

The Word at Waterside

July 2024

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General Manager's Message :

Although this is July's newsletter, let's reflect back on June !

- Art therapy classes
- Four legged visits, thank you Maya & Zoe
- Green Thumbs Club, our vegetables are growing in our planters (we look forward to incorporating these into our meals
- Numerous entertainers
- And much much more

A reminder to all residents, Team Members, families & friends to join us in the newly renovated Courtyard on Canada Day for an evening of fun in the sun (hopefully, weather permitting) with entertainment and our annual firework display - remember your sunscreen !

We would also like to congratulate Matt on his new position within Jarlette Health Services at The Villa Retirement Lodge - CONGRATULATIONS MATT !!!

Nina

Wellness Manager's Message,

Summer is here and it's time to talk sun safety. Most of us like to work, play, and relax outside on a sunny day. But too much sun and heat can be harmful. Here are some tips to stay safe.

1. **Cover up.** Wear light-coloured, long-sleeved shirts, pants made from breathable fabric and a wide-brimmed hat.
2. **Limit your time in the sun.** Keep out of the sun and heat between 11:00am and 3:00pm. The UV index in Canada can be 3 or higher during those times.
3. **Use sunscreen.** Use sunscreen labelled "broad spectrum" and "water resistant" with an SPF of at least 30.
4. **Drink plenty of cool liquids.** Especially water before you feel thirsty.
5. **Avoid Tanning.** There is no such thing as a 'healthy' tan. Tanning damages your skin and increases your risk of developing melanoma, the deadliest form of skin cancer.
6. **Wear sunglasses.** Make sure they provide protection against both UVA and UVB rays.

Stay Safe

Julie

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Culinary News:

Father's Day started with delicious breakfast specials to celebrate the day. The menu featured blueberry pancakes with bacon, eggs benedict and for a lighter option a mixed fruit yogurt parfait.

Then to top it off, at lunch, a special dessert was prepared, Snap, Crackle & Pop squares were enjoyed by all.



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Sales Update: with Alisa

One of the most remarkable insights I have gained working in this role is how interconnected we all are. Like the acronym for TEAM: Together Everyone Achieves More, I see how each of us - residents and staff alike make an incredible impact on each other.

It is evident in our day to day: from our casual conversations and interactions to the enjoyment of activities and events, or simply spending time with each other.

Sometimes we don't realize how fortunate we are to have such a positive and supportive environment. With every phone call I take, I truly get a sense of potential. Because, I know that what we offer can be of benefit to a person's well being in so many ways.



Social News by Sarah, Recreation Coordinator

The Green Thumbs Club

The Waterside gardeners were busy little beavers in June. The vegetable garden was planted with tomatoes, carrots, peppers and beans. This bountiful harvest will be used by the culinary team to give the residents a taste of garden to table freshness all summer long. The green thumb ladies also filled our planters with beautiful flowers to add a pop of colour to attract the butterflies and bees to our wonderful garden. If that wasn't enough they also re potted all of the indoor plants to bring the nature inside as well.

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Social News
Father's Day Celebration
Father's Day was a joyous occasion at Waterside. With a delicious breakfast to start us off followed by lunch where everyone received a goody bag filled with sweet goodness. We also enjoyed a wonderful performance for one of Waterside all time favourite entertainers Eric Kidd, who had the place rocking all afternoon. To put the cherry on top of the cake, we also enjoyed a special Father's Day cocktail.



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Social News

Butterfly Kisses Presentation

Waterside welcomed back Heather Willett to present the magical world of butterflies. We learned all about their life cycle and many other interesting facts.

Heather will be returning in August for the second part of her presentation, where we will have the opportunity to release Monarch butterflies at our Celebration of Life - a very poignant release.



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Remembering and Recognizing Friends

A Special Place in Our Hearts

There is a special place in our hearts
For those we have loved,
For those who have loved us without questions,
Without a word or promise...
There is a special place
Where there is no pain or fear,
Where love flows freely...
There is a special place
To rest in our hearts forever.



Resident Meetings

Beth, Administrative Assistant

Over the last few months we have covered many topics in our monthly resident meetings. Some highlights include:

- Summer is here and with it comes warmer weather. Please make sure to dress appropriately and stay hydrated
- Our newly extended courtyard patio is officially open. Thank you to Jim Byers!
- New Napkins to be ordered for the dining room.
- Hockey Games to be projected in the Movie Theater
- New programs on your calendars - green thumbs club, Nuts for Knitting and Crochet Club, Walking Group
- New Spring and Summer menu has been launched
- Thank you to everyone for their hospitality during our recent open house.

The monthly resident meetings are a great opportunity to discuss any concerns you may have, as well as share any ideas or positives. Your honest feedback is invaluable in making our community a better place to live, and any input is greatly appreciated!

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Upcoming Events

Sarah, Recreation Coordinator

Events and programs

to look forward to in July



- Canada Day Celebrations
 - Entertainment with Sound Reflections and The Piano Man
 - Campfire, S'mores and Team Trivia
 - Fireworks
- Iced Tea Social
- Maya Therapy Dog Visit
- Entertainers, Tom Zinn Band and Brian Richard
- Manicures with Gertrude

And much much more!



Good News

Grand Opening of the Courtyard

With the beautiful weather here at last, we had our ribbon cutting ceremony to open our newly renovated Courtyard. The Courtyard is now more spacious, for entertainment and many other events. The view of our pond is spectacular !

A special thank you to the late Jim Byers, for his contribution to the Resident Fund which made this renovation possible, and to Chris Sweat and Matt Drake for the finishing touches.

This space will be enjoyed by all
for many years to come !



Good News

Celebrating Pride Month at Waterside

Waterside was full of colour this June as we celebrated Pride Month. The Diversity Committee did a wonderful job arranging fun activities to bring pride to Waterside. We all enjoyed wearing the colours of the rainbow all month long. Everyone was invited to put their name in a draw each time they wore the colour of the day. Nicole (RA) held a colourful fudge tasting contest. To show that just because we look different on the outside, we are all the same on the inside, the fudge was the same flavour just a different colour.



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Birthdays

Roger B.	July 2
Doreen Mc	July 3
Christina S.	July 4
Marianne A.	July 28
Beverley H.	July 29
Margaret W.	July 31

Team Members

Denise S.	July 5
Pam N.	July 6
Sharron S.	July 24



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DIRECTOR'S MESSAGE

Grand Opening at Muskoka Landing Retirement Lodge (Huntsville, ON)

At long last, the grand unveiling of Muskoka Landing Retirement Lodge in all its glory, took place on June 6, 2024! While the building's beauty is undeniable, the true essence of Muskoka Landing lies beyond its physical features. The people who live, visit, and work here have collaborated to create a thriving community. It is a place where seniors can flourish, where cherished memories are made, and where lives are lived to the fullest.

Sincerely,
Jenna Green



Jarlette Health Services News

Summer has officially arrived! We hope our residents, their friends and family, and our team members, are able to enjoy their community's grounds and enjoy an active lifestyle.

July is a month during which we celebrate our laundry team members for their hard work caring for our residents' clothing and bedroom linens. Thank you to them for their diligence and service! If you don't see them at work, you can always send them a note of thanks!

Though we're only just entering summer, we are already preparing for this year's prestigious *Making A Difference Awards!* Each year, traditionally during autumn, we celebrate a resident from each of the long-term care homes and retirement lodges in the Jarlette Health Services family of communities for their life accomplishments and positive role in their community. We also celebrate at the same ceremony a team member with the *Roberta Jarlette Award* (named in memory of one of our founders) in recognition of their own unique contributions on a daily basis. Ask your home's Administrator/General Manager for more information about these celebrations and about how you can nominate a worthy individual for an award!

Happy Canada Day on July 1st!