

Grace Manor Family Council Meeting MINUTES

Date:	Wednesday, March 13, 2024
Time:	14:00-15:00
Location:	Virtual - ZOOM Meeting

In Attendance	Representing
Michelle van Beusekom	Chair
Denise Sannella	Treasurer
Fred Benedikt	Secretary
Justine Dudziak	GM Administrator
Danielle Farrell	Guest – Alzheimer Society Peel
Kris Nielson	GM Resident Advocate + Activities Lead
Gus van Weert	Resident Council Liaison
Rose Fantana	Member
Michelle Nash	Member
Lisa Stepanic	Member
Patricia Roelofsen	Member
Susan Dullis	Member
Gwen Veenstra (sent regrets)	Friend

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Welcome
Old Business
<ul style="list-style-type: none"> • Approval of previous Feb 14, 2024 meeting minutes – moved by Denise and seconded by Michelle N.
New Business
<ul style="list-style-type: none"> • Guest Speaker - Danielle Farrell from Alzheimer Society Peel Region <ul style="list-style-type: none"> ○ Danielle has worked in the field of gerontology for 24 years and has been with the Alzheimer Society Peel for many years in different roles including Counsellor, First Link Coordinator, and currently the Public Education Coordinator. Her focus is on building awareness, education, service referrals, advocacy, and providing support, to people living with dementia, and their family members. Danielle also has lived experience supporting family members with Alzheimer's. ○ Danielle's presentation focused on providing meaningful activities in LTC with a focus on activities for male residents (since many activities at Grace Manor are more female focused). A copy of Danielle's presentation is attached to the minutes (see Appendix A) ○ The purpose of activities is to improve quality of life. The Alzheimer Society follows a Montessori-inspired ideology of "error free" activity – there is no right or wrong, the important thing is participation. ○ Successful activities typically build off of what is familiar, purposeful, creative and fun

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- Examples of Intellectual Activities: jigsaw puzzles, trivia (sports or car focus often appeals to men); purchasing a tool or tackle box and having residents organize it (sorting activity); “you be the judge” – simple legal cases to give an opinion on; “What is this?” (Identifying familiar objects); locks + Keys (matching game); games night with pretzels and non-alcoholic beer.
- Examples of Physical Activities: shoe/silver polishing; cleaning glasses; gardening; “go fishing”- game with magnetic fish and rods). These games often tap into procedural memory – things a person has done thousands of times in their life and for which they retain a muscle memory.
- Examples of Activities that promote creative self-expression: sanding and painting donated chairs; adult colouring books; paint by number kits; painting bird houses; simple model car making.
- Examples of relationship centred activities: robotic cats/dogs. Gave an example of a family member who had trouble adapting to LTC and was refusing to eat and bathe. This person always loved cats. Was given a robotic cat which she loved. Staff told her the cat needed to eat and brought them both to the dining room putting the cat next to her with its bowl – she started eating too. Similarly, they would say the cat needs a bath and she would then agree to a bath also.
- Examples of Spiritual Activities. Home can buy a book with common prayers in different religions and read those that are suitable to residents of different faiths.
- Examples of Sensory Stimulation Activities: picture books (cars, sports, birds and nature tend to work well for many men); nature videos; sporting equipment (use as a conversation starter or in later stage dementia just have the person touch the equipment); taping hockey sticks (taps into procedural memory)
- Successful engagement requires planning; observing what people like and encouraging independence
- Document from 2011 sharing activities submitted by different LTCs, specific to males, is attached to the minutes as a link (Appendix B)
- Question about activities for women: sorting activity based on a sewing box (instead of a tool box); silver polishing; folding tea towels or aprons
- Danielle has created a personalized kit for her dad. His kit includes CDs of his favourite music; paint by number kits; puzzles of natural scenes; glasses cleaning kit; picture books of planes and cars. Danielle explained that a personal kit helps promote successful visits with family members as it provides a basis for interaction. Often families come, sit and try to talk and that often doesn't go well because folks with dementia have a hard time with conversation. An activity is a great way to connect. (Note *Danielle will be back at our April meeting to discuss strategies for

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- successful visits.)
- Danielle also created a kit for her grandmother which included a jewelry cleaning kit; lipstick; and her favourite music.
 - Tool box (sorting activity) is an example of a communal kit that can be put in a space where residents can engage in solo activities
 - Danielle suggested an outing to a plane museum as an example of an external activity that might appeal to the male residents.
- **Survey and Action Plan Meeting Summary**
 - Michelle explained that as part of its obligations under the Fixing Long Term Care Act, Grace Manor conducts an annual satisfaction survey of both residents and families. The survey asks questions related to things like quality of care, activities, meals + dining, safety and security and communications. The survey helps to identify areas where Grace Manor is doing well and areas that need improvement. The Fixing Long Term Care Act outlines that Resident Council and Family Council should be consulted in the creation of an Action Plan aimed at addressing the gaps identified by the survey.
 - This year, Family Council convened a small subcommittee to analyze survey results and provide recommendations for the Action Plan. The subcommittee consisted of: Yvonne de Boer, Marc van Beusekom, Michelle Nash, Fred Benedikt and Michelle van Beusekom
 - The committee looked at survey results going back three years and focused suggested actions on areas of concern that we saw were resurfacing year after year:
 1. Ensuring consistent, resident-centred, care and addressing reported gaps in toileting, daily brushing of teeth, bathing, response time to call bells, etc.
 2. Staff-Resident Bonding - promoting more informal interaction in order to build a stronger sense of home and community.
 3. Activities - suggestions to increase variety of activities and access to solo-activities when group activities aren't happening.
 4. Food + Dining Experience - suggestions to improve general ambiance and culture of mealtime.
 5. Communications- Suggestions to improve the sharing of general and resident specific info and ensuring follow up
 6. Belongings and laundry- Suggestions to reduce belongings being lost and ensure they are located/returned in a timely manner.
 - The action plan is in the process of being finalized and will then be shared with all members. A “notes” column will be added and regularly updated by Admin to track

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progress

- Justine and Judy are also working on performance measure targets for each section tied to results (% satisfaction) on the next survey which will be conducted in November. Some of the draft targets were quite low. The suggestion was made that no target should be below 70%.

- **Terms of Reference – Annual Review**

- No updates required.

- **Recognition of Resident Council Liaison Gus van Weert**

- Gus received the 2023 Wadsworth Award – an award established in 1992 to recognize distinguished contributions that advance our understanding of the science and technology of non-ferrous chemical metallurgy. Professor Dr. Gus is still active in his profession. A paper he wrote for the Society for Mining, Metallurgy and Exploration was published a few months ago.

- **Home Updates –Justine**

- Mask mandate has been lifted. Staff are already seeing an improvement in interaction and communication with residents.
- Manpreet Jhita started at GM this week as the new Assistant Director of Care (ADRC). Manpreet comes with many years of experience in nursing and long-term-care. She will attend the next Family Council meeting.
- Tania (BSO lead at Grace Manor) recently resigned. The position has been posted.
- Grace Manor has created a new “kids corner” with games for visiting children in the atrium
- Grace Manor’s new Spiritual Care Coordinator will start on April 10
- Fred presented an overview of Family Council activity at the recent Grace Manor Annual Program Day.
- A question was raised about the change in billing date and how this was communicated to POA’s. It was flagged that moving the payment to the first of the month could be challenging for families with lower incomes. Recommendation was made to send out another notification to ensure POAs are aware of this change and its impacts.

FUNDRAISING / PROJECTS

- No updates.

CLOSING REMARKS/REMINDERS

- Mark Your Calendar - Our next Meet and Greet is Saturday 27 April from 10am to noon in the

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Grace Manor Family Room (just to the left of the GM main entrance as you are coming in)– drop in to meet other family members and have some light refreshments.

- We need your good ideas and observations to help improve the quality of life and care for the residents. Please consider volunteering for a role on the Executive Council.
- Next meeting: **Wednesday, 10 April 2024 at 2:00PM** by Virtual Zoom. Danielle Farrell will be back from the Alzheimer Society Peel with tips on successful visits and staying connected to your loved one with dementia

Send suggestions for new agenda items to: <mailto:gracemanorbramptonfc@gmail.com>

MEETING ADJOURNMENT

Appendix A – Danielle Farrell Presentation – Meaningful Activates in LTC

Appendix B – Link to [Male Specific Activity Ideas from other LTCs](#)

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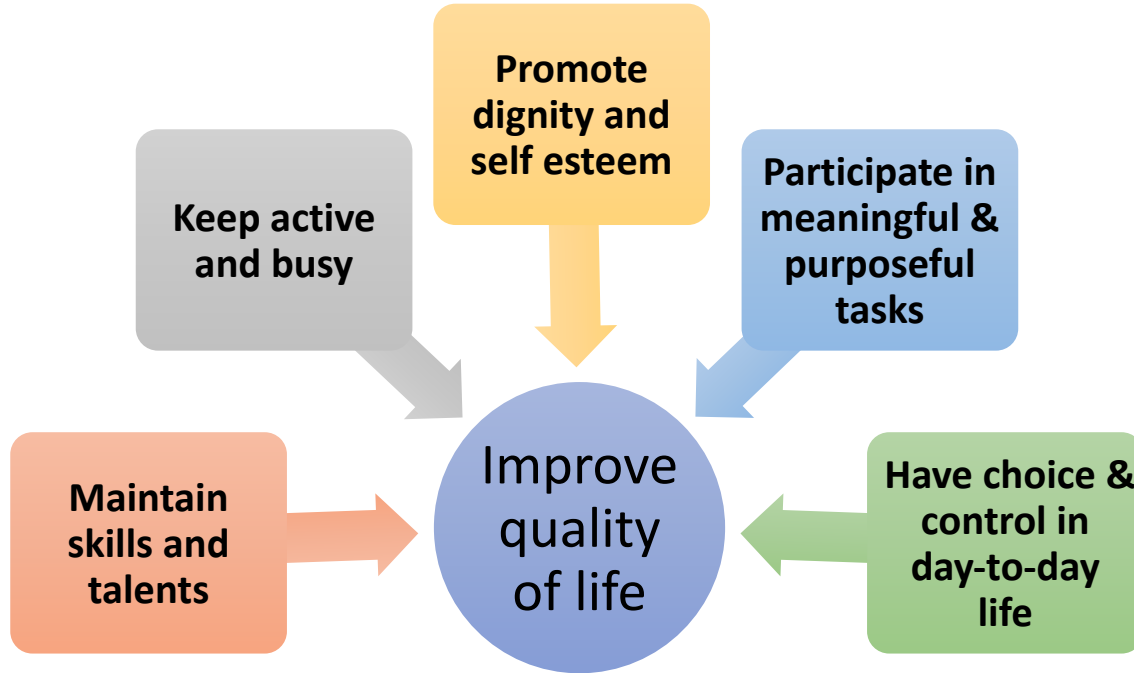
Meaningful Activities in LTC

Danielle Farrell
Alzheimer Society Peel

Today we will discuss...

Importance of meaningful activities

Share ideas and resources for creating meaningful activities



Guidelines for Activities: Error Free!!!

Familiar

Purposeful

Creative

Fun

Intellectual activities

- Jigsaw puzzles of cars, sports, nature
- Toolbox or Tackle box sorting
- You Be the Judge activity - <https://www.eldersong.com/featured-you-be-the-judge-volume-1.html>
- What is this for Activity - using nuts, bolts, tools etc.
- Locks and keys



- Mixed Games: Cards, Darts, Checkers, Yatzee

Physical activities:

- Shoe/silver Polishing
- Glasses Cleaning
- Gardening
- Go Fishing
(laminated fish cutouts with magnets)



Creative/self Expression activities:

- Sanding and painting bird houses
- Adult colouring books
- Paint by number kits
- Model Car Making



Relationship

Centred activities:

- Doll Therapy
- Robotic Cats/Dogs



Spiritual activities:

- Common prayers
in many religions



Sensory stimulation activities:

- Picture Books - Cars, Sports, Gardening, Birds
- Nature videos
- Sporting equipment
- wood working



Tips to improve engagement

**Look at the
environment**

**Consider your
approach**

**Plan for
success**

**Encourage
independence**