



May 2nd
Rick Tasson
Entertainment
2:00pm

May 8th
Art Lajambe
Entertainment
2:00pm

May 13th
Brian Stewart
Entertainment
2:00pm

May 15th
Murray Francis
Entertainment
2:00pm

May 16th
John Peck
Pub Night
6:30pm

May 23rd
Manning Bro's
Entertainment

Message from the Administrator

Sunday May 12th is Mother's Day and it's normally a time when we see a large number of families in to celebrate this special day with loved ones. We'll be having a celebration on the day before, and you'll find details within the newsletter if you're planning on attending. And let's hope that spring will have finally arrived by then! Here are some quotes on Mothers:

"The love of a mother is the veil of a softer light between the heart and the heavenly Father."
— Samuel Taylor Coleridge

"Mama was my greatest teacher, a teacher of compassion, love and fearlessness. If love is sweet as a flower, then my mother is that sweet flower of love."
— Stevie Wonder

"There is nothing in the world of art like the songs mother used to sing."
— Billy Sunday

"A mother understands what a child does not say."
— Jewish proverb

A couple of significant events returned this year, with our Volunteer Appreciation celebration and our Easter Egg Hunt happening in April. We had a wonderful turn out for both with pictures on our Facebook page for your viewing. I would like to thank all of our volunteers who help enhance the quality of life of our residents, along with Darryl Drain of Drain Poultry for once again helping us with the purchase of our chocolate Easter eggs, as we will put out close to 30,000 again this year. This is a wonderful intergenerational program that brings the youth of our community into contact with our elders and has benefits on many levels. I would like to offer a big thank you to everyone who helped out to make this fun event a success.

Michael O'Keeffe,
Administrator

Information Regarding Rate Reductions:

Rate Reduction Residents please be aware that your rate reduction applications will need to be submitted this year before June 30th, 2024 to receive your rate reduction for the rate reduction period of July 1, 2024 to June 30, 2025. Please forward your 2023 Notice of Assessments as soon as possible to Moira Place so that your rate reduction applications can be submitted to the Ministry.

If you have any questions or require further information, please do not hesitate to contact me.



Cassie Tebo
Office Manager



Glenda and Pauline enjoying fresh air.



Resident's love when they get to sing along to hymns with Jackie in the chapel.

The 10 Principles of the Eden Alternative

1. Loneliness, helplessness and boredom are painful and destructive to our health and well-being.
2. A caring, inclusive and vibrant community enables all of us, regardless of the age or ability, to experience well-being.
3. We thrive when we have easy access to the companionship we desire. This is the antidote to loneliness.
4. We Thrive when we have purpose and the opportunity to give, as well as receive. This is the antidote to helplessness.
5. We thrive when we have the purpose and the opportunity to given as well as receive. This is the antidote to boredom.
6. Meaningless activity corroded the human spirit. Meaning is unique to each of us and is essential to health and well-being.
7. We are more than our medical diagnosis. Medical treatment should support and empower us to experience a life worth living.
8. Decision-making must involve those most impacted by the decision. Empowerment activates choice, autonomy, and influence.
9. Building a collaborative and resilient culture is a never ending process. We need to keep learning, developing and adapting.
10. Wise leadership is the key to meaningful and lasting change.
For it, there can be no substitute.

Source: www.edenalt.org



Floyd trying out colouring.

Education Session from the Alzheimer's Society

You're invited to Moira Place for an afternoon of education featuring our infection prevention and control lead Jeanette Larsen and Public educator Jeanice from the Alzheimer's Society. Offered to residents, family and staff.

When: Saturday May 18th
Where: Moira Place 9 Fireside Lounge
Time: 1:00pm

Please RSVP to Cortni Buchholz at
613-478-5524.

May Is Mental Health Awareness Month!

People 65 and older make up about 20 per cent of Canada's population (and growing). But the data on risk level or how many are experiencing mental health concerns and conditions is lacking. What we do know is that older adults face health, support, and environmental barriers that limit their ability to achieve the best mental health and care outcomes.

As many as 1 in 3 older adults living on their own say they have a need for mental health care.

12% of those 65 and older have reported feeling social isolated.

Delays in diagnosis increase as people age.

22% of older adults in one study screened positive for depression.

5% of older adults access health services for mood or anxiety disorders.

When should I seek professional help?

Seek professional help if you are experiencing severe or distressing symptoms that have lasted 2 weeks or more, such as:

- Difficulty sleeping
- Changes in appetite or unplanned weight changes
- Difficulty getting out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Inability to complete usual tasks and activities feelings of irritability, frustration, or restlessness

Please note that you are not alone. We have many internal supports that are available to you or your loved one through social work, life enrichment and volunteer services. Never be afraid to ask for help and reach out.

MENTAL SUPPORTIVE HEALTH INCLUSIVE
RESPECTIVE
STOP STIGMA
STIGMA LISTEN



Roberta was born for the spotlight!



Violet and Kirstie dancing.



Nice Bullseye Geordie!

Moira Place: Did You Know?

Since opening, Moira Place offers monthly committee meetings for feedback on improving quality of services that are provided regularly.

They are hosted bi-monthly. The next 2 meetings are planned for:

April 24th: Food Committee
May 29th: Resident's Council and Food Committee



Nice hat Don!

Gift Suggestions for Your Mother or Grandmother in Long Term Care

- Flowers—potted or a vase (heritage residents we suggest plastic only)
- Handmade or Store Bought Cards
- New hand lotion or body wash
- New sun hat or cape to wear outside
- Spending your time with them (whether its in home or planned outside as an outing, ask our team how we can help coordinate)



Happy Mother's Day

"She is clothed with strength and dignity; she can laugh at the days to come. She speaks with wisdom, and faithful instruction is on her tongue." PROVERBS 31:25-26



All About Canada's Victoria Day

- Celebrated the Monday before May 25th, this year it falls on May 22nd, 2024
- Celebrates Canada's "Mother of Confederation" and the current Queen of Canada's official birthday
- Canada's oldest non-religious holiday
- Usually celebrated with parades, concerts, fireworks, BBQ's and picnics
- Only country in the world to celebrate this day
- All tourist attractions remain open



**DON'T FORGET TO LIKE
US ON FACEBOOK**



News from IPAC May 2024

What is oral health? "Multifaceted and includes the ability to speak, smile, smell, taste, touch, chew, swallow and convey a range of emotions through facial expressions with confidence and without pain, discomfort and disease of the craniofacial complex"

Poor oral hygiene allows harmful bacteria to grow in your mouth. These bacteria cause bad breath, sore, inflamed gums (gingivitis), and tooth and bone loss (periodontitis). They also travel through the bloodstream to other parts of your body.

Practice to aide in good oral health:

- Visit your dentist regularly;
- Eat a well-balanced diet;
- Check your mouth regularly for signs of gum disease and oral cancer;
- Limit alcohol, and avoid smoking, smokeless tobacco and vaping; and
- Brush your teeth twice a day using fluoride toothpaste, and floss once a day.

Protect Your Smile!



Cleon and Jean basking in the sun.

Hello May

Maybe life isn't going upward
As you wish, but if you can learn from
Yesterday, you can win tomorrow



Annetta looking bright and beautiful in her pink sweater.

May Dress Up Days



May 11th:

Wear Floral

May 29th:

Wear Orange



National Nurses Week May 6th-12th, 2024

At Moira Place we have a fantastic group of RN's and RPN's that meet the care needs of our resident's day to day.

Nursing is a crucial role in Long Term Care. The responsibilities can include everything from helping residents take their medication, to performing physical and mental examinations, collaborating with other healthcare professionals, and more.



A little bit of Nursing History:

The symbol for nursing is a lamp. Florence Nightingale was famous for carrying a lamp with her at night as she made her way between the tents of wounded and ill soldiers during the Crimean War, and was often referred to as "the lady with the lamp". She also made the white nursing cap, used to hold hair back, famous and synonymous with the nursing profession. Nursing caps are now usually only worn in ceremonies, often during graduation ceremonies for new nurses to symbolize their welcome into the profession. The famous hats have stopped being worn due to the fact that they can collect microbes (bacteria and viruses) and become unsanitary.



The Kentucky Derby

