



Leacock Retirement Lodge News

April 2024



Contact Us | [705-329-3887](tel:705-329-3887) | info@jarlette.com



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General Manager's Message

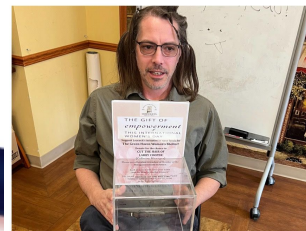
What a busy and exciting month of March we had at Leacock! We loved celebrating St. Patrick's Day and ringing in the official arrival of Spring with our Spring Fling! Now, we just need Mother Nature to cooperate....

I'm sure everyone will agree that the highlight of last month was our fundraiser for Green Haven in Orillia. Thank you to Larry, our Culinary Manager Extraordinaire, for being a great sport while residents and staff took turns cutting his hair. A big shout out to Laura Scholte for donating her time to help ensure no one cut off too much!!

A reminder to all residents to take time to stop by the lobby by the piano and let us know what you think by submitting your rating on our new electronic survey platform! Please ask a staff member for assistance if you require it.

Looking forward to all that April will bring including the warmer weather and longer days!

Stay well,
Julie



Culinary News

April is an exciting month in Culinary as our new Spring and Summer Menu will launch near the end of the month. New Menus give us the opportunity to explore exciting bold new flavours and opportunities to deliver nutritious and delicious new ideas. If you have any ideas or recipes that you would like considered for the menu it's still not too late to submit them for consideration. This can be favourites from your lives or ideas you have seen at restaurants around town.



Wellness Manager's Message

This month we focused on community engagement and wellness. We invited guest speakers and therapeutic specialists to complete assessments, treatments, and educational seminars with the residents and staff.

1. Amanda Weatherby, Reiki Master, explained the Japanese technique for stress reduction and relaxation and how Reiki promotes healing.

7 REASONS TO TRY REIKI

1. It is a gentle, natural, non-invasive energy technique.
2. It can compliment traditional medicine.
3. Reiki can naturally support immunity and healing.
4. It can help improve sleep and promotes mental clarity.
5. Increase energy levels
6. It is incredibly relaxing and can help ease stress and tension in the body and calm the mind.
7. Reiki is holistic – it works to balance the whole body, mind and spirit and adapts to you individual needs.

2. We had Dr Peter Bassit, Chiropractor, here to cover topics such as
 - Posture and the importance of proper alignment
 - Stretches for common injuries/ailments
 - How chiropractic care can help you
 - Mobility and how to stay independent and active
 - How to get and stay pain free
 - The nervous system
3. Our in House Physiotherapist , Susan Barker, completed Van assessments and techniques for resident safety on outing!



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Social News

- We had a month of celebrations starting with International women's day where we made and modelled fascinators, drank mimosas, and relaxed with facemasks and nail pampering.
- The PADDY started when we walked in. On St Patrick's Day we wore green and honoured the Irish culture multiple days with shamrock shakes, green beer, treats, and plenty of laughter.
- We took a van outing to Shaw's Pancake House and will be spending the day in Barrie going to Red Lobster and the Georgian Mall next month.



**IRISH YOU
WERE HERE, HAPPY
ST PATRICKS DAY!**



April 2024

Resident Council News Introducing Your New Executive Council for 2024-2025



Urs Maag–President

Urs has lived at Leacock since December 2021. He has been an active member in the communities Bridge Club, the VON exercise program and attends all the Culinary Chat's and Resident Council meetings. Urs enjoys activities such as word games, puzzles, live music, Drumfit, and Yoga!



Janet Thompson–Vice President

Janet has lived at Leacock for 3&1/2 years. She has been an active member in the community with organizing the Grandma's Attic Sale and helping with Operation Christmas Child. Janet is an avid reader, a lover of shuffleboard, and a participator in the Saturday Art Programs.



Rene Stanton–Secretary

Rene has Lived at Leacock for 1&1/2 years. She was the interim Secretary for the Residents Council in 2023. Rene is an active participant in Drumfit, shuffleboard, and the live music programs. When she gets the itch to travel, she jumps aboard!



Terry Hicks–Treasurer

Terry has lived at Leacock for 6&1/2 years. He shares the Librarian duties and loves to read. Terry spends his free time visiting his wife next door. He enjoys the staff, offerings of the lodge, and is happy with his choice to live here!

Upcoming Events

APRIL THEME/DRESS UP DAYS

- **Tuesday April 2nd**- Tie Dye Day
- **Monday April 8th**- Baseball Theme Day
- **Thursday April 18th**- Leacock Luau theme
- **Monday April 22nd**- Earth day- Ocean blue and Sunshine yellow Colours

Entertainment/Art This Month

- Tues April 2nd**- Jazz music by "Chris Robinson and Will Davis"
- Thurs April 4th**- Piano performance by "David Latham"
- Tues April 9th**- Debbie Wilkes Vendor
- Thurs April 11th**- Music by "Adrien Robitaille"
- Sat April 13th**- Art by Lisa Harpell
- Tues April 16th**- Performance by "Two Hearts Content"
- Thurs April 18th**- Luau Party with "Erin Blackstock
- Tues April 23rd**- Music by "Don Vanhalteren"
- Fri April 26th**- Resident Jam Session
- Sat April 27th**- Art by Lisa Harpell
- Tues April 29th**- Birthday Bash with "The Paraguinns"

Van Outings this Month

(Weather Permitted, Spots limited, Sign up at Desk)

- **Tuesday April 2nd**- Bank or Service Ontario
- **Thursday April 4th**- Red Lobster followed by Georgian Mall
- **Wednesday April 10th**- Walmart/Michaels
- **Thursday April 11th**- Shoppers Drug Mart/ LCBO
- **Tuesday April 16th**- Giant Tiger and Dollar Tree
- **Wednesday April 17th**- The Shack Eatery
- **Tuesday April 23rd**- Blossom Plants & Goods Boutique
- **Friday April 26th**- Casino Rama
- **Tuesday April 30th**- Home Depot



Good News Stories

- We have had the most amount of entertainment this past month, with the highlight of the Month being Leacock's Spring Fling Formal. We had outstanding music by "Sound Reflections", enjoyed cupcakes and spring cocktails, and dressed in our most flowered attire to dance the afternoon away!

-The resident run clubs and committees are blooming! Thank you to all the volunteers who lead these programs. Your enthusiasm is welcomed and appreciated! There is a club for everyone, whether that be movies, card games, art, music, or even eating.

- Leacock's fundraising initiatives are really giving back to the community. These residents and staff are always willing to help those in need. It is very heartwarming to



Director's Message

The Next Chapter For The Villa Retirement Lodge

If you have driven past King Street in Midland, ON, you may have seen how much progress we have made at the new location of The Villa Retirement Lodge! We continue on our journey with hopes of opening this beautiful new home in the community, where the Jarlette Health Services began, early in 2025! We are so excited to join our Long Term Care partners on this campus for senior living!

Sincerely,

Jenna Green, Director
Retirement Communities



Jarlette Health Services News

Across our family of long-term care and retirement homes (and at our Home Office!), **April is a month during which we celebrate our administrative assistant and operations assistant team members, as well as our volunteer coordinator and volunteers!** Administrative assistants and operations assistants are an incredible resource in our communities and in our Home Office. They help to keep the homes and lodges organized and running smoothly. And our resident programs, while strong, are made even stronger with the help and support of our dedicated volunteers. We have been fortunate to have many volunteers remain despite the interruptions of the COVID-19 pandemic, though in other cases we have lost touch with some wonderfully friendly and talented individuals. We are working hard to rebuild our volunteer base in each community.

We could not do our important work of “making an outstanding difference in the lives of others” without these talented and passionate people, so thank you to each of them! If you know anyone over 14 years of age who may be interested in spending time in our communities to socialize with or assist our residents or help organize interactive resident activities, please put them in touch with your Administrator/General Manager or your life enrichment/recreation teams!