

July 2021

# West Park

West Park Health Centre | 103 Pelham Road, St. Catharines L2S 1S9 | (905) 688-1031 |



## Celebrating July

### Anti-Boredom Month

### World Watercolor Month

#### Canada Day

*July 1*

#### Welcome back from maternity leave, Ashley Collee!

*July 5*

#### Hawaiian Day

*July 7*

#### St. Catharines Museum & Welland Canal Parkway Trip (Second Floor)

*July 13*

#### World Mini-Put Day

*July 11*

#### Port Dalhousie Trip (First Floor)

*July 20*

#### Day of the Cowboy

*July 24*

#### Brad Boland Live in Concert

*July 6 & 27*

## New Numbers - West Park

As many of you know, it is sometimes difficult to reach either the first or second floor nurses' station, when both phones are in use.

As a solution, we have provided first and second floor RPNs with cellphones, which are intended to open lines of communication between families who would like to speak to registered staff members urgently.

If you are unable to reach the nurses station, and you require urgent assistance, please call:

**1<sup>st</sup> Floor RPN – (289) 241-5109**

**2<sup>nd</sup> Floor RPN – (289) 407-9129**

If your call is not immediately answered, please leave either a voicemail or text message, and the RPN will return your call as soon as possible.

We ask that families continue to call the nurses' station for any non-urgent conversations.

**1<sup>st</sup> Floor RN station – (905) 688-1031 extension 210**

**2<sup>nd</sup> Floor RN station – (905) 688-1031 extension 211**

## TALK2NICE

### Connecting Older Adults with Social Workers During COVID-19: NICE's New Program, TALK2NICE

It's clear that well-intentioned public health responses during the COVID-19 pandemic are meant to safeguard vulnerable older adults in the community, retirement residences, and in long-term care - have also had unintended consequences of social and emotional isolation.

To address these issues, and to support the mental well-being of older adults in the community and in residential care during the pandemic, the *National Initiative for the Care of the Elderly (NICE)* has implemented **TALK2NICE**, a free, over the phone outreach support service to connect older adults with social workers and social work students.

The aim of this outreach program is to provide much-needed support to older adults during and after the enforced isolation that is part of the current response to COVID-19, the recovery, and as we transition to a new normal in community and residential care settings, such as long-term care.

For more information about the **TALK2NICE** Program, please visit: [www.nicenet.ca](http://www.nicenet.ca)

***Need to talk? Call Toll Free***

**1 (844) 529-7292**

*Please note that this is not a crisis line. They do not provide clinical advice or counselling*

**TALK2NICE**  
A FRIENDLY PHONE CALL ... BECAUSE WE CARE

## Reopening Ontario – Stage 2

On June 30<sup>th</sup>, Ontario will enter Stage 2 of reopening. Here are some guidelines for visiting your loved one:

### Outdoor Visits

- Up to 2 general visitors and 2 caregivers may visit at a time
- General visits must be screened upon arrival, but no need to take a rapid test
- General visitors are not permitted inside the home
- Fully immunized visitors and residents may have close physical contact (example: hugs and hand holding)
- Visitors not fully vaccinated should maintain physical distancing
- Visitors must wear masks and residents should wear masks, if tolerated
- If the Home has run out of outdoor space on the property, Visits are welcome to take place in a nearby outdoor location (walks around the block are permitted)

### Indoor Visits for Residents not permitted outside (bed bound)

If your loved one is bed-bound and cannot come outside, general visits ARE permitted subject to the following conditions:

- Up to 1 general visitor and 1 caregiver may visit at a time
- General visitors must wear a medical mask. Residents should also be masked, if tolerated
- General visitors must be screened and have a negative rapid test at arrival.

### All Visits

For all visits to LTC homes, the following conditions apply:

- Children under the age of 2 do not count towards the maximum visitor count
- Visits are not permitted if a resident is:
  - Symptomatic
  - In isolation under droplet and contact precautions
  - Lives in an area of the home that is in outbreak
- All visitors must follow IPAC protocols