



## Message from the CEO

### Volunteers Family Members needed!

For what, you ask? According to Regulation 246/22 every Long-Term Care Home may have a Family Council.

#### **What is a Family Council?**

A Family Council is a group of family members and friends of the residents of a long-term care home (LTC) who gather together for peer support, education, and to improve the experiences of all people in long-term care.

#### **What is the purpose of a Family Council?**

It allows families to give each other ongoing mutual support and encouragement. It provides a forum for learning – e.g., regarding residents’ rights, the health issues affecting residents (e.g., Alzheimer’s disease), or other relevant topics. It also provides an opportunity for family members and friends of residents to become knowledgeable about the home’s operations, policies, and rules. This can be especially helpful to families of new residents. As well, it offers family members a chance to express their collective concerns – a “united voice” supporting a “united effort.” In this way, a Family Council can be a catalyst for positive change in residents’ daily lives, families’ experiences and in the Home in general. Ultimately, a Family Council improves residents’ quality of life and supports families of residents

#### **Are you interested in starting a Family Council?**

Craigviel Gardens sees the benefit of having a Family Council and would like to invite interested family members to start one in the Home. We have a couple of people who have expressed an interest, but we would need at least 5 people to start a Council. If you are interested, please contact Sarah Campbell at 519 293-3215 EXT 226 for more details. Thanks in advance for responding.

*Ernie*

# Monthly L<sup>OO</sup>kback

Walking 'Across Canada' for Alzheimer's Awareness

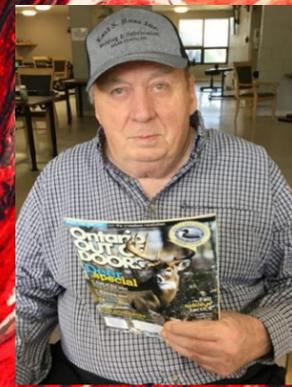
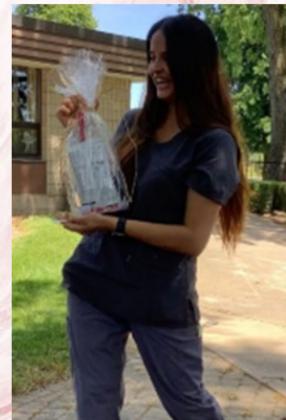


Thank you to Resident Council  
for the donation to the  
Alzheimer's Society!



## Staff Appreciation Week

June 20-24



# July Resident Focus

Charlotte was born April 26<sup>th</sup>, 1926 near Thorndale and lived there until she was 14. She then moved to Adelaide Twsp, to a farm on Cuddy Drive. Her parents immigrated from England. She is one of 6 children.

For the first 90 yrs of her life Charlotte's friends and family knew her as Rose. Official paperwork had her first name recorded. She has gotten used to it and is happy to answer to Charlotte.

She married Ted Mann and lived in Strathroy where they raised 3 sons, Ralph, Ross and Tom. Charlotte has 9 Grandchildren to enjoy and family is still the most important part of her life. She never missed any activities her family was involved in.

Charlotte enjoys anything to do with the Royal Family due to her English roots. She even shares a birth month and birth year with Queen Elizabeth.

When she was younger, she enjoyed going to the local racetracks such as Delaware, Nilestown and Ailsa Craig when they had a track. She got to sit in Jack Sharpe's and Walter Zavitz's car for a trip around the track.

Charlotte loves her sports especially hockey and baseball. She even added a sports package to her T.V to keep up with her favourite teams.



Out of  
**OUTBREAK!!!!**

We are pleased to announce that we are officially out of our Respiratory (COVID) outbreak. We thank residents, families and staff for all their hard work in shifting gears to handle the outbreak. We are very proud of Craigwiell for how they managed the outbreak and as a result we were out in 10 days. We had very little spread of the virus and that contributes to the testing and infection control measures we have in place here. Great job everyone!!

## July Birthdays

Joseph L—July 11

Vera D—July 14

Brenton W—July 19

Beverly C—July 25

James D—July 26

Pauline I—July 29

Jackie S—July 31



# NUTRITION NEWS



July 2022

Serena Leboeuf, Nutrition Manager



## Summertime Nutrition

July marks the beginning of the peak summer to fall harvest season! It's prime opportunity to get the most iconic of summer foods at their very best. It is also the time of year when temperatures can reach their highest and it is very important to remember to stay hydrated!

Here are some top picks to include in your diet and tips to stay hydrated during the summer months.



**Cucumbers:** Cucumbers contain high amounts of fibre and water, both of which contribute to healthy digestion. They are also loaded with a slew of B vitamins, which are thought to aid in easing feelings of anxiety or stress.



**Tomatoes:** Tomatoes especially sun-ripened heirloom varieties are likely the most iconic of all summer produce. Beyond taste and versatility, they're incredibly good for you. Tomatoes contain all four of the major carotenoids, which help to protect against chronic diseases making them incredibly healthy.



**Cherries:** Whether you like them sweet or tart these deep red fruits pack a healthful punch. Cherries are low in calories and chock full of fibre, vitamins, minerals, nutrients and other good-for-you ingredients. You'll get vitamins C, A and K, potassium, magnesium, and calcium too. They are also rich in antioxidants, which can help your body deal with day-to-day damage to your cells.



**Stay Hydrated:** Drinking an adequate amount of fluid helps to fuel your muscles, carry nutrients to cells, cushion joints and protect organs. Aim for 8 cups of unsweetened beverages per day.

Tips to staying hydrated:

- Choose hydrating foods such as watermelon, celery, lettuce, strawberries, cucumbers, oranges, and apples.

- Don't wait until your thirsty to drink something.
- Carry a water bottle with you and take frequent sips throughout the day.
- Add a squeeze of fresh citrus fruits to your beverage

### Healthy Recipe Corner

#### Cucumber, Tomato & Feta Salad

This healthy summer salad is bursting with flavours and takes just 10 min to prepare!

##### Ingredients:

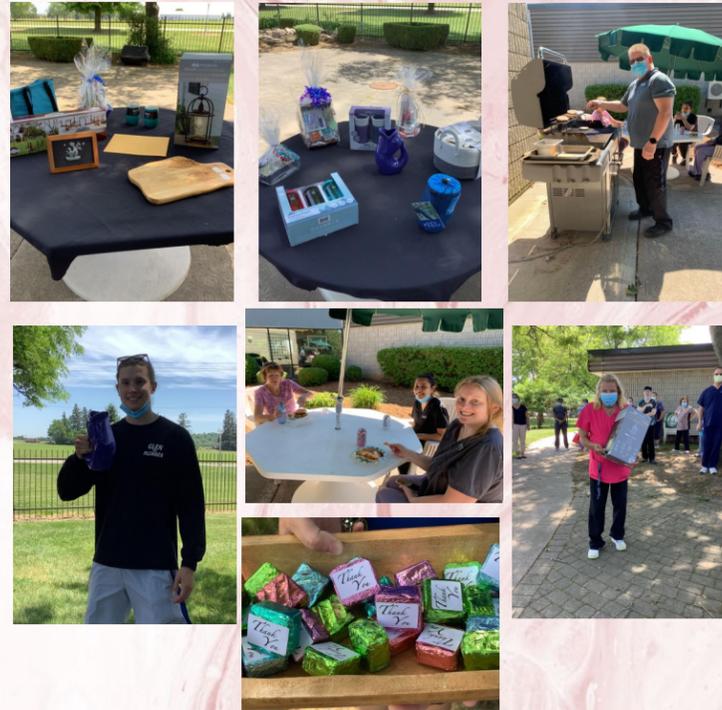
- 1 ½ Tbsp red-wine vinegar
- 1 Tsp oregano
- ½ Tsp Dijon mustard
- ¼ Tsp salt
- 3 Tbsp extra-virgin olive oil
- 2 cups Tomatoes, cut into wedges
- 2 medium cucumbers, thinly sliced
- 1 ½ oz feta cheese, crumbled

##### Preparation:

1. Whisk vinegar, oregano, mustard and salt in a medium bowl. Slowly drizzle in oil, whisking constantly.
2. Add tomatoes, cucumber and feta; toss to coat

Serve and enjoy!

Staff Appreciation Week at  
Craigviel



Special Thank you to those who donated to our staff appreciation week.

- Adele McCallum, Jane Walker, Jennifer Gillies, Ernie Harris, Nicole Fleischer, Serena Leboeuf, Sarah Campbell, Sarah Hume, Mary Hodgins, Rebecca Bender, in memory of Dale Shaule, in memory of Jack Ryan, St. Clair Conversation, and Craigviel Gardens

Hair Salon Price List  
Changes starting Sept. 1/22

Wash -\$5.00

Wash/Set—\$18.00

Wash/Cut/Set—\$30.00

Perm/Cut/Set—\$55.00

Colour/Cut/Set—\$55.00

Men's Cut—\$15.00

Beard—\$5.00



Staff Years of Service Awards



# July 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 Bunny Visits 10:30 Sit & Stretch 2:00 Church Service 3:00 Eucharie	9:30 Balloon Badminton 9:30 Read with Me 10:30 Library Cart 1:00 Glamour Nails 2:00 Bingo 3:00 Friendly Visits 6:15 Pub Night	10:00 RCC Chapel 10:30 Laundry Helpers 1:00 Ball Toss 1:15 Devotions 2:00 Patio Time 3:30 Music that Inspires 4:15 Door to Door Visits 6:15 Bowling	9:30 Bean Bag Toss 9:30 Bunny Visits 10:30 Treat Cart 2:00 Body & Mind 4:15 Sparkling Specs 6:15 Horse Races	<b>World Chocolate Day</b> 9:30 Pool Noodle Hockey 9:30 Thursday Trivia 10:30 Laundry Helpers 12:00 Craigiel BBQ 2:00 Bunny Visits 3:15 Words That Inspire 6:15 Hymn Sing	<b>CANADA DAY</b> 9:30 Calendar Delivery 10:30 Canadian Trivia 2:00 Canada's Birthday Celebration 3:00 Friendly Visits	9:30 Bunny Visits 10:30 Laundry Helpers 2:00 Bingo 3:30 Friendly Visits
9:30 Bunny Visits 10:30 Sit & Stretch 2:00 Church Service 3:00 Social Hour	9:30 Balloon Badminton 9:30 Walk & Roll 9:30 Bunny Visits 10:30 Library Cart 10:30 Read with Me 1:00 Glamour Nails 2:00 Bingo 3:00 Read with Me	8:00 Breakfast Club 10:00 RCC Chapel 10:30 Laundry Helpers 1:00 Ball Toss 1:15 Devotions 1:30 Wacky Water Works 3:30 Music that Inspires 6:15 Pub Night	9:30 Bean Bag Toss 9:30 Bunny Visits 10:30 Treat Cart 2:00 Banana Spills 3:30 Busy Hands 4:00 Friendly Visits 6:15 Paint Night	9:30 Pool Noodle Hockey 9:30 Bunny Visits 10:30 Laundry Helpers 11:00 Lunch Outing to Grog's 1:15 History of Hymns 3:15 Words that Inspires 6:15 Hymn Sing	9:30 Friday Fun Trivia 10:30 Craigiel Colours 2:00 Bingo 3:30 Sparkling Specs 6:00 Bowling	9:30 Bunny Visits 10:30 Laundry Helpers 2:00 Patio Time 3:30 Sparkling Specs
9:30 Bunny Visits 10:30 Sit & Stretch 2:00 Church Service 3:00 Eucharie	9:30 Balloon Badminton 9:30 Walk & Roll 10:30 Library Cart 1:30 Glamour Nails 2:00 Bingo 3:30 Friendly Visits 6:00 Pub Night	8:00 Breakfast Club 10:00 RCC Chapel 10:30 Laundry Helpers 1:00 Ball Toss 1:15 Devotions 3:30 Music that Inspire 5:00 Dinner on the Patio	9:30 Bean Bag Toss 9:30 Bunny Visits 10:30 Treat Cart 2:00 Luau in the Court Yard 4:00 Friendly Visits 6:15 Paint Night	9:30 Bunny Visits 10:30 Laundry Helpers 1:15 Devotions 2:00 Birthday Party with Cam DeNomme 3:30 Words That Inspire 6:15 Hymn Sing	9:30 Friday Fun Trivia 10:30 Craigiel Colours 2:00 Bingo 3:30 Sparkling Specs 6:00 Axe Throwing	9:30 Short Stories 10:30 Laundry Helpers 2:00 Craigiel Craft 3:30 Sparkling Specs 4:00 Friendly Visits 6:00 Movie Night
9:30 Body & Mind 10:30 Baking Bunch 2:00 Church Service 3:00 Social Hour 4:00 6:00	9:30 Balloon Badminton 9:30 Walk & Roll 10:30 Bunny Visits 10:30 Library Cart 1:00 Glamour Nails 2:00 Bingo 3:00 Read with Me	8:00 Breakfast Club 10:00 RCC Chapel 10:30 Laundry Helpers 1:00 Ball Toss 1:15 Devotions 3:30 Music that Inspires 6:15 Pub Night	9:30 Bean Bag Toss 9:30 Bunny Visits 10:30 Treat Cart 2:00 Music & Memory 2:00 Resident Council 3:00 Food Committee 4:00 Friendly Visits 6:15 Paint Night	10:30 Laundry Helpers 11:00 Lunch Outing 2:00 Bunny Visits 6:15 Hymn Sing	9:30 Friday Fun Trivia 10:30 Craigiel Colours 2:00 Bingo 3:30 Sparkling Specs 6:00 Horse Races	9:30 Bunny Visits 10:30 Laundry Helpers 2:00 Music on the Patio 3:30 Sparkling Specs
9:30 Bunny Visits 10:30 Sit & stretch 2:00 Church Service 3:00 Eucharie						

"With the new day comes new strength" – Eleanor Roosevelt

## Canada Day Trivia Questions

1. What is Canada's national animal?

A-Polar Bear, B-Moose, C-Beaver, D-Wolverine

2. Which famous superhero was co-created by a Canadian?

A-Wolverine, B-Superman, C-Spiderman, D-Batman

3. A "barrel roll" is a trick in Canada's national summer sport. What is that sport called?

A-Fishing, B-Basketball, C-Football, D-Lacrosse

4. Canada holds the title of hosting the largest single day parade—what parade is it?

A-Canada Day Parade (Ottawa), B-Caribbean Carnival (Caribana) Parade—Toronto, C-St. Patrick's Day—Quebec City, D-Calgary Stampede Parade-Calgary

5. Canada is the world's largest exporter of what fruit?

A-Blueberries, B-Apples, C-Grapes, D-Raspberries

6. Which of these was NOT a Canadian invention?

A-Egg carton, B-Walkie-talkie, C-Peanut Butter, D-Post-it notes

7. Roberta Bondar is a famous person in Canada's history. What is she most famous for?

A-First Canadian female to win a Nobel Prize,  
B-First Canadian female astronaut  
C-First Canadian female to summit Mount Everest  
D-First Canadian female physician

## Craigwiel Visiting Hours

9:30 am to noon  
1:00 pm to 4:30 pm  
5:30 pm to 7:30 pm

Same Everyday

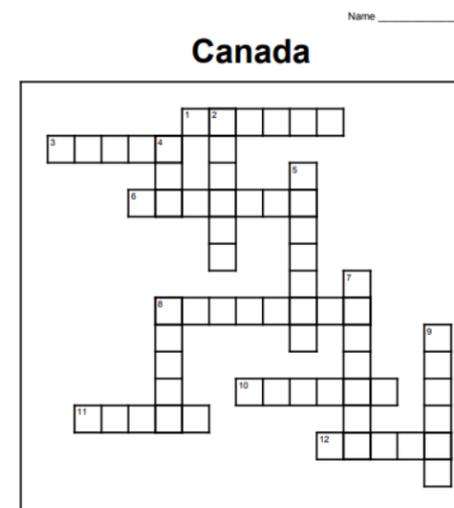
## Caregiver Email / One Call List

For those new families or families that for some reason got missed, we have a caregiver email group. This group receives emails when changes to visiting happens in the home like last week when we were in outbreak. If you didn't receive an email on July 2 about the outbreak being declared over and a return to regular visiting please email Sarah Campbell to get your name and email on the list. We also have a one call system that calls families about changes to the home. If you didn't get a call July 1 from Ernie, please contact Joan Nichol to get your number in the system.

## Father's Day Trivia Answer

When was the first Father's Day celebrated?

June 19, 1910



### Across

- The basic unit of currency in Canada is the Canadian \_\_\_\_\_.
- The Eskimos of Canada are now called the \_\_\_\_\_.
- \_\_\_\_\_ has the largest population out of all the Canadian provinces.
- The prime \_\_\_\_\_ is the head of Canadian government.
- Canada borders three oceans--the Atlantic Ocean, the Pacific Ocean, and the \_\_\_\_\_ Ocean.
- The southern border of Ontario touches the five great \_\_\_\_\_.
- The colors on the Canadian flag are red and \_\_\_\_\_.

### Down

- The capital of Canada is \_\_\_\_\_.
- Canada has \_\_\_\_\_ provinces and three territories.
- \_\_\_\_\_ is the capital of Ontario, and also the largest city in the country.
- The monarch of Canada is also the \_\_\_\_\_ monarch.
- Canada's national symbols are the beaver and the \_\_\_\_\_ leaf.
- Most French Canadians live in the province of \_\_\_\_\_.

## Contacts

Ernie Harris - CEO Ext. 222  
eharris@craigwieligardens.on.ca

Nicole Fleischauer, RN -  
Director of Care Ext. 223  
nfleischauer@craigwieligardens.on.ca

Sarah Campbell - Director of Community &  
Recreation Services Ext. 226  
scampbell@craigwieligardens.on.ca

Serena Leboeuf - Nutrition Manager, Ext. 216  
sleboeuf@craigwieligardens.on.ca

Stephen Lowe  
Environmental Services Manager & Health and  
Safety Officer—Ext. 234  
slowe@craigwieligardens.on.ca

Sarah Hume  
Director of Finance Ext. 214  
shume@craigwieligardems.on.ca

Pam Tweddle  
Day Program Coordinator Ext. 228  
ptweddle@craigwieligardens.on.ca

Jacqui Moraal  
Finance Assistant Ext. 225  
jmoraal@craigwieligardens.on.ca

Natasha Morris—Admin Coordinator Ext. 283  
nmorris@craigwieligardens.on.ca

Shannon Churchill - Reception / Admin Ext. 210  
schurchill@craigwieligardens.on.ca

Joan Nichol—Staff Scheduler Ext. 279  
jnichol@craigwieligardens.on.ca

## Father's Day Crossword Solutions

### Across

1. necktie
4. camping
5. son
7. barbeque
8. hug
10. daughter
11. fishing

### Down

2. tickle
3. joke
6. father
9. golf

