

"The Tudor Community"  
Retirement Residences

Woodland Courts  
Assisted Living Residence

**Tudor House**  
Personal Care Home

Cambridge House  
Senior Residence

# Tudor Times

*Tudor House provides long term care services to Indigenous Peoples and in the spirit of Reconciliation, we acknowledge that Manitoba is the traditional land of the Cree, Ojibway, Oji-Cree, Dakota and Dene people, and the homeland of the Métis Nation and we are on Treaty 1 Territory.*



## MESSAGE FROM THE CEO/DOC

This past year has been a difficult one for our residents and staff and I am sure for all our families. To be restricted in spending time together with our loved ones during this Pandemic has been very difficult for all of us. We all traditionally visit and gather with our families at Christmas and this year we can't hug and kiss the ones we love outside our households. I am impressed with the patience, compassion, kindness and understanding many families have shown us. Virtual visits, window visits and telephone calls in a small way help to make up for not being able to be together. We see a light at the end of the tunnel with the distribution of a vaccine starting to be shared.

. I want to thank all of you for your support and helping us keep your loved

ones safe this past year. We will continue to do everything we can to keep everyone in the best of health and look forward to welcoming you back into Tudor House as soon as we can.

May your holidays be full of love, peace, and happiness - and may it continue into the coming year.”

- Ashley Martyniw



**Resident Visitation Principles  
Pandemic Response  
Critical Level (Red)  
(High Risk of Community Transmission)**

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**ALL VISITATION PAUSED**



Tudor House Management Team has met and made the decision to continue to “**Pause all Visitation**”. We will however be revisiting this decision with visitation modifications for Designated Family Caregivers (DFCs) and will promptly inform you of the updates once the “**External Visitation Shelters**” are available. We have a tentative *GO LIVE* date of January 8th, 2021, although if the Public Health Order for **CRITICAL LEVEL (RED)** is extended this date may be postponed. We will keep you updated as we learn any new information. We continue to allow visitation for “end of life” and “exceptional circumstances” on a case by case basis when approved by the Treatment Team.

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**External Visitation Shelters Updates**



[Click here to watch PCH visitation shelter – video guide](#)

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## VIRTUAL VISITS

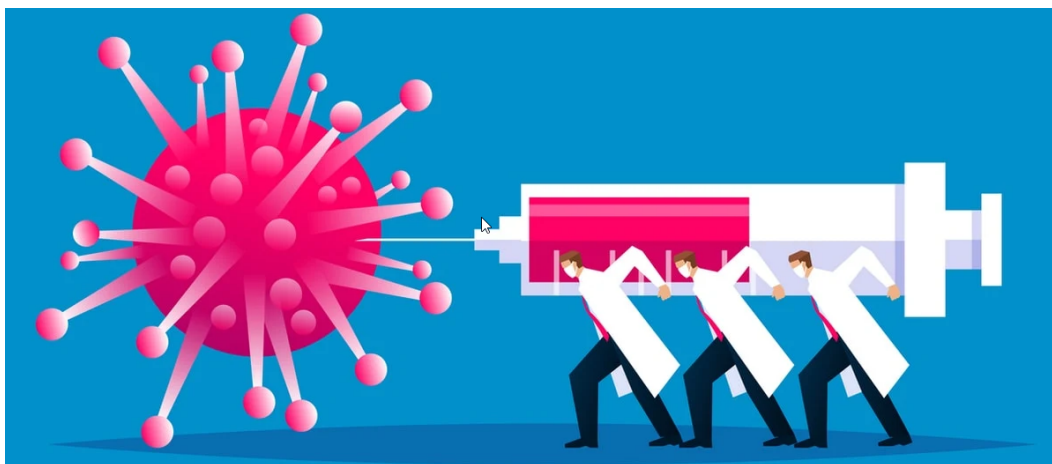


We continue to do Virtual Visits by tablet/lpad & Resident Mobile phone and Window Visits at Reception. This is a very positive emotional and social support to keep up the spirits of our residents. Please call **Recreation Dept. @ (204) 482-6601 Ext: 125** to book your time for a Virtual or Window Visit. Our goal continues to be as fair and equitable as we can to accommodate your requests.

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## Resident Christmas Gift & Food Drop off:

We have a designated "Parcel Drop off Period" at the front vestibule for families to bring in any personal items, essentials or Christmas gifts for residents. They must be in a wipeable container so we can disinfect the item. **(12:30 to 1:30 pm & 7:00 to 8:00 pm.)** This frees up our staff at critical times to focus on resident care. *Note: Food or Gift donations for staff during this period are reluctantly declined for Infection Control reasons. Please do not bring anything to the nursing home if you have an ill person in your household.*



### COVID-19 Vaccine

At this time, there is a very limited supply of COVID-19 vaccine. Only eligible front-line health providers will be immunized with the first 900 doses. As we hear more about when it will be available for our residents we will provide an update

**HIGHLIGHTS**



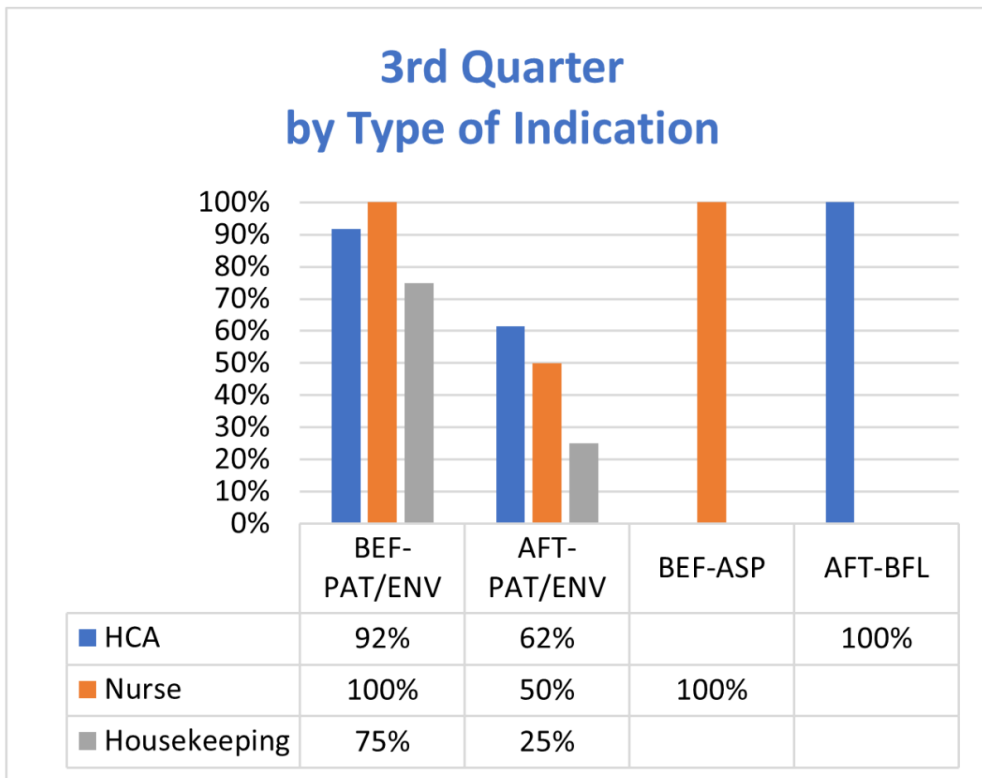
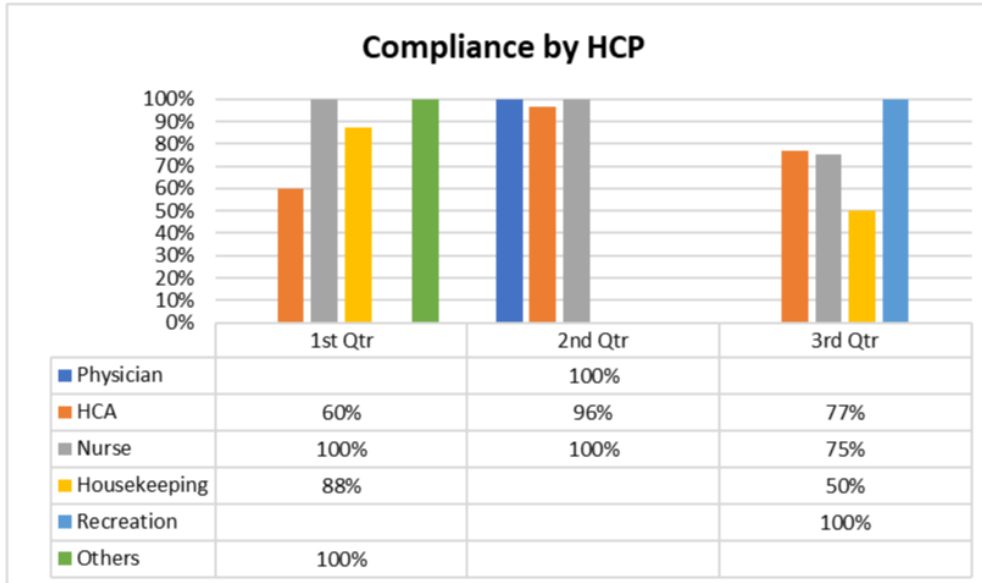
### Quality and Risk Management Indicator Report 3rd Quarter

Tudor House tracks and submits monthly indicator data to the IERHA PCH Quality Improvement Team

- HCA Compliance, Nurse Compliance, Support Staff Compliance, Other Compliance.

BEF-PAT/ENV	Before Initial Patient/Patient Environment Contact by Category of Health Care Provider
BEF-ASP	Before Aseptic Procedure by Category of Health Care Provider
AFT-BFL	After Body Fluid Exposure Risk by Category of Health Care Provider
AFT-PAT/ENV	After Patient/Patient Environment Contact by Category of Health Care Provider

**Data Collection:** This data is gathered from Monthly Hand Hygiene Audits and report is created by IERHA IPAC





# Resident & Family CORNER

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## Cecilia

Cecilia was born to Frank and Julia Ostrowski on Sep. 1, 1924 in Sipton, MB. She is the youngest survivor in a family of 12. Many of her siblings died as infants or as children. She attended Mayfield School for grades 1-8 and grade 9 in Garson. As a child she and her sister Frances spent hours helping on the mixed farm, skating on the frozen ditches, and learning quilting and knitting from ladies in the community.

**Read Cecilia's full story** [HERE](#).



## Santa in Tudor House

**Santa will not let the holiday pass without giving gifts to our residents. He made sure all gifts were sanitized before giving to the residents and of course he did not forget to wear his mask and eye shield.**

**Santa's Helpers**



Tudor House has an optimistic vision to enhance communication amongst the residents, families and staff of our Facility. Together we strive to ensure everyone involved with residents have a clear understanding of how we provide Resident Centered Care in a “Home-Like” Community, provided with Quality, Dignity, Compassion, Empathy and Partnership.”

Click the link below to view: ensure links have updated info e.g. last Resident council minutes

[Tudor House Organizational Chart](#)

[Term of Reference - Resident & Family Advisory Council Meeting](#)

[Resident and Family Advisory Meeting Minutes - November](#)

***Your concerns and/or comments are important to the staff at Tudor House. A reminder to either email or call any Manager/Supervisor if you should have any comments and/or concerns about the care of your family member.***

[Click here to see contact information](#)

**\*\* PLEASE NOTE:**

All Resident/ Family Advisory Council Meetings will be virtual meeting via Webex invites to continue to meet COVID-19 social distancing & visitation protocols

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## DEMENTIA CARE DURING PANDEMIC TIMES



WHERE QUALITY AND CARE GO HAND IN HAND

**Click on the link below to watch videos.**

- [Teepa Snow: Meaningful Activities](#)
- [Teepa Snow: Alzheimer why Activities Matter](#)
- [Teepa Snow: Alzheimer's Activity Ideas and Tips](#)
- [Teepa Snow: Hand under Hand Technique](#)
- [Hand under Hand Assist with Feeding](#)
- [Using Hand under Hand to Assist with Getting Dressed-Shirts and Coats](#)
- [Assisting someone to Sit](#)



On behalf of Our Residents & Staff we want to say thank you to Canadian Tire for \$1000 worth of Holiday decorations it certainly brightens our days during this season.



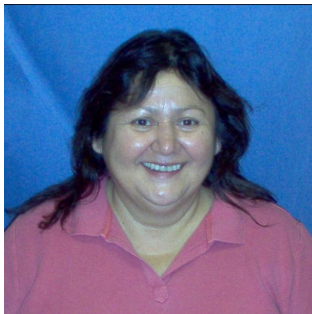


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Thank you also to *Bill and Gail Bodman* for the \$500 donation towards **Tudor House "Alzheimer Garden"**

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## **TIME TO MEET OUR DIETARY SUPERVISOR**



**BARBARA MARTYNIW**

**Food Service Supervisor**








I was born and raised in Winnipeg but my family has roots in Selkirk for at least the past two hundred years. I met my husband, Ashley in Selkirk we lived in Petersfield & Selkirk for the past 40 years. We had two children and adopted a little boy. We are now the proud grandparents of 4 grandchildren (Nikosis, Abigail, Elizabeth & Charlotte). My favorite past times are my grandchildren, our pets, weekends at the cottage in Petersfield and traveling.

I worked for the Selkirk Friendship Centre working with youth for a number of years and then came to Tudor House in 1988 and worked in the Dietary Department as a Dietary Asst. & Cook. I went to Red River College and obtained my Diploma in "Commercial Cooking" and took the Canadian Hospital Association Course in "Food Service Supervision" and was admitted to "The Canadian Society of Nutrition Management". In 1994 I became the Food Service Supervisor at Tudor House replacing the previous Supervisor that retired and have been working here for the past 32 years.

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## **EDUCATION SERVICES**

**Focus of the 3rd Quarter**  
**Long Term Care Guidelines for using**  
**Personnel Protective Equipment (PPE)**

Long Term Care	GREEN ZONE	ORANGE ZONE	RED ZONE	 Shared health Sains communs Manitoba Revised July 14, 2020 Version 3
 hand hygiene	<b>Strict HAND HYGIENE is required before and after contact with resident or resident environment, as well as before and after donning and doffing PPE</b>			<b>Additional Instructions</b>
 mask	<b>Extended use for all resident interactions</b> Reuse after coffee break(s), change after meal break(s)			Change when damp, soiled, damaged. New mask after breaks for Orange and Red Zones.
 eye protection	<b>Extended use for all resident interactions</b>			Retain eye protection for full shift. When removed, clean, disinfect and store per protocol: <a href="https://sharedhealthmb.ca/files/standard-operating-procedure-disinfecting-eye.pdf">https://sharedhealthmb.ca/files/standard-operating-procedure-disinfecting-eye.pdf</a> Dispose if scratched or damaged.
 gloves	<b>Routine Practices &amp; Additional Precautions</b> NOT required for every resident interaction	<b>YES</b> Change between resident encounters	<b>YES</b> per Routine Practices and Additional Precautions See specific instructions for Covid-19 Unit	Perform hand hygiene before AND after removing gloves.
 gown	<b>Routine Practices &amp; Additional Precautions</b> e.g. MRSA, scabies, blood and body fluid contact	<b>YES</b> Change between resident encounters	<b>YES</b> per Routine Practices and Additional Precautions e.g. MRSA, scabies. See specific instructions for Covid-19 Unit	Change when damp, soiled, damaged, this applies across all zones.
 N95 mask	Use N95 respirator if there is clinical concern of infection with airborne pathogen (e.g. TB). Extended use of N95s for repeat encounters with multiple patients (except intubation).	<b>AGMPs</b> N95 required for AGMPs; extended use for repeat encounters with multiple resident (except intubation). N95 may be requested following PCRA.		Change when damp, soiled, damaged. AGMPs in Long Term Care: <a href="https://sharedhealthmb.ca/files/agmps-and-long-term-care.pdf">https://sharedhealthmb.ca/files/agmps-and-long-term-care.pdf</a>

## DONNING

### Personal Protective Equipment Putting it On in 5 Easy Steps

- HANDS**
  - clean your hands with hand sanitizer or soap and water
- GOWN**
  - first tie at top
  - next tie at waist
  - be sure you cover your skin and clothes.
- MASK**
  - put on a procedure or surgical mask
- EYE PROTECTION**
  - put on eye protection

ALTERNATE: Combo mask/eye shield
- GLOVES**
  - fast put on gloves
  - next pull gloves over gown cuffs

ALTERNATE: N95 Respirator if indicated

Shared health Sains communs Manitoba  
Protect yourself - Protect others

## DOFFING

### Personal Protective Equipment Taking it Off in 6 Easy Steps

- GLOVES**
  - remove glove to glove, skin to skin
  - place gloves in garbage
  - hand hygiene
- GOWN**
  - untie neck, then waist
  - hook fingers under opposite cuff, pull over hand
  - use glove-covered hand to pull gown over other hand
  - pull gown off without touching outside of gown
  - roll up inside out
  - place in handy hamper or garbage as appropriate
- HANDS**
  - clean your hands with hand sanitizer or soap and water
- EYE PROTECTION**
  - remove eye protection by handles and place in reprocessing bin or garbage
- MASK / N95 RESPIRATOR**
  - remove using loops or ties, do not touch mask
  - place in garbage
- HANDS**
  - clean your hands with hand sanitizer or soap and water

Shared health Sains communs Manitoba  
Protect yourself - Protect others

**Watch the Donning and Doffing Video here:**



**Donning (Putting on) Personnel Protective Equipment (PPE)**



**Doffing (taking off) PPE**

**[Click here for IPAC COVID-19 Refresher Videos](#)**

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**Manitoba Health Standards &  
Accreditation Requirements**



**KEEP CALM  
DO YOUR  
MANDATORY  
TRAINING**

***Have You Completed All Your  
Mandatory Training Requirements  
for 2020***

1. Relief for a Conscious Obstructed Airway
2. 2020 Fall Education Package
3. Accessibility Video
4. PHIA Module
5. Violence Prevention Refresher
6. Refresher on Confidentiality, Abuse and Social Media Usage



- Access up to date information on COVID-19 is located on the Education Kiosk Computer Station in Tudor House Boardroom.

***Click [STAFF NET](#) folder***

***Click [IERHA Personnel Care Home](#)***

***Click [COVID-19 updates for staff icon](#)***

- Each unit has a **[COVID-19 Binder](#)** that contain daily updates and are located at the Nursing Station.

**[Click HERE for latest updates for Health Care Workers](#)**



**[Continuing Competency for Nurses](#)**

**Policy Review**

All new and revised policies will be available in the Boardroom on the Education Kiosk Computer Desktop in folder "**Policies for Nurses Review & Sign off**". A Policy Binder is also placed in each Department with sign off sheet.

Note: Timely compliance will be reflected on a printout report each year to retain as evidence for your Nursing License Continuing Education Competency Records

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## Manitoba Shared Health Booster Session for Staying Grounded

5, 4, 3, 2, 1

5- thing  
4- thing  
3- thing  
2- thing  
1- thing you can taste

Reference: Mayo Clinic, Speaking of Health, ( June 2020)

wellbeing

Manitoba Health Services logo

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## TASTE OF TUDOR *A Holiday Favorite*

### NUTS & BOLTS

#### Ingredients

- 2 cups of salted butter melted
- 1 tablespoon seasoning salt
- 3 tablespoons worcestershire sauce
- 2-3 tablespoons garlic powder
- 1 tablespoon paprika
- 8 cups of Crispix Cereal plain corn and rice



- 4 cups of Rice Chex
- 4 cups plain Cheerios
- 4 cups of pretzel sticks
- 1 box cheese stick crackers

### **Instructions**

1. Preheat your oven to 250 degrees F.
2. In a very large roaster, combine the cereals, nuts, crackers and pretzels. In microwave (or on stove) melt butter and mix in spices and Worcestershire. Pour over dry ingredients and stir gently to mix thoroughly.
3. Bake at 250 degrees for 1 1/2 to 2 hours, stirring gently with a spoon every 25 minutes or so.
4. The mix will be done when you can see that all of the butter mixture has been absorbed and is dry.

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## **SAFETY TIPS**

**PHYSICAL DISTANCING. IT'S MANDATORY.**

**Stop the Spread. #FlattenTheCurve**

**REMEMBER:**

- To **wash** your hands at least 20 seconds
- **Cough** and sneeze into tissues or on your sleeves.
- And don't **touch** your eyes, nose or mouth.



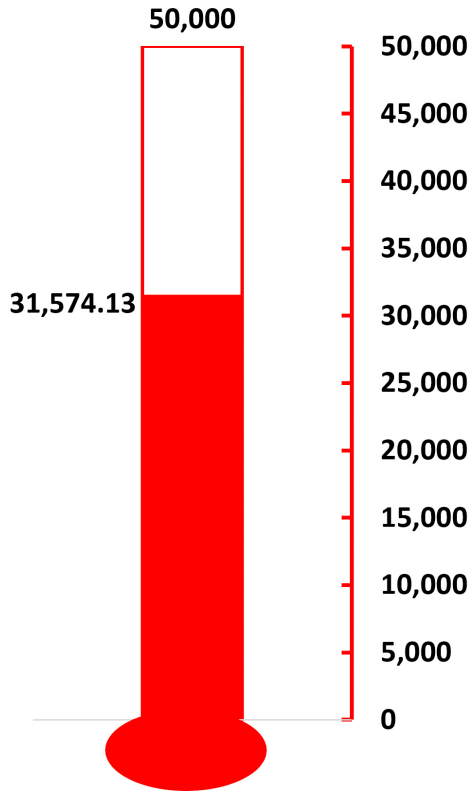
**SAVE LIVES**  
**Clean Your Hands**  
How to Hand wash and Hand rub  
Hand Hygiene Brochure

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**Help us build  
an “Alzheimer Garden”  
for our Residents!**



All donations made go directly benefiting our Residents by help for Special Projects and to purchase additional equipment that improve their quality of life as well as promoting positive workplace wellness and safety for everyone!



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## VOLUNTEERS NEEDED!



For more information about volunteering in Tudor House, email or call Denise Smith at 204-482-6601 ext 128 or at [dsmith@mytudor.ca](mailto:dsmith@mytudor.ca)

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### **Pillow Paws Socks Available**

Socks that have grip on the bottom and fits under normal footwear. The socks prevents residents from slipping or falling.

Pillow Paws socks are available for sale from Rehab Office for 2 pairs for \$5.00.

**Available colors:** Red and Yellow

**Size:** M, L, XXL





For more information, please see or contact Allison Sanderson 204-482-6601 ext. 142 or email [asanderson@mytudor.ca](mailto:asanderson@mytudor.ca)

## Helpful Links



LTCAM's Navigation System for Seniors' Care and Living Options is a valuable tool that offers suggestions and ideas on how seniors can "live safe" and with confidence, by providing them with the tools and information to make informed decisions.

For more information, click here for the [brochure](#).





# TUDOR HOUSE

## PERSONAL CARE HOME



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