

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!

The Wellness Committee has most of the house painted. A Grand Opening is planned in the New Year!!



FEBRUARY

2019

FOLLOW US ON FACEBOOK!!!

FEBRUARY BIRTHDAYS	DATE
Jessica Fairweather	3rd
Miranda Raven	9th
Janet Roberts	10th
Jessica Dugas	12th
Melanie Williams	14th
Christina Marinelli	18th
Phillip Pellerin	18th
Angela May	22nd



"I totally forgot what I was looking for."



1ST WEEK— Tiffany English
2ND WEEK— Mary Ann Gahan
3RD WEEK— Bonnie Fearn
4TH WEEK—



I'M LOOKING FOR A CARD THAT SAYS IF I DIDN'T GET YOU THIS,
I'D NEVER HEAR THE END OF IT.

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



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



Activity



DEPARTMENT UPDATES

Hosting the Staff Meetings for February

&

Also hosting the Community Volunteer Income Tax Program! We are in need of volunteers to complete basic Income Tax Returns. Returns will be done by invite only and volunteers can set their own schedule.

Contact Ashley or Tiffany to volunteer or to obtain more information.



"I can see why they made February the shortest month of the year."

February

To All Staff,

I just wanted to say a Huge Thank You to everyone. I am truly proud to come to work every day and be surrounded by such wonderful people. Since the moment I stepped back through the doors of Mill Cove I have truly felt as though I came home.

We speak of our Planetree journey as something we are trying to do, but Mill Cove has been doing Planetree for years . It is about showing compassion to our fellow man. Which I see all the time here from Christmas decorations throughout our home, to coming together in the most unthinkable tragedies, to the soft touch or word spoken to a resident in need. So as you can see we have been doing it all along. It has been happening all around you, it has been so amazing to watch but I fear some don't see it, but I ask for you to take a moment and look around you. Truly look. Fellow team members are smiling and laughing, residents are happy, there is not one leader you couldn't go to for advice if needed and the amazing ideas on how to improve our home that people are bringing forward are incredible. These are things that stopped happening for a while, I will give you all that, but how amazing is it now that we have all this, including a beautiful home, amazing team members and the opportunity to change the world for the better because the sky is the limit. Welcome to Planetree everyone !!!

Patty – Planetree Champion



Did You Know about February??

- ? February is named after the Latin term februum, which means purification, via the purification ritual Februa held on February 15 (full moon) in the old lunar Roman calendar.
- ? It is the shortest month of the year.
- ? The Welsh call February "y mis bach" which means "little month".
- ? It is the third month of winter.
- ? In the Southern Hemisphere February is a summer month the equivalent of August.
- ? Together with January, it was the last of the months added to the Roman calendar.
- ? The Saxon term for the month, Sol-monath, means "cake month". This is because they offered cakes to the gods during this month.

GROUNDHOG DAY

- Wiarton Willie and Nova Scotia's Shubenacadie Sam will be on the lookout for signs of spring on Saturday, Feb 2nd, but how did Groundhog Day begin? According to folklore, if a groundhog sees his shadow on the day, he'll flee to his burrow, heralding six more weeks of winter. If he doesn't, it means spring's around the corner.
- Most experts suggest the tradition began when German settlers brought their tradition of Candelmas to North America in the 1700s. Feb. 2nd is supposed to be the mid-point between the Winter Solstice and the Spring Equinox. According to legend, if the weather was good on that day, the rest of the winter would be stormy and cold. If not, the coldest season of the year would be over soon and farmers could start to think about planting their crops.
- Eventually a hedgehog – not the more traditional creature used today – was added, and the story of seeing his shadow began. But Groundhog Day owes its current status not to superstition, but to – what else – commercial reality. A newspaper editor named Clymer Freas came up with the idea in Pennsylvania's Punxsutawney Spirit in 1886. It wound up being so popular, the legendary Punxsutawney Phil was born, in an event at Gobbler's Knob that's been marked ever since. Knowing a good thing when they saw one, the town of Wiarton decided to get in on the act, launching its own prognosticating furball in 1956.
- It's been the largest tourist event in the area ever since, and has only overshadowed, no pun intended, its more famous American cousin once – in 1999, when Willie was discovered dead minutes before his annual prediction was to be delivered. Since then, dozens of small towns in every part of North America have taken up the banner.

SPECIAL DAYS IN CANADA:	1st—World Hijab Day	2nd—Groundhog Day	2nd—World Wetlands Day	4th—World Cancer Day
8th—Propose Day	12th—Darwin Day	12th—International Day of Women's Health	12th—Sexual & Reproduction Health Awareness Day	13th—World Radio Day
14th—Valentine's Day	14th—Single Awareness Day	15th—National Flag of Canada Day	18th—Family Day (NB)	20th—World Day of Social Justice
21st—International Mother Language Day	22nd—World Thinking Day	27th—International Anosmia Awareness Day	27th—International Polar Bear Day	