

Community Leaders In Energy Efficiency

About a year ago we sat down with our partners at Equilibrium Engineering to look at how we might become more energy efficient at WEV. Were there ways in which we could use less energy, be more responsible environmental citizens and improve life at The Windsor Elms for our residents and staff? We never dreamt of the journey that conversation would start us on.

Our first step was to undergo an efficiency study, funded through a grant provided by the Hants-Kings Canadian Business Development Corporation (HK-CBDC). As Julian, Jeremy and the team from Equilibrium started to work with John, Don and our team, opportunities arose.

All in all, this investment could, in its entirety, save us upwards of \$60-\$80,000 per year. That's real dollars that we could then use to support resident care initiatives.

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Windsor Elms Village

Board of Directors

Front Row L-R:

Suzanne Gould; Joanna Gould, Janet Kirk;
Patti Dexter Peck

Back Row L-R:

Kevin White; Elaine Warner;
Nancy O'Halloran; Jim Dewar; Marc
Comeau (Legal Consultant); Greg Heard;
Greg Miller; Jim Carter

Visit www.windsorelms.com to learn more about our Board of Directors. (Biographies of each member and more)



Community Leaders In Energy Efficiency



The four key areas where energy efficiencies are slated for:

- ❖ **Lighting upgrades** for more effective and efficient that will improve visibility for residents and staff, all while costing less and reducing green-house gas emissions.
- ❖ **Propane-fed Humidifiers** that would improve quality, and reduce the dryness within the home in the winter; something we all have struggled with for years.
- ❖ **Solar panel installation** that could reduce our reliance on the energy grid, allowing WEV to significantly reduce energy costs, as we would be supplying ourselves with electricity.
- ❖ **Battery Storage**; using this new and emerging technology, we would be able to store the energy we produce from the solar panels, and thus further reduce our consumption and costs.



Finally, in addition to these partners, our own Board of Directors are supporting this project with the allocation of capital budget dollars as per our annual work plan. These are funds that are provided for capital projects like this and are separate from annual operational budgets.

We are excited and very proud of the commitment to the environment and our Care Partners that these community partnerships have made possible.

Over the past six months, we have been meeting with funding partners, doing presentations to various levels of government and applying for grants to make this a reality. To date we have received commitments of \$98,000 from Efficiency Nova Scotia and \$75,000 from The Department of Energy through their Low Carbon Communities Fund. The Municipality of West Hants has been very helpful in supporting our applications. This initial financial support is allowing our lighting and humidifier replacements to start.

In order for the solar and battery components to happen, we have applied for a \$500,000 grant through the Federation of Canadian Municipalities program. We are hopeful that our application is supported and that the full energy project can be implemented. We hope to hear by the end of February.

Stay tuned as we turn this dream into a reality!



Windsor Elms Village Care Partners Walk For Alzheimer's



Kevin Davison performs at Walk For Alzheimer's Fundraiser on Oct 8, 2019

We had the privilege of having Kevin Davison Singer/Songwriter /Paramedic here to perform for everyone, AND he has agreed to perform for us again this year. We were able to raise a total of \$5024 for the Alzheimer's Society which provides support for those living with Alzheimer's, and their families.

We also won 2nd place in the Walk Where You Are campaign put on by ASNS. It was a wonderful day full of camaraderie, exercise, meeting new people and helping a very worthy cause that is so very near and dear to us as we care for our residents many of whom have dementia.

On Oct 08, 2019 we held our first Windsor Elms Walk for Alzheimer's. We involved residents, family, staff and community. Information posters and newsletters went out to businesses, schools, local politicians and community groups offering them to opportunity to participate in the walk. The committee held 50/50 draws, bake sales, hosted a pie and tea social and collected sponsors from family and friends.

Purney Gosbees (resident) family joined together and raised approximately \$1800 in honor of his 80th birthday. A few of our residents pitched in and helped by getting the tickets ready to sell, selling tickets and manning snack and info tables during the walk.



Our next walk will be happening in Oct 2020, please stay tuned we have some wonderful fundraisers planned.

Annual Spring Yard Sale

Saturday, April 18th
7:30 to 11:00 A.M.

Windsor Elms Village (Village Hall)
174 Falmouth Dyke Rd, Falmouth

Proceeds to the
Windsor Elms Golden Hearts

Fundraising to Enhance Quality of Life for Residents

Donated goods are gratefully accepted until sale date & may be dropped off at the Elms on Apr 15; 16; 17 prior to Yard Sale. Please call 798-4939 or 352-2059



Community Supporting Spiritual Care



Allow me to introduce myself ! My name is Toni Myles Bennett. I am a full time Licensed Practical Nurse here at the WEV. However, in September 2019 when the WEV found itself without a Minister, I found a new role in our community.

Let me start by telling you the same thing I shared with our residents...the first time I was in front of the room leading the service ... “I am not a Pastor. I am not a Minister – and I am not a Reverend. I am just Toni, a child of our almighty Father on a journey to know Him better. I am a student of Acadia Divinity College working towards my Certificate of Christian Education. If you will have me I will do my best to continue to offer you times to worship our Lord together.”

We speak of community frequently in our church services, because of its importance in enriching our times together.



- ✚ **We have wonderful and dedicated volunteers** that come each Sunday and assist our residents from their neighbourhoods to service and home again. These Volunteers range from teenagers to retirees.
- ✚ **Another Volunteer who plays the piano** for us is a spouse of a former resident.
- ✚ **We are not only having regular church services, we also have had community support to have hymn sing evenings.** Our first hymn sing was held in Fundyview, supported by Randy and Lynda Sheffield and dog Butch; and our staff care partner Billie Jo McFetridge. With guitar and mandolin, we all worshipped in song that evening.

- ✚ **Another hymn sing evening we had in Village Hall, and we welcomed “Band Together”, with special guest Mr. Mark Clark.** We went live on facebook that evening and had folks in NB; PEI, AB and BC joining us in worship. Our little community reached out, all the way across our big country to British Columbia !
- ✚ **We had a special treat in November as Kids For Christ** came and performed their Christmas musical C.A.K.E. (Christmas Acts of Kindness Everywhere) for us. *(Photo Top)*
- ✚ **We have also been blessed to have Rev. Jeffro Bursey** come and give a service for us. His mom-in-law was an Elms’ community member.

Windsor Elms Village strives to provide meaningful experiences for diverse spiritual beliefs

How Do Resident Support Assistants

Support the Care Team With Residents' Daily Living ?



Megan Allison, RSA

Along with the rest of the care team RSAs are trained in lift and transfers and many have taken courses such as U-First and non-violent crisis intervention to help them understand dementia and how to best interact with a person living with dementia.

The role of the RSA is very important to the daily lives of the residents who live here at the Elms. Their primary role is food service and housekeeping. RSA's get to know residents very well, they build personal relationships with the residents and their families.

They know resident preferences for food and drink. They watch and ensure residents receive the appropriate food texture and fluids and monitor residents in the dining room along with the CCA's. RSAs also relay any notable concerns to the Nurse or Dietician such as chewing or swallowing difficulties. They are responsible for the cleaning of the house and take pride in keeping the resident's home neat, tidy and clean.



Kathy Harvey, RSA

RSAs are vital to the work we do here at the Windsor Elms and without them we wouldn't be the Best Place to Live Work and Visit... today and tomorrow.

When needed, RSAs SUPPORT the Care Team with:

- ✚ Lifts and transfers
- ✚ Transporting residents to and from activities; sometimes planning and executing activities spontaneously like baking, putting on a movie or playing bingo to relieve boredom, loneliness and helplessness for the residents.
- ✚ Laundry, meals and clean up
- ✚ Sitting with resident who are lonely or who are having difficulty adjusting to life in long term care



Ollie Skipper, RSA



Who We Are

A not-for-profit Association representing Nursing Homes in the Province.

87% of long term beds in the Province are represented by the members of the **Nursing Homes of Nova Scotia Association**

What We Do

The NHNSA supports not-for-profit, for-profit, municipal, and multi-facility nursing homes and use a solutions-focused approach to address opportunities and challenges across the sector.

We support our members by sharing best practices through facilitated round-table discussions; offering educational and networking opportunities; and engaging direct feedback on government policy and sector issues.

This Is Our Commitment

Our Association believes in advocating and leading to influence change. We are committed to innovative approaches that ensure safe, high-quality standards of care.

Our Mission

Together, we build solutions to ensure the highest standards of care for nursing homes in Nova Scotia.

Our Vision

The Nursing Homes of Nova Scotia Association is the collective voice for advancing world-class nursing homes in Nova Scotia.

Celebrating a WEV Volunteer - Ted Burns - Who Turned 100 !



A surprise birthday party was held for volunteer Ted Burns in WEV Village Hall ! Residents, staff and Ted's family were thrilled to celebrate with Ted his 100th birthday !

Residents often enjoy one on one visits with Ted as they reflect back on the "good old days". Ted first began volunteering at the Elms when his wife Edith lived here.

Photo Back Row L-R: Peter Cameron (son in law); Bonnie Cameron (daughter); Rodney Burns (son); Celia Burns (daughter in law); Christine Barkhouse (daughter); Don Barkhouse (son in law)
Sitting in Front: The Honourable Ted Burns !

Snacking for Seniors

Snacking is an extremely important dietary behaviour for seniors. Many seniors begin to have diminished appetites – whether from boredom, lack of activity, or changes in their sensation of taste – making all foods taste unfamiliar.’ This can affect their nutritional health, physical health, and even their mood.’

Many seniors are over-restricting what they eat based on what they were told years ago about a particular chronic disease they may have. ‘Difficulty with their teeth and gums can also affect what food choices they make with meats usually being the first to go when chewing becomes a problem.

An additional challenge noted is that ‘while aging often means fewer calories may be needed, all the nutrients are still in demand by their bodies and some are more essential than ever for bone health, heart health and brain health.’

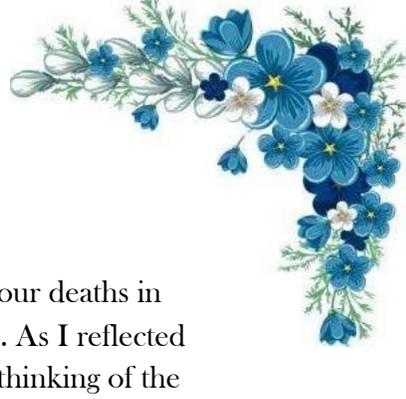


At the Windsor Elms, we offer snacks (drinks and/or food) in the afternoon and in the evening to residents to help them meet their nutritional needs. We also recognize that ‘family caregivers visiting their senior loved ones also often enjoy bringing them something to eat - not only to show their love but also to encourage them to eat.’

Examples of nutrient dense snack items that you could either find in our House kitchens or bring in from your home to offer your loved one. Snacks should be tailored to the individual if there are medical conditions or chewing difficulties/texture modifications):



- + (Greek) yogurt with fruit
- + Cheese and crackers / peanut butter and crackers
- + Sandwiches made with deli meat like chicken breast or salads like chicken salad
- + Granola bars especially softer varieties such as Nutrigrain or KIND nut butter bars or breakfast bars
- + Fruit or fruit/vegetable juice blend beverages
- + Nuts or trail mix
- + Vegetables (parboil the veggies if they have trouble chewing) and dip
- + Smoothie or milkshakes with fruit/vegetables
- + Pudding or gelatin snack cups
- + Fruit cups packed in their own juice
- + String cheese sticks
- + Raisins, yogurt covered raisins, craisins, dates or figs
- + Real fruit snacks
- + Hard boiled eggs
- + Stewed prunes, dried fruit such as apricots
- + Fig newtons
- + Hummus and pita
- + Ice cream or fruit juice bar
- + Glass of chocolate milk or buttermilk
- + Nutritional supplement



A Nurse's Reflection

Cynthia Sanche, RN Windsor Elms Village

“This is my final shift of several in a row, after a week in which we had four deaths in one neighbourhood. It has been a busy, intense, and emotional few weeks. As I reflected over these last weeks, and in particular this last week, I have been moved thinking of the many scenes that took place.

Resident Support Assistants (RSA) taking the initiative to bring residents comfort foods or palatable drinks, and changing the environment to make eating easier.

Nurses doing critical thinking, evaluating what next steps needed to take place, having difficult and emotional conversations, and collaborating with physicians for a best treatment plan.

Continuing Care Assistants (CCA) sitting with a resident, singing, telling stories, speaking gentle words of comfort and reassurance, in the midst of many other needs in the household, and even when imminent death was not expected.

Other CCAs understood and worked even harder to enable this care to happen.

Nurses stopping everything in the middle of a busy shift to visit an actively dying resident to hold her hand for a while.

An RSA dropping everything to support a co-worker, and other CCAs then stepping in to cover her duties.

Physicians wrestling with decisions and coming in promptly when needed, with compassion and tenderness.

Hugs and caring words shared with family members while their loved ones were dying. Offers of drinks, snacks, and meals to these family members.

Hugs and reflective times with family members following their loved one's death. Reflections on memories of the resident. Laughter... tears....

Staff staying overtime to accompany the remains of a resident out to the funeral home vehicle to honor the dignity and life of that resident.

I feel so very proud to work with a team of caring individuals who perform all of these and more tasks that are not found in any policy or procedure manual. This is the stuff that enable one's final love stories on this earth to be written, folks. I know all of the above are not unique to one neighbourhood, and not unique to the last few weeks alone. I just had the privilege of witnessing an unusually increased level of these wonderful activities in a compact measure of time.”