

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.

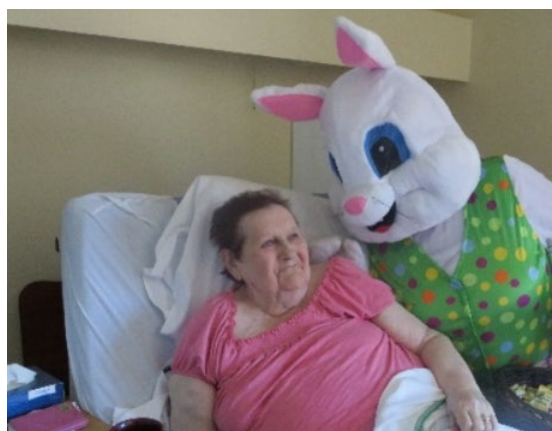
Until next time, keep Colouring It Your Way!

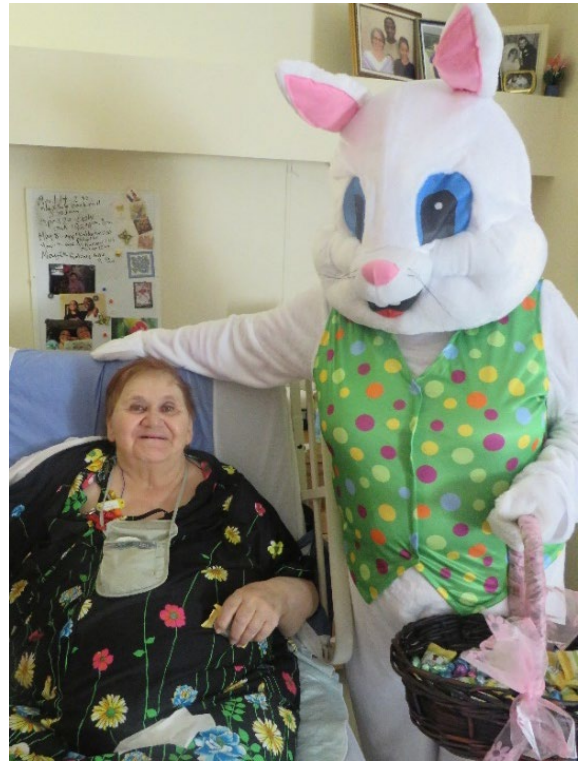
Jennifer Cornell,
Director of Long-Term Care & Senior
Services

April Highlights

April was a fantastic month at Rockwood Terrace! We enjoyed visits from the Easter Bunny, an exciting egg hunt, Easter themed games and crafts and lots of musical entertainment. Special Easter treats added to the festive atmosphere.

We also had the honour of celebrating a special couple's 65th Wedding Anniversary.









All the hockey fans are gearing up to cheer on their favorite teams for the playoffs. One resident even requested white and blue nail polish to cheer on her team the Toronto Maple Leafs!





We also kept busy doing some garden clean-up, prepping the soil for flower planting, and tidying up the outdoor area. We are excited to get planting in the near future!



Upcoming Events

Mother's Day Garden Party

To honor all the wonderful ladies of Rockwood Terrace, we are delighted to invite you to a Mother's Day Garden Party on **Wednesday, May 7th**. Enjoy refreshments and live music by Robin Rich.

Consider wearing a fancy hat, top, or dress to add a splash of color to this special event. We look forward to celebrating together!

Goddess Project

We are excited to announce the **Goddess Project**, taking place on **Friday, May 9th from 1:30 p.m. to 3:30 p.m.** This event is a unique opportunity for the ladies to dress up and feel special. A professional photographer, generously donated by a family member, will be present to capture these special moments.

Participants will have the chance to use various props and create beautiful, memorable photos. It's a wonderful way to celebrate and honour the incredible women in our community.

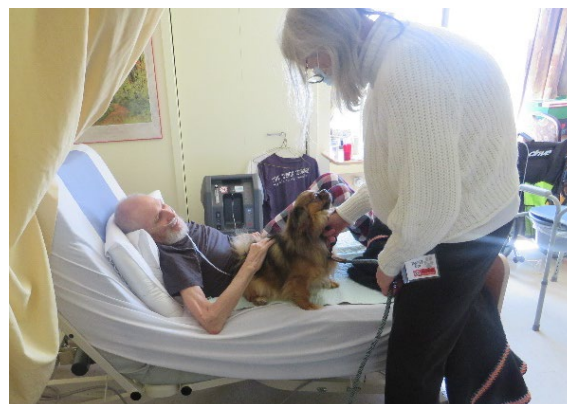
If you are interested in this program, please speak to one of the team members from the Recreation Department.

Volunteer Corner

We held a Volunteer Meeting on Tuesday, April 29th, and one of the highlights was our guest speaker, Jackie Ralph from the Canadian Mental Health Association (CMHA). Jackie emphasized the importance of taking care of your mental health and delivered this crucial message in an interactive and relaxed environment, making it both engaging and impactful.



The **St. John Ambulance Therapy Dog Program** is a wonderful initiative that brings comfort, joy, and companionship to people across Canada. Volunteers and their dogs visit hospitals, long-term care facilities, schools, and libraries, providing therapeutic benefits through petting, affection, and regular visitation. Over the years, **Rockwood** has been fortunate to have many of these dedicated volunteers, enriching the lives of countless individuals in the community. We wanted to officially welcome Karen and Chevy who have been visiting for awhile and new volunteer Sheila and Alfie to the Care Community.



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 hygiene 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 519-369-6035.

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.

Karen Kraus, Executive Director
519-369-5154, Karen.kraus@grey.ca

Lucinda Walter, Director of Care
519-369-5256, Lucinda.walter@grey.ca

Andrea Watson, Assoc. Director of Care, 519-369-3337

Andrea.watson@grey.ca

Drake Hall, Nurse Practitioner
519-369-5378, drake.hall@grey.ca

Brenda Tanner, IPAC & Wellness Manager, 519-369-1299

Brenda.tanner@grey.ca

Josh Eccles, Resident Care Coordinator, 519-369-5129

Josh.eccles@grey.ca

Teri Fischer, Resident and Family Services Manager
519-369-5523, Teri.fischer@grey.ca

Sherry McDonald, Nutrition Manager, 519-369-5392

Sherry.mcdonald@grey.ca

Brandon Patterson, Building Services Supervisor, 519-369-3440

Brandon.patterson@grey.ca

Stacey Young, Office Coordinator
519-369-5434, Stacey.young@grey.ca

Karen Pink, RAI Coordinator
519-369-5245, Karen.pink@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.
5. For emergencies or urgent concerns, please contact any member of our team.

