



**MESSAGE FROM JULIA, VP OF OPERATIONS**

It is with regret that I inform you that our GM, Laura Raycraft, will be leaving Haven Hill for another opportunity.

Laura has worked here for the past 3 years, first as the Care Manager and for the past year as the General Manager. Her final day at Haven Hill will be December 21, 2018.

Please join me in wishing Laura continued success in her future endeavors.

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**FAMILY COUNCIL**

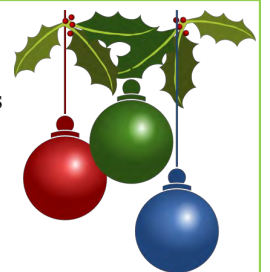
The Haven Hill Family Council is an organized, self-led group composed of family and friends of the Residents of Haven Hill Care Centre. The main purpose of the Council is to improve the quality of life for our Residents and to give families and friends a forum for sharing their experiences, learning and exchanging information. Connecting with the Family Council is also a great way to share your successes and challenges, work on issues of common interest, and to support one another.

This group is currently on hold, but actively looking for new members to attend the monthly meetings. If there is limited interest in membership, this council may become blended with the monthly Resident Council meetings.

If you are interested and want more information, please contact Kara @ extension 113 or by email: [kara.nelson@havenhill.ca](mailto:kara.nelson@havenhill.ca)

**CHRISTMAS DECORATIONS—NO GLASS PLEASE**

As the holidays approach and you bring in items to decorate your loved ones rooms, we ask that you do not bring anything that is made of glass. Glass presents a hazard not only to the resident, but also our staff, so please make sure they are the ‘shatterproof’ variety.



## NEW CLINICAL PRACTICE MANAGER—Jessica

My name is Jessica and I am new to Haven Hill in the Clinical Practice Manager role. I have over 15 years experience in healthcare, much of that in long term care, community, and education. My role at Haven Hill is primarily staff support. Through education, in-services, and additional training, I can help the staff to ensure that they are practicing to the best standards for our residents. As practices change or should new things come up, I will ensure that staff have the education and training that they need to practice safely and competently.

I am very happy to be part of the Haven Hill team and look forward to working with all the staff for the continual care of our residents.

### WINTER IS HERE!

We would like to take this opportunity to remind family/friends to bring in the following for their loved ones, as the weather is now getting colder.

- Warmer/heavier clothing
- Toques, gloves
- Winter Jacket (if applicable)



Flu season is fast approaching! Please take precautions when coming to visit at Haven Hill so that we do not introduce any flu bugs into the facility. Here are some suggestions:



1. Always use proper handwashing techniques and wash your hands regularly
2. Use hand sanitizers when soap and water is not available (units are set up throughout the building)
3. Cover your mouth when you cough or sneeze (try to do this into your elbow or sleeve and not your hands)
4. Keep your regular immunizations current, get your flu shots yearly
5. Stay home when you are sick...we ask that you refrain from visiting if you have any symptoms and remain home until you are 48 hours symptom free
6. **If you do not receive a flu shot, then we ask that you please comply with Interior Health's policy of wearing a mask when you visit—masks will be available at the front entry .**
7. Many of our residents have compromised immune systems and are unable to fight off respiratory, GI and influenza bugs. We ask that you take every precaution available to assist us in keeping Haven Hill residents safe and free from the flu this season! While the flu vaccination will not stop you from getting all flus, it will greatly decrease the severity of illness and the duration.

## Odds & Sods cont'd

As we continue to accumulate unlabeled clothing in the laundry department, and with the holiday season quickly approaching, we wanted to remind families of the importance of having their loved ones clothing and blankets labelled by the laundry.

If you are bringing in something or know a friend is bringing in an article of clothing or blanket, please ensure that it either has the resident name written in permanent marker on the tag or give the article directly to a care staff member.

Clothing/Blankets that are not labelled are kept in the laundry room for up to 3 months then given to charity. If there is an item missing from your loved ones closet please feel free to check with our laundry department to see if it has found a new home in our lost and found.



## Visiting Dogs

Visiting pets provide many benefits to our residents and we welcome them to Haven Hill. Under our Pet Visiting Policy, all dogs that visit with family/friends must be fully vaccinated to protect our residents, other animals and especially our Pet Therapy Dogs that visit weekly.

We also ask that your dog is kept under your control at all times, is leashed and not in the dining areas during meal times.

If you have any questions about this policy, please see Kara.

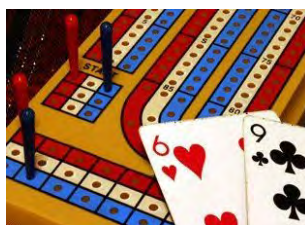


## ACTIVITY KITS

Just a reminder that there are activity kits in every neighbourhood. These kits contain different items that family/friends/staff will be able to access and use while spending time with residents.

We hope these kits make your visit a little easier and more enjoyable. We have also included some tips on visiting and staying connected to your loved one while visiting.

Please take a moment to familiarize yourself with the contents and provide any feedback on the forms provided.



## HOMEMADE GOODIES—PLEASE STOP AND CHECK

Many residents need special textured food and drinks to keep them safe. Please check with the nurse before sharing any drinks and goodies with other Residents. Thank you!



### RECIPE OF THE DAY—

#### Roasted Butternut Squash

##### Ingredients:

One butternut squash 1.5 kgs

Olive oil 30 mls

Smoked Paprika  $\frac{1}{4}$  tsp

Chili flakes  $\frac{1}{4}$  tsp

Salt & pepper to taste

##### Method

Peel and chop the squash into one inch pcs discard the seeds and peel

In a bowl toss squash, olive oil, paprika and chili flakes

Add salt and pepper to taste.

Arrange loosely in a casserole dish

Place in a preheated oven to 200 degree Celsius and roast for 15 to 20 minutes until fork tender

Goes great with Chicken or pork

Can also be pureed with chicken stock and cream for a wonderful soup

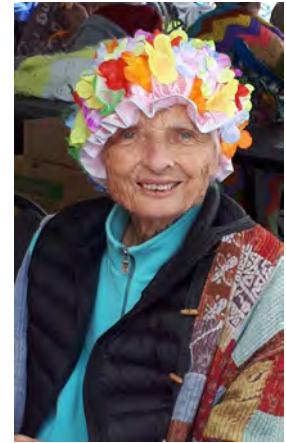


## RECREATION HIGHLIGHTS

For the last few years, there has been an inter-facility event held in September that is usually at the Hamlets. This year it was held at Peach Orchard Beach in Summerland and was attended by 5 different facilities from the area. It had a bathing suit/beach theme including a picnic and live entertainment. Our residents had a wonderful time as the weather cooperated and they laughed and reminisced about the bathing caps & costumes of the other homes that were there.

Each year there is a competition and this year it was for the best costumes. Haven Hill came away with the 1st place trophy due to our 'bathing beauty' caps, leis and floaties! It is the 2nd year in a row that we have brought home the trophy, last year it was for the best scarecrow.

Congratulations to the Rec department for winning the award for a 2nd time and for their hard work, vision and creativity!



### Tim's Coffee House

We started a new program in November called Tim's Coffee House. It differs from many of our other programs as it is resident-lead. The Rec staff are there to help facilitate and foster conversation, but the focus is on socialization and building new friendships and relationships with co-residents. With some coffee house music in the back round, the residents enjoyed Tim's coffee and donuts and the company of each other.



**We would like to thank one of our families for their wonderful donation of a sewing machine.**

**Unfortunately we did not get the name of the gentleman who left it for us.**

**Please know that it is appreciated !**

“Our Value lies in what we are and what we have been, not in our ability to recite the recent past.”

Homer, A man with Alzheimer’s

## IPOD and EARPHONE DONATIONS NEEDED

We thank those that have already generously donated an Ipod or headset earphones (over the ears), but we are still in great need of more.

Please see the last edition of the newsletter for a brief description of the benefits of music specifically programmed for individual resident use.

Thank you in advance and please see Kara in Recreation if you can help with this in any way!



## Sewing Supplies & Volunteers Wanted

The Haven Hill Sew 'n Sews are looking for working sewing machines for their sewing program. We are also in need of a couple volunteers to help out with this program so that we are able to reach more residents. Please see Kara if you can help in any way!



## VOLUNTEERS WANTED

The recreation department is very grateful to have the assistance of volunteers who support us throughout the year here at Haven Hill. We are currently looking for more volunteers and would appreciate any family members/friends that would be available to help. We can provide many different areas of opportunities ranging from 1:1 visiting, to being a chaperone on a bus trip and can be very flexible around your schedule.

If you have an interest and the time to give, please contact Kara.

