Out of IDDSI."

"We really did eliminate a lot of the fear that people were experiencing," Weber says. "For the first time, we were able to really look at how this is going to look in our homes. We looked at what menus are going to look like, what changes do we have to make to our current practices in order to adopt IDDSI."

"I think everyone left feeling more comfortable with IDDSI, and I think that was a really big step forward for us."

Weber says the workshop was largely focused on testing the benefits of using the fork-pressure test and the spoon-tilt test, which are the two main testing methods for food thickness.

The fork-pressure test is used more for minced food, while the spoon-tilt test is used primarily for pureed foods. A variety of minced and pureed food with different thickness levels was provided to the managers during the workshop.

Dysphagia, the medical term for swallowing difficulty, is a common condition among residents living in long-term care homes. The condition affects an estimated eight per cent of the general population, according to the IDDSI website.

Because of the prevalence of dysphagia worldwide and the fact that countries have different terminology for describing the thickness of texture modified foods,

IDDSI has created a framework centred on a common language for classifying thickness levels. OMNI Health Care is in the process of adopting this framework.

At the core of the framework is an eight-level scale, numbered zero to seven, measuring the thickness of meals. Zero refers to thin liquids, like water or fruit juices; Level 7 is regular food.

To date, most of the work OMNI has been involved within the process of adopting the framework has been focused on its science, safety and rationale, but Weber wanted nutritional care managers to attend this workshop to focus on the framework's implementation.

"This was the first real

opportunity of its kind that we have had to look and talk about implementation," Weber says.

Carol Donovan, president of Seasons Care, and Seasons Care corporate dietitian Stacey Scaman were the workshop's facilitators. Representatives from OMNI corporate partners Sysco and Nestle Health Science were also on hand to provide support.

"Carol and Stacey did a phenomenal job. Their expertise is great, and we were very fortunate to have them (lead the workshop), and there was really good collaboration with industry partners we work with who were there to support OMNI," Weber says. — *DH*

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