

5647 Express

BRIDGING THE GAP AT MILL COVE

Wellness Corner

We are looking for ideas and suggestions for Staff Recognition. Submit any and all ideas via email (mcacct@millcovenh.com) or through the comment box!

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



2019

FOLLOW US ON FACEBOOK!!!

| MARCH BIRTHDAYS | DATE |
|------------------|------|
| MYRA PHILLIPS | 1ST |
| SHELBY WITHERALL | 10TH |
| JENNIFER TOWERS | 11TH |
| MARY MACKAY | 12TH |
| LAURIE APPT | 13TH |
| BRITNEY CAISSIE | 13TH |
| PATRICIA BENNETT | 15TH |
| DIANNE RAVEN | 15TH |
| STACY GAHAN | 17TH |
| REBECCA MASON | 17TH |
| SHELLEY PERRY | 17TH |
| AMANDA FILA | 20TH |
| SHANNON BOLDUC | 22ND |
| ARNOLD BOYD | 24TH |
| JENNIFER LEWIS | 27TH |
| JANET REECE | 29TH |



WEEKLY WINNERS!!

JAN 31ST—Anna-Marie Hope-Rapp

FEB 7TH — Janet Roberts

FEB 14TH — Angela May

FEB 21ST — Angela May

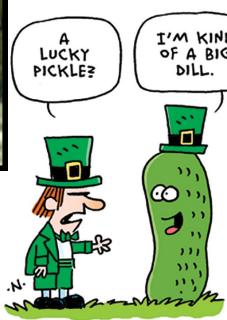
Proceeds go to Resident Council



The MPR is now called:

GRAND LAKE LOUNGE

Congratulations to **Rebecca Mason** for the suggestion!!!!



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





Goodbye **February** and Hello **March**.

Please be a good month and bring smiles and happiness to my family and friends.

I am writing this letter, looking out the window at the snow and blowing snow. While it is beautiful to look at, it has certainly posed some challenges over the last couple of months. I sincerely thank everyone for all the dedication to getting to work during the storms and otherwise nasty weather! Warmer days are on the way, bringing Spring, a season of change and growth.

We have an exciting year ahead as we continue our Planetree journey, a year of introducing new education technology, and education opportunities. This year we plan to focus on the basics, and provide in-services here at Mill Cove Nursing Home. All ideas are welcome. As many of you may know, we are also overhauling our Orientation process for all our new employees that join our team. When we finalize this project, it will be brought to our staff meetings to share with everyone.

I would like to take a moment to thank everyone for welcoming our new residents to Sunrise Villa and Cottage Cove. It has been a huge undertaking for the whole team to make their arrival as smooth as possible, and an overall success!! The plan is to give time for things to settle before the next resident is welcomed to Sunrise Villa.

March may prove to be a challenging month for various reasons. Whatever the future has in store, I am confident we can all work together to continue to enhance the lives of our residents. Thank You for all that you do every day!

Carolyn Osmond, Director of Nursing



Did You Know about March??

? **March** is the first month of the earliest Roman Calendar and is named after Mars, the Roman God of war.

? It is the first month of Spring, which begins between the 19th to 21st! Yeah!

? In the Southern Hemisphere March is the same as September in the Northern Hemisphere.

? Each year March and June end on the same day of the week.

? It is the time of year when animals start waking up from hibernation.

? Daylight Savings Time begins on the 10th!!

St. Patrick's Day

It is an Irish National Holiday with banks, stores, and businesses closing for the day. The 1st St. Patrick's Day celebration in the United States was held in Boston in 1737. Shamrocks are the national flower/emblem of Ireland and legend has it that each leaf of the clover has a meaning: Hope, Faith, Love, and Luck. You have a 1 in 10,000 chance of finding one with all 4 leaves.

Beer is one of the most commonly consumed beverages on this day with Guinness leading the charge for a total of 13 million pints consumed worldwide. And it is not just beer that is coloured green for this day—in 1962 it was the 1st time Chicago dyed their river green (takes 40 tons of dye) for St. Patrick's Day, which they continue to do to celebrate. New York is also huge into this day by having one of the world's largest parades which has seen over 250,000 marchers since 1762. They trapse up Fifth Avenue by foot as no cars, floats, or other modern trappings are allowed.

The real St. Patrick wasn't Irish though. He was born in Britain around A.D. 390 to an aristocratic Christian family and he never got canonized by a pope, so his saintly status is somewhat questionable. He made his mark by introducing Christianity to Ireland in A.D. 432. In Irish lore, St. Patrick gets credit for driving all the snakes out of Ireland, although modern scientists claim the climate and the surrounding seas kept any snakes out in the first place, modern scholars think the "snakes" that were drove away were likely just metaphorical.

St. Patrick died on March 17, A.D. 461. Originally, blue was associated with him because the colour was featured both in the royal court and on ancient Irish flags. The colour green was established in 1798 and the 1st Parade was held in Waterford, Ireland in 1903.

| SPECIAL DAYS IN CANADA: | 1st—National Peanut Butter Lover's Day | 5th—Shrove Tuesday & National Multiple Personality Day | 6th – Ash Wednesday & National Oreo Cookie Day | 8th—International Women's Day |
|--|--|--|--|--------------------------------|
| 9th—National Get Over It Day | 10th—Daylight Savings Time Starts | 11th—National Worship of Tools Day | 14th—National Pi Day | 15th—World Consumer Rights Day |
| 17th—St. Patrick's Day | 18th—National Awkward Moments Day | 20th—March Equinox (Spring) | 21st—International Day for the Elimination of Racial | 22nd—World Water Day |
| 24th—National Chocolate Covered Raisin Day | 26th—Purple Day for Epilepsy | 28th—National Weed Appreciation Day | 31st—National Crayon Day | |