

## Advocacy, activities and appreciation: Leisureworld springs ahead

### INSIDE:

Ethics 101: Leisureworld Creedan Valley poses the tough questions ...1

Folk group brings Volturno to Vaughan ...2

Appreciation Day events leave O'Connor Gate staff "all shook up" ...3

Physiotherapy for LTC residents to continue under OHIP ...3

Bobbles, bargains and memories of days gone by ...4

Leisureworld Muskoka event raises awareness about accessibility ...5

Serving lunch and the community ...6

### The Leisure Times

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## Ethics 101: Program at Leisureworld Creedan Valley poses the tough questions

It's 8:50 a.m. and bath day for a particular resident. He is refusing to take a shower. Staff know that his son will be visiting later that afternoon and remember how he reacted in the past when Dad was not groomed to his expectation.

It's 12:25 p.m. In the dining room, a diabetic resident is insistent on eating foods that are not good for her.

It's 2:00 p.m. In the staff room, a colleague shares a story about how she handled a situation earlier in the day. After hearing about the encounter, the listener has doubts about the appropriateness of her co-worker's approach.

Three typical scenarios that could play out at any long-term care home on any given day. The common link between them? Each situation raises a question with ethical considerations for the staff member. What is the right thing to do?

... continued on page 2



### Richmond Hill resident recognized for a lifetime of achievement:

Representatives of Leisureworld Caregiving Centres joined with colleagues from the long-term care sector to acknowledge the extraordinary life of one of its own residents in April. Every year, the Ontario Long Term Care Association (OLTCA) honours a resident of a long-term care home with their Lifetime Achievement Award. This year, Alexandra Sacks a resident of Leisureworld Richmond Hill, was selected. With friends and family members in attendance at the convention's luncheon on April 11<sup>th</sup>, Mrs. Sacks addressed the gathering of 800. The audience also had the pleasure of hearing about the many exemplary contributions Mrs. Sacks has made through a lifetime of generosity, inventiveness and compassion. For the full, inspirational story of Mrs. Sacks, visit Leisureworld's web site at [www.leisureworld.ca](http://www.leisureworld.ca).

**Ethics** is the aspect of human thought and behaviour that governs the conduct of members of a group.  
It is based on a commitment to do the right thing.

... continued from page 1

To assist staff in weighing out the options in such situations, Deborah Greeley at Leisureworld Caregiving Centre – Creedan Valley has developed an Ethics Workshop. Greeley, the home's Life Enrichment Co-ordinator, has now taught her program to the majority of the team at Creedan Valley and has shared it with a number of other Leisureworld homes.

The workshop itself provides participants with a broad base of knowledge. It defines ethics and sets out organizational goals and ethical expectations for a staff member. It helps participants recognize the distinction between the personal and the professional sphere and the differences between ethics, morality and values. In the contexts of employee responsibilities, Leisureworld standards and established policies and procedures, the workshop explores integrity, loyalty, courage, honesty and fairness and how these character traits contribute to ethical decision-making. Workshop participants are also able to test some of their learning through several interactive exercises.

Greeley's program also highlights some useful tools that the home's newly established Ethics Resource Committee will be putting into use. Tools include a framework of decision-making, a decision-making matrix and an ethics checklist.

The purpose of the Ethics Resource Committee is to address ethical issues and collaboratively decide on a course of action. Members of the committee include the home's Life Enrichment Coordinator, the Director of Support Services and the Assistant Director of Care as well as three staff members. They are also hoping to recruit some of the home's long-term volunteers to sit on the committee. Their hope is that residents, family members and staff will view them as a resource and sounding board for the tough questions they encounter in the long-term care context. ■

Ethics, morality and values may seem to have the same meaning. Not so. They are distinct concepts, albeit closely related.

**Values** are our fundamental beliefs or principles. They define what we think is right, good, fair and just.

**Ethics** are behaviours that tell people how to act in ways that meet the standard our values set for us.

**Morals** are an adopted set of beliefs that help the individual define right versus wrong.

## Folk group brings Volturno to Vaughan

Leisureworld Caregiving Centre - Vaughan had the pleasure in April of playing host to a visiting Italian folk group. The group's performance was sponsored by the Centro di Iniziative Artistiche e Culturali (C.I.A.C) which translates as the Artistic and Cultural Initiative Centre. The C.I.A.C. is an organization committed to preserving the culture, art, music, dances and local traditions of the Volturno Valley region of Italy.

The La Basulata folk group entertained to the enrapturement of all residents – whether of Italian descent or not. The troupe performs in elegant costumes to traditional music. Folk dances such as the "tarantella" – a dance that generations have performed with the same vigor and passion – were included in the program as were traditional serenades and sonatas.

The enthusiastic response from the residents of Leisureworld Vaughan was greatly appreciated by the troupe's members. They have already determined that on their next visit to Canada, they would like to perform in more long-term care settings.

## Appreciation Day events leave O'Connor Gate staff 'all shook up'

On May 11<sup>th</sup>, staff at Leisureworld O'Connor Gate were treated to a 1950s' Rock n' Roll theme event to celebrate Staff Appreciation Day. Special touches to the day's festivities included 1950's style drive-in fare such as hot dogs, hamburgers, potato chips and root beer floats. Staff familiarity with 1950s' facts and figures was tested with a quiz. The winner of the retro trivia challenge took home a lovely gift basket. No one left empty-handed, however, since the home's management team had a gift bag for all staff members.

"Best of all", says Evy Lang, Activation Supervisor for O'Connor Gate, "staff were entertained by the King himself. Elvis dropped by to sing a few of his most memorable songs and was more than happy to pose for a few pictures."

Many Leisureworld homes opt to hold their Staff Appreciation Day each spring in conjunction with Nures' Week. It is a great opportunity to acknowledge and express gratitude to all those whose dedication, compassion and commitment make our residences into homes and our services into genuine caring. ■



**Elvis is in the building:** Seated from the left Lorna Henry, Melody Thompson and June Sohan enjoy lunch at Staff Appreciation Day at O'Connor Gate. Flanking Elvis are Belna Carreon and Niro Balram while the Gate's Administrator Carol McIlveen looks on.

## Physiotherapy for LTC residents to continue under OHIP

Earlier this spring, the Ontario government announced changes to the Ontario Health Insurance Plan's (OHIP) coverage for physiotherapy services.

"Previously, some of Ontario's most high-need patients were left without physiotherapy services," said George Smitherman, Ontario's Minister of Health and Long Term Care. "We're improving our physiotherapy program so that the dollars we spend help those who need it most – seniors, children, people with disabilities and people needing service in their home and after they leave the hospital."

As of April 1, 2005, government-funded physiotherapy services will be available to:

- All seniors 65 and over
- All people aged 19 and under
- Long-Term Care residents of all ages
- People of all ages needing short-term physiotherapy in their home and through a Community Care Access Centre
- People of all ages requiring physiotherapy after overnight hospitalization
- People of all ages receiving physiotherapy who are recipients of Ontario Disability Support Program
- Ontario Works, Family Benefits and Workplace Safety Insurance Board.

... continued on page 4

... continued from page 3

Prior to April 1, only 71 per cent of long-term care homes were served by designated OHIP physiotherapy clinics. Most communities in northern Ontario also didn't have access to these clinics.

"Today's announcement recognizes the importance of physiotherapy to the health and well-being of residents in long term care homes," said Karen Sullivan, Executive Director of the Ontario Long Term Care Association.

"This program change is good news for long-term care residents who are trying to regain their movement after a fall or an accident," said Lois Dent, President of Concerned Friends of Ontario Citizens in Long-Term Care Facilities. "We are pleased that all residents will have the same standard of physiotherapy services whether they live in the far north or in a major city."

Ontarians aged 20 to 64 are no longer eligible for OHIP coverage for physiotherapy unless they require these services following overnight hospitalization or if they live in a long-term care home. Ontarians with private insurance should check to see if their plan includes coverage for physiotherapy.

For residents of Leisureworld Caregiving Centres, physiotherapy is already available through a designated OHIP provider or the local Community Care Access Centre. The government's changes to the program will ensure all long term care residents can receive the services to which Leisureworld residents already have access. ■

## Bobbles, bargains and memories of days gone by

Submitted by Safina Jivraj  
Leisureworld Lawrence

It's a casual Saturday afternoon. The sun is shining and it's a brilliant 27 degrees Celsius. What better way to spend the afternoon than venture outdoors? When asked whether she wants to partake in an outdoor social or a take a walk to the "Dollar Joint" on Jane Street, 87-year old Nellie Atkinson bounces up, her face aglow and shouts, "Shopping!" Says Nancy Chandler, another resident and volunteer, "It's like being six years old again, going up and down the aisles – and nothing is over a dollar!"

The ladies wait patiently at the door with their sunglasses and sun hats as activation staff wheels the last eager shopper to the door. Then they're off!

The walk along Lawrence is leisurely and relaxing. The old houses along the street bring back many

... continued on page 5

## PHYSIO FACTS & FIGURES

### What is physiotherapy?

Physiotherapy in long-term care homes involves assessment of residents to determine individual physical status, functional abilities, needs and goals, followed by treatment and then reassessment until these goals are met.

### Who provides physiotherapy?

Physiotherapy is provided by a physiotherapist who is registered with the College of Physiotherapists of Ontario or an assistant supervised by the treating physiotherapist, in accordance with College guidelines.

### Does every resident of a long-term care home need physiotherapy?

No, individual needs for physiotherapy services vary according to each resident's health, medical circumstances and functional needs to carry out activities of daily living.

### Who determines that a long-term care resident may need physiotherapy services?

The resident's attending physician along with the long-term care home's multi-disciplinary team will determine who may require physiotherapy treatment. Through the course of treatment, the physiotherapist will assess treatment requirements and progress.

### How many OHIP-insured physiotherapy visits will be provided to residents?

In general, the number of visits provided varies according to each resident's specific health, medical circumstances and functional needs to carry out activities of daily living. A maximum of 100 OHIP-insured physiotherapy services per person per year are insured for all long-term care residents, when referred by a physician. A process based on medical need is being developed where services beyond the identified maximums may be required.

... continued from page 4

memories of when the ladies lived in their own homes. Stories surface about their own handsome houses and friendly neighbourhoods as the children play in the park near by. They stop to take a break from their walk, admiring the brilliant reds, yellow and purples of the tall tulips in the front gardens.

After crossing the street at Jane and Lawrence, it is only a few steps more and at last, the doors of the Dollar Joint. Once through the doors, it's like being in another world. Not one aisle is left unvisited and by the time the cash register is reached, not one lady is empty handed. The walk back from the dollar store is just as pleasant, if not more than the walk there.

The coffee shop at the corner is the perfect way to end the outing. A hot cup of coffee, a comforting spot of tea or an ice cold drink is just right coupled with some donut holes.

Heading back through the doors of Leisureworld Lawrence, the ladies journey back to their rooms to unpack the goodies from the trip to the dollar store. They take the evening to relax, knowing that tomorrow is another day with a new adventure. ■



**What's in store?** Mary Goodwin (seated) Nancy Chandler and Nellie Atkinson are all smiles following their shopping trip to the neighborhood dollar store.

## Leisureworld Muskoka event raises awareness about accessibility

Leisureworld Caregiving Centre – Muskoka marked National Accessibility Awareness Week with a full day of events, education and advocacy. National Accessibility Awareness Week was established in 1988 to promote better access for people with disabilities. The primary aim of the week is to bring together people with disabilities, organizations who work with people with disabilities, business, labour and government to facilitate changes that allow the full participation of people with disabilities in all aspect of Canadian life.

The roster of activities for the June 3<sup>rd</sup> event at Leisureworld Muskoka blended the talents and energies of many community members. Roxane Hoyle, Muskoka's Activity Director, spent months seeking the input and involvement of organizations such as the Gravenhurst Accessibility Advisory Group, Seniors' Centre, Active Living, the Alzheimer Society, Therapy

Supplies, the Canadian National Institute for the Blind and local youth. The collaborative approach to planning produced a well-rounded agenda with tremendous opportunity to raise awareness around accessibility issues.

The home's lobby became a showcase of displays and booths set up by community partners. For example, The Friends Active Living Project demonstrated assistive devices to be used by people with disabilities for fishing, gardening and cycling. Other organizations offered educational materials,

interesting products and helpful advice. Gravenhurst Mayor John Klink also attended the event. He had the pleasure of announcing the winner of an essay and poem writing contest. Earlier this spring,

... continued on page 6



... continued from page 5

Roxane had contacted local schools to invite students to submit either a poem or essay that addressed the question, "What would life be like to be visually, hearing, physically or cognitively impaired?" A panel of judges including the Mayor, representatives of Leisureworld, participating schools and the Gravenhurst Accessibility Group chose the winner. The selected piece was printed in the local paper to help raise awareness of accessibility issues.

Another important item on the day's jam-packed agenda was an accessibility audit conducted at a local park close to the home. Gull Lake Park is a lovely summer venue for outings, concerts and picnics. "It is tremendously difficult to take our residents to this local park because of its many accessibility barriers," said Roxane. "By enlisting the support of the Active Living Project, a detailed audit on the various impediments will be prepared for town council's consideration and, we hope, action."

On behalf of its residents and all community members who face obstacles due to a disability, Leisureworld Muskoka has shown itself to be a real leader. ■



**Choruses and Cuisine:** Rae Bobbs and Helen Wucherer, residents of Leisureworld O'Connor Court, joined the outing to The Toronto Police Association Male Chorus' performance at Spirale Banquet and Convention Centre this May.

## Serving lunch and the community

Ten residents of Leisureworld Caregiving Centre – O'Connor Court enjoyed the finest of cuisine and entertainment on an afternoon excursion to Spirale Banquet and Convention Centre in Toronto. Thanks to a special invitation from the local Rotary Club, the Court group and approximately 50 other residents from area long-term care homes, were treated to an exclusive performance by The Toronto Police Association Male Chorus.

The Toronto Police Association Male Chorus has been performing throughout the community at hospitals, churches, seniors' centres, and charitable benefits for the past 38 years. Over the years, the group has entertained at many police functions such as the "World Congress of Police", and the "International Association of Chiefs of Police". Appearances are also made regularly during "Police Week" and at the Peace Officers Memorial Services in Cleveland, Ottawa, and Toronto.

Participation in the Toronto Police Association Male Chorus is voluntary and members come from all areas of the Police Service and retirees. Recently they have also began taking on members of the public in good standing to perform in the group. Their popularity, in part, stems from their broad musical repertoire, a selection of which was performed to the delight of the audience at the May luncheon.

Transportation for the day was also arranged. A group of eight officers arrived on a charter bus to escort the O'Connor Court residents to the event. Thinking of every detail, each female guest – resident and staff member alike – was also presented with a fragrant corsage.

Following the performance, there were rave reviews for the Chorus. With the wholehearted approval of the residents, staff decided to book the chorus for an event of their own that's in the works – Leisureworld O'Connor Court's Christmas light festival scheduled for November.