

FG Minutes October 25, 2023

The meeting opened with a message from Cynthia (CEO):

- Reminder that the new masking policy is in effect – everyone must mask when entering a home area and when in the presence of a resident in the main floor common spaces; everything else is staying the same for now (ie. group programs, eating with your family member, etc.)
- Flu Shot – 90% of our residents have received their flu shot so far and we are offering it to our staff; we are not able to offer it to any visitors but we encourage everyone to get their flu shot through their doctor or a pharmacy; public health is expecting a more aggressive flu season this year and on that note, reminder to NOT come in to Chester Village if you are not feeling well for any reason
- Satisfaction Surveys – look for information coming soon on how to complete it – as usual, it will be through an online survey and we will eblast out the details as well as have the links available at the front desk

Lynne then shared details of November activities and events as received from Morgan (Activation Manager):

Trip to the Mall – November 2nd and 27th -Please sign up with Reception or Morgan Geast

Remembrance Day Service – November 11th 10:45am – Village Hall

Dinner Club – November 17th

Hands on Exotic Animals – November 20th – 2pm in the Village Hall

East York Barbershop - November 21st - 2pm Village Hall

Chester Village Christmas Bazaar – In House not open to the public (families and friends are welcome to accompany their loved ones) November 22nd

Pub Night - November 24th 6:15 pm

Concerts in Care – November 29th – 2pm

Municipal By-Election – November 30th - polling station will be held in the Chapel for Residents only. They do not require any photo ID and the polling station can be brought to their rooms, if they are unable to come downstairs.

Lynne then announced that our November meeting will consist of a presentation by Anita Roopani, RN on the topic of palliative and end-of-life care.

Anita is the Palliative Care Specialist at Michael Garron Hospital and she works closely with Chester staff to provide excellent palliative care to our residents. Christine Fleming (Chester's Staff Educator) and Anna Lei (Assistant Director of Care) will also participate in Anita's presentation to provide us with a closer look at how palliative and end-of-life care take place at Chester. Lynne mentioned how helpful and supportive Anita was at the time of her husband's passing.

This presentation will take place on Wednesday, November 29th, at 7:00 pm.

Lynne is hoping to provide more education sessions for us and asked us to send any topic suggestions to her. We talked about the September presentation on dementia by Sasha Johnston and agreed that it was very worthwhile. We were asked to remember to mute ourselves during such presentations and, also, to save our questions until the end of the presentation so as not to take up the presenter's valuable time.

There was then a discussion about how the format of Family Council has changed due to Covid restrictions. Meetings used to be held in person in Chester's Board Room which allowed for a more relaxed interchange of comments and questions, along with the addition of tea and cookies for participants. While we understand that virtual meetings are more convenient for many of us, we wondered about holding some future meetings in person to give us the opportunity to get to know and be supportive of one another. Perhaps such meetings could be hybrid in format so that those who cannot attend in person can still be involved. Lynne would be interested in knowing how members feel about the format of meetings...send your thoughts to her or bring them to our January meeting.

We then discussed some ideas for meeting topics and the following ideas were suggested:

- *a chance for Cynthia to familiarize us with new staff roles and tell us "who is responsible for what."
- *information on wills/estates
- *information on income tax filing for LTC residents
- *clarification of what drugs are covered for LTC residents

If you have suggestions to add to this list, please share them with Lynne or bring them to our January meeting.

If you are, or know, an "expert" in any of the above fields...or another field of interest to family members...please let us know.

Please note that the agenda for the November 29th meeting will be the Palliative Care presentation and the meeting will start at 7:00pm.

The November meeting will be the final one for 2023...no meeting in December.