

LIFE@PRIME

March 2021

Manager Message: Tara Keyser

Welcome to our first PRIME Bulletin!



We're excited to introduce Life@PRIME: a newsletter designed to communicate events, educational information and developments that are happening at PRIME. Our bulletin will primarily provide useful tidbits, important dates and staff profiles we hope you will find helpful. This edition includes reading about some of the fun activities we have been enjoying over the past few months.

Do you have an idea that should be included in our next bulletin? We welcome ideas! Please let us know.

Thank you,
Tara

Upcoming Closures at PRIME:

APRIL 2
GOOD FRIDAY

APRIL 5
EASTER MONDAY

COVID-19 Update

The past year has been challenging with all of the worries and concerns related to COVID-19. We were thrilled to offer the COVID-19 vaccination to all of our PRIME clients.

Staff continue to self-monitor for symptoms and do not come into work if they are feeling ill. Staff are also wearing Personal Protective Equipment (PPE), including masks and eye protection, to keep our clients safe.

We limit the number of clients attending to allow for the physical-distancing practices. This includes their ride in the van to and from the program. Clients are screened for symptoms each morning they are scheduled to attend.

If you have any questions, comments, or concerns about the program please reach out to myself or the case managers at any time.



MISERICORDIA
Health • Centre
The future of care

March is Nutrition Month!

Fun Nutrition Facts with Megan the PRIME Dietician:

Did you know?

Flax seeds are rich in many nutrients that are important for health. They can help prevent heart disease, cancer and keep your digestive system healthy.

Choose ground flax instead of whole flax seeds because it is easier to digest. It can be sprinkled on cereal, yogurt, and salads or added to baked goods.



Recipe: Better-Than-Instant Oatmeal

Prep Time 5 Minutes—Cooking time: 10-15 Minutes

3 Cups Milk or Soy Beverage

1 Cup quick-cooking rolled oats

2 tbsp. packed brown sugar or pure maple syrup

1 tbsp. ground flax seeds

2 tsp. Wheat germ (optional)

1 tsp. Margarine or butter

1/2 tsp. ground cinnamon
(Optional)

Pinch salt

1/3 cup raisins or dried cranberries (optional)

*toasted chopped almonds, walnuts, or pecans (optional)

In a large saucepan, over medium-low heat, combine milk, oats, brown sugar, flax seed, wheat germ, margarine, cinnamon (if using) and salt. Cook, stirring often, for 10 to 15 minutes or until thick and bubbly. Remove from heat and add raisins (if using); let stand for two minutes. Serve topped with nuts, if desired.

Positive Thinking

In our education sessions this month we spent some time learning about the benefits of being positive. Our brains have the potential to be stronger and smarter. Practice is the key! Here's a reminder of what you can do:

- Practice gratitude
- Use positive posture
- Smile
- Be kind
- Savour the goodness in life
- Spend time in nature or with plants



Introducing:

PRIME's New Rehab Assistant—Apphle Gomez



Apphle has been a great addition to the team and has quickly gotten to know everyone who comes

to the program. Apphle brings with her a lot of rich experience. She worked as a physiotherapist in the

Philippines and moved to Canada in 2012. After working various jobs in Winnipeg, she decided to go back to school and become a rehab assistant. She officially became a rehab assistant in 2018 and soon after started working on the Transitional Care Unit at Misericordia Health Centre. On December 2, 2020 she officially joined the PRIME team. She says she loves working with

older adults and enjoys helping people improve their health and mobility.

When she is not at work, she is happy spending time with her 5-year-old son. When she gets a few minutes to herself she loves cooking, reading and watching movies. Apphle has a positive and hardworking attitude that will benefit all the clients at PRIME.



“May your troubles be less and your blessings be more. And nothing but happiness come through your door.”

Introducing:

Spiritual Health Services

Spiritual Health Services provide emotional and spiritual support to clients who are interested. We offer Nurturing the Spirit groups on a weekly basis where we discuss a variety of topics such as holiday memories, families, siblings, work experiences, sadness, joy, hope, and many others. We are available to meet one-on-one to work through life challenges, talk about serious matters, or would like someone to pray with you. People from any faith tradition, or no particular belief structure, are welcome to take part in these programs. They can be arranged through case managers, or the client can request them directly.

There are two staff members from the Spiritual Health Services Department who are available to clients in PRIME:

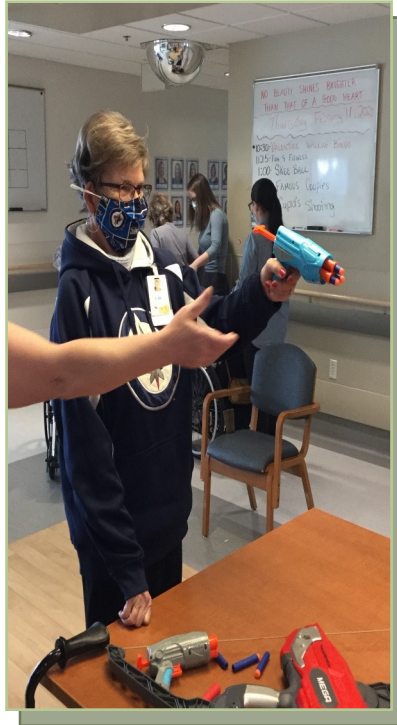
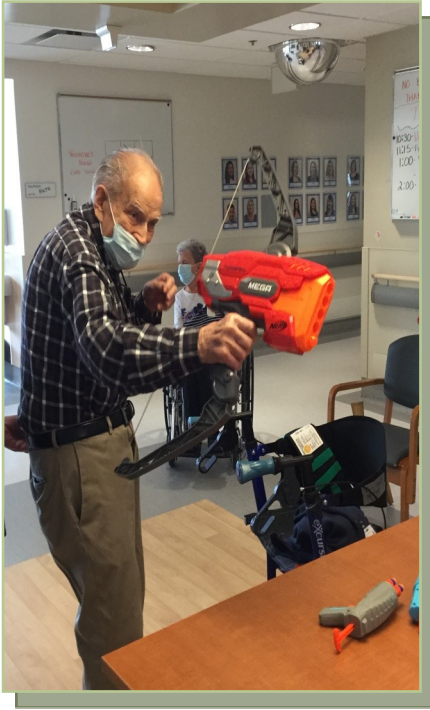
Joan Crabtree began working at Misericordia in 2015. Her interests include family, music, reading, nature, and assisting in a variety of ways in her local church and community. She enjoys getting to know clients, hearing a little of their histories, and finding out what brings joy and hope into their lives.

Donald Plett began work at Misericordia in 2001. He enjoys his family, two children and three grandchildren who live in Winnipeg and Calgary. Fulfillment at work comes from listening to clients as they share their life stories and experiences, helping them work through transitions that life had brought them.



Fun Times @ PRIME!

Valentine's Day games



Drumming exercise class



Fun Times @ PRIME!

Tropical Day



Meet the Staff! Dressed in Pink for Flamingo Friday!



TOP (L TO R):

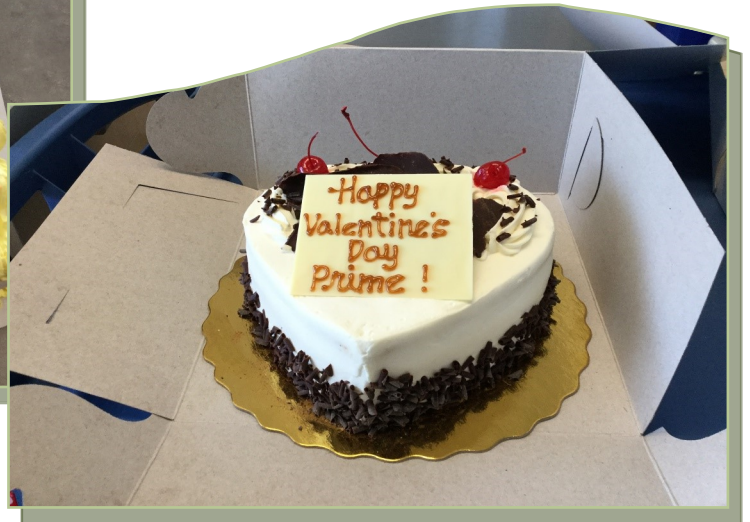
Marilou, Dr. Domke, Sheila, Angela, Halie, Candace, Tara, Billy, Rose, Jackie, Megan, Sherry

BOTTOM (L TO R):

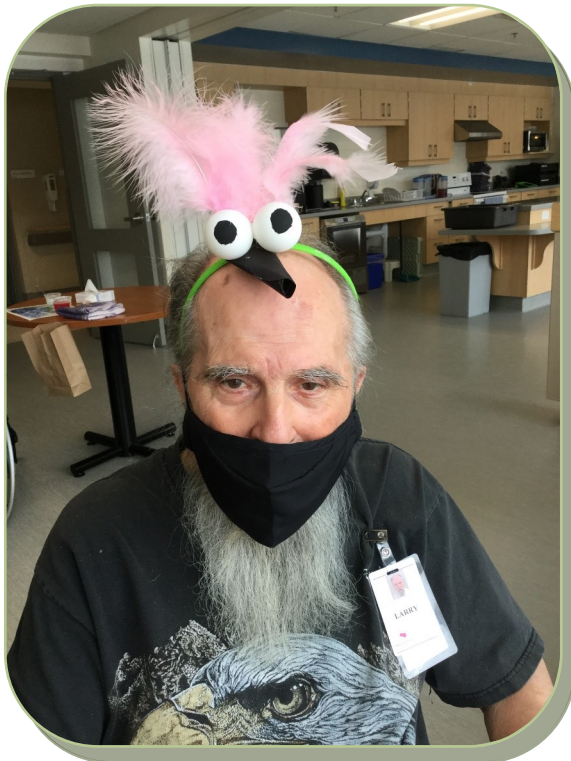
Marvin, Genna, Sheena D, Sheena B, Julie, Apphle

Fun Times @ PRIME!

Treats @ PRIME



Pink Flamingo Day!

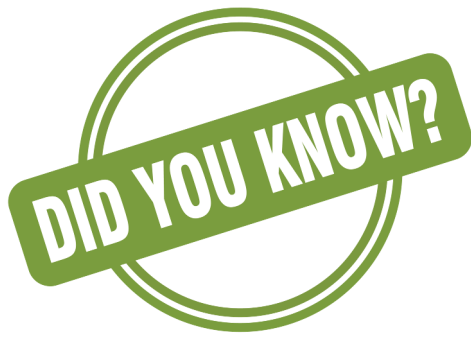


Fun Times @ PRIME!



*“Teamwork coming together
is a beginning keeping
together is progress working
together is success.”*





every year Canadians throw away three million tonnes of plastic waste. Canadians use up to 15 billion plastic bags every year! Let's all do our part to reduce our single use plastic consumption. To cut down on our plastic bag usage, we are asking you

please bring a reusable bag with you on your medication delivery day. Your medications will be placed in this bag to go home with you on that day. If you do not have a reusable bag, we ask you speak to your case manager.



From Julie, your PRIME pharmacist

1. We are excited to report we have revised our medication review process. I will be conducting in-depth reviews of your medications every six months.

Part of my review will involve connecting with you or your caregiver to explore your experiences with your medications, update our records, and see if anything can be improved. I will be reviewing all your medications, including non-prescriptions items. We will also be looking at ways to eliminate medications you may no longer need. Please feel free to contact me if you have any questions about this revised process.



2. It's getting close to tax time again! Please let me or your case manager know if you require a statement of your medication costs for income tax purposes.

3. Reminder to all clients using blister packs: you should be starting each new pack on a Monday. Please let me know if you are out of sync with this schedule.

4. The 2020-2021 pharmacare year will end on March 31. The 2021-2022 pharmacare year begins on April 1, 2021.

Reminders:

If you have any upcoming medical appointments outside of PRIME, please inform your case manager. This enables us to follow up on any reports we may require and ensure your medical record is up-to-date.