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## Helpful Internet Links

Alzheimer Society of Toronto  
[www.alzheimertoronto.org](http://www.alzheimertoronto.org)

Alzheimer Society of York Region  
<http://www.alzheimer-york.com/>

Ontario Seniors' Secretariat  
<http://www.culture.gov.on.ca/seniors/english/programs/>

[www.cedarhursthome.ca](http://www.cedarhursthome.ca)

## Message from the Chair

This fall, I became Chair of the Board of Directors for the next year, following in the footsteps of Monica Williams who so admirably filled this role for the past three years. Monica leaves big shoes to fill as she led the board through a number of very significant and challenging times. She has left Ewart Angus Homes Inc. and, more particularly, our residents and their families in a better place.

I am absolutely delighted to let you know that we will be continuing the work that Monica initiated, especially in looking at various options to improve our care and program at Cedarhurst. We now have two registered nurses on our board and together with Deborah and the rest of the Care Committee, we are considering various options. Last year, as you may remember, we successfully introduced a physiotherapy program with emphasis on falls prevention. We would ask family members to hold

Thursday January 19th 2012 open for a Family Meeting, and bring your ideas; more details to follow.

On a sad note, I wish to inform you that a long-time volunteer, Bette Eubanks recently passed away. Bette volunteered every week at Cedarhurst for more than three years, bringing her musical talents, her hats, and her jewellery to share with our residents.

On a happy note, I recently had an opportunity to chat with our Activationist, Hulean Heaven-Careri,

*continued next page*

### Mission Statement

Ewart Angus Homes provides compassionate, innovative, supportive care for people with Alzheimer Disease in a secure, dignified residential environment. Our approach to our residents' daily life activities promotes independence and quality of life for residents and peace of mind for their families.

### Vision Statement

Ewart Angus Homes is the nationally-recognized model for delivery of stimulating residential care for individuals living with Alzheimer Disease.

who is standing in for Marian during her leave of absence. Hulean is truly a delightful person—enthusiastic, creative, and thoroughly loving her work with our residents.

Finally, I would like to wish you all a Merry Christmas, Happy Hanukah, or happy holidays as we approach year

end. I trust that 2011 has been good to you, and that we will all continue to make Cedarhurst a wonderful home for our residents.

*Peter Long,  
Chair, Board of Directors*

## Executive Director's Report

It was a great summer and a beautiful fall. A full range of interesting and stimulating programs throughout the summer and fall seasons kept residents and the staff alike very busy.

Our services are focused on enhancing the lives of our residents and continue to be carried out with much love and care. Physiotherapy, Foot Care, and Hair Dressing are additional services that residents appreciate having available to them. This fall season we were privileged to have “My Doctor Care”, an organization providing house calls by physicians, extending their service to us and holding a flu clinic at Cedarhurst. I want to thank Andrea Streisfield, for organizing the flu clinic, so our residents did not have to make a trip to their family physician.

We very much value our Families and their skills and I would like to invite each of you to volunteer at Cedarhurst. It is another way to give back to someone living with Dementia just as your family member is.

Please see our announcement section for some important happenings, such as the signing of the Terms and Agreement of Private Caregivers, the upcoming Christmas gathering and Family meeting, as well as other events.

In this issue you will find the Quality Scale survey. Please provide your comments and feedback as this information will be most helpful in our continuing efforts to increase the quality of our services at Ewart Angus Homes Inc. Those families who have



*Cedarhurst*

**Ewart Agnes Homes Ltd.  
Board of Directors**

Peter Long, *Chair*  
Doug Carr  
John Cassano  
Stuart Douglas  
Gene Farley  
Patricia Harris  
Sandra Lemon  
Jamie Macdonald  
Bill Martin  
Monica Williams  
Ann Zerdin

moved on will receive an Exit Quality Scale survey in the mail.

I wish you a wonderful holiday season!

*Deborah Mahendrarajah  
Executive Director  
Ewart Angus Homes Inc.*

## Foot Care

### Foot facts

- There are 26 functional bones in the foot—52 in the pair.
- These bones represent 25% of the bones in the human body.
- In an average lifetime, our feet will travel between 240,000 and 320,000 km. That's 6 to 8 times around the world.

### Shoes

- Wearing a good, well-fitting shoe will protect your feet and make them feel good
- Buy shoes at the end of the day when your feet are at their biggest.
- Always have your feet measured for length and width. If one foot is longer buy the larger size.
- Try shoes on in the store before you buy them. Take your time. Don't buy them if they don't feel right.

### Socks

- Socks are a good protective barrier and should be worn with your shoes or boots.
- Socks can cause as much damage as shoes if they don't fit properly.

- Do not wear socks with elasticized tops or elasticized garters as they can impair circulation.
- Avoid wearing nylon socks or stockings as they do not breathe.

Always dry the area between the toes. Moisture or lotion should not be left between the toes. A warm, dark, moist environment in your shoe is ideal for the growth of fungus or yeast like the one that causes Athlete's foot.

The skin between the toes can also split which is painful and allows the entrance of bacteria.

Your feet develop corns or calluses as a way of defending themselves against excessive pressure or friction, usually caused by tight or improperly fitted shoes.

If you have diabetes, the care of your feet becomes more crucial. It does not matter whether a person has Type 1 or 2 diabetes: if control of blood sugar is not maintained blood vessels, both large and small, will be damaged, This can result in three main areas of foot problems: 1) nerve damage or neuropathy; 2) decreased circulation to the feet; and 3) poor healing.

Preventing foot problems for diabetics starts with education on what are healthy feet and a plan of action if any abnormalities occur.

*Beth Little RPN*

First Choice Footcare

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## **SPRINT wishes all Cedarhurst residents, families a happy New Year**

SPRINT is pleased our dedicated staff had the opportunity again in 2011 to provide caring service to the wonderful residents and their families at this very special residence.

Whether staff serve breakfast, plan activities or help our residents get ready for the night, they focus on building relationships with each individual resident. These personal bonds enable our professional staff to respond kindly and appropriately to the unique needs of each person at the home.

The SPRINT Board appreciates being as the service provider at Cedarhurst. We wish all residents and their extended families a happy and healthy 2012.

## Cedarhurst was exactly what we were looking for!

My father and I knew immediately that Cedarhurst was a unique and compassionate care facility. After researching other residential options, we discovered Cedarhurst. It was exactly what we were looking for!



My father moved into Cedarhurst in June, 2011 and adjusted to the transition remarkably well. He lives as independently as possible and receives assistance when he needs it. The low support staff to resident ratio ensures that each resident is attended to and it also allows the support staff to get to know each person. For my father, understanding just how he likes things is important and the support staff have gone out of their way to do so. From celebrating holidays such as Father's Day with him to baking his favourite cake for his birthday, I am not only continually impressed by the quality of care Cedarhurst provides but I also have peace of mind that he resides in the best care facility in Toronto.

*Devon Caldwell*

## Upcoming Events

### December, 2011

December 3 @ 3:00 The Four Musicians

December 7 @ 2:00 Songs of the Season with Connie and Dungwall

December 14 @ 2:00 Anglican Christmas

December 14 @ 5:30 Tree Trimming Party \*(RSVP see note below)

December 14 @ 6:00 Mark Kersey Christmastime Melodies

December 15 @ 6:30 Festive Lights Bus Tour

December 16 @ 3:30 Santa Lands at Cedarhurst

December 22 @ 2:30 Captain Ron and his Magic Music

December 29 @ 1:30 Go Tell It On The Mountain with John Floyd

*\*Please RSVP for the Tree Trimming Party to Hulean Heaven at 416-447-1474 ext. 228*

### January, 2012

January 19 @ 5:00 Family Meeting\*

*\*Please RSVP for the Family Meeting by January 6.*

## About Cedarhurst

Cedarhurst, one of the Ewart Angus Homes, is a secure, non-medical home exclusively for people with early-to-mid-stage Alzheimer's disease or related dementias who require supervision, support and some assistance with activities of daily living. Residents enjoy private rooms with ensuite bathrooms and inviting common areas, perfect for enjoying time with families and friends.

At Cedarhurst, residents are encouraged to be as involved in the activities of daily living as they are able. Our activation program is geared to the unique needs of adults with Alzheimer's disease and includes programs and activities tailored to meet the needs, interests and abilities of each resident.

Please visit our website at [www.cedarhursthome.ca](http://www.cedarhursthome.ca) or call us at **416-447-1474** for more information.



*Cedarhurst*

2601 Bayview Avenue  
Toronto, ON M2L 1B5

## Announcement

Throughout the year, the Alzheimer Society of Toronto presents information meetings for people in the early stages of dementia and their family caregivers, along with workshops for family caregivers. To register for any of the meetings call 416-322-6560 or email: [write@alzheimerstoronto.ca](mailto:write@alzheimerstoronto.ca)

*Coming up for Caregivers:*

### Medications and Dementia

Thursday, December 8, 6:00-7:30 pm  
Dr. Nathan Hermann, MD FRCPC,  
Head, Division of Geriatric  
Psychiatry, Sunnybrook Health  
Services, on medications used in the  
treatment of dementia.

### Caregiver Support Groups – Ongoing

- Early Onset (for people under 65)
- Frontotemporal Dementia
- Lewy Body Dementia
- Vascular Dementia



Pumpkin carving and a Halloween party were popular features of the fall program.



One of the highlights of the Summer activities was a Toronto Island Cruise.

### Queries on Donations

Tax receipts will be issued for all donations. If you are interested in making a donation to Cedarhurst and have any questions regarding the "how" and "what" of donations and gifts, please contact Deborah Mahendrarajah, Executive Director: Tel: 416-447-1474 ext 222; email: [Deborah@cedarhursthome.ca](mailto:Deborah@cedarhursthome.ca)

## An ideal place to call home

What's it like living at Angus Homes on Merton Street?

Often I am asked this question by friends, relatives, neighbors, taxi drivers, Sprint drivers, and delivery staff. I tell them the word that always comes to mind – “unique”. And that it is a quaint boutique building with three floors of rental units for ‘older adults’ and two floors for early stage Alzheimer residents managed by Sprint.

As a tenant for the past three years, I have found the shared environment works well. We see familiar faces of Sprint staff and residents as they go about their daily activities. A quick hello or brief chit chat as we share the elevator or pass in the lobby makes the day a little more pleasant.

I have made many new friends and enjoy the central location close to transit, shops and services, making it an ideal place to call home.

*Bonnie Mitchell*  
Tenant at 268 Merton Street



### SURVEY OF SERVICE

NAME: \_\_\_\_\_

1	Unsatisfied
2	Satisfied
3	Good
4	Very Good
5	Excellent

For each item identified below, circle the number to the right that best fits your judgment of its quality. Use the scale above to select the quality number.

Description / Identification of Survey Item	Scale				
	1yr	2yrs	3yrs	4yrs	5yrs+
1. How long has your family member been at Cedarhurst					
2. How do you rate our staff?	1	2	3	4	5
3. How do you rate our Administrative procedures?	1	2	3	4	5
4. How is the atmosphere at Cedarhurst?	1	2	3	4	5
5. How has your overall experience been so far?	1	2	3	4	5
6. How do you rate activities for residents?	1	2	3	4	5
7. How do you rate our environment?	1	2	3	4	5
8. How do you rate the meals?	1	2	3	4	5
9. Are you satisfied with our communication methods?	1	2	3	4	5
10. How do you rate our Hairdressing service?	1	2	3	4	5
11. How do you rate our Foot Care service?	1	2	3	4	5
12. How do you rate our website?	1	2	3	4	5
13. How do rate our physiotherapy program?	1	2	3	4	5
14. How do you rate Cedarhurst services so far?	1	2	3	4	5
15. How do you rate our care	1	2	3	4	5

#### COMMENTS

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