

FAMILY MEMBER

CARE

NEWSLETTER

PUBLISHED 3+ TIMES

PER YEAR

Volume VII - Issue IV

October 2018



Please visit us
Wednesdays through
Sundays
11:30 am—3:30 PM

Drop by for a Meal or a
Snack

Menu items include:
Specialty Hot Drinks
Soups
Salads
Sandwiches
Baked Goods
Ice Cream

Talk with the nurse about
bringing down your loved
down for a treat.

NEW! If Care Residents
charge Bistro purchases the
transactions will go through
their resident billing account.
Contact the Business Office
for more info.

Bistro accepts debit, VISA and MC

**We will be having
Flu Clinics on**

Oct 16, 2018

13:30 -16:30

Oct 23, 2018

14:00-16:00

**Family Members
are Welcome to
come get their flu
shot**

****Remember to
bring your care
card****



50 YEARS of CARE
1962 - 2012

1550 Oxford Street, White Rock, BC V4B 3R5

Phone: 604-536-3344

E-mail: info@evergreen-home.com

Mealtime Assistance Program

Are you interested in volunteering at Evergreen to help your loved one and other residents? Evergreen Baptist Campus of Care would like to introduce a new volunteer program – Mealtime Assistance. For our residents, mealtime is considered a time to socialize and also to receive adequate nutrition. But many of our residents may face difficulties such as swallowing or self-feeding. The goal of the program is to promote family/volunteer involvement in your loved one's care. If you are interested in learning more about the program, email dietitian@evergreen-home.com or call 604-541-3843 for more details. We will be hosting a training session to those interested in volunteering.

Christmas Save the Date

Our Christmas Dinners on the Communities will be held the week of December 17. Please watch for more information in mid-November regarding ticket sales for families.

T5-T6—Lunch on Dec 18

T3-T4—Lunch on Dec 20

T2-T7-T8—Supper on Dec 19

P2-P3—Lunch on Dec 17



Evergreen Heights will be hosting their annual Craft and Rummage Sale on November 9 from 11-3 in the Heights lobby. Everyone is welcome to attend.

Staff Appreciation Donations

During the Christmas Season many families and residents want to show their appreciation to our care staff on the Communities. Please note that Evergreen Staff are **unable to accept** gifts from families or residents. If you would like to show your appreciation for our staff you are welcome to make a monetary donation to our Staff Appreciation Fund. Monies donated to this fund allow us to hold special events and treats for all our staff throughout the year.

If you would like to make a donation, please do so by cheque to 'Evergreen Baptist Care Society' and bring it to Michelle in the Business Office, or leave it at Terraces reception, marked for Michelle. We are thankful for all donations received in recognition of our staff, and will ensure these monies are used for the staff.

Quality Improvement Fair

Over a span of 3 days in November Evergreen will be hosting a Quality Improvement Fair in our Terraces Lobby. You will have the opportunity to see and experience what Evergreen is doing, in partnership with input from families and staff, to improve the quality of care for our residents. Watch for more information in November and don't forget to stop by.

Voting Day - Tues. Oct. 16

Terrace and Pointe residents will have the opportunity to vote in the White Rock Municipal Election on the morning of Tuesday, October 16. A mobile voting booth will be set up at Evergreen Terraces Bistro from 9 am – Noon, and in the Pointe P2 from 9 am—10 am. If able, families are encouraged to bring their loved one to vote.

Flu Season is COMING!

Outbreaks of illness sometimes occur in health care facilities and can be a stressful time for residents, families and staff. Outbreaks are most often caused by common viruses that produce symptoms of gastroenteritis, such as nausea, vomiting and diarrhea, or respiratory illness, such as fever, cough and sore throat. These viruses are generally spread from person to person, or by touching contaminated surfaces, objects or equipment and then touching your eyes, mouth or nose or handling food or drink. For the health and well-being of everyone, it is important to implement measures to control the spread of infection.

Ways you can help stop the spread of illness:

- Do not visit if you are ill
- Follow the outbreak and infection control measures recommended by the care staff on your community
- Limit your visit to your family or friend, as much as possible. Do not visit between different communities
- If you are visiting an ill family member or friend, please check with the staff first
- Clean your hands often with liquid soap and running water or alcohol-based hand sanitizer
- Clean your hands
 - ⇒ When entering the facility and before leaving
 - ⇒ Before entering and after leaving a resident's room
 - ⇒ Before eating or assisting your family or friend with his/her meals
 - ⇒ After going to the washroom or blowing your nose
- Get immunized against influenza every year. If you do not get a flu shot, wear a mask when visiting



Washing your hands

1. Wet hands under running water
2. Apply liquid soap
3. Lather and rub hands for at least 15 seconds
4. Rinse hands
5. Towel or air dry hands
6. Turn taps off with a towel or your sleeve



Cleaning Your Hands with a Hand Sanitizer

1. Place a quarter-size drop of alcohol-based hand sanitizer in your palm
2. Rub hands together, palm to palm
3. Rub back of each hand with palm and fingers of the other hand
4. Rub around each thumb
5. Rub fingertips of each hand back and forth in the other hand
6. Rub until your hands are dry (at least 15 seconds)

Thank you for helping to keep our residents safe!