

# NEWSLETTER

## In This Issue

1. **New General Manager**  
**Nutrition**
2. **Je suis Francophone**  
**Seniors Exercise Park**
3. **Staff Recruitment**  
**Volunteers**  
**Infection Control**
4. **Seniors' Summit**
5. **Indigenous Programming**

## NEW GENERAL MANAGER COMMUNITY DEVELOPMENT

Steve Jacques has joined the City of Greater Sudbury as General Manager of Community Development, effective September 9, 2019. Pioneer Manor is part of the Community Development portfolio as are housing, social services, leisure services, and transit.

Steve offers diverse, senior public sector experience. Previously the Director of Regional Planning and Growth Management and Chief Planner for the Region of Peel, Steve is a Registered Professional Planner in Ontario and a member of the Ontario Professional Planners Institute and the Canadian Institute of Planners. He has a Master's of Science in Planning from the University of Toronto and an Honours Bachelor of Arts from our very own Laurentian University.

Steve brings a broad range of experience to the Community Development portfolio, holding positions as Director of Ontario Works with the City of Hamilton and Director of Revitalization for the Toronto Community Housing Corporation. He has also held the position of Ontario Manager of Community Development with the Canada Mortgage and Housing Corporation.

Although his career experience gives him the innovation, leadership and knowledge required to lead this division, he also has an impressive strategic perspective and community focus.


Assuming the General Manager, Community Development role marks Steve's return to Greater Sudbury. A native of Greater Sudbury, Steve grew up in Chelmsford.



## BEST PRACTICES IN FOOD AND NUTRITION

Pioneer Manor offers a variety of textures to meet the individual and often complex needs of our residents. Textures currently available include Regular, Minced Meat, Minced, and Pureed with or without Thickened Liquids.

To provide the most appealing texture for residents with dental concerns or chewing



difficulty and in our work towards international standardization, we will be adopting an “Easy to Chew” texture instead of Minced Meat. This will include normal, everyday foods of soft/tender textures.

## **JE SUIS FRANCOPHONE**

*Je suis francophone* was implemented in June of 2018 and, with the help of our francophone residents, the program has been a great success and is in high demand. The program started out focusing strictly on the French culture and has since branched out into a variety of resident activities such as tea socials, word and music games, bingos, crafts, reading groups, and reminiscing groups. To really focus on the French culture in the past year, we have celebrated Franco-Ontarian Day and Saint Catherine’s Day, have had residents of other Long Term Care Homes come to Pioneer Manor for a francophone tea, and offered live French music entertainment.

*Je suis francophone* is a program that residents really look forward to. They will ask throughout the week what we will be doing in the weeks to come. The program is run in the 3<sup>rd</sup> floor leisure room for larger events; however, programs are also offered throughout the Home every Wednesday morning.

## **UPDATE ON OUTDOOR SENIOR’S EXERCISE PARK**

In the Spring of 2019, Pioneer Manor was awarded a \$25,000 grant through the New Horizon's for Seniors Program. Since that time, much work has been done towards developing an Outdoor Senior's Exercise Park on our campus.

The site selected is on the south side of the property and will be visible from Notre Dame Avenue. The Park will feature five exercise stations including; a Double Leg Press, Stair Climber, Accessible Hand Bike, Chest Press, and Recumbent Bike. Each station will be equipped with signage in both French and English and pictorial instructions on use.

The space will be enhanced with benches, shade trees, garbage containers, and recycling receptacles. The Park is adjacent to the walking path that encircles the campus. The walking path and path leading to the Park and surface around the equipment will eventually be fully accessible to wheelchairs and walkers with a safe rubberized surface. To supplement this Park, Nordic Walking poles will be available for loan through a sign-out process.

This exercise equipment will be accessible to all the tenants of the North East Centre of Excellence for Seniors' Health and the larger community. Look for some of the equipment to be installed this fall, with the final touches and a celebration scheduled for spring 2020.

## RECRUITMENT FAIR

A recruitment fair, aimed at attracting Registered Nurses (RNs) and Registered Practical Nurses (RPNs), was held on site on October 9<sup>th</sup>.

As the community is facing a shortage of nurses and, in particular RPNs, this venue was used to bring nurses to our site to interview them on the spot and offer selected applicants positions within a short time.

The job fair ran from noon until 6:00 p.m. and, as a result, we were able to fill some of our vacant positions.

## VOLUNTEER SERVICES

Pioneer Manor is excited to announce that September saw the total number of volunteer hours recorded in 2018 surpassed! Over 6000 hours have been recorded to date in 2019! This is such an amazing accomplishment that could not have been achieved without the support of our incredible volunteers!

Pioneer Manor is pleased to share that six Volunteers were recently recognized for their ongoing service through the Ontario Volunteer Service Awards. This award, "recognizes volunteers who provide committed and dedicated service to an organization by recognizing the length of time individuals have volunteered with one organization." The following were recognized at a ceremony on September 10<sup>th</sup>:

Lynn and Gary Kingsley - 5 years

Françoise McFadden - 5 years

Kay Rogers - 10 years

Annette Lumbis – 15 years

Norma Lefrançois – 20 years

The gift of time is the most important gift we can give someone. If you are thinking about sharing your time, there are many engaging opportunities available – assisting with programs/activities, mealtime assistance, and one to one visiting.

Should you be interested or know someone who is thinking about volunteering, please contact us at 705-674-4455, ext. 3280 or email [pmvolunteer@greatersudbury.ca](mailto:pmvolunteer@greatersudbury.ca) to discuss how you can make a difference!

## INFECTION CONTROL UPDATE

As we enter influenza season, we are looking for ways to protect our residents from this potentially fatal illness. Measures you can assist with include

- ✓ **Hand washing** – please wash your hands as you enter or exit, every time you cough or blow your nose, touch your face, or use the bathroom;
- ✓ **Flu shots** – please consider protecting your loved one by having them vaccinated and getting a flu shot yourself;
- ✓ **Health Sciences North Emergency Department Outreach Service Nurses** – please consider the use of these highly skilled registered nurses (RNs) for your family member as a way of avoiding unnecessary trips to the emergency department where residents might be exposed to people suffering from the flu.

HSN offers an Emergency Department Outreach Service -- **from 9 am to 9 pm daily**-- to all long term care homes in Greater Sudbury including Pioneer Manor.

Highly skilled emergency department nurses collaborate with our nurses to complete thorough assessments, and work with physicians to order tests, administer intravenous medications such as antibiotics, and other treatments. They can also treat residents who may have contracted influenza. Best of all, these outreach nurses make bedside calls right here in our Home – so your loved one doesn't have to make a potentially risky journey to the emergency department.

There are many reasons for your loved one to avoid unnecessary trips to the emergency department: long wait times; confusion associated with being in a strange environment; exposure to illness; and the pain experienced by many frail seniors when traveling by ambulance. We also know that during influenza season, HSN is often at over-capacity with longer waits occurring due to the high volume of patients the hospital is seeing.

Also a reminder that, if you're sick, please DON'T VISIT! If you have questions related to our work in this area, contact Lisa Schell (Resident Care Coordinator) at 705-566-4282 extension 3260.

## SENIORS' SUMMIT



by Councillor Robert Kirwan

Over 400 people took part in the Seniors' Summit 2019 which was held on October 24, 2019 at the Caruso Club in Sudbury.

This was an opportunity for seniors and family caregivers to engage in a community conversation with service providers from the public and private sectors, as well as, others who are interested in the well-being of older adults. After identifying the main issues and concerns facing seniors

to enriching the quality of life of seniors living in the City of Greater Sudbury.

Most of the people who took part on October 24 will be attending a follow-up session on November 21, 2019 to review and validate the action directives. About half of the

recommendations will be city responsibilities since they involve policy changes and/funding from the city. During the second day of the Summit, those in attendance will be selecting what they feel are the top priorities among the action directives that are city responsibilities.

The most important outcome of the follow-up session will be the identification of the next steps regarding the community-based directives. Participants will be examining the actions that they can implement themselves back in their own neighbourhoods. It is all about becoming better neighbours to the seniors living around us. Most seniors are quite capable of remaining in their homes and communities with just a little bit of support from their neighbours. We sincerely hope that the Seniors' Summit 2019 will empower all of us to pay a bit more attention to older adults living among us. It is the least we can do for the men and women who have spent their lives serving us.



Seniors' Summit

## INDIGENOUS PROGRAMMING

Resident focused indigenous activities began by learning about traditional crafts & sacred medicines over the summer (tobacco, sage, sweet grass). Our resident population currently consists of Indigenous peoples from Northern Ontario and surrounding areas who are mostly Cree and Ojibway. Ontario has a very large Anishinaabe population including Ojibway, Haudenosaunee, Cree, Mohawk, Cayuga, Onondaga, Oneida, Seneca and Tuscarora.

As cultural traditions vary between tribes, this is taken into consideration when planning activities; for example, when items are made by the residents and cultural teachings provided.

Some crafts recently made include traditional teepees on a model scale, braided sweet grass, and indigenous mandalas.

Of note, the City of Greater Sudbury is also pursuing cultural awareness education for its employees across all services in 2020.