

Director's Update

April, the month that brings the promise of new beginnings. The snow melts away, the sunshine rejuvenates our souls, and the grey of winter turns to a beautiful spring canvas – a sure sign that spring has arrived.

Our programs department has fun filled activities planned for the month, including arts and crafts, live entertainment, and themed days to celebrate spring.

In March, the Ministry of Long-Term Care released a [memo](#) announcing the end of the enhanced masking measures and provided an updated [COVID-19 Guidance document](#). Our three homes reviewed the update to the enhanced masking measures, as we did in the fall. The Infection Prevention & Control and Wellness Leads consulted with a group of residents, families, and team members to review the new guidance document using the Infection Prevention and Control ethical framework. On March 6, our three homes welcomed the removal of masks and agreed to continue to be mask friendly for those who choose to continue to wear one.

On March 27, we held a [Virtual Family Meeting](#) to discuss the enhanced masking measures, and provided an

update related to Accreditation Canada and the Rockwood Terrace Redevelopment project.

I would like to thank the residents, families, team members, and the Committee of Management members who participated in the virtual accreditation standards review meetings that were held in March. The feedback we received was extremely helpful and will be included in our action plans in preparation for the surveyor's visit on May 27-30.

Our focus continues to be the safety and wellbeing of the people who live and work in our homes.

Stay well,

Jennifer Cornell,
Director of Long-Term Care

Phone Directory

As most of you know we recently changed our phone system.

You can still reach the home at 519 369-6035 and 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 the department you need. Please listen carefully to the menu options when calling the home.

Furthermore, we offer direct phone numbers to facilitate easier communication with us. The list of leadership numbers is at the end of the newsletter and the nursing team members are listed below.

Team 1	519 369-2773
Team 2	519 369-2874
Team 3	519 369-3010
Team 4	519 369-2936
Charge Nurse	519 369-3125
2 nd Nrsg. Station	519 369-1599
3 rd Nrsg. Station	519 369-1996

If you are not sure what team your resident is on, please ask on your next visit to the home.

To connect with the Recreation Team, you can call 519 369-2126.

Around the Home



Ruby helped to make the ladies feel ready for spring with some extra special touches during their hair care appointments in March.

A very big thanks to Jim Dillabough and his wife Debbie who set up Jim's art expo entitled *Wild Things* in our Auditorium on Thursday March 14th. Jim recently had his photography on display at the Minto Arts Gallery in February and we were happy he agreed to showcase his talent with an art display in our Care Community.

The residents enjoyed looking at his nature photographs close up and talking to Jim about his work. For the photos in his *Wild Things* display, Jim used both macro and telephoto techniques. Jim spends lots of time exploring the Grey Bruce region to obtain close up wildlife views.

The residents found the exhibits to be very interesting and sparked lots of interesting conversation.





St. Patrick's Day is always a fun day at Rockwood celebrating Irish roots with lots of cheer. The Dietary team prepared special themed meals to the delight of the residents. For lunch, Irish stew made with lamb and delicious tea biscuits were served, along with green beer and a green poke cake for dessert. For the dinner meal a special Irish dish called Colcannon which consists of mashed potatoes, cabbage and onions was served along with cod. The alternative meal was corned beef shepherd's pie. Shamrock Shakes were served in the afternoon while residents socialized and listened to some Irish

tunes. Many team members and residents dressed up in green clothing as well as festive attire to make the day special.



We kicked off Cruise week on March 18th with an afternoon of musical entertainment with Joe Passion. Joe helped to start off our special week with great island and tropical tunes.

Residents enjoyed singing along to Jimmy Buffet and Elvis music with many residents dressing up in cruise attire for this event. It was a great afternoon which helped to put everyone in the cruise week spirit.



Tuesday of Cruise week we hosted casino games in the Auditorium. This was a great afternoon of games and laughs hosted by our Recreation Team.





Wednesday of Cruise week was Hawaiian Shirt Day, lots of team members and residents dressed up to show their team spirit. Residents attended a social in the afternoon and enjoyed fancy mocktails and snacks.





Our Friday disco afternoon was a big hit with island themed music, fancy drinks and lots of socializing. Despite the snowy weather outside we felt the island vibe and pretended we were south enjoying tropical temperatures. Lots of other theme-based programs took place throughout the week and we thank the Recreation Team for all their extra efforts to make this a fun week!



Residents had requested a tour of the kitchen so on March 26th we made this happen. A special thanks to Sherry and Sam for touring these ladies, they found it very informative and appreciated the opportunity.



The Easter Bunny made an early surprise visit on March 27th, handing out lots of hugs and chocolate to everyone in the Care Community. A very big thanks to Ev for volunteering her time and spreading joy to our Residents.





We said goodbye to our beloved cockatiel Alfie on March 26th. His passing was sudden, and he will be missed by everyone who visited him. We had a little ceremony to say good by and Susan who helped care for him daily said a few words in remembrance of Alfie. Fly high Alfie you brought a lot of joy to our Care Community.



HearCANADA

We are pleased to announce that we now have a contract with the Mount Forest branch of HearCANADA. Residents who wish to use this service can book an appointment to get their hearing aids cleaned, repaired, or adjusted.

Chad Southworth, Hearing Instrument Specialist Reg AHIP will be in the home **on Thursday April 26th from 10:00 am to 2:00 pm**. There is no charge for the service, and you can sign up by contacting Teri Fischer, Resident and Family Services Manager or the main office.

HearCANADA wants to remove barriers to better hearing by giving seniors living in long term care easy access to the best possible hearing healthcare.

Chad can also provide hearing tests if any residents are interested. He will come to the Care Community several times throughout the year depending on the interest and feedback.



Notice of Assessment

Just a reminder if you are living in basic accommodation and you apply for rate reduction, to provide your 2023 Notice of Assessment to the main office once you complete your income tax return. Rate reductions will be recalculated in July 2024. If you have any questions, please speak with Stacey or Erin at the main office.

Family Council

Plan to attend our next Family Council Meeting on Tuesday April 30th at 10:30 a.m. Last time we ran this meeting in person as well as virtually and this went well. If you prefer to connect virtually,

you can click the link below. Please RSVP to Teri Fischer if you plan to attend the meeting.

[April Family Council Meeting](#)

Volunteer Corner



Even our volunteers got into the Cruise week spirit! April is Volunteer Month and we thank our volunteers for all the extras that they do. We celebrate our volunteers in October but in honour of Volunteer Month we wanted to say how much we appreciate each and every one of you!

"The smallest act of kindness is worth more than the grandest intention".

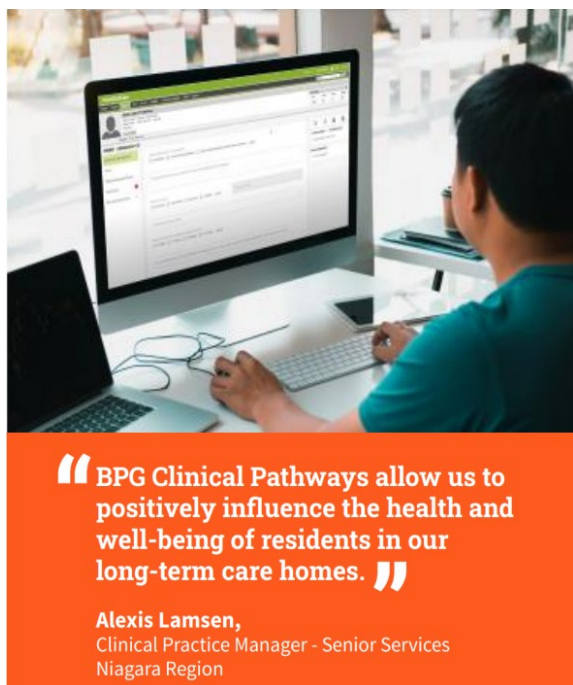
Oscar Wilde

Clinical Update

Colouring It with...



The pathway to optimal resident care



Grey County Long-Term Care homes are embarking on a three-year journey with the Registered Nurses Association of Ontario (RNAO) to implement the RNAO's Clinical Pathways. Derived from its Best Practice Guidelines (BPG), Clinical pathways provide a number of benefits for long-term care homes:

Improves quality of care:

- Clinical Pathways provide several tools/resources to enhance the quality of care for residents and create a culture of evidence-based practices that include measurable improvements. The clinical pathways program will be embedded in our electronic charting system - Point Click Care (PCC), which will streamline documentation and support our health care team with real time

communication and a consistent approach.

Enhances Resident-Centred Care

- Aligning with the Residents' Bill of Rights, clinical pathways promote evidence-based practices for person and family centred care by improving clinical outcomes and enhancing the healthcare experience. This is achieved by developing a personalized care plan with resident and family involvement.

Facilitates Regulatory Compliance

- The program was designed in collaboration with nurses with expertise in the long-term care sector. This ensures alignment with legislative and regulatory requirements for the mandatory clinical programs, inspection protocols and RAI-MDS. These evidence-based tools also prepare homes for accreditation and promote continuous quality improvement.

Improves Staff Efficiency

- The RNAO Clinical Pathways incorporate many efficiencies that streamline clinical documentation and care planning. The user-friendly design includes, pre-built assessment forms, care plan library, clinical suggestions, and structured progress notes.

Reduces Risk of Errors

- The program promotes standardized assessments and interventions, with built-in prompts to guide the nurse through each step. This approach reduces errors and supports clinical decision making.

Beginning April 30, we will be rolling out the foundational RNAO clinical pathways tools that include: **Admission Assessment** and **Resident and Family-Centred Care** tool for all new residents, along with a new **Delirium Assessment** tool for new and current residents.

Following the roll out of these BPGs, later this year we will be adding Falls and Pain Clinical Pathways, and then move on to Pressure Injury, Palliative Care, and Continence.

This is an exciting opportunity for our homes, and we are pleased to have change management teams supported by front line team members and leadership working together to reach the goal of successful implementation.

Stay tuned for more updates as we Colour it ...with Clinical Pathways.

Accreditation Canada

The Accreditation Canada standards examine our homes' governance, leadership, risk management, infection prevention and control, and medication management measures, as well as the quality of care in those care areas provided by the organization.



ACCREDITATION
CANADA

We would like to thank everyone who participated in the review of the standards in March. We all have a role in the accreditation process, and we appreciate your input.

In March, mock tracer groups were introduced to the teams, and will continue this month. A tracer is a method used to evaluate organizations against accreditation standards. It follows the path of a resident or process, asking questions and making observations to determine if the standards are met. This approach allows us to identify strengths, and opportunities for improvement.

**Surveyors will be visiting
our three long-term care
homes from
May 27-30, 2024**

If you would like more information about the accreditation process please contact Renate Cowan, Accreditation and Quality Specialist at Renate.cowan@grey.ca

IPAC Tip

Current data suggests that measles, one of the world's most contagious viruses, may be spreading within parts of Canada. Two recent cases, identified in Quebec and Ontario, were not tied to prior travel, and didn't come into contact

with any known measles cases, suggesting the individuals may have been infected within their communities.



Mode of transmission (How infection spreads?)

Measles is a serious respiratory infection that is highly contagious. Individuals with measles spread the virus by coughing or sneezing into the air. It can also be transmitted by touching your eyes, nose, or mouth after touching an infected surface.

Symptoms

Symptoms of measles include fever, a red blotchy rash, red watery eyes, and cough.

Questions about Measles

Am I protected against measles?

Getting vaccinated is the best way to protect yourself and loved ones against measles. For children and most adults born after 1970, this means receiving two doses of measles-containing vaccine (e.g., MMR vaccine).

Individuals travelling outside of Canada should ensure they are adequately protected through vaccination prior to travelling.

What should I do if I'm unsure whether I'm immune to measles?

If you're unsure whether you're immune to measles, you should first try to find your vaccination records or documentation of measles immunity. If you do not have written documentation of measles immunity, consult your healthcare provider, and look for options for getting vaccinated with measles-mumps-rubella (MMR) vaccine. There is no harm in getting another dose of MMR vaccine if you may already be immune to measles (or mumps or rubella). Another option is to have a healthcare provider test your blood to determine whether you're immune, but this is generally not recommended.

How effective is the measles vaccine?

The measles vaccine is very effective. Two doses of measles vaccine are about 97% effective at preventing measles if exposed to the virus. One dose is about 93% effective.

Could I still get measles if I am fully vaccinated?

Very few people - about 3 out of 100 - who get two doses of measles vaccine will still get measles if exposed to the virus. Experts aren't sure why.

If you have additional questions, please contact your healthcare provider.

For further information, please click on the below links:

[Measles cases and outbreak. Centre for](#)

[Disease Control and Prevention \(March 2024\).](#)

[Measles. Public Health Ontario \(March 2024\)](#)

Colour It Academy

Solar Eclipse - April 8, 2024

The solar eclipse should be happening in the Owen Sound area beginning at 2:00 to 4:30 p.m. with maximum view (95% magnitude) at 3:15 pm (varies depending on where you are).

April 8, 2024 — Total Solar Eclipse — Owen Sound



Do Sunglasses Protect Eyes in a Solar Eclipse?

Never look directly at the Sun. You can seriously hurt your eyes, and even go blind. Proper eye protection, like eclipse glasses or a special solar filter, is the only safe option. Sunglasses don't work. When shopping for eclipse glasses there will be companies who may advertise products as being “eclipse glasses”, but they don't actually meet the requirements and may not be safe, and that it's important to be certain that they are actually the real thing.



How Not to Watch Solar Eclipses

According to NASA, the following materials should **never be used** to view a solar eclipse:

- sunglasses of any kind
- color film
- medical X-ray film
- smoked glass
- floppy disks

The Sun can burn the retinas in the eyes leading to permanent damage or even **blindness**. This can occur even if your eyes are exposed to direct sunlight for just a few seconds.

Safely Watch a Solar Eclipse

The only way to safely view the Sun – eclipsed or not – is to either **project** or **filter** the Sun's rays.



Projectors

Projection works well. You can make your own box projector or use a telescope or binoculars. However, don't look through the telescope's eyepiece or side-mounted finder scope while projecting the Sun's image onto a screen.

Know When to Use Eclipse Glasses

Dr. Chou is world-renowned within the eclipse community as the world's leading expert on eclipse eye safety. "You need to use eclipse glasses whenever the disk of the Sun itself can be seen," says Professor Chou at the University of Waterloo in Canada.

This means:

- **All the time** during a partial eclipse
- **All the time** during an annular eclipse - this includes the brief moments of annularity, when the Sun forms a dazzling 'ring of fire' around the Moon
- **During the partial phases** of a total eclipse

Know When It Is Safe to Remove Eclipse Glasses

During the brief moments of totality during a total solar eclipse, the sun is completely covered, and the ghostly solar corona becomes visible around the Moon.

For these few moments, eclipse viewers can be safely removed. (In fact, if you don't take off your eye

protection, you won't be able to see the solar corona.)

The time to get ready to remove eclipse glasses is in the final seconds of **Baily's beads**-when a few crumbs of sunlight flicker through valleys on the edge of the Moon.

"Wait until the crescent Sun is broken up into small beads of light along the edge," says Professor Chou. "We don't want any lengthy arcs of light. We want small points of light-as seen through the filter-before you remove eclipse glasses from your eyes."

At the end of totality, when Baily's beads appear on the other side of the Moon, **eclipse glasses must be put back on.**

Make Sure Your Eclipse Glasses Are Safe

The international safety standard for eclipse glasses is ISO 12312-2, which applies to products intended for direct solar viewing. (Professor Chou is a member of the group that keeps this standard up to date.)

Unfortunately, some eclipse glasses are fakes: they say they are ISO certified (or CE certified in Europe), but they are not.

The only way to make sure you don't have counterfeit eclipse glasses is to get them from a **reliable and trustworthy source**. The American Astronomical Society (AAS) has a list of reputable vendors, such as American Paper Optics, Rainbow Symphony, and Thousand Oaks Optical.

Before putting solar viewers on, check they are in good condition. If the filters

or cardboard frame appear even slightly damaged, the eclipse glasses should **not be used**. “There may be more damage than you can actually see,” says Professor Chou.

One other piece of advice: “At almost every solar eclipse around the world, people try to buy eclipse glasses at the last minute, when they are all sold out. Buy early!”

Always read the safety information printed on the eclipse viewing glasses.

Source: www.timeanddate.com

Diversity and Inclusion Calendars



The 2024 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 April 2024.

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

Brenda Tanner, IPAC & Wellness Lead
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.

