



River East Personal Care Home Newsletter



Volunteer Opportunities

We are looking for family members who would be willing to help with our gardening this year.

If you are interested in helping with planting, weeding, or watering, please speak with Julie from Life Enrichment.



Booking the Gazebo

For those wishing to book the Gazebo in our back courtyard, please contact Life Enrichment at 668-7460 ext.230

Please note that we share use of the Gazebo with Irene Baron Eden Center.

If families would like to use the Home's BBQ, please let Life Enrichment know at time of booking. There is a \$10 fee as well as a safety checklist that needs to be completed.

Families Purchasing Meals

The following is a break down of the cost to families wishing to purchase meals at the Home.

Visitor/Guest Meal Pricing



<u>Lunch</u>	
Soup/crackers	\$3.00
Main Entrée	\$7.00
Cold Sandwich	\$4.00
<u>Dinner</u>	
Main Entrée	\$9.00
<u>Dessert</u>	
Pie (slice)	\$2.50
Cake (slice)	\$2.50
Non Baked Desserts	\$1.50

***Special Meals (for example Thanksgiving, New Year), regular meal pricing does not apply. Guest meal tickets will be sold separately for \$15.00. Some exceptions may apply depending on the function.**

If you have been approved to charge the account, you can get your meal from the kitchen and the kitchen staff will mark it down. Otherwise, you can purchase meal tickets from the front business office. If you are getting lunch, please let the kitchen know by 10:00am so they can plan accordingly. If you are coming for supper, please let the kitchen know by 2:00pm.

Life Enrichment News

New Coordinators

We are excited to welcome two new Life Enrichment Coordinators to the team, Nnenna and Michael!

With the addition of two new team members, we will now be able to offer additional evening programs as well as having two Life Enrichment staff in each weekend.

These additions and changes to the Life Enrichment Team's schedules will be reflective in the June calendar.



Life Enrichment Outings

We will once again be offering some community outings for the summer and fall months. Here is a little bit of information about outings at River East.

- Outings are facility wide & not specific to a Neighbourhood.
 - Our outings are booked on a first come first served basis. To ensure outings are available to everyone, if an Elder has attended the previous outing, they may be put on as a back up for the next one.
 - The transportation we book is wheelchair accessible. Due to bus sizes and safety reasons the maximum Elders able to attend an outing is typically 8.
 - Charges for the bus will appear on Elder monthly statements. Charges vary based on the location of the outing and the bus availability for the booking. Bus charges range from approximately \$23 -\$30 an Elder.
 - Purchases made on the outing are paid by cash, taken out of each Elder's trust account. If an Elder does not have sufficient funds in their trust account, they are unable to attend the outing.
 - Family members are welcome to attend outings with their loved one, but will need to meet us at the outing location due to limited spaces on the bus.
- Please speak to the Life Enrichment team if you have any questions.

Dementia Program Manager

We welcome Michelle Kanaski as our new Dementia Program Manager. Her office is located on Courage Bay Neighbourhood and she can be reached at 204-668-7460 ext. 232

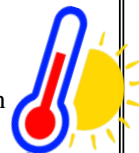
Extreme Heat

Summer is a time of weather extremes. With outside summer temperatures above 30°C, there are noted risks for both Elders and Team Members of the Home.

River East has an Extreme Heat Management Policy that is created to balance between safety and comfort within our Home. To protect the public, Environment Canada issues Heat and Humidex Advisories when temperatures are expected to reach or exceed 30°C/86 °F and/or the Humidex value (a combination of humidity and temperature) is expected to reach or exceed 40 on the Humidex scale of perceived temperature. Defining when an Extreme Heat Event is a risk to human health remains a challenge due, in part, to both individual and region-specific factors. We are respectful of risk and our plans address how to keep everyone safe that lives and works in our home.

It is important that we all work together to ensure our hot weather policy is enforced to keep our building cool and our Elders and Staff safe. Some things to do/consider:

- Ensure all windows are closed and keep blinds/drapes closed
- Lights turned off when not in use
- Dim lights in common areas and hallways
- Ensure Elders' room doors are kept open to allow/to promote air circulation
- Ensure proper hydration is maintained
- Wear light clothing
- If Elders go out, ensure they are wearing hats, sunscreen and have fluids.



Please note: During Extreme Heat Events, the patio doors may be locked and access to the courtyard prohibited to prevent unsupervised Elders from going outside alone and increasing risk of heat illnesses. This does not prevent families from taking Elders outside the front entrance of the Home in a safe manner.