



# *The Middlechurch Minute*



## **Message from the Corner Office**



**Winter 2023/2024  
Volume 4, Issue 1**

Dear Residents and Families,

December was a very busy month at Middlechurch. The home was filled with festive decorations, and thanks to our wonderful Recreation Team, our residents and families were kept busy, engaged and entertained with the many concerts and daily fun activities.

The Middlechurch Home of Winnipeg expresses their gratitude for all the individuals who, throughout the holiday season, donated gifts for our residents. No matter how small or big, the acts of kindness and the gifts received are all appreciated by our residents. On behalf of our residents; Thank you!

Recently we have been fortunate enough to have some new staff members join middlechurch. Please acquaint yourself with them in the "Staff Spotlights" section of the newsletter. We will continue to highlight a few staff members in each newsletter.

I am pleased to announce that we will be re-opening our cafeteria. The cafeteria will be run by an independent company and will feature sandwiches, coffee, muffins and many other treats. Resident Council will play an integral part of naming the new cafeteria. All residents and their families are welcome to visit the cafeteria. The cafeteria will open January 29th and will be open 7 days a week from 9:00 a.m. to 2:00 p.m.

Our goal at Middlechurch is to offer an environment that encourages positive relationships, mutual respect and trust, and enables each resident to live in a comfortable environment, promoting socialization and engagement, while addressing their physical, emotional, and spiritual needs. Please continue to provide your comments and suggestions to us! Your feedback is an integral part in enabling us to continue to deliver safe and caring services that promote the health and well-being of your loved one.

Sandy Peers, RPN  
Director of Health Services

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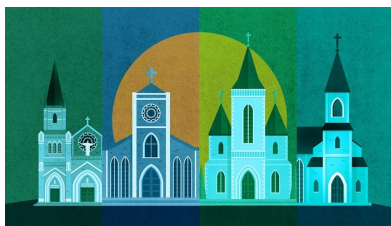


# A Message from Spiritual Health



December is an exciting time at Middlechurch Home. As hallways and rooms are decorated with lights, ribbons, and Christmas trees, there is an atmosphere of warmth and anticipation. Christian residents in particular were able to celebrate the birth of Jesus Christ through Advent services, a Christmas service on Dec. 28, and weekly Christmas Hymn Sing.

The Spiritual Health program at Middlechurch is in full swing. Each month a calendar is posted in the main hallway next to the Recreation calendars. Every Monday residents can join in a Hymn Sing at 2pm, during which we sing the most common and memorable Hymns across Christian denominations. Each Thursday at 2pm there is a church service on rotation through Inter-Denominational, Anglican, Catholic Mass, and occasional Lutheran, Orthodox, and United services. We are grateful for ministers in the community who have stepped up to volunteer their time to facilitate these various denominational church services for our residents. I also continue to offer 1:1 visitation for residents who cannot attend services or would like extra support.



A highlight for me has been facilitating the Inter-Denominational church service. As I aim to make church services more resident centered, I have started inviting residents to read scripture during the services. We have had several residents read scripture and they have found it a very meaningful way to participate in their faith tradition. Plans for the new year include a Memorial Service to remember loved ones who have recently passed on, as well as a Gospel Jamboree on request from residents.

As always, Melanie can be reached at 204-336-4126 for any Spiritual Health concerns.



# STAFF Spotlights



## **Susie Nel D. Piad—Infection Control**

Susie joined Middlechurch in her role as Infection Control Support Associate in December 2023. Susie's career started in 2015 as a Recreation Therapist developing therapeutic programs for individuals with Alzheimer's and Dementia and received Certification as a Dementia Coach. She then transitioned to community-focused roles where she oversaw various community programs. This led to her assuming the crucial role of safety officer and obtaining the first SAFEwork certification in healthcare within the province of Manitoba, with an emphasis on staff safety and infection control. She joined the Infection Prevention and Control (IPAC) Manitoba chapter in 2022 which enhanced her knowledge in infection control, microbiology, virology, surveillance, infectious diseases, and outbreak management. Susie played a pivotal role in keeping our residents, visitors, and staff safe during the recent Covid and Respiratory outbreaks.



## **Caitlin Liewicki—Recreation Coordinator**

Caitlin joined Middlechurch in December of 2023 as our Recreation Coordinator. Her background working in Long term care for 10 years as a Therapeutic Recreation Coordinator prepared her well for her current position. Caitlin obtained a Bachelor of Arts degree in Kinesiology and Applied Health from the University of Winnipeg with a focus on program planning and disabilities studies. When asked what she is most looking forward to in her new position at Middlechurch, her reply was "My goal is to always provide a fun and positive environment for residents, families and visitors. I'm looking forward to connecting with the community and increasing our volunteer presences at the home. If you are near the Activity Centre, please come by my office and say hello."



## **Nicol Clairmont—Social Work**

Nicole joined Middlechurch in her role as a Social Worker in April 2023. Nicole worked in the financial industry for 12 years and started her bachelor of social work degree in 2017 taking the part time program offered by the University of Manitoba at their Inner City campus. During her education, Nicole had to take her infant daughter to class with her as she was not fond of being without Mom. Nicole graduated in 2022 on the dean's honor list and also completed the requirements for the bachelor of social work options in aging program. Nicole knew that her calling was to work with older adults in a social work capacity. In November 2022, Nicole started her Social Work career working for Southeast Child and Family Services. Middlechurch was fortunate enough to have Nicole join us.

# What you need to know about Respiratory Syncytial Virus (RSV)

**Respiratory syncytial virus (RSV)** causes infections of the lungs and respiratory tract. It's so common that most children have been infected with the virus by age 2. Respiratory syncytial (sin-SISH-ul) virus can also infect adults. In adults and older, healthy children, respiratory syncytial virus (RSV) symptoms are mild and typically mimic the common cold. Self-care measures are usually all that's needed to relieve any discomfort.

RSV can cause severe infection in some people, including babies 12 months and younger (infants), especially premature infants, older adults, people with heart and lung disease, or anyone with a weak immune system (immunocompromised).

## Symptoms

Signs and symptoms of respiratory syncytial virus infection most commonly appear about four to six days after exposure to the virus. In adults and older children, RSV usually causes mild cold-like signs and symptoms. These may include:

Congested or runny nose, Dry cough, Low-grade fever, Sore throat, Sneezing, Headache

## In severe cases

RSV infection can spread to the lower respiratory tract, causing pneumonia or bronchiolitis — inflammation of the small airway passages entering the lungs. Signs and symptoms may include:

Fever, Severe cough, Wheezing — a high-pitched noise that's usually heard on breathing out (exhaling), Rapid breathing or difficulty breathing — the person may prefer to sit up rather than lie down, Bluish color of the skin due to lack of oxygen (cyanosis)

Infants are most severely affected by RSV. Signs and symptoms of severe RSV infection in infants include:

Short, shallow and rapid breathing, Struggling to breathe — chest muscles and skin pull inward with each breath, Cough, Poor feeding, Unusual tiredness (lethargy), Irritability

Most children and adults recover in one to two weeks, although some might have repeated wheezing. Severe or life-threatening infection requiring a hospital stay may occur in premature infants or in anyone who has chronic heart or lung problems.

## RSV and COVID-19

Because RSV and coronavirus disease 2019 (COVID-19) are both types of respiratory viruses, some symptoms of RSV and coronavirus disease 2019 (COVID-19) can be similar. In children, COVID-19 often results in mild symptoms such as fever, runny nose and cough. For adults with COVID-19, symptoms may be more severe and may include trouble breathing.

Having RSV may lower immunity and increase the risk of getting COVID-19 — for kids and adults. And these infections may occur together, which can worsen the severity of COVID-19 illness.

If you have symptoms of a respiratory illness, your doctor may recommend testing for COVID-19.

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## **Causes**

Respiratory syncytial virus enters the body through the eyes, nose or mouth. It spreads easily through the air on infected respiratory droplets. You or your child can become infected if someone with RSV coughs or sneezes near you. The virus also passes to others through direct contact, such as shaking hands. The virus can live for hours on hard objects such as countertops, crib rails and toys. Touch your mouth, nose or eyes after touching a contaminated object and you're likely to pick up the virus. An infected person is most contagious during the first week or so after infection. But in infants and those with weakened immunity, the virus may continue to spread even after symptoms go away, for up to four weeks.

## **Complications of respiratory syncytial virus include:**

**Hospitalization.** A severe RSV infection may require a hospital stay so that doctors can monitor and treat breathing problems and give intravenous (IV) fluids.

**Pneumonia.** RSV is the most common cause of inflammation of the lungs (pneumonia) or the lungs' airways (bronchiolitis) in infants. These complications can occur when the virus spreads to the lower respiratory tract. Lung inflammation can be quite serious in infants, young children, older adults, immunocompromised individuals, or people with chronic heart or lung disease.

**Middle ear infection.** If germs enter the space behind the eardrum, you can get a middle ear infection (otitis media). This happens most frequently in babies and young children.

**Asthma.** There may be a link between severe RSV in children and the chance of developing asthma later in life.

**Repeated infections.** Once you've had RSV, you could get infected again. It's even possible for it to happen during the same RSV season. However, symptoms usually aren't as severe — typically it's in the form of a common cold. But they can be serious in older adults or in people with chronic heart or lung disease.

## **Prevention**

Respiratory syncytial virus can infect anyone. But premature babies and young infants, as well as older adults, with heart or lung disease or a weakened immune system are at higher risk of severe infection.

## **Lifestyle habits**

These lifestyle habits can help prevent the spread of this infection:

Wash your hands often. Teach your children the importance of hand-washing.

Avoid exposure. Cover your mouth and nose when you cough or sneeze. Limit your baby's contact with people who have fevers or colds.

Keep things clean. Make sure kitchen and bathroom countertops, doorknobs, and handles are clean. Put used tissues in the trash right away.

Don't share drinking glasses with others. Use your own glass or disposable cups when you or someone else is sick. Label each person's cup.

Don't smoke. Babies who are exposed to tobacco smoke have a higher risk of getting RSV and potentially more-severe symptoms. If you do smoke, never do so inside the house or car. Wash toys regularly. Do this especially when your child or a playmate is sick.



# COME JOIN US UPCOMING EVENTS...

**January 31<sup>st</sup> — Bob Mymryk Concert—2:00 p.m. in the Activity Centre**

**February 7<sup>th</sup> — Bob Fleury Concert —2:00 p.m. in the Activity Centre**

**February 21<sup>st</sup>— Geoff Erickson —2:00 p.m. in the Activity Centre**

**March 13<sup>th</sup> — Prairie Wildlife Rehab Presentation —2:00 p.m. in the Activity Centre**

**March 20<sup>th</sup> — Matchstalk Men Concert —2:00 p.m. in the Activity Centre**

Please remember to check the activity calendars located on the units as well as in the hallway across from the Seven Oaks Lounge for upcoming events.

Sample Activity Centre Calendar

January 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	New Year's Day No Hymn Sing					
			2:00 PM Inter-Denominational Service A/C	2:00 PM Fiddlers on the Roof Concert A/C	6:00 PM Group Bingo A/C	
			3:00 PM Hockey A/C			
	2:00 PM Hymn Sing A/C		1:00 PM Resident Council Meeting MCH Boardroom	2:00 PM Church Service A/C	2:00 PM Bocce Ball A/C	
			2:00 PM Victor Phillips & Invisible Guys Trio A/C			
2:00 PM Drums Alive A/C	2:00 PM Hymn Sing A/C		2:00 PM Vince and Stacey Anderson Concert A/C	2:00 PM Catholic Mass A/C	6:00 PM Group Bingo A/C	
	6:00 PM Super Quiz A/C				2:00 PM Shuffleboard A/C	
	2:00 PM Hymn Sing A/C		2:00 PM Birthday Party A/C	2:00 PM Anglican Service A/C	6:00 PM Rabbit Visits A/C	
2:00 PM Hula Hoop A/C	2:00 PM Hymn Sing A/C		2:00 PM Doug Mymryk Concert A/C			

MCH-LARGE-GROUP-EVENTS-CALENDAR

A/C Activity Center

Sample Unit Calendars

January 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HAPPY New Year 2024	10:30 Move & Groove 11:00 Quiz 1:30 New Year's Reminiscence 2:30 Trivia 4:00 One to One	10:30 Fun & Fitness 11:00 Quiz 1:30 Adult Art 2:30 Group Chat 4:00 Friendly Visits	10:30 Fun & Fitness 11:00 Friendly Visits 1:30 Crossword 2:30 Mental Aerobics 4:00 One to One	RF OFF	10:30 Move & Groove 11:00 Bocce Ball 2:00 Fiddlers on the Roof Concert A/C 4:00 Walk & Talk	10:30 Beauty Club 11:00 Sensory Stimulation 1:30 Movie Matinee 2:30 Reminiscence 4:00 Friendly Visits
7	8	9	10	11	12	13
10:30 Fun & Fitness 11:00 Quiz 1:30 Christmas Xmas Reminiscence 2:30 Trivia 4:00 One to One	RF OFF	10:30 Move & Groove 11:00 Hangman 1:30 Shake Loose a Memory 2:30 Quiz 4:00 One to One	10:30 Fun & Fitness 11:00 Basketball 1:30 Dice Game 2:30 Quiz 4:00 Friendly Visits	10:30 Walk & Talk 11:00 Friendly Visits 2:00 Victor Phillips & Invisible Guys Trio A/C 4:00 Walk & Talk	RF OFF	10:30 Move & Groove 11:00 Caring 1:30 Bingo 2:30 Trivia 4:00 Friendly Visits
14	15	16	17	18	19	20
RF OFF	10:30 Move & Groove 11:00 Hangman 1:30 Shake Loose a Memory 2:30 Quiz 4:00 One to One	10:30 Fun & Fitness 11:00 Basketball 1:30 Dice Game 2:30 Quiz 4:00 Friendly Visits	10:30 Walk & Talk 11:00 Friendly Visits 2:00 Vince & Stacey Anderson Concert A/C	RF OFF	10:30 Move & Groove 11:00 Parachute 1:30 Penny Ante 2:30 Trivia 4:00 Friendly Visits	10:30 Fun & Fitness 11:00 Puzelle 1:30 Puzelle 2:30 Short Story 4:00 One to One
21	22	23	24	25	26	27
10:30 Beauty Club 11:00 Sensory Stimulation 1:30 Movie Matinee 2:30 Reminiscence 4:00 Friendly Visits	RF OFF	10:30 Fun & Fitness 11:00 Ladderball 1:30 Adult Art 2:30 Trivia 4:00 One to One	10:30 Fun & Fitness 11:00 Friendly Visits 1:30 Super Quiz 2:30 Group Chat 4:00 Friendly Visits	10:30 Fun & Fitness 11:00 Volleyball 1:30 Super Quiz 2:30 Quiz 4:00 One to One	10:30 Move & Groove 11:00 Badminton 1:30 Super Quiz 2:30 Short Story 4:00 Friendly Visits	RF OFF
28	29	30	31			
RF OFF	10:30 Fun & Fitness 11:00 Quiz 1:30 Tea Party 2:30 Afternoon Chats 4:00 One to One	10:30 Move & Groove 11:00 Quiz 1:30 Tap Danc Memory Lane 2:30 Trivia 4:00 Friendly Visits	10:30 Walk & Talk 11:00 Friendly Visits 1:30 Super Quiz 2:00 Doug Mymryk Concert A/C 4:00 Walk & Talk			

Programs are subject to change - Please see Large Events Calendar for Spiritual Services and Resident Council Meeting Dates



Middlechurch staff is committed to providing you exceptional service during every visit. Our staff play an essential role in making this happen and we would appreciate your feedback to help us recognize their hard work and dedication. If you have encountered a staff member who is doing an excellent job, please complete one of the yellow star shaped comment cards located at the sign in table and at the reception desk.



### **What does Manitoba celebrate?**

The act was proclaimed on July 15, 1870, when Manitoba joined Canadian Confederation as its fifth province. Celebration of Manitoba Day on May 12 has grown into an annual community event since Manitoba's centennial in 1970.

### **What was invented in Manitoba?**

24 Kelly Sveinson invented **the first insulated prefabricated chimney**, using a metal Coca-Cola sign for raw material in 1933. It's known as a "Selkirk chimney" worldwide. 25 Winnipeg-born Terry Hashimoto revolutionized the golf training game with BodiTrak, a mat that measures centre of pressure.

### **What is Manitoba's official bird?**

If you guessed "The Mosquito", you're incorrect.....**The Great Gray Owl** was officially adopted by Manitoba as the provincial bird emblem on July 16, 1987. It is North America's largest owl with a wingspan of 1.3 metres and can be found throughout the mixed wood and coniferous forest of Manitoba.

**Did you know?** Portage la Prairie is the oldest town in Manitoba, Canada.

**Did you know?** Did you know Winnipeg is the home to Canada's oldest ballet company. Founded by Gweneth Lloyd and Betty Farrally, the Royal Winnipeg Ballet is known as Canada's oldest ballet company and the longest-operating one in North America. RWB was originally named Winnipeg Ballet Club when it was founded in 1939. However, in 1953, Queen Elizabeth II granted it the privilege of having a royal title, making it the Royal Winnipeg Ballet. Despite all the hardships that RWB went through in the past decades, this ballet dance company continues to thrive and remains one of Winnipeg's pride.

# 8 Things to remember about Dementia



*Dementia is more than memory loss. It is organ failure of the brain. People are doing the best they can with a dying brain.*



*One of the most active parts of the brain is the area that drives survival impulses like fear and basic needs like sexuality and comfort.*



*They often cannot choose a "better response" because the parts of the brain needed to do this are damaged.*



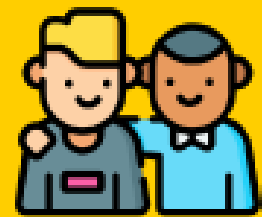
*All behaviour has meaning and we need to work to figure out what they are telling us.*



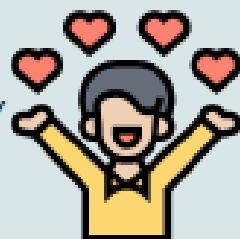
*We can use clues from the situation, the environment and the person's history to figure out what they need or what they are telling us.*



*People need to feel respected and that they have some control. These are basic human needs.*



*Even if they can't remember the details, they will know how they feel when they are with you and they may remember the feeling.*



*This is hard. Every day may be different. Be patient and kind to yourself and the person with dementia.*







We believe that all residents and the families of residents at Middlechurch home deserve respect, high quality care and service, open communication, and privacy. We are constantly striving to improve these services for our resident's and families.

Please take a moment to complete the Survey located at the sign in table and on the reception desk.

**Every experience matters.  
Share yours with us.**

Your feedback from the WRHA Service Experience Survey helps us improve our services and better meet your health care needs.

Share your thoughts and ideas with us! Even the smallest changes can make a big difference.

Take the 2-minute survey at [wrha.mb.ca/experience-survey](http://wrha.mb.ca/experience-survey) or scan the QR code.



**CONTACT US**

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Middlechurch Home is an  
operating division of the WRHA

*The Winnipeg Regional Health Authority acknowledges that it provides health services in facilities located on the original lands of Treaty 1 and on the homelands of the Metis Nation. WRHA respects that the First Nation treaties were made on these territories and acknowledge the harms and mistake of the past, and we dedicate ourselves to collaborate in partnership with First Nation, Metis and Inuit people in the spirit of reconciliation.*