

## THOUGHTS ON OCTOBER

"Just before the death of flowers,  
And before they are buried in snow,  
There comes a festival season  
When nature is all aglow."

- Author Unknown



"There is no season when such  
pleasant and sunny spots may be  
lighted on, and produce so pleasant  
an effect on the feelings, as now in  
October."

- Nathaniel Hawthorne

"There is a harmony in autumn, and  
a luster in its sky, which through the  
summer is not heard or seen,  
as if it could not be, as if it had not  
been!" - Percy Bysshe Shelley

**"Halloween:** Sly does it. Tiptoe  
catspaws. Slide and creep.

But why? What for? How? Who? When!  
Where did it all begin?

'You don't know, do you?' asks Carapace  
Clavicle Moundshroud climbing out  
of the pile of leaves under the  
Halloween Tree. 'You don't really  
know!'"

- Ray Bradbury, *The Halloween Tree*



### About October:

The **birthstone** for October is the  
opal.

The **Birth flower** for October is the  
Marigold, also called calendula. Its  
flower head follows the sun, and  
the flower meaning is "winning  
grace."

"Fall is not the end of the gardening  
year; it is the start of next year's  
growing season. The mulch you lay  
down will protect your perennial  
plants during the winter and feed the  
soil as it decays, while the cleaned up  
flower bed will give you a huge head  
start on either planting seeds or setting  
out small plants."

- Thalassa Cruso

"October's the month  
When the smallest breeze  
Gives us a shower  
Of autumn leaves.  
Bonfires and pumpkins,  
Leaves sailing down -  
October is red  
And golden and brown."



# Fairmount Grapevine Gazette

## OCTOBER 2011

A Newsletter for Residents and Families, Staff, Volunteers,  
and the extended Fairmount Community.

### Safety for Wandering Residents—Mary Lake, Director of Care

Fairmount has several features and procedures to ensure the safety of residents who are at risk of wandering, whether they would leave the home and not know their way back, or who are seeking to go to another unrealistic destination.

We have the secure dementia unit that is appropriate for many. Others may be at risk of leaving the building but they are still able to move freely throughout the Home without interfering with the privacy of other residents. The *Roam Alert* system is designed for this purpose. The resident wears a bracelet that has an ID number associated with it. When the resident is within a certain radius of the exit doors, you will hear a "beeping" sound. If the doors are closed, they will be locked down and no one can enter or exit without bypassing the system until the resident moves out of range. If the doors are open as the resident approaches, an audible alarm will sound. This alarm will also be sent to the nursing portable phones and pagers which will give the staff the ID number. Staff can then check the whereabouts of the resident to ensure that they have not left the building.

This system can be bypassed to allow others to enter or exit the Home and to enable residents with a *Roam Alert* bracelet to go outside when supervised. Most of the staff know the bypass code and for obvious safety reasons, cannot give it to residents or to visitors. If you are trying to enter the main entrance and the doors are locked, there is an intercom available that will ring directly to the RN or you can try the auditorium entrance.

We do urge visitors to be vigilant when entering and exiting the Home entrances and the entrance to 1North to ensure that you do not enable residents to exit who are not able to do so safely. Whenever in doubt, please check with the staff.

In next month's issue, we will review more procedures that are in place for the safety of residents.



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(613) 546-4264  
<http://www.frontenacounty.ca/fairmount-home/>

## FAIRMOUNT AUXILIARY NEWS

- Barry Rogers, President, Fairmount Auxiliary

### Next Meeting Dates:

**October 4th, at 1 p.m. in the Auditorium**  
**November 1st, at 1 p.m., in the Auditorium**

**Guests or potential new members are welcome**

We encourage family members and volunteers to join the Auxiliary, even if you are only able to help out at some of our events. Your support is always appreciated.

Watch for our table at the Christmas Sale on November 22nd. We are always looking for items which carry a Christmas theme, and would be suitable for small presents which could be purchased by the residents.

Our "Previously Loved Items" display cabinet in the main lobby is in urgent need of some new inventory. If you have items to donate that we could use, please contact Lynda Laid, Volunteer Coordinator, or myself at 613 634-0528.

## RESTORATIVE CARE NURSING

• Rebecca Babcock, RPN

I would like to take the opportunity to introduce myself. I am Becky, the Restorative Care Nurse filling in for Amy while she is on maternity leave.

There have been some gradual changes to the Nursing Restorative Care program since June 2011. I would like to remind staff, residents, and their families about the brochure on Nursing Restorative Care, which is available in the front lobby.

If anybody has any questions or comments about the Nursing Restorative Care program, please leave a message with the receptionist at extension 100.



*Income tax receipts  
are provided.*

## Memorial Courtyard Bricks

For \$250, you can have a brick in memory of a loved one placed in the centre courtyard garden at Fairmount Home. Bricks are inscribed with the name of your loved one and will be a lasting tribute to them in our beautiful award winning garden.

## EVALUATION FORM – FAIRMOUNT GRAPEVINE GAZETTE

In an effort to make the Grapevine Gazette more interesting to our readers, we are seeking your feedback about your newsletter. All comments are welcome, both compliments and opportunities for improvement.

1. Do you read the Grapevine Gazette? Yes  No
2. Do you find the articles interesting? Yes  No
3. Do you like the format of the newsletter? Yes  No

If no, please suggest a better format: \_\_\_\_\_

4. What kinds of articles would you like to read in the future?

- \_\_\_\_\_  
- \_\_\_\_\_  
- \_\_\_\_\_

5. Please give us some suggestions for improvement:

- \_\_\_\_\_  
- \_\_\_\_\_  
- \_\_\_\_\_

If you would like to add your name to our email list, please **print** your **email address** here:

\_\_\_\_\_

Please complete and remove this evaluation page and send it to Lorraine Farrar, Editor of the Grapevine Gazette, at Fairmount Home, or leave it at Reception.

## FAMILY COUNCIL

Family Councils strive to provide a safe forum for families to share experiences, receive information and mutual support, discuss and seek solutions to common concerns and establish meaningful lines of communication between families and staff. The goal is to enhance the quality of life for our residents.

If any family members or persons of importance to residents are interested in forming a Family Council, or would like more information about what is involved, please contact Julie Shillington (extension 500) or Mary Lake (extension 510).

## VOLUNTEER SATISFACTION SURVEY

With the help of our summer volunteer, Marg Feddema, we were able to complete a comprehensive survey of Volunteer Services at Fairmount Home. Surveys were distributed to all of our regular volunteers, and our thanks to everyone who took the time to complete them. One of the questions asked in the survey was “What has been the most rewarding part of your volunteer role at Fairmount Home?”. Responses to this question included:



- “Seeing the smiles on the residents’ faces when we spend time together”
- “I enjoy talking with residents and helping them with various activities”
- “Contact with staff and residents is very pleasant. I have made many friends”
- “I love the ‘feel good’ atmosphere here”
- “Making residents feel special and pampering them”
- “Working with all the positive staff”

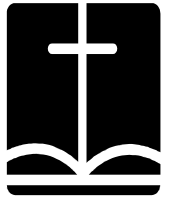
While I often hear from volunteers how much they enjoy the time they spend with our residents, it was inspiring to read that a positive environment and staff relationships also play such an important role in their decision to choose Fairmount Home to volunteer with!

Look for more results of the satisfaction survey in future Gazette articles...

## *Spiritual and Religious Care, ext. 582, Pastor Lewis Bryant*

### Worship Services - In the Auditorium

October 2	Kingston Gospel Temple	2 p.m.
October 9	Thanksgiving—Salvation Army	2 p.m.
October 16	St. Paul’s Anglican Church	2 p.m.
October 23	Third Day Worship Centre	2 p.m.
October 30	Storrington Pastoral Charge	2 p.m.



### Roman Catholic Service – 2nd Friday of each month

October 14	Father John Gillis, 2nd Floor	10:30 a.m.
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Coming on  
October 31<sup>st</sup> –  
**Pumpkin Bake Off**  
– watch for signs in  
the Home

### STAFF MILESTONES

Angela Wright 5 years  
Congratulations Angela!

### STAFF SERVICE TEA

The staff service tea has been scheduled for  
October 18th, at 2 pm in the main lobby.

### Happy Birthday to the following residents:

Donald Fleming, 4 October  
Lorraine Carlyle, 6 October  
Hans Jaeger, 9 October  
Win Fuller, 12 October  
John MacDonald, 13 October  
Dalton Dean, 13 October  
Ruth Lovett, 18 October  
Vera Milo, 20 October  
Robert Lovering, 24 October  
Irene Hall, 28 October

### Welcome new resident

Gladys Langley

**Deadline for the next issue is on or before October 19, 2011. Submissions can be phoned in (ext. 502), dropped off, or sent by email to [lfarrar@frontenacounty.ca](mailto:lfarrar@frontenacounty.ca)**

## Volunteer Corner – Lynda Laird, extension 581

### Sunday Worship Services

Do you know most Sunday's we have no volunteers to help get residents to and from the Worship Services? We were absolutely blessed for years to have 2 incredible ladies help us with this EVERY Sunday, but their lives have gotten busier, and at the time I write this we have no Sunday afternoon volunteers. Attending a Sunday service is a very important part of the spiritual and social lives of many residents, and volunteers clearly help enhance this experience. They not only bring residents to the service, but stay to sing along to the hymns, or simply be present if their support is needed. At the most it is a commitment of 2 hours, starting at 1:30pm, and what a wonderful gift to give to residents.

Is this a need YOU may be able to fill for our residents? If so, please talk to Lynda, Violet or Mari for more information.

### Wednesday Morning Beauty Break

Each Wednesday at 10:00am the lovely ladies on 1South gather in the activity room to be pampered by Violet and volunteers. Lately however, this pampering has only been by Violet, which of course means we are depleting her abundant TLC reserves and we need to replenish them with some assistance.

This is a wonderfully fulfilling volunteer experience for someone who:

- Enjoys the company of a great group of ladies who have incredible life experiences to share.
- Likes to give back to their community in a low stress, social environment over a morning cup of coffee.
- Can paint fingernails – and training is available if needed!

If this sounds like something YOU would enjoy for 2 hours on a Wednesday morning, please speak with Violet or Lynda. You can always try it out one day just to see what you think!



## Recreation Update - Violet Yovanovich(#571) and Mari Vepsalainen(#572)

Fall is in the air and the leaves are starting to turn their brilliant yellows, reds and oranges. With October comes our annual Fall events, such as the Fall Colour bus tour (on the 11<sup>th</sup>), apple crisp baking afternoon (18<sup>th</sup>), fried green tomato cooking, pumpkin carving events (27<sup>th</sup>), Auxiliary Tea and Sale (7<sup>th</sup>), and the fall cleanup of the gardens. For Halloween we are hoping to have the Glenburnie school children join us with their colourful, creative and sometimes “rather scary” costumes for a celebration in the auditorium. Be sure to mark these events on your calendar and join us for some fun.

This month our feature program for evaluation by residents, Recreation Therapist (RT), Volunteer Coordinator and volunteers is “**Bingo**”. It is a common sight on a Wednesday afternoon to see a parade of residents and volunteers laughing and socializing as they stroll down to the auditorium to take their favourite seat at the bingo tables. We are very blessed to have such a dedicated and committed group of volunteers to help facilitate this program all year round. We would also like to extend our heartfelt thanks to the Kingston Rotary Club who host the first bingo of each month and help subsidize the ‘loonie’ prizes. Without the strong volunteer support, we could not have the large numbers of residents actively participating in this very popular recreation program. Family and friends are more than welcome to join their loved ones for an afternoon of fun, enjoyment and socialization.

Bingo, for many of our residents, is a former leisure activity that they enjoyed in the community. This program is conducted in the same way as community bingos to allow for the transference of their skills. Residents attend this program voluntarily and enjoy the anticipation and excitement associated with this game of chance. Not only is it fun and enjoyable, it also has many therapeutic benefits and expected outcomes. These benefits include increasing/maintaining resident's attention span and concentration level on the given tasks; improving/maintaining resident's ability to identify numbers and shapes while stimulating their mind, and working on eye-hand coordination as they place the chips on the number called.

We have also recently had an increase of residents expressing interest in playing cards (euchre, crib, bridge, checkers) so if you are interested in playing any of these games or others, please let Violet (1<sup>st</sup> floor) or Mari (2<sup>nd</sup> floor) know so we can help facilitate this favourite pastime.

We welcome any bags of leaves to be laid on our gardens this fall as we clean them up for the winter. Please drop them off in the centre courtyard as all donated leaves are welcome.

Happy Thanksgiving to everyone, and we hope you and your families have a safe and fun Halloween.

## Legacy of Learning Painting Display at the Kingston Fall Fair

Our art instructor, Cheryl Pelow, with  
the display of resident art at the Fair.



Also manning the booth were Pet  
Therapy Volunteers Bill and  
Synjyn

## SAFETY CONCERNS

### Reminders to Residents and Family members:

- Portable heaters are not permitted in resident rooms
- Refrigerators must be plugged directly into a wall outlet, not an extension cord or power bar
- Any electrical equipment brought into the Home for a resident must be inspected by maintenance staff before use

### ***Special Events*** – Family members and friends are welcome to attend these events with residents

- October 5 Glenburnie United Church Seniors Lunch (Sign up)
- October 7 Auxiliary Tea and Sale, Noon to 3:30 pm, Auditorium and Lobby
- October 11 Fall Colour Bus Tour Outing (Sign up), 12:30 departure time
- October 18 Apple Crisp Day
- October 16 Barbershop Singers, 1 pm, 1 South Activity
- October 20 Good Food Box Outing, 9 am
- October 27 Pumpkin Carving Events—Lobby Displays
- October 31 Halloween School Visit, Auditorium, 9:30 am

**TO FAMILY MEMBERS AND FRIENDS:** Would you like to receive the above list by email each month? If so, please send your email address to the editor:  
[lfarrar@frontenacounty.ca](mailto:lfarrar@frontenacounty.ca)



**You are invited to attend the  
Family Information Evening  
On October 26  
At 6:00 pm, in the main lobby**

**There will be a presentation by two 4th year Queen's  
University students addressing the unanswered  
questions about the diagnosis of dementia.**

The full agenda will be posted in the lobby and on the  
website before the meeting

## OCCUPATIONAL THERAPY – Beth Hopkins, OT, ext. 561

October is National Occupational Therapy Month. It's a time to celebrate occupational therapy's contributions to helping people of all ages live healthier and more satisfying lives. Occupational Therapy Services can provide solutions that contribute to the overall wellbeing of all Canadians.

Here at Fairmount Home our residents benefit from many different OT services, such as help with self care activities, mobility issues, or help with any activity that is important to the resident that they may be having difficulty doing.

I would like to share with you one example of a success story at Fairmount. One of our residents, Beatrice, was admitted to Fairmount with a walker that was not appropriate for her and she had difficulty walking with it. It took us almost a year to get the proper walker with a "trough arm" system (see photo). Then the vendor and therapist had to adapt the walker so Beatrice could use the brakes. This was an adaptation that had not been done in the past, and we will pass on this information to the manufacturer so that others may benefit from this experience.



### Occupational Therapy Facts

- An Occupational Therapist works with anyone who is having difficulty doing activities that are important to them.
- Occupational Therapists are university trained, regulated health professionals whose unique training enables them to understand not only the medical and physical limitations of a disability or injury, but also the psychosocial factors that impact on a person's ability to participate in activities.

**WORLD OT DAY**—A group of Occupational Therapists who are passionate about using online technology to advance entry level education, ongoing professional development, research and practice will again host a free 24 hour virtual exchange in celebration of World OT Day. For more information, check their web site at <http://ot4ot.com/> and follow them on Twitter: @OTVirtual Exchng or hashtag #OT24vx

## ALZHEIMER COFFEE BREAK—ANNUAL FUNDRAISER

Residents, visitors, staff and volunteers gathered in the Fairmount lobby on September 15th for the annual Coffee Break fundraiser for the Alzheimer Society of Kingston. Although the total amount of money raised is not available as this issue is printed, we expect that we will meet our goal of \$1,300. Thank you to all who donated.



Left, entertainer John "The Jazz Man" Valberg with Dorothy Thomas.



Right, Kingston Mayor Mark Gerretsen greets guests.



Left, all donations gratefully accepted by Violet and Hugh.



Right, MPP John Gerretsen and volunteer Margie serve guests.