
NEWSLETTER

www.niagarainagrafton.ca

– September 2026

CEO UPDATE

Hello everyone! We had a very busy month in August with the two torrential storms resulting in 21 of our bungalows flooding - TWICE! Service Master got right to the clean up and we continue to work through it with insurance. During those storms, we also saw water in the A building, B building and E building! St. Catharines received the equivalent of a hurricane's worth of rain and many residents found themselves knee deep in water. It has been challenging to say the least. I want to take a quick minute to recognize all of our bungalow residents who have endured this flooding with good humour and patience (for the most part) in what can only be called extremely stressful conditions. I also want to thank the great team at Service Master and our own maintenance team who have been working to get everyone cleaned up, dried up and fixed up.



Our Lock/Key swap out is progressing along nicely - again, thank you to everyone for their cooperation. Next big project for this fall is the new roof and HVAC systems for E Building. There will be a lot of activity over by the E building as we move into fall.

I want to remind everyone to drive carefully and safely in the parking lot, observing the reduced speed limit and STOP SIGNS. They're STOP signs for a reason. They are not "roll on through signs". Happy September!

FOUNDATION NEWS



One of our PSWs from the Assisted Living Department showing off the Tub Chair purchased by The Foundation. The tub chair is a wonderful piece of equipment which allows those with mobility difficulties to sit comfortably and be lifted safely into and out of the bathtub.

To learn more about the Foundation and how you can support this community, visit our website or pick up a brochure at the Front Desk.

LONG TERM CARE HOME HIGHLIGHTS



RESEARCH & ACADEMIC COLLABORATION

We are looking forward to strengthening our collaboration with Brock University and supporting opportunities for research within long-term care. We remain committed to contributing to meaningful research and innovation while ensuring that resident safety, dignity, privacy, and confidentiality remain our highest priorities.

STAFF EDUCATION & TRAINING

Staff education continues to be a priority. In collaboration with our pharmacy partner, education has been coordinated on Hypoglycemia Management and the FreeStyle Libre 3 Transition. Supporting staff with current knowledge and safe clinical practices so they can continue providing the highest quality care to our LTC Residents.

INFECTION PREVENTION & CONTROL (IPAC)

Respiratory season is just around the corner, please ensure you are practicing respiratory etiquette and self-monitoring for symptoms. Remember the most important thing you can do to prevent illnesses and outbreaks is to ensure proper hand hygiene.

MEAL SERVICES

NIFTY NOOK CAFÉ

Stop by our Café, located in B Building, and enjoy delicious bakery treats, freshly made sandwiches and a variety of hot beverages, all served with a smile by our dedicated volunteers. Every visit supports a welcoming community space where great food and friendly faces come together.

Monday to Friday from 10 am - Noon and Weekends from Noon - 2 pm





FROZEN MEALS

Bring the taste of home to your table with Niagara Ina Grafton's Satellite Meal Service. Our frozen, ready-to-heat meals are prepared weekly with quality ingredients and balanced nutrition, making healthy eating easy, convenient, and affordable.

Orders are accepted until 10:00 am on Thursdays.

By Phone: 905-935-6080 at Extension 228 (leave message on our dedicated voicemail) OR order in person.)

RECIPES OF THE MONTH - MAKE YOUR OWN PUMPKIN SPICE:

Ingredients:

- 2 Tbsp. ground cinnamon
- 2 tsp. ground ginger
- 1 tsp. ground cloves
- 1 tsp. ground allspice
- 1/2 tsp. ground nutmeg



Try it in:

- Coffee or lattes
- Oatmeal or yogurt
- Whipped cream
- Pancakes or muffins
- Smoothies

VOLUNTEER OF THE MONTH

This month, we are proud to recognize Barb Whittard for her outstanding dedication and commitment to our residents, staff and volunteer team. For the past seven years, Barb proudly distributes hundreds of our SMS frozen meals with a warm smile, is happy to answer questions, and makes every hand off delivery a pleasant experience.



Barb can also be called upon to assist at the annual village barbeques as well as uses her administrative talents to help with large mailing outs of internal and external NIGGV information. Her willingness to lend a hand wherever needed is truly appreciated.

NIAGARA INA GRAFTON GAGE VILLAGE

www.niagarainagrafton.ca

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MEMORIALS



Barbara Moskal - Aug. 8th
Margaret Brown - Aug. 22nd

"Forever in our hearts"

Publication of death notices is contingent
upon notification and approval.

RESIDENT SERVICES

TIMELESS HAIR SALON:

(905) 935-6080, Ext. 229 (A/B Bldg.) or Ext. 253 (D/E Bldg.)

NIFTY NOOK GIFT SHOP:

Open Monday 11 am to 1 pm, Tuesday to Friday. 10 am to 2 pm

NIFTY NOOK CAFE:

10am to 12pm Mon. -Fri. & 12pm to 2pm Sat. - Sun.

VON EXERCISE PROGRAM:

Emily Eastman emily.eastman@von.ca (Schedule on bulletin boards)

MOBILITY EQUIPMENT SERVICES:

Mobility equipment repairs (289) 786-0088

SOCIALS AND OUTINGS

SHOPPING Dollarstore, Grocery Store, Thrift Store Mon. Sept. 14 (9am-1130am) & Mon. Sept. 28 (1pm-330pm). Meeting place at the ,Front Atrium.

BRAIN GAMES, las Wednesday of every month (1pm-2pm), A lounge

LUNCH CAT'S CABOOSE Sept. 10 (12:30pm-2:30 pm) Loads (11:45am) - Cost: \$5

PRESENTATION Wildlife Photography "Window into the Wild". Monday Sep. 21 (130pm-230pm), Village Centre, Auditorium.

PLAY SING-A-LONG "Those Were the Days My Friends" with Fleming Turnbull Band. Wed. Sep. 23 (1:30pm-3:00pm), Village Centre, Auditorium

VILLAGE MUSIC Social with Mark Corman Thursday, Sept. 24 (130pm-230pm)- Village Centre, Auditorium

SEPTEMBER IS WELLNESS MONTH! Free workshops covering topics of :
Stronger Memory Techniques, Sep. 15 (130pm-230pm) , Elm Room
Navigating Feelings of Grief, Sep. 23 (130pm-230pm), A Lounge

RESUME ACTIVITIES: Bible Studies, Chapel, Chair Exercises, Digital Wednesday (By appointment only), Harp Player.

Check out our website at www.niagarainagrafton.ca and click the "Resident Quick links" to see highlighted social and wellness events.