

Volume 2, Issue 7
July 2025

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.

CONTACTS & FAQ

Not sure who to contact with a question or concern?

We've recently added a Contacts & FAQ section to our website to help point you in the right direction.

Follow the link below to check it out:

<https://www.elliottcommunity.org/contacts>

JOKE JUNCTION

What do french fries do
when they meet after a long time?



They ketchup!

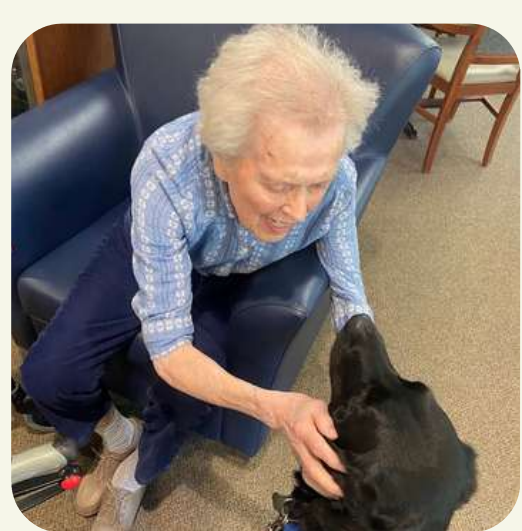
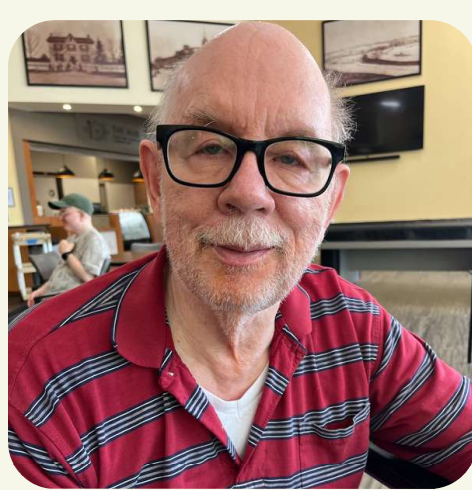
LearnFunnyJokes.com

What happens when ice cream gets angry?



It has a melt down!

LearnFunnyJokes.com



July Community Centre/Chapel Programs & Events



Tuesday July 1st at 2:00pm (Wear Red & White)

Canada Day Party with Celebrity Productions

Wednesday July 2nd at 2:00pm

Entertainment with the Pacemakers

Wednesday July 9th at 2:00pm

Accordion Concert with Bruno Monardo



Wednesday July 16th at 10:00am

Roman Catholic Mass

Wednesday July 16th at 2:00pm

Healthy Habits Presentation with Danielle Garcia

Thursday July 17th at 2:00pm

July Birthday Party with Michael Kelly Cavan



Tuesday July 22nd at 2:00pm

Memorial Service



Wednesday July 23rd at 2:00pm

Happy Hour with Martin Wall

Thursday July 24th at 1:30pm-3:30pm

Butterfly Accreditation Summer Garden Party

Friday July 25th at 2:00pm

Christmas in July with John Pebble

Wednesday July 30th at 2:00pm

Accordion with Gary



JULY OUTINGS



Saturday July 5th Leaving at 1:30pm

Dollarama Shopping Trip

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

Tuesday July 8th Leaving at 6:30pm

Guelph Royals Game

Cost is \$10 transportation plus ticket cost



Tuesday July 15th Leaving at 9:30am

Country Drive Outing

Cost is \$10 for transportation



Monday July 21st Leaving at 11:30am

Picnic at Riverside Park

Cost is \$10 for transportation

Monday July 28th Leaving at 10:00am

Brae Ridge Alpaca Farm Tour

**Cost is \$10 transportation
& Cost of Admission**



***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.***

WORKING ON OUR WINGS



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.

Butterfly Accreditation Update

The Elliott Community officially announced that it has become the first accredited Butterfly Home in the Guelph region, which represents a significant milestone in the organization's journey toward delivering truly person-centred and emotion-focused care.

The official accreditation was granted following a recent qualitative audit conducted by Meaningful Care Matters (MCM) on May 6 and 7, 2025, across three home areas – Wellington, Fountain, and Edinburgh – and resulted in an overall rating of Level 1 - 'Excellent' which represents a highly engaged service that prioritizes meaningful moments, where emotion-focused care is consistently seen, felt and heard in interactions with people. Individuality and self-expression are encouraged, allowing people to freely be themselves.

Congratulations to the Wellington, Fountain and Edinburgh home areas for achieving this incredible milestone!

The Elliott Community's Butterfly Accreditation is making headlines in the news! Visit these links to learn more:

[Guelph Today – The Elliott Becomes First Accredited Butterfly Home in Guelph](#)

[CBC The Morning Edition KW – Guelph Long-term Care Facility Earns Butterfly Home Status](#)

You're invited to an Accreditation Celebration!

The Elliott Community is hosting an Accreditation celebration. All who live, work at and visit The Elliott are invited to attend.

When: Thursday, July 24, 1:30 – 3:30 p.m.

Where: The Elliott Community Centre and Courtyard

What: Join us to celebrate this milestone together with live entertainment, light refreshments and outdoor games (weather permitting).

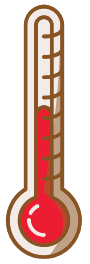
Balcony Bonanza!

Congratulations to Edinburgh, the winning team in the Butterfly Balcony Bonanza! Edinburgh created an outdoor lakeside camping retreat with rustic charm, soothing sounds and the smell of evergreen trees. It was a close competition and each home area did an incredible job revitalizing their balcony. If you missed last month's competition, we invite you to stop by the third floor of long-term care to have a look!



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



Heat Warning Alert: Keeping Cool, Staying Safe

With extreme heat alerts becoming more frequent, it's essential that we take steps to protect our residents, staff, and visitors from heat-related illnesses. High temperatures can increase the risk of dehydration, heat exhaustion, and infection, especially in older adults.

Hydration is Key

- ✓ Offer residents water frequently, even if they don't ask.
- ✓ Monitor for signs of dehydration: dry mouth, fatigue, dizziness, confusion, or low urine output.
- ✓ Avoid drinks with caffeine or alcohol, which can dehydrate.

Heat & Infection Risk: Did You Know?

- ✓ Excessive sweating can lead to skin breakdown and increase the risk of fungal or bacterial infections.
- ✓ Make sure residents wear light, breathable clothing, and check skin folds for redness or moisture.

Environmental Controls

- ✓ Keep resident rooms cool and well-ventilated.
- ✓ Ensure linens and clothing are changed regularly to keep skin dry.
- ✓ Avoid outdoor activities between 11am and 4pm.

IPAC Myth-Buster!

- ✗ Myth: "If a resident isn't complaining, they're not affected by the heat."
- ✓ Fact: Seniors may not feel thirst or heat stress the same way as others. Regular monitoring is essential, even if they appear comfortable. Let's beat the heat safely—by keeping our home cool, hydrated, and infection-free.

Staying Safe in the Heat & Smoke This Summer

As summer temperatures rise and air quality becomes unpredictable, it's more important than ever to take proactive steps to protect our residents and staff from heat-related illnesses and poor air quality due to wildfire smoke.





Older adults and individuals with chronic conditions are especially vulnerable.

Here's how we can stay informed and prepared.

Extreme Heat: Be Alert, Be Prepared

High heat can lead to serious health risks, including heat exhaustion and heat stroke, both of which can be life-threatening if not recognized early.

Staff Tips:

-  Check on residents frequently—use this helpful tool: [Health Checks During Extreme Heat Events](#)
-  Encourage frequent hydration and offer cool, non-caffeinated beverages.
-  Use fans and air conditioning properly and keep rooms well-ventilated.
-  Reschedule outdoor activities to cooler times of the day.

Wildfire Smoke & Air Quality: Know the Risks

Poor air quality from wildfire smoke can worsen respiratory conditions and increase risk of infection.


Monitor the Air Quality Health Index (AQHI):

-  Use the WeatherCAN app for real-time alerts about:

Heat warnings


Air quality advisories

Current AQHI readings

-  Visit Environment Canada's website to check for local alerts: [Environment Canada Alerts Map](#)

IPAC Myth-Busters!

 Myth: "Air quality only affects people with asthma."

 Fact: Poor air quality can affect anyone, but especially older adults, those with heart or lung disease, and residents with weakened immune systems. Stay indoors when air quality is poor—even if you feel fine.

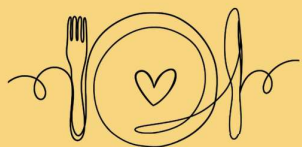


General Store Hours of Operation

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

Thank you for your business!

Last update: June 24th, 2021



THE HUB
BALNAR FAMILY FOUNDATION
COMMUNITY CAFÉ

JULY

SPECIALS MENU

Mondays & Fridays
3:00-4:00 Happy Hour!
Tuesdays- Special Events as indicated below
Wednesdays & Fridays
11:00am-2:00pm Lunch
Thursdays 8:00-11:00am Breakfast

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>3:00-4:00 Happy Hour \$5.00/drink on the Cheers Patio!</p>	<p>1</p> <p>HAPPY Canada Day</p> 	<p>2</p> <p>Toasted BLT with Assorted Salads \$12</p> 	<p>3</p> <p>Breakfast \$10</p> 	<p>4</p> <p>Chicken Souvlaki Greek Salad \$12</p> <p>3:00-4:00 Happy Hour \$5.00/drink on the Cheers Patio!</p> 	<p>5</p>
<p>6</p>  <p>3:00-4:00 Happy Hour \$5.00/drink on the Cheers Patio!</p>	<p>7</p>	<p>8</p>	<p>9</p> <p>Cuban Panini with Fries or Salad \$12</p> 	<p>10</p> <p>Breakfast \$10</p> 	<p>11</p> <p>Great Canadian Poutine \$12</p> <p>3:00-4:00 Happy Hour \$5.00/drink on the Cheers Patio!</p> 	<p>12</p>
<p>13</p>  <p>3:00-4:00 Happy Hour \$5.00/drink on the Cheers Patio!</p>	<p>14</p>	<p>15</p> <p>2:00-3:00 Ice Cream on the Cheers Patio \$5</p> 	<p>16</p> <p>Chicken Caesar Wrap with Fries \$12</p> 	<p>17</p> <p>Flavoured Coffee & a Pastry \$5</p> 	<p>18</p> <p>BBQ on the Cheers Patio & Assorted Salads \$14</p> <p>3:00-4:00 Happy Hour \$5.00/drink on the Cheers Patio!</p> 	<p>19</p>
<p>20</p>  <p>3:00-4:00 Happy Hour \$5.00/drink on the Cheers Patio!</p>	<p>21</p>	<p>22</p>	<p>23</p> <p>12' Custom Pizza \$12</p> 	<p>24</p> <p>Butterfly Accreditation Celebration 1:30-3:30</p> 	<p>25</p> <p>Breaded Shrimp & Fries \$12</p> <p>3:00-4:00 Happy Hour \$5.00/drink on the Cheers Patio!</p> 	<p>26</p> 
<p>27</p>	<p>28</p> <p>3:00-4:00 Happy Hour \$5.00/drink on the Cheers Patio!</p>	<p>29</p> <p>2:00-3:00 Ice Cream Floats or Milkshakes on the Cheers Patio \$5</p> 	<p>30</p> <p>Fish & Chips \$14</p> 	<p>31</p> <p>Breakfast \$10</p> 		