

# The Advocate



September 2021

## A Note from the Director

### About Us

Established in 1985, McCormick Dementia Services is Ontario's largest adult day program specializing in dementia care. We are committed to delivering the highest quality programs and services to clients in our day program, programs for overnight respite, and family support. Formerly known as Alzheimer Outreach Services, McCormick Dementia Services is located at the corner of Oxford and Commissioners Road in London, Ontario. The team is a dedicated group of professionals and volunteers who are focused on client needs and personalized care.

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It is difficult to believe we are at the tail end of the summer, and fall is starting to show its beautiful colours. This summer was a very busy one here at the day program, and we have much to share.

Beginning September 20th, we will be offering two clients each day a cleansing and relaxing spa experience. We had a waitlist of day program clients who wanted a bath, and we have now slotted them into spots. We still have some spaces left, so if there are any clients who would like to have a dip in our new tub and experience the comfort of our spa, please contact our Administrative Assistant at 519-439-9336 ext. 2347. The cost is \$25 per bath.

We ramped up virtual recreation this summer, offering greater variety of programs to clients in their homes. As the weather starts to change, and people increasingly stay indoors more, please consider joining us virtually for some exercise, socializing, music, and fun! The Recreation Zoom calendar can be found on our Caregiver's Corner website ([www.mccormickcaregroup.ca/caregiverscorner/](http://www.mccormickcaregroup.ca/caregiverscorner/)) under the section entitled Zoom Programs and Groups. We hope we see you online!

Since last December we have offered weekend overnight respite to three clients each weekend. I am excited to announce that beginning September 24th, we will be able to increase that number to four clients per weekend. It is my hope that with this increase to four beds, it will assist in reducing the wait times for clients between respite stays.

Lastly, I would like to acknowledge that our beloved Administrative Assistant of 22 years, Shelley McInnis, will be retiring after her last day with us on September 30th. She has been a source of calm comfort, humour, and dedication. She will be greatly missed. Filling Shelley's big shoes, is our new Administrative Assistant, Natalie Kozinska. Natalie is quite well known to us here at the day program, she first joined us as a recreation student several years ago, and then worked for us as a Recreation Assistant. She has since changed career paths and decided to move into office administration, which works perfectly for us. Please join me in wishing Shelley all the best in her retirement, and welcoming Natalie to our front desk.

Most sincerely,

Karen Johnson, MSW, RSW



## Autumn Sweater

By: Stephanie Garcia

This time last year we all braced ourselves for the annual flu season. There was much fear and uncertainty regarding Covid-19 that the thought of influenza making its way through our community made many people increasingly anxious. Thankfully, we did not see the predicted outbreaks related to influenza within our region. There were no cases of laboratory confirmed influenza that were identified in the Middlesex-London region since the beginning of this past year's influenza surveillance season (August 30th, 2020). Despite other regions in Ontario that have reported some sporadic influenza activity this season, this overall significant reduction of case counts proved that good public health measures such as physical distancing, handwashing, wearing of masks, and staying home when you feel unwell to prevent the spread of COVID-19, may also be responsible for the reduction in transmitting other respiratory viruses, like influenza. Another reason for the success in the fight against influenza was the 500% increase in demand for the flu shot last fall. This was mainly because people had increased awareness of the pandemic, and were listening to public health measures to help decrease the spread of influenza and Covid-19 combined.

The transition from summer to fall causes us to all to gather indoors. This ultimately increases our risk of transmitting some form of illness. This year is a bit different from last, as we now have the Delta Variant. According to the COVID-19 Projections Science Advisory and Modelling Consensus

Tables September 1, 2021, this variant is highly transmissible compared to the original SARS-Cov-2 virus, is twice more contagious, and could result in more severe long lasting illness, and even possibly death. As the pandemic continues, it is vital that we utilize all the lines of defense to give us the best chance to avoid getting sick, and help decrease capacity issues in our hospitals related to the flu within our healthcare system.

Ways to stay healthy during the cold and flu season:

Eat a balanced diet and stay hydrated

- Try to eat and incorporate all food groups with each meal (as tolerated). Creative ways to stay hydrated during the cold months is to serve soups before meals

Exercise - Just 10 minutes a day goes a long way! Visit the government of Canada for more information. <https://www.canada.ca/en/public-health/services/publications/healthy-living/physical-activity-tips-older-adults-65-years-older.html>

Sleep - Restorative sleep is extremely important for our brain and body systems to repair, heal, and grow. Visit the recording of our *Sleep: 101 Webinar with Andy Donald* for great information on restorative sleep and medications. <https://youtu.be/3QvLHtWTN3w>

Follow public health and safety guidelines to help stop the spread of respiratory viruses like influenza and Covid-19

Lastly lift those autumn sweater sleeves and get vaccinated, it will save lives.

### **“I never thought he would get lost”**

**By Tara Machacek**

Did you know that 6 in 10 people living with dementia become lost at some point? One of the most common statements I hear from caregivers is “she has never wandered before so I don’t think she ever will”. The reality is that just because someone has not wandered or gotten lost before today does not mean that this will not happen tomorrow. Wandering refers to the need to keep on the move and is a common behaviour for a person with dementia. In itself, wandering is not a dangerous activity. But short-term memory loss and impaired ability to reason or to make sound judgements can contribute to unsafe wandering behaviour such as getting lost. For many people, getting lost happens without warning. Familiar surroundings may suddenly become strange to them. They get disoriented and are unable to find their way home. Here are some strategies to reduce the risk of getting lost.

- Ensure the person has some form of identification on them at all times. This may be a MedicAlert Safely Home bracelet, a Road ID bracelet or wallet ID cards.
- Consider using a locating device such as a cell phone or a GPS locating device. GPS locating devices or fobs can be worn as watches, necklaces, in shoes or placed in a wallet or purse. You can use a smartphone to check and see where the person is at any time and can get alerts sent to your phone. There are many different types and they can be purchased at most electronic store or online.
- Ask neighbours, friends and family to call if they see the person wandering, lost or dressed inappropriately for the weather. Create a “business card” to give to neighbours with your contact info on it so they can call you if they see the person.
- Create a list of places the person might try to go to such as past job locations, former homes, or any other of their favourite locations.
- Have an identification kit completed and available. See the resources listed at the end of this article for the link to the Finding Your Way Ontario identification kit.

It is important to have a plan in place so that if someone does go missing you are prepared. The following are some suggestion for what to do if someone goes missing.

- Call 911 as soon as you notice the person is missing. This is an emergency. You are not “bothering” the police by calling them. The sooner you call the more likely it is the person will be found safely.
- Give the police officers the information you have prepared in your Identification Kit. Provide a current photograph. Let them know what the person was wearing, and if there are any places you think they may have been heading.
- Make sure that someone stays at home in case the person returns. Ask friends and family to help look for the person.

Here are some resources you may find helpful:

McCormick Dementia Services – Caregiver’s Corner Website - <https://www.mccormickcaregroup.ca/wp-content/uploads/Wandering.pdf>

Finding Your Way – [www.FindingYourWayOntario.ca](http://www.FindingYourWayOntario.ca)

Finding Your Way Identification Kit - <http://findingyourwayontario.ca/wp-content/uploads/2019/06/ASO-FYW-Identification-Form-V1-vc.pdf>

MedicAlert Connect Protect – The London Police Services have partnered with MedicAlert Canada to provide this service which provides police officers 24/7 access to the subscriber’s emergency profile. MedicAlert Safely Home bracelets are included in this program - <https://medicalert.ca/Programs/MedicAlert-Connect-Protect>

RoadID bracelets - <https://www.roadid.com/>

## Variety is the Spice of Life

**By: Becky Clark**

As we welcome back fall, I am sure we are all anticipating getting back into our familiar routines. We have talked about how a consistent schedule and daily routine can really make a difference in a person with dementia's life, as well as their caregiver, but we feel it's also important to add a little flavour and fun to that routine too. We are hopeful that we will see more participants re-joining our Zoom recreation programs and that you will be interested in some of the new programs being introduced. We pride ourselves on being innovative and engaging, so we're excited to share a couple of new ideas.

We have not been able to recruit an art therapist to cover Emily McIntosh's maternity leave, but thanks to the ever-creative recreation team, they are planning some creative alternatives for expressive Zoom programs in the meantime. On Mondays and Thursdays, Becky Vandermey (recreation specialist), is planning a Zoom recreation program that will have creative-art components, but facilitated in a very social way. For example: the theme of the week for her program could be "butterflies." Participants who have registered for the program will receive the invitation to participate and also printable art pages based on the theme to work on during the session. During the virtual program, butterflies will be the topic of discussion (facts, recipes to attract butterflies, images, videos) while participants can choose to paint or colour their art page, or simply engage in the topic. As always - no art skills are required! At times, we may have a guest speaker present certain topics or themes as well.

Speaking of guest speakers! Our recreation specialists are interested in offering a regularly scheduled guest speaker Zoom recreation program. General topics of interest may be explored, which could include things like farming, canning and preserves, bee keeping, stamp collecting and beyond. Perhaps you have a hobby, skill or an interesting profession that you would be willing to share in our Zoom recreation programs? These are casual presentations not intended to solicit sales to our participants, so we appreciate your respect in this matter. If you would like to discuss being a guest presenter, Becky Vandermey would be happy to discuss this with you. She can be reached by email: [bvandermey@mccormickcare.ca](mailto:bvandermey@mccormickcare.ca) or by calling 519-439-9336, ext. 2391

Each month we post the Zoom recreation calendar on our Caregiver's Corner website: [mccormickcaregroup.ca/caregiverscorner](http://mccormickcaregroup.ca/caregiverscorner)

Alternatively, you can email [virtualrec@mccormickcare.ca](mailto:virtualrec@mccormickcare.ca) to see what programs are new or to share any ideas with the team.

# YOUR DONATIONS MATTER



Thanks to your generosity we're able to fund innovative programs and specialized services as identified by McCormick Dementia Services.

## MUSIC CLUB

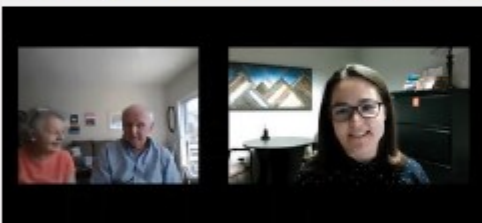
Thursdays at 2:45 p.m.  
Join us to reminisce about memorable music, artists and performances!



## FUNDING HIGHLIGHTS

Last year, the foundation granted more than \$64,795 to McCormick Dementia Services in support of innovative programs and specialized services.

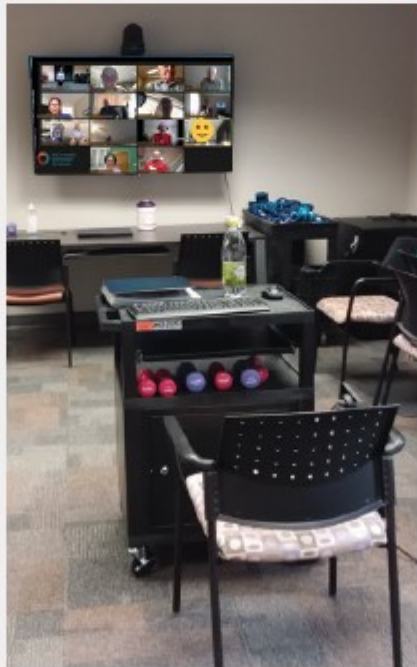
Here is how the money was spent.



**JANE**  
Zoom Liaison



- 41% Innovative Projects
- 46% Art Therapy & Program Enhancements
- 13% Garden Enhancements



From a Virtual Learning Hub, delivering virtual art therapy and caregiver support, to therapeutic gardens, and subsidies for those who face financial challenges – together with our donors, we can ensure the staff teams have the tools, resources, and equipment needed to provide meaningful life experiences clients and their families have come to expect.

*Thank you for making the...*  
**MCCORMICK DIFFERENCE**

For more information contact us:  
McCormick Care Foundation, 2022 Kains Road, London, ON N6K 0A8 | 519-432-2648 x2318 | admin@mccormickcarefoundation.ca

### **McCormick Care Group Announces Mandatory COVID-19 Vaccinations for Staff**

**September 8, 2021**

We are reaching out today to announce that we will be implementing a mandatory COVID-19 vaccination policy for all our staff members, effective October 31, 2021. This announcement, which includes all staff at McCormick Dementia Services and McCormick Home, falls in line with similar policies being enacted by health and long-term care organizations across Ontario as well as with the province's recent announcement about the implementation of vaccine passports in selected business establishments.

We feel that it is of the utmost importance that we stay in step with our colleagues in the health care sector to ensure that optimum safety standards are being enacted for society's most vulnerable populations. This move falls in line with recommendations from health officials that endorse the COVID-19 vaccination as a clear way to eradicating the pandemic that has been experienced around the world since early 2020.

McCormick Care Group has already achieved an 87% rate of fully vaccinated staff, and staff continue to receive vaccinations at steadily increasing intervals. We want to ensure that a 100% compliance rate is achieved so that we can enhance the quality of life of those in our care and offer more open and socially interactive connections for our clients and residents.

With the wider implementation of vaccine enforcement in health care settings, we do not expect any impacts to our staffing levels and will continue to provide support and education on the benefits of the vaccine to the McCormick community. Exemptions for medical or religious grounds will be accepted with the required documentation. In addition to staff members, this policy will apply to student placements and volunteers and will serve as a condition of employment for all prospective hires and unpaid support positions.

It should be noted that it is the policy of the McCormick Care Group to not disclose the personal health information, including the vaccination status, of any of its staff at any time.

We have worked diligently to make vaccinations easily accessible to staff by offering several vaccination clinics since the spring. Given the increased risk of infection through the Delta variant - or fourth wave - currently underway, we have determined that the safest course of action is to ensure that our staff are 100% vaccinated as a condition of continued employment.

We welcome this opportunity to enhance the health and safety of our clients and residents, who are among the hardest hit populations of the COVID-19 pandemic.

## General Announcements

McCormick Dementia Services is pleased to announce  
the first quarterly

### **Client and Caregiver Council meeting**

will be held on Sept 23, 2021 at 10:00 am

If you wish to become a council member, please  
contact Becky Clark at [bclark@mccormickcare.ca](mailto:bclark@mccormickcare.ca) or

519-439-9336 x2344

### **The Spa Renovation is Complete - Sneak Peak!**



We would like to express our sincere gratitude to the McCormick Care Foundation for its support. We want to especially thank Bev Zaifman for her extremely generous donation, which ensured our spa renovation dream became a reality. When her husband, Bernie, attended the day program, accessing the spa was an important part of his day.

If you would like to enjoy our new spa experience, call

519-439-9336 x2347

## Contact Information:

519-439-9336

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**Natalie Kozinska, Administrative Assistant** ext 2347  
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**Catherine Robson, Social Worker** ext 2553  
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**Tara Machacek, Social Worker** ext 2337  
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**Allison McInnis, Social Worker** ext 2373  
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**Lindsay Goudie, RAI CHA Assessor** ext 2341  
lgoudie@mccormickcare.ca

**Recreation Specialists** ext 2391  
Julie R., Jane G., Becky V., Vanessa B.,  
Heidi S., Natalie W., Angela B., Alysha V.

**Registered Practical Nurses/Nursing Phone** ext 2346  
Michael C., Karen A., Ivy S.

**The Day Program will be closed on  
October 11 - Thanksgiving  
December 25 26 and 27 - Christmas  
January 1 - New Year's Day**