

RK MAC DONALD NURSING HOME

# OUR HOME

*Information for Residents & Families*



**Providing loving, dignified  
and excellent care in a home-  
like environment that  
enables our residents to live full  
and abundant lives**



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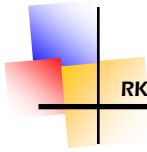
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# OUR VISION, MISSION & VALUES

## OUR VISION

**An alive and vibrant community built on meaningful relationships that celebrates and encourages a uniqueness of spirit and character**

## OUR MISSION

**Providing loving, dignified and excellent care in a home-like environment that enables our residents to live full and abundant lives**

## OUR VALUES

### COMPASSION

**We are committed to understanding the feelings, needs, and desires of those we serve and take action to enhance their quality of life**

### ACCOUNTABILITY

**We are committed to honesty and integrity in achieving desired outcomes for those we serve**

### RESPECT

**We are committed to respecting the dignity and value of each person we serve. We also believe in the provision of a respectful and supportive work environment**

### EXCELLENCE

**We are committed to enhancing the quality of life of those we serve through everyday best practices and improvement Initiatives**

### SAFETY

**We are committed to building a culture of safety for those we serve incorporating the right to risk in a calculated way within an informed and collaborative decision making process**



# WELCOME TO OUR COMMUNITY

## HISTORY

Through the financial generosity of Roderick Kennedy MacDonald and the Congregation of the Sisters of St Martha, on the 18th day of February 1958, a seventy-two bed, two story brick seniors' home, christened as the RK MAC DONALD GUEST HOME was opened. The Congregation generously mortgaged their Motherhouse to finance the undertaking, and under the direction of Mother Ignatius, eight sisters cared for 71 residents that first year. The "RK" as it is known locally, became a mainstay institution for the elderly in the town and county of Antigonish.



By the late 1960's it was becoming clear that the Sisters of St Martha could no longer continue to operate the R.K. Through a purchase agreement in 1971, the Congregation relinquished ownership to the Town & County of Antigonish.

An additional nursing wing was approved by the ratepayers of Antigonish and construction was underway by 1972. In 1997, a new and completely modern nursing wing was built – adding 25 more people to this home which brought the total to 108. In the spring of 2011, construction for the latest addition to the Home was completed and 28 new people came to make their Home at the R.K. MacDonald Nursing Home for a grand total of 136.

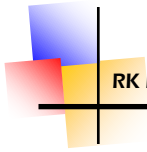
While funded by the Department of Health & Wellness, Province of Nova Scotia, the RK continues to be owned by the Town and County of Antigonish. Management and operation of the facility is accountable to the Board of Directors, representing the Sisters of St Martha and the Town & County of Antigonish.



## RESIDENTS BILL OF RIGHTS

1. To be treated with courtesy, dignity and respect
2. To be properly sheltered and cared for
3. To be given privacy in treatment and in caring for one's own personal needs
4. To keep and display personal possessions, pictures, etc
5. To be involved in any decisions affecting treatments, and to have one's condition explained in easily understood terms to oneself or next of kin and the right to be informed of changes in medical condition
6. To have access to programs that reflect rehabilitation to enhance independence and to meet one's needs
7. To communicate in confidence, to receive visitors, and to consult in private with any person without interference as long as safety of oneself and others is not compromised
8. To be able to express personal feelings and criticisms to staff or administration without fear of reprisal, discrimination or deprivation
9. To manage financial affairs or have someone appointed to do so
10. To pursue one's social, cultural and religious interests
11. To be informed of services available as well as the charge for these services
12. To be informed of room changes
13. To choose your own physician
14. To participate in Resident Council
15. To have confidentiality respected in regards to medical, personal and financial affairs
16. To know who is caring for you and who is responsible for your medical and personal care





## PROTECTION OF PERSONS IN CARE

The Protection of Persons in Care Act came into force on October 1, 2007. This Act is an extra safe guard for patients and residents 16 years of age and older who are receiving care from Nova Scotia's hospitals, residential care facilities, nursing homes, homes for the aged or disabled persons under the Homes for Special Care Act, or group homes or residential centres under the Children and Family Services Act.

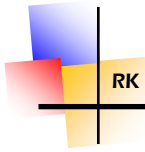
Under this Act, abuse may be physical, psychological, emotional, sexual, neglect, theft or medical abuse. It requires health facility administrators and service providers (including all staff and volunteers) to promptly report all allegations or instances of abuse. However, anyone can report abuse under this Act by calling:

**1-800-225-7225.**

### **UNDER THE PROTECTION OF PERSON IN CARE ACT 'ABUSE' MEANS:**

- the use of physical force resulting in pain, discomfort or injury, including slapping, hitting, beating, burning, rough handling, tying up or binding;
- mistreatment causing emotional harm, including threatening, intimidating, humiliating, harassing, coercing or restricting from appropriate social contact;
- the administration, withholding or prescribing of medication for inappropriate purposes;
- sexual contact, activity or behavior between a service provider and a patient or resident;
- non-consensual sexual contact, activity or behavior between patients or residents;
- the misappropriation or improper or illegal conversion of money or other valuable possessions;
- failure to provide adequate nutrition, care, medical attention, or necessities of life without valid consent.





## PERSONAL DIRECTIVES ACT

This Act enables Nova Scotians to document their wishes in a form known as **PERSONAL DIRECTIVE** regarding what personal care decisions are made for them, and/or who makes them, in the event that they are incapacitated and are unable to make these decisions themselves. Personal care decisions include those related to health care, nutrition, hydration, shelter, residence, clothing, hygiene, safety, comfort, recreation, social activities and support services.

The Act enables three things:

1. It allows individuals to appoint a **substitute decision maker** to make a personal care decision on their behalf should they become incapable of making a decision.
2. It allows individuals to set out instructions or general principles about what or how personal care decisions should be made when they are unable to make the decisions themselves.
3. It provides for a hierarchy of statutory substitute decision makers to make decisions regarding health care, placement in a continuing care home and home care where the individual has not prepared a personal directive in relation to those decisions.

During the admission to the nursing home, all families will be asked to designate someone as "**NEXT OF KIN**". This person will be the contact person between the Nursing home and the family concerning the resident. In the case of an emergency the Home will contact the next of kin or designate only. It is up to them to share the information with other family members.

The resident (if able) and/or the family will also have to designate someone as the **SUBSTITUTE DECISION MAKER**. This may or may not be the next of kin.

The Resident and the family will also be asked to complete a **LIFE CARE DIRECTIVE** that indicates a resident's wish for care in the event their health status changes.



# MAKING THE RK YOUR HOME

## **MOVING IN**

Moving to a new home is always difficult but moving to a long term care facility is more so. The move does not involve just the individual—it involves the entire family. This move signifies a change in life as you know it and often involves many conflicting emotions. We are here to assist our residents and their families in moving in and getting to know us as easily as possible.

When a new resident is moving into the RK there is a lot of information staff will need to ensure that care continues as smoothly as possible. To help us gather this information we ask that families meet with the staff who will be caring for your loved one a day or two prior to admission. To arrange this meeting please call 863-2578

## **RESIDENT ACCOMODATIONS**

Our facility has both private and semi-private accommodations. Rooms are assigned based on availability and need. Each room is furnished with a bed, bureau, over-bed table, a side table, curtains & linens. Residents are encourage to personalize their room as much as possible. Large items and electrical items need to be reviewed by our staff to ensure that we are meeting safety & fire regulations.

## **ROOM CHANGES**

At times we may need to move a resident to another room. We ask for your understanding when medical conditions and/or gender require us to move a resident to another room.

## **ROOM REQUESTS**

To request a private room please see the Director of Care

## **FAMILY ACCOMODATIONS AT THE RK**

From time to time family may wish to be closer to their loved one. When a resident is sick, we have a suite available, free of charge. If you need this service, talk to the Director of Care.



# HOW DO I WANT TO LIVE

## OUR PHILOSOPHY OF CARE

In 2006, the Nova Scotia Department of Health & Wellness committed to a Long Term Care vision of *living well in a place you can call home*. Fundamental to this vision are concepts of choice, empowerment, community, flexibility and independence.

These concepts are incorporated into the care delivered at the RK. We believe that each person is an individual and that they are the center of all decision making and care—in other words “PERSON CENTERED CARE”.

## PERSON-CENTERED CARE DECISION MAKING

The RK has embraced a person-centered philosophy of care where residents and/or their substitute decision makers take the lead in making health care, right to risk and quality of life decisions in defining how they wish to live while here at the RK.



What are your likes and dislikes, what do you like to do—in short – your HISTORY, HOBBIES and INTERESTS.

## ALL ABOUT ME

It really is all about the resident. A resident is much more than a medical file. As part of our “MOVE IN” process residents & their families will help us gather information about the “real” you— who are you when no one’s looking.





# WELCOME TO OUR HOME

Our two story Home is divided into five communities, each with its own staff. The original part was built in 1958 with additions in 1972 and 2011.

## **1st FLOOR**

### **TANGLEWOOD**

Part of the original building, Tanglewood is home to 39 residents. There are 13 private resident rooms, 13 semi-private rooms and a private room reserved for palliative care. Bathrooms are shared between some of the rooms. Tanglewood has a central dining area, a TV lounge, a tub room and a hair wash room.

### **THISTLEDOWN**

One of the newest parts of our Home, Thistledown (also know as one of the Cottages) has all private rooms and baths. It also has a connecting room, that when available, allows for a couple to continue to live together. Designed to be as home-like as possible, care provided in Thistledown is what we refer to as "FULL SCOPE". This means that the caregivers provide the same services (personal care, housekeeping, laundry) to the resident as they would if they were caring for them at home.



### **COBBLESTONE**

Cobblestone, also know as one of the Cottages, is a unique part of our Home. It provides a protected, secure environment for those residents living with dementia who are at a very high risk of elopement (or leaving on their own). This unit is secure at all times and requires a code number to open the doors. The design of the area is the same as Thistledown. It has private rooms with baths, a central dining and living area as well as laundry facilities.



# WELCOME TO OUR HOME

## 2nd FLOOR

### **MARTHA'S INN**

This section of our Home was added on in 1972. It has 25 private rooms all with their own bathroom. As with all areas of our Home, it has a community dining and living area.

### **MAPLERIDGE/BRAMBLEBERRY**

Part of the original building, this 44 bed unit has both private and semi-private rooms. Bathrooms are often shared between two rooms. Although staffed and managed as one area, the large area occupied by Mapleridge/Brambleberry is artificially divided into two spaces, each with their own dining/living area. Mapleridge also has a room for palliative care and a room for Respite Care

### **RESPITE CARE**

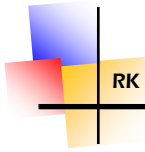
Respite care is a support service offered to families/care givers who provide care for a loved one at home. This temporary placement provides caregivers a temporary rest from care giving while providing your loved one with continued care. Using respite care can support and strengthen your ability to continue to care for your loved one at home. Respite accommodations are in a private room.

#### **Cost & Access to Respite Beds**

Respite services are available for a weekend, a week or up to a month with 60 days/year considered the maximum utilization for an individual. Depending on individual circumstances, extension may be considered.

To discuss or access Respite Services please call a Community Care Coordinator at 1-800-225-7225. The Care Coordinator will discuss costs and eligibility for financial assistance with you.

If respite care has been arranged, please ask us for a pamphlet with additional details including what to bring. All information, policies, practices etc, that apply to permanent admissions apply for respite admissions.



# ADMISSION PROCESS

## WHAT TO BRING

Please bring sufficient and suitable clothing for your loved one (we recommend 7-10 changes of clothing). It is important for all residents to have non-slip shoes and slippers. Bring any personal assistive devices such as walkers, canes and wheelchairs as well as other assistive devices such as dentures or hearing aids. If bringing other types of furniture/chair please check with our Walking Stick (Rehab) Staff so we can make sure it is safe for use in the Home. If coming from home please bring your NS health care card as well as all medications with you. Please bring an electric razor, brush, comb, make-up or any special personal products remembering that we are scent free.

## FINANCIAL INFORMATION

Residents in long term care are not required to pay for the medical portion of their care costs. These are paid for by the Department of Health & Wellness. However, residents are required to pay a pre-determined accommodation (room & board) cost, as well as personal expenses including the co-share costs associated with medications. The Department of Health and Wellness sets standard accommodation charges annually. Those who are able to pay the full standard accommodation charge are not required to complete a financial assessment. Those who cannot pay the standard accommodation charge can apply to have their rate reduced through an income based financial assessment.

The Canadian Red Cross administers the specialized equipment loan program for residents in long-term care. Depending on income and type of equipment, a resident may be required to pay a monthly rental fee.

During the family visit prior to the admission of the resident, the family will meet with the Resident Clerk to have a confidential discussion regarding finances. At any time a resident or family has questions about costs please drop in and see the Resident Clerk. Additional information is also available on the NS Government LTC website.



## GENERAL GUIDELINES

### **ACCESSING THE BUILDING**

All doors to our facility are open between the hours of 6 am and 9 pm. Outside of these hours please ring the doorbell and intercom system and you will be “buzzed” in.

### **ALCOHOL**

Alcohol is a drug that influences the reaction, judgment and stability of individuals. For safety reasons and potential drug interactions, if a resident wishes to have alcoholic beverages and/or requires it for medical reasons, a written order must be received from the resident’s doctor. All alcohol is kept locked in the medication room and is dispensed by nursing staff. The costs of alcoholic purchases are the responsibility of the resident or family.

### **GOING OUT**

Residents who are independent (physically and cognitively) are asked to let the nursing staff know when they leave the premises. If a family members plans to take a resident out for any period of time, they must notify the RN/LPN.

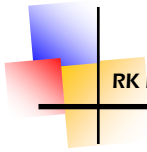
If the resident is leaving the facility for an extended period of time (overnight or longer), we require three days notice so we can ensure that medications are prepared to accompany them on their leave.

### **IDENTIFICATION OF BELONGINGS**

All clothing coming into the Home will be sent to our Laundry Services to be labeled. Other personal items such as dentures, rosaries, and glasses will be labeled by nursing staff. Hearing aids will have the serial number recorded.

### **PARKING**

Family/visitors have access to two hour free parking on Pleasant St (in front of the Home), in a public parking lot entering off St Mary’s St and the staff parking lot off Victoria Street.



## GENERAL GUIDELINES

### **PERSONAL ELECTRICAL APPLIANCES**

For safety and capacity reasons, all electrical appliances must be inspected, approved and labeled by our Maintenance Staff prior to being used in the facility. Due to fire regulations, no appliances (other than a small fridge) are permitted in rooms. No magic bags, heating pads or extension cords are permitted in resident rooms.

### **RESIDENT ROOM DECORATING**

As room assignments may change, decorating with wallpaper, borders, paint etc. is not permitted. Residents and families are encouraged to personalize rooms with pictures, quilts, etc. Our Maintenance Service will hang pictures for residents.

### **SMOKE FREE ENVIRONMENT**

Effective February 12, 2007 all property of the RK Mac Donald Nursing Home became smoke-free with the exception of an approved resident only smoking room. As the risks of second hand smoke are well documented, Residents are permitted in the designated smoking room **ONLY if they can smoke safely and independently.** If this ability to smoke safely and independently declines, a case conference will be held with the resident, family and staff, including the Challenging Behavioral Consultant, to develop a smoking cessation plan.

### **SCENT FREE ENVIRONMENT**

Environmental sensitivities and allergies can cause life-threatening conditions. To ensure the health and safety of residents, staff and the public, all persons entering the Home shall refrain from using personal scented products. If persons are wearing such products in the Home they may be asked to leave and return at such time when they are scent free

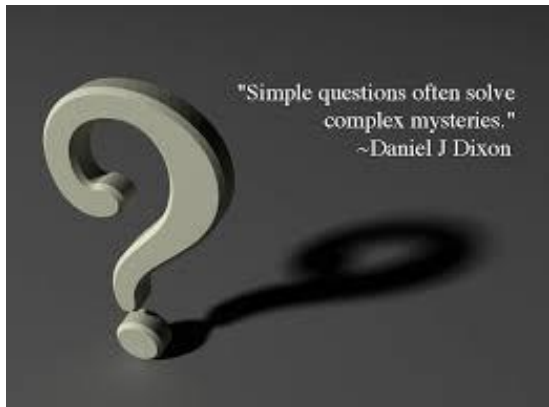
### **VALUABLES/LOSS OF PERSONAL BELONGING**

The RK does not assume responsibility for loss of money or valuables (including dentures, hearing aids, glasses) Residents are encouraged to leave valuables in safekeeping with family. If items are lost or misplaced please notify staff immediately.





# NOTES & QUESTIONS





## GENERAL INFORMATION

### CARE CONFERENCE

In our pursuit of excellence in care, it is essential that we take time to stop and look at where we are. On admission we will begin to formulate our care based on input from the resident and family as well as other members of the care team. On a bi-annual basis we invite all members of the care team to meet with the resident and/or family to review resident care and to revise plans based on new or additional information. You will receive notification of these scheduled case conferences from the Nursing Administration Assistant.

### CARE VAN

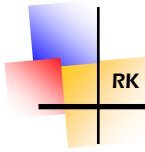
Since 1991 a non-profit volunteer organization, the Antigonish Care Van Society, has been serving the residents in Antigonish Town & County. This van is available to assist families in transporting residents to appointments within the town & county. The CARE van is also used to transport residents on recreational outings. Staff members accompany residents on recreation outings. Family members are required to accompany residents for other purposes. The van can be booked by calling the RK at 863-1885 between 8-4 Monday to Friday. There is a cost associated with this service that is charged to the resident account. Please see the front office Administration Assistant for more information.

### CONCERN PROCESS

Feedback presents us with an opportunity to examine what we are doing and often gives us an opportunity for improvement. All feedback whether a concern, complaint, an issue or a compliment shall be taken seriously and shall be addressed in a consistent manner. Forms for submission of a concern are located in the front entry. When completed, please give to the Administrative Assistant and it will be forwarded to the appropriate Director for follow-up. You can expect an acknowledgement of your concern within 48 working hours with follow-up every week until resolved.

### NOTIFICATION OF WRONGDOING

If you feel your concern cannot be managed through the concern process please visit our HR Coordinator for assistance in proceeding with a Notification of Wrongdoing.



## GENERAL INFORMATION

### **FAMILY & RESIDENT COUNCILS**

Family & Resident Councils provide opportunity for a direct voice.

The Resident Council meets monthly to share information and to discuss problems or concerns that residents wish to raise. To facilitate the flow of information, one or two staff members are members of this Council. Meetings are scheduled and noted in the monthly calendar and are open to every resident of the Home.

The Family Council is a volunteer group of family members who offer the Home a unique perspective on life at the RK. While not focused on individual concerns, this Council provides insight and offers recommendations to the Home in the quest for Excellence in Care. To become active with this Council please see our Front office Administrative Assistant.

### **FAMILY RESPONSIBILITIES**

The RK recognizes the importance of the continued involvement of family as Residents made the RK their home. It is our expectation that families will continue to provide support to the resident. Families are encouraged to play an active role in the development of care plans and are invited to participate in all activities.

Families are responsible to accompany the resident to external appointments and social events in the community.

While the RK does provide the basic personal items such as soap and toothpaste, residents are required to pay for other items such as: transportation (including ambulances), fan, specific brands of personal care items other than those provided, special bedding (beyond that supplied), medications not covered by pharmacare, repair/cleaning of personal furnishing, dry-cleaning, as well as cable and telephone services.

For safety reasons, residents are not permitted to keep household cleaning supplies, medications or chemicals in their rooms.



## GENERAL INFORMATION

### **HOSPITALIZATION**

When a resident requires treatment that can only be provided in a hospital setting, the resident will be transferred. Their room/bed at the RK will be held for 30 days. If the hospital stay extends beyond that time, application will be made to the Department of Health & Wellness to continue to hold the room/bed.

### **PETS IN THE HOME**

Recognizing the beneficial effects of pet therapy, the RK has two pet programs on site. One is our in-house program that allows us to have cats and birds living in the home with all of us. These animals are cared for by the staff and residents and are examined annually by a veterinarian.

We also have a visiting pet program that sees several therapy dogs visiting the residents on a regular basis.

Family are welcome to take personal pets in for a visit (providing they are healthy and kept on a leash at all times). Several of our staff also participate in pet therapy by taking their personal pets in to visit the residents.

Personal pets are welcome for visits but unfortunately, they cannot live here with us. All personal pets must be on a leash at all time while in the Home.





## SERVICES FOR RESIDENTS

### **CABLE/TELEPHONE/WI-FI**

Cable & telephone services are available for each resident for a monthly, recurring charge. The TV or telephone must be provided by the family. Connections of cable & telephone services are arranged through the Resident Clerk. Free Wi-Fi services are available throughout the Home.

### **DENTAL SERVICES**

Off-site dental services can be arranged for residents. The resident & /or family will be billed directly for these services. Through a cooperative arrangement with local dentists, in 2016 the RK will begin to offer on-site dental services. Residents will be direct billed for services.

### **FOOT CARE**

An LPN trained in advanced foot care visits the RK weekly. Routine foot care is provided free of charge but advanced care has a fee for service. If you are required or are advised to seek specialized foot services for your loved one, please contact the Charge-RN in your loved one's area.

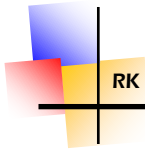
### **HAIR SALON**

In-house hair salon services are available for residents. Charges for these services are the individual's responsibility and can be billed to their resident account.

### **MAIL & EMAIL**

Send mail to the resident in their name using the address of the RK. Mail is delivered to the residents daily. If you choose to send an email, visit our website and send it to the Administrative Assistant. It will be delivered that day. As emails are not private, do not include any personal information.





# THERAPEUTIC SERVICES

## **NURSING SERVICES**

The Nursing Department provides a full range of care services. Under the administration of the Director of Care, each area of the Home has an RN-Charge Nurse that is responsible for the overall care delivery in that area. With a team of RN, LPN and CCA's, care is coordinated and delivered to meet the individual psycho-social-physical-spiritual care of each resident. All care is focused on meeting people where they are and providing services based on individual needs.

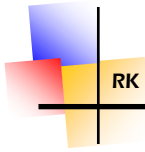
Based on the information collected at the initial case conference, the medical conditions of the resident and any other information shared by family, every resident has an individualized care plan developed. This care plan guides the care delivered.

As noted previously, care conferences are held on admission, and every 6-9 months thereafter. Care conferences will also be held whenever there is a significant change in a resident's condition. The family can request a family conference at any time.

## **NUTRITIONAL SERVICES**

Under the direction of our Director of Food Services and our Dietician, we pride ourselves in preparing and serving quality, home style meals to those who choose to make the RK their home. To ensure safe and quality dining experiences, residents eat their meals in the dining area of their house or in the main dining room. Our Dietician provides clinical assessment on admission and whenever a change in conditions occurs. They are available to discuss any food concerns you may have.





## THERAPEUTIC SERVICES

### **WALKING STICK**

Our Walking Stick provides services focused on assisting our residents to live their lives as fully as they can. They focus on abilities and work to facilitate independence. Rehabilitation and maintenance of function continues to be a very strong focus of our care.

While our Walking Stick Team functions as one unit, our Occupational Therapist focuses on enhancing residents skills for activities of daily living—self-care tasks such as eating or dressing. Occupational Therapists provide equipment to assist with these activities, modify the person's environment to maximize independence, and facilitate participation in the daily, meaningful activities. Our Physiotherapist focuses on the mechanics of movement needed for safety and mobility. Our Rehab Aides assist the professional staff in supporting the delivery of both services.

Operating Monday to Friday, staff of the Walking Stick includes a physiotherapist, an occupational therapist and two Rehabilitative Aides. Services offered include safe and fun group and individual exercises programs, 1:1 treatment sessions, seating assessments, adaptive equipment, cognitive assessments, fall prevention, feeding/swallowing assessments, as well as several "feel good" therapies such as a water bed massage and paraffin wax baths.

As a part of our care team, the Walking Stick staff participates in case conferences and offers detailed assessments for accessing the Red Cross Specialized Equipment Program.

### **PHYSICIAN SERVICES**

When residents move into our Home, they keep their personal physician. If a resident does not have a physician who can provide medical care in our facility, we have a Medical Director who will become their physician. If you have concerns about medical coverage, please talk these over with the Director of Care.



## THERAPEUTIC SERVICES

### PHARMACY SERVICES

While families are responsible for the charges incurred with the purchase of prescription medications, to facilitate the management of these medications, the RK MacDonald Nursing Home tenders a contract with one local pharmacy.

As part of the financial piece of the admission process, you will be asked to complete a *Resident Charge Account Application for Pharmacy Services*.

Payments for accounts can be managed in one of two ways – through pre-authorized credit card payments or as a monthly charge to your account. If a resident has PSHCP (Public Service Health Care Plan) and wishes for the pharmacy to submit prescription claims on their behalf, you must contact the pharmacy directly to arrange for this service.

In partnership with Air Miles, Lawton's Drugs have developed a business reward program for Long Term Care facilities. As a business partner, the RK MacDonald Nursing Home receives an annual accumulation of 19,500 miles. Traditionally used to defer costs associated with staff education, future accumulation of Air Miles will be used to purchase items that will support resident needs. Facilities participating in the Business to Business rewards program are not offered Air Miles on individual prescriptions filled.

### RECREATIONAL THERAPY

Our recreation department provides a wide range of services to enhance the lives of our residents. Programs are designed for individuals or groups. Some of the benefits residents may experience from participation in programs include maintenance of long and short term memory, socialization, physical activity and stress reduction. The Recreation Department strives to provide meaningful and therapeutic activities and encourages family participation in all events. Participation in community activities are facilitated through the use of the community CARE van.





## THERAPEUTIC SERVICES

Popular activities include musical entertainment, sing-alongs, art and painting, gardening, card playing, breakfast club, BBQ's, crafts as well as several one-to one activities. A monthly calendar is posted throughout the Home as well as on our website so that residents and families can plan their activity time.

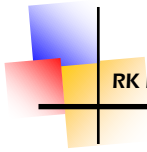
### SPIRITUAL CARE

Non-denominational spiritual care services and supports are available to all residents in our Home. Clergy from various religions in the Community visit and offer services that include weekly mass, pastoral visits, sacrament of the sick, memorial services, as well as comfort and guidance to residents and their families.

In addition to visiting clergy, we have an in-house Spiritual Care Team as well as a strong team of volunteers that support the spiritual needs of our residents on a daily basis.

St Martha's Chapel, located on the first floor of our Home, and with a balcony accessible on the second floor, offers a comforting, quiet space for meditation, prayer and reflection. Accessible at all times, residents and families are encouraged to visit.





## END OF LIFE CARE

### PALLIATIVE CARE

Palliative care is compassionate end of life care which is provided to the resident and family as they approach end of life. The resident and/or his/her substitute decision maker have determined that treatment to extend their life is no longer the primary goal.

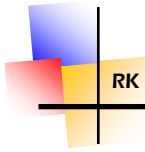
Life's journey is about your and your loved one but especially so at this stage of the journey. The transition from active to palliative care can be a stressful and emotional time but our Palliative Care Team is here to support you and your loved one in end of life care and to assist you in making this experience as positive as possible. Please help and guide us in our care by letting us know how we can serve you best.

Please discuss the information in our pamphlet *Preparing for the Death of a Loved One* with our staff.



### FUNERAL ARRANGEMENTS

It is very important to have a plan for when death occurs. Thinking of having to make funeral arrangements is very often difficult and sometimes perceived as "giving up" but as with many things in life, making decisions in a supportive environment helps. Needing to make final arrangements after a death has occurred often adds to the stress so we encourage you to think about making arrangements in advance. Our Palliative Care team is available to offer support and information on making such arrangements.



## OTHER INFORMATION

### **BOARD OF DIRECTORS**

The R K MacDonald Nursing Home Corporation and its facilities are under the management of a Board of Directors which consists of twelve members as follows: four members are appointed by the County Council of the Municipality of the County of Antigonish, four members are appointed by the Town Council of the Town of Antigonish, and four members are appointed by the Sisters of Saint Martha.

### **THE RK FOUNDATION**

The Foundation was formed to raise funds and manage all money by pledge, gift, planned giving, fund raising activities, memorial donations, etc... The Foundation provides funds that assist capital expenditures, equipment expenditures, and other non-operating needs of the Home, all of which enrich the lives of the Residents. In the spirit in which the Sisters of St. Martha built and ran the "Guest House", your generosity will help to provide for the care of the residents. You are invited to participate in planned giving as a means of providing services and programs for the R.K. Nursing Home that are not covered by government funding. Planned giving involves a decision to make a charitable donation that combines charitable giving with tax advantages. Planned gifts can be immediate or deferred. Deferred gifts are usually included in the donor's will. For further information please see our Foundation pamphlet.

### **VOLUNTEERS**

The R.K. MacDonald Nursing Home strives to provide an environment that enables Residents to live full and abundant lives. Volunteers are essential in providing Residents with personal interactions and opportunities to alleviate loneliness, helplessness, and boredom. Maintaining community contact is vital to well-being. Volunteering can be as little or as much as you wish. Please talk to our Director of Recreation about participating in our volunteer program.



## **ADMISSION TO NURSING HOMES IN NOVA SCOTIA**

Admissions to Nursing Homes in Nova Scotia is managed by a Care Coordinator with the Department of Health & Wellness.

When placement is being considered as an option for care, the family and/or a care provider will contact the Department and a Care Coordinator will guide them through the eligibility, assessment and admission processes. Please contact 1-800-225-7225 if you have any questions

### **RK MAC DONALD NURSING HOME**

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