

# 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](mailto:mcacct@millcoveh.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

JUNE BIRTHDAYS	DATE
Sonya Ducey	7th
Marilyn Jenkins	10th
Stephanie Rasmussen	10th
Heather Mercer	11th
Stacey Wilcox	14th
Shelli Ducey	14th
Krista Kennedy	15th
Angela Rhynold	25th
Heidi Carter	25th
Koreen Morris	28th
Lilah Lewis	28th

### Birthday Committee

The winner of May's Birthday Prize Draw is:

**Happy Birthday!**

**Sonya Ducey**

Come to the Business Office to claim your prize!

### Upcoming Meetings

**Staff Meeting** > Tues, June 4th from 2:15pm to 3pm

**Staff Meeting** > Fri, June 7th from 2:15pm to 3pm

Hosted by Dan Gilman



May 16—Georgetta Goddard  
May 27—Georgetta Goddard

Proceeds go to Resident Council

### 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](mailto:reception@millcoveh.com)



DEADLINE FOR BOTH: 30JUN19

### STAFF APPRECIATION

"When **Angela May** does rounds to distribute laundry, she spends a little time with each resident as she goes and they love seeing her"

"I want to sincerely thank **Junior Boyd** for volunteer appreciation night – he ran back and forth from the kitchen 5 times to get us the perfect meals for our volunteers and he did it with a smile – thank you!"

Congratulations to **Twila Coy** whose name was pulled for April!! She wins a \$20.00 Gift Card!!

### WAY TO GO!!!!

### WINNERS OF NURSING HOME WEEK CONTESTS

**FirePit**— Gorette Santos

**Drink Glasses & Gift Cards**— Felicia Fairweather, Lisa Bedford, Brandy Wilson, Jamie Bedford

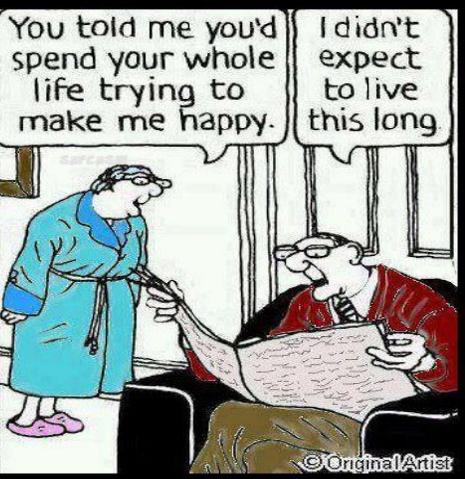
**Medical Devices Contest**—Vivian McAllister

### CAMP ROTARY

We raised in a VERY short time over \$600 so our residents can attend camp! I want to say thanks to each and every one of you who shared information about different community groups, programs, and who personally donated or asked one of your groups to donate – we couldn't have done this without you!



"One senior discount for the six o'clock show, and could you fill this prescription, please?"



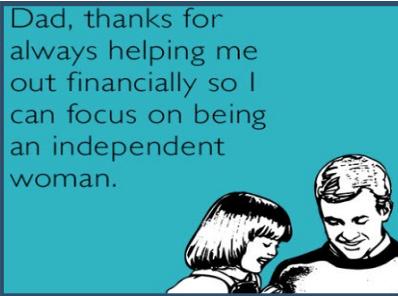
The MPR is now called: **GRAND LAKE LOUNGE**

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

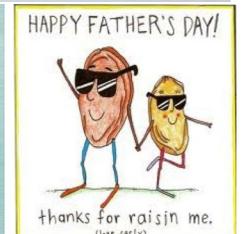


This time of year is one of my favorite because there seem to be a new adventure around every turn. The Dietary Dept. here at Mill Cove is one of these great adventure? Everyday there is something new. I truly enjoy that moment when everyone's different opinions and talents come together to form the next great adventure. The school lunch program is just one of these exciting events. In the short time the dietary team has been doing this program they have developed a plan, worked out all the bugs (trust me there was a lot of details involved) and raised over \$360.00 to help cover some of the cost of summer camp for our residents, this is just one of the incredible things this team has been doing here, there is the birthday cupcakes, their partnership with another nursing home to develop the puree diet program that will offer residents a more appetizing meal plate ,also they work extremely hard to help create these amazing events at our beautiful home. These are the people behind the scene that I have the honor of working with every day. Discovering all the incredible talents and skills the dietary team have to offer Mill Cove has so far been one of my greatest adventures and for this I would like to say Thank You.

Patty



A senior citizen called her husband during his drive home, "Herman, I just heard on the news that there's a car going the wrong way on Interstate 90, Please be careful!" Herman said, "It's not just one car. There's hundreds of them!"



### Did You Know about June??

- ? June is named after the Roman Goddess, Juno, patroness of Marriage and the well-being of women.
- ? It is the 2nd of 4 months that have 30 days in it.
- ? This is the month that contains the Summer Solstice—the time when the sun reaches the highest and northernmost points in the sky.
- ? It also contains Midsummer Day—which is traditionally the midpoint of the growing season, halfway between planting and harvesting.
- ? It is the month with the longest daylight hours of the year in the Northern Hemisphere.

### Father's Day

Father's Day officially began back in the year 1910 in Spokane, Washington. A woman named Sonora Dodd, 27- year-old, proposed the notion of Father's Day as a way to honor her father. She wanted to honor and celebrate the man who raised her when her mom died during childbirth. Sonora was at a church service when she conceived the idea of Father's Day and how grateful she was to have her father. She chose to celebrate Father's Day in June - her father's birthday month. Father's Day gained popularity in 1924 under the Presidency of Calvin Coolidge. He looked at this moved as one that would establish more intimate relations between fathers and their children.

According to the Greeting Card Association, Father's Day is the fourth-biggest day for sending greeting cards, after Christmas, Valentine's Day and Mother's Day and about 20 percent of Father's Day cards are bought for husbands. At present, there are over 1.5 billion dads in the world and more than 214,000 men are stay-at-home dads in the US and over two million are single Dads. Roughly around 40% of children of divorce haven't seen their father in a year.

The world's oldest father is believed to be Ramajit Raghav from India. He was 96 years old when his 52-year-old wife gave birth to a baby boy in 2010. Raghav was single until he was married in his 80s. Way to go, Ramajit! And Canadian Fathers would most likely want to adopt this tradition from Germany, if they don't already—German fathers spend all day drinking beer at beer gardens. Bottoms up!

The Latin word for "father" is Patri which is the root of many words, including patriarch, patrilineal, patrician, Patrick, patriot, patron, and patronize. Researchers have proven that when fathers are involved in their child's education, the children perform better in school, learn more, and exhibit healthier behaviours.

SPECIAL DAYS IN CANADA:	1st —National Go Barefoot Day	2nd—National Cancer Survivors Day	3rd – National Egg Day	4th— International Hug your Cat
8th—Family Fitness & Health Day	12th— National Jerky Day	13th—Roller Coaster Day	15th—National Flip Flop Day	16th—Father's Day
19th—National Martini Day	20th—Recess at Work Day	21st—National Selfie Day & Orgasm Day (don't do both at once!)	21st—Summer Solstice	22nd—National Onion Rings Day
23rd—National Hydration Day	26th—National Canoe Day	27th—PTSD Awareness Day	29th—World Camera Day	30th—National Meteor Watch Day