

Simcoe Manor Family Council

Minutes of Meeting,

Wednesday, December 6, 2023

Present – Rosa Athanassoulis-Programs and Support Services Supervisor, Debbie King, Barry Whitmore, Teresa Bumstead, Diane Huntley, Betty Joseph-Director of Care, Alison Kilbourn and Bianka Varga from Ontario Caregiver Organization

- **Welcome** – Susan Calder
- **Family Satisfaction Survey** – Olga Belanovskaya
 - Olga has asked that the presentation be deferred until meeting in January/24
- **Ontario Caregiver Organization** – Alison Kilbourn, Bianka Varga
 - our original contact, Kailey Forster, was unable to attend today's meeting
 - OCO is a not for profit organization providing essential partner support to caregivers – has operated since 2018
 - does not provide direct respite or therapy – provides services to caregivers for mental health and wellbeing – provides insight to government – works alongside other organizations – partners with Family Councils of Ontario, local health units, care settings
 - OCO can receive referrals from local LHIN's and also send referrals
 - there are 4 million caregivers in Ontario – many are still working – 63% of caregivers are at/close to their breaking point – OCO tries to support caregivers before they are exhausted or burn out
 - to maintain resilience, caregivers need to stay healthy and seek assistance
 - OCO maintains a podcast called Time to Talk, also has a weekly email called 90 Second Letter containing helpful information and tips – provides webinars with caregiving information
 - helpline available 24 hours a day every day – 1 833 416-2273 – important note, this is not a crisis line
 - SCALE – 8 week program providing access to individual and group programming – how to partner with health professionals, mental health issues, information for caregivers of people with mental health issues
 - provides volunteer opportunities and peer support, resources for Privacy and Consent, and Essential Care Partner Support Hub
- **End of life, palliative care** – Betty Joseph-Director of Care
 - Betty provided valuable information about palliative care – will return to our meeting in January/24 with other members of the palliative care team
 - palliative performance scale assesses changing health status of a resident for end of life care
 - palliative team respects choices of families and determines how to proceed with resident's care – appropriate medication, reduction of pain – provides palliative

care cart for families, possibly meals, care of chaplain, music, etc. as requested by families

- **Ministry of Health Inspection Report findings** – Stacey MacKenzie, Director of Nursing Care
 - deferred to January/24
 - Stacey will also explain policy for donation of clothing to Simcoe Manor after the passing of a loved one
- **County of Simcoe Age Friendly Community Survey** – Rosa Athanassoulis, Susan Calder
 - survey relates to services in the community that are available or could be available to community members – satisfaction of seniors who complete survey
 - can be completed online or on paper – there is a drop box in the front foyer of Simcoe Manor – takes about 20 minutes to complete – final date is December 31st
- **Family Council Audit, results/discussion** – Rosa Athanassoulis
 - appreciates role of staff liaison, Rosa, provides information about Simcoe Manor
 - assists in keeping Family Council page online, up to date
 - Terms of Reference to be reviewed in January/24
- **Approve Minutes from meeting of November 1, 2023** – Susan Calder
Minutes approved by Debbie King and seconded by Diane Huntley
- **Treasurer's Report** – Linda Sherman
 - Linda was not able to connect with the meeting virtually – will provide account information in January/24
 - account will be removed from Royal Bank and initiated at Toronto Dominion near the end of December – Linda Sherman and Susan Calder will move the account
- **Name Tags** – Rosa Athanassoulis
 - residents and staff members have not been happy with current name tag sizes – they are too big – often in the way of work for staff members – three options for tags were provided to residents and staff – choice is #1 which is smaller in size, does not contain a picture, staff name is in larger print, tag will be vertical, will check whether there could be a magnet attachment to clothes
 - a response form has been sent to administration regarding consistent wearing of name tags by staff
- **Review website** – Rosa Athanassoulis
 - please check the Family Council website under Simcoe County/Simcoe Manor – provide comments about website for next meeting in January/24
- **Closet Cleanup for Residents** – Rosa Athanassoulis

- there have been phone calls and memos to families – closets are crowded – please change clothing with seasons – have appropriate outdoor clothing available for resident to go on outings
- **Front foyer sign in/sign out** – Rosa Athanassoulis
 - some people forget to sign in or sign out – important to sign in and sign out for safety of everyone – safety of residents, families/visitors, and all staff
- **Home Updates** – Rosa Athanassoulis, Programs and Support Services Supervisor
 - Christmas Market – profit was approximately \$1000 – Rosa thanked Family Council for their support at the Market
 - new volunteer co-ordinator/supervisor has been hired to begin in January/24 – responsible for all four County homes
 - residents have been adopted by several community organizations for gift giving – gifts will be distributed on Friday and Saturday before Christmas – Program Staff will assist with opening of gifts
 - the Quilters' Guild has supplied each resident and residents of the apartments with a quilt
 - there is a box in the front foyer for the current toy and food drive by local paramedics – pickup for all items will be December 18th
 - Catholic masses will resume once a month beginning in January/24
 - December 15th is the Christmas social for residents
 - Residents' Council has donated to two local families for the Christmas season, through My Sister's Place – goodie bags and gift cards
 - Soup and Sandwich program made \$400
- **New Business** – Susan Calder
 - Please contact Susan through the Family Council email for issues that can be discussed at the next meeting.

Meeting adjourned,
Debbie King,
5:07 P.M.

***Next Meeting,
Wednesday, January 3, 2024
3 P.M.
Tea Room at Simcoe Manor
Microsoft Teams***