

Lee Manor

May 2025

## Director's Update

As we welcome the month of May, we embrace the beauty and warmth that this time of year brings. May is a month of renewal and growth, a time to enjoy the blossoming flowers, fresh green leaves, and gentle breezes. It's perfect for new beginnings, whether it's exploring new hobbies, starting a garden, or simply taking a moment to relax and reflect.

We're proud to share that our team has been awarded the **AdvantAge Ontario Workplace Quality and Innovation Award**. This recognition celebrates our ongoing commitment to creating a supportive, forward-thinking workplace where innovation thrives. Congratulations to everyone whose dedication and creativity made this achievement possible!

**World Hand Hygiene Day** on May 5 serves as an important reminder of a simple task that helps prevent the spread of infection. Hand hygiene saves millions of lives every year when performed at the right moments. Let's come together and continue to make a difference by washing our hands often. Proper hand hygiene can reduce the transmission of respiratory infections by

up to 23%, and gastrointestinal infections by up to 48%. Washing your hands with soap and water for at least twenty seconds is one of the most effective ways to prevent the spread of germs and keep yourself and others healthy.

**National Nurse's Week** is celebrated this year from May 12-18 with the theme for 2025 being "The Power of Nurses to Transform Health." This theme underscores the remarkable influence that nurses and all healthcare workers have in shaping healthcare, driving innovation, and advocating for person-centered care. Their care, compassion, and expertise contribute to the health, safety, and wellbeing of our residents. Each of them is a vital member of our Colour It Care team! I commend their efforts and thank them for their commitment to our "Colour It Your Way" promise and person-centered care.

This month also offers a wonderful chance to honour and celebrate all the mothers and extraordinary women who inspire and uplift us daily. Through cherished memories, kind words, or comforting hugs, their presence is a treasured gift. Wishing everyone a Happy Mother's Day!

Our priority remains the safety and wellbeing of everyone who lives and works in our homes. With various viruses still circulating in the community, we kindly remind you to perform hand hygiene with alcohol-based hand rub when visiting. Please remember to sanitize your hands upon arrival, before leaving, and after any contact with a resident. If you are feeling unwell, we ask that you reschedule your visit for another day.

Until next time, keep Colouring It Your Way!

Jennifer Cornell,  
Director of Long-Term Care & Senior  
Services

## Program Highlights



Despite navigating various outbreaks in April, the Recreation Department found many creative ways to keep spirits high. Residents embraced the spirit of the Easter season with a variety of festive activities including bunny-themed crafts, Easter egg decorating and Easter prize

Bingo. Over the holiday weekend, the Easter bunny made a special visit, bringing smiles and sweet treats to all.







The anticipated warm weather of May brings many exciting programs including a shopping bus trip, Cinco de Mayo party, many musical performances, outdoor walks and more. On Wednesday, May 7 we will be hosting a Mother's Day tea to celebrate the ladies of Lee Manor. Ladies will be able to join together in the Ice Cream Parlour for tea, treats and to share their stories and wisdom of Motherhood.

## Around the Home

### Hair Salon

Looking for a fresh spring haircut? Our hairdresser, Karen, is here to assist with all your hair needs. You can find Karen's salon in the 3 South home area, and she is available on Tuesdays, Wednesdays, and Thursdays.

### 2024 Notice of Assessment Reminder

We would like to remind families to provide a copy of the resident's 2024 Notice of Assessment upon receipt. If eligible, this will ensure your loved one's rate reduction is processed in a timely manner. If you have questions or concerns, please contact Office Coordinator Kelly Litt, [kelly.litt@grey.ca](mailto:kelly.litt@grey.ca), 519-376-7674.

### Nurse's Week

Nursing Week is May 12-18. This is the annual celebration of nurses that coincides with the birthday of Florence Nightingale (May 12, 1820), the founder

of modern nursing. Lee Manor is fortunate to have many exceptional nurses, and we want to extend our gratitude for their ongoing care and compassion towards our residents.



During this week, we will be hosting a staff appreciation event to celebrate all team members for their commitment to quality resident centred care and embracing Grey County's "Colour It Your Way" promise. We invite all residents and families to share stories or Colour It moments with the home to acknowledge the great dedication and care provided by our team members.

## Council Information

We want to hear from you! Join the Lee Manor Family Council. The Council meets monthly to receive updates, ask questions, and share valuable feedback on home operations. 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](mailto:rebecca.jackson@grey.ca), 519-376-7325.



**Join Our Next Meeting**  
**Friday, May 23, 2025**  
**2:00 p.m.**

**Family Dining Room**

For those who want to join us virtually please click the [link](#).

## Seasonal Reminders

### Safety Reminder

With the arrival of warmer weather, more of our residents are enjoying daily walks outside. We kindly ask that you drive slowly and cautiously in the parking lot. Your cooperation helps ensure that Lee Manor remains a safe place for all residents, families, visitors, and team members. Thank you for your support!

### Closet Clean-Outs

As we welcome the change of seasons, it is the perfect time for some spring cleaning! We encourage all residents and families to take part in a Spring closet clean-out. When visiting your loved one, please consider removing any clothing items that they no longer wear or no longer fit. This will help manage the limited space in their closet and ensure more organized and comfortable living environment.

### Sun Safety

As the days get sunnier, please remember to provide your loved ones with sunscreen, hats and sunglasses to help protect their skin and eyes during

outdoor activities. Sunscreen is also available to all, at various exits throughout the building. Staying sun-safe helps everyone to enjoy the beautiful weather comfortably and safely.

### Appointment Transportation and Companion Services

Families play an important role in coordinating transportation for residents who need to attend appointments outside of the home. If your loved one has an upcoming appointment, you will need to book transportation through an external service provider that best meets their needs. Additionally, if extra assistance is required, families may arrange a companion service to accompany the resident to their appointment.

We encourage families to plan and make necessary arrangements in advance. If you need assistance with finding external service providers, we are always happy to help provide you with some local contacts.

## Volunteer Corner

April 27 – May 3 is National Volunteer Week. Lee Manor would like to extend a warm thank-you to all our wonderful volunteers. Your time, kindness, and dedication make such a difference in the lives of our residents. Whether you're lending a hand in the Ice Cream Parlour,

or simply sharing a smile, we truly appreciate all you do!

Lee Manor is always welcoming volunteers! For information on how to begin volunteering, please contact Resident and Family Services Manager, Rebecca Jackson, [rebecca.jackson@grey.ca](mailto:rebecca.jackson@grey.ca), 519-376-7325.



## 1<sup>st</sup> Floor Nut Allergy

The 1<sup>st</sup> 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 Orange Review

In the event of an external disaster, community utility failure, air exclusion event, severe weather event (including weather watches and warnings), severe air quality issues, wildfire danger and/or if the location is requested to provide emergency shelter to an external group (emergency reception), a Code Orange will be called to alert team members, visitors, and residents and prompt an appropriate response in accordance with the location's Code Orange Emergency Plan.

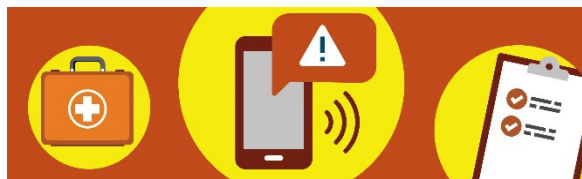
Policies for Code Orange provide direction for all these types of emergencies. We also have pre-event checklists for situations such as winter storms or the recent Solar Eclipse that promote preparedness rather than reactivity.

Local Municipalities, and Grey County also maintain policies to address these types of situations and if criteria is met, would declare a state of emergency.

### National Emergency Preparedness Week May 4 – 10, 2025

Emergency Preparedness Week (EP Week) is a national awareness initiative and an opportunity for you to take action to ensure you're prepared to protect

yourself, your family and your community during an emergency.



This year, the theme is **Be Prepared. Know Your Risks.** We encourage you to understand the risks in your area and learn what actions you can take to protect yourself and your household.

For more information, check out the Government of Canada's Emergency Preparedness [website](#).

## IPAC Tip

## Hand Hygiene Day 2025



**It might be gloves. It's always hand hygiene.**

Medical gloves are used in healthcare and are defined as disposable gloves used during medical procedures. These gloves can get contaminated as easily as bare hands and do not protect 100%. When worn, gloves should be removed, for example:

- after touching a resident and hand hygiene performed immediately as per the [Public Health Ontario's 4 Moments for Hand Hygiene](#).

**Whether or not gloves are worn, practicing proper hand hygiene at the right times and in the correct manner remains one of the most crucial measures to protect both residents and healthcare workers.**

Hand-hand audits are conducted in each of our long-term care homes, ensuring that best practices are consistently followed to protect the health and safety of both residents, visitors and staff.

- Check out our Hand Hygiene compliance posters that are posted at the front door.

For more information on glove use and World Hand Hygiene Day, click this [link](#).

## Colour It Academy

## Be Active This Spring

As the weather warms up, it's the perfect opportunity to get outside and enjoy the benefits of walking. Walking enhances mental, social, and physical well-being, improves balance, posture,

and muscle strength, and provides a wonderful chance to connect with others.



Committing to a 30-minute walk each day can help you achieve the following:

- **Improved Cardiovascular Health:** Regular walking helps lower blood pressure, reduce cholesterol levels, and decrease the risk of heart disease and stroke
- **Better Blood Sugar Control:** Walking, especially after meals, can help manage blood sugar levels and reduce the risk of type 2 diabetes
- **Enhanced Bone and Joint Health:** Walking strengthens bones and muscles, improves joint flexibility, and reduces the risk of osteoporosis
- **Weight Management:** Walking helps burn calories, which can aid in maintaining a healthy weight and reducing obesity-related health issues
- **Boosted Immune System:** Regular physical activity like walking can enhance the immune

system, making it easier to fight off illnesses

- **Reduced Anxiety and Depression:** Walking can improve mental health by reducing symptoms of anxiety and depression and boosting overall mood
- **Improved Balance and Coordination:** Walking helps improve balance and coordination, which can reduce the risk of falls
- **Social Interaction:** Walking with friends or in groups can provide social benefits, reducing feelings of loneliness and isolation

## 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 May 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](mailto:Tolleen.parkin@grey.ca)

**Cindie Holm**, Director of Care,  
519-376-4655, [Cindie.holm@grey.ca](mailto:Cindie.holm@grey.ca)

**Annie O'Dette**, Assoc Director of Care,  
519-376-8687, [Annie.odette@grey.ca](mailto:Annie.odette@grey.ca)

**Leah Cantlon**, Nurse Practitioner  
519-371-6543, [leah.cantlon@grey.ca](mailto:leah.cantlon@grey.ca)

**Stephanie Patterson**, IPAC & Wellness  
Manager, 548-877-0829,  
[Stephanie.patterson@grey.ca](mailto:Stephanie.patterson@grey.ca)

**Darlene Bowerman**, Resident Care  
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[Darlene.Bowerman@grey.ca](mailto:Darlene.Bowerman@grey.ca)

**Ginelle MacDougall**, Resident Care  
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**Rebecca Jackson**, Resident and

Family Services Manager,  
519-376-7325

[Rebecca.jackson@grey.ca](mailto:Rebecca.jackson@grey.ca)

**Paige Caswell**, Nutrition Manager,  
519-376-7947, [Paige.caswell@grey.ca](mailto:Paige.caswell@grey.ca)

**Tracylynn Lingard**, Assistant Nutrition  
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**Jason Hellyer**, Building Services  
Supervisor, 519-376-7542

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**Kelly Litt**, Office Coordinator,  
519-376-7674 [Kelly.litt@grey.ca](mailto:Kelly.litt@grey.ca)

**Melissa Lorenz**, RAI Coordinator,  
519-376-7867 [Melissa.lorenz@grey.ca](mailto: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.

