

## Update from the Executive Director

Hello to all,

I hope you are taking advantage of the nice summer weather that we are having!

I am happy to see more familiar faces in and around the home, and it is truly making a difference in our resident's day to day life.

As you are aware, the Ministry of Health has moved us forward into phase 3 on the Ontario Re-opening plan, which means that we have fewer restrictions here in the home. Some of those lessened restrictions include; for those of us that are fully immunized, we no longer require rapid testing upon entry if you have no symptoms, for anyone that is partially immunized, weekly testing is required, and for anyone that does not have proof of vaccination, they are required to be tested upon entry to the home, up to 3 times per week.

For those of you who have been vaccinated, we recommend that you share your Vaccination receipt with the home, so that we can make note and allow you to enter the home after screening without having to search for your proof.

It makes me so happy to see that our home is able to resume more of our normal activities!

As always, please feel free to reach out to me should you have any questions. You can reach me at 519-925-3746\*221 or [srooyakkers@southbridgecare.ca](mailto:srooyakkers@southbridgecare.ca)

## Director of Care News

Hello families and friends,

This month we are focussing on medication safety. We are completing a medication safety self assessment for LTC provided by the Institute for Safe Medication Practices Canada. Resident and family participation in medication safety is important. If you are interested in finding out more about how you can participate please reach out.

Infection Control practices continue to be of great importance as COVID-19 provincial restrictions are lifting. We continue to audit these practices daily and frequently educate staff and visitors.

As always, if you have any questions or concerns please contact Jaclyn or Tazonique at 519-925-3746 x 3 [jgoss@southbridgecare.ca](mailto:jgoss@southbridgecare.ca)

## QUOTE OF THE MONTH

"No bought potpourri is so pleasant as that made from ones own garden, for the petals of the flowers one has gathered at home hold the sunshine and memories of summer, and of past summers only the sunny days should be remembered." – **Eleanor Sinclair-Rhode**

## Activity Director Update

Welcome sunshine and summer!

It's great to get back to larger programming and outings. The weather has been fantastic for us on most days to get outside and breath in the fresh air.

Our department bid a sad farewell to Samantha our Activity Aide who is moving on to a new adventure. With this sad news we have happy news as we welcome back Briana to our team.

We welcomed back Debbie Bechamp to entertain us out in the courtyard. This was our first entertainer to return. With some simple modifications and the cooperation of weather we were able to enjoy an outdoor mini music festival.

We are also heading to Wasaga Beach this month with a picnic lunch for a day trip. We will be doing a few day trips this summer to ensure everyone has a chance to get away for the day.

As we work our way back to the new normal we encourage you to visit your loved ones in the outdoor areas while the warm weather is here. If you have any questions or concerns please feel free to reach out.

Sarah Ricci, Programs Manager- [sricci@southbridgecare.ca](mailto:sricci@southbridgecare.ca)

## What's Cooking with our Food and Nutrition Manager?

The summer has been hot and so has the kitchen! This is an exciting time with many improvements on the way. We have introduced 2 seatings in our dining room for all meals. With the heat comes the need for more hydration, so we are always encouraging our residents to drink up, drink down, and drink some more. BBQ Season is in full swing. We have introduced our summer BBQ menu every Wednesday at lunch for our residents. If you have any questions or concerns please feel free to reach out. Please stay cool and stay hydrated.

Naman Kalra, Food Services Manager- [Nkalra@southbridgecare.ca](mailto:Nkalra@southbridgecare.ca)