

THE  
GRAY VINE  
ALLEN GRAY CONTINUING CARE  
CENTRE NEWSLETTER  
DECEMBER 2023



We  
WISH YOU  
A  
MERRY  
Christmas



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## The Leadership Ledger

Cory Komant  
Chief Executive Officer

Dear Allen Gray Family,

As we approach the festive holiday season, I take a moment to reflect on the remarkable journey we've collectively undertaken this year. It's been a period characterized by achievements, changes, and growth, and I extend my sincere gratitude to everyone contributing to the extraordinary family and community that is Allen Gray.

In my initial six months as the CEO of Allen Gray, I am genuinely humbled and honored to be part of this organization. From the Grey House Guild and Allen Gray Board to our leadership team, staff, volunteers, and families, each has played a vital role in creating the optimal environment for the well-being and development of our seniors and children. I want to express heartfelt appreciation to our dedicated staff. Your unwavering commitment and hard work have been instrumental in driving our organizational success. Together, we've reached significant milestones in delivering exceptional care and education to our seniors and children.

A notable example of outstanding teamwork is how the Allen Gray Leadership and staff have remained vigilant in upholding high practice standards in the post-pandemic state, effectively minimizing COVID and influenza transmission. As an organization, we are committed to enhancing our services by streamlining systems and processes behind the scenes. These changes aim to increase our programs' efficiency, freeing time from administrative tasks to allow for more people-centred positive experiences.

To the families and loved ones of our residents and clients, thank you for entrusting us with the well-being and education of your cherished ones. Your support and collaboration have been invaluable in creating a nurturing environment. In the spirit of the season, let's carry the warmth and kindness we share within our Allen Gray family into the upcoming year. Together, we can continue to foster a positive and enriching environment for our seniors and children.

I wish you all a joyous holiday season filled with love, laughter, and moments of reflection. May the coming year bring prosperity, good health, and continued success to our incredible Allen Gray community.

**Cory Komant**

Chief Executive Officer  
Allen Gray Continuing Care Centre



## The Guild Chronicles

**Donna Pullen**

President  
The Gray House Guild

Hello Everyone,

It is a pleasure to be greeting you in this second edition of the Gray Vine Publication.

At the time the August issue was published, I was recovering from major heart surgery so I did not get an opportunity to introduce myself. Having retired from the working world in 2018, after spending many years in the field of Credit and Collections, I then had the opportunity to offer my time to a volunteer position. The Allen Gray Continuing Care Centre caught my attention as an organization that I would be able to offer my abilities to.

I have been on the board of The Gray House Guild for the past 3 years, being elected President for second term running. It has been a privilege to serve with the other experienced Guild members and I am proud to be associated with one of the best Continuing Care Centers in our Province.

We, The Guild, are looking forward to several exciting events in the New Year. Staff, residents, and their families have been inquiring about the traditional Black and White Event. Regrettably, we do not have a confirmed date for this event but hope to have everything in place for a fall Gala. As you can appreciate, it takes time to arrange an event such as this, and our new Guild member, Ingrid, is "hot on the trail" to make it happen. As soon as we have definite details, we will announce so everyone can plan to attend.

Thank you to all the dedicated Staff who have worked so diligently to keep our facility and patient care up to the high standard we have come to expect at Allen Gray. Keep up the good work.

On behalf of The Gray House Guild, I wish you and your family a Merry Christmas and a Happy New Year

Sincerely,  
Donna Pullen  
**President**  
**The Gray House Guild**



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# Lakeview Dining Room

a central hub for fostering a sense of community through shared dining experiences.



The Lakeview Dining Room at the Allen Gray Continuing Care Centre is a wonderful place to enjoy a meal. With a full commercial kitchen and professional kitchen staff, the dining room serves delicious meals to senior residents, clients, and the public.

Celebrate the joy of Christmas at Lakeview Dining Room, where a festive and delicious Christmas Dinner awaits you for just \$21.00. Join us on December 25, 2023, from 4:00 PM to 6:30 PM for a delightful holiday feast. Indulge in the spirit of the season with a choice of succulent turkey or ham as your main dish, accompanied by a selection of delectable sides and treats.



Immerse yourself in the warm and welcoming ambiance of Lakeview Dining Room, creating cherished memories as you savor this special Christmas dinner with family and friends.

The menu is carefully crafted by the culinary team to ensure that every dish is not only delicious but also nutritious. All meals are made from fresh, high-quality ingredients, and there is always a variety of options to cater to different dietary needs and preferences.



Whether you're a senior resident looking for a delicious meal, a client in need of some nourishment, or a member of the public looking for a great dining experience, the Lakeview Dining Room at the Allen Gray Continuing Care Centre is the perfect choice. So why not come and enjoy a meal today?



## FROM THE DIRECTOR'S DESK

Manju George  
Director of Care



We are involved in the following QI (Quality Improvement) projects:

### BP Study

NPs (Nurse Practitioner) and Pharmacist are taking the lead on this study to optimize the use of blood pressure medication. We have 13 residents in the study, and 1 resident's medication is already deprescribed. NP makes changes every 2 weeks and write the instructions on BP assessments each time, and it is going well.

### Optimizing Medications and Med Compression

Process focused on sustainability on an ongoing basis, by all players, including RNs, LPNs, HCA, Pharmacy, NP, and Physicians. Quarterly review of 1 house per floor; the goal to minimize med passes and optimize med admin (i.e. heaviest med passes to be 0800/1700 hours with few meds in between) to improve efficiencies.

### Dining Room Enhancement

We are piloting a great innovative and creative way to enhance the dining room experiences for our residents. We have developed a structural seating arrangement that will contribute to a sense of familiarity and reduce confusion for the residents. This approach promotes social interaction, aids in maintaining routines and enhances the overall dining room experience. It has allowed us to have staff sit with the resident on a table who needs support in feeding and offers support to engage in meaningful discussion with the residents while offering physical support as needed.

Dear Residents and Families,

Greetings from Manju George, Director of Care. Wishing you a very Merry Christmas and Happy New Year to all of you!!

We are excited to share the latest news and updates about nursing and care services. It is my pleasure to keep you informed about the initiatives and improvements we are making to enhance the well-being of your loved ones.

### Nursing Team Highlights

Our dedicated nursing team continues to go above and beyond to provide exceptional care to all our residents. Their unwavering commitment to ensuring the health and comfort of our residents is truly commendable. We are proud to share that our team recently completed advanced dementia care training E.g., Gentle Persuasive Approach (GPA) and Virtual dementia Training, further equipping them to support residents with unique needs.

### Quality Care Initiatives

At Allen Gray, quality care is at the heart of everything we do. Our personalized care approach tailors each resident's plan to their specific requirements and preferences. Regular assessments and care plan updates allow us to adapt and ensure that every individual receives the best care possible.

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**From the Director's Desk**  
(Continued from Page 5)

We play light music that is soft and delightful to listen to therefore fostering calmness and reducing anxiety. We are also looking into a software program (Resident Dining Solution-RDS) that interface with Point Click Care.

We are involved in Innovation challenge for staff retention via Health Excellence Canada and looking ways to improve staff wellness by taking part in these initiatives.

Falls, Restraints and Wound committees: Continue to meet on a monthly basis. We also have weekly meetings with the IDT (Inter Disciplinary Team) to ensure all fall prevention strategies are in place to reduce the falls.

PCC ongoing improvement – New Tasks added eTARs, Wound Management, pain assessments etc.

### **Education**

Monthly calendar posted on the units and education provided to all three shifts. Surge learning- we are moving to a major new and annual orientation on the Learning management system called Surge. Training will be provided to staff starting by the third week of November.

### **Infection Control Prevention**

Influenza rates for 2023-2024 is 87.8%, Covid XBB rate is 82%. For the rest of the residents/ new admissions, we are continuing to administer the vaccine to Residents.

### **Family Involvement**

We understand that family involvement is essential to the well-being of our residents. We encourage you to stay connected with your loved ones. Your support and engagement make a significant difference in their lives.

### **Your Feedback Matters**

We value your feedback as it helps us continuously improve our services. If you have any suggestions, concerns, or questions, please do not hesitate to contact me directly. Your insights are invaluable in shaping the care experience we provide.

Thank you for entrusting Allen Gray with the care of your family members. We are committed to ensuring their comfort, safety, and happiness every step of the way. Together, we create a supportive and thriving community where residents can truly thrive.

I am honored to be part of the Allen Gray Continuing care centre and look forward to promote excellence in nursing care in LTC, Lodge, Therapies, and other programs to enhance overall services, focusing on the client's quality of life, delivery of person-centered care and participating in long term plans for success.

Warm regards,  
**Manju George**  
**Director of Care**





## Enhancing Lives: The Vital Role of Allen Gray Continuing Care Centre's Adult Day Program



The Allen Gray Continuing Care Centre's Adult Day Program stands as a beacon of support and community for adults over 18 facing physical and memory challenges or living with chronic illnesses. The Program is open Monday to Friday 9:30 am to 2:30 pm. More than just a program, it is pivotal in enabling individuals to continue living in their communities while optimizing their overall well-being.

Designed with a deep understanding of the diverse challenges individuals may face, the Adult Day Program at Allen Gray provides comprehensive care tailored to each participant's unique requirements. Whether managing physical limitations, memory-related issues, or coping with chronic illnesses, the program is adept at addressing a spectrum of needs, promoting a holistic approach to health.



A cornerstone of the program's mission is to empower individuals to live independently within their communities for as long as possible. Through specialized activities, participants are supported in maintaining their physical, social, and emotional well-being. This not only enhances their quality of life but also contributes to the overall vitality of the communities they call home.

Recognizing the crucial role caregivers play in the lives of those they support, the Adult Day Program offers a much-needed respite. Caregivers can entrust their loved ones to the program, knowing they are receiving top-notch care in a stimulating environment. This respite allows caregivers the opportunity to attend to their own needs, reducing stress and burnout while enhancing their ability to provide ongoing care.

For more information on our Adult Day Program, you can reach us at 780-4692371 extension 228 or contact Health Link at 811. Family, friends, neighbors or health professionals can also call on your behalf.





### The Revitalizing Corner

Ellen Kyei  
Recreation Therapist

As the months rolled by, the Allen Gray Continuing Care Centre has been a hub of vibrant activities, bringing residents together for a series of engaging events. From celebrating cultural heritage to embracing the spooky spirit of Halloween and honoring our veterans on Remembrance Day, the community has experienced a tapestry of memorable moments.

### Heritage Day Extravaganza

August marked the celebration of Heritage Day, a time when residents at Allen Gray embraced the rich diversity of their backgrounds. The center buzzed with excitement as residents shared stories, traditions, and cherished memories.

### Halloween Indoor Parade

As October approached, the Allen Gray Continuing Care Centre transformed into a spooky spectacle with its Halloween Indoor Parade.

Residents and staff alike embraced the spirit of the season with creative costumes, decorations, and a parade that meandered through the halls. Laughter and joy echoed as residents showcased their imaginative outfits, turning the center into a festive and vibrant Halloween haven.

### Remembrance Day Tribute with Christina Gray

November brought a solemn yet deeply meaningful event as Allen Gray residents, staff, and special guest Christina Gray gathered to pay tribute on Remembrance Day.

These events at Allen Gray Continuing Care Centre not only provided entertainment and enjoyment but also strengthened the sense of community and camaraderie among residents and staff.

Christmas is the most wonderful time of the year. Particularly when we get to celebrate with our residents.

The hustle begins as we continue to “deck the halls” for everyone to get into the magical Christmas spirit.

### December Events

Sunday December 3rd & 7th

1:30p.m: Carollers roving through the houses singing Christmas Carols

Wednesday Dec 6th 2:30: Allen Gray Ugly Sweater Contest

Thursday Dec 7th 2:30: Christmas Concert with “Kay”

Wednesday Dec 13th 2:30: Beaumont School of Highland Dance Christmas Presentation

Thursday Dec 14th 5-7pm: Resident/Family Christmas Party

Wednesday Dec 20th 2:30: Saxophone Christmas Music by Stuu Dodd with “Hot Cocoa”

Thursday Dec 21st 2:00pm: Santa & Reindeers Gifts Delivery

Wednesday Dec 27th 2:30: Happy Hour with Terry Jordan

Our Monthly Birthday Party will round up the month on Dec 28th at 2:30p.m. it will be a fun and memorable month for all!

May the treasures and traditions of Christmas fill your heart with hope and happiness with a cheerful New Year!!

Happy Holidays,  
**Ellen Kyei**  
Recreation Manager





## "Giving Back, Aging Forward: Join The Gray House Guild in Supporting Allen Gray Continuing Care Centre"

Support the well-being of our community's seniors by contributing to The Gray House Guild, a nonprofit organization dedicated to enhancing the lives of residents at the Allen Gray Continuing Care Centre.

Your donations will directly fund Resident Development projects, ensuring that our seniors receive the best care and amenities. Join us in making a meaningful impact as we strive to create a supportive and enriching environment for those who have given so much to our community.

Your generosity will play a crucial role in shaping a brighter and more comfortable future for the residents of the Allen Gray Continuing Care Centre. Can Also Make An Online Donation through [CanadaHelps.Org](https://CanadaHelps.Org)

The Guild's charitable # is 88956 3441 RR001

The Gray House Guild  
c/o Allen Gray Continuing Care Centre  
5005 -28 Avenue  
Edmonton, AB  
email: [grayhouse@allengray.ab.ca](mailto:grayhouse@allengray.ab.ca)

Tax receipts are available.

Thank you again for considering supporting our non-profit long-term care facility. Your kindness will have a lasting impact on the lives of our residents and their families.







The recent Heritage Day celebration at the Allen Gray Continuing Care Centre was a heartwarming tribute to the diverse cultural backgrounds that enrich our community. Residents came together to share their unique stories, traditions, and treasured memories, creating a tapestry of cultural experiences.











## Compassion in Action

**Michael McCarthy**  
Social Worker

### TIPS for Caregivers over the holidays

#### 1. Focus on what is most meaningful

As much as caregivers would like to create the perfect holiday experience, remember that perfection is not the goal — it's really about meaning and joy. There are many factors that can't be controlled when it comes to a loved one's health and abilities, so adjust your view of a "successful" holiday. Talk with your loved ones about what makes the holidays most meaningful for them and for you, and prioritize those holiday activities.

#### 2. Simplify your holiday activities

If going all out for the holidays will push you over the edge, remember that it doesn't have to be all or nothing. If you can't put out all of your decorations, choose a few items that are most significant. You might ask a friend to decorate or pay someone to do so. You can always rearrange decorations once someone else puts them out.

#### 3. Start new traditions

Instead of focusing on losses and what you and/or your loved ones aren't able to do, try doing something new. If those you care for have trouble getting around, drive through a holiday light display or watch a holiday concert on TV. If you can't make it to a holiday gathering, have a video chat. Start a home holiday movie night tradition — or watch old home movies and relish the memories.

#### 4. Adjust meals

Food is a big part of many holidays, so it's especially difficult to think about changing mealtime traditions. But meals also require a lot of time, money, and coordination. Over many years of caregiving, Simplify the menu. Try fewer side dishes or one dessert instead of three. Focus on the dishes that are traditional and give you that holiday feeling.

Split up the grocery shopping and cooking among other family members and guests. There's nothing wrong with a potluck.

- Pay someone to cook meals at your house ahead of time or on the holiday.
- Order all or part of your holiday meals to go from a local grocery store or restaurant — either fully cooked or ready for you to cook at home.
- Eat at someone else's home or a restaurant.

#### 5. Approach gift-giving more efficiently

Gift-giving is a part of many traditions, but it can be costly and time-consuming. Try shopping online (many online stores will also wrap gifts). You might ask a friend or relative to do your shopping and wrapping for you, or you can always fall back on gift cards. Family caregivers are often financially stressed, so it might be necessary to lower your gift-giving budget this year and scale back the number of presents. Give the gift of time or attention, like scheduling outings or helping with a project.

#### 6. Anticipate holiday hot buttons

Are there holiday activities or toxic relatives that trigger stress or unhappy memories? Perhaps feelings of grief or loss overcome you at certain times of the day. For some families, lifelong conflicts inevitably flare up at gatherings. It may be best to limit your exposure to — or even avoid — certain places, events, conversations, or people.

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Compassion in Action  
(continued from Page 12 )

## 7. Mind your mindset

Negative thinking activates your body's stress response, so steer your mind to the positives when you start down that slippery slope. Try to stay mindful, concentrating on the present moment.

## 8. Keep self-care at the top of the list

As caregivers, we give and give and give, and during the holidays we give even more. All that giving can leave you running on empty, with high stress levels or even full-on burnout. Get plenty of good-quality sleep, and keep moving: Walk with loved ones in a decorated shopping mall, or dance to holiday music.

## 9. Connect with other caregivers

Other caregivers are feeling many of the same emotions you are, even when non-caregivers don't understand. Connect to share your feelings and get tips for holiday survival.

## 10. Ask for help

Even if you don't normally do so, the holidays are a great time to get some extra help — even a few hours can be a huge relief. Family and friends can lend a hand with holiday preparations. A personal assistant or concierge can complete items on your holiday to-do list or handle personal things like organizing mail or running errands. Hire someone to clean the house or catch up on laundry.

Remember, you'll be happier if you can go with the flow and expect that there will be some delays, a crisis or two and maybe some disappointments. But alongside those things, there can be real joy. The bottom line is that this time is precious. Even if this holiday season doesn't include all of your family traditions, savor the moments and make new, meaningful memories you can cherish forever.

**Editor's note:** This article, originally published in 2018, has been updated with more recent information.

Amy Goyer is AARP's family and caregiving expert and author of *Juggling Life, Work and Caregiving*. Connect with Amy on Facebook, Twitter, in AARP's Online Community and in the AARP Facebook Family Caregivers Group.

## IMPORTANT ANNOUNCEMENT

**There will be no Caregiver Support Meeting for the month of December 2023. The meeting will resume on January 25, 2024 at 1 PM**

**If you are interested to join contact our Social Worker Michael at 780-469-9606 ext 236**





## Centre Art Gallery Featured Artist Bruce Perry



Welcome to the heart of artistic expression at the Centre Art Gallery, where we proudly showcase the extraordinary works of the Canadian artist, Bruce Perry.

Bruce Perry has spent over three decades crafting unique and emotionally resonant artworks that capture the essence of country life and daily moments. Perry's career, spanning more than 30 years, is defined by his dedication to the art of painting, primarily using watercolors to create vibrant compositions that establish a profound connection between the viewer and the subjects, ranging from tranquil rural landscapes to the lively scenes of daily life.

The opportunity to acquire and appreciate the beauty of Perry's work is within reach, as his captivating pieces are available for purchase at the Centre Art Gallery, conveniently located on the main floor of the Allen Gray Continuing Care Centre. Our friendly and knowledgeable main receptionist will be delighted to assist you with the purchase process.

## Literary Canvas: A Tapestry of Art, Stories, and Poems

### Calling All Artists!

Would you like to see your masterpiece published in our newsletter?

Submit your short story, prose, a piece of non-fiction poem via email  
socials@allengray.ab.ca

I saw you as a vision  
Like a dangerous cliff on the horizon  
The sight of you was inviting  
This unexpected path fate was forming

Suddenly your presence is like the sea that entices  
Slowly your laughter made sunsets more beautiful than when the sun rises  
Surprisingly your smile made my jaded heart flutter  
The very same heart that shunned forever

As I peek my heart says "jump"  
My mind said "this looks like speed bump"  
But my soul knew for certain I could make it  
I could make it unscathed

As my feet drew closer  
Your stare felt stronger  
That pull is indescribable  
Conviction that I was yours was undeniable

That world we created  
Where logic seems outdated  
Where Reality made no sense  
Every single moment was intense  
especially when our touch  
Vulnerabilities thrown away easily as such  
A testament that my soul will forever be yours  
Even if our paths now have taken a detour

Mind your p's and Q's  
this is simply a story of me and you  
Cross your T's and dot your i's  
Questions like where we are and why  
To the universe there was only one answer  
the story of you and I did matter

*Thirty Three*  
By The Empress













The "Fall into Christmas" shopping event at Allen Gray Continuing Care Centre was a resounding success, and the organizers express sincere gratitude to everyone who participated. The day was filled with joy, community spirit, and an impressive array of products from vendors like Majikku, Roop Creations, Mary Kay by Sonya, Norwex by Linda, Fifth Avenue Collection, and Tarot Card Reader Linda. From handcrafted treasures to exquisite jewelry and beauty products, the event catered to all holiday shopping needs, offering a true shopper's paradise.

The Treasure Table, featuring hidden gems and unique items, added an element of surprise, while warm Chai tea and delicious popcorn enhanced the cozy shopping experience. The festive atmosphere, laughter, and camaraderie made the event truly special, showcasing the community's unity in celebrating the holiday season. A big shoutout goes to vendors, visitors, and the hardworking team for making this event memorable. As the holiday season officially begins, the organizers encourage everyone to carry the spirit of togetherness and giving forward, promising more exciting events at Allen Gray Continuing Care Centre in the future.



### "Healing Hands and Heartfelt Care: Recognizing Therapy Assistants"

The week of September 11-15, 2023 was Therapy Assistant's Week.

The Therapy Assistants at Allen Gray Continuing Care Centre are integral members of our care team. Their commitment to promoting rehabilitation and well-being significantly contributes to the enhanced quality of life for our residents. We appreciate the dedicated efforts of our OT/PT therapy assistants in creating a supportive and thriving environment.

A heartfelt thank you to Karly, Tristan, Shilpa, and Marielle for playing a crucial role in enhancing the well-being of our residents through their dedication and compassion. Your contributions make a world of difference in the lives of our residents. We appreciate you!

### WE ARE NOW OPEN FOR VENDOR TABLE RENTALS!

WE ARE NOW ACCEPTING APPLICATIONS FOR VENDOR TABLE RENTALS!  
PLEASE CONTACT  
**FAYE** from the Giftshop  
at 780-469-2371  
for more information!







### **A Burger Feast and Heartfelt Cheers: Celebrating Health Care Aide Day at Allen Gray Continuing Care Centre**

At Allen Gray Continuing Care Centre, we recently threw a big party to celebrate Health Care Aide Day! It was a day filled with care and appreciation, and we made it extra special by adding some yummy burgers to the mix – everyone's favorite!

#### **Honoring Superheroes of Care:**

Health Care Aide Day is our way of saying a big 'thank you' to the amazing healthcare aides who work so hard at our center. They're like superheroes, always caring for our residents and making sure everything runs smoothly. We appreciate them a ton!

To make the celebration even more awesome, we had a Burger Day extravaganza! The air was filled with the delicious smell of burgers sizzling on the grill, and everyone gathered to enjoy mouthwatering burgers.

Health Care Aide Day wasn't just a celebration; it was a way for us to shout out our amazing team. The healthcare aides' dedication and hard work were in the spotlight, and the Burger Day fun was our small way of saying, "You're awesome, and we appreciate everything you do!"

## **VOLUNTEERS NEEDED**

Are you passionate about making a difference?  
Looking for a fulfilling way to give back to the  
community?

The Allen Gray Continuing Care Centre invites  
individuals ages 18 and up to be a beacon of hope  
and support for our clients residents!

If you are interested to apply contact our  
Volunteer Coordinator Rhea at  
780-469-9606 ext 254  
or send letter of interest via email :  
ryulo@allengray.ab.ca

### **"Beyond Care: Allen Gray Continuing Care Center's Online Presence"**

Stay connected with the  
latest updates and  
happenings at Allen Gray  
Continuing Care by following  
our social media pages!

Join us on Facebook and  
Instagram at  
@AllenGrayCCC for a dose  
of community highlights and  
event announcements

For more in-depth  
information about our  
services, programs, and a  
glimpse into the vibrant life  
at Allen Gray Continuing  
Care, visit our website at  
www.allengray.ab.ca.

Be part of our online  
community, where we share  
the moments that make  
Allen Gray a truly special  
place.





### "Festive Cheer and Gratitude: The Gray House Guild Hosts Christmas Luncheon for Allen Gray Continuing Care Centre Staff"

In the spirit of giving and celebration, The Gray House Guild recently hosted a heartwarming Christmas luncheon for the dedicated staff of the Allen Gray Continuing Care Centre. This joyful event was a gesture of appreciation and a chance to express gratitude for the hard work and unwavering commitment of the staff throughout the year.

The Christmas luncheon served as a wonderful opportunity for staff members to come together, unwind, and enjoy each other's company outside of their daily work routines. The sense of unity and shared purpose was palpable, reinforcing the strong community bond among the Allen Gray Continuing Care Centre staff.





Continuing Care Centre  
Owned and operated by the Gray House Guild  
*Bess Winspear Centre*

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