

Monday

Tuesday


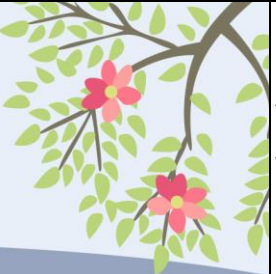
Wednesday

Thursday

Friday

March 2019

Newport Harbour Adult Day Program

| | | | | | | | | | | |
|--|----|--|----|--|----|---|----|---|----|-------------|
|  | |  | | Random Trivia Range of Motions Aim for numbers Category Hangman Walks & talks Lets play Rummy | 1 | | | | | |
| Uno Time Zodiac workout Baseball Let's good time roll Table Bowling Bingo | 4 | Odds or Evans Range of motion Aim for it Mardi Gras color or not Seated soccer Uno | 5 | Card Bingo Balance boost Racquet ball Mardi Gras crossword Hand Spa Mask art | 6 | War Zydeco Workout Curling Secret code Poker Walk & Ice cream Fat Tuesday Mining | 7 | Rummy Zydeco Workout Curling Jeopardy Balloon Toss Mixed up fat Tuesday with word searches | 8 | |
| BP & Weight Shut the box Irish Jig Noodle Hockey Clover all over Ring Toss Famous Irish Folks | 11 | BP & Weight All boxed in Ping Pong Balance Boost Luck of Irish & which word doesn't belong Easy does it Trivia Sing along | 12 | BP & Weight Penny Ante Irish Jig Aim for Heart Swiss Paper cutting Baseball It's not easy being green | 13 | BP & Weight Rock around the clock Zodiac workout Go fly your kite Bouncy egg Experiment TV classics Balloon Volleyball | 14 | BP & Weight Leaf Collection Hiking through Jungle Bowling Dot to Dot Ramekin Lemon cake Truth or Blarney | 15 | |
| Healthy Habits Scarf Workout Balloon Toss Artist at work Poker Walk Mixed Up marching | 18 | Healthy Habits Rhyming Warm - Ups Table Bowling Expose the Secret code Tv Classics Jigsaw Puzzles | 19 | Healthy Habit Symon says Baseball Uno Watercolor Weaving Squabble | 20 | Healthy Habits Workout with scarf Baseball Random Trivia Nerf Target Game Birthday Social | 21 | Healthy Habits Golf Workout Memory ball Bingo Showtime Name of things | 22 | Dice |
| Climb the Matte horn Chair Yoga Green Thumbs Shrinking Words March IQ Showtime | 25 | Farkle dice game Workout with Scarf Curling Bingo Gardening herbs Balloon Toss | 26 | Climb the Matte horn Noodlecise Seated Soccer Bingo Time to plant Ice cream floats | 27 | Climb the Matte horn Balance Boost Aim for Numbers Jeopardy Players choice Garden Time | 28 | Blurt Game Balance Boost Bocce Ball ABC of Spring Horse race Scrambled Eggs with Eggciting March Trivia | 29 | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|--|---|
| | | | | | 9:45/10:30 Spelling Matterhorn 2:00 Spa Day 2:00 Bible Stories (CH) 6:30 Friday Night Games | 9:45/10:30 Saint Categories 1:30 Movie & Popcorn |
| 10:00 Hymn Sing 2:00 Squabble | 9:45/10:30 March IQ 10:00 Zoey Visits (2 nd FL) 2:00 Bowling for Bars 2:00 Zoey Visits (1 st FL) 6:15 Ismaili Prayers (CH) 6:30 Baking (G) | 9:45/10:30 Fat Tuesday Word Mining Game 10:00 Sunshine Cart (NB) 12:00 Yum Cha Club (CG) 2:00 Mardi Gras Party 6:30 Italian Choir (A) <small>Mardi Gras</small> | 8:00 Fountainview Brekkie 9:45/10:30 Wellness Group: Mardi Gras Zydeco 10:30 Room Visits (NB) 2:00 Bingo 6:30 Music Appreciation <small>Ash Wednesday</small> | 9:45/10:30 Word Game Bead Categories 11:00 Catholic Mass 2:00 6:30 Adult Colouring | 9:45/10:30 Reminisce: Edelweiss Lunch Outing to the Old Spaghetti Factory 2:00 Petal Pushers: Swiss Cheese Plant 2:00 Bible Studies (CH) | 9:45/10:30 Chair Yoga 2:30 Northside Baptist 6:30 Creative Art: Making Birthday Cards |
| 10:00 Chapel Hour 2:00 Entertainment with Johnson Philips 6:30 Craft: Marble Easter Eggs <small>Daylight Saving Time Begins</small> | 9:45/10:30 Watch Categories 2:00 2:00 Tea Party (CG) 6:15 Ismaili Prayers 6:30 Shake Loose a Memory | 9:45/10:30 Cherries & Pie Trivia 10:00 Sunshine Cart (NB) 10:00 Bird Visits (1 st FL) 2:00 Gerda & Friends Sing-A-Long | 8:00 Bayshore Brekkie 9:45/10:30 Wellness Group: Do the Irish Jig 10:30 Room Visits (NB) 2:00 Bingo 6:30 Dinner Club (G) | 9:45/10:30 Day Riddle Word Jumble 2:00 Table Tennis 6:30 Armchair Travel | Shopping Outing to Market Mall 2:00 Table Tennis 6:30 Friday Night Games | 9:45/10:30 Blarney Stone Word Mining 2:00 Movie & Popcorn: |
| 10:00 Chapel Hour 2:00 Name That Irish Tune | 9:45/10:30 Word Game 10:00 Room Visits (NB) 10:30 Resident Council 2:00 Anglican Service (CH) 2:00 Balloon Badminton 6:15 Ismaili Prayers (CH) 6:30 Baking (G) | 9:45/10:30 Truth or Blarney 10:00 Sunshine Cart (NB) 2:00 Twister Games 6:45 Card Bingo | 8:00 Edgewater Brekkie 9:45/10:30 Wellness Group: Chair Yoga 2:00 Bingo 6:30 Stone Family (NS) <small>Spring Begins</small> | 9:45/10:30 A Wee Bit of Irish Humour 11:00 Catholic Mass 2:00 Birthday Social with Dennis Toner 6:30 Armchair Travel <small>Purim</small> | 9:45/10:30 Sing-A-Long Lunch Outing to the Austrian Club 2:00 Noodle Hockey 2:00 Bible Stories (CH) | 9:45/10:30 Gentle Stretch 2:00 Carpet Curling 6:30 Hot Cocoa Cart (NB) |
| 10:00 Hymn Sing 2:00 Ice Cream Cart (NB) 6:30 Craft: Easter Bunny Foam Cup | 9:45/10:30 Swiss Chocolate Word Mining 2:00 2:00 Balloon Volleyball 6:15 Ismaili Prayers (CH) 6:30 Noodle Hockey | 9:45/10:30 Finish the Saying 10:00 Sunshine Cart (NB) 10:00 Bird Visits (2 nd FL) 2:00 Celebration of Life | 8:00 Calendar Delivery 9:45/10:30 Wellness Group: Get to the Bottom of the Alps 10:30 Room Visits (NB) 2:00 Bingo 6:30 Dinner Club (G) | 9:45/10:30 A Pint of Ale 2:00 Timbits & Tidbits Current Events 6:30 Pinot & Painting | Outing to the Calgary 2:00 Balloon Toss 6:30 Friday Night Cards | No Scheduled Programs Today |
| No Scheduled Programs Today | Program Locations Captains Galley (CG) Chapel (CH) Therapy Room (G) Atrium (A) NB (Neighbourhood) | | | | | |

Newport Harbour News

Choosing To Be The Best!

Message from our Site Leader Tyla Lyle

We are off to a great start to 2019! I am so proud to be helping our residents, families and team here at Newport become best in class in the delivery of care and enriching the lives of seniors. I am particularly proud of the teams accomplishment in being recognized by Alberta Health Services as a Spotlight Organization for our Resident Centered Care. Please see Page 4 of the attached EQ Winter Newsletter.

In 2019, we will be focusing on programs, initiatives, education and daily practices that continues to focus on each resident and what matters to them. To discuss these goals and gain your feedback we are hosting a

Resident & Family Information Night on March 19 from 7pm -8:30pm in Harbour Hall.

Coffee and Cake to be served.

Agenda includes;

Welcome and Introductions

Review of 2019 Goals

What Matter to You Initiative

Stop and Watch Practices

Food Services and Menu Planning

Risk and Benefits to Polypharmacy and Hospitalization

Open forum for questions, discussion and enjoying cake and coffee

Please inform Lynn at front reception if you can attend. You may also e-mail.

Also, I want to give a big thank you to all those whom attend, participate in or make purchases/donations to the Family and Resident Council. You are making a difference for our residents through the Resident Council which has become quite active and have made some very meaningful purchases this last year to enrich the lives of those whom live here at Newport. For example we have a wonderful Valentines with flowers, cards and chocolates. Special thank you to Joan and Lennie for all your hard work. Please read about some of their accomplishments later in this newsletter and please join us for a meeting!

~Tyla~

In this edition:

Page 2- Recreation

Page 3— Food Services

Page 4— Therapy Department/ Laundry/ Housekeeping

Page 5— Resident & Family Social Foundation

Page 6— Health & Safety

Page 7— Education

Page 8 —Social Work

Recreation

We will hopefully be seeing warmer weather soon! And with that warmer weather we will be dusting off the Duet Bike, training members of our Leadership team to ride and offering rides to our Residents! This year we will also be offering training to family members of our Residents. If you are interested in this please contact us and we can set up a time and date with you. Please note that bike rides are only available on weekdays during office hours.

In planning of our programs we really want to ensure we are providing programs that are of interest to our Residents and programs that they can successfully participate in. We are trying new things throughout each month and have also been offering independent type programming for some of our Residents who have the ability to participate. We would love to hear from Resident and Families suggestions and ideas for programs and outings.

Would your loved one like to have a visit from a friendly volunteer? We have a couple new volunteers who are looking to do just that! Let us know and we can talk about what that might look like and how we can set it up.

Also if you have a special talent—you can play an instrument, you have a group of students that can dance, you are crafty and would love to lead a craft sessions please come see us in the Recreation Department any time!

Tamara, Director of Recreation

DATES TO REMEMBER

Sunday March 10th- Daylight Savings

Monday March 18- Resident and Family Council 10:30am

March 19th—Family Information Night 7pm-8:30pm

Tuesday March 26th—Celebration of Life

April 7th—13th—Volunteer Appreciation Week

Monday April 15th— AGM Resident & Family Council 10:30am

June 2nd—8th—Seniors Week Events

Friday, June 7th—Annual Garage Sale & Wellness Fair

Nutrition and Food Services

Lactose Intolerance in Seniors

What is lactose?

Lactose is a sugar that is found in milk products such as yogurt, cheese, milk and ice cream. Different dairy items contain different levels of lactose depending on how they are processed. For example, a glass of milk would be higher in lactose than aged cheese or yogurt.

What is lactose intolerance?

In the gut there are enzymes called lactase that break apart lactose into smaller pieces so it can be digested. When there is a reduced amount of this enzyme, the body cannot properly break down the lactose and it goes into the large intestine. In the large intestine it is fermented by bacteria and this fermentation process can result in the typical symptoms of lactose intolerance.

It is important to note that lactose intolerance is not an allergy to milk.

What are the symptoms?

Common symptoms of lactose intolerance are:

Bloating

Gas

Cramping

Nausea

Diarrhea

What can be done?

For many people with lactose intolerance, lactose does not need to be eliminated completely from the diet; however, some are very sensitive and need a complete lactose-free diet. A few simple tips to manage lactose intolerance are as follows:

Limit foods that cause discomfort. For everyone this will be different! Some people may tolerate more of certain foods whereas others may not be able to tolerate any. Listen to your body. If you are unsure what foods cause discomfort, consider keeping a diary and track which foods you ate and when you experience stomach upset

Choose lactose-free milk options if required. This includes Lactaid, soy milk, almond milk etc

Foods that have milk, lactose, malted milk, cream, milk solids, curds, non-fat milk solids, non-fat milk powder, whey, cheese flavor and buttermilk contain some lactose. Monitor if these foods cause symptoms.

Dairy foods contain calcium, vitamin D and protein. If they are completely eliminated from the diet, other foods that provide these nutrients should be included or a supplement should be considered. Foods that are high in calcium are: salmon (with bones), sardines and fortified milk alternatives. Foods high in vitamin D include: fish, liver and egg yolks. Vitamin D and calcium supplements can be considered as well, but make sure to ask your doctor before starting any supplements.

If you have any questions ask your doctor or the Dietitian!

Courtney, Registered Dietitian

Physiotherapy

I will like to say a big THANK YOU! to our Residents and Family Social Foundation and to the Newport Harbour Administration office for the recent donation which has been allocated to our new Passive and Active Bike program for our Residents. This new bike will help our Residents to help maintain their strength and mobility. We truly appreciate your contribution and support.

At Newport Harbour Care Centre, our Therapy Department provides services based on assessed needs. Our Occupational Therapist (OT) Kathy will assess our Residents making recommendations for Rehab program based on their needs. Therapy Aides will help our Residents maintain strength, balance, coordination and mobility; we will help our Residents to do as much they can do for them self as possible, this may include a recommendation for individualized programs or participation in appropriate group programming; if a resident's condition/status change at any point in time, a referral will be made to our OT for re-assessment to determine resident's current needs.

Our programs include, Bike, Balance, Walking between the bars, Passive and Active ROM, Group Exercises, Wax treatment, Motor Control and Pulling Exercises.

Other services of our Therapy Department also offers is our contracted Occupational Therapist (OT) will conduct Assessments for walkers, regular and manual tilt wheelchairs, these assessments; these services are provided at no cost to the resident.

If you have, any questions do not hesitate to contact me, or one of our Therapy Aides, we will be happy to help you.

Elva, Therapy Lead

Therapy Department Lead.



RESIDENT FAMILY COUNCIL CORNER

A very big thanks to all who supported and helped with our Christmas bazaar. With cheese sales, vendor rentals, bake and white elephant sales we realized a profit of over \$1700.00. We couldn't have done this without your help.

With these funds we are able to assist in the purchase of a much needed new exercise bike in the physio department. We still continue to support our activities and pet programs.

We have two exciting new initiatives underway, a new program to welcome and orientate new residents and the introduction of a program called "what matters to me". In facilitating this program we will be meeting with residents to determine what is vital and important to enrich their lives.

On March 19, from 7:00pm to 8:30pm we will be hosting a family information evening and invite everyone to attend as this may give you the opportunity to express your opinions and become informed about many areas that affect the lives of your loved ones. Please watch the bulletin board and desk for further information.

Our monthly meetings have been well attended by residents and I'm happy to report that a few more family members have been attending. This is a great way to keep apprised of the progressive path of compassion and care program we are implementing.

Our next meetings are February 25th and March 18th at 10:30 and we welcome you all.

Lennie
Resident & Family Social Foundation Secretary

Health and Safety

RESPECT IS FOR EVERYONE

Respect and Dignity is an essential element for everyone. It is critical that staff respect and provide dignified care to residents, their families and visitors and likewise it is critical that residents, families and visitors are respectful to our staff.

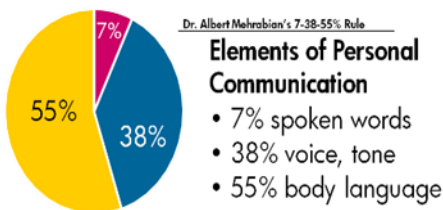
For our staff, we provide training and performance management on communication so that their words and actions are respectful. For families, residents and visitors we kindly ask for your words and actions to also be respectful. Comments can be perceived as negative and unwelcomed and could be classified as abuse, violence or harassment.

DO YOU KNOW ?

According to the report authored by the Canadian Federation of Nurses Unions (CFNU), **61 per cent of surveyed nurses say they have experienced abuse, harassment or assault** in the workplace in the past 12 months, As a result of these incidents, Canadian nurses are more likely to experience burn-out, show signs of post-traumatic stress disorder (PTSD), require time off for recovery or leave the profession entirely. (Reference to article --CCSA)



At times we don't even realize that our words and actions can have negative impact on some one. Some thing we say or do can be perceived as abuse/harassment by others.



— Communication is a key that includes our actual words, tone of our voice and our body language

Treating each other with respect is a key to a good team work.

Every one at Newport including families, loved ones and our staff are here to serve and care for our residents.

Any one can do a job/ task assigned, but it takes a good heart do it with a smile and compassion.

Caregiver burn out is very common in taking care of some one requiring assistance. That does not only happen with loved ones at home that can happen to a professional staff taking care of sick patients / residents too.

Everyone
is
Important

Lets work together to make Newport a home like environment and a best place possible to provide a enriching experience for our Residents on there final journey

Take care and stay safe
Aman Rai

Education



Putting the Puzzle Pieces together

It seems that we are stuck in a deep freeze here in Calgary and really hoping to see the end of it soon. They say that we haven't had a cold snap this long for twenty years. It's hard to even remember that far back. Well, whether I remember it or not, I don't like it and I'm sure many of you feel the same.

Our memories and life events, whether positive or negative shape all of us into the individuals we are today and those same life events and memories have an impact on us as we age into our older selves.

Here at Newport we have been presenting a series of in-services on P.I.E.C.E.S. (Physical, Intellectual, Emotional, Capabilities, Environment and Social). "P.I.E.C.E.S. is a best practice learning and development initiative that provides an approach to understanding and enhancing care for individuals with complex physical and cognitive/mental health needs and behavior changes". It also puts the Resident and Family at the centre of all care. Through these in-services we are learning that there are many pieces to each individual that shape their memories and have an impact on why and when behaviors may happen.

We are learning that every behavior, no matter what it is has meaning. The Resident may not be able to tell us due to any number of reasons what is wrong but we need to explore what is happening. We need to look at each PIECE of the person and ask what has changed, what may be the memory or life event that is causing this behavior. The more we know about all of our Residents the better our understanding will be of why a behavior may be present. We may not be able to stop or change the behavior but at least we will understand why it is happening and thus we can look at our approach and adjust it to meet the need of the person.



We have learned that those with cognitive issues (Dementia) do not live in the past, they live in the moment but only have access to information and memories from the past, often many years in the past. Even knowing this does not always make witnessing or living with it any easier. When someone you love loses precious memories and exhibits challenging behaviors it can be difficult. It may make visiting hard and discouraging. A family member once said to me "I know mom doesn't remember, but I want to play in her world, it makes my visits better".

You as family members and loved ones are an important piece in this puzzle. The information provided to us on move in for a Social History is a small part of assisting the staff at Newport to get to know your loved one. The more information that is provided the better we can begin to understand each individual, no piece is too small. If there is any further bits of information you would like to provide us please get in touch with one of the Leaders of the Clinical Department and if we can help in any way to make your visits with your loved one better please don't hesitate to reach out.

Barb, Staff Educator

Social Work

The 10 Different Types of Dementia - that are not Alzheimer's

1. Vascular Dementia

This is the second most common form of dementia, poor blood flow to the brain, creating a lack of oxygen for the brain to function normally. This could cause "strokes, diabetes, and hypertension" Retrieved from; <https://www.caring.com/articles/types-of-dementia> on January 21, 2019. 2.

2. Mixed Dementia

Sometimes dementia is caused by more than one medical condition. This is called mixed dementia. The most common form of mixed dementia is caused by both Alzheimer's and vascular disease.

3. Dementia with Lewy Bodies (DLB)

Sometimes referred to as Lewy Body Disease, this type of dementia is characterized by abnormal protein deposits called Lewy bodies which appear in nerve cells in the brain stem. These deposits disrupt the brain's normal functioning, impairing cognition and behavior and can also cause tremors. DLB is not reversible and has no known cure.

4. Parkinson's Disease Dementia (PDD)

Parkinson's disease is a chronic, progressive neurological condition, and in its advanced stages, the disease can affect cognitive functioning. Not all people with Parkinson's disease will develop dementia, however. Dementia due to Parkinson's is also a Lewy body dementia. Symptoms include tremors, muscle stiffness and speech problems. Reasoning, memory, speech, and judgment are usually affected.

5. Frontotemporal Dementia

Pick's disease, the most common of the frontotemporal dementia types, is a rare disorder which causes damage to brain cells in the frontal and temporal lobes. Pick's disease affects the individual's personality significantly, usually resulting in a decline in social skills, coupled with emotional apathy. Unlike other types of dementia, Pick's disease typically results in behavior and personality changes manifesting before memory loss and speech problems.

6. Creutzfeldt-Jacob Dementia (CJD)

CJD is a degenerative neurological disorder, which is also known as mad cow disease. The incidence is very low, occurring in about one in one million people. There is no cure. Caused by viruses that interfere with the brain's normal functioning, dementia due to CJD progresses rapidly, usually over a period of several months. Symptoms include memory loss, speech impairment, confusion, muscle stiffness and twitching, and general lack of coordination, making the individual susceptible to falls. Occasionally, blurred vision and hallucinations are also associated with the condition.

Social Work con't

7. Normal Pressure Hydrocephalus (NPH)

Normal pressure hydrocephalus involves an accumulation of cerebrospinal fluid in the brain's cavities. Impaired drainage of this fluid leads to the build-up and results in added pressure on the brain, interfering with the brain's ability to function normally. Individuals with dementia caused by normal pressure hydrocephalus often experience problems with ambulation, balance and bladder control, in addition to cognitive impairments involving speech, problem-solving abilities and memory.

8. Huntington's Disease

Huntington's disease is an inherited progressive dementia that affects the individual's cognition, behavior and movement. The cognitive and behavioral symptoms of dementia due to Huntington's include memory problems, impaired judgment, mood swings, depression and speech problems (especially slurred speech). Delusions and hallucinations may occur. In addition, the individual may experience difficulty ambulating, and uncontrollable jerking movements of the face and body.

9. Wernicke-Korsakoff Syndrome

Wernicke-Korsakoff syndrome is caused by a deficiency in thiamine (Vitamin B1) and often occurs in alcoholics, although it can also result from malnutrition, cancer which have spread in the body, abnormally high thyroid hormone levels, long-term dialysis and long-term diuretic therapy (used to treat congestive heart failure). The symptoms of dementia caused by Wernicke-Korsakoff syndrome include confusion, permanent gaps in memory, and impaired short-term memory. Hallucinations may also occur.

10. Mild Cognitive Impairment (MCI)

Dementia can be due to medical illness, medications and a host of other treatable causes. With mild cognitive impairment, an individual will experience memory loss, and sometimes impaired judgment and speech, but is usually aware of the decline. These problems usually don't interfere with the normal activities of daily living. Individuals with mild cognitive impairment may also experience behavioral changes that involve depression, anxiety, aggression and emotional apathy; these can be due to the awareness of and frustration related to his or her condition.”

Retrieved from: <https://www.caring.com/articles/types-of-dementia>

Farida, Social Worker