

Director's Update

Happy Canada Day! Today we celebrate what it means to be Canadian. July 1 is a time to reflect on our country's journey, achievements, and the strength we've shown together. It's also a chance to embrace the rich cultural diversity that makes Canada so special. Whether you're enjoying the outdoors or spending time with loved ones, we hope you take a moment to appreciate the beauty of our country and the people around you.

On June 4, Public Health Ontario released an [updated version](#) of its infection control guidelines for health care settings. The highlights include:

The appendix now includes new or more significant illnesses that have appeared in Ontario since 2012. These include bird flu, Candida auris, measles, Mpox, new respiratory viruses, and viral hemorrhagic fevers. This is just a sample—there are more listed in the full document.

There are also updates to how precautions are taken. This includes when a single room is needed, how long precautions should last, and what personal protective equipment (PPE) should be used. These updates help ensure residents and health care

workers are protected using the most current standards.

Summer fun is blooming! The gardens of each home are beautiful and vibrant, thanks to the teamwork of residents and staff. We're excited for a month filled with BBQs, outdoor entertainment, arts and crafts, special events, and lots of summer fun.

A friendly reminder, that a virtual family meeting is scheduled for tomorrow night, July 2 at 7:00 p.m. We'll be sharing recent updates and introducing representatives from Silver Fox Pharmacy. To join, just click the [zoom link](#).

Until next time - keep Colouring It Your Way!

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

Announcement

Executive Director Karen Kraus has been appointed a new role in Long-Term Care!

Karen will be taking on the role of **Project Lead for Operational Readiness** for the Rockwood Terrace Redevelopment effective June 30. A key

priority will be embedding our 'Colour It Your Way' philosophy into every aspect of the redevelopment.

Karen brings a strong commitment to quality and person-centered care. Her leadership will be instrumental in preparing our teams and operations for the successful launch of the new long-term care home. In this role, Karen will coordinate cross-functional teams, support change management, and ensure key operational frameworks, such as staffing models, training programs, and resident care protocols, are in place and aligned with our standards of excellence. In addition, Karen will assist in the recruitment and onboarding of the new Executive Director for Rockwood Terrace, with recruitment efforts already underway.

Please join us in congratulating Karen on this important role and in supporting her as we move forward with this transformative project.

Karen can be reached Monday – Friday from 8:30 a.m. – 4:30 p.m. at 519-369-5154 or by email at Karen.kraus@grey.ca

Around the Home

On June 4, we hosted our annual Dog Show with Four Paws Flying Entertainment. The grandpals from Spruce Ridge School also attended the event, where they had an opportunity to spend time with their penpals. This event is always a wonderful intergenerational experience, truly

showcasing the meaning of connection across generations.



We have been busy in the garden, tackling a variety of projects. From a major garden clean-up, to prepping flower beds for planting, and tidying the outdoor areas. At the Pinegrove Garden,

residents assisted in planting flowers and filling new raised garden beds with cherry tomatoes. Everyone is encouraged to join in, whether it's picking a weed or assisting with watering. Soon there will be tomatoes to sample!

Everyone is enjoying more time outside. The sun and warmer temperatures have brought a renewed sense of energy and joy to our home.



There is no shortage of friendly competition at Rockwood Terrace, and games are always a big hit! This month, our residents showcased their skills and sportsmanship in a variety of activities. From spirited card games, shuffleboard, lively bingo, crockinole, and Wii, there was something for everyone to enjoy.



On June 11, the Recreation team hosted the Annual Father's Day Breakfast. The morning kicked off bright and early as the men arrived eager to order their eggs just the way they liked them! The room was filled with warmth and laughter, while lively conversations echoed throughout the main floor, making it a truly memorable morning all.



Also, on June 11, in honour of Seniors Month, we held a baseball-themed day paired with a special lunch. Residents enjoyed hotdogs, poutine, and pretzels, followed by a sweet selection of ice cream novelties for dessert. The leadership team assisted with serving root beer and near beer to the residents during the meal.

On June 18, residents enjoyed ice cream and relaxation by the river in Crawford, where Dave and Paula hosted a relaxing and enjoyable afternoon.



We enjoyed delicious local, fresh strawberries on June 25 at our Annual Strawberry Social. We are grateful to the wonderful helpers who pitched in to hull berries in preparation for the event.



Upcoming Events

Annual Car Show
Wednesday, July 9
at 2:00 p.m.

Outing to Sharon Pegelo's
Tuesday, July 29
at 1:00 p.m.

**Outing to the Durham Fall Fair
Fun Factory**
Thursday, August 28
at 1:00 p.m.

Outdoor events are subject to weather conditions.



To provide all interested residents with the opportunity to participate in bus outings, residents will rotate turns for the various outings offered. For more information, please contact the Recreation Team.

Emergency Code Review

Code Green

In the event the building or a portion thereof needs to be evacuated, a Code Green will be called.

The decision to evacuate is not made lightly and involves a decision-making team including the Internal Incident Manager, Executive Director, Director of Long Term Care and Senior Services and Emergency Services.

If we must evacuate, we have robust evacuation plans in place. Our planning includes extensive training drills to ensure preparedness, detailed processes for contacting emergency services, staffing plans and communication processes. We have systems in place to ensure proper identification of residents for safe transport and partnerships secured to transport residents and team members as well as all clinical, medical and essential personal supplies. We have arrangements in place with pharmacies for essential medical supplies and vendors to ensure food and dietary needs are met.

Agreements are in place for a temporary evacuation location and within Grey and Bruce we have a “Relocation Sites and Evacuation Agreement Chart” which identifies availability of area homes to “take on” additional residents.

IPAC Tip

The Important Role of Visitors in Infection Prevention and Control in Long-Term Care

Visitors in long-term care homes provide emotional support and help residents maintain vital social connections. They also play a key role in helping prevent and control the spread of infections.

Residents are often more vulnerable to infection due to age, medical conditions, and close living environments. Given these risks, it is critical for visitors to follow infection control protocols when visiting long-term care homes.



Key Tips for Visitors

- Clean your hands regularly, especially before and after contact with residents.
- Do not visit the home if you are sick or have been recently exposed to someone with a contagious illness.
- Follow all home - specific infection control guidelines,

including wearing a mask when required.

By working together, we can support the health and wellness of residents while still maintaining meaningful and safe connections.

The care and cooperation of our visitors can make a lasting impact. Thank you for being a partner in infection prevention and control and resident safety.

Colour It Academy

Enjoy Summer the Smart Way – Block the Sun, Not the Fun!



Summer has arrived! The days are longer, and the sun is shining brighter, it's the perfect time to spend outdoors. Here are a few easy tips to help you stay protected while making the most of the summer fun:

- **Dress for Protection** – Wear lightweight, long sleeved clothing and a wide-brim hat

- **Use Sunscreen** – Apply a broad-spectrum sunscreen at least 15 minutes before going outside and reapply every two hours
- **Seek Shade** – Plan outdoor activities in shaded areas or use an umbrella or sunshade
- **Avoid Peak Sun Hours** – Try to stay out of the direct sun between 11 a.m. – 3 p.m. when the sun's rays are the strongest
- **Stay Hydrated** – Drink water throughout the day, aiming for 6-8 glasses
- **Protect Your Eyes** – Wear sunglasses with UV protection to reduce the risk of cataracts and eye damage
- **Check Medications** – Some medications can increase sun sensitivity. Check with your practitioner for any precautions

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 July 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

Our Promise...

Community
Oppportunity
Leadership
Organizational Quality & Safety
U are the Centre of All We Do
Respectful **R**elationships
Integrity
Together for Tomorrow



The poster features a handshake icon at the top. Below it, the title "Our Promise" is in large white font, followed by "Colour It Your Way!" in a slightly smaller white font. A horizontal line separates the title from the main text. The main text reads: "Our Colour It promise - to help you colour your life your way - is the foundation of all that we do, and sets the standard for the values within each of Grey County's long term care homes." Below this, it says "We promise to Colour It through:" followed by a list of values: C Community, O Opportunity, L Leadership, O Organizational Quality & Safety, U You are the Centre of All We Do, R Respectful Relationships, I Integrity, and T Together for Tomorrow. The Grey County logo and "Colour It Your Way" tagline are in the bottom right corner.

Our Promise
Colour It Your Way!

Our **Colour It** promise - to help you colour your life your way - is the foundation of all that we do, and sets the standard for the values within each of Grey County's long term care homes.

We promise to Colour It through:

- C** Community
- O** Opportunity
- L** Leadership
- O** Organizational Quality & Safety
- U** You are the Centre of All We Do
- R** Respectful Relationships
- I** Integrity
- T** Together for Tomorrow

Grey County
Colour It Your Way