

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@millcoveh.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!!!

| APRIL BIRTHDAYS | DATE |
|----------------------|------|
| KIM MOTT | 2ND |
| KIM NORWOOD | 5TH |
| MELISSA PACZAY | 7TH |
| CYNTHIA BLACK | 9TH |
| ANNA MARIE HOPE-RAPP | 9TH |
| NORMA PERRY | 13TH |
| TERRI BARTON | 14TH |
| FAYE COSTELLO | 18TH |
| APRIL PETERSON | 22ND |
| ANNA DUNHAM | 24TH |
| LACEY MACDONALD | 25TH |
| PHYLLIS MACLEAN | 27TH |
| COLLEEN MILLER | 27TH |
| KAREN BOYD | 29TH |

Birthday Committee

The winner of April's Birthday Prize Draw is:

Melissa Paczay

Happy Birthday!

Come to the Business Office to claim your prize!

Upcoming Meetings

Staff Meeting > Mon, 8APR19 from 2:15pm to 3pm

Staff Meeting > Fri, 12APR19 from 2:15pm to 3pm

Hosted by Dan Gilman

SCHOLARSHIP APPLICATIONS

2019!!

Applications for both the MCNH and Ross Drug Scholarships are available in the Main Office or can be requested by email to:

reception@millcoveh.com

DEADLINE FOR BOTH: 30JUN19



WEEKLY WINNERS!!

FEB 28TH — Hilda Krumrei
 MAR 7TH — Janet Reece
 MAR 14TH — Hilda Krumrei
 MAR 21ST — Gorete Santos
 Proceeds go to Resident Council

The MPR is now called:

GRAND LAKE LOUNGE (GLL)



Sorry no one understood you were making an April Fool's joke because no one thinks you have a sense of humor.



someecards

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

AIR QUALITY SURVEY

Don't forget to complete the online Survey through your email on Survey Monkey. If you don't have email, then pick up a Survey from the Staff Room in the Folder labelled Survey—Air Quality. Return to Reception so we can address any issues or concerns at MCNH.



A fool thinks himself to be wise,
but a wise man knows himself to
be a fool.
William Shakespeare



It's finally here.....Spring. The ground will eventually dry up, the vegetation will sprout, the birds will return and fishing season will begin. I would like to thank everyone for their hard work over the last several months, as we have had several significant events occurring at Mill Cove Nursing Home. The weather has been crazy, but we continued to provide quality care to all of our residents. We are near completion of a complete overhaul of the nursing schedule, which will hopefully address some issues that were contributing to staff shortages and burn-out. There have been contract negotiations with CUPE, as well – the RN contract has just expired. With all these events happening, it is easy to forget what makes Mill Cove great – the fact that we are a small, rural Nursing Home that treats its residents like family! We currently have a wait list of 12 people for Lakeside Lodge – when I first started at Mill Cove (2013) we had 1 person, sometimes none. The reason for this change is that we are doing a better job of promoting the great team we have here. Families have told me that when they first admitted their loved one, they were just waiting for a bed to open up in Saint John or Sussex, but now they could not imagine their loved one any place but here! This is because we have the best, most caring staff of any nursing home in the province. For this reason – I would like to personally thank every single staff member for everything they do for our residents, and say that I look forward to the upcoming year, as we continue on our Planetree journey towards person-centered care and becoming a stronger team/family.

Thanks,
Dan



Did You Know about April??

- ? April is the 2nd month of the earliest Roman Calendar and is possibly named after Aphrodite, the Greek Goddess, or it came from the Latin word "to open" and describes the trees opening at springtime.
- ? It is the time for spring planting. Yeah! And spring cleaning. Boo!!
- ? April's honorary flowers are daisies, which symbolize innocence; and sweet peas, which symbolize blissful pleasure.
- ? This is the 1st month of the year that has 30 days in it.
- ? It is also the only month that has the letter "l" in it.

April Fools Day

April Fools' Day began in the 1500s when the Gregorian calendar took over from the Julian. Those who forgot the change and attempted to celebrate New Year's (previously celebrated on the 1st of April) on the wrong date were teased as "April fools." But that's only one theory. Others are:

- ◇ The timing of this day of pranks seems to be related to the arrival of spring, when nature "fools" mankind with fickle weather, according to the *Encyclopedia of Religion* and the *Encyclopedia Britannica*.
- ◇ *The Country Diary of Garden Lore*, which chronicles the goings-on in an English garden, says that April Fools' Day "is thought to commemorate the fruitless mission of the rook (the European crow), who was sent out in search of land from Noah's flood-encircled ark."
- ◇ Others theorize it may have something to do with the Vernal Equinox.
- ◇ Some think it ties in with the Romans' end-of-winter celebration, Hilaria, and the end of the Celtic new year festival.

Wherever and whenever the custom began, it has since evolved its own lore and set of unofficial rules. Superstition has it that the pranking period expires at noon on the 1st and any jokes attempted after that time will call bad luck down onto the head of the perpetrator. Additionally, those who fail to respond with good humor to tricks played upon them are said to attract bad luck to themselves.

Many people give into the urge to prank on April Fools'. Canadian Member of Parliament Sheila Copps was responsible for a particularly creative leg-pull in 1996. On the respected news show *CBO Morning*, she announced that the clock in Ottawa's Peace Tower was being switched over to digital. Arguably the best media-generated April fools' joke dates from a Richard Dimbleby "news report" aired on 1 April 1957 on BBC's *Panorama*. It opened with a line about Spring coming early that year, prompting the spaghetti harvest in Switzerland to be early, too. :)

| SPECIAL DAYS IN CANADA: | 1st—April Fool's Day | 2nd—National Peanut Butter & Jelly Day | 3rd – National Find a Rainbow Day | 7th—National No Housework Day |
|--------------------------------------|---|--|-----------------------------------|--------------------------------|
| 13th—National Blame Someone Else Day | 16th—National Wear Your Pajamas to Work | 19th—Good Friday & National Garlic Day | 20th—National Look Alike Day | 22nd—Easter Monday & Earth Day |
| 24th—National Pig's in a Blanket Day | 25th—National DNA Day | 26th—National Kids and Pets Day | 27th—National Tell A Story Day | 28th—National Superhero Day |
| 29th—National Zipper Day | 30th—National Bugs Bunny Day | | | |