



# The Spruce Scoop



SHARING STORIES. BUILDING COMMUNITY.

## A Message from Leadership

Welcome to the very first edition of The Spruce Scoop newsletter!

We're excited to share this new way of staying connected with our residents, families, and team members. Each edition will highlight the meaningful moments, activities, and achievements that make our community special, while also providing important updates and helpful information.

As we welcome the arrival of spring, we are reminded of the sense of renewal and growth this season brings. April is a wonderful time to reconnect with nature, enjoy brighter days, and engage in meaningful activities together.

We would like to extend our sincere thanks to our dedicated team, supportive families, and vibrant residents who continue to make Spruce Lodge such a warm and caring community. Your kindness and resilience do not go unnoticed.

Warm regards,  
The Spruce Lodge Leadership Team

## Shout Outs - Celebrating Care in Action



Some winners of our Shout Out draws this year. Janna, Melissa, Rose and Cassandra

Did you see a team member show care and compassion today?  
Did you see a team member engage our residents and enrich their day?

Take a moment to write a quick shout out and place it in the drop box. Every month a shout out will be drawn for a prize, and each shout out will be delivered personally.

Let's celebrate our people who put people first.

# COMMUNITY MOMENT

## A Magical Trip to Swan Lake

Resident, Annette, and 2 team members, Kris and Debbie, spent a wonderful evening attending a production of Swan Lake. Annette was a renowned ballerina who performed around the world, including for the Royal Swedish Ballet School, Les Grans Ballets Canadiens, Ballet British Columbia, the Royal Winnipeg Ballet, the National Ballet of Canada and its School and Ballet Jorgen Canada. She had roles in film and television as well and became a teacher and coach for the Stratford Festival and the Birmingham Conservatory at the end of her illustrious career. Annette thoroughly enjoyed the outing and said that the dancers were “On point”. Kris and Debbie said she was alert and smiling the whole evening and it was a wonderful experience for everyone.



## *In Loving Memory*

We carry with us the love and memories of those who came before us, holding them close in the quiet moments and the everyday ones alike. Though they are no longer here, their presence lives on in the kindness they shared, the lessons they taught, and the love that still surrounds us.

### **March**

Shirley Bovingdon  
Robert Simons

### **April**

John Sauve  
Lori Larocque  
Trevor Voyce

# UPCOMING PROGRAMS

The Stratford Fire Department will be coming to Spruce Lodge on **Wednesday May 6th** at 2pm Out in front of the main doors.



Alzheimer's Walk and Wheel event on Tuesday, May 27th at 10:30am. Meet in the Main Living Room

## DID YOU KNOW?




Engaging in social activities like music, games, and group programs can help improve mood, reduce feelings of isolation, and support cognitive health in older adults. Even small moments of connection make a big difference!



\*Photo taken at Leadership Cafe\*

# SPRING Seasonal Tips



-  Dressing in layers for comfort throughout the day
-  Wearing proper footwear to prevent slips during wet conditions
-  Staying hydrated as temperatures begin to rise

## FLOWER POWER

Flowers can help reduce stress, enhance mood, increase creativity, promote mindfulness and create stronger social bonds.

If bringing flowers into the home, please try to choose low-scent varieties and stay away from really fragrant flowers like lilies and hyacinth.

# INFECTION PREVENTION & CONTROL CORNER



### REMINDERS AND UPDATES:

Resident COVID-19 Booster Clinic May 13, 2026

- Wash your hands with hand sanitizer upon entry, exit and after touching high-touch surfaces like door knobs, wheelchair handles, chairs, key pads, etc.
- Please do not visit or wear a mask if you may have any respiratory symptoms (even if mild or unsure if they are due to allergies)

### Did you know?!

80% of infections are spread by touch so remember to  
**WASH YOUR HANDS!**

World Hand Hygiene Day May 6th, 2026

## CARF

### Accreditation May 7<sup>th</sup> and 8<sup>th</sup>

Our home is currently going through the Commission on Accreditation of Rehabilitation Facilities (CARF) accreditation process. This is a voluntary review that helps ensure we are meeting high standards of quality, safety, and person-centered care. During this time, you may notice surveyors in the home speaking with the team, residents, and families, and reviewing our programs and services. Your feedback is always welcome, and this process helps us continue improving the care and support we provide to your loved ones.

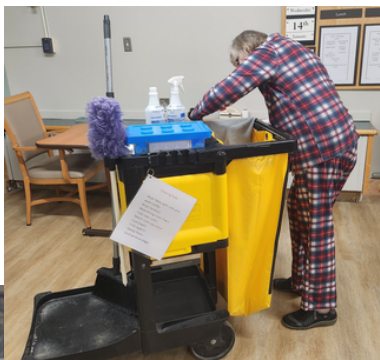
# DementiAbility

Spruce Lodge has some big goals we're working towards in our DementiAbility journey.

**Team Education:** To date we've had 90 team members take the DementiAbility 2-day training. We have another 2-day session planned for the summer and also have team members working on their training certification to support further team education.

**Environment:** Cottage B & C are moving along in improvements to the environment with the kitchenettes being renovated, painting and lighting updated and new resident room signage. Next phase: Vinyl enhancements, way finding signage installation and furniture upgrades.

Our big goal is to have Cottage B & C certified as DementiAbility Certified Home Areas. Our timeline for reaching this goal is Summer 2026.



## Updates and Reminders

- Please ensure to use both the visitor sign-in/out book at the front door and the resident sign-in/out book located near the Fireside Room.
- Please make sure to tell the nurse about upcoming appointments and outings so we can be prepared.
- If bringing in any new clothing, please ensure it goes to laundry first to be labelled.
- Ongoing flooring, baseboard, painting and railing updates are happening throughout the home. Woodland Towers also received funding to refurbish the dining room.
- If bringing in outside food, please enjoy this food at the time of the visit and do not leave any perishable items in resident rooms.
- If you notice any broken parts of hearing aids or glasses, please give to a nurse and put them “out of commission” until they are fixed. Please pay special attention to these items as they preserve residents’ ability to communicate, stay oriented, and remain engaged—directly supporting their safety, dignity, and quality of life.

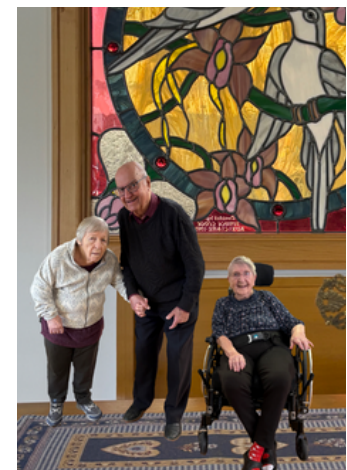
TEAM APPRECIATION WEEK  
MAY 25-29

LONG SERVICE AWARDS  
MAY 20 TH

We will be celebrating Team Appreciation Week in May. Stay tuned for some fun theme days, goodies and Spruce Lodge swag.

On Wednesday, May 20 we will be celebrating our team members who have served the organization for significant amounts of time, including a few who have served for 25, 30 and 40 years!

April Fools Fun



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