

**RK MACDONALD NURSING HOME – Family Council Minutes****Date: February 16, 2023****Present:**

Mary Chisholm, Debbie Horne, Heather MacInnis, Paul Macgillvray, Chris Rodman, Susan Wood

Meeting began at 10:00 am and adjourned at 12:10pm

**Regrets:** Joanne MacKenzie and Albie Falkenhalm

<b>Item</b>	<b>Discussion on</b>	<b>Action</b>
<b>1.0 Approval of Minutes</b>	Minutes of the last Family Council meeting (January 19, 2023), approved by email, were distributed.	
<b>2.0 Business Arising</b>	<b>Item</b>	<b>Discussion &amp; Action</b>
	2.1 Recreation Update	<p>Kim MacDonald provided a written response to a document prepared by Family Council and previously sent to her (Dec. 2022), which had identified several observations and questions related to recreation for residents. Family Council appreciated the written feedback from Kim and continued the discussion by exploring areas for improvement/ challenges faced / or ways in which we can provide support.</p> <p>Family council raised the following points:</p> <ul style="list-style-type: none"><li>• the recreational event calendar lacks detail and is difficult to interpret -- a more ‘user friendly’ approach would help family members better understand what activities are occurring.</li><li>• seek clarification on what “neighborhood time” entails.</li><li>• for all recreational activities - suggest naming the specific activity that is scheduled along with the location.</li><li>• question the possibility of having an in-house adult day program for residents within the RK</li><li>• see merit in hosting activities both in individual resident care areas and also in open areas, thereby allowing residents an opportunity to leave their own unit.</li><li>• suggest placement of a white board at the facility entrance, to provide detailed information of what activity is happening each day and the location.</li></ul>

		<p>Kim answered questions and provided clarification on several items:</p> <ul style="list-style-type: none"> <li>• recreational activities held within the facility are open to all residents to enjoy / everyone is welcome.</li> <li>• “neighborhood time” takes place mainly during morning hours - describes as “loose programming” containing a variety of activities dependent on the day, &amp; is subject to change. Examples include mini-bingo, baking, nature-based programs.</li> <li>• afternoons have more structured programs.</li> <li>• Kinsmen group is resuming bingo for residents within the facility - Feb. 18<sup>th</sup> is the first bingo to be held post-pandemic / host bingo 2-3 times annually.</li> </ul> <p><b>Action:</b> Kim will update the recreational events calendar to make it more user friendly &amp; increase detail of the activity taking place.</p>
	2.2 CEO Update	<p>Terry MacIntyre provided updates and responded to questions:</p> <ul style="list-style-type: none"> <li>• infrastructure renewal project update</li> <li>• seek to improve upon diversity &amp; inclusion in all aspects of the facility, based on survey results.</li> <li>• shared a draft document &amp; brief explanation of example areas they are working to improve upon, such as the facility website and ensuring the “Resident &amp; Family Feedback” booklet is up to date/ user friendly.</li> <li>• asked family council to provide feedback on revisions to the booklet (language, font ...)</li> <li>• provided each family council member with the book, <i>Now what? ... managing the emotional journey of long term care for families.</i></li> </ul>
<b>3.0 Safety</b>	3.1	
<b>4.0 Esthetics</b>	4.1	
<b>5.0 Foundation</b>	5.1	
<b>6.0 New Business</b>	6.1 Social Worker	Melissa Arnott was unable to meet with Family Council today, therefore is rescheduled to join the next meeting on March 23 <sup>rd</sup> .
	6.2 Foot Care	<p>There appears to be a lack of basic footcare for residents, which Family Council views as a huge concern. Family members have either provided basic footcare to their loved one themselves or have paid an aesthetician to complete it.</p> <p><b>Action:</b> Invite Lee Kelly (Director of Clinical Services) to address basic and advanced foot (e.g., care diabetic) for residents.</p>

	6.3 Individual Isolation	<p>Discussion on situations whereby an individual resident who may have a flu virus or display cold symptoms, is placed on isolation and confined to their room. Concern voiced over the lack of meaningful interaction and lack of social stimulation provided to the individual resident during their isolation period, especially considering the varying degrees of cognitive decline in many residents.</p> <p><b>Action:</b> Pursue this discussion at the next Family Council meeting on March 23<sup>rd</sup>.</p>
	6.4 Rehab Services	<p>Wonder if/when group exercise programs will be starting again, such as chair exercise and various activities to target mobility.</p> <p><b>Action:</b> Invite a Rehabilitation Dept staff member to a future Family Council meeting to address the potential of restarting group exercise programs.</p>
<b>7.0 Next Meeting</b>	Date: March 23,2023                      Time: 10:00 -11:30 am                      Location: TBD	
<b>8.0 Meeting Adjournment</b>	Moved by:                                      Time: 12:10 pm	