

VIP – VOLUNTEERS IN PARTNERSHIP

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VOLUNTEER SERVICES OF WELLINGTON TERRACE

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Hello Everyone!

With the New Year comes some new volunteer opportunities.

If you are, or someone you know is, looking for a new or different volunteer role here in the Home, please review the following volunteer opportunities. Call or come and chat with me for more details.

- Dining Room Assistance – we are particularly looking for volunteers to help in our dining rooms during the evening and all weekend meals. Our evening shift would run from 5pm to 6:30, while our weekend breakfast shift would be 8:00 to 9:30am, and our lunch meal shift is 12:00 to 1:30pm. Thorough training will be provided to all volunteers.
- One to One Visits – we have several residents who would benefit from some one to one visiting time, often in the later afternoons or early evenings after dinner.
- Musical Entertainment – our Recreation Therapists host small and large group events in the neighbourhoods, or in the Clearing during non-flu season, and often look for volunteer musicians to provide music for these programmes.
- We are looking for a volunteer to lead a small group euchre afternoon or evening in our Birch Dale or Walnut Grove neighbourhood. Our Recreation Therapists are hoping to find a volunteer on Tuesdays, but we can be flexible in the day. It could be from 3:30 to 4:45pm, or from 6:30 to 7:45pm.
- Monday afternoons we have a wonderful volunteer who helps our Recreation Therapist lead a weekly choir in Maple Ridge. We are looking for a volunteer to help residents by sitting with them, turning pages of the book, and singing with them. This shift is 2:30 to 3:30pm on Mondays.
- Another Monday afternoon opportunity involves helping some residents who enjoy playing the game of Bingo, but require one to one assistance. This shift is from 1:45 to 3:00pm.

A Brand New Volunteer Role at Wellington Terrace

The VON Meals on Wheels programme is collaborating with the Terrace Nutrition Services! We will be preparing meals for people living in the community, from Monday to Friday each week. VON will be overseeing this programme, and they have approached me to inquire if any of our current volunteers may be interested in plating, sealing and bagging meals that which will be delivered to community homes. This shift would run from approximately 10:30 to 11:30am, Monday to Friday. The VON is also looking for volunteer drivers to transport these meals to individuals' homes. Kelsey from the VON would like to host an information session in the next few weeks about this new initiative; if you are interested in learning more about either of these volunteer roles, please contact me and we will set something up with Kelsey.

Welcome to our new volunteer team members

Mackenzie B – Dining Room Assistance in Maple Ridge and Cedar Gorge at lunch, then helping with church assistance on Sundays.

“February days are a marketing gimmick; love happens every day!” ~*Randeep Hooda*

Important Reminders

1. In consideration of resident safety, we ask that residents NOT be taken through, or be given access to, the stairwell between Birch Dale and the main corridor on the second floor. Please use the main door of Birch Dale when assisting or accompanying residents to and from the Birch Dale neighbourhood.
2. If you are taking a resident off any neighbourhood, for any reason, please remember to sign them out and back in when you return from your visit or programme. This allows all of our staff the knowledge of where residents are in case we need to locate them immediately. There is a sign-out clipboard on the counter inside the documentation room window in each neighbourhood.

Thank you for your support in maintaining the safety and security of all of our residents.

We Remember

Many years ago, Doris Matthews was a dedicated volunteer at our 'old' Home, helping on resident outings as well as playing euchre with a group of residents. We always enjoyed having Doris on the roster to help, as she brought her witty sense of humour with her each day she volunteered! Many of you know Doris as a resident in our Walnut Grove neighbourhood. Doris recently passed away, and we will dearly miss her.

Looking for Conversation Starters?

The following information was derived from an article on the Warm Embrace Elder Care website.

When you are visiting with a resident who is living with dementia, it may be difficult at times to know what to talk about, or what to say. Please know your visits are beneficial to our residents, whether it is just your presence, a stroll or a conversation.

Here are some tips for striking up a conversation:

1. Talk about the present: make comments on your surroundings, the season, or even the weather. Talking about 'now' does not require memory or complex executive functioning. Noticing things related to any or all of the senses can help people focus on the moment, together.
2. Put the question in the appropriate structure: instead of asking 'do you remember', which can cause anxiety and pressure for a resident, start your sentence with 'I was remembering...' which can then draw the resident into the conversation if they wish to participate. They may start to talk about similar memories that you are sharing, which then encourages them to feel included.
3. You can ask 'opinion-based' questions: We have likely suggested that you NOT ask residents open-ended questions that can cause anxiety for them if they cannot answer. You can, however expand from fact-based, one-word answers (i.e. yes and no) to slightly more involved questions. For example, "I see that you have euchre and bingo on the calendar today. Do you prefer bingo or euchre?" Another example is asking questions in the present, keeping in mind it must be appropriate for their cognition. "What do you think about the upcoming election" may not be suitable for many residents with advanced dementia, however "What do you think about this flower?" keeps the conversation in the present. It also allows them to respond in a way that they can. If they answer, "I don't know" or "nothing"...well that is fine as well! You may just be surprised at how they do respond.
4. You may have to initiate and carry the conversation during many or all of your visits. Knowing a bit about their history, their likes and dislikes, will help you find some topics to speak about with them. I often have a look at the menu outside of the dining room in their neighbourhood and go with that. You could say "I see you are having burgers or fish sticks for lunch today. Do you prefer hamburgers or fish?"

"At the end of the day, I just want to sit with someone I love and chat about what matters, and even what doesn't!"

~Crystal Woods