

## The Patterns of Life



The third Saturday in March has been designated Worldwide Quilting Day, a global celebration of quilters and their fabulous creations. Quilts began not as the intricately patterned blankets

we often use today, but as padded clothing. The first evidence we have of humans wearing quilted clothing comes from ancient Egypt. Quilted clothes were uncovered at the Temple of Osiris dating back 5,000 years. Modern quilting of clothes dates back to the Middle Ages in Europe when these soft garments were worn over and under chain mail armor. The first evidence we find of quilted blankets comes from 15th-century England, but all this evidence is merely written about; few, if any, blankets from that era have survived.

English immigrants brought their sewing and quilting skills with them to America, where quilting grew into more than a practical skill—it became an art form. Patterns grew into symbols and stories. When President Lincoln signed the Homestead Act of 1862, which opened up the West for settlement, families prepared for their westward journeys by sewing quilts. These quilts have become records of history.

One of the earliest patterns, known as the Nine Patch, was simply nine squares in a three-by-three pattern. This was the quickest quilt to sew and a great and thrifty use of leftover scraps of fabric. Often, girls as young as age three or four could be taught to sew the Nine Patch pattern. A more elaborate pattern was known as the Log Cabin. This pattern was symbolic of the home. The center square was always red, to symbolize the hearth at the heart of the home. Narrow strips of fabric, like logs used to build frontier cabins, radiated from the center square in stacks. Light fabrics representing the light of day were sewn on one side of the quilt. Dark fabrics representing night were sewn on the opposite side. This pattern was also known as the Sunshine and Shadow. Patterns depicting pinwheels, stars, flowers, animals, crops, biblical stories, and even schoolhouses followed. Women sewed as they lived, a tradition that continues to this day.

## Have CONCERNS OR COMPLAINTS about the care?

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 8:30 a.m. to 7:00 p.m., and can be reached 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.**

## Recreation & Leisure Program



Welcome Debbie to the Recreation and Leisure Program.

Debbie was the successful applicant from the November Job Posting and interviews held recently.

Previously, Debbie has worked in housekeeping at Tsiionkwanonhso:te. Most importantly, she showed an interest in the activity program by filling in for the vacationing activity aide during various times and during the summer 2018. Residents appreciated her efforts.

With two activity aides scheduled, the calendar will now offer an evening activity (after supper) and Residents can enjoy their favorite activity 'quarter bingo' every Saturday.

With Barry's encouragement and assistance ( the current activity aide), Debbie will succeed!

# Tsiionkwanonhso:te

70 Kawehnoke Apartments Road \* AKWESASNE ON \* 613.932.1409 \* friends of Tsiionkwanonhso:te



MHLTC 2007, c. 8, s. 3 (1).

## RESIDENTS: RIGHTS, CARE AND SERVICES

### Residents' Bill of Rights

*3. (1) Every licensee of a long-term care home shall ensure that the following rights of residents are fully respected and promoted:*

**1. Every resident has the right to be treated with courtesy and respect and in a way that fully recognizes the resident's individuality and respects the resident's dignity.**

**2. Every resident has the right to be protected from abuse.**

**3. Every resident has the right not to be neglected by the licensee or staff.**

## OARC and RNAO Working Together

The Ontario Association of Residents' Councils (OARC) and the Registered Nurses' Association of Ontario (RNAO) are pleased to announce an alignment of resources that will benefit long-term care home participants of the OARC's Through Our Eyes: Bringing the Residents' Bill of Rights Alive program and RNAO's Person-and Family-Centered Care best practice guideline.

RNAO's best practice guideline (BPG) is an opportunity to implement evidenced-based best practices that enhance the quality of care for residents. RNAO's Person-and Family-Centered Care is a whole home approach to further develop the resident and family health-care experience.

OARC's Through Our Eyes program meets many of the practice recommendations in RNAO's Person-and Family-Centered Care BPG.

Together, these programs work to complement evidence-based recommendations and facilitate participation from residents, family members and the whole home as they improve resident's and family's experience of health care and the Residents' Bill of Rights (LTCHA 2007).

RNAO's Long-Term Care Best Practice Coordinators (LTC BPC) work with LTC home leaders, nurse practitioners and point-of-care staff to establish and adopt practices, based on RNAO clinical BPG recommendations, to provide high quality care to LTC home residents and their families. Now, LTC BPCs can support homes in implementing OARC's Through Our Eyes program!

To learn more about OARC's Through Our Eyes: Bringing the Residents' Bill of Rights Alive visit OARC's [www.ontarc.com](http://www.ontarc.com) or contact OARC [info@ontarc.com](mailto:info@ontarc.com) | 1-800-532-0201

## Alzheimer's Disease Versus Vascular Dementia

By Ava M. Stinnett

When we hear the word *dementia*, we often think of Alzheimer's disease; however, dementia and Alzheimer's are not one in the same. Dementia is not a specific disease. It is a descriptive term for a group of symptoms (e.g., memory loss, inability to solve problems, impaired language skills) caused by various disorders that affect the brain. Some of the diseases that can cause symptoms of dementia include Alzheimer's disease and vascular dementia. Alzheimer's disease is by far the most prevalent form of dementia, accounting for 60 to 80 percent of all individuals with dementia. Statistics vary widely as to the prevalence of vascular dementia, but it's estimated that it affects between one and four percent of people over age 65. That percentage doubles every five to

10 years after age 65. They have several symptoms and characteristics that overlap, but there are also some clear differences between the two types of dementia.

**Causes.** While there are several ways to decrease the chance of developing Alzheimer's, including exercise and maintaining an active mind, what causes Alzheimer's to develop isn't fully understood. There appear to be many contributing components, such as genetics, lifestyle, and other environmental factors. Unlike Alzheimer's, vascular dementia often results from a specific event such as a succession of small strokes, also referred to as transient ischemic attacks. Strokes can cause a weakening of the blood flow to the brain, which in turn brings about confusion and the failure to think or speak clearly. Common risk factors include diabetes, high blood pressure, high cholesterol, and heart disease.

**Cognition.** Cognition can vary somewhat in Alzheimer's; the person's ability to think and use their memory gradually declines over time. There is not usually a sudden, significant change from one day to the next. In vascular dementia, cognitive abilities often seem to decline suddenly and then remain stable for a time. These changes are often described as step-like since in between them, brain functioning may hold steady.

## PSW Students Returning

The students, identified wearing RED scrub uniforms, will be returning to Tsiionkwanonhso:te for their consolidation (work placement). *Consolidation can be defined as 'the bringing together of businesses or business activities into a single unit' and 'the increasing of the strength, stability, or depth of a person's or group's success or position'.* Students will 'put into practice' what they have learned in school.

The notice was presented at Residents' Council and Residents stated 'they look forward to the students' return since they are able to do the little tasks their co-workers' may not have time to accomplish.'

On Monday and Tuesday, starting February 25<sup>th</sup> until April 9<sup>th</sup>, 2019 expect to see a number of students wearing RED scrubs.

**Treatment and Progression.** Medications exist to reduce symptoms and delay the progression of the disease; however, these medications are only effective in some people and for brief periods of time. Alzheimer's is still a progressive disease, and the person's condition will worsen with time. On average, individuals with Alzheimer's typically live between 4 and 8 years with the disease, but some can live as long as 20 years. There are currently no approved drugs for the treatment of vascular dementia. There is, however, some evidence that certain drugs used to treat the symptoms of Alzheimer's disease may provide some benefit to those with vascular dementia. The most important thing for now is to control the risk factors that contributed to the dementia in the first place (e.g., blood pressure or cholesterol levels). Individuals with vascular dementia live for about five years on average after their symptoms begin.

Coping with Alzheimer's or vascular dementia as the diseases progress can be challenging. Getting support from family, friends, and health care professionals is critical to ensuring the best possible quality of life.

**Source:** Heerema, E. (2018). *What's the Difference Between Alzheimer's and Vascular Dementia? A Comparison Between These Two Kinds of Dementia.* Retrieved from <https://www.verywellhealth.com/the-differences-between-alzheimers-vascular-dementia-98750>

## Girls Guiding Girls

The Girl Scouts is one the largest and most successful organizations for girls in the world. Juliette Gordon Low, finding inspiration from the Girl Guide movement in England, established the first Girl Guide Troop in America on March 12, 1912. For this reason, the week of March 10–16 is celebrated as Girl Scout Week.



Born in Savannah, Georgia, just before the American Civil War, Gordon Low was raised with traditional Southern values emphasizing duty, loyalty, and respect. Gordon Low was also an American aristocrat born to successful parents. As such, she attended boarding schools, met many influential people, married well, and moved to England. Gordon Low's marriage was not a happy one, however, and she spent much time alone painting, learning metalworking and woodworking, and doing charity work. After her husband died, she met Sir Robert Baden-Powell, founder of the Boy Scouts, a guide movement for boys that taught the skills of military preparedness and outdoor adventuring. Scouting proved to be the perfect unity of values that she had enjoyed all her life: duty and respect combined with practical skills for survival. It was not long before Gordon Low met Agnes Baden-Powell, Sir Robert's sister and founder of the Girl Guides, and so Gordon Low organized Girl Guide troops in London herself.

Gordon Low returned to her beloved Savannah in March of 1912 with the mission to grow the girl scouting movement in America. On March 12, she registered 18 girls, establishing the very first Girl Guide troop. Thanks to her family's extensive social connections and the help of Sir Baden-Powell, Low was able to quickly grow her local troop into a nationwide movement. She faced one competitor, the Camp Fire Girls, but this organization believed that girls should not participate in strenuous outdoor activities meant for boys. Gordon Low held fast to her love of scouting, and for over 100 years, the Girl Scouts have given young girls the confidence, skills, and character to become the leaders of tomorrow.

## COMMENT ON OUR SERVICES

We are committed to providing the best possible care and service to all of our residents. We welcome any comments and/or suggestions you may have to better improve our services.

### COMMENT CARDS

You can find a comment card located on the wall outside of the Activity room and can drop the completed card into the COMMENT BOX.

The **COMMENT CARD** asks for your input on the following:

- Overall Resident Care
- Daily Meals / snacks
- Planned Social Activities
- Planned Recreational Activities
- Physiotherapy/Occupational Therapies
- Resident rooms
- Dining rooms
- Bathrooms
- Overall Staff courtesy

Space Provided for comments and/or concerns

## The Birth of Rock 'n' Roll



The very first rock 'n' roll concert was staged on March 21, 1952, in Cleveland, Ohio. It was called the Moondog Coronation Ball and featured guitarist Tiny Grimes and His Rocking Highlanders, saxophonist Paul Williams and His Hucklebuckers,

Billy Ward and His Dominoes, singer Varetta Dillard, and Danny Cobb. The concert was the idea of local radio DJ Alan Freed, the same man who popularized the phrase *rock 'n' roll*. On the night of the show, 20,000 people showed up with tickets, but the venue held only half the number. Tickets had been counterfeited. Afraid of a riot, the fire department stopped the concert after only one performance.