

JULY 2026

OAKCROSSING NEWS

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

Parks and Recreation Month

Family Golf Month

Canada Day
July 1st

World UFO Day
July 2nd

Independence Day (U.S.)
July 4th

Blueberry Day
July 8th

Tattoo Day
July 17th

Nelson Mandela
International Day
July 18th

Self Care Day
July 24th

Paperback Book Day
July 30th

International Day
of Friendship
July 30th





In loving memory of



Christina T.

Khoren 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

Louise A. (Juniper)

Fred G. (Juniper)

Maale M. (White Pine)



Upcoming Council Meeting

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

Next **Family Council** meeting is July 15th at 6:00pm in the Academy

JULY BIRTHDAYS

Marilyn M.	July 3 rd
Miguel R.	July 3 rd
Amalija K.	July 8 th
William G.	July 14 th
Randy C.	July 15 th
Marion G.	July 15 th
Tony S.	July 17 th
Louise A.	July 20 th
Shirley B.	July 21 st
Joyce M.	July 28 th
Sheila B.	July 28 th
David V.	July 29 th
Ruth F.	July 29 th

HAPPY BIRTHDAY

JULY BIRTHDAYS

In astrology, those born between July 1–22 are Crabs of Cancer. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of domestic harmony. Those born between July 23–31 are Leo's Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is a Leo's mascot. Whether it's in Hollywood or in the home, Leos accomplish their goals.

Richard Petty (race-car driver) – July 2, 1937

Ringo Starr (Beatle) – July 7, 1940

Tom Hanks (actor) – July 9, 1956

Arthur Ashe (tennis pro) – July 10, 1943

Woody Guthrie (folk singer) – July 14, 1912

Ginger Rogers (dancer) – July 16, 1911

Janet Reno (attorney general) – July 21, 1938

Lynda Carter (actress) – July 24, 1951

Gracie Allen (comedian) – July 26, 1895



AROUND THE HOME



Canada Day Fun Facts

 Canada has the world's longest coastline. Its coastline stretches over 243,000 km (151,000 miles), longer than any other country.

 It has more lakes than the rest of the world combined. Canada is home to an estimated 2 million lakes, containing about 20% of the world's freshwater.

 Polar bears are common in some regions. The town of Churchill is known as the "Polar Bear Capital of the World."

 It's the second-largest country on Earth. Only Russia is larger by total land area.

 Nearly 40% of Canada is covered by forests. Canada's boreal forest is one of the largest intact forests on the planet.

 The national sport depends on the season. Officially, ice hockey is the national winter sport, while lacrosse is the national summer sport.

 Hawaiian pizza was invented in Canada. Despite its name, Hawaiian pizza was created in Chatham by Greek immigrant Sam Panopoulos in 1962.

 Canada has a giant moose population. Roughly a million moose live across the country—more than in any other nation.

 Some places get incredibly cold. The coldest temperature ever recorded in Canada was -63°C (-81.4°F) in Snag in 1947.

Did You Know?

 Canada became a country on July 1, 1867.

 Canada has more lakes than any other country in the world.

 The Canadian flag with the maple leaf was first raised in 1965.

 Canada is home to the world's longest coastline—over 243,000 km long!

 There are 10 provinces and 3 territories in Canada.

 The beaver is Canada's official national animal.

Funnies

 Why did the maple leaf go to school?
To get a little sap-er!

 What do you call a Canadian who can do amazing tricks on ice?
A hockey magician!

 Why do Canadians make great friends?
Because they're always so eh-mazing!

 What did the beaver say on Canada Day?

"Woodn't you know it—it's my favourite holiday!"

 Why did the Canadian flag go to the party?

Because it wanted to wave hello!

 How do Canadians apologize on Canada Day?

The same way they do every day—"Sorry!"



Guardians of the Wild

One hundred years ago, 100,000 tigers roamed Asia, but now only 4,500 to 5,500 live in the wild.

Observers of International Tiger Day on July 29 hope to reverse that trend and save one of our planet's most majestic beasts. Though they invoke fear in many, tigers rarely target people. Rather, they play a vital role in sustaining healthy ecosystems. The survival of tigers is directly linked to the health of the land that they live on.

Protecting tiger habitats ensures healthy forests that provide clean water to the human populations who share their land with tigers.



Outing Reminder

Outings and special lunches are offered on a first-come, first-served basis, as spaces are limited. To ensure fairness for all residents, we also rotate participation whenever possible so that everyone has an equal opportunity to take part in upcoming activities.

Please feel free to speak with Abbey (DOP) or Recreation staff if you have any questions or would like more information about upcoming opportunities.

Summer Safety Tips

As we enjoy the warm weather and sunshine, here are a few simple ways to stay safe and comfortable this summer:

Stay Hydrated

Drink plenty of water throughout the day, even if you don't feel thirsty.

Wear Sun Protection

A wide-brimmed hat, sunglasses, and sunscreen can help protect your skin and eyes from the sun.

Seek Shade

Try to stay in shaded areas during the hottest part of the day, usually between 11 a.m. and 3 p.m.

Dress for the Weather

Light-coloured, loose-fitting clothing can help keep you cool and comfortable.

Stay Cool Indoors

Take breaks in air-conditioned or cooler indoor spaces when temperatures rise.

Be Careful Outdoors

Use handrails, wear proper footwear, and take your time when walking on uneven surfaces.

Enjoy Summer Treats

Fresh fruits such as watermelon, berries, and oranges can help keep you hydrated while providing healthy nutrients.

Check on One Another

A friendly visit or conversation can help ensure everyone is staying comfortable during hot weather.

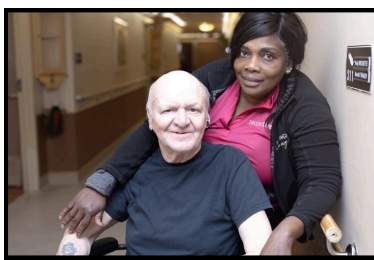
Reminder: If you're feeling dizzy, unusually tired, or overheated, let a staff member know right away. Stay safe and enjoy the summer season.

EMOTION BASED CARE EDUCATION

In May 2026, we started rolling out Emotion Based Care Education to all part time and full time staff on 2nd and 3rd floor, after successfully having our 1st floor accredited in the Butterfly Model and understanding the huge impact it can have on all of our home areas.



By October 2026, all part time and full time staff at Oakcrossing will have received the Butterfly Education, or Emotion Based Care Education.



WHAT IS EMOTION BASED CARE?

Key elements of emotion-based care often include:

- **Emotional awareness:** Identifying and understanding what a person is feeling.
- **Empathy:** Trying to understand the person's experience from their perspective.
- **Validation:** Acknowledging that the person's emotions are real and meaningful, even if you don't agree with their conclusions.
- **Responsive support:** Adjusting care or communication based on the person's emotional state.
- **Relationship-building:** Creating trust and psychological safety through consistent emotional support.

Please reach out to Emily McIntosh with any questions.
ehaskett@peoplecare.ca EXT 123



SUMMER

WORD SEARCH

Can you find all the words related to summer?

p	k	v	v	s	u	n	s	c	r	e	e	n	l	x
y	p	k	c	b	k	i	p	g	y	j	z	t	o	b
r	k	a	s	e	s	s	a	l	g	n	u	s	o	i
s	m	o	v	v	s	p	u	z	o	k	j	d	p	s
t	k	h	p	m	i	e	o	y	w	v	i	v	b	f
w	h	r	m	o	y	g	m	v	x	t	b	g	d	w
x	g	c	o	t	p	g	t	o	c	r	l	t	i	q
a	l	j	a	w	s	s	w	l	l	a	q	e	m	s
l	e	m	x	e	e	d	i	l	p	v	v	u	k	r
e	u	q	s	t	b	r	e	c	n	e	q	j	h	h
r	f	l	a	y	w	h	i	u	l	l	a	v	p	y
r	f	j	i	d	s	i	s	f	i	e	l	m	m	q
m	n	g	n	q	o	f	r	j	p	s	w	f	a	n
t	i	u	s	m	i	w	s	z	s	d	q	g	c	d
o	i	e	q	x	d	t	x	n	t	n	i	w	a	c

beach

travel

sunscreen

swimsuit

pool

camp

fireworks

shell

sunglasses

popsicle

sun

relax

