

4 Things To Do During Spring

Everything is blooming - it must be spring! Here are 5 activities to keep you occupied during the spring:

- 1) **Plant a Garden** – This is the perfect time to begin your indoor or outdoor garden. Planting flowers or vegetables, and watching them grow is so satisfying.
- 2) **Go for a Walk** – Bay Haven Care Community is located in a beautiful spot in Collingwood. Surrounding the building are numerous pathways and trails that are excellent for a nice spring walk.
- 3) **Bird Watching** – Spring is when birds come out of hibernation and are outside flying around and singing. This is the perfect opportunity for you to grab your binoculars to spot a rare bird.
- 4) **Courtyard Relaxing** – This is the time of year when we get to utilize the courtyard again. Make sure you and your friends take advantage of the nice weather and the courtyard gazebo.

Family Council Information

Bay Haven Care Community is going to be re-establishing Family Council after a brief hiatus due to COVID-19. Family Council is made up of family members and caregivers of the residents of a Long-Term Care home (LTC) who meet for peer support, education, and to improve the experiences of people living in LTC. Since in-person meetings are still not possible at this time, gatherings will take place virtually. Zoom details will be sent prior to the meeting. The first meeting will be held on Tuesday, April 20th at 7:00 PM. Contact the Recreation Department if you are interested in participating.



Family
Councils
Ontario



Thank You Families

Bay Haven Care Community would like to say thank you to all residents, families, volunteers and caregivers for cooperating with all the changes and restrictions throughout the year. It has been one year since COVID-19 hit Canada and Bay Haven had to make many adjustments to ensure the safety and well-being of residents. It has been a difficult year, but together we are making a huge difference and are very grateful for your patience and cooperation during this time. Together, we will get through this!



The Bay Haven Residents' Council Team

All residents living in a LTC home are members of their Residents' Council and are encouraged to attend monthly meetings, get involved in Council activities and discuss needs, preferences and concerns. Council's most important roles are to advocate for protecting residents' rights and for shared concerns to be resolved. The Bay Haven Residents' Council is a part of the Ontario Association of Residents' Councils (OARC). The OARC provides a collective voice for Residents' Councils and works with government to improve the quality of living in LTC homes. Bay Haven's president, Joyce Hayles, has enjoyed the opportunity to participate in meetings with other homes through the OARC. At our last council meeting, Joyce shared what was happening in other homes and expressed that, "We are very lucky here at Bay Haven."



Left - Right: Gord Jeffery (Secretary), Delores Curry (Vice President), Joyce Hayles (President), and Irma Luyken (Treasurer).

Watch Out For Telephone Fraud

We want to remind all residents to please be aware of telephone fraud. You may receive a phone call allegedly from Rogers, your personal bank or the CRA, regarding changes to your account, and the caller may request personal information like your SIN or credit card number. Please DO NOT give anyone your personal information. The person calling is most likely a fraud trying to steal from you! Be safe!



St. Patrick's Day Highlights!

