

# Gateway Haven News

*Together We Make A Difference!*

July 2024

## Joyful Moments From June

June was a joyful month at Gateway Haven, filled with a variety of activities that brought smiles and happiness to residents. We are pleased to share with you some of the highlights from last month's calendar!

One of the most anticipated events was the bus trip to Walmart. Residents were excited to make their shopping lists and eagerly awaited the opportunity to soak up the atmosphere of a bustling store. It was a delightful change of scenery that brought a sense of adventure and independence. The weather was perfect for a drive into Owen Sound which made the day even more enjoyable. A big thanks to our volunteers and family members who joined us, your support is very much appreciated. If you are interested in joining your loved one for an outing, you are welcome to contact a member of our Recreation Team.

Father's Day was celebrated in style with a delicious barbecue lunch on Tuesday, June 11. Residents loved the aroma of burgers cooking on the grill and enjoyed the taste of a juicy burger with lots of trimmings!

As always, our intergenerational programs are a favourite! Our community partnerships play a critical role in making these enriching experiences possible, we are grateful for their continued support in promoting intergenerational bonds within our home. The joy and camaraderie that our residents experience through these visits is uplifting.



## June Special Events

- **July 1** - Canada Day Social
- **July 6** - Making Strawberry Jam
- **July 8** - Music with Dave Hiscox
- **July 11** - Music with Dave the Piano Man
- **July 13** - Baking Butter tarts
- **July 16** - Dr Van Dorp's Retirement Party
- **July 17** - Bus Trip to Harrison Park
- **July 18** - Monarch Butterfly Presentation
- **July 18** - Music with Jackie
- **July 25** - Music with the Spirit Singers
- **July 30** - Music with Cathy Kempert

## Lemonade Social

Our Lemonade Social in honour of Seniors month was a heartwarming event that recognized and celebrated the invaluable individuals who have enriched our lives and have made Ontario the great place it is today!

Laughter filled the room as we reminisced and shared stories of past roles, life experiences and lessons learned. We discovered that many of our residents raised large families which sparked lots of fun discussion and led to sharing their parenting wisdom. Featured below are some of their words of advice to inspire and guide future generations of parents.

As we reflect on Seniors month, let us continue to cherish and celebrate the wisdom and legacy of our seniors whose efforts continue to inspire us all!



## Dining Service

In accordance with the Fixing Long Term Care Act, Resident Council is required to review mealtimes annually. Following the May 28 meeting, the Resident Council has decided to adjust the breakfast start time to 8:30 AM effective July 2, 2024. This change aims to facilitate a smoother transition for residents and staff to the dining rooms, ensuring an excellent and unrushed meal service that supports a pleasurable dining experience.

## Home Enhancements

As many of you may have noticed, the dining room serveries are now complete, providing a more efficient and enjoyable dining experience for residents. But that's not all, we intend to enhance the ambiance of the dining areas and will start with a fresh coat of paint, and eventually will add some artwork. This revitalization will not only brighten up the space but will also create a warm and welcoming atmosphere for our residents to enjoy their meals.

The front entrance has also received a vibrant summer makeover! As you arrive at our home, you'll be greeted by a refreshing display of hanging baskets and planters overflowing with blossoms along with newly mulched gardens. A special thanks to our residents involved in the horticultural group for offering their input into this season's flower selections! We hope these cheerful and inviting additions bring a smile to your face as you enter the home!



## Program Planning

We are excited to announce new initiatives starting this month that further emphasize resident engagement and empowerment. While resident program ideas are always encouraged at our monthly Resident Council meetings, we will be implementing a Resident-Led Program planning meeting. This initiative aims to provide a focused opportunity for collaboration and idea sharing that will help shape the activity calendar.

We are also excited to introduce a new program approach called Neighbourhood Time. This initiative will foster more spontaneity and resident choice and is designed to create meaningful engagements based on each resident’s unique preferences and interests. We recognize that individuals have their own idea of what constitutes a “good day,” and this program leverages that understanding to tailor activities and interactions accordingly.

Unlike traditional structured programs, Neighbourhood Time encourages natural, unscripted moments of leisure that can occur anywhere in our home, whether in small groups or one-to-one settings. It allows us to be responsive to the needs and desires of residents in the moment, helping fill their days with meaningful and enjoyable moments. We look forward to evaluating the program’s effectiveness in the upcoming months.



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## Volunteers Wanted

At Gateway Haven, we believe in the power of community and the warmth of helping others. We are currently seeking volunteers to join us in various functions within our home, and one area where we could use some extra green thumbs is in our gardens! If you have a passion for gardening or simply enjoy spending time outdoors surrounded by nature, we would love to have you join our team. If you’re interested in volunteering or want more information about how you can get involved, please contact Stacey Goldie, Interim Recreation and Leisure Manager. Let’s make our home blossom together!



## Interim Recreation And Leisure Manager

We are pleased to welcome Stacey Goldie who will be temporarily joining the leadership team as



our Interim Recreation and Leisure Manager. Stacey has an extensive background in healthcare leadership, including 15 years’ experience in Recreation Management in Long Term care. Stacey is a designated Certified Therapeutic Recreation Specialist and holds the R/TRO designation with Therapeutic Recreation Ontario. She is dedicated to enhancing residents’ quality of life and bringing joy through recreation and leisure activities.

In her role as Interim Recreation and Leisure Manager, Stacey will contribute significantly to our ongoing programs and activities.

We look forward to Stacey making a positive impact in our home during her interim position. Stacey will be working out of the office at the end of the hall on the main level, you are welcome to extend a warm welcome!

## Sun Safety

The sunny and hot days of summer are upon us, and we encourage you to enjoy the lovely outdoor spaces at Gateway Haven with your loved one. However, we would like to share a few friendly reminders with families and friends to support safe enjoyment of the outdoors.



Here are a few to keep in mind:

- **Cover Up:** Hats offer good protection from the sun’s harmful rays. Please provide and encourage your loved one to wear a wide-brimmed hat or seek out shaded areas when spending time outdoors. The front entrance and home area patios offer lovely, shaded spaces for you to enjoy the sights and sounds of summer together.
- **Sunscreen Protection:** It’s a good idea to apply sunscreen to exposed areas like the face, arms, and neck before heading outside. A sunscreen dispenser is available at the rear exit to the back courtyard for your convenience.
- **Stay Hydrated:** With the warm weather it is important to stay hydrated. Encourage your loved one to drink fluids when outdoors. Water is the best choice to keep them feeling refreshed and energized. Please check with a member of the care team if you are unsure about your loved one’s dietary needs.

By following these simple safety tips, everyone can enjoy the summer sunshine safely, thank-you for your support!

## Highlighting Safety

We hosted two COVID vaccination clinics in June, uniting residents and staff in our ongoing efforts to minimize the impact of the virus and safeguard well-being. Thanks to everyone who was involved in coordinating and participating in this event. This initiative is a fitting example of teamwork and how “Together we can make a difference!”



## Supper Club And New Plans For Picnic Lunches

Last month we trialed a new Supper Club program where residents had the opportunity to enjoy takeout from a local restaurant. We are pleased to report that it was well received! With input from the Resident Council, we are thrilled to announce that we will be adding an additional meal program. Beginning this month, we will be taking advantage of the beautiful outdoors by hosting picnics where residents can enjoy their lunch meal in a relaxed and natural setting. This initiative aims to enhance mealtime experiences and create opportunities for residents to connect with nature and each other. The Recreation team will support this program and will attempt to invite each resident over the summer season.



## Dr. Van Dorp Retirement

We would like to extend our gratitude to Dr. Van Dorp for his 39 years of dedicated service as the Medical Director and Physician at Gateway Haven. We will cherish your kindness, care and compassion shared with the residents and staff over the years and wish you all the best in the next chapter of life. You will be dearly missed by us all!

Please join us in extending your best wishes on July 16 at a come and go event in the auditorium between 1:00 PM and 3:00 PM.

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## Welcome Dr. Hanley

We are delighted to share that Dr. Catherine Hanley will be joining the South Bruce Family Health Organization and will be the new Physician and Medical Director at Gateway Haven starting July 2, 2024.

Dr. Hanley grew up in Mississauga, Ontario and graduated from Western University in 1991 as an Occupational Therapist and worked as an OT for many years in London. She then attended McMaster University for medical school and graduated in 2006 as a family physician.

Her years as a physician have been spent in Brantford and Paris, Ontario, where she had many roles including hospitalist, surgical assistant, long-term care and retirement home physician and medical director.

South Bruce Peninsula has been a very special place for Dr. Hanley throughout her life, spending time here as a child and bringing her own children here every summer as they grew up. She is very excited to now call this home! Please join us in making Dr. Hanley feel welcome in our care community.

## Room Reservations

We truly value the opportunity for families and friends to share meals together and encourage you to take advantage of our meal sharing options. As a reminder, you can reserve the Special Events room for a private gathering or special event. The space is yours to bring in a meal brought from home, or enjoy take-out from a favorite restaurant, and of course you can add decorations to celebrate a special occasion if you wish. The room is available on a first come, first served basis so reserve early to avoid disappointment. Room reservations can be made by contacting visitor services 519-534-1113.

If you want to dine with your loved one at mealtimes, meals can be purchased in advance for \$8.00. Your meal can be pre-purchased via visitor services or the business office Monday to Friday between the hours of 8:30 AM to 4:30 PM. The team will gladly provide a space for you and your loved one to dine together in the applicable home area. For more information on meal purchases please reach out to visitor services.



## Gateway Haven

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