



# River East Personal Care Home Newsletter



## Voting

There will be a polling station set up for the Elders of River East Personal Care Home in the Gathering Room on:

October 3<sup>rd</sup>  
9:00am – 12:00pm

## Room Bookings

Families may once again book the Friendship Centre and Gathering Room for get-togethers.

The Friendship Centre will be available for bookings on evenings and weekends and the Gathering Room will be available for bookings outside of program times.

Please contact Julie, Life Enrichment Supervisor, if you are interested in booking a room. 204-668-7460 ext. 230 or email [jzabudny@extendicare.com](mailto:jzabudny@extendicare.com)

## Life Enrichment News

~Erika has resigned from her position as Life Enrichment Coordinator. Her last day at River East will be October 12<sup>th</sup>. We wish her all the best!

~ Life Enrichment will now be facilitating programs on Sundays.

~Life Enrichment will be putting on a Trick or Treating night on October 25<sup>th</sup> at 6:30pm. Staff and Elders' families are invited to bring their little ones in costume on this evening. Please RSVP to Life Enrichment by October 18<sup>th</sup>. Donations of chips, candy, etc. are gratefully accepted and can be dropped off at the Front Office or at the Life Enrichment Office.



## UPDATE FROM THE NURSING DEPARTMENT...

~With summer ending and the season changing we will also see a few staffing changes in the Home. Some of our nursing staff have requested a change of neighborhood they work on. To prevent staff burnout and increase staff morale in the Home, on October 30, 2023, there will be some staff who will switch to another neighborhood to work. Please be patient during this transition. Our staff will need a few weeks to get familiar with your care plan and care needs. This is an exciting time as you will have an opportunity to meet more of the great staff who work at River East Personal Care Home.

~If your loved one requires a mechanical lift for transfers, it is imperative that Elders wear open back clothing to prevent staff injury. If you require more information on where to obtain clothing, please see the social worker or one of the nurse leadership team members.

~A friendly reminder if you are bringing in personal toiletries for your Elder, please ensure to label (name and suite number) the item with a black marker. In order to meet infection control and Manitoba health standards all items not labeled will be discarded.

## Seasonal Vaccination

As we approach our seasonal vaccination campaign, many elders and family members are beginning to ask about our plans for Influenza and COVID-19 vaccination. So, we wanted to share what to expect for River East.

Our goal is to ensure that every eligible elder is offered both a COVID-19 Booster and Influenza vaccine this fall. Over the next few weeks, families will be contacted to discuss vaccinations. We are just waiting for the updated COVID-19 Fact Sheet to be available.

Vaccine clinics will be based on vaccine availability however we tentatively plan to start Flu Clinics around October 11<sup>th</sup> and then COVID-19 Clinics around October 25<sup>th</sup>. Clinics will be planned per neighborhood.

Even though NACI guidelines affirm that it is safe and effective for people to receive both the flu vaccine and COVID-19 booster at the same time, we have decided for reasons best suited for our home to offer the clinics independent of each other.

**COVID-19 Booster**- is recommended for all elders 6 months since their last booster and/or COVID-19 infection.

**High-Dose Seasonal Flu Vaccine**- is recommended for all elders over the age of 65 annually. For those elders aged 64 and younger, the standard dose flu vaccine is recommended.

We appreciate your continuous dedication and support to the well-being of your loved ones and our broader community at River East. If you have any questions or concerns, please do not hesitate to contact [Tara Parent, Infection Control Lead at ext.232](#).

Facts Sheets will be available at the Nursing Station as well as online at: High Dose Seasonal Influenza Vaccine for People Aged 65 and Older- [https://www.gov.mb.ca/health/publichealth/factsheets/flu\\_highdose.pdf](https://www.gov.mb.ca/health/publichealth/factsheets/flu_highdose.pdf)

COVID-19 Booster- currently being updated and should be available soon

Additional Information- Manitoba's Influenza and COVID-19 Immunization Program Plan <https://www.gov.mb.ca/health/flu/docs/program-plan-2023.pdf>

Manitoba's Seasonal Influenza Immunization Program- Questions and Answers Factsheet [https://www.gov.mb.ca/health/publichealth/factsheets/flu\\_qanda.pdf](https://www.gov.mb.ca/health/publichealth/factsheets/flu_qanda.pdf)