



# OMNIway

*I'm Excited to Build OMNI's Future With You . . . pg. 3*

*Bringing Hope & Humanity to health care*

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## Walk of Hope

*Riverview Manor team members are seen here during the Peterborough Butterfly Run at the Robert Johnston Eco-Forest Trail April 30. Team members walked the trail in support of families and individuals who have experienced the loss of a child, miscarriage or infertility. See story at right.*

## OMNI is About People. And That's the Way Raheem Hirji Likes it

*By Deron Hamel*

As he starts the next chapter in an already rich career in the long-term care and retirement living sectors, Raheem Hirji, OMNI Health Care's new president and CEO, says what's exciting him most is the opportunity he will have to get to know and work with the people who comprise the organization.

Seniors housing is a people-based business, and people are OMNI's greatest asset. This is a sentiment Raheem, who previously held executive positions at Sienna Senior Living (formerly Leisureworld) and, most recently, at Seasons Retirement Communities,

where he served as chief financial officer, cannot underscore enough.

*"(I know that) OMNI has had a phenomenal reputation and culture centred around quality and care, and that's really a testament to the people who contribute to that, day in and day out."*

*— Raheem Hirji, president and CEO, OMNI Health Care*

"I'm really excited about meeting the people," Raheem, who started his position May 9, tells The OMNIway.

"I've been in the industry now for a number of years, and (I know that) OMNI has had a phenomenal reputation and culture centred around quality and care, and that's really a testament to the people who contribute to that, day in and day out.

"As I gear up and get ready to start, I'm most excited about meeting people because this is a people business at the end of the day, and that's what makes this business move forward."

By working with people from across the organization, Raheem says he sees many opportunities on the horizon to build upon the "great work" OMNI's leadership

*See 'CEO Says' page 4*

## Gallery Opens Exhibit Featuring Burnbrae Resident Artist's Work

Burnbrae Gardens resident Margaret Macmillan is making a splash in the local art community with the recent opening of an exhibit of her paintings at a Warkworth gallery.

On May 21, the Arts and Heritage Centre (Ah! Centre) opened Margaret's

exhibit, called A View From My Window. The exhibit features several of the paintings Margaret has created during the past 70 years, many of which are landscapes and buildings in and around Campbellford and Norwood.

*See 'Margaret' page 2*

## Riverview Team Dedicates Run to Residents Who've Experienced Child Loss

DOURO-DUMMER, Ont. – Riverview Manor team members participated in the five-kilometre Peterborough Butterfly Run April 30 in support of families and individuals who have experienced the loss of a child, miscarriage or infertility.

As much as the Riverview

team — dubbed the Riverview Baby's Breath — was walking the paths of the Robert Johnston Eco-Forest Trail in Douro-Dummer Township to raise money for people who have recently experienced such loss, they were also there to support some of the

*See 'We Are' page 4*

## Mediterranean Omelette Winner of Inaugural March Madness Recipe Contest

Country Terrace nutritional care team member Josephine Goddard is the winner of OMNI Health Care's first annual March Madness recipe contest for her entry, a Mediterranean omelette bursting with flavours.

Josephine says she got the idea for the omelette, which is a medley of spinach, eggplant, red pepper, mushrooms, onions, feta

cheese and garlic, after ordering something similar in a restaurant once.

She says she liked what she tasted but thought it could be improved, so she got to work creating her own version, which has been a hit with residents at the Komoka, Ont. long-term care home.

"When I saw the recipe *See 'Winning Recipe' page 3*



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Burnbrae Gardens resident Margaret Macmillan is seen here alongside one of her paintings, *A View From My Window*.

## Margaret Macmillan's Paintings to be Featured at Arts and Heritage Centre in Warkworth Until July 10

*Continued from page 1*

One of Margaret's favourite paintings — and the one her exhibit is named after — depicts a winter scene from a window of her house in Campbellford.

Margaret, who is 96, attended the opening with family members and says “there was a very good crowd” on hand to see her work.

“People came and went, and there were a lot of people I hadn't seen in a while, and that was good,” she tells The OMNIway.

On its website, the Ah! Centre describes Margaret's artwork as “abstract impression, working with bold colours and lively shapes, in many media including oil, acrylic, water colour and pencil.”

Margaret was introduced to painting and drawing at an early age. She recalls her kindergarten teacher bringing objects to the classroom for students to draw, and this, she says, sparked her interest in art.

“I saw that I could draw, and that (interest) has carried on through the years,” she says.

Margaret began seriously painting in 1949 and studied under two renowned Ontario artists, Paavo Airola and Peter Kolysnik.

Impressed by her “excellent

colour sense,” the admissions board at the Ontario College of Art gave Margaret a one-year exemption when she applied for the four-year experimental arts program in 1975, the Ah! Centre states on its website.

Margaret completed the program in 1978. She also completed a BA at Trent University in 1994 and a B.Ed at the University of Toronto in 1999.

Asked what advice she has for aspiring artists, Margaret says they should look for inspiration in their outdoor surroundings.

“If you can't paint nature at some time during your career, there's not much point in painting at all,” she says. “That's my advice for the day.”

Burnbrae Gardens administrator April Faux says Margaret has always been humble about her artistic talent.

She says many of the home's staff members were surprised to learn such a gifted artist was among them when posters advertising Margaret's exhibit began popping up. “Her artwork has been a hidden secret,” April says.

The exhibit of Margaret's work will be on display at the Ah! Centre until July 10. You can visit [ahcentre.ca](http://ahcentre.ca) for more information. — DH

## New Managers Share their Vision for Riverview Manor's Future

*Continued partnerships with post-secondary institutions a top priority*

Two new managers at Riverview Manor say they're excited about helping to create the future of the Peterborough long-term care home which, they say, will be built upon “the great base” that's already in place.

Administrator Matt Riel and director of care Tammy Colman-Sadd, who started their positions in January, also say building upon the dynamic partnerships Riverview Manor has long held with post-secondary educational institutions will be a major part of that plan.

Matt and Tammy say the partnerships Riverview Manor has with Trent University and Fleming College are key to building the future of the home.

“We have had RN students, we have had RPN students here, we currently have 13 or 14 PSW students doing their hours here, and we have another group that

will start in a few weeks, so I think both Tammy and I believe (Riverview Manor) is a place where we can educate the next group of staff that are going to come and work here and grow into the future,” Matt says.

“We want to be a real community partner in providing that education to students.”

For many years, students enrolled in nursing, personal support worker and other programs at Trent and Fleming have done their placements at Riverview Manor. Many of the home's staff members are also graduates of Trent and Fleming programs.

Looking ahead, Matt and Tammy say they want Riverview Manor to continue collaborating with educational institutions to build a strong foundation of nursing and caregiving in the community.

“We want to be a teaching home and we want people to build their careers based on the foundations of OMNI,” Tammy says.

The managers also say they're fortunate to be working in a long-term care home that has always been focused on being a valuable community partner, in addition to being a home providing excellent resident care.

“We have been very fortunate to have inherited a home that has solid groundwork already built, and I think we are very fortunate that we can take the new generation of health care and move it forward and bring that to fruition,” Tammy says.

“We can set the groundwork here in building the practices we want, and it's going to give us the opportunity to set the bar for long-term care.” — DH

## Earth Day Presentation Generates Lots of Interest at Garden Terrace

Garden Terrace residents learned about the importance of sustainability as well as about the extinction of species and the impact this has on the environment during an Earth Day presentation at the Kanata, Ont. long-term care home.

The April 22 presentation was delivered by life enrichment aide Sarah Vierra who also explained that while humans are the main source of environmental damage, humans are also working towards solutions to increase sustainability and prevent further environmental harm.

“We looked at videos that talked about how in the past certain species were very prominent, that all the rainforests were still there, but deforestation happened and pushed them out,” explains Garden Terrace life enrichment co-ordinator Rachael King.

“As a result, today's world has changed, and that was interesting for the residents



to learn about.”

Recognized every April 22 since 1970, Earth Day is honoured worldwide to raise awareness of environmental issues and support environmental protection.

Some of the residents come from a generation where there was far less concern over the state of the global environment, but the presentation Sarah created sparked lots of interest, Rachael says.

“A lot of them were curious about different animals and where they originated,” she says. “One resident was asking about different types of frogs and what their colours mean, so they were pretty interested in everything.”

Rachael is commending Sarah for organizing the engaging presentation that piqued lots of interest from residents.

“It was well received by the residents; Sarah did a very good job,” she says.

Given the success of the Earth Day presentation and other learning programs residents have had, Rachael says the Garden Terrace life enrichment team will continue delivering educational sessions to residents throughout the year.

“We are going to do more educational programs like this to help inform residents about things going on in the world and things going on in the community,” she says. — DH

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Frost Manor residents and staff are pictured here during the home's April 28 '80s theme day.

## Radical! Frost Manor Residents Treated to '80s Theme Day

*Trivia, entertainment and lots of pastel colours mark the event*

Big hair, skinny ties and pastel colours were in fashion at Frost Manor recently when the Lindsay, Ont. long-term care home celebrated '80s Day.

*"It's always great to have these spirited days where lots of fun is had."*

— Amy Whitehead, life enrichment co-ordinator, Frost Manor

Every month, the Frost Manor life enrichment team organizes spirit days centred on a theme. For a theme day on April 28, the team chose the 1980s.

The day began with 1980s trivia for the residents. This proved to be a great way to spark reminiscing about famous names from the decade and bring out laughter about the trends of the time, says life enrichment co-ordinator Amy Whitehead.

"We really put staff and residents to the test with an '80s quiz to complete as well," Amy tells The OMNIway.

The life enrichment team also set up a whiteboard in the home's main lounge where residents and staff members could write down their favourite 1980s memory or trend.

"Some of the answers included: big hair, bright

colours, roller skates, Top Gun, and many more," Amy says.

In the afternoon, residents enjoyed entertainment courtesy of musician Don Van Halteren, whom Amy describes as "a home favourite," who played the accordion.

In keeping with the theme of the day, he dressed in "neon green" attire and included some 1980s tunes in the set, Amy adds.

Amy says the life enrichment team enjoys organizing theme days for residents and that the '80s day proved to be a big hit.

"It's always great to have these spirited days where lots of fun is had," she says. — DH

## Winning Recipe is Perfect for Breakfast and Lunch

*Continued from page 1* contest, I immediately thought about the Mediterranean omelette; (it's such a great recipe," Josephine says, adding this savoury egg dish has great versatility.

"(There are) a lot of flavours, and it can be used at breakfast and lunch."

Chris Weber, OMNI's operations manager of nutrition and food service, says the March Madness contest, which saw 16 recipes compete in a bracket contest where votes were cast each week between April 14 and May 6, was

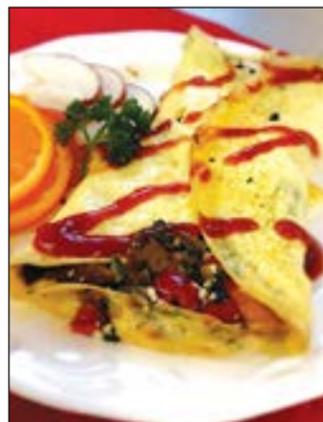
close, and the Mediterranean omelette won "by a very thin margin," he says.

OMNI launched the first annual March Madness recipe challenge in March in recognition of Nutrition Month in Canada.

Chris came up with the idea to encourage nutritional care managers and cooks to showcase their most-loved recipes and to highlight the high-quality meals served in OMNI's 18 long-term care homes.

Throughout March, nutritional care managers and cooks prepared their

favourite meals, plated them and took photos that were sent to head office. The photos were accompanied by the name of each meal and its recipe. — DH



## EDITORIAL

**Editor's note:** Rabeem Hirji became OMNI Health Care's new president and CEO in May. Rabeem comes to OMNI with a strong leadership background in the long-term care and retirement living sectors. He is looking forward to working with everyone throughout the organization to continue to move OMNI ahead.

## I'm Excited to Build OMNI's Future With You

Excited. This is the word that best describes how I feel about this new opportunity I have to work with OMNI Health Care and help navigate the future of this dynamic organization.

I'm excited to be working with the dedicated team at head office and with the compassionate, committed people working in all of our homes.

I'm excited about meeting everyone within the OMNI organization and getting to know each and every one of you as we move forward together in our quality-focused journey.

For the past 14 years, my predecessor, Patrick McCarthy, has worked with you to lay the foundation for the future of this organization. I'm both humbled and excited to have the torch passed to me to carry on and help build upon the amazing work that has already been accomplished.

While there has been a leadership change, OMNI's mission of bringing hope, purpose and belonging remains firmly in place.

Naturally, ensuring that residents are delivered the highest quality care possible while enjoying the greatest experience imaginable will continue to be OMNI's focus.

I'm also excited to be joining OMNI during a



Rabeem Hirji, president and CEO, OMNI Health Care

time of great change and new opportunities. As you know, OMNI has received approval for the rebuilding of four of our long-term care communities and work is well underway to expand several of our other homes.

These new state-of-the-art homes and expansions represent the future of long-term care, and I'm excited to be a part of that future.

I've long been aware of OMNI's stellar reputation as both a seniors housing provider committed to residents and their families and as an employer dedicated to its team members.

Building the future of this organization is not a one-person job; it's an all-encompassing team effort, and I am excited about working alongside everyone at OMNI to build that future.

Together, we will make today's possibilities tomorrow's realities, and I'm really excited about that.



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## CEO Says OMNI is at 'an Exciting Time'

*Continued from page 1*  
team has accomplished over the years and take OMNI's reputation, both as a seniors housing provider of choice and employer of choice, to the next level.

Topping the list of exciting times ahead Raheem sees is the completion of redevelopment projects at several OMNI homes — including the rebuilding of four homes — that will enhance the living experience for residents and the working experience for staff.

Patrick McCarthy, OMNI's previous president and CEO, has stepped down from the position as he prepares for retirement,

but he is continuing with OMNI in an advisory role for a period of time not yet determined. Raheem commends Patrick and the rest of the leadership team for laying the groundwork that's making future opportunities possible.

"I think we're at an exciting time in the company's evolution, so that's what really stands out," Raheem says. "There's a ton of opportunity to build on the great work that Pat and the leadership team have already done so much of, and obviously the organization is well in hand, so I'm just excited about building upon that."

## 'We Are Their Voice Today'

*Continued from page 1*  
residents they care for, says Tammy Colman-Sadd.

Tammy, the director of care at Riverview Manor, notes there are residents of the home who know the pain of child loss, and many come from a time when such things weren't discussed.

Some still find it difficult to talk about the loss of a baby, she adds. There are long-term-care home residents who have experienced child loss and miscarriage who never shared the trauma they went through with their surviving children, Tammy says.

Staff members sometimes learn about such trauma when residents quietly share their experiences decades later, she notes.

A bereaved mother herself, Tammy knows the pain of child loss. She also knows how important it is to talk about the grief that comes with losing a child

rather than hiding it.

The Riverview Manor team's walk was dedicated to those residents who still cannot talk about their loss.

"We are their voice today," Tammy, who organized the walk for the Riverview team, told The OMNIway before the start of the event.

Nine Riverview Manor team members participated in this year's Peterborough Butterfly Run. At the time of this writing, there is still money to come in and team members say they expect about \$1,000 will be raised for local families and individuals.

As with the past two years, the Butterfly Run was virtual to enhance safety during the COVID-19 pandemic.

Instead of having many teams participating at the same time, teams from across the Peterborough area were allowed to complete their walk or run between April 24 and May 1. — DH



## Olympic-style Event Encourages Camaraderie and Friendly Competition at Springdale

*Many residents who normally don't turn up for activities were participating each day*

In April, Springdale Country Manor residents enjoyed their first-ever Springdale Spring Fling, an Olympic-style event that encouraged friendly competition and lots of fun and laughter among the Peterborough-area long-term care home's residents.

The event consisted of daily competitive activities from Monday to Friday for two weeks. Events included discus throwing, paper airplane flying, bull's-eye shooting, a beanbag toss and bowling.

For the discus throwing and plane flying, the objectives were to see how far residents could toss these objects. For the bull's-eye shooting, there was a target set up and residents threw a Velcro ball to try to get the most points.

Each event had a first-, second- and third-place winner, explains life

enrichment aide Nikki English, who says residents showed a strong spirit of camaraderie during the events.

"There was a lot of enthusiasm and encouragement among the residents," she tells The OMNIway. "They would each cheer each other on after each turn. ... The residents really enjoyed the events and the excitement of seeing how well they could do."

Life enrichment team members created a standings board that was hung in the home's main dining room. Each event was posted with the top three winners that were added at the end of the event.

Medals were also handed out to the top overall resident who achieved the most standings as well as a medal for the resident who participated in the

most events.

On the last day of events, residents celebrated their achievements during the previous two weeks. The residents in the top three places for each event received a gold, silver or bronze medal.

"Since there was so much enthusiasm from the residents, some of them won multiple medals," Nikki says, adding many residents who normally don't join in programming participated in the Spring Fling.

Nikki says the event was so successful she's hoping to see it return next year, adding that a month later the Spring Fling is still top of mind for residents.

"Some of the residents to this day still wear their medal every day to show it off and be proud of what they accomplished," she says. — DH

*Share Your Story!*  
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E-mail Deron: [deron@axiomnews.com](mailto:deron@axiomnews.com)