



▶ Benefits of Exercise and our Advocate Group..... 1

▶ NEWS FROM 226 HANSEN DRIVE.....2

▶ OUR COMMUNITY HOME HEALTH CARE PROGRAM (BRIDGING).....3

▶ FOCUS ON OUR STAFF.....2

▶ Benefits of Exercise (conclusion)..... 4

▶ SMART EATING—CALORIES VS NUTRITION.....4

Helping Hands

OUR GOAL IS GIVING QUALITY CARE WITH QUALITY CARING

In this edition of our newsletter we want to share some of the areas of our focus as an organization, in our care home and in our community.

Healthy Aging Six Benefits of Exercise

Everyone KNOWS exercise is good for you but do we know HOW good it is? It can improve everything from your mood to the health of your heart and joints.

First and foremost, it helps in weight control. As we age our metabolism lowers making weight gain a bigger problem.

Exercise burns calories, the more intense the more calories burned. We can do this in small ways; just make sure you undertake activities that are safe according to any precautions your doctor may have given you.

Secondly, it helps with health conditions

and disease. No matter what your current weight, being active boosts high-density lipoprotein (HDL), or "good," cholesterol and decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases. In fact, regular physical activity can help you prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer, arthritis and falls.



Subsidizing Care—always on our minds

Heather, Bonny and the rest of our management team are always checking with the government and asking questions about the future of subsidizing care home fees. Lately we've also been looking into the possibility of having our home health care fees also subsidized through a program call Individualized Funding. If you or your family is interested in being a part of our advocate committee, please contact Heather, Bonny, Nolan or Peggy for more information!

THE NEWS & VIEWS AT THE CARE HOME...



FALL NEWSLETTER

Special Points of Interest:

- *Upcoming Events:*
 - *September is Alzheimer's Awareness Month*
 - *October 18th Vesta celebrates her 100th birthday*
 - *The Activities Update from Pam*

We are here to add what we can to life, not to get what we can from it.

WHAT'S HAPPENING AT 226 HANSEN DRIVE!



So far 2011 has been a busy year for us at 226 Hansen Drive. Most recently our staff and residents suffered through the hammering and banging of our new shingles being put in place.

Pam, our activities coordinator, has been a busy gal, too. She spends many hours each week not only in the care home visiting with our residents and playing bingo or cards or reading to them but also behind the scenes. She is always researching and looking for new ideas and resources to enhance the lives of our residents.

This year, so far, we have celebrated birthdays, anniversaries, had our summer

BBQ at the South Leisure Centre. We've also had a few bingo games, played some cards and some table games. We've had musicians in to visit us and the folks from the MacKenzie Art Gallery, as well. And we've had a few other special visitors from time to time.

Another area we are growing in is "Living Actively" for our residents. This is our way of promoting exercise with our residents, as their abilities permit, of course.

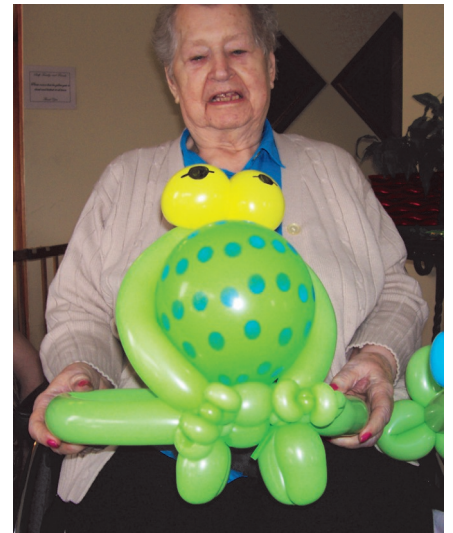
If you have a special talent or know of someone who does, please call Bonny or Pam. We're always looking for new friends at Helping Hands Care Home.

Last September we hosted a Alzheimer's Coffee Break. Our goal was to raise \$200 for the Saskatchewan Alzheimer's Society. Coffee Break time is coming up again very soon!

Some other events coming up this fall:

We'll be celebrating Vesta's 100th birthday and having a party for her. This is a very special milestone so be prepared for lots of fun on October 18th!

In December we will also be hosting our Annual Christmas Tea. The tentative date for this is Sunday, December 4th but please keep watching for a "save the date" notice!



We enjoy many celebrations of many special events at Helping Hands.

FOCUS ON STAFF AT HELPING HANDS CARE HOME

Betty Earl has been on staff at Helping Hands Care Home since it opened its doors over 15 years ago. She is that sunny smiling face that greets you each Monday, Tuesday and Wednesday from our kitchen. Betty not only creates wonderful, tasty meals for our care home residents but enjoys visiting with each

of them and from time to time you may catch her waltzing in the living room with one of them, too!

Betty is married to Dave and has three children including a set of twin boys. She also has a lovely granddaughter and two beautiful grandsons.

Thanks Betty for going above

and beyond for all of us!



Inside this issue:

Healthy Aging & Care Subsidy	1
News from 226 Hansen Drive	2
Focus on Care Home Staff	2
Community Involvement	3
Focus on Home Health Care Staff	3
Healthy Aging (con't)	4
Eating Smarter	4



Peggy Our Bridging Coordinator

OUR COMMUNITY HOME HEALTH CARE DIVISION—BRIDGING

I would like to introduce you to our Home Health Care Division we call our Bridging Program. The main focus of our program is to assist people in their own home or to “bridge” them until they can move into our personal care home or another designated facility.

Our care providers are trained and bonded and we are constantly adding to their training by offering in house classes and sending them to classes in the community as

well.

We offer a variety of packages to our clients, everything from 24 hours a day, seven day a week to short 15 minute and 1/2 hour wellness visits and everything in between.

We work with our clients and their families to provide the care that best suits them and to offer, as much as possible, the same care giver with each visit. We work to also find a care provider that suits the

client’s personality and lifestyle.

Recently we received a lovely letter from the family of one of our bridging clients. “We don’t know where to begin in thanking you for all the help you provided for our family. You truly are an “Earth Angel”. We were in a complete crisis when you came into our lives. You took charge and completely eased our very difficult situation.”

A special “Thank you!” to Peggy for her leadership in this area!

FOCUS ON OUR BRIDGING STAFF



Darlene Pichette has been with Helping Hands Care Group since September of 2002. She has worked in our care home but dedicates most of her time to our bridging clients.

Darlene has shown time and again how dedicated she is to her clients by going above and beyond in managing their care. She is truly one of our “Earth Angels”!

Darlene is married to Ed and they have two children and have the bragging rights to four grandchildren. She often will bring her littlest grandson to the care home to brighten the day up for our residents. And her oldest granddaughter has charmed them all by playing the flute for their entertainment, too.

A special thanks to Darlene who brings warmth and love to all the lives she touches!

“We don’t know where to begin in thanking you for all the help you provided for our family. You truly are an “Earth Angel”.



WHAT WE OFFER OUR CLIENTS THROUGH OUR STAFF EDUCATION

I wanted to take this chance to share with you what we offer our clients both in our care home and in our home health care Bridging Program.

Each of our staff receive training in all aspects of client care. In the care home, each staff member has taken the Personal Care Worker Course. This course is designed to train our staff in aspects of personal care (for example bed baths and transfer). They are also given a rudimentary outline on proper medication administration as well as some of the other skills needed to

assist our clients in the activities of daily living (ADL’s). We also require them to have taken the “Safe Food Handling” course offered by the Health District as each of our staff will at some point be preparing food and preparing it for proper storage. A final course we require is their Basic First Aid. Many of our Bridging staff also have these courses in place and it is our goal to have ALL bridging staff trained in these areas by the end of 2012.

Other courses we’ve offered all our staff this year have

been: Information Privacy as it pertains to the Health Information Protection Act (HIPA) by a qualified professional. Recently they also took an “End of Life” course. In October we will be training all our staff in Transfer, Lift and Repositioning (TLR).

We are the ONLY care home and home health care organization in the Regina Qu’Appelle Health Region that trains their staff with this intensity! We are very proud of the standards we have set and by this, the quality of care we can offer to our community!



How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and strong. Because someday in your life you will have been all of these.

- George Washington



Number **three** on our list, it improves your mood. Need an emotional lift? Or need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed. You may also feel better about your appearance and yourself when you exer-

Remember to check with your doctor before starting a new exercise program, especially if you have any health concerns.

Healthy aging—6 Benefits of Exercise (continued)

At Helping Hands we encourage our seniors, through our activities, to live healthy active lifestyles!

cise regularly, which can boost your confidence and improve your self-esteem.

Four, regular physical activity can improve your muscle strength and boost your endurance.

Exercise and physical activity deliver oxygen and nutrients to your tissues and help your cardiovascular system work more efficiently. And when your heart and lungs work more efficiently, you have more energy to go about your daily chores, Number **five** is that it can improve your sleep. Regular physical activity can help

you fall asleep faster and deepen your sleep. Just don't exercise too close to bed-

time, or you may be too energized to fall asleep. Finally, number **six**, it's fun! It gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting. So, take a dance class, hit the hiking trails or join a soccer team. Find a physical activity you enjoy, and just do it. If you get bored, try something new.

Some people try to turn back their odometers. Not me, I want people to know "why" I look this way. I've traveled a long way and some of the roads weren't paved.

SMARTER EATING: Calories vs. Nutrition



Eating a meal packed with good nutrition will make the best of your calorie consumption. Making choices from foods low in sodium and that contain healthy fats (like olive oil, flaxseed oil or avocados), and don't forget to add in those fiber rich foods like raw fruits and vegetables. These will help you make the most of the meals you're eating!

Helping Hands Care Group



226 Hansen Drive
Regina, SK
S4S 5S3

Ph: (306)545-7733

Fax: (306) 545-7738

Email: helpinghands@sasktel.net

Visit us on the web at:
www.helping.ca