



Dania Home News

Issue Date: June 1, 2022

OUR MISSION:

At our community's campus of care, we excel in seniors housing and person-centered care for all, reflecting our Danish heritage.

OUR VISION:

Providing a loving and caring home.

OUR VALUES:

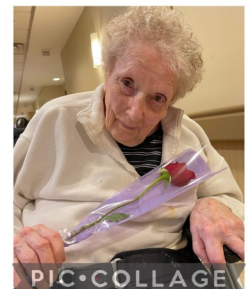
Excellence, Compassion, Diversity, Respect, Integrity

JUNE BIRTHDAY CELEBRANTS

- | | |
|------------|---------|
| Susie B. | June 11 |
| Anna B. | June 29 |
| Alfred B. | June 21 |
| Frank C. | June 07 |
| Wilma D. | June 13 |
| Mariano R. | June 09 |
| Antonio S. | June 13 |
| Roy S. | June 30 |
| Toshie T. | June 17 |
| Karen T. | June 26 |
| Jackson Y. | June 08 |
| Rory Y. | June 23 |



Around Dania Home
May 2022



PIC·COLLAGE

Happy
Father's Day

JUNE 19



Carnival Days
May 28 & 29

Dania is one of a few care homes in Canada to have earned Accreditation with Exemplary Standing from Accreditation Canada for 2018 - 2022. Accreditation Canada certifies that Dania and its contractors meet the national standards of quality for health services set by the Council.





**ACCREDITATION
CANADA**

The Qmentum Accreditation Process

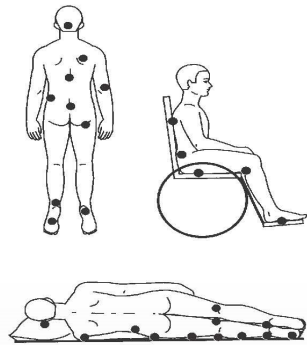
The Qmentum accreditation program is more than an on-site survey. It's about quality improvement, every day, with everyone that walks through your door.

During the cycle, your organization is evaluated against best-in-class standards established by our affiliate, Health Standards Organization (HSO).

WHERE CAN YOU GET A PRESSURE ULCER?

Pressure ulcers can happen anywhere on the body that there is pressure or rubbing.

Usually, they occur over the bony areas shown in the diagrams below.



HOW DO I KEEP MY SKIN HEALTHY?

- Move your body every 15 minutes when you are sitting and when you are in bed.
- Turn your body every 2–4 hours when you lie in a bed.
- Avoid positions that press on red or purple areas.
- Keep your heels from rubbing or resting on the bed.
- Eat healthy meals.
- Drink lots of water.
- Keep your skin clean and dry.
- Wash your skin every day with water, unscented soap and a soft cloth. Pat your skin dry.
- Moisten your skin with unscented lotions twice a day.
- Be active.
- Exercise and move as much as you are able.
- If you smoke, try to quit or cut down.

Pain Management Alternatives to Opioids & Prescription Painkillers

1. Corticosteroids (steroids)
2. Nonsteroidal Anti-inflammatory Drugs
3. Acetaminophen
4. Physical Therapy
5. Exercise
6. Chiropractic Treatment
7. Acupuncture
8. Meditation
9. Yoga
10. Cognitive Behavioral Therapy (CBT)



It's possible to treat pain without prescription medications



FAMILY

Council Meeting

Date: June 20, 2022

Time: 6:00 PM

**Location: 2nd Fl. Board Room
(In-Person or Virtual)**

RESIDENT

Council Meeting

Date: June 17, 2022

Time: 11:00 AM

Location: MPR

QUALITY IMPROVEMENTS

INITIATIVES

- ◆ New Mission, Vision and Values Statement
- ◆ New Dania Home Society & Dania Society Logo
- ◆ Presented and Discussed the New Heat Response Safety Plan for Dania Home & Dania Manor

VisitDenmark

Skagen, also called

The Skaw, city and port, northern Jutland, Denmark, near the northern tip of the peninsula on the Kattegat strait. It's a great destination for those who prefer hiking trips, relaxing walks, and yoga by the beach, rather than busy cities filled with car horns and traffic lights.