

TO YOUR HEALTH

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Transitions

By Susan Cusson, NP

The beginning of a New Year is a time of transition, conjuring up memories of the past and opportunities for the future. You might hear a familiar saying, "out with the old, in with the new" this time of year, meaning leave old things or ideas behind and start fresh with new things or ideas.

The phrase suggests that in order to move forward, one must purge, remove or let go of one thing, with the expectation of gaining something else. This might refer to physical objects, such as furniture or clothing. It could also apply to relationships, mindsets or a multitude of transitions that we go through in life. Moving to Carleton-Willard Village was a major transition that likely came with some anxieties along the way.

The loss of independence is one of the most common fears faced by older adults. Although a loss of independence is a natural part of aging, coping with it doesn't necessarily come easily. Studies have shown that many older adults fear losing independence more than they fear death. Becoming more dependent on others is a fact of aging and not a mark of failure.

The aging process can bring a loss of hearing, diminished vision, difficulty walking, difficulty completing daily chores or a decrease in energy. These physical changes can impact a person's confidence and feelings of self-worth. It might also impact social life if it becomes more difficult to participate in social or recreational activities. This can lead to sadness or depression.

If tasks and activities that used to be easy are becoming harder for you, you are not alone. These changes are perfectly natural, and so are the emotions they may bring.

Asking for help can be disconcerting and awkward at first, but there's no shame in requesting assistance when you need it. Everyone needs help at some point in their life.

Try to be open to the advice of others. If your family, friends or healthcare providers share concerns about your health and safety, try to keep an open mind and give their suggestions consideration. If these suggestions are coming from people who truly care for you, then you know they have your best interest at heart.

CWV is a continuing care retirement community that provides options for more help as needs change. What exactly are those options and how does one go about accessing help? Asking questions and learning more about different levels of care at the Village is an essential step before making any decisions. As mobility or memory declines, maintaining independence becomes more difficult. There are always options available to meet those changing needs.

Many folks prefer to remain at home as long as possible. One option is to hire private caregivers who come directly to your home for as little as an hour a couple times a week or as much as several hours daily. This option can extend the time at home before moving to the next level of care. At CWV, the next level of care (Supportive Care) is provided at Llewsac Lodge. To qualify for a move to Llewsac, Residents must meet certain criteria and demonstrate independent functioning in most activities of daily living.

Llewsac offers support with medication administration, reminders for appointments, help with arranging transportation to medical appointments and assistance with showering or whirlpool bath as needed. Sometimes individuals wait too long before deciding to

move to Llewsac and need a higher level of care. The Nursing and Rehabilitation Center provides 24 hour a day skilled nursing care and rehab on a short term or long term basis depending on an individual's needs.

Sometimes an unplanned event necessitates an urgent move to another level of care. If you are hospitalized, the Director of Admissions at CWV will be in communication with the hospital team to plan for your discharge needs when you're ready to return.

At CWV, our approach to health care is designed to encourage and support each Resident to optimize wellness, independence and quality of life. Residents and families are encouraged to participate with our multidisciplinary team members in shared decision making with regards to changing health status and care needs. The interdisciplinary team members that might be involved in planning your care needs include nurses, physicians, nurse practitioners, social workers, dietitians and members of the rehab team (physical therapists, occupational therapists and speech therapists).

Keeping the lines of communication open ensures Residents are fully aware of their health care status and able to make the most informed decisions. If you have questions or concerns about yourself or a friend, please don't hesitate to reach out to a staff member. Residents and family members are encouraged to participate in decisions that affect their quality of life.

Facing a loss of independence is a reality we all must experience. Living with less independence may look different, but it can still be a fulfilling and meaningful journey.

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*"May we always be grateful for the past,  
find joy in the present,  
and remain excited for the future."*

## Electronic Health Records

A transition to Electronic Health Records (EHR) is underway at Carleton-Willard Village. The new system, called **MatrixCare**, is replacing paper charts in the Clinic, Llewsac Lodge and the Nursing and Rehabilitation Center.

Over the past several months, staff have been working diligently to ensure medical records are transferred from paper to EMR accurately. We expect to complete the process of transitioning Clinic charts to MatrixCare in the coming weeks. Once this process is complete all Residents living in Apartments and Cluster Homes will receive new printouts from MatrixCare that include a medication list and a "Face Sheet". This face sheet contains much of the information that was on the Vial of Life.

Watch for a letter in your message box later this month. The letter will explain what you can do to help make this a smooth transition. The letter will be accompanied by a printed medication list and face sheet. We ask that all Apartment and Cluster Home Residents look over the new paperwork very carefully to ensure accuracy. After confirming the information is accurate and up to date the Vial of Life will no longer be used.

## Cognitive Wellness Group

The Clinic will be running a pilot Cognitive Wellness Group in mid-February. This will be a multi-disciplinary presentation that will be interactive. We are looking for 6- 8 Residents to participate in the group. Please contact Maeve Lobo at the Clinic if you are interested in taking part in this latest offering from the Clinic.

**Dates :** Thursday 2/15/24  
Thursday 2/22/24  
Thursday 2/29/24  
Thursday 3/7/24



**Location :** Computer Lab

**Time:** 1:00 pm to 2:00 pm