

Volume 2, Issue 9

October  
2025

# ELLIOTT EXPRESS



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## *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.*

## **Get ready for the Elliott Community Halloween Boo Bash on Saturday, October 25th at 2:00 PM!**

**To make this event memorable, we're requesting donations of wrapped treats. Please drop off your goodies in the tote by the sign-in station near the back parking lot entrance or Elliott reception by Wednesday, October 22nd. Your support will help us ensure a fantastic and fun-filled Halloween for everyone!**





# **HALLOWEEN BOO BASH!**

## **TRICK-OR-TREATING EVENT**

**SATURDAY**

**OCTOBER**

**25<sup>TH</sup>**

**IN COMMUNITY CENTRE**

**KIDS OF ALL AGES  
WELCOME**

**WEAR YOUR  
HALLOWEEN  
COSTUMES!**

**2:00PM**

**GAMES, DIY TRICK-OR-TREAT BAGS  
& BALLOON TWISTING WITH ERIC!**

**2:45PM**

**COSTUME PARADE & TRICK-OR-TREATING**





**Save the Date**

**Elliott Community**  
**HOLIDAY**  
**MARKET**

**Saturday November 15th, 2025**

**10:00AM-3:00PM**  
**170 METCALFE STREET**  
**HELD IN THE COMMUNITY**  
**CENTRE & CAFE/ATRIUM**

**30 VENDORS SHOWCASING THEIR HAND**  
**MADE ITEMS, RAFFLE PRIZES, A BAKE SALE**  
**AND TEA ROOM! DON'T MISS THIS**  
**ANNUAL HOLIDAY TRADITION!**



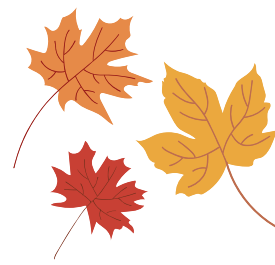








# OCTOBER OUTINGS



## Fall Leaf Tour

**Thursday October 2nd Leaving at 1:00pm**

**Cost is \$10 transportation**



## Value Village Shopping Outing

**Friday October 17<sup>th</sup> Leaving at 1:30pm**

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



## Guelph Fire Station Tour

**Monday October 20<sup>th</sup> Leaving at 9:30am**

**Cost is \$10 transportation**



## Guelph Storm Game Outing

**Sunday October 26<sup>th</sup> Leaving at 1:15pm**

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

*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.*



# October Community Centre/Chapel

## Programs & Events

Friday October 3<sup>rd</sup> at 2:00 p.m.

Stories from Guelph Mission with Marion Reidel



Monday October 6<sup>th</sup> at 2:00 p.m. Sound Bath Meditation Class

Wednesday October 8<sup>th</sup> at 10:00am

Trinity United Church Service

Wednesday October 8<sup>th</sup> at 2:00pm Happy Hour with Paul Horton

Saturday October 11<sup>th</sup> at 2:00pm

Thanksgiving Social with Brent Meidinger



Wednesday October 15<sup>th</sup> at 10:00am Roman Catholic Mass

Thursday October 16<sup>th</sup> at 2:00pm

Birthday Party with John Pebble



Saturday October 18<sup>th</sup> at 2:00pm

University of Guelph Student Visit- Pumpkin Decorating

Tuesday October 21<sup>st</sup> at 10:30 am \*Ellington Basement

Dublin St. United Service

Wednesday October 22<sup>nd</sup> at 2:00pm

Guelph Wellington Men's Club Choir Concert



Thursday October 23<sup>rd</sup> 10:00-2:00pm

Stars of Modern Jewelry Sale (Outside of CC)

Saturday October 25<sup>th</sup> 2:00-3:00pm

Halloween Boo Bash (Trick or Treating & Eric the Balloon Twister)

Wednesday October 29<sup>th</sup> at 2:00pm

Accordion with Gary

Wednesday October 29th-Friday October 31st

Judging of the Halloween Pumpkin Decorating Contest!

Friday October 31<sup>st</sup> at 2:00pm

Halloween Party with The Remedy Band





# COMMUNITY CHAMPION

VOLUNTEER RECOGNITION – SEPTEMBER 2025



AWARDED TO

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**KRYSTYNA HIGGINS**  
**MUSIC VOLUNTEER**

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*For 9.5 years, your music has been a gift that fills The Elliott Community with joy- thank you for sharing your heart and talent.*



# 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.

### Filling the Environment on Paisley and Eramosa

Painting continues this month on Paisley and Eramosa. Most colours have been applied to the wall and our painters will be applying additional coats to ensure coverage. Once painting is complete, we will begin to fill the walls with meaningful objects and items and beautiful things to look at.

If there is a theme or item you would like to see included in the environment please share your ideas with Lindsay Marinovic, Resident Experience Lead or a member of the Paisley or Eramosa team. Examples of themed walls may include sports, music, travel, camping, gardening etc. We invite you to visit the Butterfly areas on the third floor of LTC and let us know what catches your eye!

# Working on our Wings

## Mural Installation on Paisley and Eramosa

We are excited to share that Sensory-scapes will be on site October 7 – 9 to install a mural in the elevator lobby of the second floor of LTC. This mural aims to bring the outside in and will feature a peaceful, rural farm scene much like the ones that surround our community.



*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](mailto:LMarinovic@elliottcommunity.org).*



# INFECTION CONTROL & PREVENTION UPDATE

## It's Time for Your Flu Shot!

Protect Yourself. Protect Others. Get Vaccinated.

As we move into the fall, it's time to prepare for influenza season. In long-term care, flu viruses can spread quickly and have serious consequences for older adults and those with chronic conditions. This is why the influenza vaccine is one of our strongest tools to protect both residents and staff.

## Why Get the Flu Shot?

- ✓ It reduces the risk of getting the flu or spreading it to others.
- ✓ It prevents outbreaks in our home.
- ✓ It can lessen symptoms and prevent hospitalizations if illness occurs.
- ✓ It helps protect residents, families, coworkers, and yourself.
- ✓ Even healthy individuals can spread the flu to others without knowing they're infected.

## Vaccination Clinics Coming Soon!

Stay tuned for clinic dates and sign-up instructions.

- ✓ Vaccines will be available for staff, residents, and volunteers.
- ✓ Quick, easy, and administered on-site.
- ✓ Consent forms and reminders will be sent shortly.

Let's work together to make this year's campaign a success!

# INFECTION CONTROL & PREVENTION UPDATE

## IPAC Myth-Buster!

✗ Myth: “I got the flu shot last year, so I don’t need it again.”

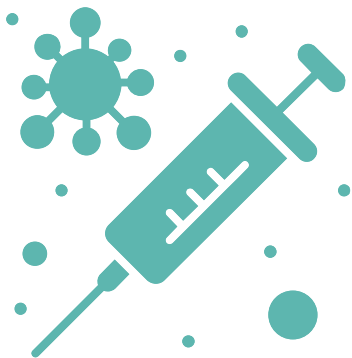
✓ Fact: The flu virus changes every year. That’s why a new vaccine is created each season to target the circulating strains. You need a flu shot every year for the best protection.

## What Else Can You Do?

- ✓ Wash hands frequently with soap or use alcohol-based hand sanitizer.
- ✓ Stay home if you feel unwell — even with mild symptoms.
  - ✓ Report flu-like symptoms in residents immediately.
  - ✓ Encourage visitors to delay their visit if they are sick.

Let’s keep our home healthy and flu-free this fall!  
If you have any questions about the flu vaccine or the upcoming campaign, please contact the IPAC Lead.

**Thank you for doing your part to protect our community.**



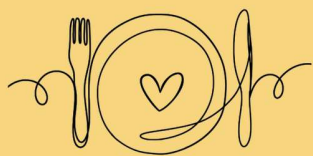




# General Store Hours of Operation

|                  | <b>Morning</b>        | <b>Afternoon</b>    |
|------------------|-----------------------|---------------------|
| <b>Monday</b>    | <b>9:30-11:30am</b>   | <b>Closed</b>       |
| <b>Tuesday</b>   | <b>Closed</b>         | <b>1:30-3:30</b>    |
| <b>Wednesday</b> | <b>9:30-12:30pm</b>   | <b>12:30-3:30pm</b> |
| <b>Thursday</b>  | <b>9:30-12:30pm</b>   | <b>Closed</b>       |
| <b>Friday</b>    | <b>9:30 - 12:00pm</b> | <b>Closed</b>       |
| <b>Saturday</b>  | <b>Closed</b>         | <b>1:30-3:30pm</b>  |
| <b>Sunday</b>    | <b>Closed</b>         | <b>1-4pm</b>        |

Thank you for your business!



THE HUB  
BALNAR FAMILY FOUNDATION  
COMMUNITY CAFÉ

# OCTOBER SPECIALS MENU

| MONDAY                       | WEDNESDAY  | THURSDAY                     | FRIDAY   |
|------------------------------|--|------------------------------|--|
|                              |  1  | Happy Hour 6:30-7:30pm 2     | Fish & Chips \$14 3<br>             |
| 5<br>Happy Hour 6:30-7:30pm  | Turkey Dinner \$14 8<br>                        | 9<br>Happy Hour 6:30-7:30pm  | 10<br>                              |
| 12<br>Happy Hour 6:30-7:30pm | Soup & Sandwich \$10 15<br>                     | 16<br>Happy Hour 6:30-7:30pm | 17<br>12" Pizza \$12   |
| 19<br>Happy Hour 6:30-7:30pm | Lasagna with Garlic Bread & Salad \$12 22<br> | 23<br>Happy Hour 6:30-7:30pm | 24<br>Fish & Chips \$14<br>       |
| 27<br>Happy Hour 6:30-7:30pm | Cabbage Rolls & Perogies \$12 29<br>          | 30<br>Happy Hour 6:30-7:30pm | 31<br>Soup & Fresh Bread \$10<br> |

Monday and Thursdays-  
Happy Hour 6:30-7:30pm

\$5.00/alcoholic drink (1 drink maximum)



Wednesdays & Fridays:  
11:00am-2:00pm Lunch

