

A New Year's wish for a Healthy start

At the beginning of a new year we all hope to achieve many things, but none are as important as trying to maintain good health, for without this blessing, other activities become less enjoyable or achievable.

At Meadowood Manor the goal is no different, we need to maintain good health among staff, residents and visiting family members, and we can only do this by following the required standards recommended in the WRHA's Long Term Care Infection Prevention and Control program, which is a requirement for Meadowood Manor to receive its accreditation.

Good infection prevention and control becomes everyone's responsibility and we need all to practice and prevent the spread of germs and infections. Some of the simple ways to reduce the risk include:

1. Washing our hands on a regular basis with soap and running water, as most transient bacteria present on our hands are removed during the mechanical action of washing, rinsing and drying hands.
2. Using an alcohol based hand sanitizer that contains 60% alcohol is also effective in keeping germs and micro-organisms at a minimal. You will find dispensers appropriately placed throughout Meadowood for your convenience.

3. Proper cough etiquette is another important factor in preventing the spread of infectious bacteria. The common expression used now is COVER YOUR COUGH !

The two recommended ways when coughing and sneezing are;

- Cough/sneeze into your upper sleeve, NOT your hands
- Cover your nose and mouth with a tissue when you cough/sneeze
- Put used tissue in waste basket immediately

Perform hand hygiene after coughing, sneezing, wiping or blowing your nose.

Just by remembering to perform these simple actions, we can help prevent the spread of germs that can target everyone.

So stay healthy and practice good hygiene on your visits to Meadowood.





Laurie Cerqueti



Nancy Coey



Charlene Epp

Bright Start for the New Year!

It's a bright new start at Meadowood with a brand new management team in place. We are delighted to present three new faces that will be taking Meadowood Manor forward in 2012 and getting the facility back on track after two years of upheaval on the management side.

Leading the team as the new CEO is Laurie Cerqueti, who comes to us with over 20 years of invaluable experience in the health care field. She is a qualified Registered Nurse and Administrator, most recently holding the position of Manager - Palliative Care at Riverview Health Centre. Laurie's first order of business is to gain the confidence of her staff, residents and families and to work at restoring top standards of health care to the residents at Meadowood Manor.

Working alongside her is our new Director of Care, Nancy Coey who has many years of management experience in long-term health care and brings much needed organizational skills, knowledge and experience to the team. Filling out the team is our new Social Worker, Charlene Epp, who brings a spirit of compassion and care that has long been missed by our resident families since we've been without this service for a few years.

Please welcome these new management team members to the Meadowood Manor family.

Report from Interim CEO, Charles Kunze

The last year has been exciting, fulfilling and eventful. An effective management team is now in place to support the new CEO, Laurie Cerqueti, who started January 19.

The team includes Nancy Coey - Director of Care and Recreation, Valerie Roskosz - Support Services, Dale Falk - Finance, David Holland - Chaplain, Charlene Epp - Social Work, and Marie Ewashko - Staff Education and Infection Control.

We are also progressing on some special projects - Tower renovations (lobby, Friendship Room and Upper Room), Window replacement in the Tower, and Yard Landscaping (Meadowood Gardens). The Residents and Tenants are very excited about these projects.

Thank you to God, and thank you for all the support I received during the past year. Please continue to support Meadowood in prayer and with your gifts of time and funds, as my wife Anneliese and I will.

May the Lord bless and protect Meadowood

May the Lord smile on us all and be gracious

May the Lord show us His favour and give us His peace.

The Chaplain's Message:

"I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you." (Psalm 32:8)

As you and I have entered a New Year, what a great comfort the above verse is - God will guide us and watch over us. With that in mind, let me share the following prayer I read:

*May God make your year a happy one!
Not by shielding you from all sorrows and pain, but*

By strengthening you to bear it, as it comes;

Not by making your path easy, but

By making you sturdy to travel any path;

Not by taking hardship from you, but

By taking fear from your heart;

Not by granting you unbroken sunshine, but

By keeping your face bright, even in the shadows;

Not by making your life always pleasant, but

By showing you when people need you most and

Making you reach out to be there to help.

That is my prayer for you as you support, serve, volunteer, pray and give to Meadowood Manor. You are making a difference in the lives of seniors that God has placed in our care.

Thanks for Your Support;

*Chaplain Dave
(and Darlene) Holland*



Thank You for your faithful support

Our Bake Sale raised \$1373

The Chaplaincy Support Concert raised \$10,487



Independent Living at Meadowood



Bachelor apartments are now available for rental at the Meadowood Manor Independent Living Tower.

To book an interview and a tour, please make a appointment by calling 257-2394.

Something to think about

And do not forget to do good and to share with others, for with such sacrifices God is pleased. Hebrews 13:16

2011 CHARITABLE DONATION RECEIPTS

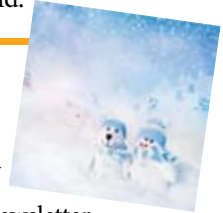
The Board of Directors of Meadowood Manor Foundation Inc. sincerely thanks all Friends of Meadowood Manor for their generous financial gifts made during 2011 in support of the Meadowood Manor Chaplaincy Program and the Foundation's Special Projects Fund.

Charitable receipts for donations made to the Foundation in 2011 are now being distributed. Any questions relating to the charitable donation receipts should be directed to the Foundation's Treasurer, **Allan Donald**, who can be reached by telephone at 799-7733, or by email at hial@hial.com

Donors are reminded to advise the Foundation of any address changes during the course of the year, as this assists with the timely delivery of charitable receipts to donors at their correct address. Please communicate any such address changes to Mr. Donald.

Feedback

Contact: info@meadowood.ca for comments and contributions to the newsletter.



2012 Upcoming Events

May 5 - Yard & Book Sale

June 14 - Fundraising Dinner

June 25 - Annual General Meeting

