



burtonmanor™

LONG TERM CARE RESIDENCE



AIMING HIGH
TOGETHER™

September

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Administrative News

Our dedicated staff including the management team continues to provide resident driven services and care to you and your loved ones.

Our Day of Recognition on August 14th was a great success. We recognized staff members who were celebrating 20, 15, 10 and 5-year anniversaries working at Burton Manor. In total, 89 people were recognized. See the last page for some photos of this event.

To enhance security, cameras have been installed in all common areas, in the parking lot and around the exterior of the building.

Also, the walkway around the building has been paved and residents are already enjoying their walks on the new surface.

The leadership team continues to be proactive in our approach to ensure everyone is safe and well.

On behalf of the entire Burton Manor team, we thank you for your cooperation and continue to ask that you stay healthy and safe.

B.Swamy
Executive Director





Nutrition News

Pears Are a Great Fruit for Heart-Friendly Fiber

People overlook pears, but they deserve more love. These juicy fruits are similar to apples in nutrition but have even more filling fiber. According to the USDA, a medium pear has an impressive 5.5 g of fiber, which is about 20 percent of your daily value (DV), making it an excellent source. And it's just 101 calories.

You'll also score almost 8 mg of vitamin C (about 9 percent of your DV) and 206 mg of potassium (which is about 4 percent of your DV), in a medium pear. Potassium is crucial for helping your cells function at their best, notes Harvard Health Publishing. It helps regulate the heart and keeps your muscles and nerves working as they should.

A small study published in February 2019 in *Food & Function* found that when study participants with metabolic syndrome — a cluster of conditions including diabetes, high blood pressure, and obesity — ate two pears daily, they experienced improved heart health and other important health markers. Pears' fiber likely played a role. The Mayo Clinic notes that high-fiber diets are tied to better heart health and a reduced risk of cardiovascular disease.

When you're out shopping for pears, you can buy them when they're pretty hard and let them soften up over a few days. Add a dash of sweetness to salads by tossing in some pear slices or bring a touch of fall flavor to the breakfast table by adding pears to your muffin or scone recipes. When ripe, their juicy nature makes them a great addition to sparkling water refreshers. They also make a lovely and healthy dessert when poached.



Residents' Council News

Residents' Council Date: Monday, September 16th @ 10:30am (PL)



Food Council Meetings

Food Council Date: Monday, September 16th @ 11:00am (PL)



Family Council News

TBA

Please note the dates and time are subject to change, updates will be provided



Nursing News

Did you know that it is very common to find bacteria in the urine of the elderly?

Bacteria are found in the urine of up to half of women and a third of men living in long-term care homes. This does not always mean that a resident has an infection. Finding bacteria in the urine in someone who does not have signs of infection is called asymptomatic bacteriuria. This condition does not need to be treated with antibiotics.

Giving someone antibiotics when they are not sick can be harmful. Antibiotics can produce side effects such as rashes, nausea, loose stools and allergic reactions.

As well, if an older adult is given antibiotics too often, they may develop an antibiotic-resistant strain of bacteria in future infections or illnesses, making those infections difficult to treat. For these reasons, Burton Manor has started an initiative to send urine specimens to the laboratory only when the resident has specific signs of a urinary tract infection and to give antibiotics only to residents who need them.

What are signs of a possible urinary tract infection?

When a person has a urinary tract infection, they may say it hurts or burns when they pass urine. It may be hard for them to urinate, or they may feel the need to urinate more often. They may have a fever or, less commonly, blood in their urine. They may complain of pain in their side, lower stomach or lower back.

What are NOT signs of a urinary tract infection?

Disorientation and confusion are not reliable signs of a urinary tract infection. Bacteria in the urine are sometimes incorrectly blamed for causing changes in a resident's behaviour. Smelly or cloudy urine does not mean a person has a urinary tract infection. Other medical problems, such as dehydration, may cause changes in the urine. Certain foods and medications may also cause changes in how urine looks or smells.

How will a possible urinary tract infection be managed with the new program?

When a resident has signs of a urinary tract infection, urine will be collected and sent to the laboratory for testing.

The doctor or nurse practitioner may wait for the results of the urine test before they decide about treatment, and they may encourage the resident to drink more water or clear fluids while they wait. The resident will be closely monitored during this time.

A period of "watchful waiting" is an appropriate step to take and will not cause the resident any serious issues. If a resident is found to have a urinary tract infection, then they will be given antibiotics.

How can you help?

Please let staff know if a loved one has any signs or symptoms of a urinary tract infection. Antibiotics are not harmless. Please support our doctors or nurse practitioners in using antibiotics only for a true infection. If you have more questions, please speak with your health care provider.

Monthly Feature

September Birthstone: The cool blue sapphire is made of corundum, and when it is red, it is called a ruby. The most expensive sapphires are mined in Kashmir and Myanmar, but they are also found in Australia, Africa, and India. Sapphires are very hard and durable. Perhaps that is why they are associated with truth and fidelity. In ancient times, it was believed that if the wearer was unfaithful, the stone would not shine. Sapphires were reputed to have healing powers that helped with eye and ear problems, bleeding, and inflammation.



September Flower: The aster is named for its star-shaped flower. Also known as the Michaelmas daisy, it blooms in the fall with blue, pink, and white blossoms. Some folklore says that burning aster leaves will keep snakes away. The aster symbolizes valour, and it is sometimes seen at the burial of soldiers. A 1918 Hungarian revolt is known as the “Aster Revolution” because protesters wore the flower when they attacked government buildings in Budapest. In Victorian times, the aster meant “Take care of yourself for me.”



Happy Birthday Wishes to:

Joyce S—Sept 7th
Marjit V—Sept 8th
Rawle B—Sept 10th
Verilyn H—Sept 10th
Earl D—Sept 16th
Janet A—Sept 16th
Sarjit B—Sept 19th
Kuldip B—Sept 22nd
Debra B—Sept 22nd
Anna W—Sept 24th

Famous People in History who have a birthday in September:

Gloria Estefan (singer) – Sept. 1, 1957
Charlie Sheen (actor) – Sept. 3, 1965
Beyoncé Knowles (singer) – Sept. 4, 1981
Buddy Holly (musician) – Sept. 7, 1936
Jesse Owens (athlete) – Sept. 12, 1913
Marco Polo (explorer) – Sept. 15, 1254
Lauren Bacall (actress) – Sept. 16, 1924
Greta Garbo (actress) – Sept. 18, 1905
John Coltrane (musician) – Sept. 23, 1926
Shel Silverstein (author) – Sept. 25, 1932
Ed Sullivan (TV host) – Sept. 28, 1901
Truman Capote (author) – Sept. 30, 1924

Monthly Feature

Special Events

- Labour Day Celebration with Dan—Monday, Sept 2nd @ 2:00pm (CR)
Happy Hour with Vivian C—Thursday, Sept 5th @ 2:00pm (CR)
Grandparents Day Celebration with Entertainment—Sun Sept 8th @ 2:00pm (CR)
Sing-a-Long with Karen—Monday, Sept 9th @ 2:00pm (CR)
Happy Hour with Ryan—Friday, Sept 13th @ 2:00pm (CR)
Musical Entertainment with Manvir—Monday, Sept 16th @ 2:00pm (CR)
Happy Hour with Cameron—Thursday, Sept 19th @ 2:00pm (CR)
Musical Entertainment with Gerry—Monday, Sept 23rd @ 2:00pm (CR)
Chair Yoga with Simone—Wednesday, Sept 25th @ 2:00pm (CR)
Birthday Party with Linda & Denis—Thursday, Sept 26th @ 2:00pm (CR)
“Welcome Fall” Tea—Friday, Sept 27th @ 2:00pm (CR)
Sing-a-Long with Karen—Monday, Sept 30th @ 2:00pm (CR)

Spiritual Programming

- Church Service with Chaplain Samuel—Sundays @ 10:30am (CR)
Catholic Communion Visits—Tuesdays @ 6:30pm (1:1 visits)
Portuguese Communion Service—Friday, Sept 20th @ 10:30am (CR)
Catholic Communion Service—Wednesday, Sept 25th @ 10:15am (CR)
Rosary Prayer Group—Every 1st & 3rd Saturday of the month @ 2:00pm (CR)

Diner's Club

Tuesday, Sept 10th
12:30pm (CR)



Outing to Mohawk Casino

Wed, Sept 18th
11:00am—3:00pm





Residents' Rights

24. Written Policies

“Every resident has the right to be informed in writing of any law, rule or policy affecting services provided to the resident and of the procedures for initiating complaints.”

In other words...

You have a right to be told in writing how to make a complaint about problems in the home. If you are expected to follow a rule, the home must tell you about the rule in writing.

For example, you must be told in writing about increases in the accommodation fee for your room or in fees for extra services, such as ironing and hairdressing.

All policies about vacations, visiting hours, discharge, and the use of restraints should be explained to you. The home's policies must follow the law.

25. Your Money

“Every resident has the right to manage his or her own financial affairs unless the resident lacks the legal capacity to do so.”

In other words...

You have the right to manage your money while you are in the long-term care home if you are mentally capable of doing so.

Being able to manage your money includes deciding how you will pay your bills at the home and whether you will have a trust account. It also means understanding what can happen if you keep large amounts of cash on you or in your room.

Even if you are not capable of making other kinds of decisions, you might still be capable of looking after your financial affairs.

PEOPLE PLACES & EVENTS



Summer BBQs



Staff Recognition Event



Meaningful Engagement with Student Volunteers



Active Games with Volunteers