

Volume 3, Issue 6

June 2026



ELLIOTT EXPRESS



Mission Statement

*Quality choices in a caring and inclusive, home-like community.
A tradition of promoting dignity and independence
for those we serve and their families.*

**Join us daily in the Community Centre Cafe
this Summer Starting June 8th 3:00-4:00pm**

Summer Sips

CAFE PROGRAM

MONDAY • WEDNESDAY • FRIDAY

in the CAFE

3:00-4:00PM

FEATURED DRINKS:

- LEMONADE
- ICED TEA
- OTHER COOL BEVERAGES

\$2.00

Summer Scoops

CAFE PROGRAM

TUESDAYS • THURSDAYS

in the CAFE

3:00-4:00PM

ENJOY A COOL TREAT LIKE:

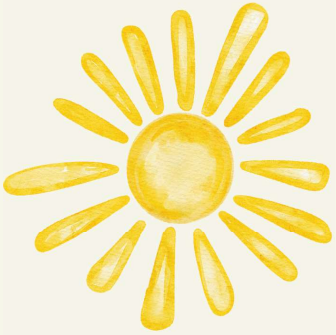
- ICE CREAM CUPS
- BARS
- AND OTHER COOL TREATS!

\$4.00

*Come and enjoy
a drink in the cafe,
or Cheers Patio
and enjoy the
summer sun!*

*Treat yourself
to something
COOL!*





JUNE OUTINGS

Country Drive & Belwood Lake Buttertarts

Friday June 5th Leaving at 10:00am

**Cost is \$10 including transportation
plus spending money**



Elora Race Track Dinner & Horse Races

Monday June 8th Leaving at 5:00pm

Cost is \$10 transportation plus cost of dinner

St. Patrick's Early Learning Centre Visit

Monday June 15th Leaving at 9:15am

FREE

Stella's Diner Lunch Outing

Tuesday June 30th Leaving at 11:30am

Cost is \$10 transportation plus cost of lunch



All outings require sign-up through Recreation. Please note that spots are limited, so while we strive to accommodate all requests, availability is not guaranteed.

June Community Centre/Chapel Programs & Events



Monday June 8th at 2:00pm

Maintain your Brain Educational
Presentation with Rebecca Kennedy

Wednesday June 10th at 2:00pm

Happy Hour with Record Day Combo

Saturday June 13th at 2:00pm

Senior Prom with Elvis' 3 Brothers

Thursday June 18th at 2:00pm

Birthday Party with Tricia Cole

Monday June 22nd at 2:00pm



Summer Music Showcase with Elliott Community

Music Groups

Wednesday June 24th at 2:00pm

Accordion with Gary

Saturday June 27th at 2:00pm

National BINGO Day BINGO



June Chapel Spiritual Programs



Tuesday June 9th at 10:00am

Trinity United Chapel Service

Wednesday June 17th at 10:00am

Roman Catholic Mass

Tuesday June 23rd at 10:00am

Roman Catholic Mass

Wednesday June 24th at 10:00am

St. George's Chapel Service



Working on our Wings

Updates on The Butterfly Approach for Residents and Families



The Elliott Community is the first long-term care home in Guelph accredited in The Butterfly Approach, an innovative, person-centred and emotion-focused model of care. The Wellington, Fountain and Edinburgh home areas. The Butterfly Approach is in progress on the Eramosa and Paisley home areas. The Elliott Community is working towards accreditation in all long-term care home areas in 2026.

Snacks and Drinks

In a Butterfly Home, snacks and drinks are always available for people to help themselves just like in our own homes. People living in long-term care can find a variety of snacks and drinks for all types and textures in each home area. Fridges and snacks are located in the dining room on Eramosa, Wellington and Edinburgh and in the activity/physio room on Paisley. For people living in fountain, snacks are available on the dining room counter, from the Wellington Fridge or from a team member.

If you are visiting someone in long-term care and they would like a snack or drink, feel free to help them find something they like. If you are not sure about the diet type and texture is best please check with staff.

Welcome Peter and Uyen from Meaningful Care Matters on June 1 and 2

Eramosa and Paisley will receive their Butterfly mid-point progress review Audit on Monday, June 1 and Tuesday, June 2. The Elliott Community team is excited to welcome Peter Bewert from Australia and Uyen Thuy Nguyen from Ontario.

Peter will spend these two days observing life in the Paisley and Eramosa home areas as well as reviewing the environment and talking with the team.

Uyen will be supporting the audit and connecting with people living in, working at and visiting The Elliott Community. If you see Peter or Uyen on-site, please introduce yourself. They may want to ask you a few questions and we invite you to share your experience at The Elliott Community with them if you feel comfortable.

Working on our Wings

Updates on The Butterfly Approach for Residents and Families



Thank you to everyone who has donated items and provided ideas to help fill the environment on Paisley and Eramosa. We are still looking for a few items. If you have any of these to contribute, please let us know:

- Gently used baby blankets and baby clothes
 - Baby Crib or change table
 - High chair
- Travel photos or post cards
 - Photos of pets
- Cookbooks and recipe cards
 - Vinyl records

Thank you for your contributions. Please note that any donated items must be assessed for safety before we are able to accept.

If you have questions or ideas regarding The Butterfly Approach, please contact Lindsay Marinovic, Resident Experience Lead at 519-822-0491 ext. 2110 or LMarinovic@elliottcommunity.org



INFECTION CONTROL & PREVENTION UPDATE

Summer Heat & Air Quality: Staying Safe Together

As we head into the warmer months, it's important to prepare for periods of extreme heat and poor air quality, including possible wildfire smoke. Older adults and individuals with underlying health conditions are at greater risk of heat-related illness and complications from poor air quality.

Preparing ahead can help protect our residents, staff, families, and visitors throughout the summer season.

Extreme Heat: What You Need to Know

High temperatures can increase the risk of:

- Dehydration
- Heat exhaustion
- Heat stroke
- Worsening of existing medical conditions

To help keep residents safe during hot weather, our home will continue to focus on:

- ✓ Monitoring indoor temperatures
- ✓ Encouraging hydration throughout the day
- ✓ Providing access to cool spaces
- ✓ Adjusting outdoor and recreational activities during high heat
- ✓ Monitoring residents who may need additional support

Hydration Matters

Residents may not always feel thirsty, especially older adults.

Families, visitors, and staff can help by encouraging residents to:

- Drink fluids regularly
- Avoid dehydration
- Rest in cool areas during hotter parts of the day

Please notify staff if you notice signs such as:

- ✓ Dizziness
- ✓ Confusion
- ✓ Headache
- ✓ Dry mouth

INFECTION CONTROL & PREVENTION UPDATE

Wildfire Smoke & Air Quality Awareness

Wildfire smoke may affect air quality during the summer months. Poor air quality can be especially difficult for older adults and those with heart or lung conditions.

Environment Canada issues alerts when the Air Quality Health Index (AQHI) reaches high-risk levels.

During poor air quality days:

- ✓ Outdoor activities may be adjusted
- ✓ Windows and doors may remain closed
- ✓ Residents may be encouraged to stay indoors
- ✓ Staff will continue monitoring resident wellness closely

Stay Informed

Families and visitors are encouraged to monitor local heat and air quality alerts.

Helpful resources include:

- The WeatherCAN App for heat warnings and AQHI updates
- Environment Canada's current alert map
- Public health guidance on wildfire smoke and heat safety

Summer IPAC Reminder

Even during summer months, infection prevention remains important.

Please continue to:

- ✓ Clean your hands when entering and leaving the home
 - ✓ Stay home if you feel unwell
 - ✓ Follow posted signage and staff instructions
 - ✓ Practice respiratory etiquette
- ✗ Myth: Summer heat means fewer infection risks.
- ✓ Fact: Infections can spread during any season. Heat can also increase health risks such as dehydration and illness in vulnerable populations. Infection prevention practices remain important year-round.

June Takeaway

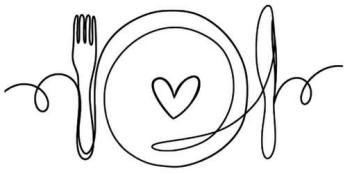
Summer should be safe and enjoyable for everyone. By staying hydrated, monitoring heat and air quality alerts, and continuing good infection prevention practices, we can help keep our long-term care community healthy all season long.



General Store Hours of Operation

	Morning	Afternoon
Monday	Closed	Closed
Tuesday	Closed	1:30-3:30pm
Wednesday	9:30-12:30pm	12:30-3:30pm
Thursday	9:30-12:30pm	12:30-2:00pm
Friday	9:30 - 12:00pm	Closed
Saturday	Closed	Closed
Sunday	Closed	Closed

Thank you for your business!



THE HUB
BALNAR FAMILY FOUNDATION
COMMUNITY CAFÉ

JUNE SPECIALS MENU



MONDAY ¹ Happy Hour & Trivia 6:30-7:30pm	TUESDAY HAPPY <i>Pride</i> MONTH ²	WEDNESDAY ³ BBQ Ribs, Baked Beans & Fries \$14	THURSDAY ⁴ Happy Hour & BINGO 6:30-7:30pm	FRIDAY ⁵ Chicken Fingers & Fries \$14
⁸ 3:00-4:00 Summer Sips Happy Hour & Trivia 6:30-7:30pm	⁹ 3:00-4:00 Summer Scoops	¹⁰ Chicken Souvlaki Salad \$12 3:00-4:00 Summer Sips	¹¹ 8:30-11:30 Breakfast \$10 3:00-4:00 Summer Scoops \$4.00 each Happy Hour & BINGO 6:30-7:30pm	¹² Fish & Chips \$14
¹⁵ 3:00-4:00 Summer Sips Happy Hour & Trivia 6:30-7:30pm	¹⁶ 3:00-4:00 Summer Scoops	¹⁷ BLT or Falafel Wrap & Fries \$12 3:00-4:00 Summer Sips	¹⁸ 3:00-4:00 Summer Scoops \$4.00 each Happy Hour & BINGO 6:30-7:30pm	¹⁹ BBQ Burgers & Doggies with salad \$12 3:00-4:00 Summer Sips
²² 3:00-4:00 Summer Sips Happy Hour & Trivia 6:30-7:30pm	²³ 3:00-4:00 Summer Scoops	²⁴ Chicken Caesar Salad \$12 3:00-4:00 Summer Sips	²⁵ 8:30-11:30 Breakfast \$10 3:00-4:00 Summer Scoops \$4.00 each Happy Hour & BINGO 6:30-7:30pm	²⁶ 12" Pizza \$12 3:00-4:00 Summer Sips
²⁹ 3:00-4:00 Summer Sips Happy Hour & Trivia 6:30-7:30pm	³⁰ 3:00-4:00 Summer Scoops			

NEW! Summer Sips in the Café

Refreshing summer drinks available in the café including lemonade, iced tea, and rotating seasonal favourites for \$2.00
Mondays, Wednesdays & Fridays
3:00-4:00 PM



NEW! Summer Scoops in the Café

Cool down with delicious ice cream treats & summer favourites in the café. for \$4.00
Tuesdays & Thursdays
3:00-4:00 PM

