Management Team Directory

613.932.1409
Denise.mitchell@akwesasne.ca

Admin Ward Clerk Press #1
Ward Clerk, Receptionist
South Wing Nursing Station #2
West Wing Nursing Station #3
Foot Care Press #5 (after greeting)
Physiotherapy Press #6 (after greeting)

Admin Staff Directory:
A/Administrator
Press #2
Lorna.francis@akwesasne.ca
Finance Clerk /Press #1
Vincent.lazore@akwesasne.ca
Diary, Housekeeping, Laundry / Press #2
Sonja.sylvester@akwesasne.ca
A/Director of Care /Press #4

November Directory Press #4

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lot of crying mixed with hysterical laughter.” Writing, remember, should be fun.

If you need a few weeks to gather the courage to begin your novel in high spirits, wait no longer than November 15, I Love to Write Day. Most writers don’t do it for the money but for the love of writing. The truth is that if you are one of the lucky ones who write just because you want to sell your book; write because you have a strong passion for it. Your audience, whether that is your family and friends or thousands of adoring fans, will thank you for your efforts.

Can I have a phone, TV, and Internet in Long Term Care Homes?

Yes, but it is the responsibility of the resident or Power of Attorney (POA) to arrange an approved vendor to install (satellite dishes are not permitted). At this time, wireless Internet is not available and cell phone reception is limited.

The Residents who are interested in internet services must subscribe to Bell Canada and have the wireless router installed in their room, similar to any ‘out of pocket’ living expense.

Years ago, when the changes to broadcast airwaves for television were implemented and dedicated to emergency vehicles only, those individuals without cable and or satellite were getting only one local channel.

This situation changed for Residents living at Tsiionkwanonhso:te, when a resident’s family organized several fundraisers and raised enough funds to have every Resident room wired with the ability to subscribe to the satellite provider, SHAW Direct.

Again, an out of pocket expense for Resident and/or POA.

November Has the Write Stuff

If you’ve ever had an idea for a novel percolating in your imagination but you’ve never found the time to write it, thank your lucky stars that it’s November, Novel Writing Month. Thousands of people around the globe will wake up to a blank page on November 1 and attempt to write 50,000 words by the 30th. Some will have the help of an extensive outline, detailing many characters with their challenges, various settings, and exciting plots. Others will start with nothing and just let their imagination take over. The lucky ones may end up like Sara Gruen, who wrote her acclaimed novel Water for Elephants during 2006’s Novel Writing Month.

On November 1, Author’s Day, we can celebrate other published authors who started their books in November: Carrie Ryan wrote her New York Times zombie bestseller The Forest of Hands and Teeth, and Erin Morgenstern’s The Night Circus took two November Novel Writing Months to finish her New York Times bestseller. Just don’t end up like writer Ali Owens, who finished her 50,000 words but did so with “a

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Heads Up to Families

Christmas will be upon us before we know it. Funny how it seems to arrive earlier and earlier every year!

Some Residents are able to enjoy the day with family and friends and go out for the day.

If family members can bring a wrapped gift for their loved one to open on Christmas morning, staff will make sure it is safe and secure until then.

The annual Family Christmas dinner with residents, family, friends and staff is scheduled for Wednesday, December 21 at 12 Noon.

With the cooler weather arriving, please switch out Resident seasonal clothing. Recommend two items of the same piece of clothing so nothing appears ‘missing’.
Able Baking

You may have discovered that baking homemade bread is not easy. Instead of getting a loaf of light, airy, chewy bread with a crispy crust, you end up with a dense, heavy brick. On November 17, Homemade Bread Day, follow these tips for the perfect loaf.

Yeast may be the most important ingredient in bread because it creates the bubbles that make bread rise and develops flavor. There are two common types of yeast: instant and active dry. The two can be used interchangeably, but active dry needs to be proofed (dissolved in warm water) and given more time to work. Yeast is a living thing that thrives between 70° and 100°F, but cooler conditions are best for a slow rise that builds flavor. Water should not be too cold or too hot, because it will also affect the environment for the yeast. All-purpose flour works fine, but bread flour has more protein, which develops gluten. Kneading is important to develop the gluten that makes the dough elastic and silky smooth. It also helps the dough keep its shape while the yeast develops gas and inflates the dough like a balloon. After kneading, you must wait. How long depends on humidity, altitude, and temperature. Your dough should roughly double in size. A good test of doneness is to press your finger into the dough. It should leave an impression.

The best ovens need to stay hot. Some people use baking stones or Dutch ovens because, when preheated, they retain heat for baking. A spray bottle will also help create steam inside your oven. Place your dough onto your preheated surface, spray it with water, and score or slice the top of your dough with a knife. Let it bake for about 15 minutes, and then open the oven and spray the inside to create steam, which encourages a crispy crust. By the time your bread is finished, you will have a beautiful, golden-brown loaf.

Family Councils Ontario Online Resources

Family Councils Ontario developed and posted series of short videos on YouTube that are from a presentation done by the Ministry of Health and Long-Term Care Education Coordinator on the ‘Abuse Decision Trees: Licensee Reporting of Abuse and Neglect.’ These videos discuss the process for reporting of abuse and neglect by the Long-Term Care Home Licensee in a manner appropriate for families. These short videos can be shown at Council meetings along with a discussion. It is a useful and easy to use tool to begin learning about the definitions of abuse and neglect and what the Home’s responsibilities are if it occurs.

You can find the videos at http://www.youtube.com/user/FamilyCouncils.

You can access the Abuse Decision Trees and other relevant resources on our website: http://www.fco.nso/resources

Talk to the Administrator First

A Family Council provides an opportunity for family members to have a collective voice regarding decisions that can affect the care of their loved ones. If the Family Council has a concern regarding the operation of the Home (care, food etc…) then the Council can present the concern to the administrator in writing.

You can also contact the Ministry of Health’s ACTION Line. The Long-Term Care ACTION Line is open seven days a week. You can reach toll-free at: 1-866-434-0144.

A complaint can also be sent by mail to the Ministry of Health and Long-Term Care Performance Improvement and Compliance Director at the following address: Director, Ministry of Health and Long-Term Care, Performance Improvement and Compliance Branch, 11th Floor, 1075 Bay Street, Toronto, Ontario, M5S 2B1.

What is a Family Council?

A Family Council is an organized, self-led, self-determining, democratic group composed of family and friends of the residents of a Long-Term Care Home. The main purposes of a Family Council are to improve the quality of life of Long-Term Care residents and to give families and friends a forum for sharing their experiences, learning and exchanging information. A Family Council works with residents’ family members or friends and the Long-Term Care Home to identify and resolve issues that affect residents’ quality of life, plan activities for residents, families and staff, and support each other. Most Family Councils work with a Family Council Staff Assistant. This is a person that the Home appoints at the request of the Family Council to assist the Council and attend meetings on request.

While each Family Council is unique, Family Councils in general focus on improving the quality of life and assuring quality of care for all residents and supporting each other. This includes activities that:

• Promote mutual support among Council members and other families and friends involved with the Home’s residents through sharing information and experiences as well as educating Council members on issues affecting residents and families – sometimes by engaging guest speakers.

• Facilitate communication and promote partnerships with Home staff and residents as well as residents’ families and friends who are not involved directly on the Council.

• Advocate regarding collective concerns. Advocacy can focus on issues within the Home or occasionally broader concerns

Family Councils are included in the Long-Term Care Homes Act, sections 59-68. The Act outlines the Long Term Care Home’s obligations to support the establishment of a Council, the powers of a Council, who may and may not be a member of the Council and more.