



Valley Manor *Matters*



Newsletter of Valley Manor – Barry’s Bay, ON - Winter 2026

A MESSAGE FROM OUR INTERIM ADMINISTRATOR – CHANTEL BROWN

Welcome to Our Winter Newsletter

As winter slowly gives way to spring, we are reminded that every season has its purpose. Winter invites us to pause and reflect, while spring brings renewed energy, hope, and the promise of fresh beginnings.

Change can feel different for everyone. Sometimes it brings uncertainty, but it also opens the door to growth and new opportunities. Over the past few months, I have witnessed the strength, resilience, and compassion of our community. Through every transition, our commitment has remained the same: providing safe, respectful, and compassionate care for every resident.

On Tuesday, January 6, we had the opportunity to pause and celebrate that very commitment during our Staff Appreciation Epiphany Luncheon. It was a wonderful event where our dedicated team enjoyed an incredible meal and meaningful time connecting with one another. During the celebration, Long Service Awards were proudly presented to team members marking milestones of 5, 10, 15, 20, 25, 30, and even 35 years of service. We are deeply grateful to each award recipient for their unwavering dedication, hard work, and the positive impact they continue to have on our residents, families, and colleagues. Their loyalty and passion truly strengthen our workplace community and inspire us all.

I would like to sincerely thank our staff, Managers, and Board of Directors for their steady support and leadership. Your teamwork and dedication make a meaningful difference every single day. It is truly a privilege to work alongside such a caring and committed group of people.

We also extend our heartfelt thanks to our former CEO for her service and the strong foundation she helped build. We now look forward to welcoming a new Administrator and embracing the opportunities this next chapter will bring.

To our residents and families, thank you for your patience, trust, and partnership. You are at the heart of everything we do. Together, we will continue forward with kindness, care, and hope, creating brighter days in the months ahead.



**Chantel Brown, RN
Interim Administrator**



5 Years



Savannah Dombroskie



Maggie O'Brien

10 Years



Jenna S.



Collen K.

15 Years



Mary K.

20 Years



Sherry Kim Q.

25 Years



Tina O.

30 Years



Julie Ann Y.



Karen S.



Mona N.

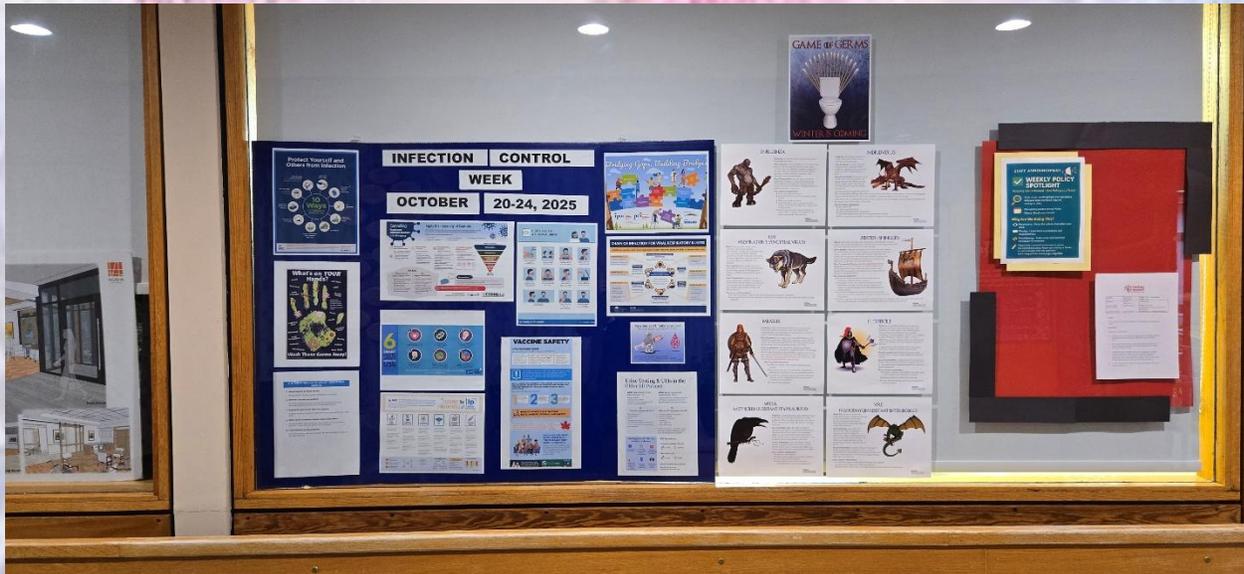
35 Years



Susan B.

Infection Prevention and Control (IPAC)

National Infection Control Week was October 20-24, 2025. Staff celebrated the week and the efforts of all staff in making Infection Prevention and Control (IPAC) a priority, with a pizza lunch.



We recently experienced a facility-wide COVID-19 outbreak that affected 22 residents and 11 staff members. Outbreak situations are challenging for residents, families, and team members alike. I would like to sincerely thank every staff member for your professionalism, dedication, and adherence to infection prevention and control measures during this time. Your cooperation with enhanced precautions, screening, testing protocols, and cohorting practices played a critical role in managing the outbreak effectively.

I would also like to thank our residents and families for their patience, understanding, and ongoing support as we implemented necessary restrictions to protect the health and safety of everyone in our home.

Infection prevention is a shared responsibility. Moving forward, we will continue to focus on best practices, education, surveillance, and early intervention to minimize risks and respond quickly to any potential concerns.



Tisha Michaelis, RN
Interim Infection Control Coordinator

From the Desk of our Interim Director of Care

Since November 2025, there have been several important leadership changes within the Nursing Department at Valley Manor. When Chantel Brown transitioned from her role as Director of Nursing and Personal Care to Interim Administrator, I stepped into the position of Interim Director of Nursing and Personal Care.

Many of you know me from my 18 years serving in the Nurse in Charge role, prior to moving into the Nursing and CQI Coordinator position in October 2024. As a Registered Nurse with more than 30 years of diverse nursing experience, I have always been passionate about long-term care and dedicated to ensuring our residents experience the highest possible quality of life. I am honored to serve in this interim leadership capacity and continue learning and growing within this dynamic role.

During this transition, the Interim Nursing and CQI Coordinator position was initially filled by Alicia Brethour, RN, who has many years of experience serving as the Nursing and CQI backup. In January, Tina O'Malley, RN, assumed the Interim Nursing and CQI Coordinator role. Many know Tina through her work as Infection Control Coordinator and as a Nurse in Charge. With more than 25 years of experience—beginning in the Nurse in Charge role before moving into Infection Control as her primary focus—Tina brings a wealth of knowledge and steady leadership to this position. Her extensive experience within the Valley Manor nursing department has ensured a smooth and seamless transition. Tina will remain in the interim role until a new Administrator is appointed, at which time we will all return to our permanent positions.

While Tina serves in this interim capacity, I am pleased to introduce Trisha Michealis, RN, who has stepped into the Interim Infection Control Coordinator role from her permanent position as full-time Evening Nurse in Charge. Trisha joined the Valley Manor team in August 2025 and brings extensive nursing experience, along with a strong background in infection control and leadership. She also serves as the backup Infection Control Coordinator.

Teamwork remains at the forefront of the Nursing Department. Together, this leadership team is committed to maintaining the highest standards of nursing care and ensuring continuity, stability, and excellence for our residents during this period of transition.



Lynn Strack, RN
Interim Director of Care



Same Beautiful Face – New Role!

Direct Care Co-Ordinator – Angela Brunette

My name is Angela Brunette and I hold a Bachelor of Science in both Psychology and Nursing with my nursing career focusing on geriatrics, palliative and skin/wound. Through it all, I have greatly enjoyed trying to figure out wounds and have discovered a passion for helping people and their families through the last stages of life.

I was born and raised in North Bay, so I am used to the north and country living. I am now an official Whitneyite and in my spare time I have decided to become a homesteader and the challenge is real! We live off-grid and started from nothing. I now have a dog, cats, rabbits and chickens for animals and a copious number of perennials that produce food or are medicinal in nature. The food forest is coming!

I have been fortunate to be a part of the nursing team at the Valley Manor for 4 years as a charge nurse before moving into the role of the Direct Care Coordinator. I'm excited to continue working as a team in this new role to ensure the best quality of life of those that reside at the Valley Manor.



When you see her give a Warm Welcome to Angela in her new role, as Valley Manor's Direct Care Coordinator! She is doing wonderful things for your loved ones!

From the Desk of our Manager of Recreation & Volunteers

Valley Manor's Olympic Week!! February 16th-20th, 2026!

Our home was filled with excitement and team spirit during our recent **Olympic Theme Week!** Residents and staff came together for a week of fun, laughter, and friendly competition that truly brought out the champion in everyone.

The highlight of the celebration was our Valley Manor Olympic Day that was held on February 19th. Residents proudly participated in activities such as a Snowball Throwing Contest, Ice Fishing, and a Bean Bag Toss into Olympic-colored rings. The room was filled with cheers as teammates encouraged one another and celebrated every accomplishment — big and small.

As we lit our Olympic flame, we honored the strength of our residents, the dedication of our staff, the love of our families, and the power of community.

We wrapped up the day with a special Medal Ceremony, where residents were awarded gold medals, and a special treat for participating. The smiles on their faces said it all!

Thank you to our wonderful residents for their enthusiasm and to our amazing staff for making this week such a memorable success. At Valley Manor, "Everyone" is a Champion!



~ Reminder for all families, friends, caregivers to join the Family Portal in Activity Pro. Please reach out to Lisa Yantha at 613-756-2643 ext. 225 if you need a password sent. ~

Submitted by Lisa Yantha, Manager of Recreation & Volunteers

Let's Meet Sharan from Activities –

My name is "Sharanbir Kaur." I was born and raised in Punjab, India. I came to Canada 3 years ago for study. I had a diploma in Recreation Therapy from Lambton College, Mississauga. I lived in Brampton where I used to work in Long Term Care home. After that, I moved to Barry's Bay and started working in Valley Manor Long Term Care. I love to dance and listen to music. I had a very deep connection with my grandfather. I want to be a registered nurse. I always feel happy to be a part of "Valley Manor".

Sharanbir Kaur.



InterRAI LTCF - UPDATE

Submitted by Brandi Dombroskie, RAI-MDS Coordinator

Our Transition to interRAI LTCF

We have recently transitioned from the **RAI-MDS 2.0** assessment system to the **interRAI Long-Term Care Facilities (LTCF)** assessment. This new system is used across many care settings in Ontario and was designed to better reflect current clinical practice and support more person-centered care.

Our team has completed focused training to help us transition smoothly to the modernized system. With this preparation, were ready to meet compliance expectations and continue delivering care that is responsive, informed by data, and centered on the people we serve.

What This Change Means for Residents and Families

More up-to-date assessment information

interRAI LTCF includes updated and streamlined assessment items. Some sections have been revised, added, or removed so that the information we collect is more relevant to today's care needs.

Clearer communication across care settings

The interRAI tools use standardized language across long-term care, home care and hospital settings. This helps ensure smoother transitions if a resident moves between levels of care.

Stronger clinical focus

The new assessment supports more precise monitoring of health needs, risks and outcomes. This helps our team identify changes earlier and plan care more effectively.

Better data for planning and quality improvement

interRAI LTCF improves the consistency and quality of the information we collect. This strengthens our ability to plan services, evaluate outcomes and continue improving the care we provide.

Why This Matters

This transition supports our ongoing commitment to **person-centered, evidence-informed care**. By using a modernized assessment system, we can better understand each resident's needs, support their well-being and communicate more clearly with families and other care partners.

St. Francis Valley Healthcare Foundation

Registered Charity # 89453 4817 RR0001



Access to quality healthcare close to home is essential.

Valley Manor, St. Francis Memorial Hospital, and Madawaska Valley Hospice Palliative Care work together to provide compassionate inpatient, outpatient, long-term, and end-of-life care to our community.

The **St. Francis Valley Healthcare Foundation** serves as the **bridge** between generous donors and local healthcare. We raise funds to support essential equipment, capital projects, programs, and services — ensuring care is available when and where it's needed most.

Each year, these organizations touch thousands of lives.

- **Patients** receive timely, skilled care.
- **Residents** enjoy comfort and independence in a true home away from home.
- **Families** facing end-of-life journeys find compassion and support.

Together, we keep care close to home.



Your Impact

Thanks to the generosity of our donors, recent Valley Manor purchases have included:

- Resident birthday and holiday gifts
- Privacy curtains
- A washer and oven (pictured above)

Every gift - large or small - makes a meaningful difference.

Ways You Can Make a Difference

- Make a General Donation
- Give in Memory of a Loved One
- Attend a Signature Event
- Leave a Gift in Your Will
- Donate Securities
- Nominate a Guardian Angel (Recognize a staff member or volunteer with a special pin)
- Host Your Own Fundraiser
- Purchase a Catch the Ace Ticket

How to make your gift



Online at
www.sfvhfoundation.com



In person at 7 St. Francis
Memorial Drive,
Barry's Bay, Ont. (inside
St. Francis Memorial
Hospital)



By phone: 613-756-3045
ext. 217