

Director's Update

We proudly celebrate Seniors' Month by shining a Colour It spotlight on the older adults who enrich our lives and communities in countless ways. This is a time to recognize the wisdom, experiences, and lasting impact of seniors across Grey County Long-Term Care. Whether you're a resident, family member, caregiver, team member, or volunteer, your stories and contributions shape the heart of our homes. Thank you for everything you do to make our homes vibrant, inclusive, and full of life.

June is also a time to reflect, uplift, and celebrate diversity. During Pride Month, we honour the strength and courage of the 2SLGBTQI+ community. At the same time, we recognize National Indigenous History Month, paying tribute to the rich heritage, traditions, and contributions of First Nations, Inuit, and Métis peoples across Canada.

At the heart of everything we do is our commitment to Colour It Your Way, a philosophy that embraces person-centred care and celebrates each individual's unique identity, story, and needs. We remain dedicated to fostering equity, diversity, and inclusion in all aspects of care and community life.

We're also excited to announce that Silver Fox Pharmacy Inc. has been selected as our new pharmacy provider. With over 20 years of experience and a strong focus on senior care and innovation, Silver Fox is a family-owned pharmacy that aligns with our commitment to quality care. We are working closely with both Silver Fox and CareRx to ensure a smooth transition with no disruption to resident services. To support this, each home will begin the transition on a different date in July: Rockwood Terrace on July 10, Grey Gables on July 17, and Lee Manor on July 24.

On May 23, the Ministry of Long-Term Care released a [memo](#) regarding the Long-Term Care (LTC) Accommodation Rate Changes. Effective July 1, 2025, an inflationary increase of 2.4 per cent (%) will be applied to the co-payment rates for basic and preferred accommodation in LTC Homes. The MLTC provided the [Co-Payment Bulletin](#) that outlines the new accommodation rates. If you have any questions, please contact the business office.

A virtual family meeting is scheduled for July 2 at 7:00 p.m. This session will include recent updates and an introduction to Silver Fox representatives. Meeting details will be shared later this month.

Our recreation teams have planned a full calendar of activities, entertainment, games, gardening, arts and crafts, and special Father's Day celebrations. To all the amazing men in our lives, thank you for being mentors, role models, and everyday heroes. Wishing you a joyful and well-deserved Father's Day!

Until next time - keep Colouring It Your Way!

Warmly,

Jennifer Cornell Director of Long-Term Care & Senior Services

Program Highlights



May was a month of celebrating at Lee Manor, honouring all the wonderful mothers and inspiring women within our home. Ladies gathered for a delightful Mother's Day event on May 7, enjoying tea, cookies and warm company. Many ladies joined the fun of taking photo booth style photos with their loved ones on Mother's Day.





Throughout the month, residents also enjoyed many musical performances, art programs, fun games, and a special shopping trip to Giant Tiger.



Around the Home

2024 Notice of Assessment Reminder

If you or a family member reside in basic accommodation, please remember to submit your 2024 Notice of Assessment to the main office as soon as you receive it from the Canda Revenue Agency.

If you have any questions or concerns, please contact Office Coordinator Kelly Litt, kelly.litt@grey.ca, 519-376-7674.

Potential Mail Service Disruption

Please be advised of a potential disruption in postal services that may impact the timely delivery of mailed correspondence from Lee Manor. This may affect important documents such as:

- Monthly invoices and statements
- Rate reduction notifications

If you currently receive your invoice or statement by mail, we strongly encourage you to consider alternative

delivery methods to avoid delays. These include:

- Email delivery – Please contact the Business Office at 519-376-4420 to provide or update your email address.
- In-person pick-up – You may also choose to collect your documents directly from the Business Office.

Keeping your contact information up to date will help us maintain consistent and timely communication, especially during service interruptions. If you have any questions or need assistance updating your account, please don't hesitate to reach out.

Thank you for your attention and cooperation.



Sun Safety

As the days grow sunnier, please remember to help protect your loved ones by ensuring they have proper sun protection, such as hats, sunglasses

and sunscreen to protect their skin and eyes during outdoor activities. Sunscreen is also available at various exits throughout the building, please help yourself. Staying sun-safe helps everyone to enjoy the beautiful weather comfortably and safely.

Labelling of Clothing

Just a friendly reminder, all resident clothing is carefully labelled by our laundry staff to help prevent lost items. When bringing in new clothing, please stop by the nurse's station so we can send the items to be labeled. Please also keep in mind that not all fabrics hold up as well under the high temperatures of our labelling press. Fabrics to avoid include moisture wicking athletic blends and heat sensitive materials such as nylon and silk. Fabrics such as cotton blends tend to hold up well through the process. We appreciate your consideration and efforts in supporting this process.

Window Cleaning

Please be advised that window cleaning, both interior and exterior, is scheduled for the entire home on June 18. We kindly ask that residents keep their windows closed to allow for this process to be completed efficiently and safely.

Special Events

June will be a busy month with many exciting programs, special events and monthly celebrations. A special musical

performance from Joe Passion will be held on Father's Day.

Four Paws Flying Dog Show

Monday, June 16
at 2:00 p.m. in the Familee Garden.

Bluewater Classic Car Show

Tuesday, June 17
at 2:00 p.m. in the front parking lot

Owen Sound City Band

Monday, June 30
at 6:30 p.m. in the FamiLee Garden.

Seniors Month

June is Senior's Month, a special time to honour and celebrate those who have helped shape our families and communities. At Lee Manor, we are proud to recognize the wisdom, resilience and the contributions of our residents. Throughout the month, we will be celebrating our residents and encouraging all to share their wisdom and stories.

Pride Month

June is Pride month, a time to celebrate everyone's individuality and honour diversity. In keeping with our "Colour It" promise, we embrace the unique stories and journeys that make our home vibrant, inclusive and full of pride. We believe everyone deserves to feel seen, heard and celebrated – just as they are.

Indigenous History Month

Indigenous History Month invites us to listen, learn and reflect. It is a time to

deepen our understanding of the rich cultures and traditions of First Nations, Inuit and Metis peoples, whose presence and contributions have shaped this land. We wish to continue to support understanding, respect and reconciliation for all.

Council Information



We want to hear from you! We welcome you to join the Lee Manor Family Council. The Council meets monthly to receive updates, ask questions, and provide valuable feedback on the operations of the home. You can join us in person or virtually on Zoom. To receive an invitation to future meetings, contact Resident and Family Services Manager Rebecca Jackson, rebecca.jackson@grey.ca, 519-376-7325.

Join our Next Meeting

Friday, June 27

2:00 p.m.

Family Dining Room

For those who wish to join us virtually please use the [Zoom link](#)

Volunteer Corner



We'd like to extend our heartfelt thanks to our dedicated and adaptable volunteers whose efforts have kept the Ice Cream Parlour open. Their flexibility and commitment have been especially meaningful during a spring marked by a number of outbreaks. We are truly grateful for the joy and comfort they continue to bring to our residents.

In June, we will welcome a new addition to our Pet Therapy team, a beautiful Bernese Mountain Dog, Chino!

1st Floor Nut Allergy

The 1st floor home area remains “nut-free” in response to an anaphylactic allergy. Please note items that contain nuts or consumables manufactured in a

facility that may contain nuts will **not** be permitted in this home area.



Emergency Code Review

Code Yellow

If a resident cannot be located within five minutes of the absence being reported, Code Yellow will be called to alert team members and prompt an appropriate response including an organized and comprehensive centralized search procedure.

A missing resident search checklist will be completed that includes such information as: a physical description of the resident, what they are wearing, possible favourite places to go etc.

The comprehensive search begins with all areas of the building and the surrounding property. If the resident is not found after this initial search, 911 is called for police assistance and the Power of Attorney/Substitute Decision Maker is informed.

It is important that if family or friends are taking a resident away from the

property, they use the appropriate sign out book as this is also one of the first areas checked.

Homes are equipped with devices and software that alert team members if a resident that should not be alone outside is leaving or attempting to leave the building.

IPAC Tip

Front Line Champions in Infection Control in Long-Term Care

Personal Support Workers (PSWs) are essential to the success of the Infection Prevention and Control (IPAC) program!



As the team members with the most frequent and direct contact with residents, PSWs are often the first to observe changes in resident health or signs of infection. Their dedication to hand hygiene, proper use of personal protective equipment, and adherence to cleaning and disinfecting protocols plays a critical role in preventing the spread of infection within long-term care homes.

PSWs foster a culture of safety, by modeling best practices, supporting their colleagues, and advocating for the wellbeing of both resident and staff. Their frontline insights and feedback are invaluable in shaping and improving IPAC practices across long-term care!

Strong infection control starts with strong PSW engagement!

PSWs are not just participants - they are key partners in IPAC, helping to ensure a safe and healthy environment for everyone.

Colour It Academy

June is Stroke Awareness Month

A stroke happens when blood flow to the brain is interrupted, damaging brain cells. The impact varies based on the location and extent of the damage. Prevention starts with understanding and managing your risk factors, beginning with small, achievable changes to lower your stroke risk.

- **Diet** – Focus on a diet rich in fruits, vegetables, whole grains, lean protein, and healthy fats. Limit sodium, saturated and trans fats, and added sugars.
- **Exercise** – regularly to lower stroke risk. Aim for 2 ½ hours of moderate-vigorous activity weekly
- **Weight** – Maintaining a healthy weight is crucial in stroke prevention and can reduce stroke risk factors such as high blood pressure and diabetes.
- **Alcohol** – If you drink alcohol, limit yourself to small amounts, drink plenty of water and pace yourself.
- **Stress** – Prolonged stress increases the risk of stroke. Manage it with physical activity, self-care, and relaxation techniques.

Understanding the warning signs of stroke can save a life from stroke.



Learn the
signs of stroke

Face is it drooping?
Arms can you raise both?
Speech is it slurred or jumbled?
Time to call 9-1-1 right away.

Act **FAST** because the quicker you act, the more of the person you save.

Other stroke symptoms: numbness, confusion, trouble seeing, trouble walking or severe headache.

[Click here](#) for more information on stroke prevention strategies.

Diversity and Inclusion Calendars



The 2025 Diversity Calendar provided by the Ontario Centers of Learning, Research, and Innovation in Long-Term Care This thoughtfully curated calendar celebrates the rich tapestry of cultures, traditions, and experiences that make our world a vibrant and diverse place.

The calendar provides a go-to place to keep track of dates that may have special meaning for LTC residents, families, and team members: religious and spiritual days of significance, cultural celebrations, awareness days and health promotion days. Staying aware of these days and scheduling activities around them will help us create an inclusive home, 365 days a year.

[Click here](#) to view the Culture and Diversity Calendar for June 2025.

Leadership Team



You can reach the home at 519-376-4420.

Our phone system allows callers to navigate using the dial pad, or voice commands to connect directly with a member of the leadership team or department. Please listen carefully to the menu options when calling the home.

Tolleen Parkin, Executive Director,
519-376-8913 Tolleen.parkin@grey.ca

Cindie Holm, Director of Care,
519-376-4655, Cindie.holm@grey.ca

Annie O'Dette, Assoc Director of Care,
519-376-8687, Annie.odette@grey.ca

Leah Cantlon, Nurse Practitioner
519-371-6543, leah.cantlon@grey.ca

Stephanie Patterson, IPAC & Wellness
Manager, 548-877-0829,
Stephanie.patterson@grey.ca

Darlene Bowerman, Resident Care
Coordinator, 519-376-7256
Darlene.Bowerman@grey.ca

Ginelle MacDougall, Resident Care
Coordinator, 548-877-0810
Ginelle.macdougall@grey.ca

Rebecca Jackson, Resident and
Family Services Manager,
519-376-7325

Rebecca.jackson@grey.ca

Paige Caswell, Nutrition Manager,
519-376-7947, Paige.caswell@grey.ca

Tracylynn Lingard, Assistant Nutrition
Manager, 548-877-0707

Tracylynn.lingard@grey.ca

Jason Hellyer, Building Services
Supervisor, 519-376-7542

Jason.hellyer@grey.ca

Kelly Litt, Office Coordinator,
519-376-7674 Kelly.litt@grey.ca

Melissa Lorenz, RAI Coordinator,
519-376-7867 Melissa.lorenz@grey.ca



Let's Connect

We want to hear your **suggestions, questions, compliments or concerns**. There are lots of ways to share your feedback with us.

1. Fill out a Let's Connect comment card and drop it in our confidential Let's Connect box.

2. Speak directly with our Executive Director or with any manager on duty.
3. Email your feedback to the Grey County Support Services Office at [Long Term Care Feedback](#).
4. For emergencies or urgent concerns, please contact any member of our team.

