

5647 Express

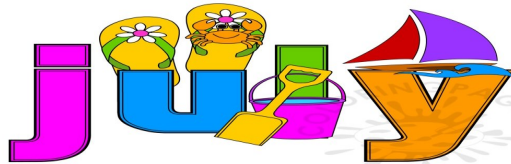
BRIDGING THE GAP AT MILL COVE

Wellness Corner

Don't forget about the October Planetree Conference in Florida that one lucky employee can win!!! If your name is, or has been, submitted for Staff Recognition, it will also go into the draw to take place on 31JUL19!!!

Remember to donate any lightly used items and check out what is available to take!

FOLLOW US ON FACEBOOK!!!



2019

JULY BIRTHDAYS	DATE
David Raymond	1st
Chelsey Sherwood-Dunham	7th
Courtney Elliot	10th
James Boyd	18th
Melissa Arsenault	20th
Tanya Fearn	21st
Sarah Buying	22nd
Kathryn Vickery	24th
Dan Gilman	28th
Patricia Gahan	31st

Birthday Committee

The winner of this month's Birthday Prize Draw is:

Happy Birthday!

Kathryn Vickery

Come to the Business Office to claim your prize!

Upcoming Meetings

Staff Meeting > Tues, July 2nd from 2:15pm to 3pm

Staff Meeting > Fri, July 5th from 2:15pm to 3pm

Hosted by Dan Gilman



Jun 13— Lynn Fairweather
Jun 24 — Brenda Hebert

Proceeds go to Resident Council

SOME MORE THANK YOU'S!!!

To all the staff—thank you for all your hard team work to help make the Mother's and Father's Day Tea a great success! Especially to **Patricia Gahan** who rearranged her time to come in Wednesday and Thursday to ensure our ladies looked their best!!

The Therapeutic Garden is a big undertaking, without the following people's help this year, I am sure it would not be looking as good as it is right now and would not have been able to achieve this myself. Thank you goes out to **Brenda Hebert, Terri Barton, Roger Hyatt, Norma Perry, and Terri Kennedy**. Also to **Diane St. Laurent, Eileen Kennedy and Shelia Clark** (volunteers).

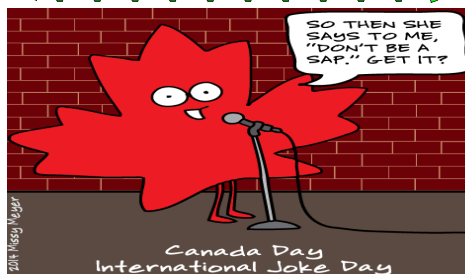
Kelly Chambers
LL Activity Director

THANK YOU!!!!

To all Nursing Staff for being so supportive and working as a Team.

It is greatly appreciated!

Patty Dalling
FSM



On Canada Day, take a break from being more educated about America than the average US citizen.

STAFF APPRECIATION

"Sometimes I ask **Rebecca Mason** a lot of questions, and she never makes me feel stupid for it. She's always helpful when I need it"

"Thank you **Kelly Chambers** for bringing the kids to MCNH all the time! The Residents love seeing them"

"Knowing that a certain Resident had limited funds in their account, **Patricia Gahan** offered to do their hair at cost so that the resident wouldn't have to pay as much – this really shows how much she cares!"

Congratulations to Brandy Wilson whose name was pulled for May!! She wins a \$20.00 Gift Card!!

WAY TO GO!!!!

Pop, New Larger Bags of Chips, Chocolate Bars, Gum and other delicious items are available for purchase at Reception!!

The MPR is now called: **GRAND LAKE LOUNGE (GLL)**

June over?
Julying



Happy Summer! As the days get longer and the weather gets better it's so exciting that our Courtyards are filling up with flowers and the residents can finally enjoy the outdoors again! After a busy June, where we saw so many residents attend Camp Rotary this summer thanks to a few VERY special staff members who asked their service clubs or sent along contact information for community groups to help us reach our fundraising goal so we could send all of our residents to camp this year!! When we dropped the residents off for camp the Camp Rotary staff made a point to tell us how organized we always are with our campers - thanks to everyone for their hard work leading up to and during Camp! It truly takes a team to pull something like this off and everyone does such a great job!

We are working away on our new website, so over the next couple of months, you might find yourself being asked to be in a photo or two to have on our website! We can't wait to share it with you when it's done!

The Care N' Share kiddos are all done for the summer, and CNCs students are also breaking, so our halls will certainly be quieter over the next couple of months. Our Courtyard on Cottage Cove is nearly completed, stay tuned for our official Grand Opening of the Courtyard and a 'how to' in using the equipment!

Just a reminder that we have our Family BBQ on July 13th and we're looking forward to hosting our families! We will also have our Annual Family Fun Day on August 24th from 10am - 2pm and we hope you can all attend and bring your families! We will have face painting, a petting zoo, bouncy castles and a bazaar/yard sale! Can't wait to see everyone there!

Last but certainly not least, we'll be hosting Baylee Anderson, Jess MacFarlane and Maggie McGraw as summer students in activity this summer - you might recognize their names because they were the Social Work students the past few months! They have some exciting plans and hope to run some intergenerational days where staff can bring their kids to work throughout the summer - we'll keep you posted with that!

I hope you enjoy these great summer days!

Ashley, Lynn, Kelly, Jamie & Lindsay

Q: What are the 2 seasons in Canada?
A: WINTER AND JULY!



Did You Know about July??

? July is named after Julius Caesar, by the Roman Senate during 45 B.C. when Caesar rearranged the calendar.

? It is the 7th month of the year and one of 7 months with 31 days in it.

? This is the month that begins and ends on the same day of the week in leap years. But in non-leap years, July ending days generally don't match with any other month's ending days.

? It also starts on the same weekday as April every year.

? On average it is the warmest month in most of the Northern Hemisphere

As We Celebrate Canada's 152nd Birthday, here are some interesting facts!!

- Canada has different chocolate bars from the United States, specifically Smarties and Coffee Crisp.
- It has 50% more freshwater lakes than any other country in the world—estimated to be close to 31,752 larger than 3sq/kms & 561 larger than 100sq/kms. 9% of Canada's surface is covered in fresh water.
- The Canadian classic—Kraft Dinner (aka: macaroni & cheese) are sold around the world to the tune of 7 million boxes with Canadians consuming 1.7 million of them. The band, The Barenaked Ladies, even mentioned KD in their song, If I had a million dollars.
- All letters to Santa come to Canada and volunteers reply in more than 30 languages.
- Tim Horton's was also started by 2 Canadian Hockey players in Canada and now can be found on every corner around the world (almost).
- Canada is strongly influenced by both the U.S. and Britain. We are on the Metric System but most people weigh themselves in pounds and measure themselves in feet and inches. Our temperature is in Celcius and our speed limits are measured in kilometres. We follow the British way of writing—like using the "u" in words like colour and neighbor. We also like to flip the "er" with "re" in words like theatre and metre. We speak in acres, not hectares, and our apartments and homes come in square feet not metres. We really have no idea what rules we are following!
- We also have the longest coastline in the world at 151,600 miles (scratch that, 243,976 kms)!
- Canada is really small compared to the U.S. regarding population. We have 34 million whereas they have 318 million.

SPECIAL DAYS IN CANADA:	1st — CANADA DAY!!!	1st —Also—National Creative Ice Cream Flavour Day!!!	2nd — 2nd Half of the Year Day (Non-Leap Years)	3rd — International Plastic Bag Free Day
6th—International Kissing Day	7th— Global Forgiveness Day	8th—Coca Cola Day	9th—National No Bra Day	11th—National Cheer Up the Lonely Day
14th—National Mac & Cheese Day	15th—National Give something away day	16th —World Snake Day	18th —National Caviar Day	20th —National Lollipop Day
22nd —Global Hug Your Kid Day	23rd—Gorgeous Grandma Day	24th—International Self Care Day & Tequila Day (good match!)	25th—International Red Shoe Day (Lyme Disease)	30th—International Day of Friendship