

May 2024

Oakcrossing News

peopleCare Oakcrossing | 1242 Oakcrossing Rd | 519-641-0021 | www.peoplecare.ca



Celebrating May

Arthritis Awareness Month

Walking Month

May Day

May 1

Cinco de Mayo

May 5

Caregivers Week

May 6–10

Mother's Day

May 12

Pentecost

May 19

Victoria Day

May 20

International Tea Day

May 21

Buddha Day

May 23

World Turtle Day

May 23

Trinity Sunday

May 26

Senior Health and Fitness Day

& Notional Golf Day

May 29

Ascension of Bahauallah

May 29

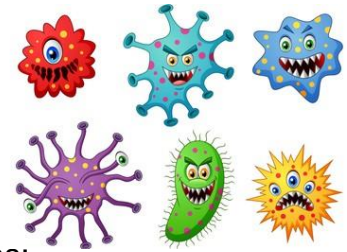




Infection Prevention and Control

Welcome to Oakcrossing
Seda Sarigan!

Seda is our new IPAC Coordinator



Updates on COVID-19 and Human Metapneumovirus Precautions:
(Updated as of April 26th 2024)

Recently we had confirmed cases of both COVID-19 and Human Metapneumovirus, we continue to prioritize safety measures to mitigate the spread of the virus. Please adhere to all recommended guidelines, including proper mask usage, hand hygiene, and PPE.

Addressing Compliance Challenges:

We recognize that our efforts to maintain high compliance with infection control protocols face challenges. Currently, White Pine and Juniper are out of suspected COVID outbreak. Juniper continues to be on outbreak for human metapneumovirus.

It's imperative that all staff members on the Juniper unit and throughout the facility prioritize adherence to infection control measures to contain the outbreak and prevent further spread.

Spotlight on Hand Hygiene:

Hand hygiene remains one of the most effective measures in preventing the spread of infections, including during outbreaks.

Regular audits and reminders will be conducted to reinforce proper hand hygiene practices and improve compliance among staff members.

Thank you,

- **Seda Sarigan** IPAC Coordinator

Food Services

We are happy to announce the new menu cycle for Spring/Summer 2024 will be implemented as of May 6th 2024!

We also are offering National Food days for the month of May. May 24th is asparagus day, we will be serving asparagus & ham crepes with hollandaise sauce.

Also, May 21st we will be providing fresh strawberries and cream.

We would love to hear from our residents at our next Food Committee meeting on May 7th. All are welcome to join.

- **Ansley Desmarais** Assistant Director of Food Service

We love when your furry friends come to visit. Here's a few things to remember...



Animal Handler Responsibility

The animal handler has the responsibility to ensure that:

- Animals are physically fit clean, groomed regularly and in good health and free of any disease or parasites prior to visiting peopleCare.
- Cats and dogs should be at least one year old to ensure that they have completed all vaccinations* and they should not be pregnant when visiting residents to avoid a higher risk of scratches and bites.
- Animals must be kept on a non-tractable leash / lead to ensure appropriate control throughout the visit.
- Animals that are on a raw food diet of animal origin are not permitted.
- That the owner / volunteer will remain with the animal at all times.
- That the animal is discouraged from jumping, scratching and licking.
- Natural relief for animals is taken into account prior to visiting.
- That volunteer will provide the resident / staff with hand sanitizer after physical contact with the animal.
- Will provide current immunization report (including rabies) at least annually or on request of the home.

Animals are not to be permitted in the following areas or should not have contact with the following people:

- Residents or staff who have relevant allergies or who are hypersensitive.
- Resident or staff who are known to be phobic of the animal
- Isolation rooms
- Residents with known infectious diseases
- Kitchens/food preparation areas
- Dining rooms
- Clean supply areas



Dog Therapy

We have two therapy dogs that come and visit every Wednesday morning at 10:00am and every Thursday evening at 7:00pm.



Animal immunization forms and a policy of our pet visitation can be found at reception.

Please see reception or Emily Haskett for more information.



May Birthday

Resident	Birthday
Peggy E	May 4
Lou V	May 5
Jancie F	May 5
Gerda J	May 10
Fred B	May 10
Thomas W	May 12
Beth S	May 17
Pauline P	May 18
John M	May 20
Melvin T	May 23
Stephen W	May 26
Gino C	May 29
Vern R	May 30
Reinhold S	May 31

Take Care in May!

Spring is synonymous with rejuvenation and starting anew. This month is dedicated to several key elements of living well and is the perfect time to focus on self-care.

Get Those ZZZs

May is Better Sleep Month, so take time to revitalize your sleep habits. Experts suggest sleeping in a cool, dark room and going to bed and waking up at the same times daily.

Maximize Those Steps

In honor of National Walking Month, schedule a daily stroll or two with friends or family. Research shows that taking walks is one of the best things you can do for your health.

Feel Good

May is also Mental Health Awareness Month, so now is a great time to take stock of your emotional well-being. Be kind to yourself, reach out for help if you need it, and offer support to those in your community who may need a friend.

Welcome to Oakcrossing

Helen Jury – White Pine

Patricia Horwath – Sugar Maple

Jim Morrison – Red Oak

Frank Vanderhaeghe – White Pine

Kathy Sochan – Sugar Maple

Harvey Steeper – Norway Spruce

Marie Tomac – Norway Spruce

Ronald Sedley – Norway Spruce

Kathy Fulton – Norway Spruce

Linda Strong-Lottman – White Pine

We look forward to getting to know you.

Green Gold

A great use of your time on May 29 is to learn about the many benefits of composting. It is, after all, Learn About Composting Day.



One of the best ways to maintain a healthy garden is to feed it fresh compost. Most soils are sandy, rocky, or compacted—less than perfect in some way. Adding compost improves a soil's fertility, thanks to a dose of energy-giving nutrients and microorganisms. Plus, you can forego harsh and costly chemical fertilizers.

The trick to a healthy compost pile is a good carbon-to-nitrogen ratio. Different types of matter provide carbon (branches, dead leaves, peels, wood, straw) and nitrogen (food scraps, green grass clippings, green leaves, stems). Rainwater, worms, and other microorganisms in the ground do the rest. Simply turn the compost with a pitchfork once a week, and watch as the perfect soil additive develops before your eyes.



In Memory Of



Yolande Daoust, Francis Holecek, Madeline Bellamy, Margaret Longley, Millie Mathers, Patricia Hurrell, Susan Rodwell, Marion Melligan, Roberta Sweet, David McArdle & Katharina Sochan

Our deepest thoughts and sympathies go out to the family and friends.

"He spoke well who said that graves are the footprints of angels.

~Henry Wadsworth Longfellow

Upcoming Council Meetings

Next **residents' council** meeting is May 14th @10:45am in the back lounge of Norway Spruce.

Next **family council meeting** is Wednesday May 15th @ 7:00pm via zoom. Zoom link will be sent the week of.

Joke of the Month

Why is the ocean so salty? Because the land never waved back.



Director of Programs Message

Hello everyone,

It is hard to believe that we are already in the 5th month of 2024. We have some fun and exciting programs happening in May. Music entertainment seems to be a fan favourite. Here is a list of live music entertainment for the month:

- May 4th @ 3:30pm Church of God
- May 9th and 23rd Ukulele Group
- May 10th @ 2:00pm Mother's Day Entertainment with Jim
- May 21st @ 6:15pm Music with Al Crawford
- May 25th @ 3:30pm Music Ministry
- May 31st @ 2:00pm Birthday Party Entertainment with Shakey D

We hope that you will be able to make it out!

I also wanted to update you on our recreation staff. Mya, who previously has been working as a PSW here at Oakcrossing LTC has joined our recreation team. Mya is very familiar with the facility and residents. Welcome to recreation Mya!

If you or your loved one would like to receive weekly dog therapy visits, please let me know. My contact information is below. We are looking at getting a list of individuals who would enjoy pet visits, so when St Johns Ambulance comes in weekly, they know exactly where the animal lovers are!

We are looking for volunteers to help assist with Bingo on Mondays @ 2:00pm and Thursdays @ 2:00pm. If you are interested in supporting or know someone who would be interested, please let me know.

With the warmer weather coming, please ensure that you or your loved one has appropriate clothing, footwear, hat and sunglasses. Our recreation team is looking forward to supporting getting residents outside for some fresh air. Sunscreen is always available on each floor.

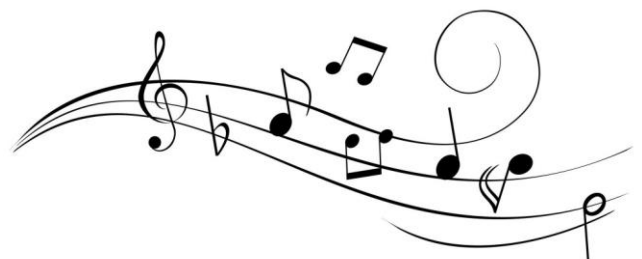
Right now, our thrift store is fully stocked so we will be putting a hold on donations at this time.

Just a reminder that all monthly calendars and newsletters can be found online at www.peoplecare.ca or printed copies on the 1st floor near reception.

As always, if you have any questions, please let me know. I can be reached by email at ehaskett@peoplecare.ca or at extension 306. My office is located on the 3rd floor Norway Spruce.

-Emily Haskett

Director of Programs



Mediterranean Magic



What is it about living in the Mediterranean that allows people to live longer? Is it the sunshine? The red wine? Science suggests that it's the Mediterranean diet. This simple diet isn't

a fad; it just consists of foods typical of the Mediterranean region. And yes, the occasional glass of red wine is included! May is International Mediterranean Diet Month, so add a few of this region's foods to your shopping list.

All healthy diets require a variety of fruits, vegetables, and whole grains, but what makes the Mediterranean diet special? Bread is a staple in many Mediterranean countries, but the grains typically are whole grains, containing no damaging trans fats. Moreover, these whole grain breads are eaten plain or simply dipped in olive oil, not spread with butter or margarine. Also, salt isn't the first choice when it comes to increasing flavor. Instead, cooks sprinkle on herbs and spices.

Nuts are another frequent addition to meals. Some people avoid nuts because they are high in fat, but nuts actually contain healthy fats. Mediterranean diets steer clear of honey-roasted or salted nuts.

Speaking of fat, olive oil is almost always the primary source of fat, used in lieu of vegetable or canola oil and butter. Olive oil helps reduce cholesterol and is full of beneficial antioxidants. Eating fish at least twice a week (and red meat only a few times a month) also increases the intake of omega-3 fatty acids, which help moderate blood pressure, improve the health of blood vessels, and decrease the likelihood of heart attacks.

What about red wine? Dark red wine is rich in antioxidants, but many doctors hesitate to recommend alcohol as part of a healthy diet. Whatever the secret of the Mediterranean diet, studies show that it staves off heart disease and cancer and can even reduce incidences of Parkinson's and Alzheimer's. Cheers to that!

Sound Choices

Hearing loss is the number one disability in the world, affecting 1.5 billion people, both young and old. Hearing decreases as we age, and more people living longer means more people experience hearing loss. However, the main culprit of hearing loss is too much noise. This May 31, Save Your Hearing Day, follow these tips to give your ears a rest.

In many cases, our ears' worst enemies are everyday appliances that make our lives easier: hair dryers, lawn mowers, and portable music players. Work-related noise is also a culprit. So how do we fight hearing loss? Search out peace and quiet for one. And don't be afraid to protect your ears with earplugs or other types of ear protection. Other methods to save hearing may surprise you. Some doctors stress a diet rich in nutrients that slow the aging process. Exercise is just as important. It stimulates circulation, which is greatly beneficial to a healthy auditory system. Now that's advice worth listening to!

Winds of Change



When you picture a windmill, you might imagine a quaint wooden structure overlooking a field of tulips or a peaceful farm scene. Windmills aren't just a nostalgic piece of the past, however. Although most no longer mill flour or help saw wood, today's sleek, powerful windmills and wind turbines harness wind power to create energy.

More and more, windmills towering over 200 feet tall, with blades longer than 100 feet, can be spotted on seashores and hilltops. These spinning giants provide an important source of clean energy in many countries worldwide. Embracing Windmill Day, May 11, honors the ingenuity of our ancestors and underscores the importance of renewable energy sources in our present and our future.

POETRY READING WITH BOB M.



Join us as we listen to Bob M.
share some of his poetry with
us.

When: May 9th & May 23rd

HORSE *Races*

Get ready! Come and join us for an
exhilarating horse racing game.

Remember to tune in to the
Kentucky Derby on Saturday, May
4th, starting at 2:30.



When: Friday May 3rd at 2:00

Where: in the Chapel



Join us for a

BBQ *Lunch*



When: Wednesday
May 15th @
12:00pm

Please Sign up
with Recreation.
Spots are Limited

MAY WORD SCRAMBLE

1. rigsnp _____
2. rsofwel _____
3. rwtgoh _____
4. toemhsr yda _____
5. nde fo oolhcs reya _____
6. nccoi ed yoma _____
7. dgniaegrn _____
8. aeloirmm ady _____
9. ustrau _____
10. rmwa heaewrt _____

Searching for May

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



ARMED FORCES (Day)

BASEBALL

BASKET

BULL (Taurus)

BUMBLEBEE

CINCO DE MAYO

FLOWER MOON

GEMINI

KENTUCKY DERBY

LADYBUG

MAY (Day)

MAYPOLE

MEMORIAL (Day)

MOTHER'S (Day)

SPRINGTIME

TAURUS

TWINS

VICTORIA (Day)

Swinging Through Time



What is jazz music without the Lindy Hop? Born in Harlem, New York, in the 1920s and '30s, the Lindy Hop combined jazz, tap dancing, and the Charleston to become one of the most beloved forms of swing dancing in the world. On May 26, World Lindy Hop Day, aficionados from all around the

world will spread the message that the Lindy Hop is not only alive and well but is also one of the world's most joyous and enduring dance styles.

On June 17, 1928, a famed dancer named "Shorty" George Snowden was performing in a dance marathon at the Manhattan Casino ballroom in Harlem. The event was captured on film, and afterward someone asked Shorty to describe his dancing style, which involved breaking away from his partner, flinging her out, and improvising a few steps on his own. Shorty called it the "The Lindy."

Whether Shorty intended it or not, his "Lindy" was forever associated with Charles Lindbergh's flight across the Atlantic Ocean. Lindy, as Lindbergh was called, completed his "hop" in 1927, and the name stuck.

The dance, however, continued to evolve along with jazz music. During the big band era in New York, bandleaders like Count Basie, Chick Webb (at his world-famous Savoy Ballroom), and Benny Goodman led orchestras that encouraged dancers to Lindy Hop. And dancers didn't just dance—the best competed both formally and informally for bragging rights.

The Lindy Hop made the jump from Harlem's fabulous ballrooms to the mainstream thanks largely to Hollywood. Actor Dean Collins danced the Lindy Hop across the silver screen. Then, when World War II broke out, American servicemen took the Lindy Hop across the globe. In 1943, *Life* magazine called the Lindy Hop America's national folk dance.

Famous May Birthdays

Those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in both professional and personal endeavors. After working hard, they like to reward themselves for a job well done. If you were born between May 21–31, you are a Twin of Gemini. Geminis make communicative and lively companions. Intellectual and imaginative, they are the ones to sit near at a party.

James Brown (musician) – May 3, 1933
 Gary Cooper (actor) – May 7, 1901
 Don Rickles (comedian) – May 8, 1926
 Joe Louis (boxer) – May 13, 1914
 Tori Spelling (actress) – May 16, 1973
 Cher (singer) – May 20, 1946
 Mary Cassatt (artist) – May 22, 1844
 Ian Fleming (writer) – May 28, 1908
 Mel Blanc (voice actor) – May 30, 1908
 Brooke Shields (model) – May 31, 1965

The Irresistible Iris



What is it about the iris that is so alluring? Van Gogh often painted the beautiful flowers. The fleur-de-lis, a stylized iris, is a symbol associated with France, New Orleans, Florence, and even the Cub Scouts, Boy Scouts, and

Girl Scouts. Perhaps it should come as no surprise that this popular flower enjoys its own holiday on May 8.

The word *iris* comes from a Greek word meaning "rainbow," which is fitting since irises come in shades of purple, yellow, white, pink, and blue. In Japan, iris flowers are believed to ward off evil spirits, and the leaves are put in bathwater to prevent illness.

With Mother's Day fast approaching on May 12, perhaps May 8 is the perfect occasion to run to the flower shop and buy a beautiful bouquet of irises.