

5647 Express

BRIDGING THE GAP AT MILL COVE

Wellness Corner

Both Melanie Williams & Lacey Harding have offered to head the Wellness Committee. They are looking into hosting mini Info Sessions (15-20mins) on topics important to MCNH Employees.

Upcoming Sessions will be posted and please suggest any topics that are important to you!

FOLLOW US ON FACEBOOK!!!



September

2019

SEPTEMBER BIRTHDAYS	DATE
Roxanne Webber	2nd
Maggie Hughes	10th
Twila Coy	11th
Victoria Allen	12th
Mavis Miller	18th
Jaylyne Furlong	24th
Lynn Fairweather	25th
Melissa Bishop	28th

Birthday Committee

The winner of this month's Birthday Prize Draw is:

Happy Birthday!

Roxanne Webber

Come to the Business Office to claim your prize!

STAFF MEETINGS

DATE	TIMES	TYPE	LOCATION
Tues, 3SEP19	2:15pm to 3pm	Staff Meeting—Everyone	Boardroom
Fri, 6SEP19	2:15pm to 3pm	Staff Meeting—Everyone	Boardroom
12SEP19	2:15pm to 3pm	Nursing Dept. Meeting— Entire Nursing Staff	Boardroom
24SEP19	2pm to 3pm	Nursing Dept. Meeting— RN's only	Boardroom
26SEP19	2:15pm to 3pm	Nursing Dept. Meeting— Entire Nursing Staff	Boardroom

STAFF APPRECIATION

"Nicole Steen is so great to work with and works super hard!"

"Not only does Steph Rasmussen work hard but she is always trying to keep the Residents happy."

"I was looking to get a rocking chair for a Resident that may get a lot of use from it and I wen to her to brainstorm and within an hour Lynn Fairweather had some great leads."

Congratulations to Lynn Fairweather whose name was pulled for August!! She wins a \$20.00 Gift Card!!

And the Planetree Trip Winner is:

MARILYN JENKINS

GAME OF GERMS



WINTER IS COMING

GET READY TO PLAY THE

GAME OF GERMS!!!!

Every week, starting 6SEP19 a new germ will be emailed to everyone (Fridays). Study them and how to prevent transmission.

There will be 12 of them.

Then on 22NOV19 a Quiz will be emailed. Complete & return for a chance to win a \$50 Gift Card from Shoppers Drug Mart!!!

When ur arthritis pills kick in and u can finally start knitting again



WHAT MONTH DOES EVERY TREE DREAD?

SEPT-TIMMBERRR!

Pop, Chips, Chocolate Bars, Gum and other delicious items are available for purchase at Reception!!

Hello September

The month of September means back to school for some of our staff members, their children, and grandchildren. Also back to packing lunches and doing homework. I don't miss that!

As we move towards September here at MCNH, there will be a Wound Care Conference in Fredericton on September 27th, of which several RN's & LPN's will be attending. Sadly there is no Symposium this year. The Education Plan Subject for September is Infection Control. A "Game of Germs" will be emailed to all staff this month as "Winter Is Coming!". The "Game of Germs" will have a specific Germ/Virus emailed to you weekly for Sept, Oct, and Nov with a Quiz in December. Those who participate in the Quiz, will have their name go into a draw for a \$50.00 Gift Card from Shoppers Drug Mart!

We are also planning an Infection Control Demo Room for staff to visit in October. Details to follow but chocolate treats may be involved! As well, our DON & myself have been visiting new "potential" Enhanced Residents to fill the empty rooms.

Hope you enjoy and have a safe September!

Bonnie Fearn

Resource RN



Did You Know about September??

- ? **September** used to be the 7th month in the original Roman Calendar and that is where it got it's name, which means 7th. Later when January and February were added, it became the 9th month.
- ? It is the 3rd of 4 months to have a length of 30 days.
- ? It is the 1st month of the Autumn or Fall season.
- ? It is the month when many kids go back to school after their summer holidays.
- ? It always starts on the same day of the week as December each year, but does not end on the same day of the week as any other month in the year.

Labour Day in Canada

Traditionally, Labour Day was an occasion to campaign for and celebrate workers' rights during parades and picnics organized by trade unions, but many people see the first Monday in September as an opportunity to take a late summer trip. For teenagers and other students, the Labour Day weekend is the last chance to celebrate with a party or to go on a trip before school re-opens for the new academic year. Canadian football fans may spend a large proportion of the weekend watching the Labour Day Classic matches live or on television. The Labour Day Classic consists of 3 games between high ranking teams in the Canadian Football League. One match is played on the Sunday before Labour Day and two on Labour Day.

The origins of Labour Day can be traced back to April 15, 1872, when the Toronto Trades Assembly organized Canada's first significant demonstration for worker's rights. The aim of the demonstration was to release the 24 leaders of the Toronto Typographical Union who were imprisoned for striking to campaign for a 9 hour working day. At this time, trade unions were still illegal and striking was seen as a criminal conspiracy to disrupt trade. In spite of this, the Toronto Trades Assembly was already a significant organization and encouraged workers to form trade unions, mediated in disputes between employers and employees, and signaled the mistreatment of workers.

There was enormous public support for the parade and the authorities could no longer deny the important role that the trade unions had to play in the emerging Canadian society. A few months later, a similar parade was organized in Ottawa and passed the house of Canada's first prime minister, Sir John Macdonald. Later in the day, he appeared before the gathering and promised to repeal all Canadian laws against trade unions. This happened in the same year and eventually led to the founding of the Canadian Labour Congress in 1883. It was also originally celebrated in the spring but was moved to fall after 1894 to line up with the United States Labour Day.

SPECIAL DAYS IN CANADA:	2nd — Labour Day!!! National Holiday!!!	4th — National Macadamia Nut Day	5th — National Cheese Pizza Day	6th — Read a Book Day
8th —National Grandparent's Day	9th — National Teddy Bear Day	10th —National TV Dinner Day	11th —National Make Your Bed Day	12th —National Video Games Day
13th —Friday the 13th!!!!	14th —International Crab Fest Day	16th —National Play-Doh Day	18th —National Cheeseburger Day	20th —National String Cheese Day
21st — International Peace Day	22nd — Business Women's Day	23rd — Autumn Equinox (Fall Starts)	29th —National Coffee Day	30th —National Chewing Gum Day