



Valley Manor *Matters*

Newsletter of Valley Manor – Barry’s Bay, ON - **Spring 2025**

A MESSAGE FROM THE CEO – Trisha DesLaurier

A Season of Renewal and Reflection

As we welcome the bright skies and fresh blossoms of spring here in Barry’s Bay, I want to take a moment to reflect on the season of growth and renewal we’re experiencing at Valley Manor.

Spring is always a special time in long-term care—our gardens come alive, outdoor activities return, and there’s a renewed energy throughout the home. This year, that sense of renewal is especially meaningful.

Strengthening Quality, Safety, and Resident-Centred Care

In the last few months, our team has been working hard to meet new provincial requirements, including the updated Quality Improvement Plan (QIP) guidelines introduced by Ontario Health. These changes focus on resident satisfaction, clinical safety, and staff retention—and I’m proud to say Valley Manor is not only meeting these expectations, but setting a strong example in rural long-term care delivery.

We’ve also achieved early compliance with the Ministry’s enhanced Infection Prevention and Control (IPAC) standards. This reflects the dedication of our staff and leadership team to creating the safest possible environment for our residents, families, and visitors.

New Programs, Familiar Faces, and a Thriving Community

This spring, we are introducing new wellness and engagement programs that focus on both physical and cognitive health. Our gardens are being refreshed with input from residents, and we’re welcoming back outdoor family events and intergenerational visits—some of the most heartwarming moments we see at Valley Manor.

Our staff and volunteers remain the heart of our home. Their compassion, creativity, and resilience continue to inspire me daily, and I know they are deeply appreciated by the people we serve.

Thank You to Our Families and Community

To our families: your continued support and collaboration help make Valley Manor more than a care facility—it makes it a true home. We are always open to your feedback, your stories, and your ideas. Please don't hesitate to reach out or stop by for a conversation.

As we move into the warmer months, let's celebrate the small joys, the meaningful connections, and the strong sense of community that define Valley Manor.

Wishing you all a healthy and hope-filled spring.

Retirement of Valley Manor's Director of Care Gail Yantha June 1st.

I would like to extend a heartfelt congratulations to Gail Yantha Director of Care on her upcoming retirement. After 16 years of dedicated nursing leadership, her impact on our organization—and more importantly, on the lives of those in our care—has been profound and enduring.

Her commitment, compassion, and guidance have set a standard of excellence that will continue to inspire us for years to come. As Director of Care, she led with both strength and kindness, always putting the well-being of residents and staff at the heart of every decision. She leaves behind a legacy of professionalism, integrity, and care that will not be forgotten.

While we are excited for Gail to begin this new chapter, she will be missed dearly. Gail's presence, wisdom, and leadership have been invaluable, and it won't be the same without her.

We wish Gail a healthy, joyful, and fulfilling retirement. May the years ahead be filled with new adventures, time with loved ones, and the relaxation you so richly deserve.

With deepest appreciation and warmest regards,

Chantel Brown, RN, will be stepping into the role of Director of Care, replacing Gail. With her strong background in nursing and extensive experience at Valley Manor Long Term Care, we are confident that the residents will continue to be in excellent hands under her guidance.



HR and Finance Update

Submitted by Sheila Lorbetskie



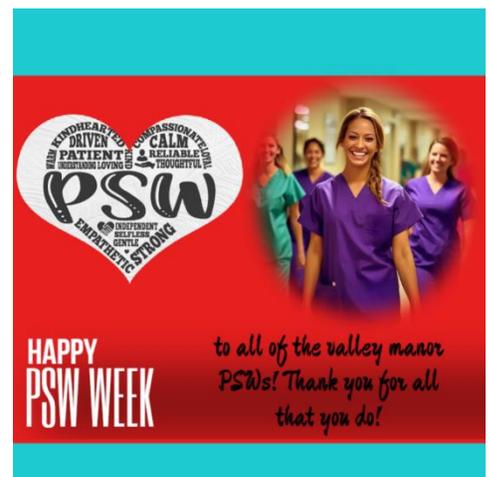
We were thrilled to join the Community Employment Services Job Fair, proudly co-hosted with Madawaska Valley District School! We connected face-to-face with enthusiastic job seekers who were ready to impress. With summer jobs available in the nursing, dietary, and activity department that are geared toward students, we look forward to having the opportunity to employ local individuals who are continuing their education. It was a pleasure meeting so many youth and discussing future career goals with the students at MVDS as well as community members.

We value our team members here at Valley Manor and are celebrating Nurses and Personal Support Workers with an upcoming, department wide, planned luncheon. Easter was a real treat as staff appreciation excelled

with surprises from management, employees, resident families and the like.



In addition to Gail Yantha's well deserved retirement, Colleen Kobylka is happily retiring this spring. She has worked for 44 years in Health Care. Colleen's recent 10 years of her career has been at Valley Manor. She's worked diligently as a Registered



Practical Nurse, on the floor, and in many positions over the years, including; over 3 years as RAI coordinator, coverage for the Restorative Care team, member of the Health and Safety team, and Trainer for Code White. We have been very fortunate to have Colleen as part of the Valley Manor Family. Colleen stated, "I've enjoyed working here and will miss everyone, but it's time for me to change gears, slow down and spend more time with my husband at our lakefront property." Wishing Gail and Colleen good health and great happiness. This small wish is nothing compared to what you have both done for Valley Manor in the past years. We hope you enjoy your retirement!

We want to remind all staff that you are appreciated and valued. We recently shared Tim Horton smile cookies with staff in support of St. Francis Valley Healthcare Foundation.

All staff are encouraged to access EAP (Employee Assistance Program) which offers them many free services. These services include: professional counselling; financial, legal, nutrition and family support; career and health coaching; and naturopathic services. Contact AEP by phone: 1-844-880-9142 or www.workhealthlife.com





Director of Care

Chantel Brown



Celebrating a Legacy of Leadership: Honoring Our Director of Nursing on Her Retirement

After 16 years of dedicated service, we are both proud and a little bittersweet to announce the upcoming retirement of our Director of Nursing, Gail Yantha, effective June 1, 2025.

Since stepping into the role in June of 2009, Gail has been a steady and compassionate leader, guiding our nursing team through seasons of growth, challenge, and transformation. Her commitment to clinical excellence, staff development, and resident-centered care has left a lasting mark on our organization and the community we serve.

Under her leadership, the nursing department has seen the successful implementation of evidence-based practices, advancements in of continuous learning. She first to recognize and nurture teamwork and open environment where staff felt

Colleagues describe her as and endlessly supportive. resources, ensuring high ear to a team member, Gail

As her time with us draws to a gratitude on all she has presence, her influence will come.



resident safety protocols, and a culture has been a mentor to many, often the the potential in others. Her belief in communication helped create a work empowered, respected, and heard.

calm under pressure, wise in counsel, Whether she was advocating for better standards of care, or simply lending an led with both heart and integrity.

close, we find ourselves reflecting with contributed. While we'll miss her daily continue to shape our path for years to

Please join us in expressing your appreciation and warm wishes for Gail during this meaningful transition. While we're not saying goodbye just yet now is a wonderful time to celebrate her impact and all that she has meant to Valley Manor.

Congratulations, Gail, and thank you for everything!

Submitted by C. Brown Junior Director of Care



Manager of Recreation and Volunteers

Lisa Yantha

Activities- Upcoming Events

Volunteer Appreciation Event- May 30th, 2025(Legion)- We will be honoring and providing a catered lunch for our wonderful, dedicated volunteers that assist in a variety of ways at Valley Manor. **YOU ARE ALL APPRECIATED!**

Annual Memorial Service – June 6th, 2025- This year our Memorial Service will be held on Friday, June 6th, 2025 at 10:00 a.m at Valley Manor . Each year, we hold a special Memorial Service and gather to remember all residents who have passed away. We will be remembering all Valley Manor residents who passed away from April 1, 2024 to March 31st, 2025.

Rockathon- June 20, 2025 - Join our Fourth-Annual Rockathon! Enter individually or as a team and rock for a Rocking Good Cause! This year, proceeds from the Rockathon will help support the needs of local healthcare, including much needed equipment at the Valley Manor long term care home such as a washer, curtains, Christmas and birthday gifts for residents and resident outings. To register, call Lisa at the Valley Manor at 613-756-2643 ext 225 or Christine at the St. Francis Valley Healthcare Foundation at 613-756-3045 ext. 217.

SAVE THE DATE

JUNE 20, 2025



Join us for a rocking good cause!

Nursing and Continuous Quality Improvement Co-ordinator

Lynn Strack

The 2025/26 Quality Improvement Initiatives that the home will be focusing on embrace the home's Strategic Plan 2022-2027 and build upon the foundational values of Integrity, Transparency, Leadership, Workplace Satisfaction, and Compassion. Valley Manor's Quality Improvement Initiatives are developed with the voice of the residents and their family members/POAs/SDMs, the Continuous Quality Improvement Committee, the Board of Directors, the staff, and other key stakeholders in an effort to attain, sustain, or exceed provincial benchmarks for long-term care and to improve the experience of the resident.

Valley Manor has chosen to continue to focus on Access and Flow, acknowledging the rapidly increasing complexity, acuity, and unpredictability of our resident's health. At present, the home's performance is 16.8% which is below the provincial average of 21.7% and the Champlain LHIN at 22.0 %. This is a 10.56% improvement from last year which was 27.36 %. Active collaboration took place with the Medical Director, CEO, Director of Care, and Continuous Quality Improvement Co-ordinator in an effort to decrease the number of avoidable ED visits, and this was very successful in contributing to the decrease in potentially avoidable ED visits. Taking the time with residents and SDMs at resident care conferences to improve their awareness on treatments that can be provided here in the home was also a successful change idea. The Nursing Coordinator/delegate held open discussions with the residents and their SDMs in an effort to educate them on interventions that can be provided to them in their home. It was also another opportunity for residents to voice their choice in decision-making.

The implementation of the Resident and Family Satisfaction Survey was late this year due to changes in roles for key staff members who are involved in the development and implementation of the survey. With feedback on the survey's development from members of the Residents' Council and Family Council, the Resident and Family Satisfaction Survey was implemented with an online format on November 12, 2024. 5 SDMs did not have email and therefore were sent the survey via surface mail. The survey ran until December 9, 2024; however, this was extended to December 17, 2024, due to the mail strike. Additional paper copies were also available at the main office for those who wanted to complete a paper copy, and an iPad was also available for those who wished to complete an electronic survey with their family member. 50% (45/90 residents) of the responses were received electronically with 3 received on paper. This was an improvement from 48% of the resident population last year. Action plans have been developed for areas that fell short of 75% or less than 7/10 and have been presented and discussed at the Resident's Council meeting on May 1 and the action plans were approved. The development of the Resident and Family Satisfaction Survey 2025 is underway with the feedback we have received from the previous survey.



In addition, Valley Manor will be working on change ideas to improve our current performance for the percentage of LTC resident's who had a fall in the 30 days leading up to their RAI/MDS assessments. By implementing effective fall prevention strategies, we can enhance both the physical and emotional well-being of the residents leading to a better overall living experience for them working with the Direct Care Coordinator and Restorative Care Coordinator to perform a falls analysis and ensure interventions are in place to try and prevent another fall.

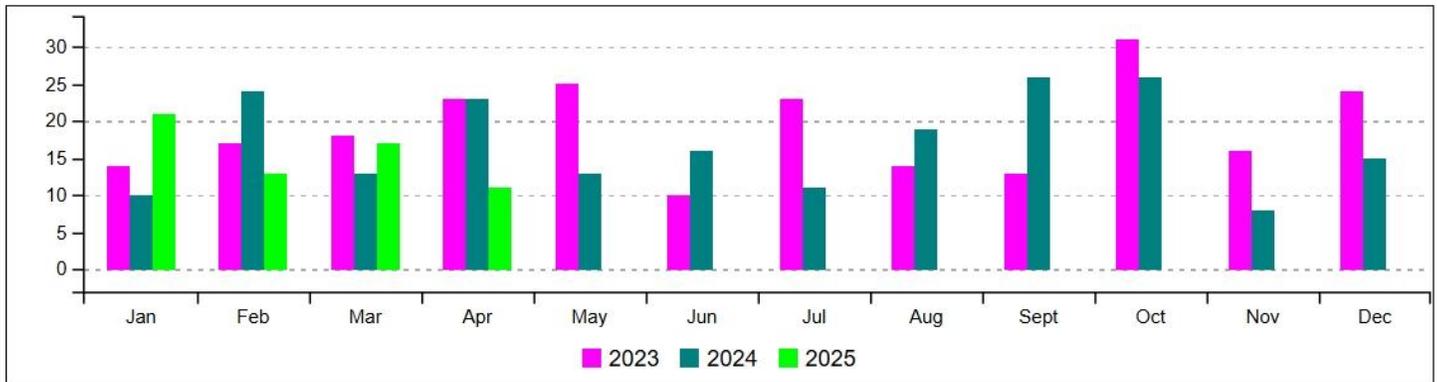
Valley Manor Inc.

Yearly Comparison

Indicator: # of falls
Category: Nursing / Falls
Start Date: 2/1/2013
Priority: Medium
PI Net ID: A10000

Next Review Date: 3/5/2013
Indicator Type: Rate Based
Org. Code:
Function Indicator: No

Year	JAN	FEB	MARCH	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC	Avg	Min	Max	Total
2023	14.0	17.0	18.0	23.0	25.0	10.0	23.0	14.0	13.0	31.0	16.0	24.0	19.0	10.0	31.0	228.0
2024	10.0	24.0	13.0	23.0	13.0	16.0	11.0	19.0	26.0	26.0	8.0	15.0	17.0	8.0	26.0	204.0
2025	21.0	13.0	17.0	11.0	---	---	---	---	---	---	---	---	15.5	11.0	21.0	62.0



Valley Manor will also be looking at fracture risk scores for each resident which is based on prior fractures, wandering, dementia and falls. High fracture risk scores will be reviewed and analyzed to ensure all recommended treatments and interventions are in place to help prevent fractures as a result of falls.





interRAI™

Introduction to InterRAI LTCF

On July 31, 2024 the Ministry of Long-Term Care announced that they will be adopting a new mandatory standard for quarterly resident assessments, as advised the Canadian Institute for Health Information (CIHI). Our current RAI-MDS 2.0 Assessment Instrument and the Continuing Care Reporting System will be replaced with the interRAI Long-Term Care Facilities (LTCF) Assessment Instruction and Integrated interRAI Reporting System (IRRS). This assessment tool and reporting system is currently being used by many other provinces and territories, as well as other countries around the world. The interRAI LTCF is a standardized instrument for evaluating the needs, strengths and preferences of those in chronic care and nursing home settings. It is also compatible with other interRAI instruments used by other sectors such as home care/community and hospital. The goal of having all sectors using the same system is to improve the continuity of care across multiple health care settings and to focus on person-centered evaluation thereby ultimately improving the quality of care for residents. Valley Manor will be entering the transition phase On July 1, 2025 with a “go-live” date scheduled for October 1, 2025. Stay tuned for further updates and information as we enter this transition!

