

THE BRAEMAR BUZZ

Community Connections



Over the past several months, residents from Braemar and students from Howick Central Public School have been exchanging pen pal letters! In these letters, the writers have asked and answered questions, shared jokes, and sometimes included a picture or craft.

Receiving and reading the letters has brought about lots of smiles; while assisting the residents to respond back has prompted many engaging conversations.



In April, Braemar had the pleasure of hosting the students so that the two groups could meet and interact. The afternoon included a variety of games and activities that fostered engagement between the generations.

A special thanks to Gr. 7 teacher, Carly Smith for initiating this meaningful project.

WALK FOR ALZHEMIERS - Saturday, May 30th

Braemar Retirement Centre is a proud sponsor of the Alzheimer Society's Annual Walk for Alzheimers. This year, the Wingham walk is taking place on Saturday, May 30th. Start time is 10:00 am at Maitland River Community Church. For those that wish to participate, you can register on the Alzhemier Society website.

Weather permitting, in lieu of attending the community walk, Braemar residents and staff will facilitate a small walk on site at Braemar.

For those that wish to donate, we encourage you to support Bayne Letteau & Family that walk in support of their loved one, Jean Letteau who resides at Braemar.

Funds raised go toward local programs delivered by Alzheimer Societies across Canada, providing essential services for those impacted by dementia.



To register OR donate visit:
<https://alzheimer.ca/huronperth/en>



The Letteau Family gearing up for the walk in 2024!

Palliative Care Resources

National Hospice Palliative
Care Week May 3-9



Transitions in Care and Services

The Waiting Room Revolution

The Waiting Room Revolution, is a movement founded by Dr. Sammy Winemaker and Dr. Hsien Seow to help people become "in the know" earlier in their illness journey. After decades of hearing residents, families, and staff describe feeling unprepared, overwhelmed, or "in the dark," the movement set out to change how people understand serious illness and long-term care.

With support from Ontario Health, they co-designed the Long-Term Care Quick Guides and Book Kit with residents, families, and LTC teams across the province. The goal is simple: to strengthen communication, reduce crises, and help everyone work from the same shared understanding.

We are thrilled to inform you that we've successfully registered and are now officially one of 250 homes who are part of this project. Now that this has been launched, this means anyone from our home can access the resources. (All staff, providers, administrators, residents, families, and care givers.)

Working in long-term care means guiding residents and families through moments of change, uncertainty, and deep emotion. These new resources were codesigned with LTC staff, residents, and families to help everyone get "in the know" earlier — reducing misunderstandings, strengthening trust, and making space for what matters most.

The Long Term Care Quick Guides provide practical tools, conversation guides, and learning supports to help you navigate communication with clarity, confidence, and compassion.

Free Books Available!

Transitions in care include admission, transfers to and from hospital, internal transfers, and significant changes in a resident's condition. These are key points where effective communication, care coordination, and resident and family engagement are essential to ensure continuity, safety, and quality of care.

As part of our ongoing commitment to quality improvement and in alignment with evidence-based best practices, our home is evaluating processes related to transitions in care and services.

Braemar's newest initiative is the implement of surveys to collect feedback from residents and families regarding their experiences during these transitions. The information gathered will inform quality improvement initiatives and support our commitment to resident-centered care in accordance with applicable long-term care standards and legislative requirements. Your feedback is important!

As an extension of National Nurses Week, recognized May 11-17, Braemar will be celebrating **Staff Appreciation Week June 1-5.**

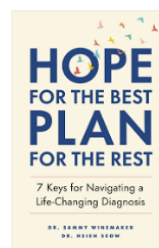
Long Term Care Quick Guides

Create your own account to enjoy individual access. Go to the website below to register.
<http://www.longtermcarequickguides.com>

Home

Log In

Register



Hope for the Best, Plan for the Rest written by Dr. Sammy Winemaker and Dr. Hsien Seow is one of the free resources made available by The Waiting Room Revolution project. Pick up a copy on your next visit!



World Hand Hygiene Day May 5, 2026

**2026 Theme: Action saves lives -
Safer care starts with clean hands.**



At Braemar, hand hygiene is more than routine -it's a vital part of keeping the residents, staff and visitors safe. Every day, our hands come into contact with countless surfaces, doorknobs, phones, keyboards, and even other people. These surfaces can carry harmful germs, including viruses and bacteria that cause illnesses like Influenza, Norovirus, and COVID-19. When we touch our eyes, nose, or mouth, these germs can easily enter the body.

Good hand hygiene breaks this chain of transmission. In fact, health experts, including the World Health Organization, consider handwashing one of the most effective ways to prevent the spread of disease.

Staff at Braemar follow the 4 RIGHT MOMENTS OF HAND HYGIENE to clean the hands. Residents and visitors play an important role. Encouraging handwashing before meals, after using the restroom, and when entering or leaving the home helps build a strong culture of safety. In Long Term Care, where residents rely on us for their care and wellbeing, these small steps create a safer, healthier living environment.

Let's continue to turn awareness into action. CLEAN HANDS TRULY DO SAVE LIVES.

Thank you for your continued support.

The Braemar IPAC (Infection Prevention and Control) Team

Service Update: Introducing...



Braemar has partnered with Mobile Dental to offer convenient on-site dental services for our residents.

Families can learn more here:

www.mobiledentalontario.com

Brochures, information packages, and consent forms are available to get started—please ask your RN for more information.

If you have any questions or would like to learn more, feel free to reach out!



*Del, Shirley,
Lloyd & Don!*

Education Corner: Skin & Wound Care

Wound Healing Phases

Handout provided

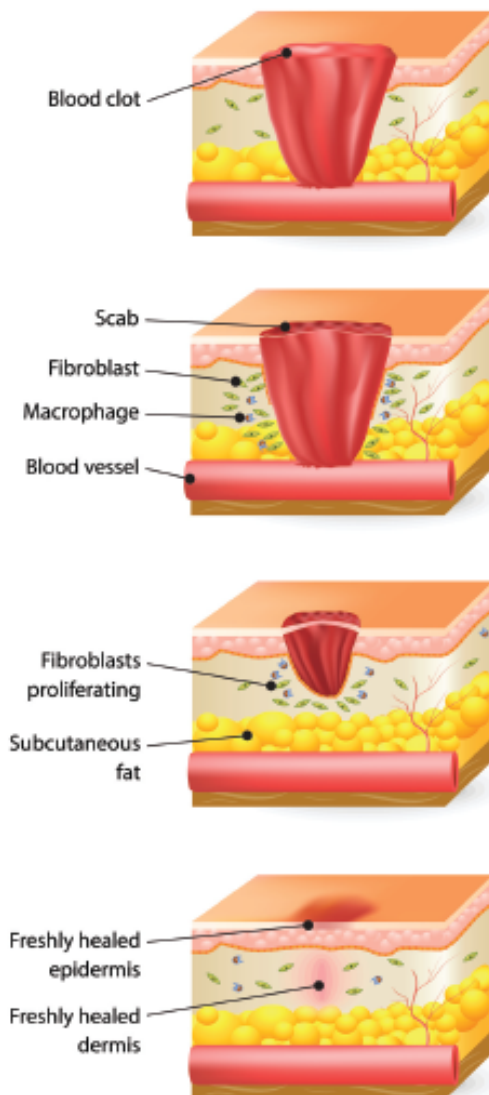


Wound Healing Phases

Many wounds heal in an orderly sequence of repair as described below. This usually occurs because the cause of the wound has been removed and an optimum environment for healing has been created. Note: Time to heal depends on several factors: the dimensions of the wound, removal of the cause and co-existing health factors and appropriate wound management.

However, some wounds fail to progress through a normal and timely sequence of repair and health-care providers need to determine why. Most, often this occurs when the cause(s) or co-factors affecting the wound have not been corrected so the wound lacks an optimum environment for healing.

Note: It is important to remember that even when a wound is "closed" it may take up to 2 years for it to be considered "healed."



0-24 HOURS

Hemostasis

Hemostasis occurs immediately upon injury releasing platelets that lead to clotting. There is also a release of growth factors.

DAYS 1-4

Inflammation

Inflammation occurs days 1-4 with the release of neutrophils, macrophages and monocytes. Phagocytosis supports wound clean-up.

DAYS 4-21

Proliferation

Proliferation (granulation and contraction) occurs days 4-21 with the release of macrophages, pericytes, lymphocytes, angiocytes, neurocytes, fibroblasts, keratinocytes and epithelial. The deficit is filled with closure of the wound and a re-establishment of skin function.

DAY 21-2 YEARS

Maturation

Maturation (remodeling) occurs from 21 days to 2 years with the release of fibrocytes and fibroblasts that lead to the development of tensile strength.

Identify and address all causes of slow or non healing in wounds.



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- Cavities and Fillings
- Tooth extractions
- Dentures and Denture Repairs

Pricing: Our fees are based on the Provincial Dental Fee Guide established by the Ontario Dental Association and Ontario Dental Hygiene Association. This means our fees are the same as those of your local dental office.

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How It Works: Contact your facility to sign up for the upcoming dental day.

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Our Services



Comprehensive Dental Exam

Thorough examination to assess and monitor oral health.



Oral Cancer Screening

Early detection of oral cancer through routine screening and examination.



Teeth Polishing and Stain Removal

Rejuvenate your smile with our teeth polishing and stain removal services.



Temporary Fillings

Protect cavities until permanent restoration or treatment is completed.



Fillings

Repair areas of cavities, leaky older restorations, or tooth fractures.



Extractions

Removing damaged, or non-restorable teeth to improve oral health.



Denture Service

Fitting, adjustments, and repairs for complete and partial dentures.



SDF Treatment for Dental Decay

Non-invasive treatment stopping dental decay with silver fluoride.



Teeth Whitening

Professional one hour in chair Teeth Whitening.



Oral Care Education

Guidance tailored to your unique needs for effective at-home care.



Dental Hygiene Care

Cleanings, antimicrobial treatments and fluoride applications.



Sealants

An effective way to prevent cavities, especially for our younger clients.



Scaling and Root Planning

Professional cleaning and treatment to maintain healthy gums and prevent issues.



Head and Neck Examination

Comprehensive evaluation of oral, facial, and neck health for abnormalities.



Fluoride Treatments

Protect your teeth and enhance their strength with our fluoride treatments.



Periodontal Disease/Gum Assessment

Gum assessments to detect inflammation, infection, or periodontal disease.

Experience dentistry that's not just convenient but also deeply personalized.

To get started, reach out to one of our Braemar nursing staff!

