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With shovels in hand, representatives from OMNI Health Care, Country Terrace and local government are pictured here during a Sept. 17 groundbreaking ceremony to mark the official start of the Country Terrace redevelopment project.

Groundbreaking Ceremony Marks the Start of Country Terrace Redevelopment Project

By Deron Hamel

A groundbreaking ceremony was held at Country Terrace Sept. 17 to mark the start of a redevelopment project to add 50,518 square feet and eight beds to the Komoka, Ont. long-term care home.

"We are really happy to be underway, and we are looking forward to the new Country Terrace meeting the needs of residents ..."

— Patrick McCarthy, president and CEO, OMNI Health Care

Construction began in August on the project that includes replacing a wing at the rear of Country Terrace with a three-storey addition and renovating the remainder of the 120-bed home.

The \$32-million redevelopment and expansion will be completed in phases and is expected to be finished by June 2024.

Patrick McCarthy, OMNI Health Care's president and CEO, says the redevelopment project, once complete, will enhance quality of life for residents and improve the working environment for staff members.

Once renovations are complete, Country Terrace will house four spacious, 32-bed neighbourhoods for residents. The project will replace all three- and four-bed wards with one- and two-bed rooms. The more spacious home will also improve capacity for infection prevention and control, McCarthy says.

Each neighbourhood will include its own dining room, lounge and activity space. Outside, the renovated Country Terrace will include

gardens, a whole-home gathering area and a chapel.

"We are really happy to be underway, and we are looking forward to the new Country Terrace meeting the needs of residents in accommodations that offer greater privacy and meet updated design standards," McCarthy said.

"We acknowledge and express appreciation for the support of the Province of Ontario, and the Municipality of Middlesex Centre and the County of Middlesex in supporting this redevelopment."

Lambton-Kent-Middlesex MPP Monte McNaughton could not attend the event, but he issued a statement praising the redevelopment project for the value it will deliver residents and the community.

"Congratulations to OMNI Health Care and
See 'Country Terrace' page 3

National Day for Truth and Reconciliation Events Well Received by West Lake Residents

West Lake Terrace residents are expressing their gratitude to the Prince Edward County long-term care home's staff members for hosting events in recognition of the first National Day for Truth and Reconciliation on Sept. 30.

The National Day for Truth and Reconciliation

honours the people of Canada's First Nations who survived the residential school system. The day also serves as a reminder of the children who did not return home from residential schools.

As part of the day, West Lake Terrace residents were

See 'It Was' page 3

'Streamway is A-1 In My Books'

Gladys Morris recalls the day her brother, Doug, moved into Streamway Villa in October 2018.

At first, Doug was reluctant to make the change from being on his own to living in a long-term care home, but once he got to Streamway, he changed his mind, Gladys says.

"The first day he was there, he felt at home, he fit right in," Gladys tells The OMNIway.

What made a difference to Doug was the Streamway Villa staff and the family atmosphere the Cobourg, Ont. long-term care home provides, Gladys says.

See 'Family Member' page 2

Two OMNI Homes Win Prizes for Videos Highlighting Residents' Bill of Rights

Two OMNI Health Care long-term care homes have won prize draws for videos they created highlighting the 27 rights listed in the Residents' Bill of Rights as part of a contest organized by the Ontario Association of Residents' Councils (OARC).

Burnbrae Gardens and Village Green will be receiving \$50 Tim Hortons gift cards which both homes

will be using to host doughnut parties for residents.

A third OMNI home, West Lake Terrace, received an honourable mention on the OARC website for the video residents and team members submitted.

The OARC challenged Ontario long-term care homes to work with residents to create videos to teach

See 'Residents Were' page 4



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Forest Hill resident Phillip Bruce enjoys a corn cob during a recent corn roast at the Kanata, Ont. long-term care home.

Corn Roast Tradition Returns to Forest Hill

With changes in place to ensure pandemic protocols were met, residents once again partook in a favourite end-of-summer event

The tradition of the end-of-summer corn roast returned to Forest Hill in late August.

Residents of the Kanata, Ont. long-term care home once again enjoyed fresh corn on the cob during the annual Forest Hill corn roast after skipping a year due to pandemic restrictions in place at the time.

With more flexibility this year, life enrichment co-ordinator Craig Forrest was eager to organize a corn roast.

“I didn’t want the residents to go without fresh corn this year,” he tells The OMNIway.

Normally, the corn roast attracts about 80 Forest Hill residents and their family members. Current safety protocols require family members to wear masks at all times while visiting the home. Because people need to remove their masks to eat, family members were unable to join residents at this year’s corn roast.

To ensure the corn roast could be held this year,

adjustments were made and required safety protocols were followed. Rather than having residents living on all five floors of the home attend the corn roast at the same time, smaller corn roasts were held outdoors for each floor.

The first corn roast was for residents from the third floor on Aug. 30. Craig picked up 120 cobs of corn and barbecued pork riblets. Residents living on the third floor had their corn roast outside and entertainment was provided, with remaining cobs and riblets being served to residents inside the home.

Live music has been provided at each corn roast, with entertainers performing from a safe distance.

A major plus has been co-operation from mother nature during the corn roasts, Craig says.

“The weather has been fantastic, and, thankfully it hasn’t been too hot,” he says. “We have really lucked out with the weather.” —DH

Family Member Gladys Morris Praises Streamway Villa’s Staff Members for the Love They Showed Her Brother

Continued from page 1

Gladys says what made a difference to her is the Streamway Villa team’s resident-centred focus. There was always someone for Doug to talk with and there were always things for Doug and other residents to do, she notes.

“I cannot say enough good things about the staff members. They put the residents first, sometimes above even their own families.”

— Gladys Morris, sister of the late Doug Morris, former resident of Streamway Villa

This was evident from Day 1, Gladys says.

“I found that the staff members went above and beyond,” she says. “I cannot say enough good things about the staff members. They put the residents first,

sometimes above even their own families.”

Doug recently passed away at Streamway Villa. Gladys says the care her brother received from staff and the friendships he cultivated among those living and working at the home had a positive impact on his quality of life during the nearly three years he lived at the home.

Gladys recalls the social aspects Doug enjoyed at Streamway Villa.

The home is located near Cobourg’s city centre, and Gladys notes how before the COVID-19 pandemic started in March 2020, staff members would often take residents to nearby restaurants for lunch or to any events happening in town.

“They would always take a group of the residents down to the strawberry social at the Waterfront Festival,” she says.

Then there were the in-house programs Doug

enjoyed at Streamway Villa.

“He loved the music programs that they have there, and when people would bring children in he would just be in his glory, he just loved children,” Gladys says.

When the pandemic began, Streamway Villa, like other long-term care homes, immediately put restrictions in place to keep everyone safe. Family members were unable to visit their loved ones living in long-term care homes in the following months, but Gladys says the Streamway team continued to keep residents’ spirits high and contact was maintained with families through frequent phone calls and video calls.

“The love they have shown the residents during the pandemic (has been outstanding) and they were so good to the family members as well,” she says.

“Streamway is A-1 in my books.” —DH



Members of the Norwood Lions Club are pictured here holding boxes of Tim Hortons Smile Cookies they brought for Pleasant Meadow Manor residents and staff members on Sept. 14.

Lions Club Brings Smiles to Pleasant Meadow Residents and Staff

Members delivered Tim Hortons Smile Cookies to the home Sept. 14

Pleasant Meadow Manor residents and staff members were on the receiving end of a random act of kindness recently when members of the local chapter of the Lions Club dropped off some special cookies.

On Sept. 14, members of the Norwood Lions Club showed up with six boxes of Smile Cookies from Tim Hortons. Smile Cookies are chocolate chunk cookies adorned with smiley faces.

They are the centrepiece of Tim Hortons’ annual Smile Cookie campaign.

Every year since 1996, Tim Hortons has run the Smile Cookie campaign. During the campaign, 100 per cent of the proceeds from the sale of Smile Cookies are donated to charities in communities across Canada.

Everyone at Pleasant Meadow Manor was surprised by the Smile

Cookies, which were served to residents and staff members in the afternoon, says Kim Williams, Pleasant Meadow Manor’s life enrichment co-ordinator.

The kind gesture from the Lions Club is an example of a small thing that can make a big difference, Kim says.

“These are the types of surprises that everyone enjoys and puts smiles on everyone’s faces,” she tells The OMNIway. —DH

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EDITORIAL

A Thank-you to Staff for Vaccine Campaign's Success

As we enter the final quarter of 2021, COVID-19 remains at the forefront of Canada's collective mind, and we are now, by most estimations, in the fourth wave of the pandemic.

At OMNI Health Care, the good news is how well the pandemic has been managed by our 18 long-term care homes in 2021. This is largely due to the availability of vaccines since the start of the year and the exceptionally high rate of immunization amongst our resident population.

The people working on the front lines in OMNI homes have played an important part in this success. Their contributions to this year's vaccine campaign cannot be understated.

When inoculations for COVID-19 became available to long-term-care home residents at the start of the year, staff members were educated about the vaccines and shared information about the science supporting their effectiveness with residents and their families.

This resulted in large-scale vaccine support and a 90-plus-per-cent vaccination rate in our homes, with many homes having nearly all eligible residents immunized against the highly contagious COVID-19 virus.

Staff members also worked tirelessly this year to organize in-house vaccine clinics, and they have collaborated with public health units to ensure seamless delivery of the vaccines to our homes.

Additionally, OMNI, along with a number of other Ontario long-term care operators, has made vaccinations mandatory for all staff members by Oct. 15.

Keeping residents' quality of life high is our greatest measure of success.

The Ontario government has subsequently issued a vaccine mandate for people working in all long-term care homes in the province.

Health-care experts across the board have stressed that vaccines are the best tool we have for preventing COVID-19 infection and for minimizing the impact of the virus in people who still become infected.

With a high vaccination rate amongst residents and staff, new directives from the Ministry of Long-Term Care and the hard work of team members working in OMNI long-term care homes, residents have continued to enjoy a high quality of life, despite the challenges that have come with the pandemic.

Keeping residents' quality of life high is our greatest measure of success.

Still, we cannot lose sight of the fact the pandemic is not over, and we will remain diligent in keeping residents safe while keeping their quality of life high.

A huge thank-you to all staff members is in order for continuously maintaining this balance.



Pictured above, the West Lake Terrace team filled the home's display case with photos and items highlighting First Nations culture in honour of the National Day for Truth and Reconciliation on Sept. 30. An orange Every Child Matters flag was also raised in recognition of the day.

'It Was a Good Learning Experience'

Continued from page 1
introduced to contemporary and traditional First Nations food and attended information sessions focused on First Nations traditions and culture.

Residents enjoyed a lunch that featured three sisters soup, which contains squash, corn and beans, as well as fried tacos and sweetened bannock with berries for dessert.

Life enrichment co-ordinator Janie Denard and life enrichment aide Elaine Goheen delivered a presentation to residents about First Nations cultural traditions that included videos of dancing and powwows.

The video presentation also featured an interview with a residential school survivor.

Residents say they enjoyed the food and the presentations.

Resident Doris Woodall says she was "thankful to be able to taste and experience some traditional Indigenous food."

Another resident, Shirley Ball, thanked Janie and Elaine for their presentation, noting "it was a good learning experience for me."

In fact, the day brought back some fond memories

for Shirley, whose husband was of Mohawk ancestry, Janie notes.

"She said they used to do smudging in their house and that it was great to think about those times she spent with her husband," Janie says.



West Lake Terrace staff members wore orange shirts on Sept. 30 to show solidarity with First Nations communities across Canada.

Smudging is a rite practised by many First Nations communities. During a smudging ceremony, smoke from burning sacred plants, such as cedar, sage, sweetgrass and tobacco, is used for purification.

The day was also informative for West Lake Terrace staff members, Janie notes.

"They were very supportive; they thought it was a great idea that we involved the residents in honouring this day," she says.

Before changing the name to the National Day for Truth and Reconciliation, Sept. 30 was called Orange Shirt Day.

The colour orange has

significance. In 1973, Phyllis Webstad, a then-six-year-old First Nations student from B.C., had an orange shirt taken from her by teachers at the residential school she attended.

Orange Shirt Day was first

acknowledged on Sept. 30, 2013, to raise awareness of the injustices First Nations, Inuit and Métis people faced in residential schools.

Orange has been designated as the colour of remembrance of the children who didn't return home from residential schools.

Residents and staff members were encouraged to wear orange shirts in recognition of National Day for Truth and Reconciliation. Nearly all staff members wore orange shirts, Janie says.

"Staff members across all shifts participated and wore their orange shirts and were very supportive of the day," Janie says. —DH

Country Terrace is One of Four OMNI Homes Under Construction

Continued from page 1
Country Terrace on starting construction, the result of hard work and dedication by everyone involved," McNaughton said.

Attending the event were Middlesex County Warden Cathy Burghardt-Jesson and Middlesex Centre Mayor

Aina DeViet, who have also shown strong support for the Country Terrace redevelopment project.

In addition to Country Terrace, construction on redevelopment projects at three other OMNI long-term care homes — Almonte Country

Haven, Pleasant Meadow Manor and Woodland Villa — is well underway.

OMNI has also received approval from the province to rebuild three of the organization's other long-term care homes: Riverview Manor, Streamway Villa and Village Green.

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Garden Terrace prom queen and king Eleni-Sabie Woldemariam and John Koiste are pictured here during the prom event the home hosted on Sept. 22.

Prom Night Comes to Garden Terrace

When it was discovered that some residents never attended prom, team members organized a special event

After several Garden Terrace residents mentioned they had not gone to their high school prom, the life enrichment team decided to create a prom night for them on Sept. 22.

“Many residents knew some dance moves from years ago — like the twist — and that was nice to see because many of them are great dancers.”

— Rachael King, life enrichment co-ordinator, Garden Terrace

“We thought it would be a fun idea to bring prom to Garden Terrace,” says Rachael King, the Kanata, Ont. long-term care home’s life enrichment co-ordinator.

The event was a chance for residents who didn’t attend their prom to experience something new; for residents who did attend prom, it was an opportunity to reminisce about fond memories, Rachael says.

Residents got dressed up, and the life enrichment team worked with the ladies to apply makeup, curl hair and put on jewelry, she adds.

Some residents asked other residents to be their date.

A major highlight of the event was the voting for prom king and prom queen. After votes were counted, John Koiste was elected prom king and Eleni-Sabie Woldemariam received the honour of being prom queen.

Additionally, certificates of recognition were handed out to each resident attending the prom. The certificates were awarded to residents for a variety of attributes, including best bingo player and nicest smile.

Like with any prom, there was lots of dancing, Rachael notes.

“Many residents knew some dance moves from years ago — like the twist — and that was nice to see because many of them are great dancers,” she says.

At the end of the prom, residents got to have their photos taken in front of the Garden Terrace prom sign team members made.

There was a strong social aspect to the Garden Terrace prom, which, says Rachael, was an added benefit.

“There was lots of mingling, and a lot of the residents got to meet people they didn’t know,” she says. — DH

‘Residents Were Super Excited’

Continued from page 1
others about the Residents’ Bill of Rights during Residents’ Council Week, which ran Sept. 13-19.

In the video submitted by Burnbrae Gardens, residents are wearing T-shirts listing the 27 rights. Each T-shirt is embossed with two residents’ rights — one on the front and one on the back. Residents had their photos taken wearing the T-shirts, and the photos were made into a slideshow accompanied by music.

Resident Jeannine LeClerc, who is fluent in French, provided a translation in the video for every resident right.

“Residents were super excited to know that they will receive a Tim Hortons recognition party for all their hard work in putting this video together,” Burnbrae Gardens administrator and life enrichment co-ordinator (LEC) April Faux tells The OMNIway.

April says the prize is a bonus for a project everyone found rewarding to create.

“To be honest, we had so much fun as a group making this video that the gift card we received was just an extra little reward on top of the fun and laughter we had putting it all together,” she says.

The video created by

Village Green features the Greater Napanee long-term care home’s residents and team members reading the residents’ rights.

In some segments, Village Green residents and staff members act out residents’ rights so viewers can see examples of residents’ rights in action.

Village Green LEC Ulana Orrick says residents were overjoyed when they learned they would be having a doughnut party, thanks to their work on the video.

Ulana says when she asked residents how they felt about being recognized for their work, the most common reply was “I feel proud.”

“Our residents were thrilled to be one of the winning homes, and we will be having a party soon to celebrate with our Tim Hortons Gift card,” she says.

“This was such a great way for residents to express themselves and to feel some ownership of their home.”

The video created by West Lake Terrace, called Through Our Eyes Bringing the Residents’ Bill of Rights Alive, features a slideshow of residents and team members holding cards with each residents’ right explained as a rendition of the Beatles’ In My Life plays. — DH



Pictured above, Burnbrae Gardens residents are pictured with T-shirts they wore to make a video raising awareness of the Residents’ Bill of Rights. The video was entered in a contest organized by the Ontario Association of Residents’ Councils.

To watch the videos, find this story at OMNIway.ca.

Fun and Laughter With a Splash

A tried and proven, fun-filled event that is a favourite with residents returned to Frost Manor this summer, once again creating a big splash.

On Aug. 19, team members at the Lindsay, Ont. long-term care home set up a water slide next to the parking lot, and residents and staff members took turns zooming across the 50-foot slide in rubber tubes.

Residents sat in a plastic tube with straps attached at the sides and team members pulled them down the slide.

Frost Manor last hosted a water-slide day in summer 2019, and residents were happy to see it return, says Amy Whitehead, the home’s life enrichment co-ordinator.

Amy says the water-slide



Frost Manor residents and staff members took turns going down a water slide at the Lindsay, Ont. long-term care home on Aug. 19.

day was the perfect way to keep everyone cool during the August heatwave. Team members also set up a hydration station to provide everyone with cold drinks.

Amy notes this year’s slide was “new and improved.”

“It was a 50-foot slide with inflatable bumpers,” she tells The OMNIway. “The day was a lot of fun. The residents had lots of

laughs watching people go down the slide. We made an afternoon of it and everyone had a great time.”

Since the water-slide day went over so well with everyone, Amy says residents can look forward to having their own water park again next year.

“We will do it again next summer; it’s definitely worth it,” she says. — DH

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