

RK MACDONALD NURSING HOME – Family Council Minutes

Date: January 19, 2023

Present: Mary Chisholm, Debbie Horne, Heather MacInnis, Joanne MacKenzie, Paul Macgillvray, Chris Rodman and Susan Wood

The meeting started at 10:00 AM and adjourned at 12:30 pm.

Regrets: Albie Falkenham

Item	Discussion on	Action
1.0 Introductions & Approval of Minutes	Minutes of the last Family Council meeting (November 15, 2022) were distributed and approved by council members prior to the January 11, 2023 meeting. One new member (Chris Rodman) was welcomed to the Family Council and a brief explanation of our role was provided. Cathy Brouwer will send new members a copy of the Family Council Terms of Reference.	
2.0 Business Arising	Item	Discussion & Action
	2.1 Recreational Activities for RK Residents	Family Council members believe that recreational activities significantly contribute to the overall well-being of RK residents. Accordingly, the council has a strong interest in encouraging and supporting a broad range of recreational activities for the enjoyment RK residents. Kim MacDonald and Mary Partridge attended the meeting for this agenda item which began with a video presentation (17 minutes) featuring the RK gardens followed by a discussion about a wide range of topics related to recreational activities, including the following: <ul style="list-style-type: none">• RK staff (2.9 FTEs) dedicated to recreational activities;• role of volunteers and efforts to re-engage volunteers now that many COVID restrictions have been lifted;• challenges associated with offering recreational activities to residents with dementia;• specific activities associated with “neighbourhood time” identified in the events calendar;

		<ul style="list-style-type: none"> • the shift from large group activities to more smaller gatherings; • the extent of TV watching versus interactive activities; • initiative taken by RK staff members in Tanglewood to host fun activities with the residents keeping them active and the potential to use this approach as a role model for the other units; • the potential to introduce new activities drawing from experiences in other long term care homes; and, • there is an interest in exploring the feasibility of an Adult Day Program. <p>The Family Council appreciates the efforts of RK staff in providing recreational activities to residents and looks forward to discussing this topic further. In preparation for upcoming meetings, the Family Council members updated the short document sent in December 2022 identifying a number of observations and questions related to recreation – refer to attached document.</p> <p>Action: The Family Council would like to continue the discussion about recreational activities at its next meeting and would welcome further input from Terry MacIntyre, Kim MacDonald and RK staff involved in the area of recreation. In addition to discussions at Family Council meetings, we would welcome written responses to our questions.</p>
	2.2 CEO Update	<p>Terry MacIntyre provided updates, responded to questions and asked family council members for feedback on a number of issues, including:</p> <ul style="list-style-type: none"> • an update was provided on the infrastructure renewal project; • information was shared on the care van; • requirements associated with family members taking their own food into the home and eating with their loved one were clarified; • the Family Council was asked to provide feedback on the form used for Resident Interdisciplinary Care Conferences; • the Family Council was invited to actively participate in the RK accreditation process; • the Family Council will be asked to review and provide feedback on the action plan being developed in response to the recent surveys of resident and family members; and, • a book on long term care homes will be shared with council members and used to update the RK employee handbook. <p>Action: Family Council members will provide feedback in response to specific requests.</p>

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3.0 Safety	3.1	
4.0 Esthetics	4.1	
5.0 Foundation	5.1	
6.0 New Business	6.1 Social Worker	<p>Melissa Arnott was scheduled to meet with the Family Council on January 11, 2023 but due to the lengthy discussion about recreation this item was rescheduled. We look forward to meeting with Melissa on February 16, 2023.</p> <p>Action: Confirm Melissa's availability on February 16th.</p>
	6.2	
7.0 Next Meeting	Date: February 16, 2023 Time: 10.00 am Location: TBD	
8.0 Meeting Adjournment	Moved by: Time: 12:30 pm	