



# Dania Manor *News*

Issue Date: June 1, 2022

## OUR MISSION:

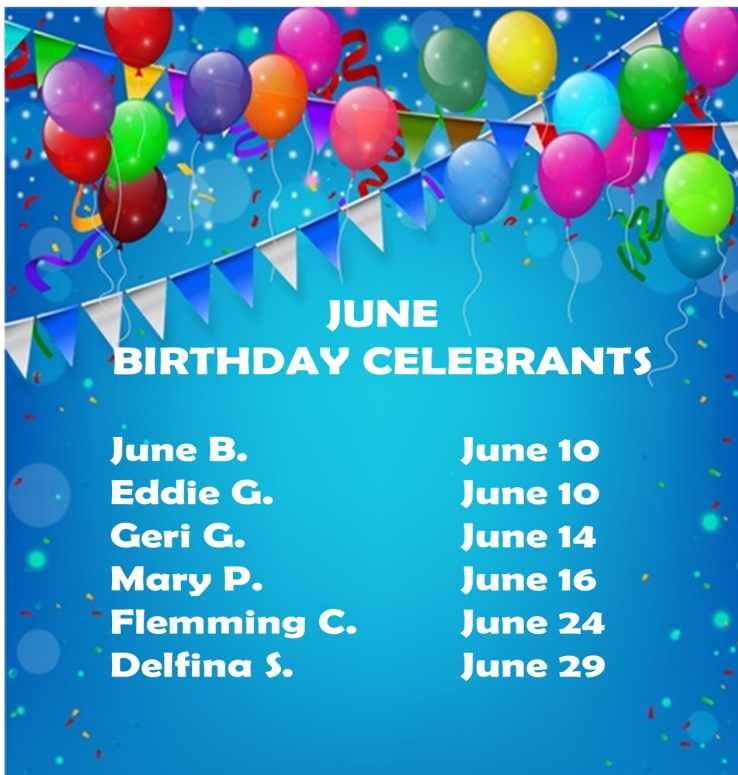
*At our community's campus of care, we excel in seniors housing and person-centered care for all, reflecting our Danish heritage.*

## OUR VISION:

*Providing a loving and caring home.*

## OUR VALUES:

*Excellence, Compassion, Diversity, Respect, Integrity*



**JUNE  
BIRTHDAY CELEBRANTS**

<b>June B.</b>	<b>June 10</b>
<b>Eddie G.</b>	<b>June 10</b>
<b>Geri G.</b>	<b>June 14</b>
<b>Mary P.</b>	<b>June 16</b>
<b>Flemming C.</b>	<b>June 24</b>
<b>Delfina S.</b>	<b>June 29</b>



**Happy  
Father's  
Day**

**JUNE 19**



**Carnival Day**

**May 27**



**AROUND  
DANIA MANOR MAY 2022** PIC • COLLAGE

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).



## CHEF CLUB

**1:15 PM**

## RESIDENT

*Council Meeting*

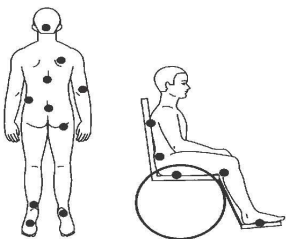
**1:30 PM**

*Wednesday June 22, 2022  
2nd fl. Lounge*

### 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.

## QUALITY IMPROVEMENT 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

### 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

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.