

EXTENDICARE EAUX CLAIRES



Spring 2025
SEASON OF THE COLORS
BEE HAPPY!

Welcome.....

I find Spring to be a miraculous experience. The whole world comes alive after the Winter in which it seemed that everything was dead. The world comes filled with color and the scent of delicious vegetation. The world that seemed so dull and cold has come alive once again, Spring gives us hope for rejuvenation in our lives as well. Spring is a time to renew the excitement and zest for life that lives inside.



“Nothing is so beautiful as spring—
When weeds, in wheels, shoot long and lovely and lush;
Thrush’s eggs look little low heavens, an thrush
Through the echoing timber does so rinse and wring
The ear, it strikes like lightnings to hear him sing;
The glassy pear tree leaves and blooms, they brush
The descending blue; that blue is all in a rush
With richness; the racing lambs too have fair their fling.
What is all this juice and joy?
A strain of the earth’s sweet being in the beginning
In Eden garden.—Have, get, before it cloy,
Before it cloud, Christ, Lord, and sour with sinning,
Innocent mind and Mayday in girl and boy,
Most, O maid’s child, thy choice and worthy the winning.”
Gerard Manley Hopkins, 1844-1889

Elizabeth Sousa
Executive Director

FROM THE DIRECTOR OF CARE

Happy Spring to our families, residents and staff!

I have just a few points that I would like to bring to your attention.

With our new operating system put in for mealtimes, the only ones allowed to order food from the servery for the residents are the healthcare staff. This is done by the healthcare staff with the facility's tablets and the order is displayed in the servery for the dietary aide to plate as ordered. This is to ensure that the plating per resident is followed according to their dietary needs.

For family members and friends that want to visit and share a meal with their loved ones. Meal tickets may be purchased during business hours at reception. Please let the reception know at least two hours before mealtime if you are planning to eat a meal with a resident so they can let the kitchen know to send an extra meal to the household. Hand your meal ticket to the Healthcare staff to give to dietary aide serving the meal.

A reminder to not interrupt the LPN or RN if they are with the medication cart and dispensing medications as their focus on this task is very important.

At shift change the healthcare staff are together in the nursing station to get vital information for the shift ahead. We ask that you do not interrupt this brief meeting unless it is an emergency and cannot wait.

We appreciate your cooperation in these matters as our main focus is the health and safety of our residents!

Greta D'Sousa RN, MCHM

Director of Care

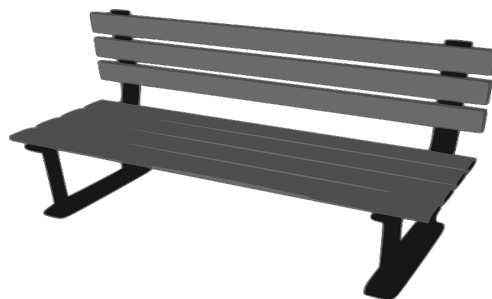


Recreation Therapy Department

It seems that Spring has finally arrived! With the warmer temperatures, the Recreation Aides make it a priority to bring residents outside for walks in the backyard to enjoy the fresh air and sunshine as often as possible. We would like to remind family members to please ensure that your loved ones have a hat, sunglasses and sunscreen so that the residents' skin is protected when we take them outside. We also try to do some of our regularly scheduled Recreation programs outside if possible, and we can't wait for our summer special events like Ice Cream Sundaes on the Patio!



Over the years, we have had a number of family members and residents ask if they are allowed to take their drinks from happy hour outside to enjoy in the backyard. The answer is yes - absolutely! Please feel free to bring your drinks outside with you and soak up the sun on the patio or under one of our gazebos.



If you have any questions regarding Recreation Therapy at Eaux Claires, please do not hesitate to contact us.

Brenley Herdt, Rehab Supervisor
bherdt@extendicare.com

or

Katrina Kerckhof, Recreation Therapist
katrina.kerckhof@extendicare.com

From the Desk of the Dietitian

I hope this message finds you well. As we work on the new meal service ordering system I ask for your patience. There is still some fine tuning that is in the works!

If you have any questions or concerns regarding your loved one's diet or meal preferences please don't hesitate to reach out.

Feel free to contact me at 780-371-2257 or

cchomistek@extendicare.com

I'm here to help!

Warm regards,

Carla Chomistek, Registered Dietitian



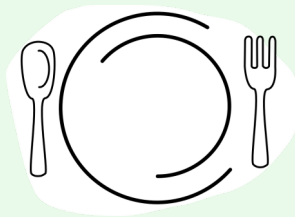
WOULD YOU LIKE THE
EAUX CLAIRES NEWSLETTER
EMAILED TO YOU??
PLEASE EMAIL JANICE-
THE VOLUNTEER COORDINATOR
TO LET HER KNOW FOR THE
NEXT EDITION!

jgraff@extendicare.com

(With your request please include the name of your loved
one that is living here)

UPDATE FROM GENERAL SERVICES

We are now well through our FW Menu, and we will start the Spring and Summer menu in the latter part of May. We hope to have another tasting session before we roll it out so keep an eye out as to when. Just a reminder that dietary staff are required to see a meal ticket and mark off any food that is ordered by guests in the households, just the same way as in the Bistro. Please note that we have started using a digital format to serve residents' meals and this may take a little longer at first until staff are familiar with using it. Your patience is greatly appreciated as we transition. Also, just a reminder that staff only must request meals from the servery. If you want a meal to help feed a loved one, please ask the household staff to get the meal or if you have a meal card and have ordered a meal for yourself just hand your meal ticket to the household staff to get your meal from dietary staff.



Please remember to leave any new items of clothing with reception and they will get it to the laundry staff to mark. This also applies to any blankets or other linens that are brought in for residents. I would also like to remind everyone that special care clothing should not be in the residents' room because we are not equipped to launder special care items. They could get damaged.



As always, our housekeepers and janitors do their best to display a courteous attitude as they endeavor to fulfill their responsibility to keep our home clean, comfortable, and safe. Also, at this time, they have the extra task of keeping the floors clean and safe as the melting Spring and mud has arrived. If anyone has any questions or concerns regarding any of the general services here, please do not hesitate to call me.



Tracy Larson

General Services Supervisor

PET VISITORS

Are you wanting to bring your pet in to the home for visits?

We welcome our four-legged friends!

Please pick up an application from reception to fill out and submit the completed application form with up-to-date vaccination forms from your vet to the Receptionist.

Applications are also available to be emailed, please contact Janice, the Volunteer Coordinator at jgraff@extendicare.com to have one sent to you.

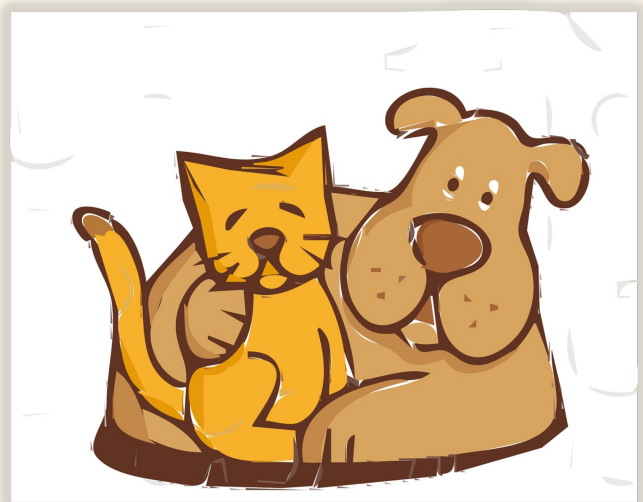
You will be contacted by the Volunteer Coordinator once your application has been approved and then you can bring in your pet to visit with your loved ones as often as you like!

We will require updated vaccination certificates as they become due for your pet, these can be emailed to the Volunteer Coordinator or brought to reception.

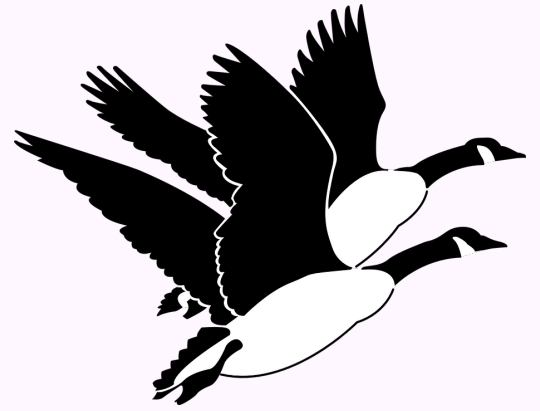
****Please do not bring pets without a completed application and vaccination certificates as we must follow safety and infection control guidelines****

THANK

YOU!



Finally my Winter fat is gone,
now I have Spring rolls.



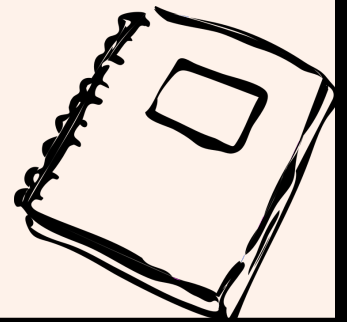
*Spring is when you feel
like whistling even with a
shoe full of slush.*

A FRIENDLY REMINDER

When visiting in our home please ensure you sign in at reception and sign out when leaving.

We also ask that you sign your loved one out when taking them off the property for appointments, time at home, etc.

Thank you very much!



HELLO FAMILIES AND FRIENDS

In the past year or so have you moved, changed your phone number or email address?

If so, please contact Ersim to have your information updated for our records.

EGezer@extendicare.com

Or call 780-371-2259

Thank you!!



Measles

Measles is extremely contagious and spreads easily through the air. The best protection against measles is to ensure you are up to date with your [immunizations](#).

Measles cases are increasing globally, with numerous countries and travel destinations reporting outbreaks including the United States and Europe. Measles cases have been identified in Alberta in 2025.

Measles is a virus that spreads easily through the air when someone who has measles coughs or sneezes. Measles is sometimes called rubeola or red measles.

It can cause:

- a high fever
- a cough
- a runny nose
- red eyes

a blotchy, red rash that appears 3 to 7 days after the fever starts, beginning behind the ears and on the face and spreading down to the body and to the arms and legs

Measles can be dangerous because:

- One in 10 people with measles will get middle ear or lung infections.
- One in 1,000 people with measles will get encephalitis (swelling of the brain), which can lead to seizures, deafness, or brain damage.
- One to three of every 1,000 people with measles will die.

In 1963, before widespread immunization, measles caused about 60,000 cases each year in Canada.

Who is most at risk?

You are at risk of being in contact with measles if you travel outside of Canada or to areas within Canada where measles is spreading. If you have not had measles in the past or if you have not been fully immunized against it and you come into contact with the virus, you are at risk of getting measles.

Measles tends to be more severe in babies and adults.

If you were born before 1970, there is a good chance you are immune to measles, as you were likely exposed to measles when it circulated widely before 1970.

How it spreads

Measles is an extremely contagious disease, spread easily through the air.

You do not need to be in direct contact with someone who is infected. You can get measles just by passing through a room or location where a person who is infected was up to 2 hours before. The person who is infected does not still need to be there to put you at risk of disease.

Measles can also be spread through coughing, sneezing, yelling, singing, and breathing.

If you have measles, you can spread the disease before you show any symptoms. Measles can spread starting 4 days before the rash appears until 4 days after the rash appears.





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