



Entertainment Line Up

**March 3rd– Vicki
2:00pm**

**March 5th– Rick
2:00pm**

**March 6th– Wayne
2:00pm**

**March 12th– Kathy
2:00pm**

**March 20th– Gary
6:30pm**

**March 26th– Myles
2:00pm**



Message from the Administrator

March is upon us and this is my first official newsletter submission as the Administrator at Moira Place. I want to take a moment to thank all of you for the incredibly warm welcome I have received since starting this new role. To those of you that I have been so fortunate to have met, it has been a pleasure and to those that I have not yet had the opportunity, I look forward to meeting you in the coming weeks. I am incredibly pleased to be here and look forward to spending time with all of you.

Spring is quickly approaching, our 10th Annual Easter Egg Hunt is scheduled for the Saturday before Easter, which will be a little later this year, occurring on April 19th, so hopefully spring will be upon us and the weather beautiful! The event will take place at 10:30 AM at Moira Place. We will have prizes for four different age categories and thousands of eggs for the kids to find. The setup will be the same as in previous years where the older age groups will conduct their hunt outside in three separate sections of our grounds, and the toddlers will be in our Fireside Lounge. The entire community is welcome to attend, along with family members of our residents, so please invite the kids and grandkids to join in on the fun.

For those of you who have access to social media, we sincerely hope that you have “Liked” us on Facebook. This provides an excellent method for keeping up-to-date with the happenings at Moira Place, as we regularly put up information and photos of our residents and staff to let you see what’s going on here. We have people following us from several countries and not just Canada, such as: USA, Nigeria, Norway, Philippines, Pakistan, United Kingdom, Australia, Costa Rica and Ghana. You will find photos of many of Moira Places fantastic events on our facebook group.

Moira Place is incredibly fortunate to have two excellent physicians who work with us to provide your medical care as part of our team. They are Dr. Andy Quinn, and Dr. Chuck Mustard. If you have an opportunity, please thank your doctor, as they work diligently to keep up-to-date in the ever-changing world of medicine and they are all incredibly devoted to our home and to your individual care.

Tera Pollock RN
Administrator

Wear Green for St. Patty's!

March 17th celebrate the luck of the Irish and wear green— anything goes!



Good aim Bev!

Appointments & Outings: New Prescriptions

When residents go out to a medical appointment – if they are given a prescription, the prescription must be brought back to the home and given to the nurse so that it can be filled. In order to comply with legislation, a prescription must be approved by their physician at Moira Place and filled by our pharmacy.



Thank you for your cooperation,
the Care Department.



What fun playing Scoop Ball!

March Joke of the Month

What does a shamrock say to a leprechaun on March 17th?

*Irish you a happy
St. Patrick's Day!*



First Day of Spring

**Thursday
March 20th**



Hairdressing Services

Salon Hours

Tuesdays from 9:00am-2:00pm

and

Wednesdays from 10:00am-5:00pm



Resident/POA must fill out a permission form to receive services by Joanna.

Pricing and services included on form.

**Joanna will make you look fabulous!
For inquiries call 416-276-6506**



Jean, focusing on a craft.



Sharon enjoying entertainment.

March 9th, 2025

**Don't forget to
adjust your
clocks!**





Oh what fun Baking!



The ladies on Hawthorn getting crafty together.



Hawthorn care staff supporting Mental Health Awareness with dressing in blue.

Wear Plaid

**Celebrating
March Birthdays
March 27th**



Residents Tax Returns for 2024

It is tax season again and time to file 2024 tax returns!

We are pleased to have provided you with a Summary of Accommodation Charges for the calendar year of 2024 for all accommodation charges as well as some tax tips for 2024. The tax receipt and the tax tips sheet were mailed out on **February 11th, 2025**.

The Summary of Accommodation Charges represents the qualifying payments made in 2024 in respect of your or your family member's residency at Moira Place Long-Term Care Home. It is supplied to assist you and/or your accountant in preparing and filing the 2024 income tax return, including claiming eligible tax credits.

Please do not hesitate to contact me if you have any questions or require further information.



**Thank you,
Cassie Tebo
Office Manager**

The Travelling Dental Hygienists at

April 10th

Moira Place

Long Term Care Home

What to Expect:

- Dental Cleanings - offered either in patients bed, wheelchair, or chair provided by us
- Denture care - allow us to clean your dentures professionally

We Accept All Insurance Providers!



With
Rachael & Leah



CONTACT US
TO BOOK

613-827-8874
www.thetraveldh.ca

Are You Swallow Aware?

March 19th, 2025 is swallowing awareness day.

Dysphagia is a term that refers to swallowing difficulties of solid or liquid in any of the three primary phases of the swallowing process.

Dysphagia can vary in severity from mild swallowing difficulties to complete inability to swallow. This condition is more prevalent among older adults; however, it can affect individuals of all ages. Since it can develop gradually over time, dysphagia often goes unnoticed. Problems with swallowing can have an impact on physical as well as mental health. Individuals with dysphagia are often nutrient deficient, dehydrated, and fatigued.



Signs and Symptoms

- Continuous drool of saliva
- Inability to chew food
- Feeling of food stuck in the throat
- Pain when swallowing food or liquid
- Coughing or choking during meals
- Wet (“gurgling”) voice following eating or drinking
- Unintentional weight loss following malnutrition

Moira Place Long Term Care

415 River Street West, Tweed ON

Hop on over for our

EASTER

Egg hunt

April 19th at 10:30am

for some egg-citing fun!

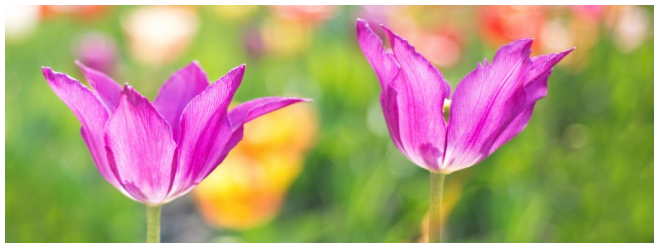


Age Categories:
2 years & under
(indoor hunt)
3-5 years
6-8 years
9-12 years

Sponsored By AON INC. &
Co-Sponsored by Drains Poultry



Rose and Kelly dancing away.



Great shot Don!

Eating When You're Not Well

It is always important to fuel your body with nutrition, and this is even more critical if you live with chronic illness. When faced with a cold, many of us put our faith in orange juice or chicken soup.



But what can we do to help our bodies cope with long-term illness?

Chances are, if you've been diagnosed with a long-term illness, you've been to see many doctors. You may have been given instructions on specific rules of diet. The following are general suggestions to boost your nutrition intake and your immune system. Make sure to still follow your doctors advice regarding diet. If you haven't been given any specific information regarding diet and your particular condition, speak to your doctor or dietitian.



Here's some effective tricks to help:

- If you feel up to it, eat well balanced regular meals, and make the most of each meal
- If you feel too ill to eat meals, still try to take in small, frequent amounts throughout the day
- Plan ahead and have snacks available between meal times
 - Know your dietary needs for your conditions
 - Keep an eye on your weight
- Wash your hands before each meal and avoid food borne illness

Self Care is NEVER Selfish

What is self care?

Self care is the practice of taking care of physical, mental, emotional, and spiritual aspects of your life to promote health and wellness.

Practicing self care can bring short- and long-term benefits that could lead to improved well being it can also lead to:

- Reduced stress levels
- Increased self worth
- Healthier relationships
- Better sleep patterns

Here are a few things you can try for self care:

- Read a good book
- Get plenty of rest
- Eat healthier foods/
Drink plenty of water
- Participate in meditation/ yoga
- Breath work
- Listen to some calming music



Take the time today to love yourself. You deserve it.



Shelia and Evaline making cards for loved ones.



Eileen and Fran enjoying a game of jeopardy!



Gwen and Garfield enjoying each others company.

CONTAGIOUS SMILES WITH FURRY FRIENDS

