

The Middlechurch Minute

Fall 2023

Front Page News



As we transition from the warmth of summer to the cozy embrace of fall, we find ourselves at a juncture of exciting new beginnings and cherished traditions. We're delighted to share with you the wonderful events that have marked the recent days and those that lie ahead.

Welcoming Our New Spiritual Health Practitioner:

We are thrilled to introduce you to a significant addition to our Middlechurch Home family – our new Spiritual Health Practitioner. With a heartfelt dedication to addressing the spiritual, emotional, and religious needs of

our residents, their families, our new Spiritual Health Practitioner is here to offer support, companionship, and meaningful connections. From 1:1 visitations to end-of-life care, our new team member brings a profound understanding of the importance of holistic well-being. Please join us in welcoming Melanie with open arms!

Fall is here:

As the vibrant hues of summer make way for the golden shades of autumn, we find ourselves transitioning into a new season filled with its own

unique charm. The cool breeze, the rustling leaves, and the aroma of pumpkin spice remind us of the beauty in change. With fall's arrival, we look forward to crafting new experiences that embrace the cozy spirit of the season. As we celebrate these events and moments of transition, let us remember that our Middlechurch Home community is a tapestry woven with the threads of care, compassion, and togetherness. It's in these moments of change and connection that we truly thrive.

Thank you for being an integral part of our community, and as always, we are here to listen, share, and support each other through every chapter.

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Message from the Corner Office

There will still be plenty of nice fall days coming to enjoy the courtyard. Thank you to all that take part in the outdoor concerts. We hope you continue to enjoy the events.

You will see the Red River Nursing Students here again on the care units. Middlechurch Home enjoys great relationships with Red River Poly Technical. It is an opportunity for Nursing

Students to learn about Long Term Care and the students are able to spend time with the Residents.

You can check out our Star Board in the hallway near the Hairdressing Shop. If there is a staff member you would like to recognize please fill out a Star for them. The Home is very fortunate to have so many great staff members.

Thank you to all of the Residents and Families that have made donations to the Home. Your generosity is much appreciated. If you wish to make a donation please contact Jackie in the Business Office.

Sincerely,

Sandy Peers,

RPN, Director of Care

Interview with our new Spiritual Health Practitioner!



Q:What is Spiritual Health?

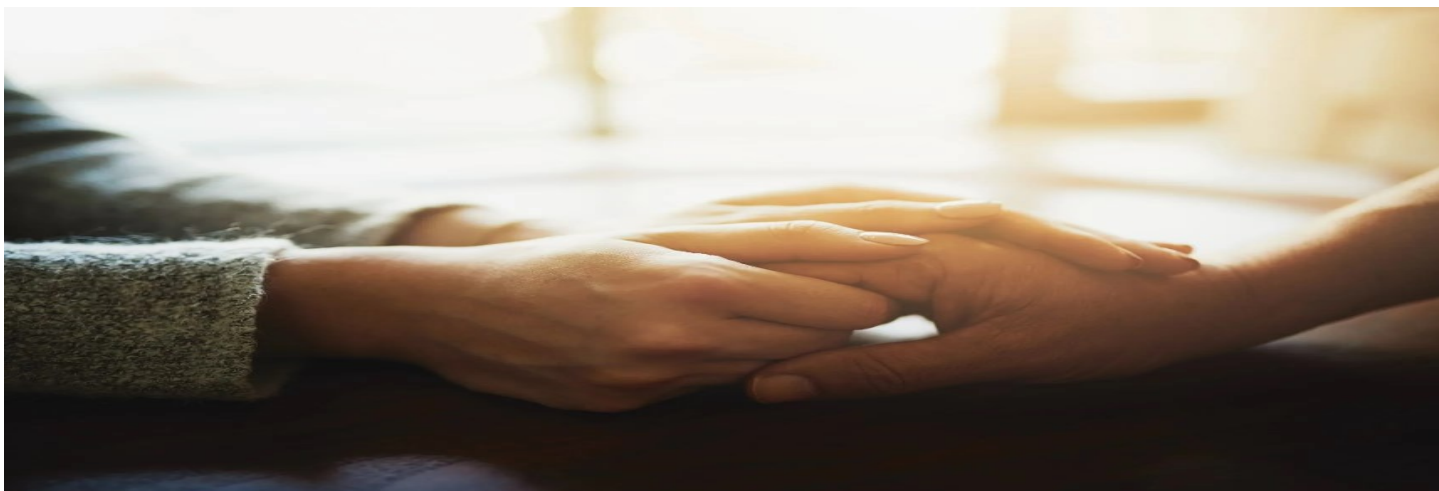
A: Spiritual Health is one dimension of a person's overall wellbeing in addition to mental, emotional, physical, and social. When someone is spiritually healthy they are usually at peace with themselves. This doesn't mean they don't have challenges or struggles or negative emotions or experiences, but that they have the tools to cope with challenges in ways that improve their wellbeing. Often this means being able to find sources of hope and comfort either within one-self and one's beliefs (for some people this is their faith and religious practices), or with their connection to loved ones (community), or in doing things that are meaningful and a core part of their identity (e.g. connecting with nature, expression through the arts or music). For most people spiritual health is fostered by a combination of these.



Q:Why is Spiritual Health or Spiritual Care important in Personal Care Homes?

A: For a long time personal care homes were only focused on physical care, but through experience and research we have learned that holistic care has much better outcomes for people's wellbeing. Any of us can think about what our lives would be like if we only had our physical needs met. It would likely lead to feelings of loneliness, sadness, frustration, and hopelessness. Just like emotional, mental, and social aspects of care have become an integral part of healthcare, the importance of spiritual health is also gaining recognition and implementation. Spiritual health is part of a holistic and person centered approach to care.





Q: What kinds of services or programs do you offer?

A: I look at what religious affiliations are present among residents and then reach out to different churches and religious organizations to hold worship services in our activity center. While many people like to attend a variety of religious services, it is also comforting for people to experience the kinds of worship services with which they are familiar. For example, the repetition of familiar bible stories, scripture, and hymns can tap into our deep memories and you can see people light up with the familiarity of these rituals that are important to them. I also offer one-on-one visitation for residents, families, or staff who might want some spiritual and emotional support, whether that means prayer, or just a listening ear.

Q: Do you offer support for non-religious residents and families?

A: I do! Just because someone is not religious or does not relate to the notion of a transcendent being, doesn't mean they don't have a sense of spiritual health and wellbeing. We all find comfort, peace, and hope from different places and it's my job to find out what that is and to facilitate access and support.

Q: How can I access Spiritual Health?

A: You can reach our Spiritual Health Practitioner at 204-663-4126 or visit the Spiritual Health Practitioner office next to the Activity Center at Middlechurch. Additionally, you can keep an eye out for religious services and other spiritual health events on the recreation calendars.



Flu Vaccine and COVID-19 Booster

Don't Let the Flu Sneak up on You! Get your Flu Vaccine this Fall!

Middlechurch will be offering the annual Flu shot to its residents this upcoming fall. Consent forms will be available on each unit. Please see unit nurses for more information and to help your loved one sign their consent form before October 1st, 2023.

Seasonal influenza (the flu) is a respiratory infection caused by a virus. Not everyone who gets the flu develops symptoms, but they can still spread the flu to others, especially if they cough or sneeze. Every year, scientists track the global spread of flu. They use this data to predict which flu strains will likely cause the most illness in the next flu season. These strains are then used to develop the flu vaccine for that year. As a result, the vaccine can be different each year. For this reason, and because protection provided by the vaccine decreases over time, it is important to get the flu vaccine every year. An annual flu vaccine is especially important for Manitobans at increased risk of serious illness from the flu, their caregivers, and close contacts. This includes: people 65 years of age and older and residents of long-term care facilities.

For more information on the annual flu shot, please see the links below:

https://www.gov.mb.ca/health/publichealth/factsheets/flu_highdose.pdf

https://www.gov.mb.ca/health/publichealth/factsheets/flu_vaccine.pdf

https://www.gov.mb.ca/health/publichealth/factsheets/flu_qanda.pdf

A quick note on the COVID-19 Vaccine: we will be offering a Fall Booster of the COVID-19 Vaccine to eligible Middlechurch residents at a later date. Please stay tuned for more information!



-The Middlechurch Infection Prevention & Control Team



Our Staff are Stars that Shine



At Middlechurch we are 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. We invite you to take a few moments to share your positive experiences with our staff by filling out our star shaped comment cards. Your feedback will not only motivate our team, but also guide us in continuously improving our services to better meet our residents' needs. Your words of encouragement mean the world to us and our team members.

Do you know a staff member who is doing a great job?

SEND THEM A STAR CARD!

Available at the front desk

Send one today!

Make Your Voice Heard

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 or scan the QR code.



CONTACT US
Telephone: 204-926-7825
Email: clientrelations@wrha.mb.ca



Winnipeg Regional Health Authority
Office régional de la santé de Winnipeg

An Amazing Summer of Concerts and Outdoor Events

A huge thank you to everyone who helped make all our summer events very successful this year! Your passion, enthusiasm, and tireless efforts have transformed these events into unforgettable musical experiences that have touched the hearts of everyone. The joy you've brought onto faces, the memories you've helped create, and the sense of community and togetherness that has resonated during these events. We hope to see everyone in the courtyard again next year for even more fun summer fun in the future. The music hasn't stopped yet, we still have a few courtyard concerts coming up!










Monday September 11th: The Dreamcatcher's Band at 2:00pm

Wednesday September 20th: The Chisholm Trio at 2:00pm

Staying Safe and Healthy: Essential Autumn Safety Tips for Seniors

As the vibrant colors of summer give way to the golden hues of autumn, it's important for seniors to adapt to the changing season and its unique challenges. While autumn brings with it a certain charm, such as crisp air and picturesque foliage, it also introduces potential safety hazards, particularly for older adults. To ensure a safe and enjoyable fall season, here are some essential safety tips for seniors:

- 1. Mind the Leaves:** The sight of fallen leaves can be enchanting, but they can also create slippery surfaces. Wet leaves, in particular, pose a significant risk of slips and falls. 
- 2. Stay Warm:** As the temperature starts to drop, staying warm becomes crucial, especially for seniors who may be more susceptible to cold-related illnesses. Layer your clothing to trap heat, and always wear a hat and gloves when heading outdoors. 
- 3. Proper Footwear:** Wearing sturdy and slip-resistant footwear is essential during the autumn months. The uneven surfaces created by fallen leaves and rain can make walking more challenging. Opt for shoes with good traction to reduce the risk of falls and injuries. 
- 4. Prepare for Rain:** Autumn often brings rain, which can make surfaces slippery. Use an umbrella or raincoat with a hood to stay dry while walking outdoors. 
- 5. Stay Hydrated:** Though the weather is cooler, staying hydrated is still important. Seniors may not always feel as thirsty, but proper hydration supports overall health. Aim to drink water regularly throughout the day. 
- 6. Plan for Darkness:** Darkness can fall earlier in the evenings during autumn. Try to keep the area to your light sources clear of debris and if possible keep a flashlight handy for emergencies. 
- 7. Stay Connected:** Autumn can sometimes bring feelings of isolation. Stay connected with friends and family, and consider joining social groups or activities that interest you. Staying engaged can boost your mood and overall well-being. 

Embracing the beauty of autumn while prioritizing safety is the key to enjoying this season to the fullest. By following these simple safety tips, seniors can navigate the challenges that autumn presents and make the most of this vibrant and cozy time of year.



Middlechurch Home of Winnipeg

280 Balderstone Road
West Saint Paul, MB
R4A 4A6

Phone: 204-339-1947

Fax: 204-334-2503

www.middlechurchhome.mb.ca

Middlechurch Home of Winnipeg is an operating division of the WRHA



Upcoming Dates to Remember

Monday September 4th:
Labour Day

Wednesday September 13th: Resident Council Meeting 1:00pm

Saturday September 30th: Truth and Reconciliation Day

Monday October 9th: Thanksgiving

Tuesday October 31st: Halloween

The Middlechurch Home of Winnipeg is a 197 bed Long Term Care Facility. It is located in the Northwest area of Winnipeg on the south side of Balderstone and on the west side of the Red River at 280 Balderstone Road In West St. Paul.

All the rooms and our entire facility is a smoke-free environment.

We believe that all residents of the Middlechurch Home of Winnipeg deserve respect, high quality care and service, open communication, privacy and much more. We believe that Middlechurch Home of Winnipeg is each Resident's Home and will be a community of belonging and hope, built on caring and nurturing relationships.

The Middlechurch Home of Winnipeg is committed to coordinate and deliver

Can I bring my pet to visit?

Yes, pets have been welcomed back to Middlechurch Home of Winnipeg! To ensure the safety and comfort of our residents and resident animals, we have developed guidelines, and ask that all visiting pets be registered with the facility along with proof of vaccination. There is a pamphlet at the front desk and on our website with everything you need to get started on registering your pet as a visitor.

Pets must be leashed and wearing their visitor's name tag at all times, including out in the courtyards, and are not allowed in dining and food preparation areas.



Upcoming Courtyard Concerts!

Monday September 11th: The Dreamcatcher's Band at 2:00pm

Wednesday September 20th: The Chisholm Trio at 2:00pm

