



# OMNIway

*A Resident with Early-onset Dementia is Sharing Her Story. Here's Why That's Important. . . pg. 3*

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*Frost Manor resident Art Ouellette is pictured here with the Art Tennis Lob, a tennis-ball game he created with the help of family member Gerry Todd.*

## Resident Designs Tennis-ball Game to be Played at Frost Manor

By Deron Hamel

LINDSAY, Ont. – Art Ouellette has a collection of about 300 tennis balls and the Frost Manor resident wanted to do something that would put them to good use, so he designed a game that can be enjoyed by everyone at the Lindsay long-term care home.

An avid tennis player for most of his life, Art shared his idea to create a tennis-ball game with family member Gerry Todd. By working together, the Art Tennis Lob was born.

The Art Tennis Lob is a large-scale board game. The playing surface is fashioned from a door that Gerry cut in half. One half of the door forms a base with circular holes of different sizes cut into its surface. The other half forms a retractable surface that

players can adjust to the angle they desire.

Players then drop tennis balls down the incline towards the holes. Players are assessed points based on the size of the hole where their ball lands, with smaller holes accounting for the most number of points. Balls can be knocked into the holes by other balls to accumulate points or knocked out to lose points.

Art first approached Frost Manor life enrichment co-ordinator (LEC) Lyndsay Burton with his idea. The LEC admits it sounded complex and she wasn't sure how she could bring Art's plan to life. But when Art mentioned his vision to Gerry, the son of resident Chris Todd, his plan was soon put into action.

Within a couple of days, Gerry was looking around

for supplies to make the game. The door used to make the playing surface was given to him for free. Gerry got to work cutting the wood and boring the holes. A few days later, he showed up at Frost Manor with the completed project.

"Not even a week later, he had come in with this game already made and ready to go," Lyndsay says.

Art, who spent 40 years caring for tennis courts in Haliburton, says he was inspired to create a game that would be easy to play for residents who use wheelchairs.

"We figured out that anybody could play the game sitting down," Art says.

The game will soon be introduced to residents, and Art says he is literally looking forward to getting the ball rolling.

## Village Green and Local OSPCA Branch Create a Purr-fect Partnership

A new partnership Village Green has formed with a local branch of the Ontario Society for the Prevention of Cruelty to Animals (OSPCA) is helping bring kittens to the Greater Napanee long-term care home once a month, and residents couldn't be happier.

Village Green life enrichment co-ordinator (LEC) Maddy Hudgins was recently searching for ideas for pet programming when she came across notes her predecessor, Karen Coulter, had made about the local branch of

*See 'It's Nice' page 3*

## Riverview Manor Team Raises \$4,500 for Alzheimer Society at Pulling for Dementia Fire Truck Pull

PETERBOROUGH, Ont. – Pulling for Our Residents, a 10-member team representing Riverview Manor, raised \$4,500 in support of the Alzheimer Society of Peterborough, Northumberland and Haliburton on Sept. 13 during the fifth annual Pulling for Dementia

fire truck pull fundraiser in Peterborough.

This is the largest sum of money Riverview Manor has raised for any charity event, says environmental services manager Crystal Post, who organized the Riverview team.

"It's incredible that we

*See 'The Pulling' page 2*

## Woodland Villa Cigarette Butt Recycling Program Reducing Litter, Helping Residents

Woodland Villa is helping reduce litter on the grounds of the Long Sault, Ont. long-term care home while bringing in money for the residents' council in the process.

The home now has two containers to collect cigarette butts — one near the front and another at the back. Anyone who smokes is asked to put their cigarette butts

into the containers which, when full, are collected by recycling company TerraCycle Canada.

The containers — which are metal boxes embossed with the TerraCycle logo — are located in the designated smoking areas and easy for smokers to spot.

Filters on cigarette butts contain plastics made from

*See 'The Residents' page 3*



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Springdale Country Manor resident Fred McCormick and director of care Kathy Shewell are pictured here as the Island Princess prepares to set sail for the Peterborough Lift Lock.

## Three OMNI Homes Partner to Take Residents on Lift-lock Cruise

*Frost Manor, Springdale and Riverview residents enjoy a two-hour cruise with scenic views and lots of fond reminiscing*

PETERBOROUGH, Ont. – About 30 residents from three OMNI Health Care long-term care homes took a scenic cruise through the Trent Severn Waterway aboard the Island Princess Sept. 17 to the famous Peterborough Lift Lock.

*“It looks exactly the same as I remember it; it just has more watermarks on it.”*

—Joan Tremain, resident, Springdale Country Manor

At 65 feet, the Peterborough Lift Lock is the tallest hydraulic boat lift in the world. The lift lock is also a national historic site.

For many residents from Riverview Manor, Frost Manor and Springdale Country Manor, the two-hour tour was a new experience. For others, it was a trip down memory lane to their childhood.

Springdale Country Manor resident Joan Tremain shared fond memories of playing in the area near

the lift lock as a young girl. She also recalled how children could go swimming near the lift lock — if they passed a certain test.

“When we swam out here, we had to prove (to our parents) we could swim,” she said.

Passengers aboard the vessel were provided with a history lesson about the Trent Severn Waterway and the sites along the way. Residents chatted about how they enjoyed the scenic view the cruise offered.

As the cruise passed the Peterborough Lift Lock, Joan noted the structure hasn’t changed much in 75 years.

“It looks exactly the same as I remember it; it just has more watermarks on it,” she said.

While this was the first time the three long-term care homes have partnered to bring residents on the lift-lock cruise, Riverview Manor life enrichment co-ordinator Sherry Baldwin said it’s an experience she would gladly repeat. —DH

## The Pulling for Our Residents Team Set a New Fundraising Record for the Peterborough LTC Home

*Continued from page 1* raised that much for the Alzheimer Society,” she said, moments after the Pulling for Our Residents team finished their pull.

During the event, which was held in the Peterborough Memorial Centre parking lot, teams had to pull a 44,000-pound fire engine 30 metres.

Pulling for Our Residents team members, who wore white T-shirts with black spots mimicking dalmatians, the dogs that traditionally accompany firefighters, completed the feat in 18.71 seconds.

Teams representing organizations across the region competed in the challenge throughout the day. The event raised \$34,000 for the Alzheimer Society.

Crystal notes that staff members from every department at the Peterborough long-term care home were involved in the Pulling for Dementia event, making it “very much an around-the-home effort.”

Several family members, as well as Riverview Manor staff members who had the day off or were on holidays, turned up to cheer on the Pulling for Our Residents team, which Crystal says was also encouraging.

“It was wonderful to have everyone’s support before, during and after the event,” she says.

*“It’s something that’s really close to me; I lost my grandmother to Alzheimer’s and there are a lot of people who have Alzheimer’s and dementia, so this is definitely for a good cause.”*

—Katie Brown, personal support worker, Riverview Manor

fundraiser and why the event was important to her.

“I just went around explaining what the cause was for, and pretty much everyone was eager to help out,” she says. “It’s something that’s really close to me; I lost my grandmother to Alzheimer’s and there are a lot of people who have Alzheimer’s and dementia, so this is definitely for a good cause.”

Crystal says she was not surprised by the outpour of support for the fundraiser from the Riverview Manor team and family members.



The Pulling for Our Residents team from Riverview Manor pulls a 44,000-pound fire engine in the Peterborough Memorial Centre parking lot Sept. 16 during the fifth annual Pulling for Dementia fire truck pull fundraiser.

Personal support worker Katie Brown, who was a top donation gatherer for the Riverview Manor team, explains how she encouraged people to donate to the

“We see what the effects (of Alzheimer’s and dementia) are, and to find a cure would be wonderful, and that’s why we did this,” she says. —DH

## End-of-summer Corn Roast Creates Vibrant Family Atmosphere at Forest Hill

About 80 people enjoyed barbecued riblets, potato salad and, of course, fresh corn on the cob, at Forest Hill on Aug. 23, during the Kanata long-term care home’s annual corn roast.

The end-of-summer corn roast has been a fan-favourite event among residents since the early 2000s, says life enrichment co-ordinator (LEC) Craig Forrest, and this year was no exception.

Forest Hill always gets fresh corn, locally sourced, that has been picked the day of the event, and eager residents help husk the cobs, the LEC adds.



Forest Hill resident Jeanie Tinklin husking a corn cob.

This year about 12 dozen cobs of corn were brought in for the event, and about 10 residents husked the corn cobs that were put into

the big pot of boiling water on the patio.

Corn roasts typically see more family members in attendance, and the live entertainment offered each year ensures there’s never a dull moment, Craig says.

“It’s always a really good event, and the nice thing this year was that about half the people there were family members, which really gave the event a great atmosphere where people could have a nice meal with their loved ones, plus it gives the families a chance to meet each other,” Craig tells The OMNIway. —DH

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EDITORIAL



Some kittens recently paid a visit to Village Green, courtesy of the Ontario Society for the Prevention of Cruelty to Animals (OSPCA). Residents and staff members spent a day playing with their new furry friends. OSPCA will continue bringing kittens to the Greater Napanee long-term care home each month.

## ‘It’s Nice to be Able to Bring Back that Memory for Them’

Continued from page 1  
OSPCA visiting the home with animals.

Maddy contacted a representative from the organization who agreed to

*“They bring in a litter of kittens into the activity room, and they have a little playpen for them, and the residents are able to interact.”*

— Maddy Hudgins, life enrichment co-ordinator, Village Green

bring some kittens to Village Green on a monthly basis.

“They bring in a litter of kittens into the activity

room, and they have a little playpen for them, and the residents are able to interact,” Maddy says.

“This is great because if the residents want to they can hold the kittens or they can just watch from a distance if they are more comfortable with that.”

Maddy will also bring a kitten to residents who wish to stay in their rooms. The LEC recalls how she brought a kitten to one resident who is living with dementia, and as soon as the resident held the kitten, she began reminiscing about the cat she had owned.

“The resident even held the kitten right up to her face so she could hear her purring,” Maddy says. “This is the residents’

home and a lot of them did have cats, so it’s nice to be able to bring back that memory for them.”

So far, there has only been one “kitty visit” but more are planned, and Village Green and the OSPCA plan to keep their collaboration going, Maddy says.

Cats are a familiar sight at Village Green. The home kept a cat, Casey, for nearly 20 years. Casey passed away in March, so the kittens are filling an emotional need left in Casey’s absence, Maddy says.

“We are really excited, and the residents absolutely love having the kittens here; it fills that void now that we don’t have Casey around,” she says. — DH

## ‘The Residents are Really Adamant About Doing This’

Continued from page 1  
cellulose acetate, a non-biodegradable substance. If not properly disposed of, the filters can take up to 15 years to break down.

For every three pounds of recycled material, the Woodland Villa residents’ council gets \$1 back from

TerraCycle, says Woodland Villa life enrichment co-ordinator Lisa Doran.

Lisa says the project is working well. Cigarette butts are ending up in the recycling containers and there is less litter on the ground. The residents also get a sense of pride that

they’re doing something to help the environment and themselves, she adds.

“The residents are really adamant about doing this; they love it. They are constantly asking me to empty (the containers),” she says. “It’s an amazing idea, it really is.” — DH

## A Resident with Early-onset Dementia is Sharing Her Story. Here’s Why That’s Important

If you’ve been reading The OMNIway recently, you will know that we have been featuring stories profiling a Streamway Villa resident who is living with early-onset dementia.

“Sally” is a younger resident at the Cobourg long-term care home. She has requested we share her story because she wants others to know what living with cognitive impairment is like.

an age gap between her and other residents. She shares with us how she has lost many of her interests because of her condition. Sally opens up about how hard it is for her to no longer have her dog.

Sally is not looking for sympathy; she only wants us to understand how she feels.

Dementia is a condition that can change rapidly. Sally changes rapidly as her story unfolds. She wants us to see that, too.

There are many common misconceptions about dementia: that dementia is something only present in the elderly population, that it’s a normal part of aging, that people affected by the condition have completely lost their memory.

None of these things are true, but the stigma persists nevertheless.

Sally’s story is important because many people who are living with dementia do not want to talk about what it’s like to have the condition. Given the stigma attached to dementia, it’s easy to understand why.

But the more we talk about dementia, the more we will understand it. The more we understand dementia, the easier it will be to break its stigma.

By revealing her innermost thoughts and feelings about what it’s like to live with dementia, Sally is helping break the stigma. One story at a time.

*There are many common misconceptions about dementia: that dementia is something only present in the elderly population, that it’s a normal part of aging, that people affected by the condition have completely lost their memory.*

Her goal is for others to have a glimpse of what it is like to live with early-onset dementia and to understand how she feels about what she has lost and what fond memories she can recall.

Sally also describes the empathy she has for new Streamway Villa residents and how she understands their anxieties and fears.

She discusses the challenges of living in an environment where there is



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# Author Reads to Residents at Willows Estate

*Resident Enid Maize shares her poems of love, courage with peers*

By Natalie Hamilton

The butterflies in Enid Maize's stomach faded when she received a re-sounding round of applause.

The Willows Estate resident was in the spotlight recently when she shared with an audience a collection of poems she penned earlier in life.

*"While the reading group is a smaller, quieter event it's an important activity."*

— *Teddy Mazzuca, life enrichment co-ordinator, Willows Estate*

The writer and author read aloud to a group of her fellow residents during a weekly reading activity at the Aurora long-term care home. The reading circle is usually led by a staff member but when life enrichment aide (LEA) Azaria Kanda learned the woman was an author, he invited her to take the stage.

"The crowd was pretty receptive," Azaria tells The OMNIway.

"It was good, different and they liked it."

He notes the enthusiastic applause was satisfying for Enid who was nervous initially. "She was very, very happy."

Enid led the 60-minute program, reading her works that covered a number of

topics such as love, life, courage, laughter and inspiration. "She told me she loves reading to groups," the LEA notes.

Willows Estate is currently seeing a rise in the number of residents moving in who have a higher cognitive level.

Life enrichment co-ordinator Teddy Mazzuca says she appreciates the initiative Azaria took to alter the program.

"He revamped it and changed it a bit to make it more engaging for our changing clientele," Teddy says.

"You have to switch things up. They need that time intellectually. While the reading group is a smaller, quieter event it's an important activity."

Enid's reading circle was a good example of the new approach in action. About 10-12 residents participated in the session.

"We try to implement activities that are more sound," Azaria adds.

When the LEA is leading the program, he typically reads aloud from newspapers and magazines. Hot topics are climate change, current events in the city and science.

Enid took a week to consider what she wanted to share. Selecting her book of poems was obviously a good choice, given the response.



Pictured above, left to right, Frost Manor life enrichment co-ordinator Lyndsay Burton and life enrichment aide Amy Whitehead hold their breath while "under the sea".

## Creativity and Passion Drive Frost Manor's 'Dream Team'

*'They don't just come to work; they're thinking about work when they're not even here,' LEC says of her team*

Frost Manor life enrichment co-ordinator (LEC) Lyndsay Burton characterizes her department as the "dream team".

In the short time life enrichment aides Amy Whitehead and Kim Williams have been working in the life enrichment department at the Lindsay long-term care home, they have brought enthusiasm and creativity to their roles, resulting in top-notch programming for residents, Lyndsay says.

The LEC cites the Under the Sea theme the team created at Frost Manor in July, which saw the activity and dining room decorated with octopuses, a shark, a ship, seaweed, crabs and many fish, as an example of how she will come up with a simple

idea that is then brought to life by Kim and Amy.

"They really just took this idea and ran with it," Lyndsay says, adding what really impressed her was a shark-themed bean-bag game that developed from the Under the Sea idea.

"Amy turned a simple bean-bag toss into a game called 'feed the shark', which was hilarious because of all the residents who came to that game," she says.

"We almost couldn't put it on because we had 17 residents who wanted to play. ... What Kim and Amy do so well is the way they take the ideas and put their own spin and twist on them. It creates a whole different game with a different vibe and atmosphere for the residents

to look forward to."

Kim, who was named Frost Manor's Everyday Hero recipient this year, says incorporating a monthly theme into a new game gets a lot of approval from residents.

"It really ignites the interest of the residents when you present the games in a different way," she says of the shark-themed bean-bag toss.

Often, Lyndsay says Kim and Amy will come to her with ideas they've discovered on websites like Pinterest and then brainstorm about how to create new programming.

"They don't just come to work; they're thinking about work when they're not even here," Lyndsay says. "For them, this isn't work, it's a real passion." — DH

## Country Terrace Hosts WALK-IT Fundraiser for Parkinson Society

*Residents and staff members raise \$62 to help organization with support services, education, advocacy and research*

Residents and team members from Country Terrace took to the walking trail outside the Komoka, Ont. long-term care home Sept. 13 to help raise awareness of Parkinson's disease and support the Parkinson Society of Southwestern Ontario's annual WALK-IT for Parkinson's campaign.

Members of the Country Terrace WALK-IT team strolled around the pathway as many times as they could during the event. Country Terrace residents who are living with Parkinson's disease led the team in their first lap, says life enrichment aide Rachael LeBlanc.

Their efforts, which

included a fundraising bake sale, garnered \$62 for the Parkinson Society.

The WALK-IT for Parkinson's website states that proceeds from the campaign help support services, education, advocacy and research in southwestern Ontario.

According to its website, the

WALK-IT for Parkinson's campaign raised more than \$430,000 in 2018.

The Parkinson Society provided the team with shirts to wear during the event, and Country Terrace was "given every support to run our own event here at the home," Rachael says.

"This event was done with

great love and commitment to finding a cure for Parkinson's disease," she says.

Parkinson's disease is a degenerative disorder of the central nervous system. The condition affects an estimated 55,000 Canadians aged 18 and older, according to Statistics Canada. — DH

