



# ADP Summer Newsletter



We have a busy summer planned for you! The TR's have been planning great summer programs that will keep you active, motivated and wanting to have more. Programs include: outdoor fun, BBQ's, entertainment, crafts, themed events, annual picnic and much more. We encourage you to refer to the monthly calendars that are sent home to see what we have planned for you. We have just completed our accreditation process at the end of May. The focus of this year's process was "resident and family centered care." With this being said, we would like to encourage you to be involved in the care of your loved one at the day program. If there is something more that you would like to see happen at our site, please do not hesitate to call us at 905-627-3541 x2240. We will be happy to help!

## STAFF CHANGES

We have hired Alana Pierscianowski for a part-time contract position. She will be providing extra support to our staffing team and clientele. In addition to this we have hired a new casual staff member Karalee Olson Glover. We all know her as she completed a placement at the day program last term. Both of these new staff members are PSW certified.

Please send a labelled sun hat and sunscreen with your loved one, so they can enjoy the outdoors with us.

## UPCOMING CLOSURE DATES

This is a quick reminder that we are closed for all statutory holidays except for Remembrance Day. We also have an annual summer and Christmas shutdown. Please see the following closure dates:

**SUMMER CLOSURE** - We will be closed on Monday, July 23rd, 2018 and will re-open on Tuesday, August 7th, 2018 (due to the Civic Holiday)

**CHRISTMAS CLOSURE** - We will be closed on Monday, December 24th and will re-open on Wednesday January 2nd, 2019

Active at the Villa Newsletter

*We kindly ask that you send in or mail an updated medication list that includes all medications taken per day for your loved one. It is important for us to have an updated record on file.*

## Hydrating Foods

Hydration doesn't have to just come from a glass of water.

Pick foods high in water to help stay hydrated all day long.



Watermelon  
93%  
water



Salad greens  
Berries  
Tomatoes  
Radishes  
Cauliflower  
Zucchini  
Peppers  
90%  
water



Acorn squash  
Butternut squash  
85%  
water

Source: Study Horizons

# SUMMER

Newsletter, June 2018

Wow! It's almost summer everybody!! Can you believe it? We've definitely had our share of nice weather these last few weeks and I for one am loving it!! We have an incredible summer planned for you full of entertainment, games, special presentations, barbeques and of course, our annual summer picnic!!

We know how much you all love our summer barbeques so we have four bbq's scheduled throughout the summer! Our first one will be on May 31<sup>st</sup> and then we will be having one on June 4<sup>th</sup>, June 20<sup>th</sup>, and July 3<sup>rd</sup>.

Since June is Senior's Month, we have a few treats for you! We have the Royal Canadian Mounted Police (RCMP) coming in with their horses on June 5<sup>th</sup>, The Senior Safety Officer coming on the June 25<sup>th</sup>, and an officer from the K-9 unit coming in with his dog on June 26<sup>th</sup>. It is always really awesome hearing their stories and learning more about these services so make sure you're here for those! You don't want to miss them!



## Summer Picnic

This year, our summer picnic will be on Friday, August 17<sup>th</sup> at Battlefield Park in Stoney Creek.

The picnic will be held during regular hours from 10am-3pm. For those who take Darts, we will arrange darts for you so come on out for the day and enjoy the fun!

Aiden Purnell will be back with us again, so remember to bring your sunscreen and your dancing shoes!! It's sure to be a great time full of great games, delicious food, and lots and lots of fun!!

Stay tuned for more information regarding the picnic on your upcoming calendars.

## Summer Entertainment

May 31<sup>st</sup>: Patrick Murray (Kick-off to Seniors Month)

June 4<sup>th</sup>: Don Dunham

June 15<sup>th</sup>: Gerry Cutting (Father's Day)

June 20<sup>th</sup>: Wyatt Ladd

June 29<sup>th</sup>: Michael Kelly

July 3<sup>rd</sup>: Paula French

July 11<sup>th</sup>: Bob McLean

July 20<sup>th</sup>: Joan Ballentyne (Last day before closure)

August 17<sup>th</sup>: Aiden Purnell (Summer Picnic)

