

Idlewyld Manor
Resident and Family
Newsletter
August 2019



Volume 19 Issue 8

Letter from the Editor

We have a few Leadership updates: Susan Hastings, Administrator, has been on a medical leave. Susan will be returning at the end of July. Alex Menjivar has stepped into the Maintenance Supervisor position effective July 21. Alex has been a key member of the Maintenance department for the past few years and we are excited about his new role. Cindy Abbott, Manager of Resident Services, will permanently be overseeing Housekeeping and Laundry. Gagan Kaur recently returned from her maternity leave but has accepted a full-time position closer to home. We are excited for her and wish her great success in her new endeavors. Due to the need to free up some office space over at Thrive, we have some new tenants! We would like to welcome Janine Mills back to Idlewyld as well as Sandra Watt. Janine is located behind the Business office and Sandra can be found in the office next to Reception. Be sure to stop by and say hello!

We know this is early, but...Residents and families will be receiving consent forms for seasonal Flu vaccine and Tamiflu in August.

Lastly, visitors are permitted to smoke only in the designated area of the front entrance and must be 9 meters from the front entrance. The staff smoking area is at the back parking lot. Please follow and respect these designated areas.

DO NOT SMOKE IN OUR GARDENS!

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Family Council

Tuesday, August 13th, 2019
 7:00pm in the Celebration Room on the First Floor.

All Family Members are welcome to attend

Please contact:
Cindy Allen
 callen709@rogers.com
 or call 905-318-6246
 for more information.

~Idlewyld Manor Leadership Team



August 2019 Special Events

Friday, August 2

Karaoke

6:45pm in the Celebration Room

Tuesday, August 6

Paula French Performs

6:45pm in the Celebration Room

Thursday, August 8

Beadsankara– Jewelry sale

10am-3pm in the lobby

Thursday, August 8

Resident Council Meeting

3:15pm in the Celebration Room

Friday, August 9

Pizza Hut Dinner

5:30pm in the Celebration Room

(Sign-up Required)

Sunday, August 11

Family Council:

Resident & Family Ice Cream Social

2:00pm Celebration Room

Friday, August 16

Spa Evening

6:45pm in the Celebration Room



Monday, August 19

Ice Cream Truck

2:00pm Main Parking Lot

A Whole New World– an IM volunteers experience with Music Therapy



longtermcare musictherapy neurologicmusictherapy Jun 05, 2019

My name is Zachary Brown, and I am a grade 12 student at Sir John A. MacDonald secondary school, as well as an aspiring music therapist. Recently I was able to experience two whole new sides of music therapy that I hadn't been exposed to before. During one of my visits to a long term care facility that I've been volunteering at, I got to sit in on a one on one session between Laura, the facility's music therapist, and one of their residents. I got to see Laura work alongside the physiotherapist that works there as well, while they worked with another resident. Both of these experiences introduced me to a new world of music therapy that is vastly different than the group therapy sessions I had been exposed to before. There is something truly special about setting aside a time to devote all your energy to one person. I saw this firsthand, as I witnessed my first ever one-on-one music therapy session. When we met the resident for her session, she appeared at first to be totally unresponsive. She did wake up, though, but struggled to speak, seemed very confused about where she was, and did not respond to Laura. Once we had begun her session, though, she became increasingly engaged! Previously she had struggled to speak, but by the end she was singing, understanding, and talking about a song that she had previously helped write about her life and memories. Earlier, her body was very limp and physically did not respond to her surroundings, but as the session continued, she was singing and began to tap her foot to the rhythm of the song. She was even able to respond to Laura's prompts, and correctly read the sheet music Laura was playing off of. She had been totally transformed by the power of music therapy. I realized as I was reflecting on my visit that although I knew music therapy was for me, I had a conception that physiotherapy was more important and influential than music therapy. That being said, after my visit to the long term care center, I'm not sure this is the case. This session involved the physiotherapist supporting an elderly lady and her walker as she walked through the halls. Laura walked in front, facing the lady while singing and playing her guitar. At first I was jokingly questioning if there was some hypnosis going on, because the lady was walking almost exactly on beat with the music. It was incredible to see this woman, who definitely could not have managed more than a few steps on her own, stepping to the beat of the music which was much faster than she seemed capable of. With the help of the two therapists, the resident was able to walk a full 200 meters. This seems like a small amount if you walk everywhere everyday, but would seem an impossible task to someone who spends their day in a wheelchair. This lady, while doing a seemingly impossible task, was even able to sing and dance a little while listening to that music. After the session, the two therapists remarked that if I thought this was incredible, I should see another man that they work with. This man is only seen regularly by the physiotherapist, who can generally only coax him to do 50m of walking. However, when he is seen by both the physiotherapist and the music therapist, he consistently can reach or surpass 150m! That is 200% more walking than without, which this man needs to stay healthy, through the power of music. This is not to say that music therapy is better than physiotherapy, but in my mind it does set them much closer to equals. Just weeks after my first introduction to music therapy, I feel like I have unveiled many completely different worlds. Each one is so unique in how it operates and how it affects those who come in contact with it, but each of the different aspects of music therapy seem to share a common bond. They all use music to transform the lives of those who need it the most.

Luncheons/Outing Sign Up Process

The Recreation Team post the sign up sheet for luncheons/outings 1 week before the event on the Resident Home Area Board. Residents can sign up or ask for assistance to be signed up for the event. **Space is limited to residents only.** The number of spaces available will be on the sign up sheet. Any resident signed up outside of those spaces will go on the cancellation list. If a resident cancels on your home area and your name is the next one on the cancellation list, the Recreation team will inform the resident.

Thank you for your co-operation.



PSW Resident Assignments

All PSW's have been assigned specific residents to provide care during their shift. We have implemented these assignments with the PSW team in order to provide better continuity, resident FOCUSED care and accountability. All staff are still responsible to answer call bells and work together to meet all residents needs, regardless of assignment.

Alone we can do so little, together we can do so much. –Helen Keller

Step Ahead Foot Care Clinics

Step Ahead Foot Care Clinic will be here the week of:
August 5th All Home Areas
September 16th All Home Areas
October 28th All Home Areas
December 9th All Home Areas

Residents who are authorized to receive Advanced Foot Care & Chiropody will receive the service.

Contact the business office to be added or removed from the list.



August 2019 Special Events

Wednesday, August 21 Birthday Party with Mountain Road Band
2:00pm in the Celebration Room

Friday, August 23 Food Council Meeting
10:00am in the Celebration Room



Friday, August 23 Happy Hour with Cheryl Dickson-Neal
2:00pm in the Celebration Room

Tuesday, August 27 Peach Social with Reg Denis
2:00pm in the Celebration Room

Friday, August 30 S'mores Social
6:45pm in the Celebration Room

**IDLEWYLD MANOR FAMILY COUNCIL
INVITES...**

Residents and families to an Ice Cream Social



When: Sunday, August 11th
Time: 2pm to 3 p.m.
Location: The Celebration Room
Hope you can join us!

Resident Birthdays in August



Shirley Freckleton (OW)	Aug 01
Kathleen "Kay" Roser (GS)	Aug 04
Kathryn Burns (RG)	Aug 06
Miso "Mike" Rafajac (SV)	Aug 07
Maria Kojzek (GS)	Aug 08
Georgina Honeysett (CS)	Aug 09
Angelo Romano (SV)	Aug 11
Anne Jones (OW)	Aug 12
Roy Long (SV)	Aug 12
Muriel Melanson (OV)	Aug 18
Gladys Elian (OV)	Aug 18
Angie Eberhardinger (OV)	Aug 23

Residents Council

The Resident Council met on July 18th and the following was discussed:

- F/U regarding meal observation
- F/U PSW assisting during meal times
- New RC President candidate
- MTMH fundraiser in May 2019
- Volunteer appreciation event
- 2019 budget review will occur in August
- PSW update
- PSW students
- Leadership updates
- New front doors
- FC Value Village fundraiser
- Additional parking
- Vendor fees
- OARC membership

All residents are welcome to join us at our next meeting on Thursday, August 8th @ 3:15pm in the Celebration Room.

Family Council Guest Speaker

Tuesday, August 13th – 7:00 pm
1st Floor – Celebration Room
SPECIAL GUEST SPEAKER from the Canada Revenue Agency
Ask your questions about RRSPs, TFSAs, Disability Tax Credit and more!

All Family Members welcome to attend and/or email your questions in advance to vacon.2@sympatico.ca

Welcome New June Residents

Jean Hill (RG)
Coraline Morrison (GS)