


Fall Is Here


After a warm, smoky summer, it looks like Fall has arrived in the Okanagan. We would like to take this opportunity to remind family/friends to bring in the following for their loved ones, as the weather will be getting colder.

- Warmer/heavier clothing
- Toques, gloves
- Winter Jacket (if applicable)
- Winter boots or warmer shoes (if applicable)

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## Concerts In Care

Haven Hill was selected to take part in the **40 for 40 Concerts in Care Tour** as part of the BC Care Providers 40th Anniversary celebrations. They sponsored 40 concerts across B.C. at their member sites and we were fortunate enough to have been chosen as one of them.

Through the Concerts in Care program, the Health Arts Society delivers professional musical performances to residents of long term care and assisted living sites across B.C., providing an experience of enjoying the performing arts in their own setting.

The concert was outstanding and those in attendance were treated to two very entertaining and talented ladies who gave us a taste of a professional concert within our own home at Haven Hill—what a great experience!



## HAVEN HILL'S SCARECROW

For the last few years, there has been an event at the Hamlets that is attended by 6 -7 complex care and assisted living facilities in the South Okanagan. The theme this year was a hoe-down and each group had to build & bring a scarecrow for the annual competition. We are very happy to report that Haven Hill won 1st place and walked away with the coveted trophy!

We will display the scarecrows (Daisy-Mae, Blaze and Duke) inside the front entrance for the month of October for all to see. The 'trophy' is on the table also in the entry.

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



## ACTIVITY KITS

The recreation department has been hard at work on some activity kits that will be placed on every pod. These kits contain different items that family/friends/staff will be able to access and use when they are spending time with residents.

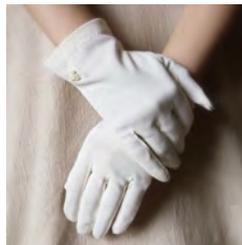
We hope these kits are of use to you and make your visit a little easier and more enjoyable. We have also included some tips on visiting and staying connected to your loved one while visiting.

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



## HATS, WHITE GLOVES, WRAPS (vintage or faux fur, knitted etc.) WANTED

The recreation department is on the hunt for ornamental hats, white gloves and wraps for a 'fancy tea party' we are planning on adding to the recreation calendar. If you have any of these items and are able to donate them, please see Kara in Recreation.



## NEWS FROM NURSING—

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 once flu season begins.

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.



## HOT OUT OF THE OVEN... A NEW SUPPORT SERVICES MANAGER!

We are very pleased to announce that we have hired a new Support Services Manager—his name is Cam Willey and he comes to us from Vancouver. Cam has had many years of experience in a health care environment and is very happy to be relocating to the Okanagan and Haven Hill.

His first day of work will be October 10th, and we ask that you join us in welcoming him to our community!



## RECIPE OF THE DAY

### NO-KNEAD FOCACCIA BREAD

3 cups all-purpose flour

1 3/4 teaspoons kosher salt

1/2 teaspoon yeast

1 1/2 cups water (cool to room temperature, it doesn't need to be warm.)

For the topping:

Extra-virgin Olive Oil

Sea Salt

Fresh Rosemary

In a large mixing bowl combine flour, yeast and salt, stir in water and mix just until the mixture forms a ball and the flour has absorbed the water—do not over-mix.

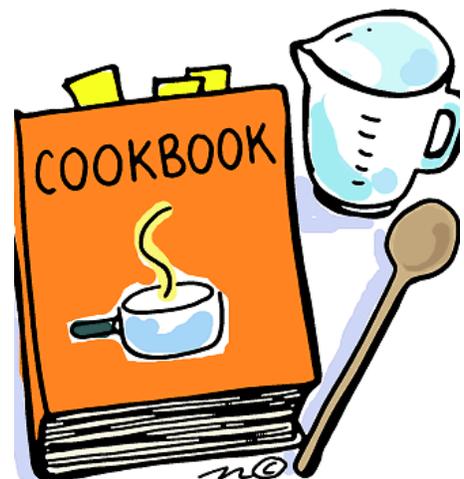
Cover with plastic wrap for 12—18 hours.

When ready to bake, heat oven to 450 degrees. Cover the bottom of an 8 x 8-inch square pan with extra virgin olive oil. Scrape dough out of the bowl (it will be very sticky) directly into the prepared pan. Press dimples into the dough with finger tips. Sprinkle the top with fresh rosemary and sea salt.

Cover tightly with aluminum foil and bake for 25 minutes.

Remove foil and bake for an additional 20 minutes or until golden. Makes 1 8 x 8-inch focaccia.

**ENJOY!**



## CREATING MOMENTS OF JOY—PART 2

### Understanding the Person with Alzheimer's

The following is part 2 of excerpts from a book called 'Creating Moments of Joy' written by Jolene Brackey,

**'Live Their Truth' - No matter how hard we try, we cannot bring back their short term memory. We can, however take back their long term memory and use it to create moments of joy. This means that we need to live in their reality. When they are looking for their Mom or Dad, think about what their Mom or Dad did during the day and then use that as your answer so that they feel like they are ok. For example, "she's out doing chores, she's at the church, he's at work, he's at the barn", etc. By giving answers that make sense to them, they are able to relax and not worry about where their parents are. Talk about their parents, find out what they were like. It is difficult for people to live 'their' truth - to tell them their Mom is doing chores when they are really gone, to tell them their horse is in the barn when they no longer have a horse. We don't like doing this because we feel we are lying to them. It is not lying, but it is 'living their truth'. No matter how hard you try to bring them to OUR reality, you will lose as they will ultimately think you are lying, trying to hurt them or are an imposter. Live THEIR reality and find treasures in THEIR reality. By enforcing their thought pattern, whatever that may be, you have a better chance of a more meaningful conversation.**

**Universal, "I want to go home" - Understand that the home they are looking for no longer exists because it is a home from long ago. It could also be the feeling of security and safety a home provides. The best thing we can do is to help them feel safe and comfortable for the moment in the place they need to live.**

#### **Possible responses:**

**Give them a reason to stay just a little bit longer. They will get pretty upset if you tell them this is their home. So in the morning you can say, "stay for breakfast, they serve good food here", in the afternoon you can say, "they are going to be singing in a little while, I know they could use your voice", at night "your Mom just called and said you could stay for the night. They have a bed all made up for you". You can also appeal to their good graces—"Why don't you stay for dinner, they have made up a plate especially for you". If they need more reassurance or are worried others will wonder where they are, you can add "I spoke with \_\_\_\_ and she said it was fine for you to stay".**

**Keep your answers as short and simple as possible. Usually if you get longer than two sentences, you will lose them and have to repeat yourself. Just try the simplest answer that would make them feel OK to stay 'here' for a little while longer. If your answer doesn't work, keep changing it until you find the one that does work. When you find the answer that works, tell everyone!**

To be continued.....

**"Alzheimer's cannot take away what has already been. It only transfers responsibility of remembering to those who love them."**



415 Haven Hill Road  
Penticton, BC  
V2A 4E9  
Phone: 250-492-2600  
Fax: 250-492-2498

Recreation Calendars can be found online at [www.havenhill.ca](http://www.havenhill.ca) under 'events' or at the front entrance on the table.

"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

## FAMILY COUNCIL



The 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 issue of common interest and to support one another.

The Council meets every 2nd Wednesday of the month from 3:30—5:00pm in the Education Room downstairs.

For more information, you can email: [havenhillfamilycouncil2016@gmail.com](mailto:havenhillfamilycouncil2016@gmail.com)

\*\* Please note that Council now has a bulletin board by the front entrance that they will be posting relevant and upcoming information on.

## CABINETS

We have received the new washroom storage cabinets for the rooms in Upper and Lower Bartlett—some have already been installed with the remainder to be done this month. In the next fiscal year, we will install cabinets in Upper and Lower Cherry and then all the pod installation will be complete.

## LOST and FOUND CLOTHING

Just a notice to all families/friends that we have a rack of non-labeled clothing downstairs outside the education room. If your loved one is missing an item of clothing, please go down and take a look. The cart is left there for the month and any unclaimed clothing is then donated to charity. Also a reminder that when you do bring in new clothing, please bring it directly to the laundry so that it can be labeled.



The recreation department is very grateful to have the assistance of volunteers during programs, bus trips and meal times. We are currently looking for more volunteers and would appreciate any family members/friends that would be available to help. We are especially looking for volunteers to go out on the destination bus trips and scenic drives.

Please contact Kara if you are able to assist. Thanks! (250)492-2600 Ext.113