Ukrainian Canadian Care Centre Takes Part In A cutting edge Dementia Care Project

The Ukrainian Canadian Care Centre is the first long-term care home to take part in a large-scale three year project with the Canadian Association of Mental Health (CAMH) aimed to transform dementia care across Canada. The project is led by Dr. Tarik Rajji, Chief of Geriatric Psychiatry at CAMH who has also established an organization, the Canadian Consortium of Neurodegenerative Diseases in the Aged (CCNA), a dynamic research enterprise for all aspects of research of neurodegenerative diseases that affect cognition in aging, including Alzheimer’s. The Care Centre’s association with CAMH and CCNA started with Dr. Peter Derkach, Care Centre’s Medical Director.

Celebrating Summer

On a bright sunny day in June, the Care Centre opened its parking lot area and neighbouring field for the annual BBQ & Yard Sale. While the big draw was delicious burgers and barbecued sausages served on a toasted bun, the event provided much more with something for everybody.

Children frolicked in the giant red bouncy castle, played games or had their faces painted as many adults sat under the music tent, kicking back to the tunes of the Beatles and Billy Joel, played live on stage by Piano Man Joe. Inside the building, accordist Nicholas Tanchak and violinist Ivan Franko played other music.

UPCOMING EVENTS

November 5
more details on page 8

October 16
more details on page 7

Please Remember the Care Centre with a Gift in Your Will
A very special evening of recognition and appreciation was held to honour an essential resource at the Care Centre -- our volunteers. As we celebrate our 20th Anniversary, we acknowledge that our high level of achievement in the community would not be possible without the tremendous contributions of our volunteers. They helped build and shape 20 years of excellent care and services. From its very beginning to this present day, the Care Centre has been a shining example of what community can achieve with the mutual support of one another. Created by the community for the community, the Care Centre belongs to the community. It is therefore fitting that an evening to show appreciation happened during National Volunteer Week.

"Volunteering is a deeply personal choice," according to Executive Director Sandy Lomaszewycz. "It is a selfless choice, and a very revealing one – as it speaks so intimately and in such a meaningful way about what one believes, values and cherishes deep in one's heart. It is a choice of the heart – one that we, at the Care Centre honour, respect and are deeply grateful for."

There are many amazing stories of volunteer experience at the Care Centre. Some were shared on this evening, in particular, those of two individuals who were officially recognized for their outstanding contributions: Ann Jafelice who was awarded "The Circle of Excellence" and Ed “Slavko” Szpular who was awarded “Volunteer of the Year”.

The Circle of Excellence was awarded to Ann Jafelice, who has come to the Care Centre every week for twenty years performing live music for the residents. As part of the well-known and well-loved Ukrainian Troubadours, Ann’s renowned repertoire of Ukrainian folk tunes can be enjoyed every Wednesday afternoon. The parking lot is always full at that time as members of the community come to see this free concert.

Ed “Slavko” Szpular was presented with the Volunteer of the Year award. On any given day, Slavko can be spotted within the halls of the Care Centre assisting with Bingo, running the Gift Shop, or serving up the wine he personally donates at residents’ Happy Hour program on Thursday. He helped refurbish all of the dining room chairs and he has kindly donated gift prizes for many fundraising and recreational activities. On top of all of that, Slavko is a proud member of the Family Council Executive, the Events Committee and an active participant in the annual Scotiabank Marathon. Slavko says he enjoys volunteering because “the Care Centre is like one big happy fam-
After the awards were presented and anecdotes shared, staff members put on their own volunteer hats as they served our volunteers dinner to show their appreciation. With music playing, there was time to socialize and gaze upon the many photographs of volunteer moments which were on display throughout the decorated hall.

Photos revealed volunteers of all ages - from high school students to seniors helping the residents with Bingo, serving cake at birthday parties, performing music and pushing wheelchairs to church service. The members of the Board of Directors are all volunteers as is the Family Council Executive and the Events Committee.

Looking to the future, with the many challenges facing long term care, a growing aging population, increased demand for more specialized care and services for seniors, the role and need for volunteers is ever-increasing. Anybody with an interest of becoming involved can contact Irena Dounets at 647-725-0874.

The evening concluded with Sandy Lomaszewycz, Executive Director warm remarks. “On behalf of all staff, residents and their families, a heartfelt THANK YOU to our volunteers, for having chosen the Care Centre for the place of sharing your love, compassion, time and talents with others.”

Send A Card, Support the Care Centre!
Call 647-725-0843

Touch someone’s heart the way they have touched yours!

All proceeds from our Gifts of Appreciation Program will help the Care Centre sustain and further enhance quality care for its residents.

The Care Centre Welcomes Liliya Tsap, Social Service Worker

Born and raised in Ukraine, Liliya came to Canada with her family at the age of 12. She completed her Bachelor’s of Social Work at Ryerson University and a Certificate in Gerontology at Humber College. Liliya has extensive experience working with seniors and families. Her experiences include working at Dixie Bloor Neighbourhood Centre, Ivan Franko Homes and Cawthra Gardens Long Term Care where she was an active volunteer. She spends her leisure time enjoying the outdoor activities such as hiking, playing volleyball and biking. Liliya loves dogs and looks forward to adopting a dog of her own one day. Liliya is excited to begin her work at the Care Centre and looks forward to an exciting year ahead.

Gifts of Appreciation That Keep on Giving!

Make Someone Feel Special


Make a donation to the Care Centre in honour of a special person in your life and we will send a unique customized card with a personalized message to your honouree letting them know that you have made a gift in their honour.

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kind of classics like Tchaikovsky’s, lively kolomajkas and familiar Ukrainian folk tunes. Some couples danced the polka, while seniors gleefully watched on.

For only $10, guests enjoyed a succulent burger or barbecued sausage with side salad and chips leaving little room for the spectacular desserts. The dessert table was a smorgasbord of delectable goodies including last February’s Baking Contest winner “Truffle Mice” (chocolate truffles shaped as mice with licorice tails and almond slices for ears). If that wasn’t sweet enough, the musical ice cream truck was the cherry on top.

The Yard Sale offered great finds for bargain hunters and browsers alike with framed artwork, small furnishings, hand knit items, embroidery, memorabilia and many more items too numerous to name. One shopper found a CD Player for $5, a punchbowl and a set of matching water glasses for only $2. The Care Centre community came together with all the donated items for this sale. Thank you to all!

“As the need for specialized care increases, the need to find ways to raise funds is greater than ever,” said Events Committee member Annemarie McKay who is also a Care Centre’s family member and a volunteer of over 4 years now. She has been involved with helping to plan the annual BBQ for the past two years. Volunteers on the Events Committee have an opportunity to provide leadership and come up with new ideas to make the event a success. This year, we extended an invitation to the local community so they can see first hand how the Care Centre enriches community life. Neighbours came by for a burger and were able to enjoy a cultural experience while learning about the Care Centre.

New and old friends, staff and family of all ages came together on this day in support of one great cause – helping raise funds for our seniors. An event of this scope would not be possible without the work of our volun-

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Thank You to Our Sponsors:

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Thank you to our sponsors and donors, but especially the generous support of our presenting sponsor, Cardinal Funeral Homes.

It is with the support of Cardinal Funeral Homes that we were able to grow the event from a summer family event in the Care Centre into a community event, bringing the feel of a real summer street fest to the Richview community. It is events like these that keep our residents connected to community life and at the same time and allow us to provide recreational opportunities for other seniors and people of all ages from the community.
Dr. Derkach was part of a CAMH Geriatrics Physicians Group who developed the medication algorithm of the Integrated Pathway Care (ICP) approach in 2013 for reducing the use of antipsychotic drugs in the treatment of dementia. Early results from this patient-centred, evidence-informed, integrated approach have shown positive outcomes in treating aggression and agitation associated with dementia. This approach combines pharmacological with non-pharmacological treatment. The non-pharmacological interventions include sensory stimulation and relaxation through music, art and pet therapy; purposeful activities such as small tasks and inclusion in group programs; physical activity, and the use of neurocognitive intervention technology such as gaming console, paro and tablet computer. The implementation of this new approach relies on inter-professional teams of a physician, a nurse, an occupational therapist, a recreation therapist and a social worker who cooperate to develop, implement, monitor, assess and continuously adjust a care treatment plan. The advantages of this approach will be further developed and evaluated through this project.

“The ultimate goal is to improve the person’s overall well-being, social contact, and quality of life for as long as possible,” says Dr. Derkach. “Through this project we will be establishing a program of managing agitation and aggression in the area of dementia, working directly with Dr. Tarik Rajji. We will also commence an antipsychotic drug reduction program with Dr. Dallas Seitz, a geriatric psychiatrist based of Queen’s University who will help guide our Home further in the safe reduction of antipsychotic drug use. There is no doubt that the Care Centre’s association with CAMH and CCNA will establish the Care Centre as being at the leading edge of current management and research in the area of dementia with counselling and educational benefits for our Home, and will result in further enhancements in the care for our residents.”

The Care Centre has already signed an agreement with CAMH defining the terms of participation in the project. Care Centre staff and CAMH project staff have met to draft a Care Centre specific dementia pathway. Another meeting was held with Dr. Dallas Seitz, who provided an educational overview of the antipsychotic drug use in long-term care to all Care Centre key clinical staff and physicians.

“It is very inspiring to see how as we mark our 20th year of care and services for seniors, we are also evolving as an organization, opening up new spaces for innovation and implementation of cutting edge practices in seniors’ care through associations with leading organizations in geriatric research and mental health. This allow us to embrace the growing demand and complexity of seniors’ care. And yet, our accomplishments wouldn’t have been possible without the unwavering support of our community. Our many long-standing inspiring community partnerships with individuals and organizations lay the solid foundation of our sustainable development, reinforcing the importance and the need of our care and services to our seniors,” says Sandy Lomaszewycz, Executive Director.
2015 was an eventful year, as the Care Centre implemented its annual quality improvement plan (April 2014 - April 2015), reducing falls and the use of restraints to a better level than the Provincial average (13.4% Care Centre vs. 14.8% Provincial). A special focus was also placed on improving the residents’ dining experience through the implementation of a Point of Service Program, giving residents more control over their choice of beverages during lunch and dinner time. The Care Centre sustained its high quality level of laboratory and X-rays services, and regularly monitored the use of antipsychotic drugs, ensuring that adverse drug reactions are mitigated. In line with the Ministry’s requirements, the Care Centre outlined a plan for reducing the transfers to hospital emergency departments.

This year’s quality improvement plan continues to focus on further enhancement of quality of care. As of the beginning of this year, the Care Centre launched a program for reduction of the antipsychotic drug use and management of aggressive behaviours of residents with dementia. With the donation of an ultrasound bladder scanner, secured by donors and volunteers, the Care Centre can now perform diagnosis of urinary infections at its premises, which improves the care response time and contributes to the Care Centre’s quality care goals. The Care Centre continues to focus on addressing bladder control, reducing worsening of pressure ulcers and mitigating emergency department visits.

Additionally, the Care Centre has begun the groundwork for its next round of accreditation. In 2014, the Care Centre earned the maximum three-year period of accreditation by the Commission for Accreditation of Rehabilitation Facilities (CARF), which expires in 2017.

“It is through our focus on continuous improvement and proactive response to the changing realities of seniors’ care and the development of new competencies and approaches, that we continue our mission of providing our seniors with the best possible care. The need and complexity of seniors’ care is growing as our residents today are much frailer and faced with multiple chronic health issues. We will continue to strive to meet and exceed the highest standards of care so that each and every resident receives the best care for their specific needs,” says Sandy Lomaszewycz, Executive Director.

What are the changing realities of seniors’ care?
• In 2010, the Government of Ontario changed the admission criteria to long-term care homes, requiring that prospective residents have high health care needs in order to be admitted to long-term care homes.
• Ontario seniors entering long-term care homes today are older, frailer and in need of more medical and personal care than ever before.
• 62% of residents live with Alzheimer’s disease or other dementias.
• 97% of residents enter long-term care homes with two or more chronic diseases.
• Ministry priority requires that long-term care homes reduce the number of transfers to emergency departments and take care of the complex medical conditions of residents.
• Government funding for long-term care home has not kept pace with the new demands, as resources have been directed to advance the Province’s strategy of in-place-aging.
• The number of seniors over 80 is the fastest growing group. You can find more information, facts and figures about long-term care trends on the website of Ontario Long Term Care Association: www.oltca.com
RUN or WALK for seniors’ care

Scotiabank Toronto Waterfront Marathon
OCTOBER 16
Have Fun & Support Seniors’ Care!
All proceeds benefit the Ukrainian Canadian Care Centre

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20TH ANNIVERSARY SOIREE
CELEBRATING THE CARE CENTRE’S
20 YEARS OF EXCELLENT CARE AND SERVICES FOR SENIORS

Themed around the glitz and glamor of the roaring 20s and spiced up with colorful accents of Ukrainian taste and sounds, this special evening will bring you a most enthralling unforgettable experience.

Mixing the most elegant aspects of a sit-down dinner with the parts of buffets, gourmet food stations will have all the variety of tastes and flavors, including unique specialties of the parties in the 20s such as deviled eggs, lamb chops, crab cakes and a great selection of Ukrainian kolbassa.

You will enjoy spectacular musical and dance entertainment with the electrifying sounds of hot jazz and the unique musical arrangements of the internationally acclaimed, Montreal-based Veselka band, and a 20’s style “Come Dance with Me” revue by Barvinok dance group, choreographed specially for this event.

Charity casino, silent auction and magician will fill the night with the thrill of magic, fun and adventure.

The Gala will take place at one of Toronto’s trendiest state of the art locations with a unique setting and a gorgeous view, overlooking the stunning greens of the Royal Woodbine Golf Course.

The Vue - 195 Galaxy Blvd, Toronto.

Tickets are $200 each with a portion eligible for income tax purposes.

Sponsorship Opportunities are available.

To sponsor, purchase tickets or donate an item towards our silent auction, please call 647-725-0844.

By joining us for the Soiree, you will be supporting the growing need for specialized care for seniors.

20 years ago, the Ukrainian Canadian Care Centre opened its doors and the first resident was wheeled through the Care Centre’s front door. Hundreds of community members and families gathered to witness the gratifying results of their many years of tireless advocacy, fundraising and volunteering to create a warm and secure home for our most vulnerable seniors. Today, 20 years later, the Care Centre is a shining example of how every resident is treated with respect and dignity and receives quality care that embodies community values of honouring seniors and caring for one another.
Saturday, November 5

**Party Like Gatsby Soiree**

**Chicago, Chicago**

at The Vue, 195 Galaxy Blvd, Toronto

Calling all dolled up dames and dapper dandies to step back in time to an era of Hot Jazz and dance the Charleston with Veselka Orchestra. Join us for an unforgettable evening of dancing, silent auction & more.

**Tickets $200/person**

please contact 647-725-0844

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The Ukrainian Canadian Care Centre
Serving the community since 1996
The Ukrainian Canadian Care Centre is grateful to each and every donor and sponsor. Without you, we would not be able to provide excellent care and services for seniors.

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From April 3 – September 9, 2016

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Care Centre’s Gift Shop
We are currently accepting donations of gently used Ukrainian ceramics (plates, bowls, cups, mugs, etc), Ukrainian figurines, novels written in English, collectibles, crystal and bone china. Donations can be dropped off at the reception desk of the Care Centre during business hours 8:30am - 9:00pm. All proceeds raised from the gift shop support programs and activities for our seniors. Thank you for your support!

Gift Shop is open Mon-Fri from 10am-4pm, Sat & Sun 1pm-4pm
For more information please contact Anna 647-725-0844.

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