

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 (mccact@millcovenh.com) or through the comment box!

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

FOLLOW US ON FACEBOOK!!!



2019

MAY BIRTHDAYS	DATE
Ashley King	4th
Brooklynne Black	7th
Kelly Hawkes	8th
Lisa Joudrey	15th
Sherrill MacDonald	15th
Merlin Clark	17th
Melissa Melvin	18th
Pat Muisse	19th
Chrissy Pascon	27th

Birthday Committee

The winner of May's Birthday Prize Draw is:

Melissa Melvin

Happy Birthday!

Come to the Business Office to claim your prize!

Upcoming Meetings

Staff Meeting > Tues, May 7th from 2:15pm to 3pm

Staff Meeting > Fri, May 10th from 2:15pm to 3pm

Hosted by Dan Gilman

I have discovered the secret to a clean house: never let your children or husband enter it.



Q: What type of bee can't make up its mind?
A: A maybe



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@millcovenh.com

DEADLINE FOR BOTH: 30JUN19

AIR QUALITY SURVEY

COMPLETE BY: 13MAY19

Make sure 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.

STAFF APPRECIATION

"Sunday, Feb 24, we had a super crazy morning. A resident fell and was sent via ambulance which tends to throw everyone off, plus we were short staffed.

Roxanne Webber was SO helpful.

Helped with breakfast, did extra cleaning, picked breakfast trays up. She went out of her way to help another department when we were short staffed. She really deserves a thank you!"

"I just wanted to give **Hilda Krumrei & Mavis Miller** a quick shout out because I overheard them introducing themselves to the new resident Jean – both were so gentle and kind and spent a bit of time getting to know her. I could only imagine how Jean must have felt knowing that she was in good hands"

"**Andrea Curtis** took Paula out on her afternoon off to go for lunch – both Paula and Andrea were both very excited. I bet that made her week"

WAY TO GO!!!!

The MPR is now called: **GRAND LAKE LOUNGE**

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



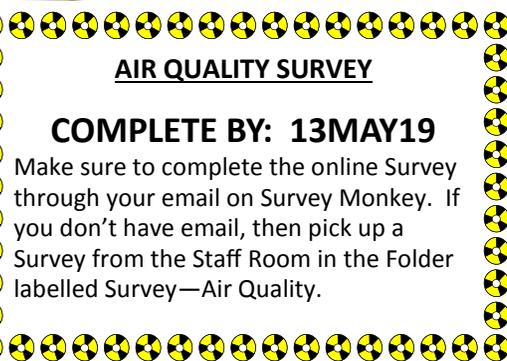
- MAR 28TH — Koreen Morris
 - APR 4TH — Rebecca Mason
 - APR 11TH — Hilda Krumrei
 - APR 18TH — Dan Gilman
- Proceeds go to Resident Council

I would like to extend my appreciation for the amazing work done by the dietary staff on the Cambridge Narrows School lunch program. Your diligence, motivation and your dedication to the program has been a source of inspiration. Thank you once again for all your effort. Patty

ACTIVITY DEPT

If anyone has any large or medium/small size suitcases on wheels that they want to sell or give to the Activity Department it would be greatly appreciated. The Residents going to camp would benefit from them!

THANK YOU!!



NATIONAL DENIM DAYS—WEAR A PAIR SAVE A PAIR!!!!

Tues, 14MAY19 & Thu, 16MAY19

Donate a minimum of \$5 to the CURE Cancer Foundation and wear denim on either day!!! \$20 gets you Tax Receipt. Donation Box will be located at Reception.





I can't believe we're already in to the month of May! As I write this note, we're in the middle of yet another flood. I want to take a minute to tell each of you we're thinking of you and your families who have been devastated yet again by flooding. I can only imagine what it must feel like to be going through this yet again. I'd also like to thank everyone who pitched in before, during and after the flood, not only to cover shifts and keep life 'as normal' for our residents, but to the many people who helped our community in so many ways.

May is an exciting month for us, we have our very own Ethel Northrup receiving a very prestigious award, the Gail Gullison Resident Leadership Award, given by the New Brunswick Association of Nursing Homes to a resident who shows leadership and enthusiasm in maintaining connection to community – Ethel will be the very first to receive the award outside of Gail herself – she'll be attending the NBANH Annual General Meeting on May 8th in Saint John, NB to receive her award! If anyone would like to join – please chat with Kelly or Ashley.

May also reminds us of all of the wonderful people we've lost from our little Mill Cove community this year. We'll be hosting our Annual Memorial Service at 2pm on May 23rd, and all are welcome to attend. What would May be without celebrating the wonderful women we have in our lives? On May 31st at 2pm we'll be holding our annual Mother's & Father's Day Tea!

I hope you all stay safe after we repair after another trying spring, we're thinking of you all.

Ashley



MORNEAU SHEPELL

May 6-12, 2019 is Mental Health Week in Canada. To bring awareness to this important aspect of total well-being, we're launching a new microsite: Mental fitness. visit workhealthlife.com on **May 1!**

ACTIVITY DEPARTMENT

We would like to thank the **Housekeeping Staff** for the donation of a Projector and Movie Screen for the Lounge. It is greatly appreciated and enjoyed!!!



Did You Know about May??

- ? **May** is named for Maia, the Greek goddess of fertility.
- ? In any given year, no month ever begins or ends on the same day of the week as May does.
- ? According to old superstitions, you should not buy a broom, wash blankets or get married in May. There is a poem that says "Marry in May and you'll rue the day".
- ? This is the final month of Spring and often considered the brightest.
- ? The Anglo-Saxons called the month Hlyd monath which means Stormy month, or Hraed monath which means Rugged month.

Mother's Day

The earliest Mother's Day celebrations can be traced back to the spring celebrations of ancient Greece in honor of Rhea, the Mother of the Gods. Then during the 1600's, England celebrated a day called "Mothering Sunday", celebrated on the 4th Sunday of Lent. This was a time put aside for relaxation and enjoyment during the long Lenten fast. Servants would go home to see their families, bringing cakes and sweets to their moms. This custom was called "going a-mothering". Each mother would receive a simnel-cake (Latin for "fine flour") and mothers would give a blessing to their children. Other lore relates that centuries ago it was considered important for people to return to their home or "mother" church once a year. So every year during Lent, people would visit their "mother" church, generally the main church or Cathedral of the area.

Mother's Day was officially first celebrated in 1908 by Anna Jarvis honouring her mother, Ann with a memorial. Ann had started a committee in 1868 to establish "Mother's Friendship Day". Her motivation had been to reunite families after the Civil War. Unfortunately, she died in 1905, before the day became International. Her daughter went on to trademark both "Mother's Day" and "the Second Sunday in May". She also created the Mother's Day International Association.

It is now celebrated in over 50 countries and it is estimated that over 122.5 million phone calls are made to mothers on this day in Canada alone. In most countries and languages, the word for mother starts with the letter "m" and over \$14 billion is spent in the US for this day, with the majority of gifts being flowers. The most common flower to send mom is the carnation. Pink and red for mothers who are living, and white for mothers who have passed.

The best tradition for Mother's Day has to be in the former Yugoslavia where children would tie up their mother and in order to be freed, she had to pay them with treats.

SPECIAL DAYS IN CANADA:	3rd — Hug Your Cat Day	4th — World Naked Gardening Day	6th — National Nurses Day	8th — National Have a Coke Day
9th — National Sleepover Day	10th — Clean Up Your Room Day	13th — National Crouton Day	14th — National Dance Like a Chicken Day	17th — National Pack Rat Day
18th — National Bike to Work Day	19th — Take Your Parents to the Playground Day	20th — Victoria Day (200th Anniversary)	23rd — Eat More Fruits and Vegetables Day	24th — International Tiara Day
25th — National Wine Day	26th — Neighbour Day	29th — International Day of United Nations Peacekeepers	30th — Mint Julep Day	31st — World No Tobacco Day