

Director's Message

Last March came in like a lion in more ways than the weather. As our region approaches the one-year mark of the COVID-19 pandemic, it is hard to believe that so many changes could take place in such a short time. These changes were difficult but necessary and contributed to saving so many lives and keeping our region safe. Your strength, cooperation, and hard work are truly appreciated.

I want to thank the Grey Bruce Public Health Team for leading successful vaccination clinics. All consenting residents at the three care communities have received their first COVID-19 vaccine dose, and on February 20 and 21, team members and Designated Care Partners (DCPs) who consented received their first dose as well.

I would like to remind everyone the continued importance of the three W's; **W**ear a Mask, **W**atch your distance and **W**ash your hands often. Even though our community vaccination numbers are increasing, we must stay vigilant in the face of the new COVID-19 variants. Our clinical teams are proactively working with external healthcare partners to review our infection prevention and

control measures and will implement suggestions and feedback to ensure all our procedures are based on current best practice guidelines.

Our three care locations recently transitioned to Rapid Antigen testing in order to meet the new directive for long-term care home surveillance testing. The first phase on February 22 included DCPs, and on February 28, all team members. Both DCPs and team members are on the same frequency schedule for testing. Each care community has recruited for additional surveillance testing support staff and are currently finalizing the logistics to meet the fully operational deadline of March 15. Fairmount Security has been contracted as our Mandatory 3rd Party Oversight to ensure compliance with the Ministry guidelines.

Our DCP program continues to grow, and we want to hear your input to ensure we are meeting the needs of the residents, DCPs, and team members. A second set of surveys will be released this month, and the confidential aggregated data will be part of the evaluation process. Please watch your email for the survey link. Your feedback is extremely important and I thank you in advance for your participation.

Once our public health region returned to the Yellow (Protect) Zone we increased our number of DCPs back to two per resident visit. As the warmer weather is approaching we are now offering window visits again and our Colour It Connect program continues to offer virtual visits that can be booked online at grey.ca/long-term-care.

Our Resident and Family Services Managers will be providing a full update on the recent Resident and Family Experience survey results. Highlights from the family survey noted that 97% would recommend Grey County's Care Communities to others. Our goal is to Colour It for all members and focus on the health and wellbeing of our residents, staff and the community.

Stay safe, stay well.

Jennifer Cornell
Director of Long-Term Care

Rockwood Family Meeting

If you are interested in taking part in an upcoming Rockwood Terrace Virtual Family meeting, please contact Teri Fischer, Resident and Family Services Manager for more information. We do not currently have an active Family Council so we wanted to host a meeting that would give us a good opportunity to update you on the happenings in the home and also see if anyone is interested in being involved with establishing a Family Council. The date

of the meeting is Wednesday March 24th at 2:00 p.m.

You can join by clicking the link below. If you plan to participate please RSVP to Teri Fischer who can also share out the meeting details.

[Rockwood Terrace Family Meeting
March 24, 2021](#)

Meeting ID: 836 5133 7144
Passcode: 908139

Tim Horton's "Trip"



The recreation team came up with a great way to facilitate a "trip" to Tim Hortons for our residents on February 3rd. They initially saw this idea on a social media post and decided to organize a similar event at Rockwood. The team set up a "drive through" window and put up some signage to give the illusion of being at Tim Hortons.



Residents were assisted down to enjoy a small coffee and donut. This event was so popular we plan to hold it monthly for our Residents, until a physical trip to Tim Hortons can be arranged!

Vaccination Clinic

In collaboration with Public Health, the Pfizer-Biontech Covid-19 Vaccine arrived at Rockwood Terrace on Saturday February 20th for DCP's and staff. We are extremely pleased to share that with the assistance of Public Health and our clinical team, a successful vaccination clinic was held, with 150 doses of the vaccine administered to staff, Designated Care Partners, Residents and Support Staff. We are expecting the second dose of the Moderna Vaccine to arrive early in March for Residents who already received their first dose earlier this year.



Around the Home



Virtual Music with Ron McManus was a highlight in February, as well as one to one music with Cara throughout the home. Art projects, special Valentine's programs where residents shared dating advice as well as a delicious lunch celebrating the Chinese New Years were also highlights this past month.



Generous Donations

A few months ago, Alisha Kuglin started a “Sponsor a Senior” campaign, geared specifically to the residents of Rockwood Terrace. Alisha started her Usborne Books journey because of her family’s love of books. This line is well known for their wide selection of children’s books, but there are also some great activity books for seniors as well.

Alisha took to social media in hopes of getting enough donations to gift Rockwood Residents with 50 Bundles of these activity books. Each set includes either a magic painting or colouring book with pencil crayons & sharpener.



On Friday February 26th Alisha presented the home with 60 sets of these activity books. We thank Alisha for her kindness and to everyone who donated to this cause. Our residents will enjoy these gifts and your thoughtfulness is greatly appreciated!

Dr. Walley Retirement

Our Medical Director, Doctor David Walley has announced his retirement from this position effective April 29, 2021. Dr. Walley has been our Medical Director since the home opened in 1984. Over the years Doctor Walley has seen lots of changes at the home. We want to thank Dr. Walley for his dedication to our residents, families and staff. We wish you all the best Dr. Walley as you move into the next chapter of your life, you will be missed!

Colour It Academy

Best Foods for a Healthy Brain



The nutrients in food work together to keep your brain healthy. Eating healthy fats, leafy green vegetables and berries can improve memory.

Here are some of the best foods suggested for brain health:

- Eat fish at least twice a week, like salmon, trout, sardines, and herring.

- Limit fat use extra virgin oil, coconut oil and peanut oil instead of butter, margarine or shortening.
- Vegetables and berries; include lots of vegetables in your diet, especially leafy greens like romaine lettuce, spinach and kale. Add avocados and berries to your diet especially blackberries and blueberries.
- Replace salt; switch that saltshaker with more spices and herbs such as turmeric, curry, black pepper, oregano, basil, parsley and ginger.
- Dark chocolate; enjoy small amounts of dark chocolate with at least 70% cocoa.
- Nuts and seeds; snack on walnuts, almonds, and sunflower seeds.
- Teas and coffee; sip on coffee, black tea, and green tea without adding a lot of sugar.

Leadership Team

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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.

Our Promise...

Community

Opportunity

Leadership

Organizational Quality
& Safety

U are the Centre of All
We Do

Relationships

Integrity

Together for Tomorrow