

FUN FACTS ABOUT CANADA



Canada is the second largest country in the world with **9,984,670km** total land area.

6 Different time zones



ONTARIO
WORLD'S
LONGEST STREET

2000 KMS



starts at Lake Ontario, runs north through Ontario and extends to the Minnesota border




202080 KMS
WORLD'S
LARGEST COASTLINE




3000 LAKES
IN CANADA




LARGEST SUPPLIER OF OIL in the US with almost a million barrels exported daily to the US' southern part.




Canada is one of the **Most Scholarly** countries in the world




More Canadians attend college compared with those from other countries. Literary rate is more than **99%**




Second to Paris, **Montreal** is the largest French speaking city in the world.




Winters in Canada can be very cold. Temperatures can drop as low as **-40 degrees Celsius (- 40 degrees Fahrenheit)** in some parts of the country.



Home of **15,000** polar bears which earns it the title of being the polar bear capital of the world



The world's only enclosed captivity for polar bears is found in Canada's northern town of Churchill, Manitoba. The polar bears are kept in a former aircraft storage hangar.




The character **Winnie the Pooh** is inspired by 'Winnipeg,' a Canadian bear cub.

Dear Residents and Families,

As we embrace the warmth of July, I am delighted to share some exciting updates and initiatives happening at Golden Years Nursing Home. Your well-being and engagement remain our top priorities, and we are committed to creating a vibrant and supportive community for all.

LIMITLESS: Our Visionary Strategy: Last month, we unveiled our new peopleCare "Visionary Strategy." This transformative approach focuses on four key pillars:

Transforming Experiences: We foster vitality through purpose and fulfillment. We aim to elevate the quality of life for each resident through personalized care and meaningful activities.

Designing Vibrant Communities: We embrace the art of the possible as we build for the future. Our commitment extends beyond the walls of our facility. Let's come together and share your vision on our Limitless Board outside the Executive Director's office.

Innovating for Tomorrow: We are powered by innovation and an entrepreneurial spirit. We embrace innovation to enhance care delivery, technology, and resident engagement.

Impacting Beyond Ourselves: We are a force for good in our communities and around the globe. As a community, we have the power to make a positive impact beyond our immediate surroundings.

Limitless BBQ Success: Our recent Limitless BBQ was a resounding success! Thank you to everyone who joined us. The laughter, delicious food, and camaraderie made it a memorable event. Let's continue to celebrate our limitless spirit and create lasting memories together.

Bucket of Cheer for MEDA Fundraiser: This July, we invite you to participate in our MEDA fundraiser. For just \$10, you can purchase three raffle tickets. The prize? A fantastic cooler filled with summertime goodies! Look out for the posters around our home area and support this worthy cause. Your generosity makes a difference.

Staff Wellness Survey: At peopleCare, we value our dedicated staff members. Their input is invaluable as we continuously strive to enhance our organization. We appreciate their participation in the recent wellness survey, which allows us to identify areas for improvement. Together, we can create a healthier and more fulfilling work environment.

Summer Essentials Hats and Umbrellas: With summer in full swing, we want our residents to enjoy the outdoors safely. We now have stylish hats available and new umbrellas outFront. Whether you're strolling in the garden or sitting on the patio, protect yourself from the sun's harmful rays while savoring the fresh air.

Thank you for being part of our Golden Years family. Your presence enriches our community, and we look forward to a joyful and sun-filled July.

Warm regards,
Vincent Fasan Executive Director of Operations

HEARTbeats

Congratulations to our June
Draw Winners!

Name of Giver:

Name of Receiver:

They will receive a \$25 gift card
for displaying the peopleCare
Values!

Thank you for all you do!

*Residents Council *

The next Resident's Council
meeting will be held **July 30th** at
10:30am in the Cafe
Council is open to all residents,
and you are encouraged to
attend!



peopleCare communities

Resident Camping Trip

SEPT 3-6

at Hidden Acres Mennonite Retreat Centre,
New Hamburg

We're recruiting staff & residents!

ACTIVITIES

Campfires ● Games ● Nature walks
BBQs ● Movies ● & much more!

**For more information on how to
get involved or to sign up, please
see your Director of Programs!**

Check out this video of our
last camping trip!



**“Sunny, yesterday my life was filled with rain.
Sunny, you smiled at me and really eased the pain.
Now the dark days are done, and the bright days are here,
My sunny one shines so sincere,
Oh, Sunny one so true, I love you.” Bobby Hebb**



Summer brings longer days and stronger rays. In the natural world, we have times of sunshine and times of rain. Storms come – sometimes gradually and other times rather suddenly. Sometimes we get winds that act as a warning for challenging weather ahead. But even on days that may bring dark clouds and accompanying temperatures cooler than expected, the presence of the sunshine often brings an unspoken sense of contentment and comfort.

In our lives, we encounter times of storms, times of high winds that seem to want to blow us off our smooth-sailing course. Sometimes all we need is that ray of sunshine breaking through the clouds, bringing us back into the light.

The song quoted above came on the charts in 1965. I wonder how many of you starting singing or humming the tune that goes with those words? When we encounter those cloudy, rainy days – and no doubt we do – who will be that ‘Sunny’ for us, and perhaps more importantly, will we take advantage of the opportunity to be a ‘Sunny’ for someone else? It may be something as simple as sharing a smile, a friendly “Hello!”, or “How are you doing?” All of these are capable of brightening someone’s day. I think many of you know from experience that when we do something to brighten someone else’s day, quite often it comes right back to you. May it be so for you.

July 6 – Dalai Lama’s Birthday – This is the birthday of the highest spiritual leader of Buddhism who has stood against China’s occupation of Tibet since 1959.

July 7 : Hijri New Year – The Islamic New Year marks the beginning of the lunar Hijri year.

July 21 – Asalha Puja – For Buddhists, this day is the start of a three-month mandatory retreat for all monks. Buddhists visit temples to give offerings, pray and meditate and listen to sermons. It is intended to be a day of new beginnings and renewal.

July 24 – Pioneer Day – Celebrated in Utah, USA, this day marks the settling of the Church of Latter-Day Saints pioneers along the Great Salt Lake.

**HAPPY
BIRTHDAY**



Mary N. - July 5th

WELCOME HOME

**Craig P.
Margaret W.
Lee K.**



**Congratulations to our 2024 Values Award
Winners!**



June Lookback...

Find us on Facebook



YOU ARE INVITED

Virtual Family Event

Supporting each other in long term care.

Long Term Care is a vital part of our healthcare system. Know that you are not alone with almost 400 Canadian families going through this transition every single day.

Our guest speaker combines her many personal experiences as a resident's wife and daughter with her industry insight to provide a framework for managing this major life change.

This session will provide you with:

- How to manage the Long Term Care journey with more ease and grace, and less guilt and anxiety.
- The 7 A's of this emotional journey.
- Strategies to manage your energy effectively.
- How to recognize and respond to your grief.

2 remaining dates to
choose from -

July 16th

3pm-4pm

August 13th

6pm-7pm

A Zoom meeting link will be provided.

We will also be hosting this online event at the home. Please contact the Director of Programs at 519-653-5493 ext. 108 if you are planning to attend the session in person.



**Guest Speaker,
Deborah Bakti**

Canada Word Search

U L H S F E E W S D G A K P Q
I S A M Y S C N G R K W L W D
I L A C O R I I I A T A E Z W
L E G O R A U Z N O S T P L R
B D M N T O Z P B B N T E C N
J Q E N I L S H Z W O O M D U
J E U R Y I C S Z O W P G D B
J O S E T A K S E N M R E E D
M W I L D R O S E S A L O D N
G O O S E B W Z W R N B G Q X

deer

elk

goose

grizzly

ice

lacrosse

moose

mountains

Ottawa

RCMP

skates

skiing

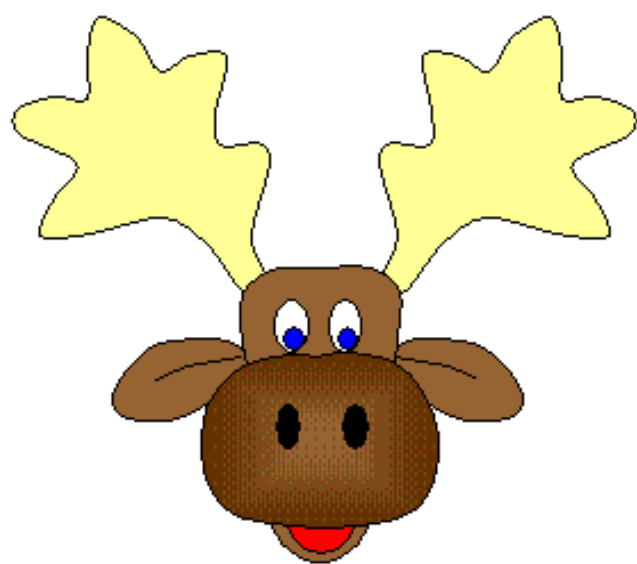
sled

snowboard

snowman

syrup

Wild rose



Unscramble the letters to find the words in our

Canada Anagram



Hidden Word

(solve the circled letters): _____

v r e e a b

t t o w a a

g i r h f s i

t e i o n m u

s o e o m

m c r p

n c a e o

o n o l e i

n o w s

b z m a n i o

o k c h y e

l p e a m
