

Chester Village Family Council

Minutes: April 24, 2019

Present: Lynne Smith (Chair); Deidre Balyk (Secretary); Glenna Clayton; Beverley Desjardins; Dianne Klim; Mike Plouffe; Cynthia McCarrey; Linda Redford; Lynda Cottenden; Sandra Monks; Jennifer Saint; Catherine Furguele; Linda Allen; Luis Scala; Susan Ronan; Carole Williamson; Barbara Muirhead; Shelley Allen; Kathy Van Laethem; Lyndia Eberhart-Butler; John O'Regan.

Regrets: Tracy Torrance.

Guest Speaker: Allyson Nowell (Clinical Coach of LEAP program)

(The Power Point version of Allyson's presentation will also be forwarded to members when available.)

The World Health Organization defines palliative care as an approach that improves the quality of life for a patient with a life-limiting diagnosis. This is not always an "end of life" situation and there is no set "time remaining" period used to declare a patient as being palliative. One of the goals of the current LEAP program is to encourage early conversations about palliative care in order to learn the wishes of the patient. Another is to manage troublesome symptoms without frequent ER visits. Allyson emphasized the importance of having these conversations early enough to have a clear understanding of the patient's wishes when palliative care is called for. She also reminded us that health care decisions are made at the moment of need and are largely dependent on what is actually happening in that moment. For this reason, Ontario does not recognize instructions given in a "living will" or "advanced directives"...hence the importance of early conversations so that the family member with Power of Attorney (or the substitute decision maker if no POA exists) is able to make decisions that adhere to the wishes of the patient. Allyson suggested going to the "Speak Up Ontario" website (speakupontario.ca) for detailed information about this topic and a guide for establishing effective end-of-life decisions.

Allyson also touched on the topic of the need for food and water when someone is the end of life stage. The body is not able to process either food or water successfully at this stage and, therefore, the patient is neither hungry or thirsty. Providing either of these things can actually be harmful to the patient. Oral care and wetting the lips regularly is required, but not food or water.

If you have further questions about palliative care, speak to Gina or Anna.

Committee Reports:

(1) Staff Awards:

The winners for the first quarter of 2019 (January, February, March) were as follows:

Grace Anne Facun (RPN Ruby)

Vito Mezzapelli (Volunteer)

Malai Subaraskan (RPN Ruby/Jade)

(2) SKYPE Project:

Jennifer Saint has been working on this project with the help of Linda Redford and Morgan Geast. She has an announcement flyer in the final stages and will meet with Morgan and Cynthia for final approval. Jennifer and Linda are hoping to launch the program on Sunday, May 11th.

If you are able to help with this new Family Council initiative, please contact Jennifer at: jjsaint7@gmail.com

New Business:

(i) Lynne recently received a letter from Jaya Gupta (chair of Family Council for Chateau Park in Windsor) who has been working with a group called Dementia Advocacy Canada. The goal of this group is “to amplify the voices of people living with dementia and their care partners.” If you are interested in learning more about this group, you can find more information at <https://dementiacanada.com/>

(ii) Family Councils Ontario has announced the date of their annual conference: June 12th and 13th. Lynne and Carole Williamson both attended this conference last year and found it very informative. The cost of registration for both days was very reasonable and included meals. Registration is now possible on the Family Councils Ontario website: <https://www.fco.ngo> The cost for the two days is \$75 and the conference is held in the Novotel Hotel in North York (3 Park Home Avenue).

(iii) We were reminded of two upcoming workshops being presented at Chester Village by the Alzheimer Society of Toronto in May. They are as follows:

Thursday, May 16th (6:00 to 8:30pm) “Dementia 101”

Thursday, May 23rd (6:00 to 8:30pm) “Understanding Behaviour and Communication.”

Lynne reminded us that the Alzheimer Society deals with all forms of dementia, not only Alzheimer’s, so these workshops would be helpful to many of us.

To register for either of these workshops, contact Andrea Macina at 416-466-2173 x229 or andrea@chestervillage.ca

Note that attendance is limited to 25 participants, so register early!

(iv) A reminder that foot care is available for residents at Chester in two different ways. We have a nurse (Carol Ann) who is trained in foot care and offers nail trimming, etc. at a rate of \$35. Residents who use Carol Ann’s service are very pleased with her gentle and efficient care. There is also a specialist (chiroprapist/podiatrist) who visits on a regular schedule...useful for residents who want the service to be partially covered by OHIP and, possibly, private health insurance. Don’t forget that either service can be claimed as a medical expense at income tax time.

Questions and Comments:

For Gina:

Several family members expressed concerns regarding thorough and consistent oral care for residents. Could this aspect of resident care be re-visited with all staff and its importance be emphasized?

(We have not noted a specific case here as it seems to be a concerns of several family members with residents in various units.)

Thank you for your comment and concern. We will make June ‘oral care awareness month’ for the staff and provide 1:1 education and observation, do some fun fact sheets and provide them with some tips and tools to ensure we are meeting the oral care needs of the residents. This will be assigned to Elizabeth and Susan.

Notes of Appreciation:

Thank you to Morgan and Anna for arranging and facilitating Allyson’s presentation to us today. It was very informative and much appreciated.

Please also pass our thanks on to Allyson herself for her time and empathy. Will do. We are glad the Family Council found value in the presentation and information and hope that you will continue to share the message to all family members who may have questions about our program in the future.

Chester Village would like to extend their appreciation to the Family Council for continuing to be not only involved but interested in the programs we have to offer. Your enthusiasm and attendance at these special presentations is much appreciated. All of the recent speakers/presenters have expressed back to us that we have a very engaged Family Council.

Next Meeting: Wednesday, May 29th

6:30 pm, Board Room