

# Bay Haven Newsletter

## CELEBRATING CENTANARIANS

2011 has been a year of accomplishments, especially for three of our residents, Emily Kimber, Hilda Richards and Helen Rogers who have all celebrated or will be celebrating their 100<sup>th</sup> birthdays this year.

*Emily Kimber says the key to a long life is staying healthy, including eating good food and being disciplined in the choices we make.*

The 20th century began with the infancy of airplanes, automobiles, and the radio. Those inventions dazzled us with their novelty and wonder.



*Helen Rogers says the key to a long life is love and family.*



*Hilda Richards says the key to a long life is living moderately, caring about others and helping others when you can.*

In the early 1900s;

- The average life expectancy in North America was 47 years.
- Only 14% of the homes had a bathtub.
- Only 8% of the homes had a telephone.
- There were only 8,000 cars in the U.S.
- The maximum speed limit in most cities was 10 mph.
- The tallest structure in the world was the Eiffel Tower.
- More than 95% of all births took place at home.
- Most women only washed their hair once a month, and used Borax or egg yolks for shampoo.
- Canada passed a law prohibiting poor people from entering the country for any reason.
- Five leading causes of death were:
  1. Pneumonia and influenza
  2. Tuberculosis
  3. Diarrhea
  4. Heart Disease and Stroke
- There was no Mother's Day or Father's Day.
- Two out of every 10 U.S. adults couldn't read or write.
- Only 6% of all Americans had graduated from high school.
- Ninety percent of physicians had no college education. Instead, they attended medical schools, many of which were condemned in the press and by the government as "substandard."

Marijuana, heroin, and morphine were all available over the counter at the local corner drugstores. According to one pharmacist, "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and bowels, and is, in fact, a perfect guardian of health." Plutonium, insulin, and antibiotics hadn't been discovered yet. Scotch tape, crossword puzzles, canned beer, Life Savers candy, the bra, the gas mask, Stainless steel, Velcro, the Barbie Doll, the aerosol can, Bubble gum, the slinky and silly putty had not yet been invented. The first mobile phone was invented in the 1940s, although cell phones were not sold commercially until 1983.

A centenarian is a person who is or lives beyond the age of 100 years. Because current average life expectancies across the world are less than 100, the term is invariably associated with longevity. North America currently has the greatest number of centenarians in the world, estimated at over 70,000. Japan has the second largest number of centenarians, with 44,449 reported as of September 2010.

"We're living longer because people are reaching old age in better health," said demographer James Vaupel. But once it starts, the process of aging itself, including dementia and heart disease, is still happening at pretty much the same rate. Deterioration, instead of being stretched out, is being postponed.

"If gains in life expectancy continue to be made at the same pace as over the past two centuries, more than half of the children alive today in the developed world may see 100 candles on their birthday cake."

## **LEST WE FORGET**

Bay Haven would like to take this opportunity to salute those residents who selflessly risked their lives for future generations.

This year our Remembrance Day Church Service will be held on Friday, November 11<sup>th</sup> in the Retirement Lodge. Everyone is invited to attend. Our local Royal Canadian Legion will be providing the annual dinner to our veterans on November 5<sup>th</sup>.

Mr. David Brown  
Mr. Warren Cooke  
Mr. Glen Farrow  
Mr. Charles Fong  
Mrs. Mary Gale  
Mrs. Pamela Pawson

Mrs. Muriel Poste  
Mr. Wes Cook  
Mrs. Kathleen Duncan  
Mrs. Marjorie Sloane  
Mrs. Jean Mullins  
Mrs. Florence Holt

## **PSW FUNDING INCREASE**

Bay Haven is pleased to advise that the Personal Support Worker (PSW) funding increase from the North Simcoe Muskoka Local Health Integration Network (LHIN) has resulted in three additional PSW hours / day at Bay Haven Nursing Home.

PSWs are unregulated health care providers that work under the supervision of a regulated professional or supervisor (RN or RPN). PSWs provide a range of essential daily activities that help maintain the physical well-being of residents.

This funding has resulted in additional hours on the floor for morning and evening resident care. We will continue to evaluate the effectiveness of this increase in PSW hours and are happy to answer any questions.

## **YOU'RE WELCOME**

A warm welcome is extended to new Nursing Home residents:

Mrs. Wilma Bell

Mrs. Sarah "Nellie" Bell

Mrs. Gloria Giroux

Mrs. Mary Stoutenburg

Mrs. Hilda Richards

A warm welcome is extended to new Retirement Home residents:

Mr. Guenter Schaefer

Mrs. Thelma Meesters

Mrs. Mona Craig

## **MANY THANKS TO...**

- Nick Hodson who has loaned a selection of his artwork for the display case in the Retirement Lodge.
  
- Marion Ritchie for the donation of a copy of her book entitled "The Long Way Home...A Journey Through Alzheimer's". It is available for loan through the Activity Department.
  
- Floral Renaissance for the last 11 years when they remembered each celebrant at the monthly birthday parties with flowers. We are sorry to learn of their closing.

## **EMPLOYEE RECOGNITION**

Our most recent recipient of the Employee Recognition Program is Fred Nisbeth. Fred joined Bay Haven in 1999 as a Dietary/Housekeeping Aide in the Retirement Home and later moved into the position of Cook in 2000. The son of a developer, Fred was born in Stockholm, Sweden and moved frequently to interesting destinations throughout the world. When he was 8 years old, the family moved to South Africa, then to Australia and finally settled in Canada, first in Calgary and then in Toronto.

Fred's love of cooking began as a teenager when a neighbour hosted cooking classes for neighbourhood kids. He found that he enjoyed channeling his creative energy into delicious and attractive meals. Fred graduated from George Brown College with a Red Seal Diploma and went on to work at the Windsor Arms Hotel under the direction of renowned chef, Michael Bonacini.

When he's not working or creating delicious meals at home, Fred enjoys spending time with his Bijon dog, Chase, bike riding and working around his house. Fred says that he enjoys cooking for the residents of Bay Haven and treats them as if they were his own family, especially since his grandmother is so far away in Sweden. He puts his heart and soul into every dish and likes to make appealing menu items with a creative flair. His talents are very much appreciated and are regularly tapped to create the tasty and eye-catching meals for the annual volunteer luncheon and various special events throughout the year.

Fred is well-liked by all the residents, staff and families. His kind, generous and easy-going nature along with his inviting smile makes him a real joy to work with. All who know Fred feel this award is well-deserved. Congratulations, Fred!

## **WAY TO GO!**



Bay Haven is proud of the many accomplishments we have achieved over the years. In-services, seminars, and other educational opportunities keep staff abreast of current long term care issues and in turn allow us to provide the best care possible to our residents.

Congratulations to...

- Susan Thibert in the completion of three online courses through The Institute for Healthcare Improvement.
- Lisa Hardisty and Jodi Simonato who attended an education session on Restorative Care Programming.
- Activity staff who attended the Activity Professionals of Ontario Convention.
- Tina Wilson and Laurie Wilson for the PSW Initiative Training.
- Chontelle Frost, Sue Dunn, Melissa Szabo and Cynthia Strandholt for attending the Point Click Care training.
- Jean Livingstone is enrolled in the Food Service Worker course.
- Megan Cleland has been accepted in the RPN program at Georgian.
- Donna Shiner for attending the two day Ontario Society for Nutrition Management Conference.
- Roseanne Beaupre, Annette Schneider and Scott Strandholt for attending an ORCA seminar regarding the new Retirement Home Act.
- All staff who have completed their Surge Learning.

## **ACTIVITIES REPORT**

With summer holidays over, it is a pleasure to have our volunteers return to pick up where they left off. The Hymn Sing and Euchre are back in their Tuesday morning time slots in the Nursing Home.

Our Hands and Nails program is back to a full complement of volunteers. Our community ministers are on a regular roster for the provision of our weekly services. It is so good to have everyone back!

After a number of years, our Gospel Hour which was held the first and third Sunday afternoon each month has come to an end. Most sincere thanks to Flo and Ross for the joy they brought to the residents, families and guests. You will certainly be missed.

The activity department is excited to have two students doing placements this year. Laurie is a Sheridan College student. She is in her second year of the Social Service Worker program. Anna is a Cooperative Education student from our local Jean Vanier Catholic School. Both ladies are fitting into the department wonderfully well and it is a pleasure to have them.

### **Can you Help?**

The Activity Department needs western music by the likes of George Jones, Waylan Jennings and Hank Snow. They must be CDs to work in our players. If you have any music that you could donate to our department, it would certainly be enjoyed by many of our residents.

### **News for Families**

Families are encouraged to check the Family Council News bulletin board in the Nursing Home lobby. There is a lot of information on the Family Councils' Program as well as other interesting articles and newsletters from community organizations.

A second education session for families is being planned for November. The first session was well received and families will be notified of this second session as soon as plans are finalized.

## **WHAT'S NEW WITH THE FLU**

Our annual Flu Clinic for residents will be held on October 31<sup>st</sup> and for staff, the clinic will be held November 1<sup>st</sup>.

Please be reminded that you are required to wash your hands upon entering and leaving Bay Haven. It is the single most important preventative measure in restricting the spread of influenza and other infectious diseases.

We are pleased to have received the Gold Level Award in recognition of achieving a staff immunization rate of 94% and successful participation in the 2010 – 2011 influenza immunization challenge. Let's strive for another Gold Level for this year.

## **THE PHYSIOTHERAPIST CORNER**

Levina Mae Johnston by Leslie Firstbrook, Kinesiologist, ptHealth Long Term Care

Mae Johnston has been a resident of Bay Haven Lodge for just over a year now. Her smiling face can often be seen walking in the hallways. As a matter of fact she rarely ever STOPS walking! Whether it be in the hallways or outside enjoying the nice weather, Mae has a wonderful attitude towards exercise and the physiotherapy program. Mae almost never misses an exercise class and is frequently the first one to arrive. She has made improvements in areas such as cognitive recognition, memory and general coordination. She has a strong presence in a group setting and is an excellent role model for other residents. Her positive attitude and high energy are a colourful part of our Physiotherapy program here at Bay Haven.

Thank-You Mae!

Eunice O'Gorman by Jennifer Marzen Physiotherapy Assistant  
ptHealth Long Term Care

Eunice O'Gorman has been on the physiotherapy program since she came to Bay Haven. Her enthusiasm and dedication to group exercises and to her individual exercise programs is contagious and has motivated other residents to enjoy the exercise intervention. Despite her very busy schedule during the week, Eunice always makes sure that she will not miss any of her PT programs. She has been very compliant to all her interventions and very polite to other residents in our group exercise. Her dedication to her PT interventions shows even after her exercise period is over as she always maintains good upright posture, always practices safe transfers and uses her walker appropriately.

Working with a resident with such enthusiasm, compliance and dedication like Eunice, makes our physiotherapy goal easier to achieve.

Thank you Eunice.

## Massage Therapy

### Jennifer Alexander – Registered Massage Therapist

Jennifer Alexander, who is from Collingwood, is providing massage therapy for residents and staff. Jennifer attended Georgian College in Barrie where she earned her advanced diploma for Massage Therapy. She successfully completed her provincial registration examinations with the College of Massage Therapists of Ontario to become a Registered Massage Therapist. She is also a member of the Registered Massage Therapists Association of Ontario (RMTAO). As a recent graduate she is eager to continue her learning path. She has previously gained experience in other long term care and retirement homes.

The Massage Therapy service is not covered under OHIP, but you may be eligible to a portion if not full coverage through extended health benefits. If you are a Veteran with a Blue Cross 'K' number you could be eligible for up to \$800 per year in massage therapy treatments. The prices have been created to be affordable and they are as follows;

- 15 minute massage - \$25
- 30 minute massage - \$35
- 45 minute massage - \$55
- 60 minute massage - \$70

Many people are unaware of the true benefits of massage therapy, and they are quite extensive. Here are some examples of great **uses** for massage therapy:

- |                                  |                         |
|----------------------------------|-------------------------|
| •Multiple sclerosis              | •General Muscle Tension |
| •Parkinson's                     | •Contractures           |
| •Fibromyalgia                    | •Post Fractures         |
| •Strokes                         | •Swelling/Edema         |
| •Chronic Pain                    | •Postural Imbalances    |
| •Traumatic Brain Injury          | •Scoliosis              |
| •Arthritis, Bursitis, Tendonitis | •Anxiety                |
| •Asthma, Bronchitis, Emphysema   | •Immobility             |
| •Constipation                    |                         |

Some **benefits** of massage therapy are:

- |  |               |
|--|---------------|
| •↑Relaxation and more restful<br>sleep | •↑Flexibility |
| •↓Pain                                 | •↓Stress      |

- Helps to manage pain by stopping nociceptive (painful) nerve firing
- ↓Muscle spasm due to ischemia by increasing local circulation
- ↑Range of motion
- Treats tight bands and trigger points in muscles
- Releases endorphins
- ↑Venous return
- Clears metabolic waste from muscles
- ↑Tissue health by increasing circulation
- ↓Sympathetic nervous system firing
- ↑Peripheral circulation
- ↑Muscle length
- ↓Adhesions
- ↑Immune function

Jennifer will be available for appointments and/or to discuss any questions or concerns on Tuesdays and Thursdays of every week (if those days do not work for you she is open to meeting on a pre-arranged date). If you are interested in a 15 minute free trial or have any general questions you can contact Jennifer by telephone at (705) 441-2339.

## **PASSINGS**

We offer our condolences to the families and friends of the following residents who have passed away:

Mrs. Margery Klippert  
Mrs. Thelma McLeod

Mrs. Grace Micks  
Mrs. Shirley Rennie

Our next Memorial Service will be held on Sunday, November 27, 2011 at 2:00 p.m. in the Retirement Home. Everyone is most welcome to attend. Light refreshments and a time for fellowship will follow the service.

## **RESIDENT SPOTLIGHT**

At Bay Haven, we have the pleasure of getting to know some truly remarkable people – our residents. With their permission, we invite you to get to know them too.

### **EMILY KIMBER**

Emily Kimber was born in Toronto, Ontario on September 27, 1911 to parents George and Amelia Tibble. George was a bricklayer and plasterer and Amelia was a homemaker and a great cook. Emily had six siblings; Brothers; Edwin and James, and Sisters; Lilian, Alice, Thelma, and Joan. George and Amelia were originally from England and immigrated to Canada in the late 1800's then moved back and forth across the pond several times during their married life. Emily and Lilian were born in Canada, while the

other siblings were born in England. Emily was the third oldest child and often was responsible for overseeing her younger siblings.

The family lived in Toronto, where Emily attended Bala Avenue Public School in Toronto. Her father, George, joined the Canadian Armed Forces and fought in World War I. He was discharged in 1919 and shortly after, when Emily was eight years old, the family moved back to England.

In 1931, a friend of Emily's introduced her to a gentleman named George. She was courted by Mr. George Arthur Kimber for several months before getting married in London, England on March 27, 1932. The couple lived in Lewisham, Greater London for several years. George was "...a wonderful husband and a good father."

The couple had two children; Doreen Amelia, born July 13 1933 and James Michael, born December 10, 1938. Both children were born in England. Doreen was a secretary with the Etobicoke School Board and had three children. James, who was a police officer with the Peel Regional Police Service, is now retired and lives in Wasaga Beach with his wife Diana. In addition to Emily and George's two children, they had seven grandchildren, 10 great grandchildren and 6 great great grandchildren. Family has always been an integral part of her life.

Emily's role as the caregiver continued during her adult years and often looked after her nieces and nephews. Emily recalls many fearful days and nights during The Battle of Britain, the air campaign waged by the German Air Force against the United Kingdom during the summer and autumn of 1940. The Battle of Britain was the first major campaign to be fought entirely by air forces, and was also the largest and most sustained aerial bombing campaign to that date.

When the sirens went off, Emily would organize everyone and shuffle them to the shelter. Her frustrations and fears would increase as she struggled to round up the children. The air raid warnings would blast and everyone had to quickly get to their shelters. Sometimes, they would be down in the cold and damp shelter for hours. Sometimes, the raid would last such a long time, George would go upstairs and make tea while the bombing was taking place all around them. Emily and her son recall the sound the Doodlebugs made. Doodlebug is a British colloquial name for the V-1 flying bomb. As the doodlebugs were falling to the earth, the whistling sound was heard and all was okay. However, as soon as the whistling stopped, everyone fearfully waited and braced for the blast.

During this unsettling time, many families chose to move their children to farms in the country which was safe and out of the blitz area. Emily was adamant that Doreen and Jim be placed on the same farm. When she found out the kids had been separated, she took a train to the country, rounded up the kids at their locations and brought them home.

After the war, in 1945, the neighbourhood had a V-day celebration. Neighbours arranged their tables into the shape of a "V" for the party; it was a joyous time after so much fear.

Emily worked at Glenifer Laundry until she and George returned to Canada in March 1952. Upon arrival in Canada, the family settled in Weston, the northwest part of Toronto. George worked as a plasterer while Emily worked at Johnson, Matthey and Mallory, a precious metal company, where she supervised an inspection area until her retirement in the mid 1960's.

In 1965, Emily and George were in a terrible head on car collision. They were hit by a drunk driver. Emily was thrown out of her car and her injuries were quite severe; she was in hospital for weeks and in a wheelchair for several months. Emily could not walk and required extensive physiotherapy. Jim and Diana moved in with them and nursed Emily back to health. Emily's strength of character and strong family support helped her recovery process.



Emily and her daughter on Doreen's wedding day.

The couple bought a cottage in Brechin which the family enjoyed. As their retirement years approached and the family grew, the couple recognized the need for a larger, more year round cottage. They bought a cottage which met their needs in Kirkfield, Ontario and moved there permanently in the mid 1970's. The cottage became the memorable focal point for the gathering of her son Jim and daughter Doreen's families. The grandchildren enjoyed boating, water skiing, and fishing and learned to interact with each other in a positive family environment. The cottage provided many, many years of enjoyment which is still talked about frequently amongst the grandchildren,

and their children.

When George suffered a major stroke in the early 1980's they moved to Orangeville to be closer to Doreen and Jim and their families. Both children were very involved with George and Emily as their health needs increased. However in 1988, Doreen, who had always been very devoted to her parents, lost her 20 year, brave battle with cancer and died on April 14<sup>th</sup>. Several months later, George died of a stroke. It was a hard year for the Kimber family.

Emily has always been an avid knitter who took great pleasure in knitting garments for her grandchildren and great-grandchildren. Her favourite sport is hockey and she remains a loyal fan of the Toronto Maple Leafs. Her favorite meal is roast lamb, roast potatoes and vegetables which the family could always count on for Sunday dinner at her house.



Emily was a taskmaster, who believed in discipline and following the rules. She was a wonderful mother, mother-in-law and grandmother and is respected and loved by her extended family.

She is a remarkable woman with a no nonsense attitude and a wonderful sense of humor. She celebrated her 100<sup>th</sup> birthday in September with many family and friends. She attributes her longevity to having good friends and having fun, in moderation. Emily loves to sing and is a valued member of the Bay Haven Choir. She enjoys her daily conversations and friendships here at Bay Haven. She is truly an inspiration to all of us. Emily joined us at Bay Haven in 2004.

Thank you Emily for letting us get to know you.

## **SHELF LIFE**

This section provides information on interesting and educational books. If you have found a helpful book, let us know!

Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease by Joanne Koenig Coste.

Joanne Koenig Coste, now a renowned pioneer in implementing positive methods of caring for Alzheimer's patients, began to develop her groundbreaking approach when her middle-aged husband was diagnosed with progressive dementia shortly after the birth of her fourth child. As she struggled to care for him and their family, she recognized that it was possible to avoid some of the tremendous emotional burdens Alzheimer's patients and their care providers endure during the course of the disease. In this book Koenig Coste explains the five tenets of her "habilitation" approach, an accessible and comprehensive plan proven to have worked with thousands of patients and care providers.

Refuting long-accepted ideas, she calls for care "partners" to join patients in their current sense of place or time; to encourage patients to use their remaining skills to support their sense of independence and dignity; and, most of all, to continue communicating with patients by focusing on their emotional "language."

Learning to Speak Alzheimer's also offers hundreds of practical tips to ease life for everyone involved with Alzheimer's, including how to; 1)cope with the diagnosis and figure out if the patient wants to discuss it, 2)respectfully stop the person from driving, 3)make meal and bath times as pleasant as possible, 4)adjust room design and lighting for the patient's comfort, 5)deal with wandering, paranoia, and aggression, and 6)establish a plan of care

Learning to Speak Alzheimer's revolutionizes the way we perceive and deal with Alzheimer's disease.

## **PARTING THOUGHTS**

Getting older does have its privileges.

The other day a young person asked me how I felt about being old. I was taken aback, for I do not think of myself as old. Upon seeing my reaction, she was immediately embarrassed, but I explained that it was an interesting question, and I would ponder it, and let her know.

Old age, I decided, is a gift.

I am now, probably for the first time in my life, the person I have always

wanted to be. Oh, not my body! I sometimes despair over my body, the wrinkles, the baggy eyes, and the sagging butt. And often I am taken aback by that old person that lives in my mirror, but I don't agonize over those things for long.

I would never trade my amazing friends, my wonderful life, my loving family for less gray hair or a flatter belly. As I've aged, I've become more kind to myself, and less critical of myself. I've become my own friend. I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avant garde on my patio. I am entitled to overeat, to be messy, to be extravagant. I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 4 a.m., and sleep until noon?

I will dance with myself to those wonderful tunes of the 60's, and if I, at the same time, wish to weep over a lost love ... I will.

I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the bikini set. They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten ... and I eventually remember the important things.

Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when a beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turn gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver. I can say "no," and mean it. I can say "yes," and mean it.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being older. It has set me free. I like the

person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be

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Bay Haven Senior Care Community  
499 Hume Street  
Collingwood, Ontario  
L9Y 4H8  
(705) 445-6501 or fax (705) 445-6506  
Visit our website - [www.bayhaven.com](http://www.bayhaven.com)

Send a message to family and friends at [intouch@bayhaven.com](mailto:intouch@bayhaven.com)  
Please make the **subject line of every email**, the resident's name.

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TO SCHEDULE A TOUR, PLEASE CALL US!**

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Our mission is to provide resident focused quality care.