

March 2010

Kensington News

Serving Our Community

Kensington's I Olympiad

In February Kensington residents in the north and south buildings came together to compete in the events at Kensington's I Olympiad. Each floor picked four athletes who competed in four events (egg race, mitten relay, Olympic trivia and musical chairs). The goal of the program was to encourage awareness of the 2010 Vancouver Olympics and to promote teamwork and fun.



Everyone was in complete agreement that we struck GOLD!!



Warm Welcomes and Sad Goodbyes.....

WELCOME

We would like to welcome the following new residents to our Kensington family Marianne Harris, Francis Lenzer, Joan MacNeill, James Murray, Maria Silveira, Hugh Squier, Rita Stewart, William Stewart, Ilda Tavares and Stella Witwicky.

We hope that you have an opportunity to take advantage of all that Kensington Gardens has to offer & if you have any questions please feel free to contact us. If you call reception they will be happy to re-direct you to the appropriate person.

It is with great sadness that we say a sad farewell to Urbano Batista, Charles Carpenter, Leeson Cooper, John Martin, Leopoldina Pimentel, Helen Weinzweig and Ermalinda Lopes



Kensington Past and Present (2010) Mural



This mosaic mural pays homage to the ongoing history of the Kensington community and market; as well, the mural depicts a church hall building during its 2009 conversion to a new ten-bed residential hospice for Kensington Health Centre. The mural is conceived in a two-tone palette: the sepia passages, based on historical photographs in Kensington Gardens' collection, point to the past; while the brightly coloured areas offer contemporary views. Surrounding the church hall, are community vignettes:

stacked fruit and vegetables in a market stall, bolts of cloth on a table outside a textile shop, graffiti in a local alley, humorous local signage. A small airplane and an accordion player are nods to local festivals and the Canadian National Exhibition Air Show.

Twenty-four Art and Art History students in Professor Carmelo Arnoldin's Past and Present Techniques class created *Kensington Past and Present* for the activity room of Kensington Gardens North Building. Art and Art History is a joint program between Sheridan Institute of Technology and Advanced Learning in Oakville and the University of Toronto Mississauga.

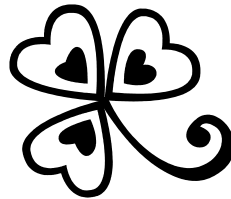
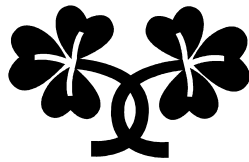
The mural is dedicated to Cliff Armstrong, a resident at Kensington Gardens from 2003-06.

The mural will be installed in the north multi-purpose room on Thursday March 4th, 2010.



Kensington North

Antoinette Vaz	1st
Angelo Freitas	4th
Angelina Freitas	8th
Florence Young	13th
Janja Grbavac	13th
Camilla Chisholm	14th
Bella Schneiderman	15th
Judka Auerbach	18th
Edward Helfand	19th
Homa Farazdaghi	21st
Laura Ferreira	23rd
Isabel Simpson	28th
Maxine Teed	31st



Ilda Tavares	6th
Cesaltina Dos Santos	7th
Derek Foulds	13th
Fernando DeNobrega	13th
Vincenzo Iori	14th
Helen Slontesky	17th
Leonarda Defilippo	19th
Maria Lemos	19th
Anne Moran	20th
Elisabeth Wagner	21st
Emilia Nunes	23rd
Rosario Petrolo	25th
Ben Kovacs	27th
Duong Dang	28th
Laurinda Correira	30th
Ruth Vellis	30th

Kensington South

Maria Martins	4th
Peggy Roseman	5th

Goodbye and Good luck Linda!!



On Friday February 26th, Kensington bid farewell and good luck to south evening receptionist Linda Horn. Linda has worked at KG south since the building opened in 2002. We wish Linda a happy and healthy retirement!

Donna Borden will be the new evening receptionist in the south building. Please stop by and welcome Donna to her new role!



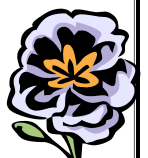
"The air is like a butterfly with frail blue wings. The happy earth looks at the sky And sings." - Joyce Kilmer, *Spring*

Gemstone

Aquamarine

Flower

Primrose



March Special Events

Life Enhancement North

Life Enhancement South

Mardi Gras	5th
McDonald's Lunch	
And a movie	12th
Traveling Accordion	13th
Bingo with Visiting children	15th
St. Patrick's Choir Performance	17th
Bus Outing	18th
Variety show with Edward	19th
Birthday Party	26th
Music Therapy	27th



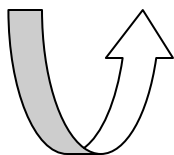
Wine and Cheese	5th
Mardi Gras	11th
McDonald's Lunch	
And a movie	12th
St. Patrick's Day Party	17th
Bus outing	18th
Spring Fling	19th
Smile Theatre	24th
Spanish Party	25th
Birthday Party	26th

Kensington Writer's Play Performed

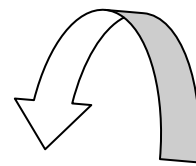
In February Kensington Gardens residents were treated to a reading of a play written, produced and directed by Carroll Bishop, titled "A Necessary Pleasure". The play was based on an unpublished correspondence between two friends that took place from 1997 to 2004. Mrs. Bishop was delighted by the performance of her friends, Frances Roberts and Bridget Hough who took on the roles of Jilly and Cassandra, the letter writers. In the play we learn that the two women have been friends since meeting at the University of Chicago during WWII. They complement each other with their sense of humour and intensity but must also contend with their differences. Jilly is witty and ready to share her political views with Cassandra. Cassandra is sensitive and curious about people and what drives them to do the crazy things that they do. In reading their letters they tell the story of their lives and relationships and we see the characters develop through their honesty with each other.

Mrs. Bishop and I discussed that putting this play on would be an experiment to see how it would resonate with the audience. She feels that "this is an extraordinary play" and she always believed it would generate discussion and is hopeful there will be opportunities for use of the play at Kensington Gardens in the future. The portion of the script that was presented was only a small part of a much larger manuscript that Mrs. Bishop has written. She was excited to have this part of the play performed as it was the first time she had seen it performed from beginning to end. She describes the letters as being "ahead of their time" and "very realistic; they are of a different caliber of what is considered realistic now." It was with great pleasure that I was able to help Mrs. Bishop achieve her goal of having her play performed at Kensington.

Adrienne Ellis George Brown College, Social Service Worker Student



TURN Study



Turning for Ulcer Reduction

to
to
4



Kensington Gardens is participating in a research project run by the University of Toronto and the University of Texas. The purpose of the project is determine how often residents at risk for getting pressure ulcers must be turned in order to prevent bedsores. Residents consented to participate will be cared for on a high density foam mattress and randomly selected be turned every 2, 3 or hours."



February 18-March 3 we conducted a TURN study mock trial; each RHA received a pillow resident, the staff practiced how to document the care/positioning properly (see pictures)

Starting March 4, every week we will enroll residents in the study based on their eligibility (65 years and older, no pressure ulcers, Braden Scale between 10- 14, POA/Resident consent). Eligible



resident will participate in the study for 3 weeks. For every resident participating in the study special mattress will be provided.



KENSINGTON GARDENS FAMILY COUNCIL

Thurs., March 25th, 2010

Kory Prentice

Managing Director:

Remember Network

Bereavement & the Family Caregiver, the Transition from Caregiver to Executor

6:00 p.m. - 7:30 p.m.

Multi-Purpose Room
South Building

Don't Forget!

Daylight Savings
Time Begins on
March 14th



**Move Clocks
Ahead one hour!!**

Resident

McDonald's Luncheon

Friday March 12th

12:15 pm, multi-purpose
room north and south



i'm lovin' it™

*Orders must be placed with
Life Enhancement before
March 9th*

Handwashing is the best way to prevent infection and illness

In healthcare settings, handwashing can prevent infections from spreading from patient to patient and from patient to healthcare worker and vice-versa. The basic rule in healthcare settings is to cleanse hands before and after each resident contact by either washing hands or using an alcohol-based hand rub.



Wash Your Hands: The Right Way

When washing hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 15-20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.
- Always use soap and water if your hands are visibly dirty.

If soap and clean water are not available, use an alcohol-based hand rub to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast-acting.

When using an alcohol-based hand sanitizer:

- Apply product to the palm of one hand.
- Rub hands together.
- Rub the product over all surfaces of hands and fingers until hands are dry.

<http://www.cdc.gov/Features/HandWashing/>

Kensington Hospice News

Dateline Toronto, March 3, 2010

The Kensington Health Centre Princess Margaret Hospital, Hospice collaboration is well underway, construction began in earnest in September 2009. The end result will be a 10 residential hospice with a strong research and education component on end of life care, as well as a vibrant residency program for medical students from U of T.

The hospice progress includes the near completion of new underpinnings for the entire building. In total \$3 million has been awarded to the contract to date. We are reviewing all tenders and quotes that are as a result of RFP for construction. The total construction cost is coming in at around \$5.5 mil.

There have been significant challenges in the construction process considering the building is 122 years old, and the construction methods were very different 2 centuries ago. The timetable is still on track with completion in late fall of 2010. The beautiful courtyard we had, before the demolition began will be restored to its original design with a few minor changes to accommodate the Kensington Chapel extension.

Kensington's Young at Heart Club



“Calling all Men” The Young at Heart” men’s club meets monthly for lunch and socialization. Any male resident interested in joining the club, please contact Erin at ext. 1038. Next Luncheon will take place on

**March 23rd @ 12:00 pm in the
south Multi-purpose room**

University of Toronto – Kensington Campus?

Kensington Gardens has become a regular destination for almost 50 student volunteers from the University of Toronto. **Human Biology students** from a 4th year course are visiting residents for Narrative Therapy. These visits encourage interaction between students and residents and will result in an autobiographical Life History that the resident can share with their family. Six students from a **Computer Course** are coming to Kensington to help residents learn more about the computer and what it can do for them. All participating residents have enjoyed their private computer lessons. A group of first year **Engineering students** are conducting a special Environmental study. A group of **Human Resources graduate students** are developing and will facilitate a full day staff training program on Team Building. Kensington is proud to open this Training Workshop to our colleagues in other Toronto Long Term Care Facilities.

Kensington residents and staff welcome our growing relationship with the University of Toronto. Thank you to all our students. Soon we will be known as the Kensington Campus!

If you know someone who is interested in exploring opportunities at Kensington – Contact Karin Ehrentraut, Coordinator, Volunteer Services, 416-963-9640 x 1053 or kehrentraut@thkc.org