

# *FAMILY COUNCIL NEWSLETTER*

**CHESTER VILLAGE**



## *Family Council*

**STRONGER TOGETHER**

**The Family Council of Chester Village is a self-determining, democratic group which is composed of family and friends of the residents of Chester Village Long-Term Care.**

**The overall mandate of the Family Council is to create a safe space to come together to provide support, share experiences & seek solutions to common problems to improve the quality care for all residents who call Chester Village home.**

[chestervillagefamilycouncil@gmail.com](mailto:chestervillagefamilycouncil@gmail.com)

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# LATEST NEWS



Dear Families and Friends of Chester Village,

It is said that it takes a village to raise a child. But it also takes a village to care for someone in Long-Term Care!

At Chester Village we are all part of this village (pun intended) together. Whether it be our board of directors, management team, the various front-line staff, volunteers, or families and caregivers, we are all “villagers” doing our part.

In every village there is a need for friends and family members to come together to support their fellow villagers. Lending our voices to our loved-ones, who often times cannot speak for themselves, is imperative as we work together to form a collective voice on their behalf and for families as a whole.

As we welcome in Spring, a season of new beginnings, please consider volunteering your time however you can so we can build a supportive network of friends and family members at Chester Village.

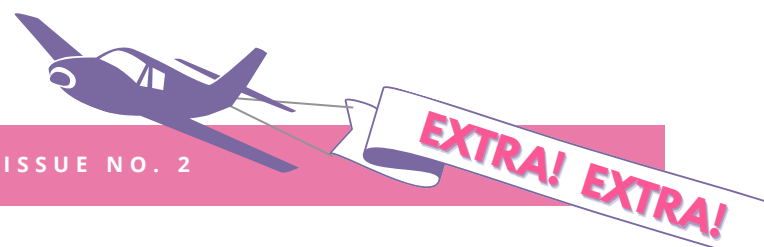
As our Family Council is currently without a Chair, and therefore unable to host meetings, please enjoy this second edition newsletter created by a family member sharing resources supporting caregivers and our loved-ones of our village!



SUPPORT - EDUCATION - ADVOCACY







# ANNOUNCEMENTS

Here are some updates from a recent Resident Council meeting. A special thank you to our Resident Council members for lending their voices to advocate on behalf of all residents, and for working with Chester Village staff to continue to achieve the highest quality of care.

*Bon  
Appetit!*

## EASTER MEAL:

This year's Easter menu was received and approved. Fish will be offered on Good Friday to residents. Chester Village's special Easter meal will be served on Sunday, April 20<sup>th</sup>, for families to join their loved-ones at \$12 per ticket. For full details, see recent announcement sent out from the Home.



## MAINTENANCE UPDATES:

A new floor cleaning machine has been purchased in order to enhance floor maintenance and cleanliness.

Regular window cleaning has also been scheduled in an effort to enhance visibility so residents can enjoy the sights and sounds of the city and nature.

Curtains in resident's rooms are cleaned as needed upon request.





# EMPLOYMENT INSURANCE CAREGIVING BENEFITS



Government  
of Canada

Gouvernement  
du Canada



For caregivers who are employed, Employment Insurance (EI) offers benefits for various caregiving situation if you need to take time away from work in order to provide care or support for a family member who is:

- *critically ill*
- *critically injured*
- *in need of end-of-life care*

This includes loved-ones that do not reside with us and are in LTC, and also non-relatives. (However, you must be considered like a family member or their chosen family.)

For multiple caregivers and family members, the weeks of benefits can be shared by those eligible, either at the same time, or one after another. Those who are self-employed may also be eligible.

Two of the three relevant caregiving benefits offered are:

## Family Caregiver Benefits for Adults

EI benefit are paid to caregivers who have to miss work temporarily to care for a family member who is critically ill or injured and aged 18+. Eligible caregivers may be paid up to a maximum of 15 weeks of EI benefits.

## Compassionate Care Benefits

EI benefits are paid to caregivers who have to miss work temporarily to care for a family member who's terminally ill and is at risk of dying within 26 weeks. Eligible caregivers may be paid up to a maximum of 26 weeks of benefits.



For more information on eligibility and how to apply, visit:

[www.canada.ca/en/services/benefits/ei/caregiving/apply.html](http://www.canada.ca/en/services/benefits/ei/caregiving/apply.html)





# *FAMILY COUNCIL'S FEATURED GUEST*



*MORGAN GEAST - ADMINISTRATOR OF CHESTER VILLAGE*



*Since we are unable to hold monthly meetings at this time, please enjoy our Question & Answer Series featuring Q & A from various staff members and guests.*

*Hello Morgan! We look forward to having you as a guest speaker at a council meeting one day soon. In the meantime, thank you for taking the time to address the Family Council members during our time of transition. While you have been a long-time member of the Chester Village family as our Activation Manager, on behalf of the families of CV, congratulations on your new role as our Administrator.*


*Q: What is the overall role of an administrator within a LTC home, and what are some of the duties you will be taking on?*

*A: As this is a new role within Chester Village, over the next few months I will be working under the mentorship of Cynthia Marinelli, CEO. The role of the Administrator will be to oversee the day-to-day operations of the home. This would include ensuring Chester Village is compliant with regulations and laws, that the high standard of care for residents is maintained, overseeing staff management and working with the leadership team to ensure success of quality initiatives. Cynthia and I would continue to work together and plan ways to support and engage the Chester Village community throughout the year.*

*Q: It was mentioned in a previous Family Council meeting that Chester Village has 21 programs. What are some of the main programs and can you give us a brief description on what they are about?*



*A: Chester Village offers a range of quality programs designed to meet the diverse needs of the residents. These include programs focused on Falls Prevention, Pain and Palliative Care, Skin and Wound and Continence Care. Each year the home evaluates its programs and looks to ways to maintain and sometimes exceed industry standards. The various programs are overseen by different managers within Chester Village, and would be available to attend future meetings and provide specific answer to any questions.*





## CONTINUED...

**Q:** It was also mentioned that Chester Village applied to be part of the Best Practice Spotlight Organization. What is the application status? And if approved, what are some of the changes this would bring?

**A:** Chester Village's application has been accepted for the Best Practices Spotlight Organization (BPSO) and we are what they call in the 'pre-Designation' phase. Over the next few years, the home will be working to implement projects and be evaluated according to RNOA's best practices guidelines. Once we make good on all the deliverables, we will graduate and become a BPSO. Gina Santos, Nurse consultant will be leading the work"

**Q:** What is the age range of those residing at Chester Village? And what are some of the most common ailments and disabilities that most residents live with?

**A:** The residents at Chester Village are diverse and the needs vary in complexity. With regards to the age demographics of the home, the age range of our residents is from early 50s to 108! With the majority of residents between the ages of 75-90. The health care needs of each resident continue to change as with each unique resident. Many of the health diagnoses include Alzheimer's, Parkinson's, Diabetes, Osteoarthritis, and Urinary incontinence, Mental health conditions and Chronic Heart diseases.

**Q:** Are there any updates on any upcoming plans for Chester Village in general?

**A:** The next big Resident, Staff and Family event will be our Annual Gardening Day, which we will be sure to announce the time and date once it has been decided. We did also want to thank all those that attended the Accreditation Celebration in February. It was great to see many families involved in celebrating our most recent 3 year CARF Accreditation Achievement.

**Q:** Is there anything else you would like to share with the Family Council members of Chester Village at this time?

**A:** Thank you for your kind words and support. I am looking forward to this new role and continuing to support the residents, families and staff of Chester Village. It has been a pleasure working within the home for over 15 years and I look forward to many more.

Thank you again Morgan for your time. Given your past success as our Activation Manager, we are sure you will bring the same high energy and enthusiasm to your new role, resulting in the highest quality of care and life for all at Chester Village!



# TTC WHEEL-TRANS PROGRAM



There is an unforgettable story waiting to be written in every corner of our city. As the warmer weather approaches, let's get our loved-ones out and about to add to their memorable life stories!

Wheel-Trans offers pick-up and drop off right at Chester Village's doorsteps, as well as door-to-door service so riders do not have to transfer.

Customers can travel to their destination accompanied by one support person, **and** one additional companion, totaling up to three passengers travelling together.

The TTC's Wheel-Trans Program offers a safe and reliable transportation option under the regular TTC fare structure for people with disabilities (including, but not limited to: physical, cognitive and mental health challenges) to facilitate travel around the city with dignity.

If the disability of your loved-one prevents them from using conventional modes of TTC transportation, they may be eligible for Wheel-Trans services.

For more information on eligibility and how to apply, visit:

[www.ttc.ca/wheel-trans](http://www.ttc.ca/wheel-trans)





# LET'S CELEBRATE!

## International Nursing Week, May 12 - 18

May 12 - May 18 is International Nursing Week. This week, let's take a moment to honour and show appreciation to the dedicated nurses at Chester Village who support and care for our loved-ones on a daily basis. Their experience, combined with their dedication, compassion and kindness is invaluable to those they care for. We are grateful to them not only this week, but every single day.



*"Nurses dispense comfort, compassion, and caring without even a prescription."*  
—Val Saintsbury



On behalf of all families, thank you to the dedicated nurses at Chester Village and wishing you a Happy International Nurses Day!

## Personal Support Worker (PSW) Day MAY 19th



**CARING PATIENT LOVING SKILLED UNDERSTANDING RELIABLE PSW COMPASSIONATE HARD WORKING DEDICATED GENTLE DEVOTED KIND**

Each year on May 19<sup>th</sup>, Personal Support Worker (PSW) Day is celebrated in Ontario. This day was created to acknowledge the essential role that PSWs play in the lives of so many. They dedicate their lives to helping others not only assisting with daily activities, but also providing companionship. The PSWs at Chester Village give compassionate care daily to our loved-ones ensuring they continue to live with dignity.



On May 19<sup>th</sup>, please take a moment to thank a PSW for all that they do. To all PSWs at Chester Village, on behalf of all families, thank you and wishing you a Happy Personal Support Worker Day!





**IN CASE  
YOU  
MISSED IT!**

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# *UPCOMING EVENTS*

## *Understanding Behaviours and Supportive Communication Workshop*

In case you missed the event hosted at Chester Village in September 2024, presented by the Alzheimer Society of Toronto, here's your chance to attend at the Reference Library downtown.

This free workshop provides an overview of behaviours in dementia and offers ways of communicating in a supportive manner. The focus is on providing participants with the knowledge of how behaviours and communication can change over the course of the disease and empower them with best practices to supportively communicate with a person living with dementia.

### *Alzheimer Society* TORONTO



**DATE AND TIME:**

***Thursday, May 22 6-7:30pm***

**LOCATION:**

***Toronto Reference Library - Beeton Hall  
789 Yonge St, Toronto,***

***Have a question? Please contact:***

***Email: [trlbus@tpl.ca](mailto:trlbus@tpl.ca)***

***Phone: 416-395-7149***





**arthritis.ca**  
**Toll-Free: 1-800-321-1433**  
**Email: info@arthritis.ca**

## Featured Program: **Caregiver Guide**

Many of our loved-ones at Chester Village are affected by osteoarthritis (OA) -the most common form of arthritis. People with OA often live with pain and as it is a progressive disease, it eventually affects mobility and quality of life.

The Arthritis Society-Canada offers helpful advice for those affected by the disease and their caregivers.

One of their on-line learning guides published specifically for caregivers includes an overview of: caregiving relationships, burnout and self-care, caregiving power dynamics (which can be tricky) and more. To access the guide, visit:

**[arthritis.ca/support-education/online-learning/caregiver-guide](https://arthritis.ca/support-education/online-learning/caregiver-guide)**



Caregiving Relationships [🔗](#)



Burnout & Self-Care [🔗](#)



Power Dynamics Interactive [🔗](#)



Respectful Relationships and Caregiving Power... [🔗](#)

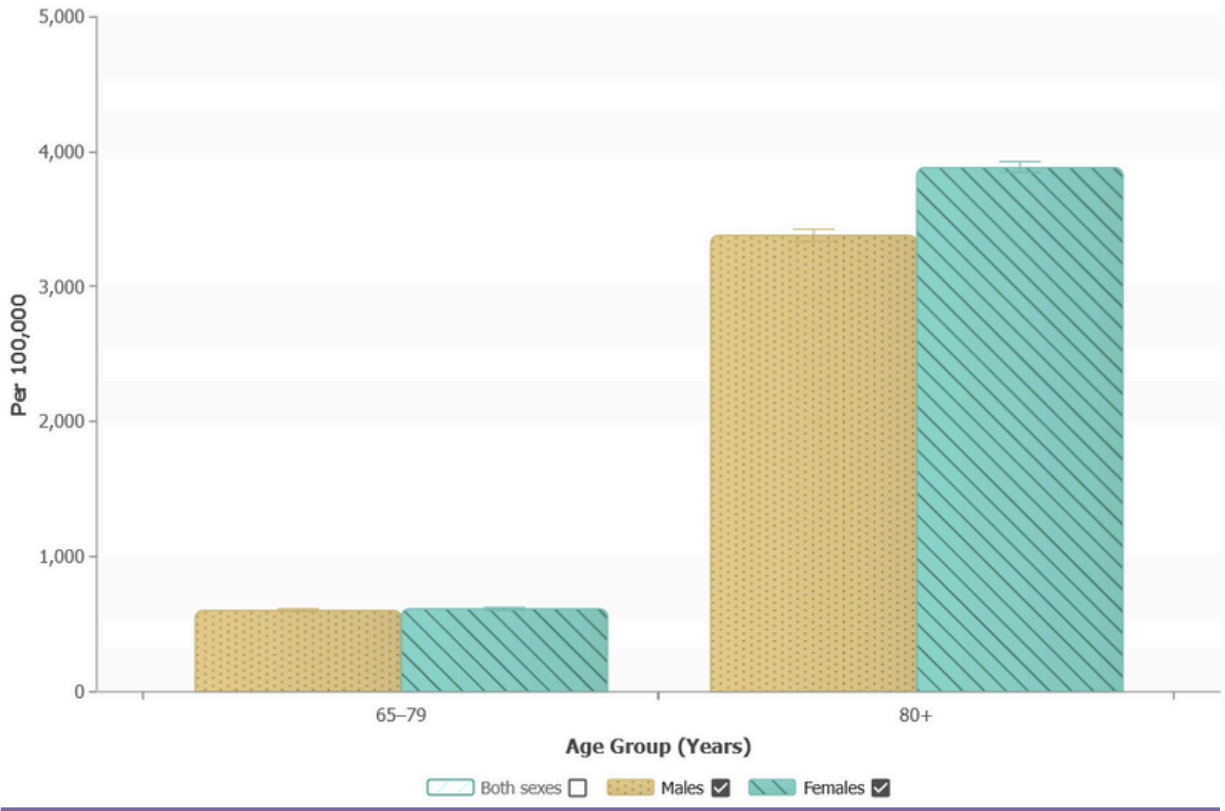


**DO YOU KNOW**

Canadian 2022-2023 (fiscal year) count, age distribution (65+) and gender of those living with dementia (graph 1). Canadian 2022-2023 (fiscal year) count, age distribution (50+) and gender of those suffering the effects of stroke (graph 2).

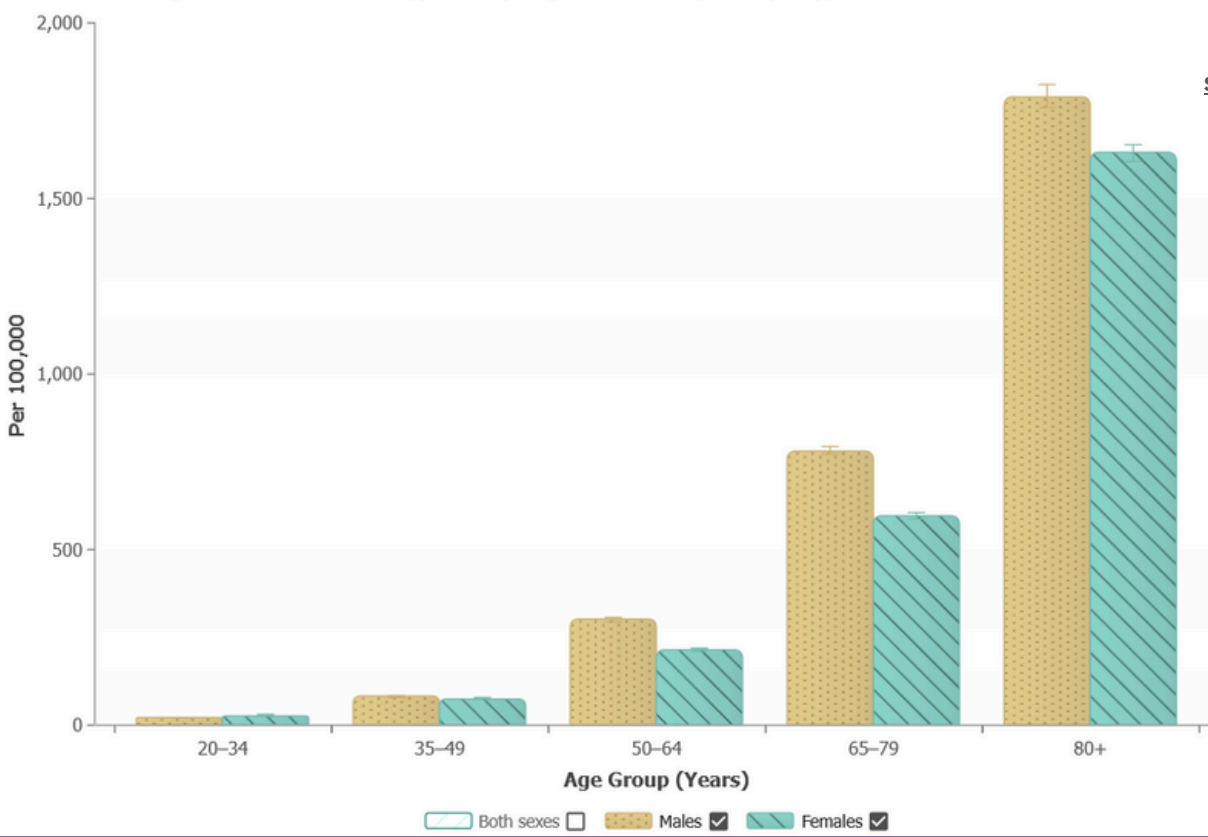
**GRAPH 1**

**Dementia, including Alzheimer disease, crude incidence rate, per 100,000, 2022–2023 (fiscal year), Canada**



**GRAPH 2**

**Stroke, crude incidence rate, per 100,000, 2022–2023 (fiscal year), Canada**



**Total case count for Canadians 50+ suffering the effects of stroke**

Age 50-64  
19,840

Age 65-79  
37,505

Age 80+  
29,240

Age 90+  
7,870





Parkinson Canada offers information, peer support groups, and support for those living with Parkinson's Disease and their caregivers.

To connect, call toll free :

1-888-664-1974

Mon. to Fri. 9 a.m. to 4 p.m. ET

Or visit their website at:

[www.parkinson.ca](http://www.parkinson.ca)

## *Featured Program: Community Webinars*

Parkinson Canada offers webinars which are designed to, support, inform and connect the Parkinson's community.

To access their recordings, visit:

[www.parkinson.ca/resources/community-events-and-webinars/](http://www.parkinson.ca/resources/community-events-and-webinars/)

**Parkinson's Psychosis:  
Hallucinations &  
Delusions**

parkinson.ca

**Candid  
Conversations:  
Advanced Therapies  
for Parkinson's**

parkinson.ca

**The Gut-Brain  
Connection in  
Parkinson's**

parkinson.ca

**DO YOU  
KNOW?**

The federal government tracks many chronic conditions through a project called the Canadian Chronic Disease Surveillance System (CCDSS). From 2022-2023, the CCDSS reported there were more than 119,000 cases of Parkinson's in Canada with the disease affecting more males than females.



Our Mission

To enhance the quality of life and care of older adults through partnerships in research, education and practice.



Our Vision

A world where research is driving innovation to enrich the journey of aging.

*Enhancing Life*

“The Schlegel-UW Research Institute for Aging (RIA) is a charitable, non-profit organization that enhances the quality of life and care for older adults through research, education, and practice. We connect research to the real world and tackle the biggest issues facing an aging population. Our innovative approach to research is helping to change the way we age in Canada.”

RIA offers a wealth of information and resources for older adults and their various care partners. To subscribe to their monthly newsletter, go to:

[the-ria.ca/subscribe/](https://the-ria.ca/subscribe/)

*Featured Program:*

WORDS OF WISDOM SERIES

“The ‘People Living with Dementia Share Their Wisdom’ panel series showed just how powerful personal experiences can be. The 17 panelists, all of whom are either living with dementia or supporting someone who is, shared insights and personal stories that can help others on a similar journey. The collective wisdom led to the creation of these eight resources, the Words of Wisdom series, which aim to provide support, guidance, and reassurance during some of dementia’s most challenging moments.

Whether you are a person living with dementia or supporting one, these guides are here to empower, inform, and inspire you”



[the-ria.ca/resources/words-of-wisdom-series/](https://the-ria.ca/resources/words-of-wisdom-series/)

# VOLUNTEERS NEEDED

ALONE, WE'RE STRONG. BUT UNITED, WE'RE AT OUR STRONGEST.

ALL POSITIONS ARE OPENED TO FAMILY MEMBERS AND FRIENDS OF CHESTER VILLAGE AS WE LOOK TO REBUILD A STRONG & VIBRANT FAMILY COUNCIL.

**Chair** : Shall preside over all FC meetings and set the agenda in consultation with the executive team. The Chair will follow up with the Home on any actions initiated by the FC, and be the primary liaison with Chester Village management, addressing collective issues that affect the well-being and care of residents. In the absence of the Chair, the Co-Chair, or a designated officer shall preside. In lieu of a single Chair, two Co-Chairs may share responsibilities.

**Co-Chair** : Shall aide in the Chairperson's duties and assumes leadership in the absence of the Chair.

**Secretary**: Shall record accurate minutes of each meeting and maintain all minutes as a permanent record.

**Communications Lead**: May develop a Family Council Newsletter providing relevant information and resources for families; help with any other communications on behalf of the FC as required.

**Quality Care Committee Liaison: (currently filled)** Shall attend and represent FC interests at Quality Care Committee meetings; report back to FC members with updates.

**Treasurer**: Shall lead & execute any fundraising done by the FC; distribute any funds in concurrence with FC mandates and approval; maintain a financial log; report to the FC on financial issues.

If interested, please e-mail :

[chestervillagefamilycouncil@gmail.com](mailto:chestervillagefamilycouncil@gmail.com)





# STRONGER TOGETHER

CHESTER VILLAGE FAMILY COUNCIL

If you have any ideas or relevant resources beneficial to caregivers and families that you would like to share, or if you are interested in sharing your time to form an executive team for the Family Council at Chester Village, please reach out to:

[chestervillagefamilycouncil@gmail.com](mailto:chestervillagefamilycouncil@gmail.com)

Together, we can achieve the highest quality of care for our loved-ones and all residents who call Chester Village home.

Wishing everyone a joyful spring, and to those who celebrate, a Happy Easter.



*"If I cannot do great things,  
I can do small things in a great way."*

*—Martin Luther King, Jr.*

