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EMERGENCY CODES

Primacare employs a universal emergency code system as an integral part of the Emergency Preparedness Program. This system is designed to promote ease of communication and identification of the appropriate emergency plan to be executed.

Code Red – Fire or Smoke Emergency **Code**

Green – Evacuation

Code Yellow – Missing Resident

Code Black – Bomb Threat

Code White – Violent/Aggressive Behavior /Hostage Threat

Code Orange – Disaster Contingency Plans (e.g. Loss of power, loss of water) **Code**

Brown – Chemical Spill

Education is provided on the different codes on orientation and annual. Education includes drills of each emergency code in order for everyone to practice should a real emergency occur.

Education for residents and families occurs on admission and periodically. Information is provided in the resident handbook and posted throughout the facility.

During fire drills residents, families and visitors are active participants in this education.

Residents/Families/Visitors should receive instructions on: What to

do when the alarm sounds

Safety measures that they can take during a fire emergency The importance of panic control/staying calm

How to cooperate with staff during evacuation

Location of evacuation sites

Their role in the fire safety program

THE HOME HAS A TWO STAGE FIRE ALARM SYSTEM

FIRST STAGE: ALERT SIGNAL

If you hear an *intermittent* alert signal:

1. Stand by and prepare to evacuate the building.
2. Listen to the voice communication system loudspeaker or staff for additional instruction.

Warm Apple Cinnamon Crisp

A classic fall dessert made with fresh apples, cinnamon, and a buttery oat topping — perfect with a scoop of vanilla ice cream!

Ingredients:

- **For the filling:**
- 6 medium apples (Granny Smith or Honeycrisp work well), peeled and sliced
- 2 tbsp granulated sugar
- 1 tsp ground cinnamon
- 1 tsp lemon juice
- **For the crisp topping:**
- 1 cup rolled oats
- 1/2 cup all-purpose flour
- 1/2 cup brown sugar (lightly packed)
- 1/2 cup cold butter (cut into small cubes)
- 1/2 tsp ground cinnamon
- Pinch of salt



Directions:

1. **Preheat oven** to 350°F (175°C).
2. In a large bowl, toss apple slices with sugar, cinnamon, and lemon juice. Pour into a greased 8x8-inch baking dish.
3. In another bowl, mix oats, flour, brown sugar, cinnamon, and salt. Add the cold butter cubes and use your fingers or a pastry cutter to mix until crumbly.
4. Sprinkle the crisp topping evenly over the apples.
5. **Bake** for 35–40 minutes, or until the topping is golden and the apples are tender and bubbly.
6. Let cool slightly before serving with a scoop of vanilla ice cream or whipped cream!

Tip:

- **No apples?** Try with pears or a mix of apples and berries.
- **Add crunch:** Sprinkle in some chopped nuts (like pecans or walnuts) into the topping.

Residents' Council Meeting: Oct 21st @ 10:15am (PL)

Food Council Meeting: Oct 21st @ 11:00am (PL)

Family Council Meeting: Oct 22nd 6:30pm

Canadian Fun Facts About October:

Leaf Peeping is a National Pastime - Canada's fall colours are world-famous — especially in Ontario, Quebec, and the Maritimes. **October is peak season** to take in those stunning red and orange maple leaves.

Hockey season begins! - The **NHL regular season** typically kicks off in early October — a big deal in hockey-loving Canada.

Women's History Month in Canada - October is **Women's History Month** in Canada — a time to recognize the achievements and contributions of women throughout the country's history

Festival of Lights - Diwali, celebrated by many Canadians of South Asian heritage. It symbolizes the triumph of light over darkness and good over evil which is a beautiful example of Canada's rich cultural diversity.

Canada Geese Hit the Skies - Look up! In October, **Canada geese** begin their migration south. Their V-shaped flying formation are a true sign of Canadian autumn.

Meet Our New Life Enrichment Manager

Sabrina brings a strong academic and professional foundation in recreation therapy to our home. Her education in Recreation Therapy solidifies her specialized knowledge in using recreation as a purposeful and therapeutic tool to enhance quality of life. She is also certified in DementiAbility, equipping her with evidence-based strategies to support individuals living with dementia through meaningful engagement. Her years of experience working in long-term care, particularly in the recreation field and with Behavioural Supports Ontario (BSO), have shaped her into a compassionate and innovative leader. Throughout her career, Sabrina has focused on creating and implementing purposeful, person-centered programs that truly enrich the lives of residents. Please join us in welcoming Sabrina to the team! She is here to support and collaborate with you as we continue to strengthen the Life Enrichment Program in our home!



Celebrate Our
October Birthdays with
Us!

On Thursday October 30th,
2025 at 2:00pm in our
Celebration Room!

Famous People in History born in
October:

Mahatma Gandhi (October 2, 1869)
Eleanor Roosevelt (October 11, 1884)
Pablo Picasso (October 25, 1881)
Dwight D. Eisenhower (October 14, 1890)
Marie Antoinette (October 2, 1755)
Le Corbusier (October 6, 1887)
Giuseppe Verdi (October 10, 1813)
John Lennon (October 9, 1940)
Theodore Roosevelt (October 27, 1858)

Spiritual Programming

Church Service with Chaplain Samuel —Sunday's @ 2:00pm (CR)
Catholic Communion Service—Wednesday's @
10:30am (CR)

Diner's Club

"Pizza" Oct
15th 12:30pm
(CR)
**Sign up
required



**Outing to Tim
Hortons**

Wednesday, Oct 29th
1:30pm—3:30pm
** Sign up required



Please sign up with Life Enrichment Aides
(burtonrecreation@primacareliving.com) or
Life Enrichment Manager
(srameshwar@primacareliving.com)

PEOPLE PLACES & EVENTS

Grandparent's Day



Walmart Outing



Thanksgiving Program



Diner's Club - Pizza

