



Mrs. Ethel Hardwick chats with nurse.



Mississauga's new Extendicare Nursing Centre.

A place of understanding

We are creatures of many moods, high hopes of a bright future when we are young, frustrations when things go wrong, and fears of being alone with no one to care when we are old, or need care after a lengthy illness.

Long stays in the hospital when we are old or need convalescent care when we are ill, are not only financially prohibitive, but the hospitals have no room for extended patient care. Most hospitals are filled with their day-by-day routine.

This is where Extendicare fits in — a place for the elderly or a place for the convalescent to relax and be cared for by skilled nurses and an understanding staff.

The Extendicare Skilled Nursing Centre of Mississauga, which opened last month, is located across the road from Mississauga Hospital on the Queensway, just off Highway 10.

The three-storey building, set in landscaped lawns and attractive patio, gives a homey atmosphere as one enters the large lounge with its wide, colorfully draped windows and comfortable furnishings. Added to this is the warm greeting of the administrator, Miss Veronica Callaghan, R.N.

Miss Callaghan feels strongly that older people should not be lonely. There should be places for them to enjoy their reclining years, where they can be cared for with love and understanding, she said.

Though, she went on, Extendicare is not really an old persons' home, it is a cross between a hospital and nursing home, a place to go for continuing care after a period in a hospital.

RECREATION FACILITIES

A tour of the building proved that it is a home away from home. Its attractive private, semi-private or four bedrooms, each with its own colorful decor give an inviting, warm and homey atmosphere.

Spacious indoor recreation facilities include social lounges overlooking the patio, television, games room, and a quiet room for contemplation.

Each floor also has its own smaller lounges, where the residents may congregate for a chat or a game of bridge.

A large, attractive dining room for ambulatory residents extends from the lounge on the ground floor. For the bed patient, electrically heated meal carts keep meals piping hot for the trip from the sparkling white kitchen to the patients' rooms.

Miss Callaghan is a great believer in keeping a person alert and active: "It is most important that the residents have a place to keep up their hobbies and crafts. They need to feel they are still useful."

Plans are in the making for an occupational therapy program, where they can carry on old skills and learn new ones. It is hoped that the results of their work will find its way to the Tuck Shop where it can go on sale.

LIBRARY BOOKS

Arrangements have already been made with Mississauga Central Library for books for the library, and three women have volunteered to take charge of this part of the recreation therapy.

"There are many places where volunteers may help out," said Miss Callaghan, "flower arranging, visiting those whose families are away, and, she stressed, teenagers would be most welcome. I'd like to see teenagers 'adopt' a grandparent, drop in for a chat, read to them, and do those little things that grandchildren do for their own grandparents."

Visitors are most welcome and this includes children. This was proved the day we dropped in when Mr. Walter Sharpe, a convalescent resident, was visited by his wife, his son and his wife and little three-month-old granddaughter, Jennifer. It was a happy occasion for them all,

and one could feel the pleasure of Mr. Sharpe as he held his little granddaughter in his arms.

Extendicare's first thought is for happiness and care of its residents — its function is to make them feel at home. Its highly trained personnel not only takes care of the physical needs of the resident, but extends understanding and love in helping them to adjust in their new environment.



Administrator Veronica Callaghan



Grandpa's welcome visitors

Times Feature
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