

APRIL 2026

OAKCROSSING NEWS

WWW.PEOPLECARE.CA 1242 OAKCROSSING RD. 519-641-0021

Physical Wellness Month Passover

Begins Sundown April 1

Wear Pastels and
Easter Egg Hunt
April 2

Handmade Day
April 4

World Health Day
April 7

Wear Yellow - cancer
Awareness
April 8th

Siblings Day
April 10

Wear Animal Print Day
April 13th

Wear Blue and Green
Earth Day
April 22

International Jazz Day
April 30





In loving memory of



Muriel B. Joyce L. Luke S.

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

LAND

ACKNOWLEDGEMENT

We acknowledge that we are on the traditional lands of the Anishinaabek, Haudenosaunee, Lenape, and Attawandaron (Neutral) peoples. London is situated on the traditional territory of the Chippewas of the Thames First Nation, Oneida Nation of the Thames, and Munsee-Delaware Nation, who remain the stewards of this land.

We recognize the enduring presence of Indigenous peoples across Turtle Island and honor their continued contributions, past and present.

SCAN ME TO SEE OUR PEOPLECARE COMMUNITIES ON FACEBOOK



Welcome to Oakcrossing

Brian B. (White Pine)
Chaoyuan C. (Sugar Maple)
Mark N. (Red Oak)
Sheila P. (Sugar Maple)
Les T. (Norway Spruce)
Alan W. (White Pine)



Upcoming Council Meeting

Next **residents' council** meeting is
Wednesday April 8th at 3:30pm in
the **Norway Spruce Back Lounge**

APRIL BIRTHDAYS

Penny S.	April 3 rd
James H.	April 4 th
Marilyn J.	April 6 th
Lynne B.	April 7 th
Deb R.	April 7 th
Andrea P.	April 9 th
Tom C.	April 10 th
Viera M.	April 11 th
Hans D.	April 23 rd
Marie W.	April 25 th
Lucy W.	April 26 th
Charles F.	April 27 th
Karen W.	April 29 th

APRIL BIRTHDAYS

In astrology, those born between April 1–19 are Rams of Aries. As the first sign of the zodiac, Arians charge out of the gate with energy, confidence, power, and zeal. As pioneers, Arians are unafraid of the unknown. As eternal optimists, no odds are ever considered insurmountable. Those born April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, are not shy about rewarding themselves for a job well done.

Buddy Ebsen (actor) – April 2, 1908

Eddie Murphy (comedian) – April 3, 1961

Gregory Peck (actor) – April 5, 1916

Loretta Lynn (singer) – April 14, 1932

Clarence Darrow (lawyer) – April 18, 1857

Elizabeth II (queen) – April 21, 1926

Shirley Temple (actress) – April 23, 1928

Carol Burnett (comedian) – April 26, 1933

Willie Nelson (musician) – April 30, 1933

WHAT IS OUR DEI COMMITTEE?

Our Diversity, Equity, and Inclusion (DEI) Committee is committed to creating a welcoming, respectful, and safe environment for everyone in our home—residents, families, and staff alike.

Through ongoing conversations, education, and initiatives, we work to ensure that every voice is heard and valued. As part of this commitment, we intentionally use language that reflects our values, including terms like anti-racism, equity, and inclusion. Anti-racism means actively identifying and addressing barriers, biases, and systemic inequalities, rather than simply acknowledging them. By using inclusive and thoughtful language, we help foster a culture of understanding, accountability, and respect, where everyone feels a true sense of belonging.

Feel free to reach out to Jess or Abbey if you want to join the committee.



LETTERS IN ACTION

National Scrabble Day, celebrated every April 13, is the perfect excuse to dust off your tiles and show off your word skills. Since its creation in 1938 by Alfred Butts, Scrabble has challenged players to turn letters into clever combinations, scoring big points while occasionally learning a new word or two. From casual family game nights to competitive tournaments, Scrabble brings people together and sparks a bit of friendly rivalry.

On National Scrabble Day, players embrace the challenge of crafting the highest-scoring words and reveling in the joy of landing a triple-word score. Even if you're not a seasoned pro, the day is a fun reminder that words can be playful, powerful, and sometimes tricky.

Some enthusiasts share words or post photos of game boards mid-battle on social media. Schools, libraries, and community centers often host Scrabble events to encourage literacy and spark a love of language. So grab your tiles, find a worthy opponent, and celebrate the delightful challenge of Scrabble.



The name April likely comes from the Latin word *aperire*, meaning “to open”—a nod to flowers and trees beginning to bloom.

The phrase “April showers bring May flowers” reflects the rainy weather that helps plants grow in spring.

Easter often falls in April (though sometimes in March), bringing traditions like egg hunts and chocolate treats.

Earth Day is celebrated on April 22, encouraging environmental awareness and action.

April Fools’ Day (April 1) is a day dedicated to jokes, pranks, and laughter around the world.

April is known for its unpredictable weather—you might see sunshine, rain, and even snow all in one day!

Why is everyone so tired on April 1st?
Because they’ve just finished a 31-day March!

What do flowers say after it rains?
Thanks a bunch!

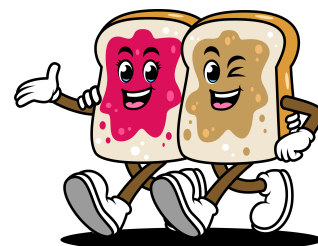
Why shouldn’t you trust April weather?
Because it’s always up to something!

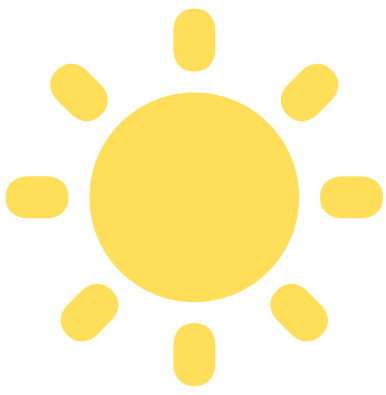
What do you call a bee that’s having a bad hair day in April?
A frizz-bee!

A PERFECT PAIRING

Is there a more perfect sandwich than peanut butter and jelly? In celebration of one of the best food combinations of all time, April 2 is Peanut Butter and Jelly Day. When it comes to PB&J, many think, “If it ain’t broke, don’t fix it.” However, if you’re looking to expand your PB&J horizons, do what Elvis did and swap the jelly for fresh fruit. Bananas, strawberries, or even pomegranates fit the bill. More adventurous types opt for grilling their sandwiches in a frying pan, while others ditch the bread and slather their pancakes with PB&J.

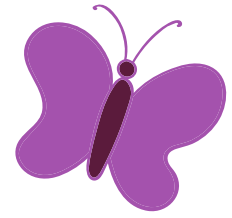
When it comes to food combinations, PB&J certainly tops the list. But is this humble sandwich tastier than bacon and eggs? Macaroni and cheese? Spaghetti and meatballs? A burger and fries? Cookies and milk? Dietician Katherine Brooking offers some insight into PB&J’s allure. “Humans have an innate predilection for salt, sweet, and fat,” she says. Add the creamy texture of peanut butter, and this sandwich becomes “one of the hardest foods to eat in moderation.”



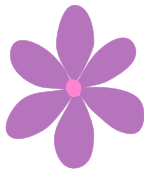
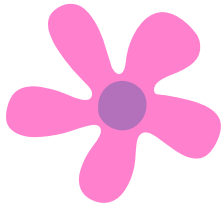


SPRING

WORD SEARCH



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



APRIL
BLOOM
BUNNY
BUTTERFLY
FLOWERS

GARDEN
KITE
MAY
NEST
RAIN

SEEDS
SPRING
SUNSHINE
WARM
WINDY



APRIL 20 26

Monthly Occasions

Autism Acceptance Month

Be a Donor Month

Daffodil Month

**Genocide Remembrance, Condemnation and
Prevention Month**

Irritable Bowel Syndrome (IBS) Awareness Month

National Oral Health Month

Parkinson Awareness Month

Poetry Month

Rosacea Awareness Month

Sikh Heritage Month

Weekly Occasions

April 6-12	National Dental Hygienists Week
April 6-12	Canadian Public Health Week
April 10-16	World Homeopathy Awareness Week
April 12-18	National Medical Laboratory Week
April 19-25	National Volunteer Week
April 19-25	National Organ and Tissue Donor Awareness Week
April 19-25	Canadian Fertility Awareness Week
April 25-May 1	Global Intergenerational Week
April 25-May 1	National Victims of Crime Awareness Week



INFECTION PREVENTION AND CONTROL

Infection Prevention & Control (IPAC) Update

What You Can Do to Help?

- A few simple steps go a long way:
- Please do not visit if you are feeling unwell
- Clean your hands often when in the home
- Follow any signage posted on doors or units
- Use PPE when required
- Staff continue to follow routine infection control practices and screening

If Illness is Identified

If a GI illness is identified in the home, additional precautions may be put in place, including increased cleaning, use of PPE, and temporary isolation measures. These steps are in place to protect residents and reduce spread.

Did You Know?

For GI illnesses like norovirus, washing your hands with soap and water is more effective than hand sanitizer alone.



Infection Prevention & Control (IPAC) Update

As we head into the later part of respiratory season, we are continuing to see some gastrointestinal (GI) illness activity in the community. These illnesses, often caused by viruses like norovirus, can spread quickly in settings like long-term care if not identified early.

At Oakcrossing, we continue to monitor residents closely for symptoms and act quickly when concerns arise. Early identification and prompt infection control measures make a big difference in limiting spread and protecting everyone in the home. We also continue to work closely with Public Health when needed. Come check out our IPAC board in the main lobby for monthly updates!

Thank you to our residents, families, and staff for your ongoing support and cooperation.

Bug of the Month: Norovirus

Norovirus is a very contagious virus that causes gastrointestinal illness. It spreads easily through contact with contaminated surfaces or from person to person.

Common symptoms include:

- Vomiting, Diarrhea, Nausea, Stomach cramps

The virus can live on surfaces for long periods of time, which is why cleaning and hand hygiene are so important.