

## Birthday Celebrations

On September 26<sup>th</sup> at 2pm we will be celebrating our September Birthdays in the Cameron House Dining Room with Music Entertainment from Art Lajambe.

### September Birthdays

June West	September 5 <sup>th</sup>
Rita Kuel	September 7 <sup>th</sup>
Sherman Harrison	September 17 <sup>th</sup>
Gladys Goodin	September 21 <sup>st</sup>
Bernice Small	September 24 <sup>th</sup>
Enid Wetheral	September 25 <sup>th</sup>
Carm Hamilton	September 26 <sup>th</sup>



On October 27<sup>th</sup> at 2pm we will be celebrating our October Birthdays in the Cameron House Dining Room with Music Entertainment from Piano Man Craig.

### October Birthdays

Helen Palmer	October 13 <sup>th</sup>
Audrey Storey	October 24 <sup>th</sup>



We encourage you to come out and join us for some fun and cake!

### Horoscopes



**Virgo**  
In astrology, those born from September 1–22 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical.



**Libra**  
Those born between September 23–October 22 balance the scales of Libra. Libra epitomizes fairness and harmony in all dealings large and small. Sincere, beautiful, and romantic, Libra will work hard to keep all relationships on an even keel with boundless grace and charm.



**Scorpio**  
Those born between October 23 and 31 are Scorpios. Scorpios are passionate, deep, and intense, qualities that help them counsel others in deep ways. Resourceful and determined, Scorpios give their all when they follow their hearts.



# Lakeland Village

September/October 2017



**Kawartha Lakes**  
60 St. George Street  
Lindsay, ON  
(705) 328-3444

## Words from the Administrator

**The  
Extendicare  
Team**

**Administrator**  
*Nancy Rooney*

**Director of Care**  
*Peggy McQuaid*

**Maintenance  
Supervisor**  
*Gary Laurin*

**Food Services  
Supervisor**  
*Melody Rodman*

**Program  
Manager**  
*Toni Howe*

**Office Manager**  
*Lisa Mason*

Hello to our wonderful Residents and Families,

The summer just flew by. There were so many wonderful programs and Jamboree was a huge success. It was so nice to see the number of Residents, Volunteers, Staff and families who attended. Toni and her staff and volunteers did a tremendous job and my heartfelt gratitude goes out to each of you.

Our Continuous Quality Improvement Initiatives are very important to all of us. Everyone should be focusing on the best quality of life our residents can have while in our care. This includes reducing the number of falls a resident has, decreasing wounds, decreasing behaviours, decreasing restraints in use, improving mood, improving the ability to perform activities of daily living and the list goes on. Please let us know if you have any suggestions or feedback about our indicators. We also will be circulating the Resident and Family Satisfaction Survey. Those that need assistance will be linked with a volunteer to input the responses. Thank-you in advance for your participation

I certainly appreciate your feedback and always look for better ways to improve our practice, so feel free to pay me a visit anytime.

Have a healthy and happy Thanksgiving Season!!!!!!  
Kindest Regards,  
Nancy Rooney  
Administrator



### **Food for thought.....**

Life can be unpredictable and beyond your control at times. However, one thing you can always do something about is our attitude. Make up your mind each day to stay positive and upbeat, no matter what happens. Mistakes are excellent teachers, and we are never too old to learn. Never be hard on yourself if you make one- be proud of your newfound wisdom!!

## Health & Wellness



Hope you have had a good summer!! With the beginning of Autumn around the corner, we turn our attention to preparing for influenza season. We have the consents for the vaccine available at the care centres and ask that when you are in having a visit with your loved one that you take a minute to sign the consent. All the information about the vaccine is included in the consent form and if you have any questions you can ask the charge nurses or myself. Remember the best defense against the flu is preparation and part of that preparation is getting the flu shot. Peggy McQuaid, DOC

## Nutrition News



*Kale was once called "peasant's cabbage."*

Fall is such a wonderful season with the beautiful autumn colours and harvest vegetables. Our New Fall & Winter Menu will be starting Oct 16 after being approved by the Food Committee which meets the second Wednesday of every month – Sept 13<sup>th</sup> & October 11<sup>th</sup>. Residents will be enjoying some of the fresh vegetables and fruits that are in season – field ripe tomatoes, peaches, pears, corn on the cob, etc. The traditional Turkey Thanksgiving meal will be held on Sunday Oct 8. Happy Thanksgiving!!

Melody Rodman, Dietary Manager

## Upcoming Events

### Costco is coming! October 26<sup>th</sup> 2-3pm

Employees & Family members will be able to sign up for a membership, enjoy a sampling of their products and be introduced to Costco's services and quality products.

**In addition**, each employee/family member who signs up for a new Gold Star or Executive Membership during their visit will receive a special gift.\*

### Christmas Bizarre November 18<sup>th</sup>

If you have any donations you would like to add to our Christmas bizarre, please let the Program Staff know by November 1<sup>st</sup>. We always appreciate your donations and participation! Thank you.



## September Special Events

**\*\* New\*\*** Chair Yoga every Monday at 10 am in Chapel  
September 1 – Join us in the Country Kitchen for Ice Cream Sundaes at 3:30pm

September 5- Back to School Lunch 

September 11- Music Entertainment with Randy Read 

September 12 – Outing to Lindsay Square Mall → Sign up!


September 13 – Salad Bar → Sign up!

September 13 – Baking Preparation for Lindsay Fair 


September 14 – St Paul's Church Service held in the Chapel

September 14 – Evening Entertainment with Bruce Bateman

September 15 – Crafter's Corner with \$2.00 to Participate in making Fall Wreaths

September 16- Darlene and the Shamrockers perform! 

September 20- Robert D'Cruz Entertains 

September 21- Outing to the Lindsay Fair  Sign up!

September 22 – Breakfast Club → Sign up!

September 26- Monthly Birthday Party with Art Lajambe 

September 26 – Evening Songs & Stories with Bruce Bateman

September 28- Music and Magic by Don Robertson 


## October Special Events

October 4- Gemini Jewelry Show and Sale 

October 9- Happy Thanksgiving 

October 10- Doug Morgan Performs

October 19- JBS Clothing Sales 

October 20- Entertainment with the Lockjammers 

October 27- Monthly Birthday Party with Piano Man Craig

October 31- Happy Halloween Party with Bill Dickinson 

