



# OMNIway

Alzheimer Society continues campaign to end stigma around dementia. Here's why that's important. . . pg. 3

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## Puppy Love

From left to right, West Lake Terrace residents Donna Nugent, Odie Noble and Ken Scheer cuddle with two dogs owned by volunteer Lesley Campbell, Huxley (left) and Gibson (centre and right). Gibson's paw-print paintings have been sold to raise money for the Prince Edward County long-term care home as well as the local humane society. See story page 2.

## West Lake Terrace Helps Resident Walk Again, Regain Independence

By Natalie Hamilton  
A microwave, a tea kettle, a slow-cooker and a coffee machine — these were among the housewarming gifts West Lake Terrace offered Neal Harvey, who moved into his own apartment Feb. 1. The former resident of the Prince Edward County long-term care home is back on his feet again. Neal, who's in his sixties, is able to use a walker and his electric wheelchair if needed. When he moved into West Lake Terrace he wasn't able to walk following a back injury. Over the past two years, Neal has worked diligently with the home's physiotherapist to regain his mobility. And now, he will have more independence as he moves into his abode in Bowmanville. Neal tells The OMNIway

he was "flabbergasted" by the send-off presents and is impressed with the staff at West Lake Terrace. "I certainly wasn't expecting it," Neal says. "I was blown away. They go above and beyond for everybody." Neal says he chose West Lake Terrace for recovery and rehabilitation because he had family in the area and his sister is also a resident at the home. "When I came here, I could barely move my legs," Neal recalls of his condition when he arrived. "The physio here has been big-time instrumental." He has mixed feelings about the move, noting the residents and staff have become like family. However, he's looking forward to having his own place and

"getting my life back." Neal's move will also be bittersweet for staff, says Janie Denard, life enrichment co-ordinator (LEC) at West Lake Terrace. "We're excited for him," Janie says, noting, Neal's experience is "a real success story." The home, like many, is short-staffed, the LEC says. But the level of care provided to Neal — which he raved about during the party — was a boost for employees and demonstrates their commitment to the home and the well-being of its residents. "It was not only good for Neal but a benefit to all of us too, reminding us of the good things we accomplish every day at work." Neal, who is a singer and an engaging performer, See 'Neal Harvey' page 2

## Burnbrae Gardens Resident Adds Lifetime Achievement Award to Long List of Honours

By Deron Hamel  
CAMPBELLFORD, Ont. — Burnbrae Gardens resident Tom Robbins has been receiving awards his entire adult life, and in October he received yet another accolade to add to his large collection. Tom was named the Campbellford long-term care

home's 2019 recipient of the Lifetime Achievement Award, an honour which is presented to people living in each of OMNI Health Care's 18 long-term care homes who have demonstrated commitment to other residents, their home and country. See 'Tom Robbins' page 3

## Co-op Student Enjoyed Placement So Much She's Returning as Volunteer

Taylor Stacey wrapped up her four-month co-op placement at Streamway Villa on Jan. 22, but the Grade 11 Cobourg Collegiate student says she will soon be returning to volunteer. Taylor spoke with The OMNIway on the last day of her placement and told us her experience at the

Cobourg long-term care home has also solidified her ambition to pursue studies in nursing, once she completes Grade 12. "Before I came here I was thinking about becoming a nurse, which is part of the reason I applied to do a co-op placement here, and See 'Taylor Stacey' page 4

## OMNI Applauding Approval of 15,000 Ontario LTC Beds

PETERBOROUGH, Ont. — OMNI Health Care is applauding the Ontario government's approval of 15,000 new long-term care beds — including an additional 36 beds at the new Riverview Manor which is slated to open by December 2022 — as well as plans to upgrade an additional 15,000 existing beds in the province to meet

modern design standards. Peterborough-Kawartha MPP Dave Smith was at Riverview Manor Dec. 17 to formally make the announcement, along with OMNI president and CEO Patrick McCarthy, to an audience of residents, family members, staff and media. "The announcement of new beds in Peterborough See 'Additional 36' page 3



OMNI Health Care  
2020 Fisher Dr. Suite 1  
Peterborough, Ontario  
K9J 6X6







Frost Manor resident Kathleen Waite pets one of the therapy horses that visited the Lindsay long-term care home Dec. 24.

## Therapy Horses Return to Frost Manor for Christmas Surprise

*'The residents' faces lit right up and you could see how comfortable they were'*

Two therapy horses returned to Frost Manor on Christmas Eve to bring the same love and affection the pair had brought the Lindsay long-term care home's residents during an earlier visit at Halloween.

The horses — a mother and daughter — are from a farm in Little Britain called Small Hooves, Big Hearts.

Life enrichment aide Amy Whitehead says the horses were an early surprise Christmas present for residents.

"The residents' faces lit right up and you could see how comfortable they were — and some residents had interactions with horses in their past," Amy

tells The OMNIway.

The horses did a loop around the front lounge and were then led down each hallway to the residents' rooms where they received pets and hugs.

The horses have special training and frequently visit long-term care homes and schools.

"The greatest benefit to the residents is the joy that they bring them," Amy says.

"There are even a few residents who do not usually participate (in programming), but when the horses are here, they're petting the horses, and it's just wonderful to see the joy that (the horses) bring them." — DH

## Neal Harvey Moves Into His Own Apartment

*Continued from page 1* provides birthday party entertainment at West Lake Terrace. It was during a recent party that employees stepped in to surprise him with the fond farewell.

"After he said his little speech he said, 'I'm going to start singing now before I start to cry,'" the LEC notes.

"We're happy but we're sad. He's going to leave such a void in our home."



## Therapy Dog's Art Benefits West Lake Terrace

*Owner sells paw-print paintings to raise funds for home, humane society*

Gibson the pug's paws are therapeutic for residents of West Lake Terrace.

And now, those paws are proving to be artistic as well.

*"(Lesley's) just one of a kind."*

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

Gibson's owner and West Lake Terrace volunteer, Lesley Campbell, has made a collection of artwork featuring her therapy dog's paw prints. She has been selling the pictures to raise money for the Prince Edward County long-term care home and a local humane society.

West Lake Terrace received a \$300 cheque from Lesley, which went

towards Christmas presents for the residents.

Lesley alone is a gift to the home, says West Lake Terrace life enrichment co-ordinator (LEC) Janie Denard.

"We're so lucky to have her as a volunteer and as part of our family at West Lake Terrace," Janie tells The OMNIway.

"She's just one of a kind."

For the past four years, Lesley has been regularly providing pet therapy and also sends each resident a birthday card with a picture of Gibson included. She dresses up the pup in costumes for all of the holidays.

Through her latest endeavour, Lesley has made pictures of a variety of subjects such as rainbows and flowers and has sold

some of the work online.

The fundraiser will help Janie fill residents' stockings to the brim and ensure each of the home's 47 residents have something to open on Christmas morning.

The year 2019 was a tough one for staff of West Lake Terrace, as the home has had a number of residents pass away. The volunteer is aware of that loss.

"She does pet therapy for the residents but she looks out for the staff too," Janie notes.

The dog owner has also been bringing a puppy she's training named Huxley to visit residents along with the much-loved Gibson.

"Lesley is probably one of our biggest supporters. She goes above and

beyond." — NH

## Three-year-old Chooses Maplewood for Birthday Party Venue

*'Avery is a special little girl,' administrator says*

With her birthday party upcoming, a soon-to-be three-year-old toddled around Maplewood with a little mailbag, hand-delivering invitations to the Brighton long-term care home's residents.

Avery Kargus chose to hold her birthday party Dec. 13 at the home.

"This was the best-attended birthday party we have ever had," Maplewood administrator and life

enrichment co-ordinator (LEC) Rachel Corkery tells The OMNIway.

"(Avery) has been part of Maplewood since her birth."

The youngster's mother, Paula, works at Maplewood. Residents were along for the journey of Paula's pregnancy and have been part of Avery's life ever since.

Paula, a personal support worker (PSW), asked Rachel last summer if she could host Avery's party at the home. The PSW brought all of the decorations, food, activities and games to the home.



Three-year-old Avery, pictured above, asked to have her recent birthday party at Maplewood, where her mother, Paula, is a PSW.

"This has just been a highlight our residents have been waiting for," the administrator says about the girl's birthday party.

"Avery delivered every single one of our residents a birthday party invitation. Everyone loves Avery. Avery is a special little girl."

The toddler is never hesitant with the residents and is open to their love and she's eager to share hers.

Mother and daughter live around the corner so Paula is able to bring Avery to the home often.

The little girl has a good

role model in her mother. Paula was Maplewood's recipient of an OMNI Health Care Inspired Leadership Award in 2018.

"Paula is a lead-by-example leader, she does what is right and she is always resident-focused. She is just a truly amazing person all around."

Rachel says Paula's decision to involve Avery in residents' lives is typical of the home's family-centred culture and approach to care.

"The Maplewood family — it's just amazing. Family is everything." — NH

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## Tom Robbins Has Been an 'Amazing and Valuable' Community Volunteer for Over 30 Years

*Continued from page 1*

Tom's niche has always been volunteering, and it's a passion he's had for more than 30 years.

Tom grew up in the Campbellford area and moved to Peterborough in 1981. Tom says it was his mother who inspired him to start volunteering. His mother, who was also a one-time resident of Burnbrae Gardens, raised Tom along with his 12 siblings. That wasn't always easy for her, Tom says.

"I decided to do something to help others so they wouldn't have it so hard," Tom said of his volunteer work.

Tom made a significant impact in the Peterborough community and has been described in newspapers as "an amazing and valuable volunteer," explained Burnbrae Gardens RAI co-ordinator Becky Brownson.

"Like Norm from Cheers, everyone from Peterborough knows his name," she said.

At the age of 38, while a student at Fleming College, Tom was named a recipient of the David West Memorial Award, which



*Burnbrae Gardens resident Tom Robbins receives his Lifetime Achievement Award from RAI co-ordinator Becky Brownson.*

recognizes people for community contributions.

During his time as a student in the Alternatives program at Fleming, Tom served as class president and represented the class on the board of directors for the program as well as being secretary-treasurer for the local branch of People First, an organization advocating for people who have disabilities.

Tom also started volunteering 30 years ago with the YWCA in Peterborough, where he says he has made "so many friends."

Other awards Tom has won include an accolade for being the top fundraiser of a YWCA Freedom Walk, an

award for helping during the Peterborough flood of 2004, as well as a myriad of honours from organizations including the Canadian Cancer Society and the United Way.

Tom moved into Burnbrae Gardens in January 2019. Not surprisingly, he almost immediately started volunteering at the home.

Tom can often be found in the hallways assisting with cleaning or helping out the staff.

"Volunteering has been the best thing for me; I made so many friends ... and volunteering has brightened my day so many times," he says.

## Additional 36 Beds for New Riverview

*Continued from page 1*

means increased access to care and supports the redevelopment and modernization of older homes such as Riverview Manor to meet the needs and expectations of residents and families," McCarthy says. "We have a long history of providing care in our community and look forward to serving for many years to come in our expanded and redeveloped home."

Along with the 36 additional beds the new Riverview Manor will be receiving, funding has also been earmarked for another 192 new long-term care beds and upgrades to 336 existing beds in the Peterborough area.

The government announced a plan to redevelop older

long-term care beds and to develop 15,000 additional long-term care beds in the province, of which 7,889 have been awarded to date.

The initial bed awards included upgrades and expansion to four OMNI homes — Country Terrace, Pleasant Meadow Manor, Woodland Villa and Almonte Country Haven — as well as the rebuild for a new 160-bed Riverview Manor on Langton Street in Peterborough's north end.

Once homes are redeveloped they will 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.

While construction on the new Riverview Manor was initially slated to begin as early as this past autumn, the time required to obtain various levels of approvals has affected scheduling, and shovels are now expected to be in the ground this year.

If additional beds are made available, it will have limited impact on the timing of construction for the new Riverview Manor, McCarthy says.

The Ontario government also recently announced the approval of 24 new Ontario Health Teams to move forward to the next stage of implementation, including Peterborough. Riverview Manor is a long-term care member of the Peterborough Ontario Health Team. — DH

## Alzheimer Society Continues Campaign to End Stigma Around Dementia. Here's Why That's Important

The Alzheimer Society of Canada is now in the third year of its awareness campaign, "I live with dementia. Let me help you understand". Through this initiative, Canadians who are living with cognitive impairment are coming forward to share their stories of living with dementia in an effort to stop the stigma attached to the condition.

Here's why this is important.

According to a survey, one-quarter of Canadians say they would feel ashamed or embarrassed if they had a form of dementia.

*Those of us connected with the long-term care sector know the value of creating more understanding about dementia.*

Yet, dementia is not a rare condition. According to the Alzheimer Society, there are more than half a million Canadians living with some form of dementia.

By 2031, the number is expected to grow to 937,000.

"The number of Canadians with dementia is soaring, so this is an extremely important campaign to pause and think about our attitudes and perceptions and build a more accepting and

inclusive society for individuals and families living with dementia," Alzheimer Society of Canada CEO Pauline Tardif says in a statement.

Dementia is not a condition that improves with time. While many people living with dementia accept this, what makes life difficult, they say, is the fact that they have to cope with negative stereotypes.

Those of us connected with the long-term care sector know the value of creating more understanding about dementia. We see the impact the condition has on many residents in our homes, but we also see that dementia does not define a person.

Providing Canadians living with dementia a forum to discuss their experiences helps put faces to a condition that for a long time people were not willing to talk about.

While we're not at the point where Canadians are universally comfortable talking about dementia, we have come a distance. And the fact that Canadians living with dementia are increasingly sharing their experiences publicly is a testament to this.

You can learn more about the Alzheimer Society's 2020 awareness campaign by visiting its website at [ilivewithdementia.ca](http://ilivewithdementia.ca).



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OMNI Health Care  
2020 Fisher Drive, Suite 1  
Peterborough ON K9J 6X6  
Tel: 705-748-6631, Fax: 705-742-9197

News Team  
Editor: Deron Hamel  
Writers: Deron Hamel & Natalie Hamilton  
Production Art: Yvonne Hollandy



255 Consumers Road, Suite 160  
Toronto, ON M2J 1R4  
ph: (416) 497-6907  
[www.brokerlink.ca](http://www.brokerlink.ca)





## Country Terrace Physician Dr. Andrew Whynot Receives OLTCC Long-Term Care Physician of the Year Award

*Home administrator Karen Dann says it takes a special kind of doctor to work in LTC, and Dr. Whynot is perfect for the job*

Dr. Andrew Whynot, who has been Country Terrace's physician for more than 10 years, recently received the 2019 Long-Term Care Physician of the Year Award from the Ontario Long Term Care Clinicians (OLTCC).

Karen Dann, the Komoka, Ont. long-term care home's administrator, says the honour could not have gone to a more deserving doctor.



Dr. Andrew Whynot

"Dr. Whynot is an incredible doctor," she tells The OMNIway. "He is so kind and patient and knowledgeable, but he also takes the time to listen to everyone. You can tell he really cares about everybody who lives here, and that's why he does what he does."

Long-term care homes can nominate their physicians for the award each year. The award recognizes a member of the OLTCC "who demonstrates exemplary patient care in the long-term care setting," the OLTCC says in a statement.

Karen says it takes a special kind of doctor to care for people living in long-term care homes, and Dr. Whynot is well-suited for the job.

Dr. Whynot, Karen says, has successfully built strong relationships with Country Terrace residents and their families.

"The residents get to know who he is and he remembers everything about them and their families, and he remembers little details about their lives," she says.

"He has a really good rapport with everybody here. He just wants to be here, and that's very evident in his practice."

Dr. Whynot made the decision about eight years ago to move from his family practice into practising medicine in long-term care homes full time.

Working with long-term-care home residents is a way Dr. Whynot says he can make a noticeable difference in people's lives.

Moving into a long-term care home can create challenges for residents and their families, and Dr. Whynot says it's "a privilege" to be in a position to help people make that transition — and he says this is one of the driving factors that led him to care for people living in long-term care homes.

Dr. Whynot received his award from the OLTCC in December. He says he is touched that the homes he works with nominated him.

"I was very humbled and very honoured." — DH

## Streamway Villa: A Small But Mightily Friendly Home, Family Says

*'It's a real team and a real happy bunch of people, I've never seen anything like it in my life'*

Streamway Villa may be older than some other long-term care homes, but one couple says they wouldn't have their loved one living anywhere else.

*"I didn't care about the aesthetics... I found it homey. It felt like being at home."*

— Doug Cove, family member of resident, Streamway Villa

Last year when Doug and Dawn Cove were looking for a long-term care home for Doug's mother, Mary, to live, they did a few tours. However, none of the homes were what they were hoping to find.

Then the Coves did a tour of Streamway Villa in Cobourg. Right away, Doug and Dawn say they felt the genuine love and happiness staff members, residents, volunteers and families have

for one another.

They were sold.

"I've never met a bunch of people (who were) so friendly," Doug says in an interview with The OMNIway.

"It's a real team and a real happy bunch of people, I've never seen anything like it in my life. And it's the same with the people who come in to visit and the volunteers. It's an incredible place."

Dawn says she has a piece of advice for families looking for a long-term care home for their loved one to live: focus on the people working in the home and not on the building itself.

"Once I was inside, I couldn't think of a better place to have (Mary) live," she says.

Doug also says he knew the 59-bed Streamway Villa was the right place for his mother as soon as he stepped inside.

"I didn't care about the aesthetics. It wasn't a big, shiny home — it was a



Resident Mary Cove, dressed as Mrs. Claus, waves to the camera Christmas morning at Streamway Villa. Mary's son, Doug, and daughter-in-law, Dawn, are praising the Cobourg long-term care home for loving environment staff members provide.

small home," he says. "But I found it homey. It felt like being at home."

Doug adds that walking through Streamway Villa will make a positive impression on anyone.

"You can't go from one end to the other without people not saying hello to you," he says. — DH

## Taylor Stacey says Streamway Villa Has 'More Than Confirmed' her Ambition to Pursue a Nursing Career

*Continued from page 1* (being at Streamway Villa) has more than confirmed my thoughts," Taylor says.

"I would definitely consider (a career in long-term care) after my experience here," she says, adding she enjoys the relationships that can be built with residents.

Taylor says the interaction she has had with residents has been the most memorable part of her co-op placement because this has helped make a positive difference in residents' lives.

For example, she became especially close with resident Betty Cole, with whom she would play the home's piano.

Taylor says playing the piano brought back a lot of memories for Betty, something Streamway Villa life enrichment co-ordinator (LEC) Christina Doughty also noticed.

In fact, residents also took a



Streamway Villa resident Betty Cole and co-op student Taylor Stacey share some time at the Cobourg long-term care home's piano.

shine to Betty's piano playing.

"All the residents will stop what they are doing to listen to Betty play," Christina says.

Christina says she's happy that Taylor will be returning to volunteer at Streamway Villa on weekends.

"Taylor is really one of a kind," the LEC says. "She

comes in and is always smiling. She's intuitive, she is caring, (and) she is going to do really great things in the future."

For Taylor, it was a natural decision to return as a volunteer, she says.

"I love it here; everybody is amazing." — DH

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E-mail Deron: [deron@axiomnews.com](mailto:deron@axiomnews.com)

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