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## QUALITY CORNER

### Emergency Codes

Primacare employs a universal emergency code system as an integral part of the Emergency Preparedness Program. This system is designed to promote ease of communication and identification of the appropriate emergency plan to be executed.

- **Code Red** – Fire or Smoke Emergency
- **Code Green** – Evacuation
- **Code Yellow** – Missing Resident
- **Code Black** – Bomb Threat
- **Code White** – Violent/Aggressive Behaviour /Hostage Threat
- **Code Orange** – Disaster Contingency Plans (e.g. - loss of power, loss of water)
- **Code Brown** – Chemical Spill

Education for staff is provided on the different codes during orientation and again annually. This includes drills of each emergency code in order for everyone to practice should a real emergency occur.

Education for residents and families occurs on admission and periodically. Information is provided in the resident handbook and posted throughout the facility.

During fire drills residents, families and visitors are active participants in this education.

**Residents/Families/Visitors should receive instructions on:**

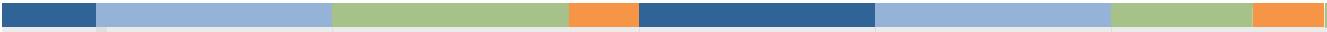
- What to do when the alarm sounds
- Safety measures that they can take during a fire emergency
- The importance of panic control/staying calm
- How to cooperate with staff during evacuation
- Location of evacuation sites
- Their role in the fire safety program

### **THE HOME HAS A TWO STAGE FIRE ALARM SYSTEM**

#### **FIRST STAGE: ALERT SIGNAL**

If you hear an *intermittent* alert signal:

1. Stand by and prepare to evacuate the building.
2. Listen to the voice communication system loudspeaker or staff for additional instruction.



## NUTRITION NEWS

### Cucumber Mint Yogurt Dip

A light, refreshing, and nutritious dip perfect for warm summer days! This yogurt-based recipe is great as a snack or a side for grilled dishes.

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#### Ingredients:

- 1 cup plain Greek yogurt
- 1/2 cucumber, peeled, seeded, and finely grated
- 1 tablespoon fresh mint, finely chopped
- 1 small garlic clove, minced
- 1 teaspoon lemon juice
- Salt and pepper to taste

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#### Directions:

1. Place the grated cucumber in a clean kitchen towel or cheesecloth and squeeze out as much water as possible.
2. In a medium bowl, combine the yogurt, grated cucumber, chopped mint, garlic, and lemon juice.
3. Mix well and season with salt and pepper to taste.
4. Chill in the refrigerator for at least 30 minutes before serving to let the flavors blend.

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#### Tip:

Serve this dip with raw veggies, whole grain crackers, or as a topping for grilled chicken or fish. It's packed with protein, hydration, and digestive-friendly probiotics—perfect for older adults in long-term care!



**Residents' Council Meeting:** Aug 29<sup>th</sup> @ 10:30am (PL)



**Food Council Meeting:** Aug 29<sup>th</sup> @ 11:00am (PL)



**Family Council Meeting:** Summer Break

## 🍁 MONTHLY FEATURE 🍁

### **Canadian Fun Facts About August:**

- August is the last full month of summer across Canada and often brings warm days perfect for camping, barbecues, and outdoor festivals.
- The Canadian National Exhibition (CNE), one of the country's largest annual events, begins in late August in Toronto. Many provinces enjoy a civic holiday on the first Monday in August, giving Canadians a chance to celebrate their local heritage.
- The Perseid meteor shower, visible across much of Canada's night sky, peaks in mid-August.
- August is prime harvest time for peaches, corn, blueberries, and other Canadian summer crops.
- National Acadian Day is celebrated on August 15th, honouring Acadian culture and heritage, especially in New Brunswick, Nova Scotia, and Prince Edward Island.

### **Meet our Music Therapist**

**Julia Lee**, a Support Worker and Board-Certified Music Therapist (MT-BC), joined Burton Manor from the Kitchener-Waterloo region. A Wilfrid Laurier BMT Honours graduate, she is a member of the Music Therapy Association of Ontario and the Canadian Association of Music Therapy. Julia specializes in supporting individuals with developmental disabilities and aging adults. Music therapy, a safe, evidence-based practice, can improve mood, reduce agitation, and enhance cognitive, physical, and emotional well-being - especially for those with dementia or adjusting to life changes. Say hello to Julia and learn how music therapy can make a difference!



### **Happy Birthday Wishes to:**

**Ram Shankar – August 7**  
**Gordon Lemoine – August 9**  
**Alfredo Lombardo – August 11**  
**Veera Dandangi – August 14**  
**Raymond Wambolt – August 14**  
**Wisdom Nyamasekpor – August 25**  
**Beatriz Faria – August 27**  
**Kevin Stainton – August 27**  
**Delfina Custodia – August 28**

### **Famous People in History who have a birthday in August:**

**Usain Bolt – August 21, 1986**  
**Kobe Bryant – August 23, 1978**  
**Mother Teresa – August 26, 1910**  
**Michael Jackson – August 29, 1958**  
**Mary Shelley – August 30, 1797**  
**Neil Armstrong – August 5, 1930**  
**Alfred Hitchcock – August 13, 1899**  
**Julia Child – August 15, 1912**  
**Napoleon Bonaparte – August 15, 1769**  
**Madonna – August 16, 1958**

## 🍁 MONTHLY FEATURE 🍁

### Spiritual Programming

Church Service with Chaplain Samuel - Sundays @ 2:00pm (CR)

Catholic Communion Service - Wednesdays @ 10:30am (CR)

Portuguese Communion Service - Saturday, June 21st @ 10:30am (CR)

### Diner's Club

“Swiss Chalet,  
Aug. 22<sup>nd</sup>  
12:30pm (CR)  
\*\*Sign up required



### Outing to Dairy Queen

Wednesday, Aug. 27th  
1:30–3:30  
\*\* Sign up required



Please sign up with Life Enrichment Aides ([burtonrecreation@primacareliving.com](mailto:burtonrecreation@primacareliving.com)) or Executive Director ([BSwamy@primacareliving.com](mailto:BSwamy@primacareliving.com)) /Social Worker ([JJayaprakash@primacareliving.com](mailto:JJayaprakash@primacareliving.com))

### Testimonial

**Mary Lou Ponte** - I chose Burton Manor because one of my family members lived here before, and I really liked it at that time. When it was my turn to move in, I knew this was where I wanted to be. From the moment I arrived, I felt so welcomed. The decorations were beautiful, and they welcomed me with a small flowerpot. So many people - staff and managers, even Swamy the Director, came to greet me with a welcome card. He made me laugh right away, and I remember thinking, 'Everyone here is so kind and friendly!' The people at Burton Manor are very understanding and always ready to help. I often tell everyone I know how wonderful this place is. My cousins come to visit and always say how happy I look— and it's true, I am very happy here. At first, I had a little trouble with the food because it was too peppery for me. But as soon as I shared my concern, the team made changes to meet my needs. The food is great now, just the way I like it. There are so many activities going on, I'm too busy to even read my books! Life at Burton Manor keeps me active, joyful, and well cared for.



## PEOPLE PLACES & EVENTS

Summer BBQ



Horticulture  
& Sunshine



Robot Engagement



Church Service

