



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



J. A. Martyniw

We are coming into spring and the residents are looking forward to getting outside into the courtyard on warm days. The past year of the COVID Pandemic has been especially hard on the elderly in Long Term Care Homes. We had our own Outbreak in January and fortunately no residents tested positive. We were the first Nursing Home in the Region to get our COVID Vaccine for the residents and that gives a lot of comfort and security to everyone here with the added protection. We are still in Pandemic Level Red (CRITICAL) so PPE, Visiting Restrictions, Masking and Hand hygiene are still important parts of our daily life. One (1) Designated Family Caregiver may visit at a time, but the two (2)

External Shelters are open to general visitors by appointment with our Recreation Department. All Staff and Visitors are actively screened at reception entrance prior to the start of every shift/visit. These activities continue to be an important part of keeping our residents safe. All Tudor House Staff are all encouraged to get the COVID Vaccine as soon as they are offered the opportunity. We have resumed Recreation Programs for the residents but we are still encouraging social distancing as much as reasonable possible. Staffing is still a struggle and the shortage of RN nurses makes it hard to recruit, but we are striving hard to maintain staffing as best we can.

As more vaccinations are given out in the community we are hoping a lessening of restrictions will occur when it is safe to do so and our residents and families can resume a more normal pre-pandemic daily routine. Please continue to be safe and take care of yourselves you are important to us .

I want to extend a big thank you to families and our dedicated staff & Management Team for all their hard work and hours of overtime in caring for our residents and maintaining full services. The IERHA & the regional LTC Team has also been a wonderful support and partner throughout this Pandemic. We could not have got through this past year without all of your help and support. Thank you very much to all.

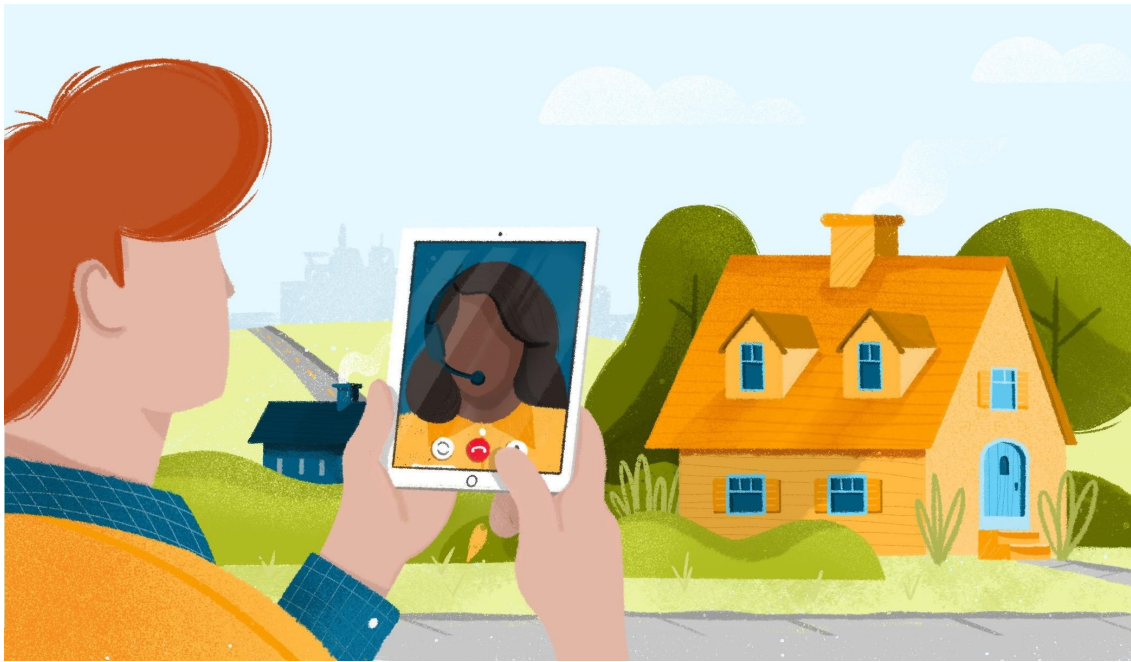
External Visitation Shelters are now OPEN

Please call **Recreation Dept. at 204-482-6601 Ext: 125** to book your time for a External Visitation Shelter visit



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

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. at 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.



COVID-19 VACCINE

We are pleased to announce that 89% of Tudor House Residents received both doses of the COVID-19 Moderna Vaccine.

IERHA Focused Immunization Team (FIT) with Tudor House Nurses Alka & Jennifer (left)



***Tudor House Residents (left to right)
Eldon, Mary, Hannah & Jean receiving their Immunization.***



Mary (left) & Kim (right) were interviewed and featured in the Winnipeg Free Press

Name: Mary Cartlidge

Mary Cartlidge (Supplied)
Age: 90
Occupation: Resident at Tudor House Personal Care Home
Location: Selkirk



What was your reaction to hearing you would get the vaccine?

I was very happy.

What was getting the vaccine like?

It was very simple. I didn't really feel much other than a wee little tiny pinch. Everybody was courteous. Things ran well. They were in and gone in no time.

What was your life/job like before the vaccine?

We've been locked down. We had to stay in our rooms. We didn't even go out for our meals. Meals were brought to us at our doors. My tray would be brought to my door. I would eat it. They would take the dirty dishes away. That is the most I would see of outsiders. It was difficult.

How will the vaccine change things for you?

I don't think things will ever go back to normal. Not to what we had before. But it will be a better life hopefully and we will get to see our people.

What would you say to Manitobans who are nervous about getting the vaccine?

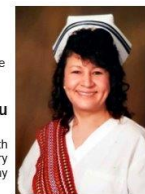
I would say go for it. There's nothing to it. I went to bed last night, had a good night's sleep, no worries at all. I would tell people to go for it and be safe rather than sorry.

What are you looking forward to most once the pandemic is over?

Getting outside. Everybody in the building has been wonderful. We've all coped with it really well, but it doesn't change the fact that you're not outside. Lockdown is pretty tough.

Name: Kim Wiebe

Kim Wiebe (Supplied)
Age: 49
Occupation: Nurse at Tudor House Personal Care Home
Location: Selkirk



What was your reaction to hearing you would get the vaccine?

I was relieved. With all the uncertainty with the vaccine, with the rollout and the supply, I was relieved. I was also very happy to take this step to protect my residents and my community.

What was getting the vaccine like?

It was pretty simple. We had a form to fill out. A questionnaire. They made sure we felt fine before receiving it and then they gave us the vaccine.

What was your life/job like before the vaccine?

There was always a serious concern working with such an at-risk population. However, I'm very appreciative of my workplace. The management has done such an amazing job of protecting everyone. All the staff has gone above and beyond to protect our residents. I'm very lucky to work where I do.

How will the vaccine change things for you?

I feel better going into work having another layer of protection. I feel like I'm able to better serve my residents. I am really happy I've got that extra layer of protection now.

What would you say to Manitobans who are nervous about getting the vaccine?

Go out there and educate yourself. The scientists were able to safely develop a vaccine. I trust the scientists.

What are you looking forward to most once the pandemic is over?

I'm looking forward to seeing the smiles on the faces of my residents. I'm looking forward to them seeing their families again.

To know more about the Current Eligibility Criteria for COVID-19 Vaccine, click [HERE](#)



MB Health Standards are about regulating care to ensure a minimum standard of care is delivered to residents residing in Long Term Care in Manitoba. Tudor House review was completed Aug 27th, 2020 in a modified fashion. Tudor House received the report January 2021. To review report, click [HERE](#).

Below are the five CORE standards:

- Standard 7 – Integrated Care Plan
- Standard 9 – Use of Restraints
- Standard 12 – Pharmacy Services
- Standard 19 – Safety and Security
- Standard 24 – Staff Education

The August review assessed a requirement for Tudor House PCH to provide an update for the identified performance measures in Standard 9 **“Use of Restraints”**. Nursing worked together to identify goals on how to to make

improvements to meet this standard.

Below are a few items that were reviewed ,revised and implemented during this 4th quarter

- Restraint Assessment Tools
- Audit process
- A work in process is a resource package

[To Review Tudor House Use of Restraints Brochure](#)

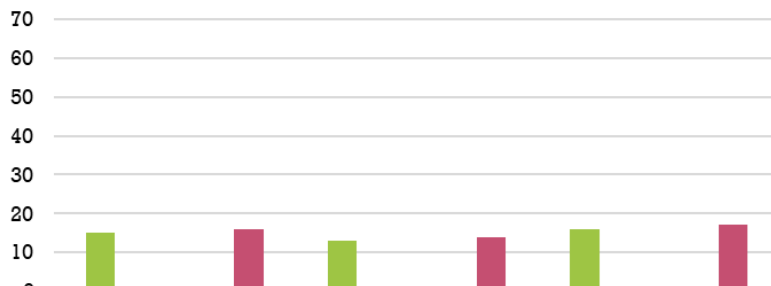
["Resident Safety" Information for Residents, Families & Decision Makers](#) [Click HERE](#)



Quality and Risk Management Indicator Data Highlight

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

Residents with Restraints - 3rd Quarter



	Oct	Nov	Dec
# of physical restraints for positioning only	15	13	16
# of physical restraints	0	0	0
# of chemical restraints	1	1	1
# of environmental restraints	0	0	0
# Total number of people with restraints	16	14	17

Click [HERE](#) to review Mb Health restraints definitions.



Accreditation Canada Required Organizational Practices and MB Health Standards expectations outline that:

***“Fire drill participation or fire prevention education is an annual mandatory requirement for 100% of all our staff.*”**

Tudor House PCH completes monthly fire drills for all shifts in all departments. The expected outcome is to enhance competency in managing a potential **CODE RED** disaster. Please review actions to be taken as referenced from the IERHA Regional Disaster Management Team

CODE RED – FIRE	
Facility Location:	Incident Commander/Fire Marshal:
Date:	Time:
Immediate Actions: Within the 1st Hour	
Alarms Activated Time: _____	
<input type="checkbox"/>	Pull the Alarm.
<input type="checkbox"/>	Activate the Incident Management System (IMS) with one person assuming the role of Incident Commander/Fire Marshal (don orange IC vest in the Command Centre Kit).
<input type="checkbox"/>	Check the enunciator panel (announce Code Red plus the location 3 times).
<input type="checkbox"/>	Ensure that all visitors and residents are accounted for and that they are safe.
<input type="checkbox"/>	Dispatch 2 staff members with a radio, check the area (dispatch 1 staff member minimum unless adequate staff levels permit 2).
<input type="checkbox"/>	Initiate R, A, C, E : <ul style="list-style-type: none"> • R Remove any residents in immediate danger to a safe area • A Activate the fire alarm, & announce “CODE RED” and the location 3 times • C Confine the fire by closing all doors & windows (tag doors when evacuated) • E Extinguish the fire, if safe to do so
<input type="checkbox"/>	Contact the Nurse Manager & Administrator.
<input type="checkbox"/>	Consider a CODE GREEN EVACUATION (Refer to Section 8 – Code Green Evacuation Protocol)
Discovery of Fire	
<input type="checkbox"/>	Initiate R, A, C, E : <ul style="list-style-type: none"> • R Remove any patients/clients/residents in immediate danger to a safe area (two fire doors away) • A Activate the fire alarm, & announce “CODE RED” and the location 3 times • C Confine the fire by closing all doors & windows (tag doors when evacuated) • E Extinguish the fire, if safe to do so
<input type="checkbox"/>	Activate the Incident Management System (IMS) with one person assuming the role of Incident Commander/Fire Marshall (don orange IC vest in the Command Centre Kit).
<input type="checkbox"/>	Contact the Nurse Manager & Administrator
<input type="checkbox"/>	Consider a CODE GREEN EVACUATION (Refer to Section 8 – Code Green Evacuation Protocol)

Intermediate Actions: Activities from 1 – 12 hours
<input type="checkbox"/> Develop a plan of action (call a meeting of all managers).
<input type="checkbox"/> Designate routine briefings with managers to receive status reports and update the action plan.
<input type="checkbox"/> Consider a relocation of residents to an alternate location (work with the Disaster Duty Officer to facilitate this action).
<input type="checkbox"/> Establish & maintain contact with the Regional Emergency Operations Centre, if activated.
<input type="checkbox"/> Consult with managers on needs for staff, physician, and volunteer responder food and shelter.
<input type="checkbox"/> Do not re-enter the facility unless authorized to do so.
<input type="checkbox"/> Address other concerns and issues as they arise.
Extended Actions: Activities 12+ hours
<input type="checkbox"/> Conduct briefing sessions with managers every 3 – 4 hours or if major changes occur.
<input type="checkbox"/> Review the plan of action and revise if necessary (call a meeting of managers).
<input type="checkbox"/> Provide reports and updates to Administrator and Disaster Duty Officer (1.204.485.0310) every 3 – 4 hours or if major changes occur.
<input type="checkbox"/> Do not re-enter the facility unless authorized to do so.
<input type="checkbox"/> Address other concerns and issues as they arise.

IN CASE OF FIRE

R - Remove patients/clients in immediate danger

A - Activate the fire alarm, call 911

C - Confine the fire

E - Extinguish the fire if safe to do so





Resident of the 4th Quarter

Lorraine

Lorraine was raised in Matlock and Selkirk and is the eldest of 12 children. She often speaks about how poor they were as children and that even now in later life, she has run into people that would say “You were one of the Grove/ Chastellaine children? My goodness I didn’t realize you children had survived!!”

Read Lorraines full story [HERE](#).



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:

[Tudor House Organizational Chart](#)

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

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

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

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:**

Currently Resident/ Family Advisory Council Meetings are being held virtually via Webex invites. This venue continues to meet COVID-19 social distancing & visitation protocols.

Meet Our Housekeeping/Laundry Supervisor & Workplace Safety & Health Officer



Myrel Bautista

ROLE:

Housekeeping/Laundry Supervisor is responsible for the smooth running, budgetary compliance and Quality Assurance & Risk Management Standards of the Housekeeping /Laundry Department, under the direction and responsible to the CEO/DOC. In addition, this position currently has the responsibility to chair the Workplace Health Safety Committee on behalf of the employer and is responsible to promote, encourage, train and educate all employees to achieve a culture of safety in all departments and work areas for staff and residents.

MINI BIO:

I moved to Selkirk, MB from the Philippines in 2014 to join my husband. We built our family and now have a wonderful little girl. In 2015 I began working for Tudor House and took on various roles including Housekeeping & Laundry Assistant ,Health Care Aide and Reception Administration Assistant. I recently applied for and was

awarded a supervisory position as the Housekeeping & Laundry Supervisor. I am always open for new learning opportunities and continue to build my competencies to further enhance my career goals.

Positive Approach to Care®



7 Ways of Helping a Person with Dementia Symptoms Feel Less Anxious

As you go through life, you may tend to take for granted the amazing feats and abilities of your brain. Remembering where you parked the car, how to make your favorite pasta dish, or being able to dial the phone number of your best friend without looking at your address book are just a few of the tasks your brain assists you with.

When a person begins to notice repeated memory problems in themselves, such as getting lost on the way to their favorite mall or writing seven sticky notes for the same task, feelings of anxiety, frustration, or sadness can set in. As a loved one or friend, this can be very hard to watch. So, what can you do to help?

[READ MORE >>](#)

EDUCATION SERVICES

“Knowledge is power but SHARING knowledge is even more powerful”

[Click here to Test your Knowledge about the COVID-19 Facility Zone](#)

Coronavirus COVID-19
Appropriate Personal Protective Equipment (PPE) for COVID-19 in Healthcare Settings.

More pieces and layers of PPE doesn't mean more protection

Wearing extra PPE may affect the fit and complicates the doffing process which may increase the risk of self-contamination.



Evidence-based guidance from international experts* does NOT recommend double gloving, using double or combinations of mask/respirators, head, neck or shoe covers for COVID-19 protection.

If you wear items such as ear savers, barrettes, hooks, etc. make sure you know how to remove them without contaminating yourself.






Exceptions:

- Areas requiring routine use of hair or shoe coverings (e.g., operating rooms, medical device processing, food service areas).
- Exceptions made by institutional Infection Prevention and Control and Occupational Health Services or designate.

* World Health Organization, Public Health Agency of Canada, Center of Disease Control and Prevention, Public Health England, and Department of Health Australia.

PPE Donning 

- 1 Perform hand hygiene.
- 2 Put on gown. Tie at neck and then waist.  
- 3 Put on mask. Pull over Chin.  
- 4 Put on eye protection  
- 5 Put on gloves, ensuring they go over the cuffs of the gown.  

FORM # 0100006A 03/2021

Watch the Donning and Doffing Video here:



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



Doffing (*taking off*) PPE



Manitoba Health Standards & Accreditation Requirements

Have You Completed all Mandatory Training Requirements for 2020/21 fiscal year ?

1. Relief for a Conscious Obstructed Airway
2. 2020 Fall Education Package
3. CODE RED
4. Accessibility Video
5. PHIA Module
6. Violence Prevention Refresher
7. 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



MANAGING YOUR STRESS

Talking about what might happen and what actions can be taken may help families cope with the effects of the pandemic.

- Be clear about priorities. The health and safety of your family, friends and neighbors comes first.
- Remind each other that strong feelings are normal under the circumstances.
- Acknowledge that you're all feeling stress and talk about how it may affect your relationships.
- Let each other know everyone's doing a good job in a difficult situation.
- Continue to laugh and enjoy each other's company.

To read more about Managing your Stress, click [HERE](#).

[To watch Mb Health Wellness Booster sessions \(Feb & March\) click HERE](#)

How walking affects the body



© BRIGHTSIDE

Past Issues **TASTE OF TUDOR HOUSE**

Bacon Grilled Cheese

Ingredients

- 4 slices sourdough bread
- 2 tablespoons mayonnaise
- 6 slices bacon
- 2 ounces cheddar cheese
- 2 ounces pepper jack cheese

Instructions

- Cook bacon in a pan until crisp. Remove from pan and drain, reserving 1 tablespoon drippings in the pan.
- Spread mayonnaise over the outside of each slice of bread.
- Divide the cheese and bacon over 2 slices of bread and top with remaining bread.
- Preheat a small skillet over low heat.
- Grill sandwich until golden, about 4-5 minutes. Flip and grill the other side until golden.





A huge thank you goes out to Wanda King, and her customers, for the amazing gift bags for the Frontline workers at Tudor House. The lovely gift bags were put together and donated to the staff of Tudor House to show appreciation for the amazing job our staff have done during pandemic. Thank you Wanda for thinking of us and making us smile.

SAFETY TIPS

PHYSICAL DISTANCING. IT'S MANDATORY.



Stop the Spread. #FlattenTheCurve



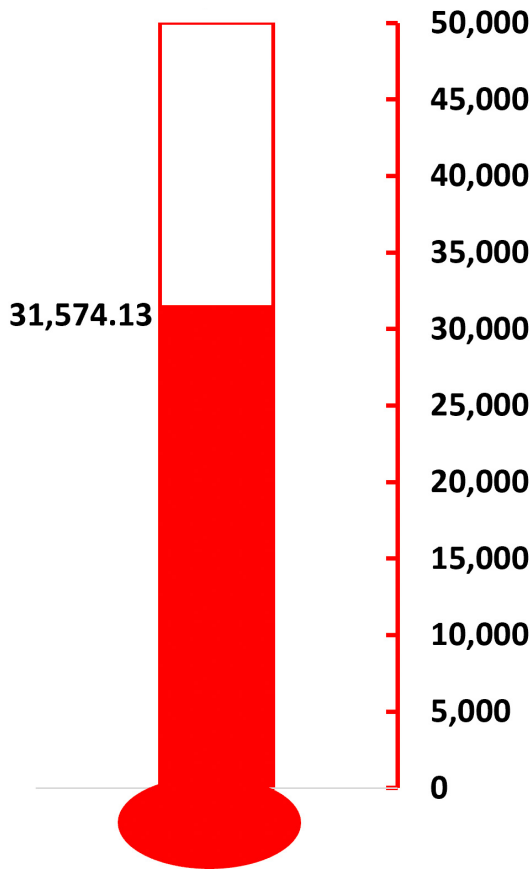
REMEMBER:

- 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](#)

Help us build
an “Alzheimer Garden”



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!

VOLUNTEERS NEEDED!

Five colorful hand silhouettes raised in a gesture of volunteering.

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

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

Helpful Links



Long Term & Continuing Care Association of Manitoba

L'Association de soins continus et à long terme du Manitoba

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](#).



Alzheimer Society

MANITOBA

Dementia Care & Brain Health





TUDOR HOUSE

PERSONAL CARE HOME



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