

Entertainment Line Up

Feb 5 Wayne 2:00pm

***Feb 6 Manning Bro's
2:00pm***

Feb 12 Andy 2:00pm

Feb 19 Mike 2:00pm

Feb 20 Jake 6:30pm

Feb 26 Hal 2:00pm

Message from the Administrator

I am pleased to announce that **Tera Pollock, RN BScN**, will be taking on the role of Administrator of “Moira Place” LTC Home in Tweed. In this role Tera will be leading the team in Tweed and continuing where I left off, as I move over to prepare for the opening of Station Place LTCH in Havelock.

Tera brings extensive experience to the organization, and she is familiar with the home having worked as an RN Supervisor at Moira Place up to 2016. Tera knows a good deal of our staff and knows how the home functions on a day-to-day basis from her previous experience with us.

After leaving Moira Place, Tera worked as a RAI-MDS Coordinator and a Director of Care with an organization in Belleville, gaining some excellent experience in all aspects of the complex funding system for long-term care along with the copious amounts of reporting to the Ministry of LTC.

Tera will dovetail nicely into this role based on our past involvement with her and the excellent attitude and technical strengths. She is eager to begin this new phase of her career, so please join me in welcoming Tera.

I've enjoyed my time here at Moira Place and will miss my daily interactions with all of you, as it has been not only a pleasure, but a privilege to serve you. I'll be back for various meetings, so you will see me on occasion. I know that Tera will do a wonderful job and you'll enjoy getting to know her.

Sincerely,

Michael O'Keeffe
Administrator



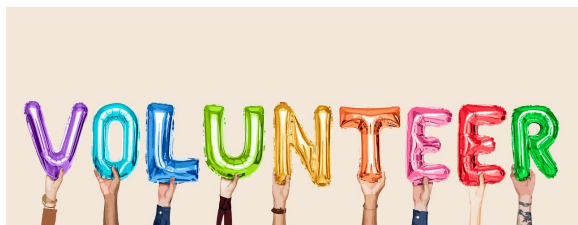
Interested in Volunteering?

*Join our Life Enrichment Team in
Volunteering at Moira Place!*

**The goal of the Volunteer Program
is to provide a link between
residents and the community and
to enrich the homes ongoing
activity programs.**

**We currently have 9 signature
volunteer ran programs and 21
registered volunteers.**

**Some volunteer ran programs include:
Euchre Group, Coffee Club,
Hymn Sing, Rosary and Pet Therapy**



Gwen keeping busy puzzling.

Alzheimer's Society Education Opportunity

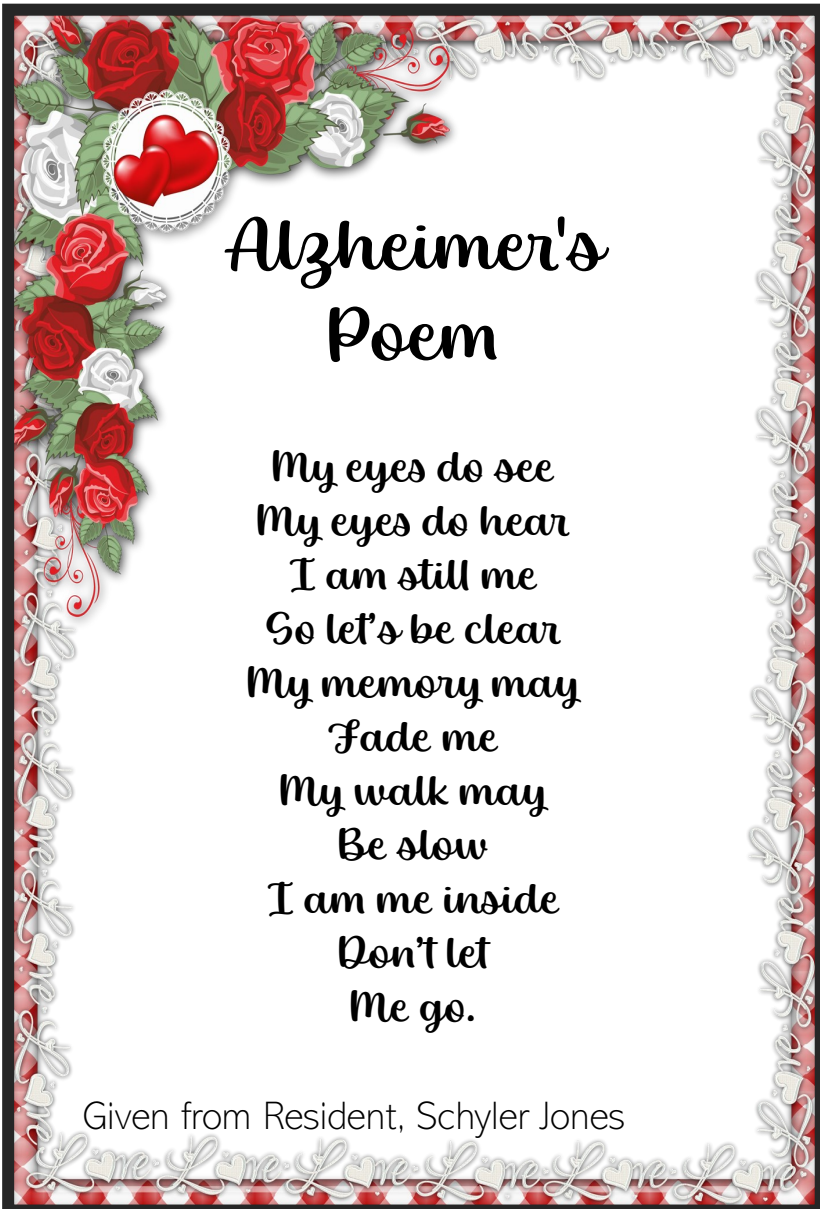
**March 14th @ 10:45
in Fireside Lounge**

Public educator
Melissa Whalen
will be coming
from the
Alzheimer's
Society to do a 1-
hour presentation
on Dementia.

Topics of discussion include: Stages
of dementia, Meaningful visits and
Useful Tools for Caregivers.



Jane is getting joy out of being crafty.



Alzheimer's Poem

My eyes do see
 My eyes do hear
 I am still me
 So let's be clear
 My memory may
 Fade me
 My walk may
 Be slow
 I am me inside
 Don't let
 Me go.

Given from Resident, Schyler Jones



Vivian looking glamorous following a beauty hour session.



Sharon and LE Amy enjoying birthday party.

2025 Moira Place Cook Book

Life Enrichment bakes on a regular basis with residents to bring purposeful and Montessori based activities into their everyday lives. This allows residents to engage in something familiar and something meaningful to them.

This upcoming year, we would like to make a cook book of simple recipes to utilize for our baking program and share with families & residents abroad. We will be collecting recipes between the months of January-February of 2025.

Please share your favorite family recipe for us to create our book. Submit recipes at our Front Desk for Life Enrichment staff.



Pink Shirt Day!



On Wednesday, February 26, 2025 wear your Pink Shirt and take a stand against bullying. Pink Shirt Day falls on the last Wednesday of February every year. The mission is to create a more kind, inclusive world by raising awareness and funds for anti-bullying initiatives. Bullying is a major problem in our schools, workplaces, homes, and online.



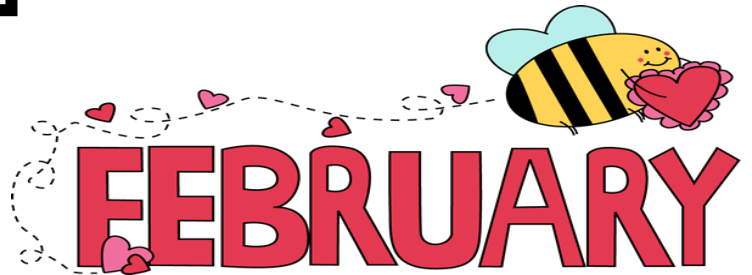
Resident's on Heritage love the weekly sing along with Jackie and her guitar.

February Joke of The Month

What would you get if you crossed February 2 with a Christmas drink?



Ground Nog Day!



Gwyn and Joyce Axe throwing.

Health Canada Recognizes February as Preventative Health Awareness Month

By taking preventative measures, the risk of developing chronic diseases could be lowered at all stages of your life.

You can take care of your well-being at any age!

Eating a healthy, balanced diet

Nourishing our bodies with healthy, whole foods can improve our mood, help manage conditions like high blood pressure or diabetes, and contribute to better heart health.

Movement is medicine

Numerous studies have confirmed the benefits of regular physical activity for older adults. An active lifestyle can help improve balance and decrease your risk of chronic conditions such as heart disease, diabetes, and cancer. Exercise helps our brains release endorphins and other “feel good” chemicals that can help enhance mood.

Prioritizing mental health and well-being

Mental health and emotional well-being are critical considerations for our aging population. Thus, regular self-care through exercise, meditation and activities that bring you joy, such as painting, singing, or writing, can help strengthen your mental well-being.

Getting a good night's sleep

Not getting good quality sleep can negatively affect our health and well-being. Poor sleep quality can potentially increase the risk of developing anxiety, depression, suicidal behaviours, cognitive issues, physical impairments, heart disease, diabetes, and immune disorders.



Hedy “popping bubbles” on OBIE.



Geordie and Adele enjoying pub night entertainment.

Life Enrichment Month What is it and Why is it Important in LTC?

Life Enrichment is the practice of using purposeful recreation and leisure to address the specific needs and goals of individuals living in long-term care homes. These needs may include but are not limited to mental health, physical rehabilitation, effective social skills, and community integration.

In long-term care, Life Enrichment is utilized to maximize the well-being of each resident in the home by providing activities that target a variety of different domains. The 5 focused domains are; cognitive, physical, emotional, social, spiritual; and the goal is to provide a variety of programs and activities that meet individual needs within these domains.

February is Life Enrichment month. We are sending a **BIG** "Thank You!" to our Life Enrichment Staff for their enthusiasm, creativity and efforts put forward to keep our residents happy and healthy! Check out our monthly calendar or our Facebook page to see what is going on in the home.



Glenda loves getting pampered!



Cheers Irene!



Annetta baking mini cheesecakes.

Family Council Meeting

February 26th at 10am
in the fireside lounge

What is Family Council?

A family council is an organized, self-led, self-determining, democratic group composed of family and friends of the residents of a LTC Home.



It works with the residents' family members or friends and the LTC Home to identify and resolve issues that affect resident' quality of life, plan activities for residents families and staff, and support each other.

Valentines Day Special Menu



**Heart Shaped Ravioli with Cesar Salad
& Homemade Buns**

Or

**Creamy Tomato Soup with Mini Heart
Shaped Grilled Cheese Dippers**

**For Dessert:
Raspberry Jello or Festive Donuts**

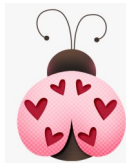
Dress Up Theme Days

February 14 Wear Red

Valentines Day

February 26 Wear Pink

Anti-Bullying Awareness



Eric enjoying a fresh coffee.

Elvis in Town!

