

Gateway Haven News

Together we *make* a difference!

February 2026

January was Snow Much Fun!

January certainly made its presence known, bringing snow squalls, blizzard warnings, and road closures throughout the month. While some planned entertainment and programs were unable to reach the home due to weather conditions, our residents and recreation team didn't let winter slow them down.

When programs are cancelled unexpectedly, we always try to reschedule them when possible and, in the meantime, offer alternative activities to keep residents engaged. January gave us the perfect excuse to embrace the season, with winter-themed crafts, painting classes, and creative programs happening across the home.

With no shortage of snow outside, we even brought winter indoors! Residents enjoyed a sensory activity using buckets of fresh snow, creating imaginative designs and snowy masterpieces – a fun way to connect with the season and spark creativity.

Our painting and craft classes were also inspired by the winter scenery, with residents creating decorative snowflakes and decorating trees using white, wintry paint, reflecting the snow-covered views outside.



This month also included an increased focus on physical activity. During a brief absence of our Physiotherapy Assistant (PTA), the Recreation team ensured residents continued to enjoy movement-based programming and even had our daycare friends join in on the action. We are pleased to welcome Lenin, who has since joined the team as the new PTA and will be offering one-to-one physical programming and exercise classes. He's already getting acquainted with the residents who were all smiles at his recent class.



The biggest hit of the month was our Wiarton Willy Kick-Off Party, featuring entertainment by Midnight Blue, a special visit from Wiarton Willy and Deputy Mayor Caleb Hull, along with some drinks and treats enjoyed in the café. The festive purple and pink lights and decorations made the space extra fun and festive.



Resident input continues to guide our planning. At our recent Resident's Council and calendar meeting, residents shared that they are enjoying the activities being offered and had one clear request – no outings until spring arrives! I'm sure this request was due to the frigid temperatures we've been experiencing; however, after Wiarton Willie's prediction today, it sounds like spring may be closer than we think. We are ready for warmer days ahead and are excited to get back on the road soon to enjoy the sights and sounds of spring.

February Activity Highlights

Feb 5: Dave the Piano Man
 Feb 6: Wear Your Team Canada Gear/Red & White
 Feb 12: Wear Your Favourite Hockey Jersey
 Feb 16: Music with Bruce
 Feb 19: Residents' Council
 Feb 20: Food Committee

Feb 20: Wear Your Cozy Flannels/Fleece and winter accessories
 Feb 25: Social/Meet & Greet
 Feb 26: Music with Amber

For a full list of monthly activities please visit our [website at Gateway Haven](#). Monthly calendars can be accessed on the first day of the month.

Therapeutic Recreation Week

February marks Therapeutic Recreation Week, and we will be honouring the meaningful work of the Recreation Department along with recognizing the valuable contributions of our Physiotherapy team and Social Worker. These dedicated individuals help bring meaning, joy, and connection to residents' lives every day.

Therapeutic Recreation in long-term care focuses on programs and activities that support residents' physical, social, emotional, and cognitive well-being, helping them stay engaged, active, and connected to their care community.

Please join us in sharing thanks for the great work they do!



Recreation Staff

Olympic Spirit Coming to Gateway!

We're getting into the Olympic spirit this February with a series of fun, themed activities, and dress-up days for everyone to enjoy. Families are warmly invited to join in and help residents get festive along the way. On February 6, celebrate the Opening Ceremonies by wearing Team Canada gear, or red and white. On February 12, it's Hockey Jersey Day, paired with a friendly in-house hockey shootout game—wear your favourite jersey and cheer along. Then, on February 20, as the Olympic Games showcase a variety of outdoor winter events, we'll bundle up for Flannel & Frost Day - think flannels, fleece, toques, and cozy scarves. We can't wait to celebrate together and share Olympic excitement!



Growing Something Special

As part of our ongoing horticulture therapy program, residents have begun building and caring for a beautiful new cactus and succulent collection. Over the coming months, residents will nurture these plants while learning about proper succulent care—like their love of sunshine, the importance of rotating them toward the window when watered and managing their delicate leaves (and sharp spines!) with care. This collection also marks the beginning of our preparations for the spring plant sale. The plants are



currently on display in the auditorium, basking in the sun by the window, and visitors are welcome to stop by and admire them. Donations to the collection are warmly welcomed and can be shared directly with a member of our Recreation team.

Coming Soon - Caregiver Support Group

We are excited to introduce a new monthly Caregiver Support Group designed to strengthen connections and provide meaningful support for caregivers of residents at Gateway Haven. These sessions will be facilitated by our Social Worker, Lauren Kieswetter, and will offer a welcoming space to connect, share, and support one another. We are hoping to launch the first meeting in the last week of February, and we'd love your input on the day and time that works best for you. Please take a moment to complete the quick survey linked below to help us choose the best meeting time.

Survey Link: <https://www.surveymonkey.com/r/V58SVZY>



Valentine's Day Meal

On Valentine's Day, residents will be enjoying a special lunch menu in their home areas. If you are interested in sharing this occasion with your spouse or partner, you are welcome to join them by purchasing a meal ticket in advance.

Due to limited space and seating, a limited number of guest meal tickets will be available, so we encourage early reservation.

If you prefer to bring your own favourite foods and enjoy a meal with your sweetheart in a private space, you are welcome to reserve the Special Events Room.

To purchase a meal ticket, or reserve a space, please contact Visitor Reception Services at GatewayHavenReception@brucecounty.on.ca



What's Cooking: Updates from Dietary

A new winter menu has been developed in consultation with residents and includes an improved variety of meal choices. Fresh fruit will now be offered during afternoon and evening snack carts and based on resident input, we are returning to two entrée choices at both lunch and supper, giving residents greater flexibility in their meal selections. Menu options have also been enhanced for individuals on thickened fluid and puréed diets. In addition, the Food Committee has moved to a new meeting time following Bingo, where more residents are available and interested in participating, allowing for broader input and shared feedback. We look forward to continuing collaboration to enhance the mealtime experience!



Wheelchair Seating & Mobility Devices

Ensuring residents have the right wheelchair and seating support is essential to their comfort, safety, and overall well-being. While in-house wheelchairs are suitable for short-term use, long-term comfort and skin health are best supported through a proper seating assessment and customized equipment.

A well-fitted wheelchair:

- Reduces the risk of pressure injuries by distributing weight evenly
- Supports good posture, mobility, and overall comfort
- Adapts to changing needs over time with the right assessment



To help residents access the right equipment, we offer a monthly Seating & Mobility Clinic, supported by an Occupational Therapist and an equipment vendor where individualized assessments are completed.

Many residents may also qualify for Ontario's Assistive Devices Program (ADP), which can cover up to 75% of the cost of approved mobility devices. Learn more here: [Assistive Devices Program | ontario.ca](https://www.ontario.ca/page/assistive-devices-program)

If you are interested in learning more or would like to have your loved one assessed at an upcoming clinic, please contact sgoldie@brucecounty.on.ca.

Memorial Service



We will be holding a Memorial Service on Tuesday, February 4 at 10:00 a.m. in the Auditorium to honour and remember residents who have passed and were a cherished part of our community.

This service offers a gentle space for reflection, remembrance, and connection, led by our Spiritual Care partners from the community. Families, residents, staff, and visitors are warmly welcome to attend if they wish.

We look forward to coming together in care and remembrance, honouring the lives and memories that continue to hold a place in our home.

Living our Mission Through Inclusion

In alignment with our mission to offer an inclusive community grounded in kindness, compassion, and connection, we will be referencing the 2026 Diversity and Inclusion Calendar from the Ontario Centres for Learning, Research and Innovation in Long-Term Care. The calendar highlights religious and spiritual days of significance, cultural celebrations, awareness days, and health promotion days that may hold meaning for residents, families, caregivers, and team members. As we continue to broaden how we recognize and honour diverse experiences, this resource will support our efforts to foster respectful, affirming, and inclusive environments. Together, we make a difference! To view the calendar click the link: [2026 Printable PLANNING Calendar ENGLISH](https://www.ontario.ca/page/2026-printable-planning-calendar-english)

Emergency Preparedness - Code White

As part of our commitment to residents, visitors and staff safety, our home uses emergency codes to respond quickly and effectively to different situations. Each month, we'll highlight a code to help families understand what they mean and how our team responds.

For February, the focus is on Code White, which indicates a physical threat or violence. If a Code White is called, staff respond immediately to ensure the safety of residents, visitors, and team members. This may involve securing the area, providing support to anyone involved, and following established safety protocols.

Our team is trained to respond calmly and efficiently to protect everyone in the home while minimizing disruption. Being aware of these codes helps families understand the measures in place to keep our care community safe.

Pink Shirt Day - Feb 25th

On February 25th, we'll be joining communities across Canada in recognizing Pink Shirt Day, a day dedicated to kindness, inclusion, and standing up against bullying. We invite residents, staff, and visitors to show their support by wearing pink and helping us create a positive, welcoming atmosphere throughout the home. Every small gesture makes a difference, and together we can celebrate respect, compassion, and caring for one another.



Visitor Services Closure

Please be advised that Visitor Reception Services will be closed on Monday, February 16, in observance of Family Day.

We appreciate your understanding and wish our residents, families, and visitors a happy Family Day.



Family Council

Our next meeting is scheduled for Monday, March 23rd, at 6:30 PM in the library or can be joined virtually. These meetings are a valuable opportunity to receive updates, share feedback and questions, and connect with others who are committed to enhancing life in the home.

For more information you are welcome to reach out to the Family Council President, Mandi, via email at lamb114@uwindsor.ca or Family Council Assistant, Stacey Goldie, at sgoldie@brucecounty.on.ca

Meeting minutes are posted on the bulletin board beside the Visitor Reception Services desk for those who wish to review them.

Dental Clinic

Due to weather related challenges in January, the scheduled dental clinic was postponed and has been rescheduled for Wednesday, February 4th. If you are interested in having your loved one seen during an upcoming clinic, please contact Visitor Reception Services or email GatewayHavenReception@brucecounty.on.ca to make a reservation.



Leadership Contact Information

You can reach Gateway Haven at 519-534-1113. Our phone system has prompts to connect you with the appropriate department, nurses' station, or leader.

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