One KENTON PLACE
For excellent care, it's the one.

Kenton Korner

January 2024

We had an absolute blast this month revelling in the joy of Chanukah! From the mesmerizing glow of the menorah to the sizzling goodness of latkes and the heavenly sweetness of donuts, our celebrations were nothing short of spectacular. The Chanukah party? Oh, it was off the charts, filled with laughter, games & all-around festive cheer!













Happy Birthday









We had an absolute blast unleashing our inner artists during Chanukah! Painting and decorating dreidels became a creative extravaganza, showcasing everyone's unique and artistic sides. The dreidels transformed into vibrant masterpieces, making our celebration even more colorful and joyful!











COVID-19
Novel Coronavirus

Help prevent the spread of germs and protect yourself from COVID-19 and other respiratory viruses.

Cover Your Cough



- Cover your cough or sneeze with a tissue, then immediately throw the tissue in the garbage and wash your hands.
- If you don't have a tissue, sneeze or cough into your sleeve or arm.

Residents are reminded to use credible, evidence-based sources of information about this new coronavirus. Toronto Public Health's website is updated regularly as new information becomes available to help keep residents informed about COVID-19.

Visit toronto.ca/covid19 or call 416-338-7600.

TORONTO

COVID-19



Clean your hands to prevent the spread of germs

15 to 30 seconds with soap & water

Or with alcohol-based hand sanitizer

Don't touch your face with unwashed hands

TORONTO

toronto.ca/COVID19

Update from the Executive Director

Dear Esteemed Residents, Family Members, Staff and Community Partners,

As we bid farewell to the challenges and triumphs of the past year, I eagerly anticipate steering our collective journey towards new heights of success in the coming year. Together, the resilience and commitment of each community member has been the driving force behind our progress.

Joining this remarkable One Kenton Place team has been nothing short of exhilarating, and I am truly honored to lead such a talented group of professionals. Our shared commitment to excellence and innovation positions us for extraordinary achievements in the upcoming chapters of our mutual narrative.

I am thrilled to report that operational challenges, specifically the elevator issues, have been successfully addressed. Both elevators are currently operational, with a brief service interruption on Fri December 29th for final clean up, and minor tweaks and repairs.

As we eagerly welcome the new year, let's peek into our exciting transformative Expansion Project:

- We are progressing positively, and opening remains scheduled for Quarter 1 in 2024.
- 3rd and 4th floors will transition to heavier care floors, equipped with ceiling mounted lifts, and increased staff.
- New state of the art Tracking System for residents, staff, and visitors.
- Added Amenities include:
    - Dynamic Digital Memory Screens at each suite.
    - Aviary on the 4th floor.
    - Outdoor Patio on the 3rd floor.
    - Supine Tub on the 3rd floor.
    - Pedicure Station on the 2nd floor.
    - Dedicated Nurse's Station on each floor.
    - Video Wall in the Lower Level for entertainment, interactive activities, movies, training, etc.
    - Large employee area including lunchroom, washrooms, and lockers.

In the spirit of collaboration and growth, my door is always open. I welcome your insights, suggestions, and collaboration as we continue to shape the future of One Kenton Place. Let us celebrate our accomplishments, learn from our experiences, and collectively pave the way for an even more triumphant year ahead.

Thank you for being an integral part of the One Kenton Place community.

Here's to a reflective end to 2023, a prosperous New Year, and a bright beginning to a dazzling 2024!

Warm regards,

Taneshia Persaud
Executive Director

Manager Department Updates

Respiratory syncytial virus (RSV) is a major cause of lower respiratory illness, particularly among infants, young children, and older adults. The RSV vaccine was approved by Health Canada in Aug 2023 to prevent the RSV disease for adults aged 60 and over.

We will be having our Resident RSV Vaccine Clinic on **Jan 3rd, 2024, between 8am-12pm**.

Key Facts

- RSV may cause cold-like symptoms and is the most common cause of bronchiolitis.
- Most people who get an RSV infection will have mild illness and will recover within a week or two without the need for medical attention or treatment.
- For some individuals, particularly among infants, young children, and older adults RSV may result in severe infections.
- RSV can also make chronic health problems worse. Individuals are most likely to catch RSV from late fall to early spring when the virus is most active.

Transmission

RSV is transmitted by direct and indirect contact with infectious respiratory tract secretions. Transmission occurs directly when droplets generated from coughs or sneezes of an infected person comes into contact with the mucous membranes of the eyes, nose, mouth, or airway of another person. Indirect transmission occurs when people touch contaminated hands, surfaces and objects and inoculate themselves by touching their mucous membranes.

Vaccine

Arexvy is an adjuvanted vaccine containing a recombinant subunit prefusion RSV F glycoprotein antigen (RSVPreF3) combined with GSK's proprietary AS01E adjuvant. Arexvy is indicated for the prevention of lower respiratory tract disease (LRTD) caused by RSV in adults 60+ years of age. This vaccine must be reconstituted and administered intramuscularly (IM) as a single dose of 0.5 mL, containing both antigen and adjuvant components. The need for future doses is unknown currently.

Side Effects of the RSV vaccine

Like any other vaccine or medication, the RSV vaccine may have some side effects, which in most cases are mild and last only a few days.

- Common side effects after the RSV vaccine can include pain, redness, and swelling where the shot is given, fatigue (feeling tired), fever, headache, nausea, diarrhea, muscle/joint pain, hives, swelling of the mouth or throat, trouble breathing, hoarseness or wheezing, high fever (over 40°C or 104°F), seizures, other serious reactions.
- Serious neurologic conditions, including Guillain-Barré syndrome, have been reported very rarely after RSV vaccination in clinical trials; it is unclear whether the vaccine caused these events.

Kiran Sarlech and Julieta Zaharov
Clinical Leaders

Manager Department Updates

Dear Kenton Families,

Culinary Update:
Our culinary team has been hard at work crafting delightful experiences for our residents. This month, we added a special touch! We hosted a memorable Staff Holiday Party, a time to express our gratitude to the incredible individuals who contribute day-in and day-out to the warmth and joy at One Kenton Place. Our culinary team took great pride in preparing a scrumptious feast that reflected our sincere appreciation for their hard work and dedication. It was a festive celebration, and we extend our thanks to the entire staff for their unwavering support and ongoing commitment.

Maintenance Update:
In the realm of construction and maintenance, our expansion project is progressing steadily. The building is taking shape, inching closer to completion. We appreciate your patience and enthusiasm throughout this transformative journey. While the intensity of construction may dwindle during the holiday season, this brief respite will allow the crew to rest and recharge, spend time with their loved ones, able to return with a renewed energy in the new year to get this project done.

Happy New Years!

Warm regards,

Moshe Oziel
Services Director

We celebrated Channukah this month with a dreidel craft and a great Channukah party with lively entertainment and delicious food! The residents enjoyed watching the lighting of the menorah and saying the blessings. We welcomed in the first day of winter with a mitten craft which everyone enjoyed painting. We will be starting a new evening program called exploring dance styles which we are thrilled to introduce! We are looking forward to our New Years party on January 1st with entertainment by Keith. Hope to see you all there!

Rachel Balofsky
Director of Recreation

Occupational Therapy

OT Morning Mind & Body Exercise Group

Location & Hours: Monday, Wednesday & Friday 1st Floor, From 10-11AM

Tuesday & Thursday 4th Floor, From 10 – 11 AM

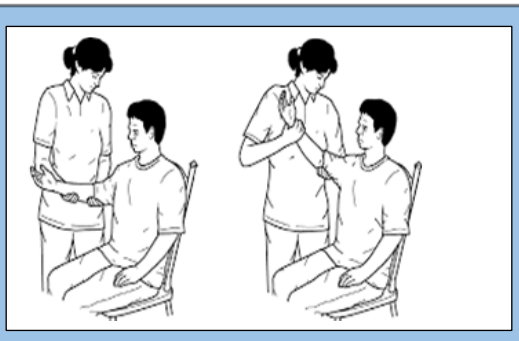
- OT program lead and facilitated by OT, OTA & students
- Welcome song, orientation board
- Fun cognitive activities
- Music & sing-a-long
- Warm up breathing, stretching, general strengthening exercise
- Variety of equipment including: foam noodles, balls, bean bags, drumsticks, balloons

OT Range of Motion Exercise Program

Many of our residents benefit from regular stretching due to joint stiffness. We provide daily passive range of motion (ROM) exercise.

The benefits of range of motion exercise include:

- maintenance of range of motion
- maintenance of tendon & muscle length & flexibility
- reduce risk of developing contractures
- decrease pain, joint stiffness of muscle tightness
- reduce risk of developing sores, postural imbalance or deformities

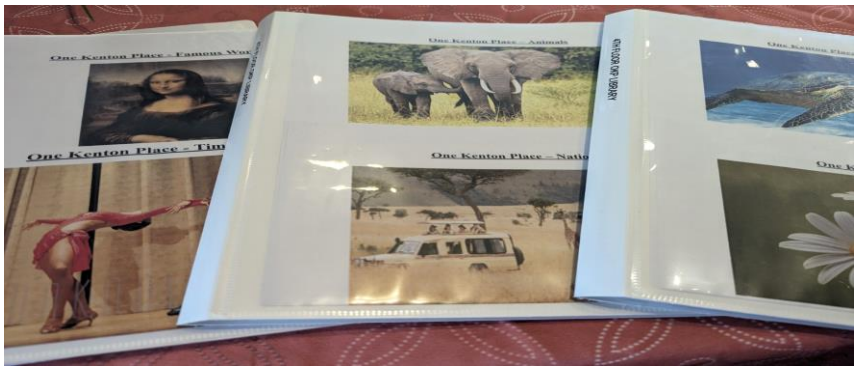


Mobility Training Program

We offer regular mobility training for residents who are assessed to be appropriate. The goal of mobility training is to maintain mobility for ambulation and transfers. Our team, including professional OTA students, assist with mobility training 3-5x/week. OKP has a specialized high-wheeled walker that is used with appropriate residents.

OT OKP Montessori Library

Our OT students have helped to created a mini OKP Montessori library with different topics that residents can flip through & enjoy.



All About Me Books & Frames

We love to get to know more about each and every one of our wonderful residents, so we have created our *OKP All About Me* name frames & booklets. The frames & booklets can be used by staff, student and families to stimulate meaningful interactions with our residents.

One Kenton Place OTA Students

One Kenton Place is a teaching facility and we are pleased to host OT & OTA from a variety of accredited colleges and universities throughout the year. We are currently hosting OTA students from Anderson, Georgian and Humber College. We want to thank all our students for all their hard work and dedication in supporting all our OKP residents.



Left to right: Jashandeep Kaur, Rosalinda Elbano, Hany Zhang, Tania Kerman (OT) Wesley Wang, Rogelina Gapuz (OTA) & Estelita Ogoc

Hope you enjoyed the OT updates. Stay tuned for the next quarterly highlights. Should you have any questions about OT services, I can be reached via email at ot@onekentonplace.ca. I am on-site Monday, Tuesday, Thursday & Friday from 9-12pm.

Happy Holidays!

One Kenton Place Social Media Pages

We welcome all our residents, family, and friends to visit, like and follow our One Kenton Place Facebook and Instagram pages! We share updates and pictures of daily and special events taking place.

Pix from our Programs

Having fun in our programs!







Let's Get Artsy!







We made so many beautiful art projects and showed our artistic side.

Baking

We made so many delicious treats this month including mouth-watering challah.

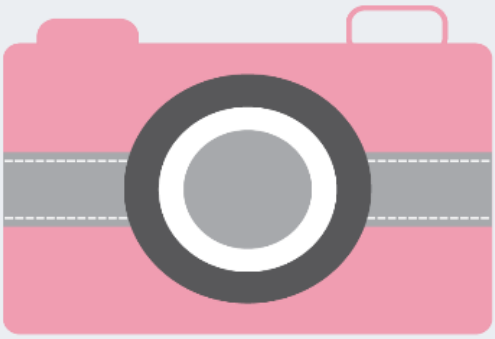






Smile! You're on Kenton Camera ☺







Coming up in January at One Kenton Place!

- ✓ We will be celebrating the new year with a fun and lively party with music by Keith and delicious refreshments
- ✓ We will be celebrating Tu BiShvat (the new year of the trees) with a bright and colorful craft
- ✓ Everyone loved it before so we brought it back again and will be making a tasty hearts of palm salad with avocado and tomato!
- ✓ You can't have winter without a snowman, and we will be making and decorating a snowman craft
- ✓ Hope you're hungry! We will be making and tasting a delicious potato salad complete with yummy veggies

Hope you enjoyed reading our newsletter.

Have a great day!