

## May 2018 Newsletter

### Seniors Month is June!



### Fun for Seniors

June is Seniors' Month in Ontario. 2018 marks the 34th annual Seniors' Month.

Throughout the next few months, municipalities and community organizations are encouraged to hold Seniors' Month events including award ceremonies, recognition events, socials and seniors' information and active living fairs.

### Parking Lot Awareness

Now that spring is here, residents will be walking outside, enjoying the new season and the warm weather. Please remember to drive slowly, to watch for residents and to back into parking places when possible. Additionally, please do not park in areas that are designated for resident parking.



### Journeys Blend Café



Nursing Home residents recently enjoyed a lovely afternoon out at Journeys Blend. Staff at this location are volunteers and treated the café like a home. So residents felt like they went to a home away from home for the afternoon with good company!

### Quote of the Month

“I like the woman you became better than the girl you were. I like the story you've written on your face”.



### Big Bike for Heart and Stroke

This year Bay Haven is organizing a team of riders to ride for Heart and Stroke Foundation. Our ride is scheduled for June 7<sup>th</sup> at 3:00pm! Our bike requires 15 riders minimum. Staff, family and volunteers are encouraged to participate. If you are interested in riding, please go to [bigbike.ca](http://bigbike.ca) and join the Bay Haven team! You can also donate online! This is for a great cause and will be a lot of fun!



### Attention All Family Members

Please note that our Recreation Department offers Skype for family visiting. If you're interested in Skyping your loved one, or you are away on holiday, please speak to someone in the Recreation department to schedule your Skype visits.



**National Family Council Week is June 2-8<sup>th</sup>** this year. Bay Haven has two families interested in starting a family council. Our first meeting is tentatively scheduled for May. If you're interested in finding out how you can get involved, please contact

**April Lawson, Recreation Manager**  
[recreation@bayhaven.com](mailto:recreation@bayhaven.com)



Volunteer Appreciation Week ran from April 15<sup>th</sup> to 21<sup>st</sup> this year. To celebrate the outstanding efforts of our volunteers, a luncheon was held in their honour on April 9<sup>th</sup>. Bay Haven's volunteer program currently has 20 volunteers who are dedicated to enhancing the quality of life of our residents. Thank you to everyone for being part of our team! This year's Luncheon was very well received. Many thanks to the Dietary Department for putting together a delicious meal! Thank you to all volunteers!

